



Welcome to the
TAMAHERE VISTA
December 2025



The children are already counting the number of sleeps remaining until Christmas! This year has gone so fast, it doesn't seem possible that it's almost December! This year has been tough on so many people. Let's try and consciously make this a Christmas to remember. One where people come first, not expensive gifts. Let's try and make this one of peace and just spending time with those we love.

Welcome to the people who have come into our Village in the past few weeks. I trust that you will soon see past the cartons and the muddle. This is a fantastic place to live in, and we warmly welcome you here and trust you too will soon settle and enjoy your new home.

Our featured Residents of the Month are recent arrivals, Bruce and Zoe Henderson. 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, and you are all amazing and very special people. Thank you, Bruce and Zoe for sharing your story with us.

The Vista would not be possible if it were not for your ongoing support and encouragement and for this, thank you all. But you should also be aware of the many people who contribute material, news and ideas. Thank you to you all. There are others though that you won't see – our office Administration staff who print this every month – thank you to you Sue; to Jenny and Helen who have kindly offered to deliver this – my thanks to you both; and to Pauline for her very able proofreading. You all fit in with the deadlines we have – and always with a smile! My sincere thanks to you all.

A reminder, that there will be no issue of the Tamahere Vista for January. A one-page calendar will be prepared showing significant dates and any last-minute notices. The next fuller issue of the newsletter will be distributed at the end of January for February, when "all things are go!"

Have a very happy and peaceful Christmas with your loved ones – and a safe and fun-filled New Year!

Carole Fleming (Editor)

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Introducing Bruce and Zoe Henderson

We were both born and raised in Hastings. Zoe went to Havelock North and Hastings Central Primary Schools, Hastings Intermediate School and Hastings Girls' High School. Zoe is the middle one of five girls. Bruce has one younger brother.



Bruce went to Parkvale and Mahora School in Hastings then his parents moved to Te Puia Springs up the East Coast north of Gisborne. Bruce's father went and worked for his brother in the General Store opposite the Hotel up there. At that time in 1953, the main highway was a gravel road from Tolaga Bay around to Opotiki and there was no electricity up the coast. Everyone had generators including the Hospital there at Te Puia Springs. The power went up around the East Coast in 1956.

When it came for Bruce to go to High School, he had a choice, either Gisborne or back to Hastings; he chose Hastings where he remembered kids when living there earlier. He went to Hastings Boys' High School. His parents moved back to Hastings, his father buying a Taxi Business.

On leaving school, Bruce went into the Building Industry as an Apprentice, eventually having his own business along with another chap in Partnership. - HENDERSON & RUDDICK BUILDING CONTRACTORS.

Zoe on leaving school, went and worked for her father who was an Automotive Electrician in Hastings. Zoe was Office Girl, Banker, ran the Spare Parts Dept, cuppa tea maker, you name it, she did it. Zoe always wished she did an Automotive Electrical Apprenticeship.



Bruce and Zoe met in 1967 on the Badminton Courts at the Hastings YMCA. They were also engaged that year and Married at St Columbas Church Havelock Nth, September 1968. They had three sons, Andrew, Stephen & Martin.

Bruce had continuous back issues to the point he had to get out of the Building Industry. He ended up doing small building jobs along with buying a Rural Mail Contract, RD5 Hastings. A few years went by and Bruce's sister in law, who was a Kitchen Designer for Consolidated Joineries who made Stylewood Kitchens in Napier, said that they were looking for a Kitchen Designer and Installer in Tauranga and Hamilton. After considerable thought, they decided to take the plunge and opted for Hamilton, and built a new Showroom behind their home that they bought in Morrinsville Road opposite Berkley Ave.

Sadly, all this took place at a time there was a slump in the Building Industry and after about 18 months, they had no alternative but pull the pin. Things were extremely tight there for a time but they were determined to get back up again. Bruce went and worked for New Zealand Road Services which he really enjoyed. Zoe got very involved with Care & Craft and enjoyed that very much. That was held at the Baptist Church Hall, Knighton Road. The boys attended Hillcrest Normal Primary, Berkley Intermediate and Hillcrest High School.



In 1991, Bruce along with 28 other Hamilton drivers, all but 1 were made redundant as the Government Buses, Road Services, had been sold off to Private Companies, INTERCITY. Bruce was asked if he would move to Auckland and to continue on with Intercity, but that wasn't going



to happen. So what happened then, Bruce and Zoe bought BARRYS FRUIT & VEG at Hillcrest and changed the name to HILLCREST FRUIT & VEG. That was going very nicely, until BIG FRESH Supermarket opened in Anglesea St. They noticed sales dropping.

A few weeks later, after BIG FRESH opened, MILL ST PAK 'N SAVE opened, well, that was an instant disaster for them. They did push ahead to try and build the business up again but it didn't happen. They weren't making a wage, so decided they could not continue

like that so put the business on the market & sold. This was another big disappointment.

At about this time in 1993, (just before Christmas), Bruce and Zoe lost their youngest son, Martin in a car crash. Martin was front seat passenger with his friend at the wheel. The driver faired OK. There was no drink or speed involved. It was tiredness, the driver dropped off to sleep and the car veered into a power pole on Cobham Drive. Things were a big struggle there for quite a time, but Bruce and Zoe did manage to pick themselves up again. Glen Miller of MILL ST PAK 'N SAVE wanted Bruce to help him out as groundsman and maintenance person. Stephen, (Bruce and Zoe's 2nd son) was Fruit & Produce Manager for Glenn, so Bruce decided to take that job offer. Zoe went and worked at FIRST LADY FASHIONS in Hamilton East.

