



Welcome to the
TAMAHERE VISTA
November 2023



In the past few weeks, we've had the Election, our Village AGM, All Black successes, Tamahere's got Talent – it's time to stop and take a breath. And I've just been told its exactly two months until Christmas!

It's been a busy time here at the Village also – with some residents moving out and new folk moving in. A warm welcome to all those who have recently chosen to make Tamahere – or Atawhai Assisi - home. We know it takes a while to unpack boxes and find homes for everything, only then to realise that often the downsizing you have already done, was just the beginning! We look forward to meeting you and helping you make this your new home.

In this issue, there is a series of photographs taken on the evening of our "Tamahere's got Talent". Needless to say, there was plenty of talent and a considerable amount of fun!!

Our featured Residents of the Month are Vivienne and David Baker who have been in our Village for six and a half years. It is truly a privilege to sit and listen to the stories of our residents. There is such a wide range of experience among us. Thank you Vivienne and David for sharing your story.

Have a very happy November!

Carole Fleming (Editor)

Table of Contents – Tamahere Vista – November 2023

Page 1	Editorial	Page 13	The Assisi News
Page 2	Our Residents of the Month	Page 14	News from Village Groups – Book Group
Page 4	Village Manager's Column, Fun Quiz	Page 15	Pool, Vision Impaired Group, Petanque, Lawn Bowls, Ukelele Sing-a-long
Page 5	Chaplain's Korero	Page 16	Card Making, Knit and Natter, Bingo, Widows' Wellness Wednesday
Page 6	News from Karen	Page 17	Tamahere Quiz Group, Scooter Club
Page 7	Tamahere's got Talent	Page 18	Our Rehabilitation Corner, Answers to Quiz
Page 11	From the Photo Album	Page 19	Chuckle Corner
Page 12	Residents' Committee News, From The Home of Gardening	Page 20	Calendar of Activities for November

Our Residents of the Month ...

It has been my privilege to meet and learn more about our latest Residents of the Month – Vivienne and David Baker who live in Villa 29.

David who was born in Hawera, went to various schools; Hawera, Tairua, Tauranga, Whitiara followed by Hamilton Tech.

David completed his apprenticeship in joinery with TS Henry. The factory was in Ward Street, where Hamilton Tyre and Battery Service is now. The factory later shifted to Te Rapa where Bunnings is. When the factory closed, David and Vivienne used the redundancy money to join a group travelling through Israel.

At 18, David when called up for Compulsory Military Training chose catering rather than fighting. Here he learned to cook for crowds, and was subsequently called upon to cook for Church camps and Easter camps for young people.

Vivienne was born and educated in Taumarunui, after which she went to Ardmere Teachers' Training College. After teaching for a few years, Vivienne volunteered to work for the Methodist Church, under the Order of St Stephen scheme, where candidates for this worked for twelve months for board – ie no salary - and they went wherever they were directed. Vivienne spent the first six months as Parish Assistant in Porirua, part of the Tawa Union Parish. The next six months were at the Epworth Bookroom, next to St Paul's Methodist Church in London Street. David, and his family worshipped there and Vivienne was sent to board with David's aunty. So David drove his Mum and Dad, Aunty and the boarder to church. After they were married, Vivienne worked at the University Library, with a break while the children were young, until retirement.

David was a member of the Hamilton Harmonic Society as well as Church Choirs at St Pauls' Methodist, Hillcrest Methodist and St Francis Co-operating parishes. After retirement he joined the Cantando Choir. He also sang with the Tamahere Eventide Choir.

David was involved with Epworth camp at Karapiro from its beginning and for many years was part of the management committee. He played indoor bowls with the St Francis Indoor Bowls Club. When that club ended, David, along with Barry Neal and Barry Thompson, joined the Tamahere (District) Club. In 2023, David was the Pairs Champion.

Vivienne was a member of the University Chaplaincy Committee and the Waikato Regional Committee of the Uniting Churches of Aotearoa New Zealand. She enjoyed being a member of the Hillcrest Garden Club. In retirement, Vivienne worked with refugees, teaching English.

In 1965, David and Vivienne built their house in a street between McMeekan's orchard, (now the University of Waikato) and a paddock with cows, (now Hillcrest High School). They would still be there but after 52 years, houses there were no longer filled with young families. Most are rented to short term tenants. They realised that they didn't know anyone living nearby and so chose to come to Tamahere Eventide for end of life care. They found it reassuring to know that when one of them dies, the other would be part of a supportive community.

David and Vivienne had been associated with Tamahere Eventide since the time when parishes were fund raising to build the rest home. David's parents lived at the rest home for a while. When the villas were being built, they knew several people who had shifted here and who regularly asked them, "When are you coming to join us?" They made that move here in the middle of 2017.

