



Welcome to the
TAMAHERE VISTA
April 2025



April is another busy month – we have Easter and Anzac Day; those who enjoy pottering in their gardens will have crops to harvest, bushes to cut back, all those autumn tasks to tackle. Others will have families visiting as the school holidays roll around again.

Tamahere Eventide is soon to celebrate 60 years since the first foundation stone was laid here. To help us understand a little more about our history, and the progress made during this time, you are invited to follow the articles in the Vista over the coming months. We start this month with a potted history of the early days.

There are a number of our residents who remain unwell – either in hospital or recovering at home. Our thoughts are with them. Our management team have arranged for us all to have the flu vaccine on Thursday 3rd April. Check out the weekly flyer for details of two different vaccines against the flu virus. We are all strongly recommended to protect ourselves – and those around us – for the winter season.

Daylight saving comes to an end on Sunday 6th April – don't forget to turn the clock back. (It means an extra hour in bed!!)

Carole Fleming (Editor)

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An Insight into the beginnings of Tamahere Eventide

Tamahere Eventide is a retirement village and aged care facility in Tamahere, that was founded in 1965 by a group of Methodist Church members. It is a well-known and highly respected aged care facility in the Waikato region.

This Charitable Trust was created with the vision of providing aged care services enclosed in a Christian setting with strong values of love and compassion.

Mission

- To provide quality care in a Christian setting.
- To honour the dignity of each individual.
- To foster a community that caters to the physical, mental, emotional, and spiritual needs of elderly clients.



During the late 1950's, Rev. A. Everill Orr, the Superintendent of the Auckland Methodist Central Mission, investigated a number of suitable sites in the Waikato. These included a site in Te Awamutu, part of the DV Bryant Estate in St Andrews, another in Hillcrest near the University, and even a block of land between Tauranga and Mt Maunganui. Arising out of a past friendship with Mr Jack Herbert when he had lived in Mt Albert, Auckland, it was finally agreed to accept an offer from him to make available approx. 10 acres of his farm on Cambridge Road, and so the present site was secured.

Land Purchases

22 April 1959	10 acres 2 roods	£5,297	Mr J R Herbert
27 Sept 1962	3 acres, 3 roods, 20 perches	£2,906	by increasing the Cambridge Road frontage from 4.5 chains to 6 chains
21 Dec 1971	1 acre 2 roods, 35 perches	£2,580	following a survey error
Total at that time	16 acres, 15 perches (6.5128 hectares)		held on freehold title, unencumbered

On 15 October 1990, a further 4.0735 hectares was purchased to develop access to the complex, from Cherry Lane.

Board of Trustees

The inaugural meeting of the Board was held on 1 September 1964 in the Methodist Centre, London Street, Hamilton. It was comprised of 21 men – all from the district, with Rev. VR Jamieson as Chairman. In the early life of the Home, it was the practice of the Chairman (usually the Chairman at the time of the District Synod or their nominee) to also act as the Chaplain of the Home.

Buildings

When the Home was opened on 7 May 1966, free of debt, it comprised a women's wing (20 residents), a men's wing (10 residents), staff accommodation (4 rooms), a Matron's flat and office, with appropriate kitchen, dining room and lounge accommodation.

Over the years as Tamahere became established and well known, the waiting list grew to 102 applications. To meet this increased demand, the original Matron's flat was demolished and the new women's wing erected and opened on 19 May 1973, to provide for a further 20 women residents. An enlarged Matron's flat was incorporated in this wing while, at the same time, the dining room and main lounge were doubled in size. The men's wing containing 10 rooms for men and 4 rooms for staff was enlarged to 20 rooms for the men's accommodation and a further 6 rooms for 3 couples or friends. A further completely self-contained staff wing was built with 7 bedrooms, lounge and associated facilities.

Grounds

The lawns and flower gardens have always been a source of pride and joy at Tamahere. These were initially established by Mr Alf Smart of Te Awamutu who took 3 months leave from his position as Director of Parks and Reserves with the local Council. He later established the well-known Te Awamutu Rose Gardens. Russell Clark, a cousin of Bill Diprose's wife, Vera, designed the gardens and worked tirelessly in them and in the gully. The surplus land at the rear of the main buildings was leased for varying periods for maize growing, and the grazing of cattle, sheep, and goats. A large vegetable garden contributed to the needs of the Home. There was a croquet lawn and a Japanese garden (off the main corridor). For several years, the gardens were made available to the Labour Department to provide employment under the STEPS programme to unemployed school leavers interested in learning about horticulture.

