



Welcome to the
TAMAHERE VISTA
March 2024



I'm not sure where February has gone! It's almost March and to me that means that in just a few weeks, it will be Easter and a few days later, the end of Daylight Saving!

A very warm welcome to all those folk who have moved in to our two villages. We trust that you will feel completely at home here.

A number of our residents have been unwell and in hospital recently. We trust they are all recovering and will be back here soon. Others are stoically trying to manage at home. One of the lovely things about our villages is that we genuinely care for each other. That doesn't mean that we become "nosey" but that we look out for each other. One simple, but non-intrusive way we can do this, is to have a system where you can check the person is up and about each morning. It might be just checking the curtains are open, or perhaps phone each other when you have breakfast. It only takes a minute, but that simple check might actually save a life. Try it!

In this issue, we meet John and Gladys Lambert who have been residents at Tamahere for about 11 years. Their story is another one of faith and inspiration. Thank you to you both for sharing your lives with us.

Have a wonderful March – it's Autumn!!

Carole Fleming (Editor)

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Introducing John and Gladys Lambert

Born and bred in Auckland, Gladys is the eldest of three siblings. John was born in St Bartholomew's Hospital in London and moved to New Zealand with his parents and his seven-year-old twin brother in 1948. Schools attended were in Wainuiomata and Napier.



John enlisted in the NZ Army in 1963, having been previously employed as a Postman in Whanganui and as a Kerridge Odeon Cinema projectionist. This may explain his interest in movies and cinema theatres to this day. Whilst in the Army, he served as a Medical Corpsman in Malaysia, Borneo and Vietnam.

Gladys meanwhile had been a Prefect in Form 2 at her Primary School, and gained her School Certificate at Papakura High School. Her father couldn't see the point of further education for a girl, so she had to leave and start working. Her first job was as office junior in a law firm, followed by a retail position in Boots Chemist in Auckland. She applied for Nursing Training, was accepted and did hospital-based training with the Auckland Hospital Board at Greenlane Hospital from April 1964.

Both Gladys and John had joined a Christian Penpal Club. Correspondence began in 1966, photos were exchanged and each liked what they saw. Gladys just knew that this was God's man for her!

She much preferred writing a letter to John rather than studying for Finals, and she found out the hard way to knuckle down with her good friend Merelyn helping her. Fortunately, Gladys passed when she resat Finals 6 months later.

Frequent correspondence for twelve months led to a marriage proposal and acceptance, conditional upon Gladys's father's agreement. John was so excited to receive the telegram of acceptance from Gladys that he raced out of the shower yelling to his mates his good news. His parents' engagement present to them was to pay for an international phone call so they could speak to each other for the first time. This was much appreciated by them both, as up until then it had been letters and reel tape recordings exchanged only.

John was posted to Vietnam in November 1967 instead of coming back to New Zealand at the end of his two year overseas posting. Regardless of this, both believed God had connected them together and the wedding was scheduled for September the following year.

John had been posted to Waiouru Camp Hospital on his return to New Zealand in May and after the wedding, Gladys took up a position with the Camp Maternity Hospital. There was no housing available in Waiouru but they managed to rent a cottage in Raetihi, 40 miles west of Waiouru. So began a life of working opposite shifts, double trips to and fro, as night shifts paid the most money. Petrol costs were enormous.

Their first child was born August '69, others followed in 1970, '72, '75 and '77. A five year-old part Māori boy was adopted in 1976.

They bought their own home in a new subdivision in Manurewa in 1970 and John left the Army in 1971.

They hosted a weekly after school Bible Club for the neighbouring children and also later on hosted and co-led a weekly Home Group on behalf of their church.

The 1980's proved to be years of change and transition. John was an Orderly and eventually became Deputy Head Orderly on the Night Shift at Middlemore Hospital. Mortgage interest rates rose to 13% and Gladys had to re-enter the paid workforce, again working three night shifts over each weekend.

They changed churches. Their oldest daughter married; their adopted son was killed on his way to work. But God hadn't forsaken them. The whole family was very well supported by their church family throughout.

A further change came in 1992 when John and Gladys and their two teenaged daughters went to Faith Bible College in Welcome Bay, Tauranga for a year. The girls attended Mt Maunganui College while Gladys and John were the oldest students in their class. The girls found the liberal ways of their new college frustrating after their very structured high school in Manurewa where education was taken seriously. However, they were befriended and mentored through the year by Gladys and Johns' classmates. What a wonderful provision of God for them all!