David and Vivienne were foundation members of the Hillcrest Co-operating Parish (St Francis'). During the lockdown, they found, and continue to enjoy, church services and hymn programmes on You-Tube. They appreciate the presence of a Chaplain and Chapel at Eventide, and attend the Sunday afternoon services there to support the visiting ministers.

They appreciate the exercise classes at Eventide lead by the Rehabilitation Therapists. They find it is easier to keep moving when they are told what to do with a regular class appointment, rather than waiting until they feel motivated.

At Villa 29, David cooks the meals and Vivienne looks after the garden. Both go to Petanque, although neither have ever played or even seen a game played. They have ended up "in charge" – by default – because David is the only one strong enough to put up the umbrella, and to bring the boxes of boules.

Vivienne's other interest is reading. This winter she found it satisfying to knit seven-inch squares to be joined together to make blankets for Waikato Kids in Need. Vivienne has been to the Card Making Group and enjoyed cutting and pasting – rather like it was at kindergarten, and regularly visits residents in the Kowhai and Nikau units. Both David and Vivienne go to the 60+ Continuing Education weekly talks.



What a warm and friendly couple live at Villa 29! Thank you Vivienne and David for sharing your story, and for all you do to contribute to and build up the sense of community here at Tamahere Eventide. We are the richer for you being part of our Village family.

Many bees and monarch butterflies visit this very colourful garden where runner beans, sweet peas and strawberries grow side by side. Their garden means David and Vivienne are (somewhat) self-sustaining!

Call for Applications

Waikato Hospital Volunteer Chaplaincy Assistants

Each year the Chaplaincy Team based at Waikato Hospital offer a training programme for those interested in becoming Volunteer Chaplaincy Assistants. These are lay visitors that assist in providing Chaplaincy services in the Hospital and volunteer between two and four hours a week.

Hospital Chaplaincy is a ministry of spiritual and emotional support and pastoral care. It has distinct demands and requires special skills, knowledge and experience. Within the hospital, chaplaincy is offered to all persons who wish to receive it, irrespective of a person's faith or lack of it, on an inter-denominational, non-proselytising basis. A person with a call to spiritual and pastoral ministry is likely to have their skills and understanding greatly enhanced by an experience as a Voluntary Chaplaincy Assistant.

Applications are now invited for the 2024 intake and will close on Tuesday 21 November 2023

Interviews will be held early in the new year and the training will commence Wednesday 6 March. Information packs containing the application form and police vetting form are available by contacting the Chaplains at chaplain@waikatodhb.health.nz.

Successful applicants undergo the Inter-church Council of Hospital Chaplaincy approved course of 20 hours instruction, which runs over 10 weeks, covering a range of skills and knowledge Chaplaincy Assistants need, before starting a probationary period of ward visiting.

VILLAGE MANAGER'S COLUMN

Quote of the Month:

"The Sun himself is weak when he first rises; and gathers strength and courage as the day goes on."

Charles Dickens



New Residents

Harakeke Apt 28 Wendy and Paul Jolly
Harakeke Apt 14 Lucy Harper

1. Enquiries have begun to increase for the Village since the Election tomfoolery concluded. Interest in all types of accommodation is increasing and lawyers are now allowing their clients to sign paperwork.

Louis appeared on the front page of the Waikato Times this month. Interestingly, most of the story wasn't about him or what he said. Please carefully read to see what Louis actually said, which was, "The Trust can no longer afford to continue rentals into the future."

Unlike the For-Profit sector, there is no way that a Church based Trust will move anybody out of their accommodation. I am of the belief that rental properties for the retirees need to be supported by local and national government.

2. I would like to thank the organisers of Tamahere's got Talent for a wonderful night out!

Have a good month -

David McGeorge

Just to keep the brain cells ticking over A Fun Quiz!

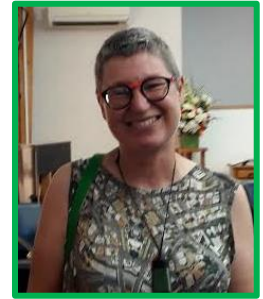
1. Where would you be if you were standing on the Spanish Steps?
2. Who was the Ancient Greek God of the Sun?
3. Who has won the most total Academy Awards?
4. Queen guitarist Brian May is also an expert in what scientific field?
5. Which planet in the Milky Way is the hottest?
6. What art form is described as "decorative handwriting or handwritten lettering"?
7. In what country would you find Mount Kilimanjaro?
8. What is a group of pandas known as?
9. True or False: Halloween originated as an ancient Irish festival.
10. What is the largest Spanish-speaking city in the world?
11. In what country is the Chernobyl nuclear plant located?
12. The Parthenon Marbles are controversially located in what museum?