Residents

The Home opened on 7 May 1966 and was soon filled with 30 residents, (20 women and 10 men). The first to arrive was Mrs Trounson on 14 May. The story is told that this lady was so keen to have the first choice of room that she arrived unexpectedly at a very early hour!

By 1990, there had been a major expansion of the buildings and the associated amenities, so that the original 30 residential beds had more than doubled to 69 (62 women and 7 men).

Later Developments

In 1996, a new Central Administration area was opened, linking the home to the adjacent facilities (where the newly developed rest home lounge is now.)

In 2006 the Rimu block of 19 apartments was built – thanks to a Housing NZ Innovation Fund which provided \$1m interest free for ten years. This block provided low-cost rental accommodation for older people with limited financial means. This loan was repaid before the ten years.

1988 saw the beginning of the Retirement Village at Tamahere. Initially 34 villas were built – 31 x 2 bed room villas designed by Smith Architects and 3 x 3 bed room villas designed by Neville Jack. The next phase villas 35-108 designed by Edwards White Architects began in 2007, and completed in 2015.

1 April 2018 was the date when Tamahere Eventide purchased Atawhai Assisi Home and Hospital, where the building of the first villas in their retirement village began in 2022.

The Tamahere Motel block, adjacent to the Eventide property, was purchased in October 2015, and the building of villas and staff accommodation began in 2024.

Source: "Tamahere Eventide Home - Story of the Early Years" compiled by D Payne. Conversations with Cath Dickie, Louis Fick. Thank you to you both for your support and encouragement.

Carole Fleming (Editor)

The Meaning of the name Tamahere

The story of Mahinarangi is of a mother who carried her son, Raukawa, across the Waikato River and gave rise to the name Tamahere, which literally translated from Maaori means a “bound boy”. Mahinarangi and her husband, Turongo, are the ancestors of the Kiingitanga dynasty. Mahinarangi, to save Raukawa from drowning, tied him to her back as she swam across the river, near where the Narrows Bridge now stands

Names of Village Streets

Jack Herbert Drive	Jack Herbert was the farmer and land owner who sold the property to the Trust. He was an initial Board of Trustees member.
Neville Jack Lane	Neville Jack was a member of the Board of Trustees from 1994 – 2018, and Chair of the Board from 1998 – 2018.
Attrill Lane	Beverley Attrill was one of the first villa residents. Her villa (no 12) was designed especially for her. Beverley was a Board member representing residents from 2000 – 2020.
Diprose Drive	Three generations of the family have served on the Board of Trustees from 1971 until today. Mr Bill Diprose was appointed to the Board on 13 December 1971, his son George Diprose on 18 October 1987, and his daughter Leeanne followed and is the current secretary.
Mitchell Lane	Bob Mitchell was an architect and prepared plans for the developments. He designed the Chapel.
Payne Close	Doug Payne was the Chair of the Board prior to 1994 when Neville Jack assumed that role.
Ford Lane	Mr WF Ford was a member of the initial Board of Trustees and Chair from 1982-1986.
Mannell Lane	Tom Mannell was from Cambridge – and appointed to the Board on 4 October 1985
Tidd Close	Mr Tidd was a businessman and philanthropist who was a member of the initial Board of Trustees
Don Sim Lane	Mr Sim was an engineer and a member of the Board.
Dickie Close	Catherine was a Board member for 20 years, retiring in 2018.

VILLAGE MANAGER'S COLUMN

Quote of the Month:

“Many of life’s failures are people who did not realise how close they were to success when they gave up.”

(Thomas A. Edison)



New Residents

Villa 66	Ian and Delwyn White
504C Wesley Court Thames	Mary-Ann Dalton
Villa 6	Wayne and Mary Wilson (from 16 April)
Villa 59	Dawn Roberts (from 17 April)
Assisi Villa 24	Sue Lane from 17 April)

All Villas at Atawhai Assisi will be settled by the end of April.

Swimming Pool – as you know, we have carried out a survey of residents at Eventide as to whether or not to put a swimming pool on site. The vast majority of respondents have said no. However there is a large group of residents who like the idea of regular trips to the public swimming pool in Cambridge. Karen will be working on the logistics of this, this month.