Bruce decided to go back to the buses after a couple of years. HAMILTON CITY BUSES, which eventually became GO BUS. Bruce was there until he retired in 2010. Zoe was with DAVIDS EMPORIUM for a short period before going to FORLONGS where she had 15 years in many areas of the large store. Zoe also retired in 2010.



During the last 10 years of their employment days, they had a Wedding Car & Stationary Business, DAIMLER HIRE CARS, which they ran for 16 years and were able to fit all that in between their employment. No doubt many of you will remember the sign in front of their place in Morrinsville Road opposite Berkley Avenue.



After 16 years of being tied down with Weddings etc, the cars were sold and a Caravan was purchased and they started to enjoy the beautiful country that we all enjoy. Over a period of 18 years, they have had two Leisureline Caravans made here in Hamilton. Their latest caravan is now for sale along with their Nissan Ute.

Bruce and Zoe have had numerous trips overseas and a couple of cruises. They still intend to get away, this time using Motels.

They had 17 years at Bramley Gardens Lifestyle Village in Rototuna before moving here into Villa 62 at Tamahere Eventide a few weeks ago. They have settled in well and are extremely happy with the decision that they made to come here.



A remarkable story of a hard-working, innovative couple who have chosen to make Tamahere their home. Welcome to you both – we hope you will be very happy here.

Carole Fleming (Editor)

By special invitation –

The Trumpet-Guy!!

*John McGough, will be performing in our Chapel
on Saturday 6 December, 1.30 – 2.30.*

All Village residents are warmly invited.



When my daughter handed me her progress report, every box was ticked with praise – except one: “Distracted in large groups”.

She looked up at me through her smudged glasses and asked softly, “How am I doing, Mum?”

Before she could feel embarrassed, I knelt down and told her the truth: “Yes, you do look around a lot. You noticed Sam sitting alone and comforted him. You noticed when Jacob wasn’t feeling well. You noticed Grandpa slowing down and waited for him. And every time we crossed the bridge, you noticed the view.”

Then I smiled and said, “That’s not a flaw – it’s your gift.” Her eyes brightened, and I realised her distraction wasn’t about losing focus, but about paying attention to life. Because some people rush through the world, and others stop long enough to see it. The ones who notice – the ones who really see – are the ones who make it better.

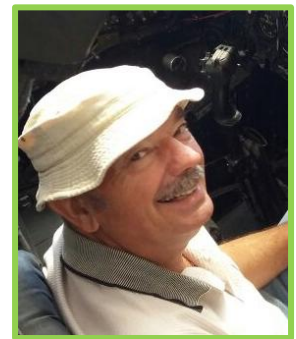
Calling all Romeos

No, not that sort – this stands for “Retired old men eating out”!

If you are interested in learning more about a group to support and be company for each other, maybe this is for you!

Ash Fairbairn (Villa 11) has recently moved to our Village, and is keen to share his experience of the ROMEO club which was established in Tauranga. He is interested in introducing this to Tamahere Eventide as a group for men offering support and company.

Come along and meet Ash and learn more about ROMEO and what it could offer you – come for coffee at our Café, 10am on Tuesday 2nd December.



VILLAGE MANAGER'S COLUMN

Quote of the Month:

"Unexpected kindness is the most powerful, least costly and most under-rated agent of human change."

(Bob Kerrey – An American Politician)



New Residents

Harakeke 20	Beatrice Redpath
Rimu 18	Paul Davis
Villa 44	Janice Raethel
Villa 112	John and Magdalena Fiddes

Merry Christmas, as we move towards the reason for the season. May the finer weather bring friends and family to your door.

Just reminding you all that I am heading to Europe for four weeks; my last day is Friday 19 December, and I am back on Monday 19 January.

Please be kind to each other this holiday season. I look forward to 2026 with the last of the new residents moving in to their villas.

The Bus-It timetable for the holidays is now out with the Regional Council advising us that our service will be stopping from Wednesday 24 December and restarting on Monday 5 January.

David McGeorge



Changes to Regular Dates over the Holiday Period



Van trips to Supermarket

The last van trip to the supermarket will be on **Wednesday 17 December**.

We are unable, and unwilling for safety reasons, to provide a trip on Christmas Eve.

To get you through the holiday period, Chris will come back from her holiday, on New Year's Eve, **31 December**, and she will take those wishing to go food shopping in the van.

The next day that we will be going to the supermarket will be **Wednesday 14 January** when our regular driver returns from his break.

In summary –

This means that during the holiday break, we will be going to the supermarket each fortnight, thanks to Chris White. There will be NO Chartwell trips in the period from 16 December through to 13 January.

Village Café

- The Café will close on **Friday 19 December 2025** and reopen on **Monday 12 January 2026**.
- (Assisi's Café – The Village Barn will close on **Sunday 21 December** and reopen on **Monday 12 January**.)
- Any person wanting a meal delivery during this time can order this from the Tamahere Eventide Kitchen – ph 07 856 5162 x 825.

Christmas/New Year Reception Hours:

Thursday 25th Dec – Friday 26th Dec 2025 – CLOSED

Monday 29th Tuesday 30th and Wednesday 31st – OPEN 9am to 3.30pm

Thursday 1st Jan 2026 and Friday 2nd Jan 2026 – CLOSED

From Monday 5th Jan 2026 – OPEN Normal Hours (Mon-Fri 9am - 3.30pm)

Exercise Groups

These will **NOT** be held on **Friday 26 December**, nor **Friday 2 January 2026**.