(for the answers, see page 18)

CHAPLAIN'S KORERO

Kia ora e te whānau. E koekoe te tūi, e ketekete te kākā, e kūkū te kererū! The tūi chatters, the kākā cackles and the kererū coos.

This whakataukī or saying came to mind as I reflected on some of the events of past days. It's often used during spring and can be translated as "everybody has a voice which should be respected" or more informally as "it takes all sorts of people".



All sorts of people were out and about at the Tamahere's Got Talent Show. We were treated to an evening of music, poetry and slapstick comedy. It was a great opportunity to see people's hidden talents. Carole's Mob had some hilarious practice sessions which were just as much fun as the night itself. Huge thanks to all those who shared their gifts and to our village coordinator Karen for organising this.

In the rest home we've also been celebrating our gifts and diversity. Our General Manager Em has recently instituted staff cultural days as a chance for us to learn more about each other's heritages. In September our South African staff got the BBQ going and cooked us a braai lunch. This month we enjoyed a feast from the Sri Lankan Authentic Kitchen. The bar has been set high for our New Zealand-born staff!

These sorts of occasions are when diversity is fun. Sadly over the last few weeks we've also been reminded of the ways differences can divide us causing conflict and even violence. The outbreak of war in Israel and Gaza has brought terrible suffering to all sides and as usual women and children are those most affected. When division is so longstanding and seemingly intractable, it's hard to see how it will be resolved.

Acknowledging that we all may have differing perspectives on this situation, the Religious Diversity Centre of Aotearoa New Zealand has asked us "not to conflate Hamas with all Palestinians or the State of Israel with all Jews and Judaism itself." It suggests that we listen respectfully to one another so that we can build understanding of each other and of the situation for Israel and Palestine.

We live in a world where difference can be a source of great joy and great sorrow. We pray for a vision of unity. May God who is the "Life of All the Worlds, Source of All Amazing Differences, help us to see clearly [and] guide us gently and firmly toward each other, toward peace. Amen."

Ngā manaakitanga,

Susan



NEWS FROM KAREN

Hello everyone –

What a busy month we've had, and November is looking really busy for us all too! Congratulations and thanks to everyone who participated in the recent Tamahere's Go Talent, and all those who came to support them. What a wonderful evening!!



What's coming up?

- **The Mandarin Youth Group** are here on Saturday 4th November at 2pm.
- **The Swallow Gallery** (Save the Children Shop) are joining us on Thursday 2nd November from 10.30 with all sorts of goodies and gift ideas for sale.
- **A Scooter, Bike and Trike Run!** Watch the flyer for the date, but think about decorating your scooter or bike or trike to make it a fun occasion.
- **The Village Christmas Lunch** – Mark this date in the diary now!! Wednesday 6 December. More details to come regarding the menu and the price, but this is going to be really special!!



Have a very happy November!!

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

Freshen your Shower Curtain

To banish mouldy spots, throw your shower curtain in the washing machine with a little detergent and bleach (if the curtain is white or clear) and add two or three old white towels for extra cleaning agitation. Then either hang the curtain to dry or put it in the dryer on low heat for three to four minutes or on air-fluff only.

To keep it fresher longer, stretch the curtain out after each shower to help it dry.

A resident writes that she has had insect screen fitted to her villa windows for some years now, but recently need to have the magnetic strips securing them to the windows, replaced.

"A heads up for anyone else in this or a similar situation – get a few quotes. The first provider quoted me three times the amount I paid to another provider – Viking Security – a small Hamilton business who I would highly recommend."

Tamahere's got Talent

This show was a great success and revealed many until now hidden talents.



Our worthy winner! Jan Elliott



They were all winners on the night!
All our wonderful contestants



The UFO's (Ukeleles for Oldies!!)



Marina with her reflection on "Tamahere"

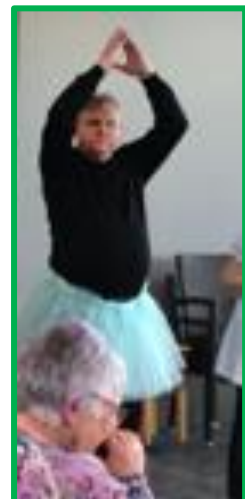


Karen with the Bell Ringers



Keith and Ken planning a jam session

And then came the “Sister Act” look-alikes!



The same group showed us what they would be if they were not upon the stage!! Look closely and you might just recognise one or two people!!

Marina Evans has shared some of her poems with us in the past, but she has outdone herself this time. It is well worth reading (out loud preferably). Thank you Marina, for allowing us to share this with our readers.

