



Welcome to the
TAMAHERE VISTA
March 2025



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

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

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

In this issue, we meet Helen Strang and learn about her life as a physiotherapist. Thank you Helen, for all you do for others in our village – you really are an inspiration.

Have a wonderful March – it's Autumn!!

Carole Fleming (Editor)

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Introducing Helen Strang

Over the past many months, we have been privileged to read about the lives of some of our residents. This month is no exception. However, Helen shares with us -

The Story of My Working Life in Physiotherapy

Towards the end of my High School years, like all of us, it was decision time about what to do the following year. “What am I going to do or study?” Fortunately for me, my mother knew of the Speaker at the monthly Cashmere (Christchurch) Garden Club, whose work might interest me, so I went with her.

The speaker was a well-known Physiotherapist, Margaret Hartridge, who had been to London after WWII to learn about the latest knowledge about the brain and children with cerebral palsy. On her return to New Zealand, she began visiting and working with families in the South Island who had cerebral palsy children. Using play, correct handling, positioning and appropriate equipment, the parents were encouraged to be on the floor daily with the child gradually going through the normal child development stages – lying, rolling, sitting, crawling, and walking where possible. Margaret Hartridge showed the Cashmere Garden Club ladies a film that had been made about her work visiting families in town and country.

The New Zealand Cerebral Palsy Unit had been set up in Rotorua at Queen Elizabeth Hospital, and in Auckland, The Wilson Home staff were working with disabled children. Two of our Tamahere residents worked there - Gladys Button a nurse and Briar Marshall a teacher. Later, the Cerebral Palsy Unit became known as the Child Potential Unit in Rotorua. Many more children could be treated.

I was delighted to be able to attend the NZ Physiotherapy School in Dunedin. My “class of 1958” became my study place. There were Colombo Plan students in our class, from Malaysia and Singapore, part of the NZ Aid programme at the time.

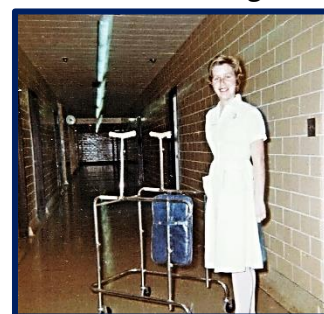


There were 60 students in my first year of “class of ‘58” from all over NZ with many from the North Island. Our fees were paid by the State in return for us being bonded to work in NZ hospitals for two years after graduating. I worked one year at Christchurch Hospital and one year at Burwood Hospital, (also in Christchurch). Once graduated we were paid and could start saving for the longed-for big OE overseas.

After the above five years, two of us planned to travel to Toronto, Ontario Canada, to work at a large Workmen’s Compensation Board Rehabilitation Centre. Injured men came from the Ontario North forests and mines. They were often immigrants from Europe with little English. They lived-in while they recovered. I worked in the Physiotherapy Department. It was winter, so cold and snowy. To get some fresh air from living in the Nurses’ Home, we joined a ski club at some lovely nearby hills each weekend.

To get to Toronto, we travelled by ship, (the “Oriana”) from Auckland to Los Angeles via Fiji, Hawaii, Vancouver, and San Francisco. We took a Greyhound bus to Las Vegas and the Grand Canyon, then went by air to New York and finally to Toronto to start work at the Rehab Centre.

After winter, we travelled on to Europe, again by ship, along the St Lawrence River, the Atlantic Ocean to Southampton and London.



We attended an International Physiotherapy Conference in Copenhagen followed by five of us in a large German car spending four months touring Europe, including seeing the Berlin Wall.

My year of overseas experience was over and I sailed from Southampton on the “Willem Rhys” for Wellington via the Suez Canal.

On my return to NZ, I found work in Wellington at the Wellington Hospital Physiotherapy Department as the Domiciliary Physiotherapist visiting patients at home. It was a challenge learning how to find people among the narrow, windy, hilly streets!

When my four children were older, I was happy to return to Physiotherapy work. I was living in Marlborough and was offered the Paediatric Visiting Therapist’s job at Wairau Hospital. This included home visits in Blenheim and the Marlborough Sounds, which involved lots of country driving. I also had Outpatient children who needed the Wairau Hospital Physiotherapy pool for their treatment.

Before starting the above job, I went to Rotorua for two weeks to the NZ Child Potential Unit at Queen Elizabeth Hospital to meet Paediatric Doctors and Visiting Therapists at their Annual Conference.