CHRISTMAS AT EVENTIDE VILLAGE

To Eventide Village residents -

You are invited to our **Village Christmas lunch**

- **Friday December 12th, 1pm**
- Community Centre
- Please book at the Café.
- Payment required to confirm your Booking.
- \$40 pp payable at the café

Menu



*Roast Lamb
Roast Chicken & Stuffing
Roast Ham
Roast potatoes & Seasonal Vegetables
Gravy and cranberry sauce
Selection of summer Dessert options
Christmas Cake and Xmas Fruit pies
Glass of wine, beer or punch
Christmas Crackers*

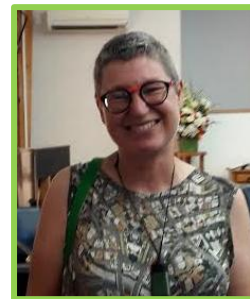
Entertainment - Pieter Bos



CHAPLAIN'S KORERO

Ngā mihi manahau ki a koutou! Joyful greetings as we head into the days leading up to our Christmas celebrations.

It's a time of year for looking back and saying thanks. This week village residents and staff have the opportunity to express our huge gratitude to Karen Bridewell, our Village Activities Facilitator. Karen has been a friend to many during her time at Tamahere, supporting residents and families through some of life's most difficult changes. She's been constantly available, endlessly helpful and deeply compassionate. She's also been a wonderful work colleague and we will miss her.



I would also like to take a moment to thank Jeanette Clarke for her ministry playing the piano for our chapel services. Jeanette's music has brought joy and comfort to so many people. Residents often gather in the chapel half an hour before the service begins just to listen to her playing. Over recent years she has also played for most of the funerals held in the chapel. Jeanette would like to take a break from playing every week so we're looking for someone who might be willing to offer their musical gifts. Please contact me if you're interested.

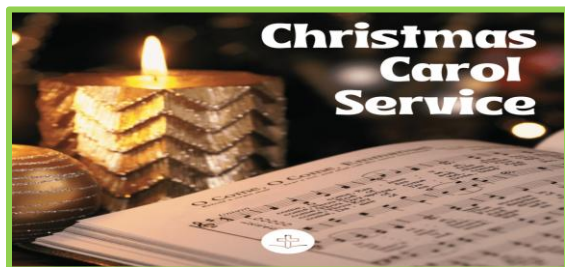
This is also a time of year for looking forward, sometimes to a well-deserved break. Every year has its own challenges: family dynamics, our health or that of whānau members, the state of the world. Sometimes these can leave us feeling anxious, worn out or stressed. We need the chance for rest so that we can be renewed and recharged. One of my favourite writers, Anne Lamott, once said, "almost everything will work again if you unplug it for a few minutes - including you".

I hope you all have a chance to unplug yourselves over the Christmas season so that you can be renewed and recharged. I'm looking forward to catching up with friends, reading some good books, pottering around the garden and tramping in the South Island. Most of all I'm looking forward to putting my phone away! For many people Christmas services offer an opportunity for the renewal of hope. You are all welcome to our Twilight Carol Service on 4th December at 7pm and to our Christmas Day service on 25th December at 11am. Meri Kirihimete me ngā mihi o te tau hou e te whānau.

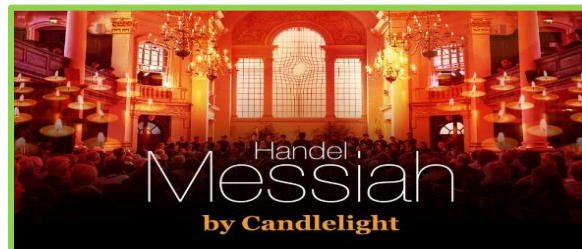
Ngā manaakitanga,

Susan

Mark your calendar!!



Our Twilight Carol Service will be held in the Chapel, 7pm on Thursday 4th December.



There will be a screening of "The Messiah" in the Community Centre at 4pm on Sunday 21st December.



Our Cantando Christmas concert, *Carols by Light*, brings together carols, timeless classics, and festive joy. The choir will be accompanied by the wonderful harpist, Ivy Hou. There will be an opportunity for the audience to sing with the choir some of the more traditional carols. Join us for an unforgettable evening of music that shines with the spirit of Christmas.



Date: Saturday 6th December 2025



Time: 7pm



Venue: St Peter's Cathedral, 51 Victoria St, Hamilton

Tickets: Adult \$30, Concession \$25, Student \$10, Child (aged 13 and under) Free. Available from info@cantando.org.nz, and choir members. Cash door sales.

Any enquiries, contact **Delwyn White, Villa 66. 027 277 6563**

NEWS FROM CHRIS

We have a number of special events happening in December; mark them on your calendar!!



- Thursday 4th December - 7pm – Twilight Carols in the Chapel
- Saturday 6th December – 1.30 – The Trumpet Guy – in the Chapel
- Saturday 6th December – 7pm Carols by Light – St Peter's Cathedral
- Sunday 7th December - 3.00 - Carols and Cake in the Community Centre
- Thursday 11th December – 5.25 – 6pm – Fusion Christmas Parade – cruising around the village stopping at the Rest Home entrance and the Cafe
- Friday 12th December 1.00 - Village Christmas Lunch in the Café (see page 7)
- Thursday 18th December 3.30 – Happy Hour
- Sunday 21st December 4pm - The Messiah – screening in the Community Centre
- Thursday 25th December - Christmas Day Lunch for Village (see below).

Chris
(Acting) 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.

Contact Chris or David to discuss.

Chris' Housekeeping Tip for the Month

Oven Cleaner – I mixed up a bottle of this recently and shared it with a resident and she said it brought her oven up, sparkling clean.