TAMAHERE

*I live at Tamahere Eventide
It's just down the road
I have a two bed-room villa
I love my little abode
The people all around me
Are as friendly as can be
We share a cup of coffee
A glass of wine or cup of tea

We have a monthly newsletter
It is called the Vista
Carole is our Editor
With Jean there to assist her
She gives us all the news of the village
And what's on in the caff
She also adds some funnies
They always make us laugh

On Tuesday and Thursday mornings'
Bowls are on the green
We meet outside the café
To organise the teams
John has swept the leaves off
Made sure the seats are clean
Beth and Margery sort us out
And everyone is keen

There's lots of serious banter
As we line up with our bowls
You have to get the bias right
As up the green they roll
After the games are over
There's tea and biscuits in the caff
It's there we put the world to rights
And always have a laugh

On Friday its Knit and Natter
Where seven inch peggy squares are made
They are crocheted into rugs by Helen
And then put on display
There's mittens and there's jumpers
And many slippers in the offering
All given away to charity
For children who have nothing

We have a wonderful cook in the caff
She is our lovely Kelly*

*She makes a real good shortcake
And it's topped with jelly
Everyone loves her soups and salads
Her fish pie and macaroni cheese
She knows the way to a man's heart
Also the ladies to please

Then there is the pool room
Where you can take on a challenge
Even if you've never played
Anyone can manage
Alan 1 and Alan 2, they know all the rules
They will help you with the cue
And teach you how to use the tools

Then we have the quiz team
Every book they've read
You would be amazed
At all the knowledge in their heads
We also have sight impaired
They put us all to shame
Even though they can't see well
They still play the game

We have a monthly Happy hour
Where we're served up nibbles and wine
We meet up with new people'
Who become friends of mine
David keeps us up to date
About the water leaks and rent
He does a good job of softening us up
Before the bill is sent

Karen and Chris are the dream team
Without them we could not do
Whatever the need, they'll be there
Always part of the crew
They are always there to help us out
And go the extra mile
They're never too busy to stop and talk
And they do it with a smile

We also have a man here
Who goes around with a blower
You will always see him
Following the girls on the mower
He cleans up every leaf and stalk
He always has the time to stop*

And have a little talk
There is the ukelele group
It really is a blast
Sometimes they play slow music
But sometimes they play fast
Anyone can join this group
You don't have to pay a sub
I heard Keith say yesterday
He's got a job for us down at the pub
There's card-making and card playing
And a vision impaired group
We also have a social evening
Where the committee give us rolls and soup
You can play petanque on Saturday
Or the gully you can view
So there's plenty going on here
The choice is up to you

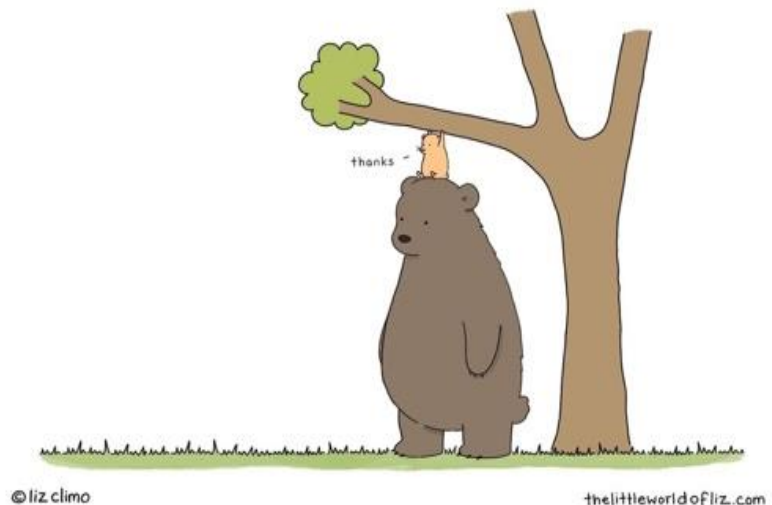
We also have a prayer group
Who meet every second week
To do a little study and God's will we seek
They pray His blessing on this village
And for people everywhere
They pray for our management
And all the folk in care
Now if you have a group
And you didn't get a mention
I assure you now that wasn't my intention
I will have you know
I have my pen here in my purse
So if you give me your information
I will write another verse

Marina Evans

**Are you caring for someone
living with dementia?
Do you need someone to listen
or understand?
Would you like to meet with
others on a similar journey?**

**Cherry Blossom Café Library,
Thursday 16 November, 10.30am
(Enquiries: Chaplain Susan
027 538 8827)**

Speaker: CNL Dementia Cely Milan



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From our Photo Album



Congratulations to both Margaret and Barney Boreham for reaching a very unique milestone of 60 years married on 26th October 2023.