Six years later, I was back in Christchurch working at Christchurch Hospital as Paediatric Physiotherapist in the Paediatric Wards and Outpatients in the Christchurch Hospital Pool.

My next work was to go to Burwood Hospital where amputee patients, following surgery at Christchurch Hospital, came to Burwood for rehabilitation and starting their visits to the Artificial Limb Centre to be fitted for their first prosthesis. The Amputee patients and I were based in the Burwood Spinal Gym for their preparation work for going to the Limb Centre.

My last Physiotherapy work came as a result of attending a Refresher Course for the Elderly in Christchurch. I began at a Private Hospital for the Elderly called St Winifred’s owned by the Hamilton St Joan’s Trust.

I very much enjoyed working with the elderly. I especially liked the team work and teaching student nurses about safe transfers and lifting. Today, with modern hoists and other equipment, transferring and lifting patients is much safer for all concerned with fewer injuries to staff. I can remember the thrill of having the first hoist at St Winifred’s Hospital as well as increasing the numbers of adjustable Hospital beds!

Thankyou Helen for sharing so much of your story as a Physiotherapist. To start your professional life with children, and to end it with the elderly, has a parallel with life itself, and we are very blessed that you have chosen to live your latter years here with us at Tamahere. Another woman of God!

Carole Fleming (Editor)

Congratulations!!



Two of our residents have celebrated very significant birthdays in recent weeks.

Hilda Schroeder (formerly of Villa 34, and now in Rimu) celebrated her 97th birthday with family and friends. She is shown here with her long-time friend, Susan, our Chaplain.

Marina Evans recently celebrated her 90th birthday with a great family gathering. Check out the poem she penned to mark the special occasion!

Our warmest congratulations and love to you both!



*I reached my 90th birthday
Just the other day
My son came home from Aussie
To celebrate and stay.
All the families gathered around
We celebrated with a lunch
Oh, what a magic day it was
They are such a wonderful bunch!*

*My son put me on a diet
To build up my energy
He thought that I was slowing down
So I just let him be.
Every morning he made me a smoothie
With bananas, berries, egg and Vitaplan.
I tell you it was so thick
It was like digging in the sand.
I decided within a fortnight
I would be able to run a marathon
With all this magic food
I was getting from my son.*

*The other perk from the birthday
Are all the tubes of stuff you must see
Written on them all it said, if I used
them I'd be wrinkle free
So from tomorrow, I'm going to rub it in
From my head to my toes
Probably to get it off,
I'll have to use the hose.*

*It has been a really good time.
We have had lots of fun
Can't wait for another party
When I'm 91!*

Seventieth Wedding Anniversary Celebration

By Ivan Brooker V33

On the 19th of February, Rod and Barbara Harper of Villa 32 celebrated 70 married years. A dinner was held at Lily Pad Cafe with family and friends on the 16th. They were honoured with cards from The King and Queen, Governor General, Prime Minister, Local MP and Seniors' Minister.

Rod and Barbara met at a dance at Waiterimu, north of Huntly. She was 19 and he was 20. Barbara was at Ardmore Teachers' College. Within 3 months they were "an item". They were a couple for a year then engaged for a year. Barbara's parents owned and ran an orchard at Te Kauwhata and Rod's parents were farming at Waiterimu.



Barbara had to leave Ardmore, because she was getting married. For a year she was an uncertified teacher at Te Kauwhata Primary School. In about 1954 Rod started developing a new farm of 270 acres near Reporoa. This was hard work on infertile land. Rod wrote to Barbara every day. They were married at the Te Kauwhata Presbyterian Church.

They were on the farm for about 30 years. There they brought up a daughter and 3 sons. Rod did all the outside work and Barbara the garden and house work. The first years were hard slog dealing with long hours and short funds, trying to improve the farm's productivity. Rod also bred prize winning pigs and Border Leicester sheep. When they left the farm, it was a prime, productive stocking unit.

The next move was to a 50 acre farm at Whatawhata. Rod continued running some stock there. He became a stock agent, buying and selling sheep and cattle for clients in many parts of the North Island. He did good job and was respected by his clients. Barbara still maintained her home duties.

They shifted to 7 Hillcrest Road where Rod and Barbara continued the same routines. She had a severe stroke and Rod became her carer and cook. He is very good at these. By the Grace of God, Barbara recovered and moves with a walker.