Combine: 1 cup each of dish washing liquid, lemon juice, white vinegar, and water.

Spray the mixture inside the oven including the door, and allow the solution to sit for 20-30 minutes to break down the grease and grime.

Use a damp cloth to wipe down the surfaces of oven until it's clean.

Christmas Day Lunch – Cost \$30.00 per person

There are two choices:

1. Order from the kitchen for delivery to your unit – cost is \$30
2. Book and pay for in the Village Café up to 18 December 2025 – \$30 per person
 - a. If there are 25 or less people going then it will be served in the Day Programme dining room
 - If there are more than 25 people, then we will set up in the Village Café.

Christmas Day Lunch Menu 2025

- Honey Glazed Ham with pineapple sauce
- Stuffed Roast Turkey with cranberry sauce
- Rosemary Potatoes/Kumara/Pumpkin
- Minted Peas/Broccoli and cauliflower with cheese sauce
- Dessert – Pavlova with cream and strawberry



For those who missed the Concert hosted by the Living Waters Church Youth Group, and performed by the Chinese professional dance group from Auckland, the following photos tell of an afternoon of grace and beauty.





Growing needs for the over 65's

Last week I attended the AGM of the Christian Night Shelter where I was, for several years, on the Board. I sat next to the Manager of the Christian Food bank. We were told of the growing needs of the over 65s in Hamilton.

- 15% of the homeless, of both genders, are over 70. (Imagine looking for a safe place to sleep in the rain when you are old).
- 163 food parcels were given out in one day from the Food Bank last week

There is a growing number of elderly people seeking food parcels, some even from Retirement Villages where the fees have risen but not the pensions. We are very fortunate here as our fee increase is low in comparison with some.

If any of you know of anyone here who needs a food top up parcel please let Reverend Doctor Susan Thompson, the Chaplain, know.

If anyone you know outside the Village needs a food parcel, please let Reverend Amanda Bradley JP, Villa 1, know as she has Food Bank contacts.

Anything said on this, or on any issues, is totally confidential. The Happy Hour Christmas collection for the Foodbank is very gratefully received.

- **Amanda Bradley**

A special message from the Day Programme Team



We recently asked if someone in the Village might be able to help us by lending us a wheelchair that they were not using at present. We were trying to make life a little more comfortable and less stressful for some of those who attend the Day Programme, who are unable to walk to the bathroom, or even to and from the van they travel in.

The staff at the Day Programme want to express a special thankyou to the most awesome ladies, Mariette from Villa 85 and Barbara from Harakeke 5, who assisted us in this matter. We are so very grateful.

(- Well done ladies - Editor)

Using credit/debit cards online

Things are tough online now; a business gets hacked and suddenly millions of customer's details are in the hands of hackers. This is more commonplace than is comfortable. And sometimes those details include credit cards. There is also an underground industry of stolen credit card details, often funding illicit "deal" websites like G2A (a computer game reseller), or other, seedier sites.

There is no way to guarantee that a website will not be hacked; even the most fastidious, security-oriented businesses like LastPass (known for storing online passwords securely) have been hacked, leading many to ask, how can I guarantee that my credit card details are safe online?

Luckily, there is a way to ensure that your credit card will never be used by the wrong people online: that is, not to use it or to use it sparingly, and prevent businesses from storing it. For example, when Trademe asks you if you want to store your credit card details for the next transaction with them – you may simply say no, and untick that box. It is best practice to do this with all online sites that you use a credit or debit card with. That way, the company can only store the card's details for the duration of the transaction, but no longer.

Sure, it's tedious and time-consuming to re-type a credit card number many times, but it beats having someone else obtain it. Last year while I was travelling in America, I suffered the embarrassment of not being able to pay for a restaurant bill because my bank had flagged the credit card as being possibly compromised (nothing to do with me being overseas, I had informed them in advance, as you should of course do). In other words; even if a threat doesn't eventuate, these things still have consequences.

A second approach is to use an online service such as Paypal to transfer funds. Many or most online businesses accept Paypal, and while Paypal will store your credit/debit card details, those details are only shared with one company instead of many. Which, purely through statistical odds, decreases the chance of your credit card details being hacked and stolen. Of course, you should use a very secure password for Paypal, just like any other site; see the earlier article of mine about creating a secure password.

All in all the online world is still the 'wild west', with many miscreants, bad actors and saboteurs. Let's hope eventually the world forms a more unified approach to dealing with these issues, rather than leaving it to the innocent consumer to get scammed or hacked.

Not feeling like someone's got your back? Contact Matt at 0211348576 or info@homepcsupport.co.nz - \$80 per hour, or \$70 for drop-off-to-workshop services.



Bentley Home PC Support

What's Going On?

Sunday 2 November - Sunday 28 December

High Tea Sundays at The Clements, The Clements Hotel, 68 Duke St. Cambridge. Treat yourself to a delightful afternoon with our signature high tea experience. Enjoy a selection of delicate tea sandwiches, warm scones, indulgent pastries, paired with premium loose-leaf tea from Oku or Zealong. Every Sunday 2pm-5pm. Ph 07 974 9050.