Returning to their church in Manurewa in 1994, Gladys and John set up a Missions Committee and ran it very successfully until moving to the Bay of Plenty in 1997. While in Manurewa this time, John was a full-time student at Manukau Polytechnic, studying to be a Social and Community Worker. He gained his Diploma and this training stood him in good stead for his next twenty years of employment in New Zealand and the UK.

Gladys was Principal Nurse of a Rest Home and for a short while of a private hospital for her old employer, Christian Hospital Trust.

In 1997, John was appointed Manager and Gladys, Registered Nurse, of Vincent House in Te Puke. This was a "halfway" rehabilitation facility for men. Clients consisted of ex-prisoners on their final leg before release, recovering drug addicts and alcoholics, and mental health clients. Gladys also worked three nights a week at a local long term care facility for the elderly.

In 2000 they moved to Whakatane and in 2002 they set off on their big OE! Gladys worked in the NHS and John was a locum Social Worker. Over the next six years he worked in eleven of the twelve London Councils' Social Services departments.

They were both at work in London the day of the bombings in 2005. For some reason Gladys had literally pushed John out of bed earlier than usual that day and he therefore travelled to work much earlier and thus missed the bombs that were twice on his route to his work. Gladys was running the day surgery unit for Western Eye Hospital that day. Just when every patient's eye was dilated ready for surgery, all surgery was cancelled until further notice.

The trauma of the possibility of being in the wrong place at the wrong time proved to be the catalyst for bringing up latent Post Traumatic Stress Disorder in John from his service days in the Vietnam conflict.

Returning home to New Zealand to mark their Ruby Wedding Anniversary in 2008, PTSD slowly came to the fore and was finally diagnosed in 2012. His condition wasn't helped by Gladys's heart

valve repair in 2011, nor by her breast cancer in 2012, both conditions being successfully treated in both Bay of Plenty and Waikato.

Their family were all in the Waikato or Auckland, so it made sense to move over to Hamilton. Tamahere Eventide Village struck a chord with them. They loved the atmosphere and friendliness of the village. Their Whakatane home sold within three days and by early December of 2013 they were settling into life here.

Since then, Gladys and John served on the Mail Delivery roster for almost ten years. Gladys also served on the Residents' Committee for two years and as a Bingo group Coordinator for three years.


Both John and Gladys love Village life and are very appreciative of the support and friendship of fellow residents and staff.

Looking back, they can see how their loving Heavenly Father God has both blessed them and guided them throughout their lives. They are now the very proud grandparents of eighteen, and great grandparents of six.

John and Gladys have been part of the Tamahere community since 2013, and have generously contributed to the life of our village during these years. Their story is one which is a real witness to God's provision for us.

It has been a real privilege to share their story with you and I thank them sincerely for all they bring to enhance the life of those who call Tamahere home.

(Carole Fleming (Editor))



Urgently Needed
Volunteer Chapel Co-ordinator

Waikato Hospital Chaplaincy urgently need to Waikato Hospital Chaplaincy urgently need to recruit a Volunteer Chapel Co-ordinator. The Chapel Co-ordinator is responsible for organising the rosters of Chapel Helpers and volunteers for each Sunday Service. This will involve creating the rosters and liaising with the volunteers and groups who assist, plus confirming with them the week prior. The Co-ordinator also oversees the process of inviting patients to attend the service each Sunday. Volunteers need to be available on a Sunday morning from 8.15am until 11.00am. If you are interested please contact the Chaplains via email: chaplain@waikatodhb.health.nz

VILLAGE MANAGER'S COLUMN

Quote of the Month:

***"I'm on holiday. My brain is on standby mode, so don't speak to me".
(Unknown)***



New Residents

Harakeke 6 Patricia Bigwood

1. Thankyou for your patience while waiting for the television reception to be repaired. It is all fixed now – we are sorry for the inconvenience.
2. It is sadly a reality, but COVID is still with us. If you have any flu-like symptoms please test yourself.
3. I am currently on leave – but will be back in the Village in time for the next Happy Hour.

Have a very happy March!

David McGeorge

From "The Home of Gardening"

Hello everyone,

We would like to welcome Caleb to the Gardening Team, (pictured here on the right), and also to say a big thankyou to Brian (pictured below), who is volunteering his help with the gardens – great work he has done. Please welcome Caleb and Brian.