They shifted to Tamahere in January 2020. Here they have the support of neighbours, visiting helpers and Tamahere staff.

Rod says "*We have had an interesting life, but the best part of it is our marriage*".

Our warmest congratulations Rod and Barbara – what a wonderful celebration of 70 years of marriage!

We all send you our love and best wishes. (And thankyou to Ivan for preparing this article for us).

Carole Fleming (Editor)

VILLAGE MANAGER'S COLUMN

Quote of the Month:

"The past always looks better than it was. It's only pleasant because it isn't here."

(Finley Peter Dunne)



New Residents

Harakeke 5	Trevor and Barbara Bennett
Harakeke 31	Clive Rowe (moved from Thames)
Rimu 3	Beverley Attrill (moved from Harakeke)

We have level 1 Water Restrictions on place in the Waikato. Sprinklers can be used between 6-8am and 6-8pm. Hand held hosing any time..

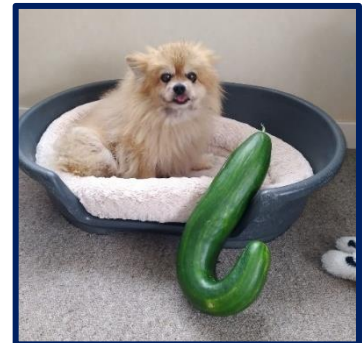
Reminder – the following services are part of your monthly fee: call bell system 24/7 cover by a registered nurse, weekly drives to New World and Chartwell, regular washing of your dwelling, all gardening services and rubbish collection, the Community Centre for meetings, gatherings, and enjoying games, monthly Happy Hour. Please make use of these services. They are there to assist you to follow life's need for companionship and assistance.

David McGeorge



Just look at what our clever residents are producing in their gardens!!

Beautiful sunflowers and a cucumber nearly as big as Jack!!



The photo on the left is of our Karen - with her much loved Pixie - who is almost bigger than she is!!

The photo on the right is of Elva and Noel Turner, just resting in the shade on another hot day.



CHAPLAIN'S KORERO

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



Last week it was Valentine's Day and we had all sorts of parties and entertainment in the care home celebrating the joys and blessings of love. It was a fun time with music, dancing, cupcakes and ice-cream, party hats and decorations.

Sadly, as we get older we become aware that, if we love someone, it's very likely that there will come a time when our hearts will be broken. Most of us will experience the death of a loved one: our parents, a husband or wife, close friends, even a child. We know the deep sorrow and pain that accompanies these losses.

When that happens, it's as if our world has been turned upside down. It can be hard to get through the day and the well-meaning advice of people around us doesn't help. We may wonder how we can ever love again.

The writer Jan Richardson lost her husband very suddenly when she was in her forties. That experience led her to write a "Blessing for the Brokenhearted" in which she wrote, "Let us agree that we will not say the breaking makes us stronger or that time will heal the wound, when every day our waking opens it anew".

There are no easy cures or remedies for grief, just one painful moment after another to be survived. Perhaps, suggested Richardson, one way to get through those moments is to take note of the wisdom and marvel of the heart itself, which keeps on beating even though it's hurt and broken, "as if it were made for precisely this".

Perhaps, she said, the meaning of that still beating heart is that "the only cure for love is more of it", the only remedy for the breaking heart is to keep on loving. When we're caught in the depths of grief, that's an idea that's hard to fathom, that we can ever love again. And yet maybe that simple act of listening to the beating of our heart - which goes on and on and on - will be one that reminds us of the possibility of hope and someday of healing.

Ngā manaakitanga,

Susan



NEWS FROM KAREN

There is so much news to share with you all –

Thursday 13 March 3.30pm - A one hour concert of Classical Music in the Community Centre with Gracie. The concert is to be a run through of a recital as part of her upcoming degree. She will be playing the piano with other musicians playing the violin and French Horn.



Note the change of day and time for the meeting of the **Book Club** – they will now meet on the first Friday of each month at 10.30am in the library.

Exercises – we have a change to the advertised days. These will now be each Monday, Wednesday and Friday at 9.15 in the Community Centre.

ZUMBA – Classes will be held each Tuesday at 3.45 and Friday at 2.45 in the Centre. The cost will be \$5 per person, and should be paid to Lesley at the class.