Whilst some see funerals as a negative part of life, attending and listening to how a person has connected with their family and community can be inspiring. Carole regularly records the stories of our residents in this publication and we should all be inspired – not by the rich and famous – but by those within our own midst who live extraordinary lives.

David McGeorge

Congratulations!!



One of our residents has recently celebrated a very significant birthday.

Elva Turner (of Villa 9) celebrated her 95th birthday with family and friends. She is shown here on the day with her husband, Noel, and their daughter Lynley and her husband Lindsay.

Our warmest congratulations and love Elva!

You may not have realised, but of all the residents currently living in villas here, Elva and Noel been here the longest – since 2008!

CHAPLAIN'S KORERO

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

One of the most delightful things I do in my work is to lead a monthly Communion service in the chapel. Here at Tamahere residents can attend Catholic Mass and Liturgy or our ecumenical Communion service. Both are open to anyone who comes. No-one is turned away because of their faith tradition or even their lack of faith.



The sharing of bread and wine in memory of Jesus is a precious ritual for many Christians. Since the night of Jesus' final meal with his disciples, Communion has been celebrated wherever Christians gather: in chapels and cathedrals, on battlefields and beaches, in homes and hospital rooms. God's people have been nourished by a sense of his presence at the table.

Churches celebrate the meal in different ways. For some, the service demands a high sense of festival with music, colour and drama. For others, it calls for an almost heightened simplicity which gives added weight to word and gesture. Yet there is beauty and grace to be found in all of these celebrations for it is Jesus who makes the feast.

Our Tamahere service is attended by residents in the care home (the hospital, rest home and dementia units), their caregivers and a dozen or so people from the village. I always find it hugely moving to see the way familiar rituals still have the power to touch our residents with dementia even when so many other things have been forgotten.

It's as if the service has stirred some deeper memory. Residents hold out their hands to receive the bread and wine; they eat and drink sometimes with the help of a caregiver when they aren't able to feed themselves; some even say "Amen". They do these things quietly and reverently, as if they know what they are doing.

The role of the caregivers is integral. They know which residents need help and move from row to row very unobtrusively. Some aren't Christian themselves, but they know how much the service means to the residents who are, so they serve them tenderly and with care. It's a beautiful thing to be part of; it feels like what church ought to be.

If you would like a glimpse of a place where everyone is welcome and where love and grace are freely shared and received, you're very welcome to join us at our service.

Ngā manaakitanga,

Susan

Easter Services - Tamahere Eventide and Atawhai Assisi

	Sun 13 April Palm Sunday	Tues 15 April	Wed 16 April	Thurs 17 April	Fri 18 April Good Friday	Sun 20 April Easter Sunday
Wesley Chapel, Tamahere	4pm Sunday Worship	11.00 Catholic Mass	11.00 Holy Week Hand washing		11.00 Good Friday Service	4pm Easter Sunday Service
Atawhai Assisi Chapel	10.45 Mass		10.30 Mass	4.00 Mass of the Last Supper	10.30 The Lord's Passion	10.45am Easter Day Mass

NEWS FROM KAREN



Hello to you all – mark these dates in your diary!!!

Note the change of time and day for the ZUMBA classes These are now on Tuesdays – 9.15am and Thursdays 4.15pm in the Community Centre. Please pay your \$5 admission fee to Lesly as you arrive at the class. If any of these times clash with another activity, please see Karen or Lesley. ZUMBA is great fun and everybody taking part enjoys it.

Flu Vaccinations - Thursday 3 April 3pm – 5pm in the Community Centre.

Staying Safe, a Refresher for older drivers – Tuesday 10 June, 9.30 – 2pm.

Happy Hour – start time is 3.30pm on the last Thursday of each month in the Community Centre.

The Mandarin Youth Group (from the Living Waters Christian Church) will be here again on Saturday 5 April – 2pm in the Community Centre - a little earlier this month.

The Van Outing this month is to The Base – leaving 10.30 on Tuesday 29 April.

The Global Village have changed the date of their meeting for April. It is now Wednesday 30 April at 4pm in the Library.