We would just like to let everyone know that we will be heading your way to trim shrubs and hedges as well as doing a February prune on your roses.



If you need your gardens done, please put in a request at Reception.

Thankyou from the Gardening Team

Parking Guide

Have you ever wondered why a tennis ball was hanging from your friend's garage ceiling? Here's why!

To park your car in the perfect position each time, hang a tennis ball so that it touches the windshield. It will show you precisely where to stop. No guesswork!!

CHAPLAIN'S KORERO

Tēnā koutou e te whānau! Warm greetings to all who call Tamahere home.

I'm writing on another warm sunny Waikato day. This year we've been blessed with a lovely summer although I'm feeling for my hometown, Ōtautahi/Christchurch as it battles fire on the Port Hills. It's a huge sadness to see the landscape of my childhood so devastated.



Nan and I drove through the South Island over Anniversary Weekend and the hills were very dry. We actually went past the site of an active fire on the side of SH1 just south of Domett. The paddocks were burnt and black; everything turned to ash.

Coincidentally, last week it was Ash Wednesday, the beginning of the season of Lent. This is a day when Christians remember that we are all made of dust and ashes: "we find ourselves surprised again by the truth that we are mortal"; none of us lasts forever.

It's likely that being a part of the Tamahere community makes us all more aware of our mortality. We only have to walk around the village to see others living with all kinds of physical and/or mental limitations. It's a reminder to me that life is both incredibly precious and extremely precarious.

That awareness of life's fragility is a reason to be thankful for the blessings of our lives and to live life to the full. I'm always inspired by the example of our residents who despite the difficulties they face, continue to live with gratitude, positivity and grace.

In the words of the writer Jan Richardson, they show us the mystery of a heart that keeps on beating, that keeps on loving, even when it's broken. And maybe this is the wonder of a day like Ash Wednesday, that when everything seems to have turned to dust and ash, new life is still possible. For the very stars are made of dust.

This Lent, then, let us remember what the Holy One can do with dust and keep on living with faith, hope and love despite the challenges of our humanity.

Ngā manaakitanga,

Susan

Urgently Needed
Volunteer Chapel Helpers

Waikato Hospital Chaplaincy urgently need to increase their pool of volunteer chapel helpers. Chapel helpers are responsible for visiting the wards and checking which patients would like to attend Sunday Chapel Services. Volunteers need to be available at least once a month on a Sunday morning from 9.00am until 10.00am. If you are interested in volunteering please contact the Chaplains via email: chaplain@waikatodhb.health.nz

The graphic features the word 'HELP' in large, bold, black letters. The letters 'H', 'E', and 'L' are significantly larger than the 'P'. The words 'WE NEED' and 'YOUR' are written in smaller, white, sans-serif font inside the top-left and top-middle parts of the 'H' and 'E' respectively. Below the text are several colorful hands of various sizes and colors (purple, orange, yellow, red, blue) reaching upwards.

NEWS FROM KAREN

Hello everyone –

And now already, its nearly March!

1. A big thankyou to all the people who helped and supported us in the Café recently.
2. It was lovely to hear that so many people met up for the Sunday barbecues. What a great way to spend a lazy warm Sunday evening.
3. The Cambridge Ear Clinic will be in the Village on Monday 15 April. For appointments, please contact Reception.
4. Village Outings – I am planning on starting these up again soon. The plan is to go on the last Tuesday of the month, instead of going to Chartwell on that day. Watch the flyer for details.
5. Twilight Bowls – On these warm late summer evenings, twilight bowls have been popular. If you are interested in joining in, you will need to be at the Centre by 6.15pm for names to be put in – games play from 6.30 – 7.30pm.
6. Bus Service – this service, free all day for Super Gold Card holders, is underway with buses leaving our Reception area every 20 minutes. You will need a BEE card – see David or myself for an application form for these.
7. David is currently on leave – we trust he returns to us, refreshed and rested. (He will be here for the Happy Hour on Thursday 29 February at Tamahere and Friday 1 March at Assisi).



Have a very happy March!!

Karen
Village Activities Organiser



My aim is to keep you in your independent Villa or Apartment for as long as possible.

I can clean, do washing, make or change beds, organise assistance; in fact, provide care that is not available to you from the Health Department.

INTERESTED?? Contact Chris, Karen or David to discuss.