St Stephen's Tamahere Christmas Festival:

Shop and Cafe - Monday 1st - 20th December - 10am to 4pm (closed Sundays)

Carols in the Church: 1st - 5th December 10.30am & 1.30pm; 8th - 12th December - 10.30 only

Twilight Market: Saturday 6th December 4pm - 8pm. (see notice on the board at the cafe)

Claudlands Event Centre - 28th Nov to 21st December:

From 28 November to 21 December, Claudlands Events Centre transforms into Hamilton's ultimate winter wonderland with a 100% frozen ice rink open daily from 10am to 10pm! Whether you're gliding like a pro or stepping onto the ice for the first time, grab your friends and family and make this Christmas unforgettable. Skate Helpers are available for hire (subject to availability), and for safety, helmets are compulsory for skaters 12 and under. We recommend bringing your own, but free helmets are available. Don't miss the coolest event of the season, see you on the ice!

Trails and Walks:

The 4.6 hectare Tamahere Reserve (begins at 30 Tauwhare Rd) is a popular spot for locals and visitors to enjoy native bush and wildlife. More information if you check DOC website.

Gourmet In The Gardens:

Every sunny Sunday afternoon until the end of March. The region's best food trucks will be available. Take a picnic blanket or chairs to the rhododendron lawn at Hamilton Gardens.

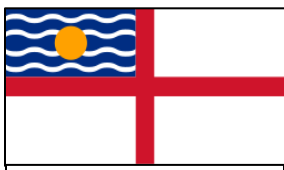
Matangi Bus Café:

Real Fruit Ice Creams - open 12 - 5pm every day during summer - opposite Matangi 4 Square

Did You Enjoy The Cricket - New Zealand v West Indies?

Here is some information about their flag.

The term "West Indies flag" can refer to the historical flag of the West Indies Federation (1958–1962) or the current flag used by the West Indies cricket team. The former was a blue flag with four horizontal white stripes and a central gold disk, while the latter is a maroon flag with the team's insignia, which often includes a smaller insignia with a palm tree and cricket stumps.





The colours of the Jamaican flag, designed with a gold saltire (diagonal cross) and green and black triangles, symbolize the motto, "The sun shineth, the land is green and the people are strong and creative". Black represents the strength and creativity of the people, gold represents the natural wealth and sunlight, and green represents the country's hope and agricultural resources.

Rototuna Library:

I had a drive out to this suburb on Sunday (with friends). If you haven't seen how Hamilton is expanding in this area, you could get a surprise. The Library is an amazing place, especially for young families. Open seven days weekly - 9.30 - 4pm - there is a cafe in the middle of the library named CHAPTER ONE. The library itself is large, open plan and invites all ages to spend time checking or reading books. Outdoors is a great playground and plenty of parking.

Strawberries For Christmas:

I checked with Punnet and discovered that you should place an order for strawberries two weeks before Christmas. Drop into Punnet (or go online) and leave your name and order. This will save time during their rush time.

You can also check out **Direct from the Market** - Tamahere Drive (past The Tamahere Country Club.)

Local Markets:

Cambridge Farmers Market: In the heart of the town at Victoria Square every Sat 8am-12pm.

Trash To Treasure: Every second Sunday 8.30-1pm - One person's trash is another person's treasure. Memorial Park in Taylor St Cambridge.

Tamahere Country Market: Held at St, Stephen's Church in Tamahere on third Saturday of every month 8.30am-1pm

Cambridge Christmas Festival – Friday 28 November – Saturday 13 December, in the Cambridge Town Hall.

That's it for this year - Wonder what I can find next year?

Happy Christmas to everyone,

Pauline Eastwood.

Did you know??

- Dreamt is the only word that ends in ...mt
- The oldest word in the English language is "town"
- "Bookkeeper" and "Bookkeeping" are the only two words in the English language with three consecutive double letters.

News from the Residents' Committee

Hello everyone,

First I'd like to thank all our performers in the Variety Show. What a great night. It's not easy to get up in front of a crowd, so again thank you for being brave and sharing your talent with us. I have had some wonderful feedback about the show. I'd also like to say a big thank you to everyone who came along. I think we counted about 85. It was great to have your support. We also raised \$207.00. We will be making donations of \$200. to St John's and \$500. to the Cambridge Health Shuttle.



We also had a lovely morning with Helen's granddaughter, Danielle, who came down from Auckland to demonstrate how she makes her jewellery collection. Those who came were able to have a go at making their own necklace and to purchase some items already made. It was a fun activity.



Our last event for this year will be our Christmas Carols and Songs afternoon on Sunday 7th December at 3pm. We will be accompanied by the Ukulele Group and Ann on the piano. After the singing we invite you to share a piece of Christmas Cake, shortbread and tea and coffee with the Committee. We will also have an extra Christmas prize draw at this event.

The committee will again be hosting barbeques on the Cafe deck on the last 2 Sundays of January and the first 2 Sundays of February. Bring along your own meat and whatever you want to go with it. We will cook the meat for you. I say we, but what I really mean is Keith will cook your items. 😊 Thank you,

Keith.

We have had our committee meeting this month with David and I will share with you some of the items that we had on our Agenda -

1. We asked David to replace the dying plants in the foyer with some artificial ones. They are looking very sad.
2. The plate warmer is still coming.
3. We seem to have a problem with stray cats. Please don't encourage them into your house or feed them.
4. If your **external lights** have stopped working you shouldn't be charged to replace them as they are outside.

Spending Christmas with family is always something we look forward to but not everyone has this opportunity. Louis has said he will put a list in the Cafe to find out how many of us want to share a meal on Christmas Day. There will be a cost of course and you are also able to invite other people to join you. If the list is small, it will be held in the Day Programme Room in the Rest Home. If there is a lot of interest it will be in the Cafe. Please look out for the list and put your name down early.