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 etc; in fact, provide care that is not available to you from the Health Department.
INTERESTED?? Contact Karen or David to discuss.**

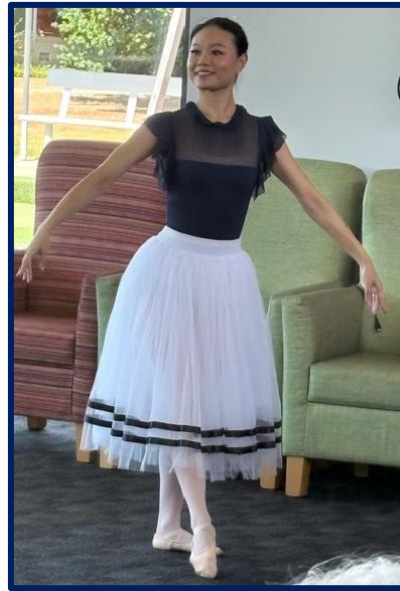
Chris' Housekeeping Tip for the Month

Shaving Cream can work as a de-fogger on your mirrors

Any cheap kind will do! Put it all over the area you want de-fogged, let it sit for 15 minutes or so then wipe or squeegee it off.

It's like magic! The mirrors stay fog-free for weeks!

Our monthly visit from our Living Waters Church Youth group was very special – we were entertained with grace and beauty through cultural dancing and music. A truly wonderful afternoon – thank you to all those involved.



WHAT'S GOING ON IN OUR NEIGHBOURHOOD?

Have you taken a look at the Velodrome near Cambridge lately?

I go to the Velodrome once a week with a couple of friends and we ride Trikes for one hour. However the Velodrome is a very busy place which caters for all ages and all abilities. Of course, this is where elite cyclists and would-be Olympians gather and train.



Another one of the activities on offer are rental bikes. Whether you are looking for a half day out or a multi-day adventure. They can help you plan your day riding, provide the bike or the e-bike and helmets - might be a good activity for older grandchildren - get more details - 0800 287 448.



Pick Your Own Flowers

Tom Tit Farm, 66 Webster Rd, Matangi - open now until end of April (or until the flowers stop blooming). OPEN Saturdays and Sundays [9.am](#) - [12.pm](#)

Waikato Museum, Te Awamutu Museum, Firth Tower Museum, and Classics Museum Hamilton

Experience the unique collections at Waikato Museum, Te Awamutu Museum, Firth Tower Museum, and Classics Museum Hamilton – all just a short drive away! Immerse yourself in history, culture, and art with these museums' one-of-a-kind offerings:

- Take a guided tour of the historic Firth Tower in Hamilton to learn about its history and see original artifacts.
- Explore the impressive collection of classical antiquities at Classics Museum Hamilton.
- View authentic Māori artworks at Te Awamutu Museum – from carvings to weavings.
- Discover a diverse range of artifacts from local history at Waikato Museum.

Discover something new, every time you visit each museum – you'll be sure to find an unforgettable experience! Whether you're looking for educational or entertainment purposes, each of these museums provide an enriching cultural journey. Keep up to date on regular events on Facebook or Instagram.

- **Tamahere Country Market** - Meets on the third Saturday of the month - 8.30am till 1pm
- **Frankton Market** - Saturdays - 8am to 1pm Commerce Street
- **Cambridge Farmer's Market** - every Saturday 8am to 12pm - Victoria Square.

Pauline Eastwood.

News from the Residents' Committee

The Annual General meeting of the Tamahere Residents' Association is on Wednesday 30 April at 10am in the Chapel.

We are holding an Easter /ANZAC Day morning tea on Saturday 19 April. We will be having ANZAC biscuits, hot cross buns, Easter Eggs and Lamingtons!! The Ukelele Group will be playing there for a sing-a-long for everyone to join in.

The BINGO evening was a lot of fun for the few that attended.

We had a morning tea for new residents on 17th March. It was lovely to welcome them to the Village. The new residents are:

Villa 20	Patrick Ryan
Villa 31	Judith Shaw
Villa 81	Beverley Knapp
Harakeke 3	Elizabeth (Billie) Larkin
Harakeke 8	Joan Wedding
Harakeke 20	Alyson Molan
Harakeke 22	Dawn Visser
Harakeke 24	Colin Barber
Harakeke 27	Norman Sainsbury

Other residents new to the Village who were unable to attend are:

Villa 63	Jenny Icke
Villa 90	Kathy Wilson
Rimu 3	Clive Rowe

Keith Glover
Chairperson



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 10.30am on the first Friday of each month in the small Lounge in the Community Centre. Their next meeting is Friday 4 April.