Chris' Housekeeping Tip for the Month

Vinegar as a Natural Fabric Softener

White vinegar not only softens clothes but also works as a deodorizer naturally eliminating odours without leaving a vinegary smell. Just pour half a cup into the fabric softener compartment during the rinse cycle. It's a cost-effective and chemical free alternative to the traditional fabric softener.

News from the Residents' Committee

Some news from the Committee desk –

- Our Summer barbecues for the Village have now come to an end. Thankyou to all those who came. It was a very popular and happy way to spend a warm summer evening!
- A quiz night is being organised!! The date is yet to be confirmed but already it promises to be a fun night for all.
- If you have any suggestions for any village activities, please put your comments into the Suggestion Box (outside Karen's office).



Keith Glover, Chairperson



What a stunning display of Sunflowers – right outside the bedroom window!

Answers to puzzle on page 15

S	P	R	E	E		M	I	L	K		S	P	O	T			
E	L	U	D	E		P	O	S	I	N	G		A	R	C	H	
C	A	N	D	L	E	H	O	L	D	E	R		Y	E	T	I	
T	I	N	Y		L	A	T	E		E	A	T		D	A	N	
S	T	Y		R	E	S	E	T		V	I	R	I	L	E		
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C	U	R	V	E	S		B	E	E	F	Y			M	A	R	
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P	E	G			A	E	O	N	S		M	A	I	N	L	Y	
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F	R	A	C	A	S		S	O	L	I	D		C	A	D		
L	O	T		T	O	Y		P	A	P	A		S	A	L	E	
A	V	I	D		M	O	D	I	F	I	C	A	T	I	O	N	
M	E	N	U		E	Y	E	L	E	T		S	I	R	E	S	
E	R	G	O			O	W	E	D		P	R	O	S	E		

I Must Go Shopping

One of these days I must go shopping.

I am completely out of generosity; I must get some more.

I also want to exchange the self-satisfaction I picked up the other day for some real humility which they say wears well.

And I must look at some tolerance which is being worn as wraps this year.

And the samples of kindness I saw, well I am a little low in that and one can never have too much of it.

And by the way I must try to match some of the patience I saw on a friend, it looked so becoming on her; I think it may look equally well on me.

While I'm shopping, I will try on that little garment of perfect charity they are displaying. I never thought I would be wearing anything like that, but I feel myself coming to it.

I must remember to get my sense of humour mended; keep my eyes open for some inexpensive goodness.

It is surprising how quickly one's stock of goods are depleted.

Yes, I must go shopping.

(Thankyou to Jenny Campbell for this timely reflection)

The Assisi News

The Assisi Café

The Village Barn is home to the Assisi Café. At this stage, it is open Wednesdays – Fridays from 11am until 1pm. Our Barista, Michael, makes very good coffee!!



Happy Hour

The Village Happy Hour is on the first Friday of each month, starting at 3.30 – in the Village Barn.

Bowls

I understand some people have started playing bowls on the new green. This is good to hear! The players at Tamahere are practicing their shots, so when everyone is ready, wouldn't it be great to have some combined play! Just a thought, have you considered checking if any of the staff would like to play?

Garden Message from Atawhai Assisi

Hi Everyone,

A big THANKYOU to Cam's Dad, John Screen, for mowing the large paddock behind the construction fence. With his tractor and mower, the area was mowed in two days. Now, all I have to do is line-trim where the tractor couldn't reach, and with Cam's support, weed-spray the fence-line. With the hot weather and winds the grass has slowed down, and in some areas, gone brown. Hopefully, in Autumn the lawns will flourish again. To the residents, your community garden looks amazing and it is great to see you all out there.

Jobs for the month of March

- Weed-spray the back area
- Tidy the complex gardens
- Update the pots and hanging baskets around the complex

Take care and have a wonderful month of March.

Sandra, the Gardener



Atawhai Assisi Chapel

Catholic Mass Times

Wednesdays 10.30am

Saturdays 10.30am

Sundays 10.45am

Ecumenical Services

Bible Study, Chapel, 11am - Mondays, 4th and 18th, March,
and 3pm - Mondays 11th and 25th March

Combined Church Service, Hospital, McAuley Lounge – 11am Monday 25th March

Combined Church Service, in the Chapel, 11am -Tuesday 26th March

NEWS FROM VILLAGE GROUPS

The Book Club

All those who are interested in reading books, and learning of the wide range of books read by other residents, are most welcome at the monthly meeting of the Village Book Club. They meet at 3pm on the second Thursday of each month in the small Lounge in the Community Centre. Their next meeting is Thursday 14 March.