They have been very fortunate to have experienced a very healthy and happy life for most of their time together. Both were avid sports players which they enjoyed supporting each other back in the day. Several years living in Singapore (1979-1982) broadened their horizons and strengthened their small close-knit family of four. They have always been very supportive and loving to their five grandchildren. Margaret and Barney have lived most of their lives in Auckland and were married at Good Shepherd Catholic Church, Balmoral.

Also celebrating a very special wedding anniversary this month, are Keith and Janice Glover – 50 years married on 23 October.

Warmest congratulations to you both – may you have many more years of happiness together.



Some of our residents visited the beautiful displays of cherry blossoms in Matangi recently.



Who doesn't like dessert and coffee?? A wonderful evening was enjoyed recently and raised funds for Prostate Cancer Foundation.

News from the Residents' Committee

Some news from the Committee desk –



Christmas Day Dinner – 25 December. The Committee are working with our Head Chef to prepare a great menu for this, and will have more information about that, and the cost, very soon.

- If you are interested in attending, please contact Keith with numbers.
 - If anyone in the Village is willing and able to help with this special meal, please let him know as well.
- **Craft Day – 13 November, from 11am – 1pm.** Please see Margery in Villa 37, (ph 849 1171) to book a table.
 - **The Scooter Club** would be interested in hearing from anyone who would like to help with their activities. Please phone Keith in Villa 10, (ph 856 4286) or Karen in the Office if you are able to help.
 - **Carol Singing in the Village.** If anyone is interested in a carol singing group to entertain residents closer to Christmas, we would love to hear from you. Please contact Keith 021 262 4469 or any one on the committee.
 - **Dessert Evening.** We had a lovely Dessert and Coffee evening on Saturday 21st October. \$67 was raised for the prostate Cancer Foundation.

Have a happy November -

Keith Glover
Chairperson

From “The Home of Gardening”

Kia Ora Whanau -

Hope everyone had a lovely long weekend!

We have planted beautiful azaleas at the front of Reception which we hope the residents and visitors enjoy, and at the same time, connected the two main carparking areas with a new pathway through the new azalea garden.



With summer fast approaching, it is a great time to spruce up your gardens with strawberries, cucumbers, tomatoes, lettuce and capsicums!



Love from The Girls in Gardening

The Assisi News

Building Update

The Village Barn is looking almost complete now, from the outside. The groundwork for the bowling green is well underway. It's all on track for opening in December – not long to wait now!



The Chapel at Atawhai Assisi

This is open every day for residents to use for personal prayer or simply a peaceful place to sit. Monsignor Frank celebrates Mass on Wednesdays, Saturdays and Sundays Chaplain Clive leads services in the rest home and hospital as well as in the Chapel – the times for all of these are shown below.

All residents and their families or friends are most welcome at all of these.

Garden Message from Atawhai Assisi

Hi Everyone,

The month of October brought us the continuation of some wonderful Spring Weather Extremes and the starting of the lawns growing consistently fast. Hopefully everyone enjoyed the amazing Cherry Blossoms that have been putting on a wonderful display around the complex and along Matangi Road.

Projects for the month of November

- Tidying the Water Runoff Pond - throughout the month I plan to weed-eat the surrounding area to keep it tidy as well as tie up and trim the trees along the edge
- Planting of the new gardens around the new Community Centre
- Finishing the planting of the bark gardens along the entrance to the Hospital Carpark

Wishing everyone an amazing month of November, hopefully where we get to enjoy some settled weather and wonderful times with our family and friends. Also, don't forget if you have any questions you can find me around the complex or in the yellow shed around behind the hospital.

Sandra, the Gardener



Catholic Mass Times

Wednesdays 10.30am
Saturdays 10.30am
Sundays 10.45am

Atawhai Assisi Chapel

Ecumenical Services

Bible Study, Chapel, 11am - Mondays, 6th, 13th, & 20th November
Rest Home Mens' Group, Hata Maria Lounge – 11am Wed 22 November
Combined Church Service, Hospital – 11am Tues 28 November
Combined Chapel Service, 11am -Tuesday 28 November

NEWS FROM VILLAGE GROUPS

The Book Club



The Book Club meets on the second Thursday of each month at 3pm in the Library – following Bingo. All are welcome to chat about books recently read, and books in general.

Some of the books read by members of our group this month include:

The Grand Tour – Ben Aitken (Gladys)

A light hearted account of six holiday tours taken by a young man (in his 30's) with his elders. Mostly to touristy spots in the UK although also to Lake Como in Italy. On one tour he is accompanied by his girl friend and on another to Wales, with his grand mother.

He is a champion bingo player and enjoys his chats with other members of the tours, learning of their past history and their views of life in their senior years.

The Dressmaker – Rosalie Ham (Lynda)

After twenty years mastering the art of dressmaking at couture houses in Paris, Tilly Dunnage returns to the small Australian town she was banished from as a child. She plans only to check on her ailing mother and leave.