Petanque

This is an enjoyable activity each Saturday morning, weather permitting. 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, down at the end of Tidd Lane - or next door to Villa 28.

Tamahere Global Village

Our next meeting is on Wednesday 30 April at 4pm in the Library.

Gray Southon (V102)

Bowls

Indoor Bowls - We are continuing Indoor Bowls in the Community Centre on a Monday evening, an all-year activity. We muster at 7pm so we can be playing by 7.15 after setting up teams. This is not a competitive activity, and anyone can join us whether you have played previously or not. Come and join us, meet other residents, and have some fun.

Outdoor Bowls - We have had a successful season of Twilight bowls, which have now gone into recession because we can't see the other end of the green! We will recommence Twilight Bowls at the end of September when the light resumes.

We will now recommence Morning bowls on Tuesday and Thursday mornings, commencing at 9.45am to begin play at 10am. You need to be there to be 15 minutes earlier to get your name in a team.

There are bowls available if anyone wishes to join us, and it matters not if you have no experience, we will find someone to show you how.

This is good exercise in the fresh air, and companionship. We follow it with morning tea in the library.

Beth Richards, H23
Bowls Communicator

Ukulele Sing-a-long Group



Ukulele group are back meeting in the downstairs Harakeke lounge on Thursday afternoons at 2pm (but not the last Thursday of the month), to sing and make music together. If anyone would like to play – or learn to play - feel free to contact Keith at Villa 10.

Vision Impaired Group

Hi everyone!

Well the rain was short lived and we are back now enjoying the sun - so why not come along and join us on a Thursday at 10.30 for a cup of tea or coffee in the café.



A vision impairment is not a requirement to join our friendly group, so we look forward to seeing you there for a chat.

Lyn Pettigrew (Rimu 1)
Group Co-ordinator

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

Thanks for the knitting coming in for our charity! Not long now until we take another bundled offering to them.

Kids In Need Waikato are in need of many donations of warm clothes, blankets, toiletries, bedding etc to sustain families in their desperate times so please keep them in mind if you have surplus at any point.

We continue to meet in the Lower Harakeke Lounge each Friday at 10am. (Just note though that we won't be meeting on Good Friday or Anzac Day). We're always happy to see new faces and welcome back old friends.

Helen Painting ph 854 7662

Pool

We meet on Mondays at 1pm and on Wednesday evenings at 7pm 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.

Card Making, Bead Making and Crafts

Sadly, our group is currently in recess unless someone else is able to convene it.

Answers to Quiz on page 18

1. Marie Curie
2. 1989
3. Gold
4. Taurus
5. Archduke Franz Ferdinand
6. Mercury
7. *The Lion King*
8. Tennessee and Missouri
9. The Mona Lisa
10. *Sense and Sensibility*
11. Canada and the U.S.
12. *The Phantom of the Opera*, which finally closed in April 2023 after a record 13,981 performances
13. Skin
14. 2007
15. A murder of crows
16. Sophia, Dorothy, Rose, and Blanche
17. The Andes
18. 2007
19. Three
20. Zero!

The Scams are back again!

This is an example of another scam that is doing the rounds at the moment – if you receive a text like this, **DO NOT REPLY, JUST DELETE IT!**



The vehicle you are driving was detected by an approved monitoring system to exceed the speed limit by 9 km/h. Please pay the relevant violation fee, otherwise it will be referred to the Ministry of Justice for punishment.

<https://paymentonline.co.nz/3Mz9c>

Signature: NZ Police



News from Assisi Village

This photo shows where the communal parking area has been extended and now includes a walking path to the communal vege garden.

The residents wanted to make it a destination place for carers to bring the rest home/hospital residents which is wheelchair accessible.

Movies for April

Come and join us in the Community Centre at 7pm to enjoy these superb movies.



4th April Helen Kelly - Together 1:31 - 2019 Tony Sutorius

An intimate, inspirational portrait of a woman whose advocacy and generosity changed the lives of countless New Zealanders.

Brilliant, funny and indefatigable, Helen Kelly was a giant of social justice movements in New Zealand. When at the height of her career, she was diagnosed with terminal cancer, she stood down as president of the Council of Trade Unions, and from the International Labour Organisation, and proceeded to embark on a mission to find justice for the wives and mothers of those who perished in the Pike River coal mine disaster, and on the job in forestry, to listen to the vulnerable and stand up to those in power, with staggering generosity epitomising the best of the NZ character.