Vision Impaired Group

Hello all –

Thankyou to the large number who attended our monthly meeting. Many of our members have contacted me saying how interesting our guest speaker was. If you might be interested in joining the therapy sessions, please let me know. It will reduce the cost and Reitte will come out to Tamahere to take them - so it is a win-win situation to band together.



Our Thursday get-together in the Cafe will continue with our monthly meeting on 14th March in Harakeke lounge. This month there will be no guest, just an informal gathering catching up with each other.

See you soon.

Lyn Pettigrew (Rimu 1)
Group Co-ordinator

Petanque

Everyone is welcome.

Come down to the end of Tidd Close, head towards the big trees (it's the way to the Gully Walk). You will see the Petanque court on your right. The court will be set up ready for play to begin to play at 10am each Saturday morning.

If you'd like some quiet practice, perhaps on a cool evening, call into Villa 29 and borrow a set of boules.

Vivienne Baker (Villa 29)

Bowls

Good numbers have played bowls throughout the holiday period. It is pleasing to see residents using our Club bowling equipment at times of their choosing.

Flat soled footwear only is allowed whilst on the green. Please return all equipment to the place where it is kept. Report any loss or damage to the Bowls Facilitator. This is much appreciated.



Regular bowlers meet at 9am ready to start playing in teams at 9.15am on Tuesdays and Thursdays. Morning tea follows play. On wet Club mornings, we play Indoor Bowls.

We have introduced evening outdoor bowls starting at 6.15pm ready to play at 6.30pm on Mondays and Thursdays in the cool of the evening. Please follow our Safety Practice Rules.

John Grey
Bowls Facilitator (Villa 108)

Pool

We meet on Mondays at 1pm and on Wednesday evenings at 7pm in the Café. We welcome new or previous players. Come and join us.

Card Making

We recommence on Monday 4 March from 10.30am in the Community Centre.

If you are self-sufficient and not needing help, and want to come at 10am, you are welcome to find a table at the pool end of the cafe.

If you are self-sufficient and want to bring another craft, then we're happy for you to join us for the morning.

Dates for card making are: **Mondays, March 4 and 18th, April 1 (Easter) and 15th, May 6th and 20th**, later dates to be advised.

We supply most of what you might need and you are welcome to enjoy folding, cutting, pasting, designing from our accumulated stock (no charge). BYO scissors, ruler if possible.

Margery Bramwell (V37) and Edna Evans (V56)
Convenors

Knit and Natter Group

We continue to meet weekly on Friday mornings from 10am in the lower Harakeke lounge.

Although it often feels a bit hot for knitting, lovely things are still being produced and with the winter months ahead for Kids In Need Waikato to cater for, our knitting is much appreciated.

Here is a brief excerpt from their latest newsletter:

Christmas 2023 was our biggest yet - we supported 1163 tamariki with Christmas presents. The donations from our community were simply incredible and we couldn't have done it without you. We are already planning for Christmas 2024!

So you can see what the demands are! We look forward to seeing you on Fridays.

Jill Wilson ph 856 4080
Helen Painting ph 854 7662





Bingo will continue on Thursday afternoons from 1.30pm until 3pm in the library in the Community Centre.

Come and join a very friendly, merry crowd enjoying a social time – chocolates are on offer!

Ann Hartstone Ph: 839 9082

Tamahere Global Village

The Village World Affairs Group which started on 7th February is now called **Tamahere Global Village**. We will be meeting on the first Wednesday of each month at 4pm in the Community Centre.

The topics that we discuss and the way that we organise ourselves will be decided at each meeting.

The first meeting demonstrated an interesting range of topics and opinions.

Please contact Gray Southon, Villa 102, Ph 0211 020 977 for further information.

Ukelele Sing-a-long Group

Don't forget the Ukelele group who meet on Thursday afternoons (but not the last Thursday of the month) at 2.30pm in the Downstairs Lounge in Harakeke, to sing and make music together. If anyone would like to play – or learn to play - feel free to contact Keith at Villa 12.

The Boon Sculpture Trail

The Boon Sculpture Trail Team are running a Sculpture Trail in central Hamilton and all residents are invited to an exciting new event - the Boon Sculpture Trail which is running until the end of March.

With twenty-three temporary outdoor sculptures across eight public sites, the Boon Sculpture Trail will transform Hamilton Central into an Artscape for everyone to enjoy!!