Staying Safe, a Refresher for older drivers - We drive on our roads every day. For many of us they are our lifeline – driving is a means of independence and access to essential services. With the generous support of NZTA (Waka Kotahi) Age Concern offers free staying safe refresher courses for older drivers all over New Zealand to help keep older people safe on the roads. The theory-based refresher course is an opportunity for people to re-familiarise themselves with traffic rules and safe driving practices in a friendly and relaxed environment with other older drivers. The course includes information on other transport options available to help keep you mobile for as long as possible, whether behind the wheel or when you stop driving. If you are interested, please put your name on the list outside Karen's office.

The Support Group for people suffering living with or supporting someone with Parkinsons will be meeting on the last Thursday of each month in the Upstairs Harakeke Lounge at 10.30.

A reminder that the Book Club now meets in the Library on the first Friday of each month at 10.30am.

Happy Hour – start time 3.30pm on the last Thursday of each month.

The Mandarin Youth Group will be here again on Saturday 15 March – this time with a wonderful afternoon of music and dancing!!!!

Thankyou to Gray and his team of helpers for arranging and hosting the movies in the Centre. We all really appreciate it – thankyou.

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

Keeping Your Stainless Steel Clean and Shiny

Even if you can't be bothered, always wipe down stainless steel taps, shower heads, glass screen and walls after each shower it really does make a difference in the limescale battle (especially in Hamilton where the water is so hard)

From our Property Manager

Dear Residents

1. Just a reminder regarding the rules around the recycling for our village. We will collect glass, tin cans and plastics on the designated rubbish day. All items need to be clean for recycling otherwise they are rejected by the recycling company.

The plastics have a triangular stamp with a number inside it. We can only accept the ones that have the numbers 1 2 and 5. Note the plastics are the plastic containers not plastic wrap, cellophane and or bubble wrap.

Lastly can all of your food scraps please go into your own compost bins if you have them rather than with the green waste collection. The gardeners are not appreciating having to deal with the smelly scraps which have sometimes turned to liquid being among the garden waste.

2. Have you seen the new signs in the Village? We have signage for the road from Entrance 2 around to Tidd Close which depicts a Shared Zone for vehicles and pedestrians. Also, we have signage detailing the Automatic gates opening and closing.

Thanking you -

Andrew



News from the Residents' Committee

During March, the Committee have a Bingo evening planned. Keep an eye out in the weekly flyer for the date.

In April there is Easter and ANZAC Day occur in the same week, so we are planning to have an afternoon tea with ANZAC biscuits and sing some war time songs and also Easter music.

Keith Glover, Chairperson

WHAT'S GOING ON IN OUR NEIGHBOURHOOD?

BUS NUMBER 20 - CAMBRIDGE TO HAMILTON -

I took another bus ride. This time it was bus #20. I was interested in taking a bus from Tamahere directly into the Transport Centre in downtown Hamilton.



I arrived to catch the 10.06 bus coming from Cambridge. The bus stop is just on the slip road close to the Tamahere Primary School. I parked my car on the road opposite the Tamahere School and walked down to the right to catch the bus. The bus didn't actually arrive until 10.15 and the driver mentioned that the traffic dictates the punctuality of the bus. (I should have mentioned that you can walk to this bus stop from Eventide. Turn left and walk along Bollard Rd, then walk down the path down to the roundabout where you need to cross under the bridge to get to the bus stop). I was surprised when the double decker bus arrived. Apparently the double decker is only used on the 10.am run. This bus stops at all regular bus stops in Hillcrest or Hamilton East and it took 30mins to reach the Transport Centre.

I needed to check out two stores in Centre Place plus have a coffee break, so I found it a bit of a rush (had to run) to catch the return bus at 11.45. Next time I will return on the 12.30 - You catch your return bus where you got off.

You can still ride **The Te Huia Train** for free, using your Bee Card - however, it is only free during off peak times.

Tamahere Park is behind the Tamahere shops. I sometimes take a walk around the playing field and came across two garden seats.

These seats were created by artist Marti Wong and are created from anything metal. That is, he uses wrought iron gates, nuts and bolts, bike chains or whatever is available.

Marti's Dad was Dr. Jack Wong, one of the first Doctors at the Glenview Medical Centre, maybe 50 years ago. There is a sculpture in the waiting room created by Marti. This sculpture is a man running and it is interesting to see how many different metal items he has put together to create the sculpture.