18th April Maurice and I 1:38

The fragile legacy of a unique architectural partnership.

Throughout the 60's and 70's an architectural revolution took place in New Zealand, largely led by two young Christchurch architects, Miles Warren and Maurice Mahoney. Their partnership, which spanned 37 years, gave rise to a uniquely New Zealand modernist movement that was to influence a generation of architects. The fruits of this remarkable partnership, their approach to design, their signature use of materials and the influence they had on their architectural peers, transformed the face of Christchurch.

Within a short decade it was to shrug off its reputation for somewhat stuffy Georgian and neo-gothic architecture for a distinctive 'brutalist' style that was bold, modern and often controversial. Through rare archival footage and exclusive interviews, including their final conversation together, the film reflects on their remarkable legacy, the community impact of their bold architectural vision, and the enduring importance of architecture in shaping and enriching our lives.

25 April 25 April 1:21

Based on actual events and the real war diaries of those who served.

25 April is an innovative feature documentary created to bring the story of the New Zealand experience at Gallipoli (Turkey) to life for a modern audience through a reimagined world. Using graphic novel-like animation, 25 April brings First World War experiences out of the usual black-and-white archive pictures and into vibrant, dynamic colour. Weaving together animated "interviews" based on the diaries, letters and memoirs of six people who were actually there, the film tells the compelling and heart-wrenching tale of war, friendship, loss and redemption using the words of those who experienced it.



We're Special!!

Those born between 1930 and 1946 are part of an exceptionally small group; only 1% of their age cohort survives today. Ranging from 77 to 93 years old, this generation represents a distinctive and irreplaceable period in human experience.

Here's why:

Your beginnings were marked by difficulty. You emerged from the economic devastation of the Great Depression and witnessed a global conflict. You experienced rationing, collected scrap metal, and practiced extreme resourcefulness, where nothing was discarded.



You recall the era of milk delivery, where fresh milk arrived at your doorstep. Life was less complex, focused on essential needs. Discipline was enforced by both parents and educators, with no tolerance for justifications.

Your imagination served as your primary source of entertainment. Lacking television, you engaged in outdoor play and constructed elaborate imaginary worlds from radio broadcasts. Families gathered around the radio for news and entertainment.

Technology was in its early stages. Telephones were shared, calculations were performed manually, and newspapers were the main information source. Typewriters, not computers, captured thoughts.

Your youth was characterized by safety. The post-World War II period ushered in a hopeful future—free from terrorism, the internet, and discussions about climate change. It was a period of great hope, innovation, and expansion.

You represent the final generation to have lived through a time when:

- * Black-and-white television was considered advanced.
- * Highways were not yet freeways.
- * Shopping involved visits to city centre stores.
- * Polio was a dreaded illness.

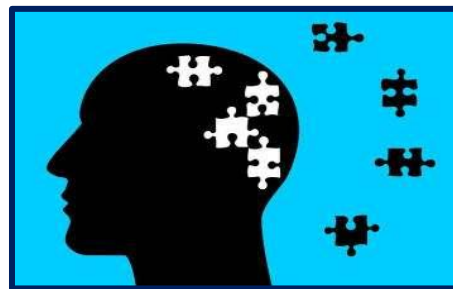
While your parents dedicated themselves to rebuilding their lives, you grew up in a world brimming with potential. You flourished during an era of peace, advancement, and security that may never be replicated.

If you are over 77, take pride in having navigated these remarkable times. You are among the fortunate 1% who can declare, "I experienced the most favourable period of time."

(Contributed by Beth Richards – Thank you, Beth)

Our Rehabilitation Corner

For many people, detecting the first signs of memory problems in themselves or a loved one brings an immediate fear of Alzheimer's disease. However, most of us over 65 experience some level of forgetfulness. Occasionally forgetting where you left your glasses, calling your grandson by your son's name, walking into a room and forgetting why, or not quite being able to retrieve information you have "on the tip of your tongue", for example, are not considered warning signs of Alzheimer's disease.



It is normal for age-related brain shrinkage to produce changes in processing speed, attention, and short-term memory, creating so-called "senior moments". For most of us, these occasional lapses in short-term memory are a normal part of the aging process.

The primary difference between the normal signs of aging and Alzheimer's disease is that the former does not affect your ability to function in daily life. Occasional memory lapses as you get older do not prevent you from doing what you want to do. In Alzheimer's disease, however, memory loss becomes so severe that it disrupts your work, hobbies, social activities, and family relationships.