They are also looking for volunteers to spare a few hours a day (Thursday to Sunday) to help hand out maps and engage with the general public. If any residents are interested in art and love Kirikiriroa Hamilton and have some spare time then they could be exactly who Boon Arts is looking for! If you can volunteer to help, contact the Volunteer Co-ordinator, Dean, on 021 881024.

Our Rehabilitation Corner

Exercise can play a vital role in reducing weight and managing type 2 diabetes. It can stabilize blood sugar levels, increase insulin sensitivity, lower blood pressure, and slow the progression of neuropathy. But it can be daunting to start an exercise routine if you're severely overweight. Your size can make it harder to bend or move correctly, and even if you feel comfortable exercising in a gym, you may have difficulty finding suitable equipment. When choosing a gym, make sure it offers exercise machines and weight benches that can support larger people.



Whatever your size, there are plenty of alternatives to health clubs. A good first step to exercising is to incorporate more activity into your everyday life. Gardening, walking to the store, washing the car, sweeping the patio, or pacing while talking on the phone are all easy ways to get moving. Even small activities can add up over the course of a day, especially when you combine them with short periods of scheduled exercise as well.

Cardiovascular workouts

- Weight-bearing activities such as walking, dancing, and climbing stairs use your own body weight as resistance. Start with just a few minutes a day and gradually increase your workout times. Make activities more enjoyable by walking with a dog, dancing with a friend, or climbing stairs to your favourite music.
- If you experience pain in your feet or joints when you stand, try non-weight bearing activities. Water-based activities such as swimming, aqua jogging, or water aerobics place less stress on your feet and joints. Look for special classes at your local health club, YMCA, or swim centre where you can exercise with other larger people. Other non-weight bearing activities include chair exercises (see above).
- A portable pedal exerciser is a simple device that you can use while sitting in any comfortable chair at home while you watch TV—or even under your desk at work.

Strength training

- Many larger people find that using an exercise ball is more comfortable than a weight bench. Alternatively, you can perform simple strength training exercises in a chair.
- If you opt to invest in home exercise equipment, check the weight guidelines, and if possible, try the equipment out first to make sure it is a comfortable fit.
- While strength training at home, it is important to ensure that you're maintaining good posture and performing each exercise correctly. Schedule a session with a personal trainer or ask a knowledgeable friend or relative to check your form.

Flexibility workouts

- Gentle yoga or tai chi are great ways to improve flexibility and posture, as well reduce stress and anxiety.

Prepared by: Rosalyn Pelaez
TEH Allied Health and Rehab Coordinator
Source: www.helpguide.org

Our Chuckle Corner

An elderly man was taken to hospital with a possible concussion. The doctor asked him a series of questions to which he quickly answered.

"Do you know where you are?" the doctor asked. "I'm at the Wesley Hospital," the man replied.

"What city are you in?" the doctor asked. "Brisbane," the man said with confidence.

"Do you know who I am?" the doctor asked finally. "Dr Hamilton," the elderly man responded.

The doctor walked off, making notes on a piece of paper.

"I hope he doesn't ask me any more questions," the elderly man said quietly to the nurse standing nearby. "Why?" she asked.

"Because, all of those answers were on his badge!"

A university student wrote a letter home to his parents. It read: "Dear mum and dad. I feel miserable because I have to keep writing for money. I feel ashamed and unhappy.

"I have to ask for another hundred, but every cell in my body rebels. I beg on bended knee that you forgive me.

Your son,
Marvin.

P.S. I felt so terrible I ran after the mailman who picked this up in the box at the corner. I wanted to take this letter and burn it. I prayed to God that I could get it back. But I was too late."

A few days later he received a letter from his father. It read: "Your prayers were answered. Your letter never came!"

An older gentleman was on the operating table awaiting surgery and he insisted that his son, a renowned surgeon, perform the operation. As he was about to get the anaesthesia, he asked to speak to his son.