But tilly decides to stay, and although she is still an outcast, her lush, exquisite dresses prove irresistible to the prim women of Dungatar.

Through her fashion business, her friendship with Sergeant Farrat – the town's only policeman, who harbours an unusual passion for fabrics – and a budding romance with teddy, the local football star whose family is almost as reviled as hers, she finds a measure of grudging acceptance.

But as her dresses begin to arouse competition and envy in town, causing old resentments to surface, it becomes clear that Tilly's mind is set on a darker design: exacting revenge on those who wronged her, in the most spectacular fashion.

The Prison Doctor – Dr Amanda Brown (Beatrice)

“Despite their crimes, she is still their Doctor”. An eye opening account of helping those in need of treatment and support while in prison in a British hospital.

The Ice Child – Elizabeth McGregor (Beatrice)

A gripping portrayal of an expedition to the North Pole to uncover the last traces of Franklin's expedition in the Arctic.

Erebus – The Story of a Ship – Michael Palin (Isabelle)

This is the story of a sailing ship. The expedition to the Antarctic was led by James Clark Ross but included many interesting characters. They returned to England nearly four years later, spending the southern winters in various parts of the world mapping the earth's magnetic field.

After the success of this expedition, another was planned, this time to find the North-West passage in the Arctic. Led by Sir John Franklin and also with Erebus' sister ship “The Terror”, it was ill-fated. For various reasons, not always clear, everyone died, and the ships were wrecked.

In Search of England – Roy Hattersley (Isabelle)

A paean or song of praise for all the fascinating variety of England's places and people, past and present. Short pieces, easy to read and interesting.

Pool

On Mondays at 1pm and Wednesday evenings at 7pm, we play in the Cherry Blossom Community Centre. We would love you to join us. We are a friendly welcoming bunch!

If you've never played before, we have members who can help you.

Vision Impaired Group

Our group of people continue to meet every Thursday morning for coffee in the Café, and in the Harakeke lounge on the second Thursday of the month.

It is great to see the bonding that has occurred in the group and many lasting friendships being formed.

Why don't you come and join us - we look forward to seeing you soon.



Lyn Pettigrew (Rimu 1)

Petanque

No Petanque on November 4, but do join us on the court near villa 28 on the summery Saturday mornings on November 11, 18 and 25 at 10.00a.m.

Vivienne Baker (Villa 29)

Lawn Bowls

It is good having people coming and seeing whether bowls, either or both indoor or outdoor, is a game they can play and enjoy. We have club bowls for you to play with, but you need flat footwear for playing on the green. Please join us on Tuesday or Thursday mornings at 9.15am and join us in the fun and fellowship. We have a free cup of tea or coffee after the game, which is always a happy time.



John Grey
Bowls Facilitator (Villa 108)

Ukelele Sing-a-long Group

A group of enthusiastic residents are meeting each Thursday afternoon, at 2.30pm in the Downstairs Lounge in Harakeke, to sing and make music together. Many of the group are new to playing the ukelele but the leaders of the group, Keith and Janice Glover, are very happy to teach – and they have great patience!

If anyone would like to play – or learn to play, feel free to join them any Thursday afternoon.

Card Making

We continue to meet twice a month - on the 1st and 3rd Monday mornings. Dates ahead are: Monday 6th and 20th November - 10.30 - 11.45 in the Cafe.

Last month numbers were low, probably as the Village has got busier and there is more to do. We are happy to set materials up for you as usual, or you can help yourself to our cupboard when you have time and energy!

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

Knit and Natter Group

Since we took our latest knitting and sewing donations to Kids in Need Waikato last month, our knitters have been busily building up our stock for the next donation delivery in March 2024.

As we have limited storage space, we are asking that our knitters store your knitting at home until we collect them closer to the next delivery in March 2024.

Thank you.



Jill Wilson ph 856 4080
Helen Painting ph 854 7662



We continue to meet and play in the Library area of the Cherry Blossom Centre on Thursday afternoons from 1.30pm until 3pm. We generously share the chocolates with all, especially the new players.

Come along and try your luck and have an enjoyable social time – winning chocolates and sorting out the world's problems!

See you Thursday!

Ann Hartstone
Ph: 839 9082

Widows' Wellness Wednesday

A casual get together is offered to bereaved ladies (no matter how long ago) on the 2nd Wednesday of the month. This will be held in the library at 2.30pm with a cup of tea or coffee.

It is an opportunity to relax and mix with others in a similar situation; to share experiences and memories, to make new friends.

Tamahere Quiz Group

Our Tamahere Eventide Quiz team has done very well in last 4 years. From 2020 until early 2023, with an average of one Inter-village Quiz per year, the team came second out of ten Villages in the first two quizzes and third in 2022 and again in the first quiz of 2023.