Signs of Normal Change vs. Early Alzheimer's Symptoms

Normal change: Cannot find your keys.

Early Alzheimer's: Routinely place important items in odd places, such as keys in the fridge, wallet in the dishwasher.

Normal change: Search for casual names and words.

Early Alzheimer's: Forget names of family members and common objects, or substitute words with inappropriate ones.

Normal change: Briefly forget conversation details.

Early Alzheimer's: Frequently forget entire conversations.

Normal change: Feel the cold more.

Early Alzheimer's: Dress regardless of the weather. For example, wearing several skirts on a warm day or shorts in a snowstorm.

Normal change: Cannot find a recipe.

Early Alzheimer's: Cannot follow recipe directions.

Normal change: Forget to record a cheque.

Early Alzheimer's: Can no longer manage cheque book, balance figures, solve problems, or think abstractly.

Normal change: Cancel a date with friends.

Early Alzheimer's: Withdraw from usual interests and activities, sit in front of the TV for hours, sleep far more than usual.

Normal change: Make an occasional wrong turn.

Early Alzheimer's: Get lost in familiar places; do not remember how you got there or how to get home.

Normal change: Feel occasionally sad.

Early Alzheimer's: Experience rapid mood swings, from tears to rage, for no discernible reason.

Our Chuckle Corner

Exercise for People over 60

Begin by standing on a comfortable surface, where you have plenty of room at each side.

With a 5lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax.

Each day you'll find that you can hold this position for just a bit longer.

After a couple of weeks, move up to 10lb potato bags. Then try 50lb potato bags and eventually try to get to where you can lift a 100lb potato bag in each hand and hold your arms straight for more than a full minute. (I'm at this level).

After you feel confident at that level, put a potato in each bag.

Four nervous fathers were pacing in a hospital waiting room while their wives were in labour.

A nurse came in and congratulated the first man, saying, "You're the father of twins."

"That's quite a coincidence," the man replied. "I work at Twin Towns Resort."

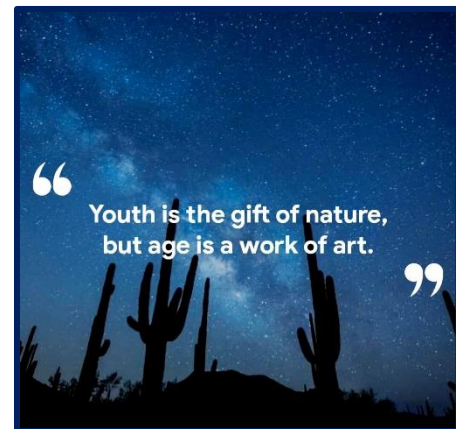
Soon after, the nurse informed the second man that he was now the father of triplets.

"That's an incredible coincidence," he exclaimed. "I work for 3M Corporation."

Later, the nurse told the third man that his wife had given birth to septuplets.

"I can't believe it! I work at 7-11. What a coincidence!" he said.

After hearing this, everyone's attention turns to the fourth man who has just fainted. He slowly regains consciousness and whispers, "I should have never taken that job at Video 2000."



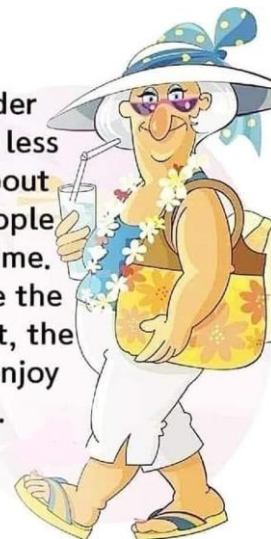
Puzzle Time

Time for another quiz. Good luck! (The answers are on page 13).

1. Who, in 1903, was the first woman to win a Nobel Prize?
2. What year did the Berlin Wall fall?
3. What element does the chemical symbol Au stand for?
4. What is the sign directly opposite Scorpio in the zodiac?
5. The shooting of whom, in 1914, started World War I?
6. What is the smallest planet in our solar system?
7. What is the highest-grossing Broadway show of all time?
8. Which two states in the U.S. share the most borders with other states?
9. What is the more popular name for the portrait officially titled "La Gioconda," painted in Florence in 1503?
10. What was the first book published by Jane Austen?
11. Which two countries have the longest shared international border?
12. What is the longest running Broadway show?
13. What is the human body's largest organ?
14. What year was the first iPhone released?
15. What's the name for a group of crows?
16. What are the first names of the four main characters in *Golden Girls*?
17. What is the longest above-water mountain range?
18. What year did Netflix, previously a DVD rental business, introduce streaming services?
19. How many feet are in a yard?
20. How many bones do sharks have?