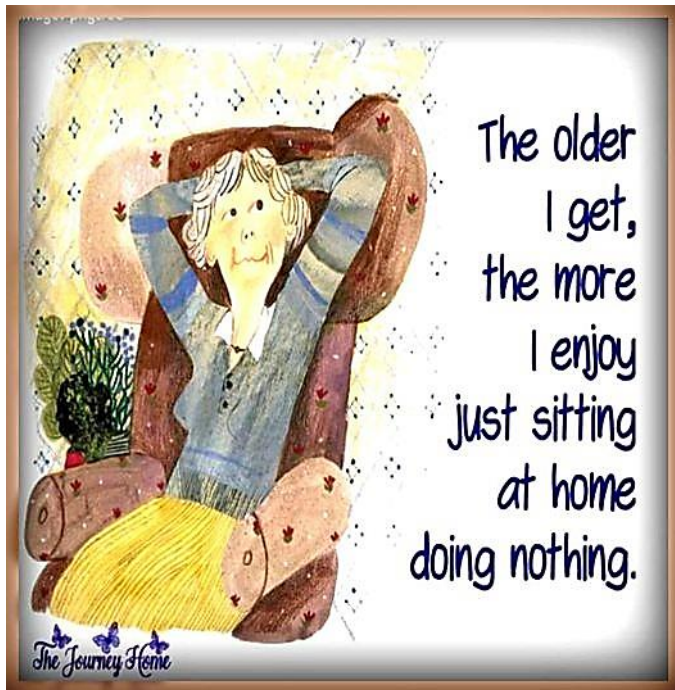
"Yes, Dad, what is it?" "Don't be nervous, so; do your best, and just remember, if it doesn't go well - if something happens to me - your mother is going to come and live with you and your wife."

A man goes into a drugstore and asks the pharmacist if he can give him something for the hiccups. The pharmacist promptly reaches out and slaps the man's face.

"What did you do that for?" the man asks.

"Well, you don't have the hiccups anymore, do you?"

The man says, "No, but my wife out in the car still does!"



Puzzle Time

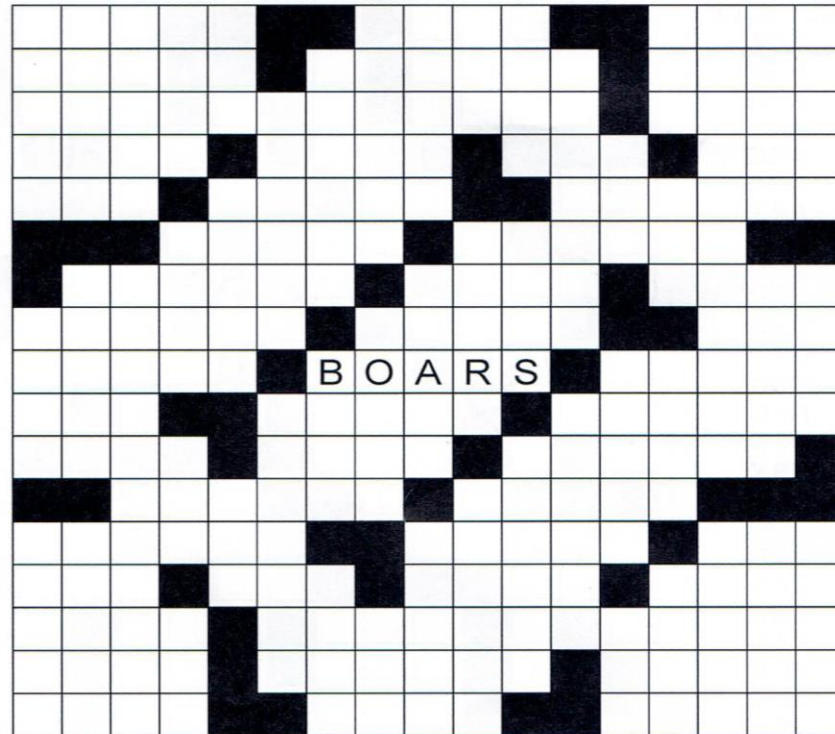
This month, you are being introduced to a puzzle called “Wordfit”. Can you fit all the listed words into the grid? One word has been placed to get you started. Good luck! (The answers are page 8).

3 LETTERS

ASP
CAD
CAT
DAN
DEW
DUO
EAT
EEL
LID
LOT
MAR
PEG
RIM
SAY
STY
TIC
TIT
TOY

4 LETTERS

ARCH
ARTY
AVID
BEES
COPE
DAVE
EDDY
EDIT
ERGO
KNEE
LATE
LIAR
MAMA
MEAL
MENU
MILK
OAFS
OWED
PAPA
SALE
SPOT
STIR
TINY
WEST



5 LETTERS
AEONS
ALOES
BEEFY
BOARS
BOOST
BUSED
CAIRO
DENSE
DICED
ELUDE
FLAME
ISLET
LUNAR
MAPLE
MEANT

OCTAL
OSIER
PEERS
PLAIT
PROSE
RESET
RISER
ROVER
RUNNY
SALAD
SECTS
SIREs
SLEPT
SOLID
SPILE
SPREE
THINE

6 LETTERS
BOASTS
CURVES
ELECTS
EYELET
FRACAS
LOAFED
MAINLY
MANIAC
MOOTED
NICEST
PALATE
PHASES
POETIC
POSING
PULPIT
VIRILE