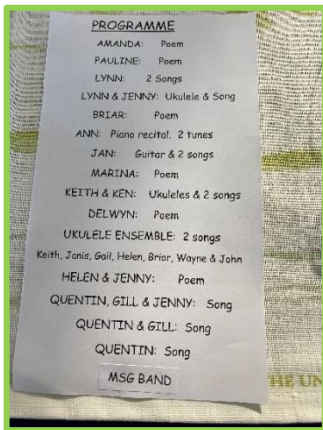
Thank you to everyone who has supported our activities this year. We have enjoyed putting these on for you and appreciate your attendance.

The Committee wishes you all a safe and Merry Christmas and we hope to have more fun activities for you next year.

Lynn

(Lynn Dring, Villa 68 – ph 021 032 2875)

What's in the Photo Album from the Variety Concert?







The Library

We have recently agreed to look after the Village Library after Enid Bryant did a sterling job for about 7 years. Thankyou Enid.

Books:

To try and make the best use of our limited space we have moved all the non-fiction books to the top shelf. These are in no particular order. We've spaced bookends along to hold them in place but please take care as we're not sure how secure this system is. Fiction is shelved in alphabetical order by author surname in the bays from left to right.



Returns:

Please put all returns in the bin provided for us to shelve. This will help us to get an idea of which books are going in and out.

Donations:

Please put book donations in the smaller bin provided. Due to space limitations we need to be very discerning when choosing which books can be added to our collection. Please keep in mind that we don't add books with very small print, books with yellowing or stained pages or damaged books. Also we are sure you will appreciate that there is very limited if any demand for reference type books such as atlases and dictionaries.

Waikato District Library:

Books in the 2 bays nearest the window are from Waikato District Library. These must be recorded in the red book when taken out, crossed off when returned and placed in the returns bin provided for us to shelve.

Please enjoy your library and we welcome your feedback.

Gill V84 & Jenny V98
Librarians

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 **3.30pm on the first Monday of each month** in the small Lounge in the Community Centre. Their next meeting is Monday 1st December.



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

The Songbirds – Olivia Spooner (Briar)

This is a reminder of Vera Lynn singing to the troops in the 1940's. It is a story about the "Tuis" - a group of New Zealand women who served in the Women's Army Corp, the group named after our national songbird. The women were the first from New Zealand to serve overseas. Their role was to provide respite and a touch of home to the weary troops returning from the front line. Arriving in Cairo, Egypt, they became caught up in the shadows of war, nursing, healing, and the whirlwind of frightening company. They are relocated to Italy to set up clubs in grand venues in Florence and Rome, but in the midst of the exhilarating nature of being abroad and in the company of soldiers, dark shadows loom and the women discover the true meaning of courage and sacrifice among the brutal reality of WWII. Olivia Spooner lives with her family in Auckland and runs her own independent bookshop business in the seaside suburb of Milford. A super read.

Tamahere Global Village

The Global Village enables villagers to share their questions and understanding about global events.

The final event for the year will be on Wednesday 10th December starting at 4pm, in the Lower Harakeke lounge, where we will continue general discussion of current events.

Contact **Gray Southon, V102**, Ph 0211 020 977, email gray@southon.net

Ukulele Sing-a-long Group

Ukulele group meet in the downstairs Harakeke lounge on Thursday afternoon at 2 pm, (but not the last Thursday of the month) to sing and make music together. Feel free to pop in and see what we get up to.

Contact Keith or Janice, Villa 10 or ph. Keith 021 255 1653., Janice 021 262 4469.



Bowls

Outdoor Bowls - We are starting at 9am these days with the change of time due to Daylight Saving. Still struggling for players, but have several sets of bowls available if anyone wishes to come along and have a go. We are playing 6 ends and follow with morning tea in the library.



Keep your eye out for our Orientation Day which will be held in January- we will have an open day, with fun competitions (with prizes), a Round Robin set of games, and tea and cakes. It will be good to see some of our new residents come along and join in.

Indoor Bowls - We have recommenced Indoor Bowls on a Monday evening at 7pm. We play about 8 ends, and are usually packed up and home again by 8.30.

These games are fun as we have to learn how to manage the carpet under the mat, a completely new experience.

Come along at 7 to put your name in and enjoy the company.

Beth Richards, H23
Bowls Communicator

Petanque

This is an enjoyable activity each Saturday morning (weather permitting).



A note to any of our new residents.

If you would like to come and 'give it a try' we are happy to show you how to play. A sociable, non-competitive game (invented by the French).

Come along at 9.45 and we are down at the end of Tidd Close, on the edge of the gully.

Games Afternoons

Remember, we play table games (Rummikub, Trionimoes etc) each Monday afternoon in the Community Centre, starting at 1pm. Due to popular demand, we are now also playing each Friday afternoon, from 1pm. Come and join us.

Knit and Natter Group

Knit and Natter meet weekly on Fridays at 10am in the Lower Harakeke Lounge.

We enjoy a cuppa and get together whilst engaging in our chosen fabric craft.

We will be taking a break over the holiday period; our last gathering for the year will be Friday 19 December, and we will meet again on Friday 16 January. See you there.

Helen Painting ph 854 7662

Vision Impaired Group

Hello everyone -

I am very aware that a number of people have recently joined our community at Tamahere so not sure if you know that every Thursday at 10.30 some of our residents get together in the cafe for morning tea.

This group was originally formed for people with a vision impairment but has now extended and everyone is welcome to come along for a nice morning tea (at your expense) and to meet fellow residents for a chat.

Hope to see some new faces around the table soon.