THE OLD MATANGI MILK FACTORY -

I found a couple of interesting shops here. **THE SUNDAY SOCIETY** has vintage furniture, pottery, cook books, chocolates, gifts and much more. Great place to browse. They are open Wed to Sunday - Wednesday 10.am to 4pm - Sunday 10.am to 2pm



'TIS THE SEASON - has everything you could possibly need for sewing, patchwork, any sort of craft and they also hold regular classes. Monday to Friday 9.30 to 4pm Saturday 9.30 to 3pm. There is a big white bus which serves coffee, sandwiches and more with a great children's play area. They also have plants for sale.

THE BOOTLEG BREWERY - a local independent brewery where you can get great beer and great company! Thursdays 3pm to 7pm - Saturdays noon to 8PM - Sunday 3pm to 6pm and usually live music.

MATANGI FREE LIBRARY -

You will see three wooden mail boxes across the road from the Matangi 4 Square store. The boxes are full of books and you can take any books you might wish to read. Please return them and also you may have a few books to donate.

TURANGAWAEWAE REGATTA 2025 - Saturday 15th March - 8am to 5pm - There will be a charge at the gate of \$10.00 (not sure about children's charges). The highlight of this Regatta is the **PARADE OF WAKA** - several Waka are paddled up the river to the Marae and after turning around they do an impressive Haka on the river bank. This Regatta began in 1896 and is usually held in March close to St. Patrick's Day. This year the Maori Queen prepares for her first Regatta as Maori Queen.

CAMBRIDGE AUTUMN FESTIVAL - 28th March to 6th April - Held in the lovely Cambridge Victoria Park - many, many activities - contact Cambridge Info Centre

COMING EVENT -

The Kenny Rogers Band in May!!



Pauline Eastwood.



Don't worry
about **getting old**,
worry about
thinking old.

An Inter – Retirement Village Quiz!

Last week, we hosted ten Retirement Villages here for an afternoon of quizzing and afternoon tea. We hold this here every 5 years. It went superbly.

Our team of Isobel G, Sheila H, Ross P and Carole F did us proud, and we were joint runners-up. The team graciously ceded and were applauded for their sportsmanship. It is not about winning or losing - it is about playing the game and enjoying an afternoon together.

David introduced it and Amanda acted as quiz master. Thanks go to the Higby's (former Village residents) for the questions and to Mariette and Keith for marking the papers. Not one query or grumble. Well done.

Gladys L. led a group of hostesses who all worked so hard looking after two tables each, handing out questions gathering in answers, filling up water glasses, handing round afternoon tea. Thanks go to Alison M, Pauline, Briar and Margaret Boreham. Well done ladies, you worked so hard. Sandra made a wonderful afternoon tea which everyone agreed was the best any village has offered. Thank you, Sandra. Thanks also go to Karen for holding us all together.

Foxbridge are to host the next quiz, so if anybody is interested in making up a team, perhaps you would like to join the Zoom afternoon once a month on a Saturday. Amanda can give you details of how to join this practice team.

Hilda Ross were the Cup winners. Well done friends! We know them as competitors on Saturday Zoom sessions. A great team.

Amanda Bradley (Villa 1)



	Round 1	Round 2	Round 3	Round 4	Total	
Atawhai Assisi	8	6	4	7	25	
Alandale	8	6	5	4	23	
Forest Lake	8.5	6	5	7	26.5	
Foxbridge	8.5	5	5	9	27.5	
Hilda Ross	9	8.5	7	9	33.5	1st
Linda Jones	9.5	6.5	4	8	28	
Netherville	9.5	6	7	4	26.5	
Roseland Park	7.5	8	6	8	29.5	tie
Summerset DTL	9	7	4	9	29	
Tamahere	9.5	6	6	8	29.5	tie

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 3 March.



One of the books read by members of our group this month was:

Hobson's Choice – AP Howe (Briar)

Mary Ann Hobson married a Howe, and "Hobson's Story" has been passed on to the Howe family – Percy, Gladys, Dorothy, Joan and their relations. Dorothy (Phillips), Briar's mother, tells the story:

"Hobson's choice was to go to sea and he set sail from England on September 6, 1793 on the ship "Dart". He became a Lieutenant at the age of 20. He met with perils, pirates and imprisonment - his marvellous leadership led him to promotion by HRH William IV. He married Eliza Elliot, the daughter of a Scottish West Indian merchant.



Hobson was sent to Australia, New Zealand and India, choosing to live in NZ at £1,000 per year. He set sail on the "Druid" in August 1839, arriving in New Zealand in 1840. On 6 February 1840, the Treaty of Waitangi was signed and Hobson had the responsibility of founding a nation and pleasing the natives. The Maori people loved him, and he loved them – they named him *Hopohana* (our leader).