The Older
I get the less
I Care about
what people
think of me.
Therefore the
older I get, the
more I enjoy
Life..



Tamahere Retirement Village – Calendar of Events – April 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		1 9.15 ZUMBA /CC 9.45 Bowls 10.30 Chartwell 11.0 Catholic Mass/C (Mons Frank)	2 9.15 Strengthening exercises with dumb-bells /CC 10.30 New World 7.00 Pool/CC	3 PODIATRIST HERE 9.45 Bowls 10.30 VIG Coffee/CC 2.30 Ukelele Group/ HDL 3.00 FLU VACCINATIONS /CC 4.15 ZUMBA /CC	4 9.15 Core Back exercises with Mat/CC 10.0 Knit & Natter/HDL 10.30 Book Club /cc 1 pm Board Games/CC 7pm Movie “Helen Kelly – Together” /CC	5 10.0 Petanque– near V28 2.00 Living Waters Church Youth Group Visit/CC
6 DAYLIGHT SAVING ENDS 4.00 Worship in Wesley Chapel led by Rev. Dr Susan Thompson	7 9.15 Seated cardio-endurance Exercises/CC 1pm Board Games, Pool/CC 7.00 Indoor Bowls	8 9.15 ZUMBA /CC 9.45 Bowls 10.30 Chartwell	9 9.15 Strengthening exercises with dumb-bells /CC 10.30 New World 7.00 Pool/CC	10 9.45 Bowls 10.30 VIG Meeting/HDL 2.30 Ukelele Group/ HDL 4.15 ZUMBA /CC	11 9.15 Standing Balance Exercises/CC 10.0 Knit & Natter/HDL 1 pm Board Games/CC	12 10.0 Petanque– near V28 11.0 Catholic Liturgy /C (Sue Kenrick)
13 4.00 Worship in Wesley Chapel led by Rev. Liz Lightfoot	14 9.15 Seated cardio-endurance Exercises/CC 1 pm Board Games, Pool/CC 7.00 Indoor Bowls	15 9.15 ZUMBA /CC 9.45 Bowls 10.30 Chartwell 11.0 Catholic Mass/C (Mons Frank)	16 9.15 Strengthening exercises with dumbbells/CC 10.30 New World 11.0 Holy Week Hand-Washing/C (Rev. Dr Susan Thompson) 7.00 Pool/CC	17 9.45 Bowls 10.30 VIG Coffee/CC 2.30 Ukelele Group/ HDL 4.15 ZUMBA /CC	18 GOOD FRIDAY 11.0 Good Friday Service/C (Rev. Dr Susan Thompson) 7pm Movie “Maurice and I” /CC	19 10.0 Petanque– near V28 10.0 Easter / Anzac Day morning tea /CC
20 EASTER SUNDAY 4.00 Worship in Wesley Chapel led by Margaret Birtles	21 EASTER MONDAY	22 9.15 ZUMBA /CC 9.45 Bowls 10.30 Chartwell	23 9.15 Strengthening exercises with dumb-bells /CC 10.30 New World 7.00 Pool/CC	24 9.45 Bowls 10.30 VIG Coffee/CC 10.30 Parkinsons Support Group/HUL 3.30 Happy Hour/CC	25 ANZAC DAY 11.0 ANZAC DAY Service/C (Rev. Dr Susan Thompson) 7pm Movie “25 April” /CC	26 10.0 Petanque– near V28 11.0 Catholic Liturgy /C (Clive Bleaken)
27 4.00 Worship in Wesley Chapel led by Mary West	28 9.15 Seated cardio-endurance Ex/CC 1 pm Board Games, Pool/CC 7.00 Indoor Bowls	29 9.15 ZUMBA /CC 9.45 Bowls 10.30 Van Outing to The Base	30 9.15 Strengthening exercises with dumbbells CC 10.0 Residents Cttee AGM/C 10.30 New World 4.00 Global Village /cc 7.00 Pool/CC	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		