Lyn Pettigrew (Rimu 1)
Group Co-ordinator (027 827 5011)

Pool

We have a small but very enthusiastic group who meet to play on Mondays at 1pm in the Café. New people are always welcome – we are a friendly bunch. If you haven't played for a while, dig out those old skills – if you are new to the game, we are happy to teach you. Come and join us.

For Sale



Used (3 months) Invacare Venture Powerchair

115kg capacity, 6.3 km/h speed

8.4km range per charge, 12V 14A Batteries

Still under warranty with The Mobility Man.

At discounted price \$2500

All enquiries to 027 419 0335

Fusion Christmas Parade

Thursday 11 December - 5.25pm -6pm (approx)

This event, run by Suzy McPhail Initiatives, is a trio who lead the parade with Christmas songs, accompanied by dancers and classic cars.

The visit includes a cruise around the village with a stop at the Rest Home entrance and another at the Café.

Each year, they visit a number of Rest Homes and Retirement Villages in the city, and provide this entertainment.



You may have noticed recently that Chris is now zooming around the Village on a very distinctive yellow mobility scooter!!

It's called "Bumble Bee" and has been very thoughtfully gifted to us by Karen.

I'm sure the colour makes it go faster!

Thank you so much Karen.



Answers to Quiz on page 27

- 1- Holy Night;
- 2- Bethlehem;
- 3- At Oihi Beach in the Bay of Islands on 25 December 1814. The service was led by Rev Samuel Marsden, and attended by a group of European settlers and approx. 300 – 400 Māori, including chiefs Ruatara and Hongi Hika;
- 4- Wenceslaus was a 10th-century Bohemian prince (later Saint) Wenceslaus I, who braved a harsh winter to bring food and comfort to a poor peasant on the Feast of Stephen (December 26th). Although he was a duke, he became known as "Good" and was later given the title of king posthumous;
- 5- Caesar Augustus had ordered a census to be taken throughout the Roman world, requiring everyone to return to their ancestral hometowns to be registered. Joseph was a descendant of King David, and his family home was in Bethlehem. Joseph took Mary with him from their home in Nazareth to Bethlehem in Judea; Bethlehem at the time was called David's city, and Joseph was a descendant of David;
- 6- The "Three Wise Men" were actually a group of Magi, or wise men, from the East who followed a star to visit the infant Jesus. Tradition holds their names are Melchior, Caspar, and Balthazar, and they are often depicted as kings who brought three symbolic gifts: gold, frankincense, and myrrh. However, the biblical account in the Gospel of Matthew does not state their number, their names, or that they were kings;
- 7- Elizabeth;
- 8- Boxing Day;
- 9- A Pear tree;
- 10- Jewish.



Our Rehabilitation Corner



Higher salt intake has been linked to high blood pressure, a major risk factor for cardiovascular disease. The American Heart Association recommends no more than a teaspoon of salt a day for an adult. That may sound alarmingly small, but there are many painless—even delicious—ways to reduce your sodium intake.

Reduce canned or processed foods.

Much of the salt you eat comes from canned or processed foods like soups or frozen dinners—even poultry or other meats can have salt added during processing. Eating fresh foods, looking for unsalted meats, and making your own soups or stews can dramatically reduce your sodium intake.

Use spices for flavour.

Cooking for yourself enables you to have more control over your salt intake. Make use of the many delicious alternatives to salt. Try fresh herbs like basil, thyme, or chives. In the dried spices aisle, you can find alternatives such as allspice, bay leaves, or cumin to flavour your meal without sodium.



Substitute reduced sodium versions.

Choose your condiments and packaged foods carefully, looking for foods labelled sodium free, low sodium, or unsalted. Better yet, use fresh ingredients and cook without salt.

Consider using salt substitutes.

Sometimes labelled “low-sodium salt”, salt substitutes contain potassium chloride, whereas regular table salt contains sodium chloride. While substituting potassium chloride can be a way to reduce your sodium intake, people with certain medical conditions may need to be careful about increasing their potassium intake. Check with your physician before incorporating into your diet.

Prepared by: Rosalyn Pelaez
Allied Health Coordinator – Tamahere Eventide
Source: www.helpguide.org

Our Chuckle Corner

An old lady walked into a pet store, found a parrot, and asked the owner if she could buy it. The owner said, "Heck no! That parrot has a bad mouth! Trust me - you do not want that parrot!"

She said, "I can teach it good manners."

But, when she got home the parrot said a bad word, so she put it in the freezer for 10 seconds.

She took it out and said, "Did you learn your lesson?" It said another bad word so she put it back in for 30 seconds. She took it out and asked if it learned its lesson yet.

The parrot said "Brr... Yes, I learned my lesson, but, what did the chicken do?"

A woman went to the emergency room, where she was seen by a young new doctor. After about 3 minutes in the examination room, the doctor told her she was pregnant.

She burst out of the room and ran down the corridor screaming.

An older doctor stopped her and asked what the problem was. After listening to her story, he calmed her down and sat her in another room. Then, the doctor marched down the hallway to the first doctor's room.

"What in the world is wrong with you?" he demanded. "This woman is 63 years old, she has two grown children and several grandchildren, and you told her she was pregnant?!!"

The new doctor continued to write on his clipboard and without looking up said: "Does she still have the hiccups?"

All residents receive a copy of the Vista each month. These can be on paper and delivered to your letter box or 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



Teacher: Donald, what is the chemical formula for water?

Donald: H I J K L M N O.

Teacher: What are you talking about?

Donald: Yesterday you said it's H to O.

Grandpa was celebrating his 100th birthday and everybody complimented him on how athletic and well-preserved he appeared. "Gentlemen, I will tell you the secret of my success," he cackled. "I have been in the open air day after day for some 75 years now."