7 LETTERS
AWESOME
GRAVELY

11 LETTERS
ORIGINATING
PREDICAMENT

12 LETTERS
CANDLEHOLDER
MODIFICATION

Tamahere Retirement Village – Calendar of Events – March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
cc = Small Lounge in Community Centre CC = Community Centre C = Wesley Chapel HDL = Harakeke Downstairs Lounge			Colour Coding Green Exercise Groups Red Groups, Trips (Shopping etc), Games Black Church Services Blue Health Clinics (Podiatry, Ear Clinics etc) Purple Vision Impaired Group		1 9.15 Standing Back Strength/CC 10.0 Knit & Natter/HDL	2 10.0 Petanque– near V28
3 4.00 Service in Wesley Chapel led by Liz Lightfoot	4 9.15 Seated Exercises/CC 10.30 Card Making/CC 1pm Board Games, Pool/CC 6.15 Evening Bowls	5 9.00 Lawn Bowls 10.30 Chartwell 11.0 Catholic Mass/C (Mons Frank)	6 9.15 Sit & be Fit/CC 10.30 New World 4.00 Tamahere Global Village/CC 7.00 Pool/CC	7 PODIATRIST HERE 9.00 Lawn Bowls 10.30 VIG Coffee/CC 1.30 Bingo/cc 3.00 Book Club /cc 2.30 Ukelele Group/ HDL 6.15 Evening Bowls	8 9.15 Standing Back Strength/CC 10.0 Knit & Natter/HDL	9 10.0 Petanque– near V28 11.0 Catholic Liturgy /C (Sue Kenrick)
10 4.00 Worship in Wesley Chapel led by Ngaire Southon	11 9.15 Seated Exercises/CC 1 pm Board Games, Pool/CC 6.15 Evening Bowls	12 9.00 Lawn Bowls 10.30 Chartwell	13 9.15 Sit & be Fit/CC 10.30 New World 7.00 Pool/CC	14 9.00 Lawn Bowls 10.30 VIG Meeting/HDL 1.30 Bingo/cc 3.00 Book Club /cc 6.15 Evening Bowls	15 9.15 Standing Back Strength/CC 10.0 Knit & Natter/HDL	16 10.0 Petanque nr V28
17 4.00 Worship in Wesley Chapel led by Mary West	18 9.15 Seated Exercises/CC 10.30 Card Making/CC 1pm Board Games, Pool/CC 6.15 Evening Bowls	19 9.00 Lawn Bowls 10.30 Chartwell 11.0 Catholic Mass/C (Mons Frank)	20 9.15 Sit & be Fit/CC 10.30 New World 11.0 Holy Communion/C (Rev. Dr Susan Thompson) 7.00 Pool/CC	21 9.00 Lawn Bowls 10.30 VIG Coffee/CC 10.30 Dementia Support Group /cc 1.30 Bingo/cc 2.30 Ukelele Group/ HDL 6.15 Evening Bowls	22 9.15 Standing Back Strength/CC 10.0 Knit & Natter/HDL	23 10.0 Petanque nr V28 11.0 Catholic Liturgy /C (Lyn Fromont) 2.00 Mandarin Christian Yc Group /CC
24 4.00 Worship in Wesley Chapel led by Nan Russell	25 9.15 Seated Exercises/CC 1 pm Board Games, Pool/CC 6.15 Evening Bowls	26 9.00 Lawn Bowls 10.30 Chartwell	27 9.15 Sit & be Fit/CC 10.30 New World 7.00 Pool/CC	28 9.00 Lawn Bowls 10.30 VIG Coffee/CC 1.30 Bingo/cc 3.30 Happy Hour /CC 6.15 Evening Bowls	29 GOOD FRIDAY 11.00 Good Friday Service in Wesley Chapel led by Rev. Dr Susan Thompson	30 10.0 Petanque nr V28
31 EASTER SUNDAY 4.00 Worship in Wesley Chapel led by Rev. Barry Neal						