In the Inter-village Quiz last month at Forest Lake Gardens, our team of Ann Hartstone, Amanda, Mariette and Margery was just below the top three placements; very good, as the place was somewhat overcrowded and the questions rather obscure.

There are still a total of 10 Villages involved. The next inter-village quiz should be early in 2024.

We quiz by Zoom each month; this means we are flexible and can hold extra quizzes to suit requirements. It is easily done on a smart phone or tablet.

Caroline & Jim Higby
Ph 022 541 9864

Scooter Club

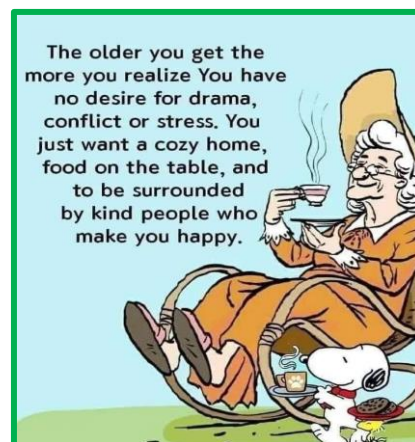
Sadly, our Scooter Club is in need of some new organisers. For different reasons, Lynda and Janet are unable to continue, while Dave, the ever-willing assistant is happy to continue supporting a willing volunteer or two.

Over the past years, the Scooter Club has been a hub of enthusiastic and some less able residents who are keen to learn how to stay safe on their mobility scooters. Different organisers have had a range of ideas – from group trips along the Cycleways in the region, to skill development such as learning to reverse around corners and negotiating narrow pathways.

There are many new scooter riders in the Village now, and with their safety the prime concern, it would be a huge confidence boost to them if they were able to get out on the paths around the area and enjoy the summer weather.

If you are willing to help work with a group of less mobile residents in a spirit of fun and challenge, please chat to either Dave or Keith, (ph 856 4286).

Dave Collins 07 858 0323



Our Rehabilitation Corner

Staying safe when exercising:

1. Stop exercising if you experience pain, discomfort, nausea, dizziness, light-headedness, chest pain, irregular heartbeat, shortness of breath, or clammy hands. Listening to your body is the best way to avoid injury. If you continually experience pain after 15 minutes of exercise, for example, limit your workouts to 5 or 10 minutes and instead exercise more frequently.
2. Avoid activity involving an injured body part. If you have an upper body injury, exercise your lower body while the injury heals, and vice versa. When exercising after an injury has healed, start back slowly, using lighter weights and less resistance.
3. Warm up, stretch, and cool down. Warm up with a few minutes of light activity such as walking, arm swinging, and shoulder rolls, followed by some light stretching (avoid deep stretches when your muscles are cold). After your exercise routine, whether it is cardiovascular, strength training, or flexibility exercise, cool down with a few more minutes of light activity and deeper stretching.
4. Drink plenty of water. Your body performs best when it is properly hydrated.
5. Wear appropriate clothing, such as supportive footwear and comfortable clothes that will not restrict your movement.



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

The Answers to the Quiz on page 4

1. Rome
2. Apollo
3. Walt Disney
4. Astrophysics
5. Venus
6. Calligraphy
7. Tanzania
8. An embarrassment
9. True
10. Mexico City
11. Ukraine
12. The British Museum

All residents receive a copy of the Vista each month. These can be on paper and delivered to your letter box or, in the interests of saving our planet (and the trees, and reducing waste etc) you might choose to have an electronic copy.

If you would prefer to receive your copy by email, please contact the Editor, at christchurchclass@gmail.com

Our Chuckle Corner



A woman was found guilty in court of a traffic violation, and when asked for her occupation, she said she was a school teacher. The judge rose from the bench and said: "Madam, I have waited years for a school teacher to appear before this court." "Why is that Your Honour?" asked the teacher. The judge smiled with delight and said: "I'm going to need you to sit down at that table and write 'I will not run red a light' 500 times."



A preacher, newly called to a small country town, needed to mail a letter.

Passing a young boy on the street, the pastor asked where he could find the post office.

After getting his answer, the minister thanked the boy and said: "If you'll come to the community church this evening, you can hear me tell everyone how to get to heaven."

"I don't know, sir," the boy replied. "You don't even know how to get to the post office!"

A husband and wife are grocery shopping.

The husband sees a carton of beer on one of the shelves and puts it in the trolley.

"What are you doing?" asks the wife.

"They're on sale, only \$10 for 24 cans," he responds.

"Well, put it back. We can't afford those."

Without another word, the husband obeys his wife and puts the carton back on the shelf. In the next aisle over, the wife sees a bottle of facial cream and puts it in the cart.

"What are you doing?" the husband asks.