His friends were impressed and asked how he managed to keep up his rigorous fitness regime.

"Well, you see my wife and I were married 75 years ago. On our wedding night, we made a solemn pledge. Whenever we had a fight, the one who was proved wrong would go outside and take a walk."

A policeman stopped a woman for exceeding the speed limit. He asked the driver her name.

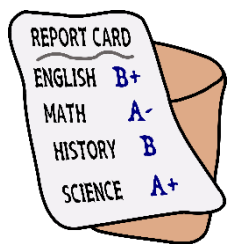
She said: "I'm Mrs. Ladislav Abdulkhashim Zybkcicraznovskaya and I am visiting my daughter in Tallahassee."

The officer put away his summons book and pen, and said: "Well ... Okay, but don't let me catch you

It's Puzzle Time

Time to test your understanding of Christmas. Good luck! (The answers are on page 24).

1. What is the second line in the song "Silent Night"?
2. In what town was Jesus born?
3. Where and when was the first Christmas Day celebrated in New Zealand?
4. Who was "Good King Wenceslas"?
5. Why were Mary and Joseph travelling to Bethlehem the night Jesus was born?
6. Who were the three wise men and where did they come from?
7. Who was Mary's cousin, who was pregnant at the same time as Mary?
8. The Carol words are "on the feast of Stephen". What do we more commonly know as the Feast of Stephen?
9. In the song "The twelve days of Christmas" – what type of tree does a partridge sit in?
10. What ethnicity was Mary?



When my daughter handed me her progress report, every box was ticked with praise – except one: "Distracted in large groups".

She looked up at me through her smudged glasses and asked softly, "How am I doing, Mum?"

Before she could feel embarrassed, I knelt down and told her the truth: "Yes, you do look around a lot. You noticed Sam sitting alone and comforted him. You noticed when Jacob wasn't feeling well. You noticed Grandpa slowing down and waited for him. And every time we crossed the bridge, you noticed the view."

Then I smiled and said, "That's not a flaw – it's your gift." Her eyes brightened, and I realised her distraction wasn't about losing focus, but about paying attention to life. Because some people rush through the world, and others stop long enough to see it. The ones who notice – the ones who really see – are the ones who make it better.

Tamahere Retirement Village – Calendar of Events – December 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
cc = Small Lounge in Community Centre CC = Community Centre C = Wesley Chapel HDL = Harakeke Downstairs Lounge HUL = Harakeke Upstairs Lounge			Colour Coding Blue Health Clinics Purple Vision Impaired Group Green Exercise Groups Black Church Services Red Entertainment, Groups, Trips, Games			
	1 EAR CLINIC HERE 9.15 Seated cardio- endurance/CC 1pm Board Games, Pool/CC 3.30 Book Club /cc 7.00 Indoor Bowls /CC	2 9am Bowls 10.30 Chartwell 11.0 Catholic Mass/C (Mons Frank)	3 9.15 Strengthening exercises with dumb-bells /CC 10.30 New World	4 9am Bowls 10.30 VIG Coffee/CC 2.00 Ukelele Group/ HDL 7.00 Twilight Carols /C	5 9.15 Standing Balance Exercises/CC 10.00 "Swallow" Gifts for Sale /CC 10.0 Knit & Natter/HDL 1pm Board Games/CC	6 10.0 Petanque– nr V28 1.30 The Trumpet Guy /C
7 3.0 Carols & Cake /CC 4.00 Worship in Wesley Chapel led by Rev. Dr Susan Thompson	8 9.15 Seated cardio- endurance Exercises/CC 1pm Board Games, Pool/CC 7.00 Indoor Bowls /CC	9 9am Bowls 10.30 Chartwell	10 9.15 Strengthening exercises with dumbbells CC 10.30 New World 4.00 Global Village /HDL	11 9am Bowls 10.30 VIG Coffee/CC 2.00 Ukelele Group/ HDL	12 9.15 Standing Balance Exercises/CC 10.0 Knit & Natter/HDL 1pm Village Christmas Lunch/CC	13 10.0 Petanque– near V28 11.0 Catholic Liturgy /C (Sue Kenrick)
14 4.00 Worship in Wesley Chapel led by Paula Moala	15 9.15 Seated cardio- endurance Ex/CC 1pm Board Games, Pool/CC 7.00 Indoor Bowls /CC	16 9am Bowls 11.0 Catholic Mass/C (Mons Frank)	17 9.15 Strengthening exercises with dumbbells CC 10.30 New World 11.0 Holy Communion /C (Rev. Dr Susan Thompson)	18 9am Bowls 10.30 VIG Coffee/CC 3.30 Happy Hour /CC	19 9.15 Standing Balance Exercises/CC 10.0 Knit & Natter/HDL 1pm Board Games/CC	20 10.0 Petanque– near V28
21 4.00 Worship in Wesley Chapel led by Mary West 4.00 "The Messiah" /CC	22 9.15 Seated cardio- endurance Ex/CC 1pm Board Games, Pool/CC 7.00 Indoor Bowls /CC	23 9am Bowls	24 9.15 Strengthening exercises with dumbbells / CC	25 CHRISTMAS DAY 11.0 Christmas Day Service In the Chapel	26 BOXING DAY 1pm Board Games/CC	27 10.0 Petanque– near V28
28 4.00 Worship in Wesley Chapel led by Rev. Mohu Lolohea	29 9.15 Seated cardio- endurance Ex/CC 1pm Board Games, Pool/ CC	30	31 9.15 Strengthening exercises with dumbbells / CC			