"It's my face cream and it's on sale for \$20. It makes me look beautiful," she replies.

"So does a 24 pack of beer, and it's half the price!"

GRANDMOTHERS – An essay by an 8 year old.

A grandmother is a lady who has no children of her own, so she likes other people's little girls. A grandfather is a man grandmother. He goes on walks with the boys and they talk about fishing, tractors and things like that. Grandmother don't have to do anything except be there. They are old, so they shouldn't play hard or run. It is enough if they drive us to the shops where the pretend horse is and they have lots of coins ready. They are often fat, but not too fat to tie kid's shoes. They wear funny glasses and funny underwear and they can take their teeth and gums off. Everyone should try to have one, because grandmothers are the only grown-ups who have got time.

Tamahere Retirement Village – Calendar of Events – November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Colour Coding Green Exercise Groups Black Church Services Red Groups, Trips (Shopping etc), Games Blue Health Clinics (Podiatry, Ear Clinics etc) Purple Vision Impaired Group			1 9.15 Sit & be Fit/CC 10.30 New World 7.00 Pool/CC	2 PODIATRIST HERE 9.15 Lawn Bowls 10.30 VIG Coffee/CC 10.30 Swallow Gallery/CC 1.30 Bingo/cc 2.30 Ukelele Gp HDL 4.0 BYO Social Evening/CC	3 9.15 Back Strength/CC 10.0 Knit&Natter/HDL	4 2.00 Mandarin Youth Group /CC
5 4.00 Worship in Wesley Chapel led by Rev. Dr Susan Thompson	6 9.15 Seated Exercises/CC 10.30 Card Making/CC 1pm Board Games, Pool/CC 2.30 Walking Gp/CC	7 9.15 Lawn Bowls 10.30 Chartwell 11.0 Catholic Mass /HDL (Mons Frank)	8 9.15 Sit & be Fit/CC 10.30 New World 2.30 Widows Wellness Wednesday /cc 7.00 Pool/CC	9 9.15 Lawn Bowls 10.30 VIG Mtg /HDL 1.30 Bingo/cc 2.30 Ukelele Gp HDL 3.00 Book Club /cc 4.0 BYO Social Evening/CC	10 9.15 Back Strength/CC 10.0 Knit&Natter/HDL	11 10.0 Petanque nr V28 11.0 Catholic Liturgy /C (Sue Kenrick)
12 4.00 Worship in Wesley Chapel led by Rev. Shelley Walker	13 9.15 Seated Exercises/CC 11.0 Christmas Craft Sales/CC 1.0 Board Games Pool/CC 2.30 Walking Gp/CC	14 9.15 Lawn Bowls 10.30 Chartwell	15 9.15 Sit & be Fit/CC 10.30 New World 11.0 Holy Comm'n (Rev. Dr Susan Thompson) – Nikau Garden (weather permitting) 7.00 Pool/CC	16 9.15 Lawn Bowls 10.30 VIG Coffee/CC 10.30 Dementia Support Gp /CC 1.30 Bingo/cc 2.30 Ukelele Gp HDL 4.0 BYO Social Evening/CC	17 9.15 Back Strength/CC 10.0 Knit&Natter/HDL	18 10.0 Petanque nr V28
19 4.00 Worship in Wesley Chapel led by Rev. Tau Lasi	20 9.15 Seated Exercises/CC 10.30 Card Making/library 1pm Board Games, Pool/CC 2.30 Walking Gp/CC	21 9.15 Lawn Bowls 10.30 Chartwell 11.0 Catholic Mass /C (Mons Frank)	22 9.15 Sit & be Fit/CC 10.30 New World 7.00 Pool/CC	23 9.15 Lawn Bowls 10.30 VIG Coffee/CC 1.30 Bingo/cc 2.30 Ukelele Gp HDL 4.0 BYO Social Evening/CC	24 9.15 Back Strength/CC 10.0 Knit&Natter/HDL 3.30 Happy Hour /CC	25 10.0 Petanque nr V28 11.0 Catholic Liturgy/C (Lynn Fromont)
26 4.00 Worship in Wesley Chapel led by Rev. Metui Tafuna	27 9.15 Seated Exercises/CC 1pm Board Games, Pool/CC 2.30 Walking Gp /CC	28 9.15 Lawn Bowls 10.30 Chartwell	29 9.15 Sit & be Fit/CC 10.30 New World 7.00 Pool/CC	30 PODIATRIST HERE 9.15 Lawn Bowls 10.30 VIG Coffee/CC 1.30 Bingo/cc 2.30 Ukelele Gp HDL 4.0 BYO Social Evening/CC	cc = Small Lounge in Cherry Blossom Centre CC = Cherry Blossom Centre and Café C = Wesley Chapel HDL = Harakeke Downstairs Lounge	