Many streets in Auckland were named after his crew. George Cooper was made Chief Customs Officer and Treasurer of New Zealand at a salary of £600 a year, and Felton Matthews Chief Surveyor at £400 a year. Shortland became the Police Officer General at £300 a year, and Willoughby the first Postmaster General at £200 a year. Wellesley became the first Judge at £500 per year.

The crew purchased land in Auckland and settled there. Because of his beliefs (and as he felt close to the Maori people), Hobson did not purchase any land in New Zealand. However, his wife made investments here – she loved Penlee House and bought Brown's Island.

Hobson succumbed to paralysis and died aged 41 on 10 September 1842. His surviving children were related to the Rendells. William Hobson's choice was 'Peace'."

Tamahere Global Village

Our meeting for March is cancelled – we will meet again on Wednesday 2nd April at 4pm in the Library.

Gray Southon (V 102)

Bowls

Morning bowls are in recession until we stop playing twilight bowls (when daylight saving ends). Twilight bowls are Tuesday and Thursday evenings. Please muster by 6.15pm to organise teams. All new players are welcome – bowls are available.

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! Where have two months of 2025 gone?

Our first meeting of the year was held last week and our numbers were a little lower than normal. Perhaps everyone was still in holiday mode.

We were saddened to find out that two of our members have been in hospital and we wish them a speedy recovery and hope they are back with us again soon.

Our next meeting will be on Thursday 13th March in Harakeke lounge at 10.30am. Any new residents who would like to come along are more than welcome.



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

It's hard to imagine, but winter is coming up on the calendar and *Kids In Need* will be grateful for all the warm articles we can supply them with.

An excerpt from their latest newsletter:

We know that our care packs are making a huge difference and your support means that we can continue providing everyday essentials and special items to children in care in the Waikato. Here is some feedback from a grateful Caregiver:

"My grandchildren received wonderful clothing and gifts that helped me provide for their needs. This meant that they had enough good clothing for winter and summer and I could spend money on their other needs and health priorities."

Help us to contribute to that difference - keep the knitting and peggy squares coming in!

We meet weekly on Fridays at 10am in the lower Harakeke Lounge to chat and enjoy each other's company while we craft.

Jill Wilson ph 856 4080 and Helen Painting ph 854 7662

Card Making, Bead Making and Crafts

We meet again on Monday 3rd and 17th March from 10.30 to 11.45am, in the cafe - pool table area.

Bring whatever you have on hand - beading, tapestry, toy making, diamond dot, etc. or we can help you learn to make greeting cards from our supply of materials. - or byo equipment and share your knowledge.



Movies for March

7th March Hillary – Ocean to the Sky.

Sir Edmund Hillary's journey from the Ocean to the Sky along India's holy River Ganges was his last major expedition. For the people of India, it was a pilgrimage led by a hero of almost god-like status and millions lined the river to watch him pass in his 'miraculous' jet boats. For Ed and his 22-year-old son, Peter, it was a healing journey too, as they came to terms with the recent loss of Ed's beloved wife, Louise and daughter Belinda. To Sir Ed, it always remained 'the best journey of them all.'

21st March The World's Fastest Indian

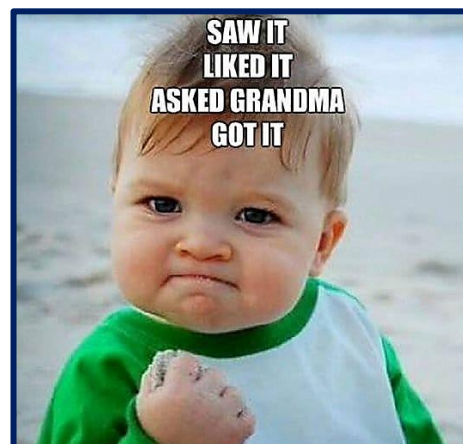
Anthony Hopkins stars as Bert Munro, a man who never let the dreams of youth fade.

After a lifetime of perfecting his classic Indian motorcycle, Burt set off from the bottom of the world to test his bike at the Bonneville Salt Flats in Utah. With all the odds against him, he set a new speed record and captured the spirit of his times. Bert Munro's 1967 world record remains unbroken and his legend lives on today.

Bert Munro was the quintessential New Zealander. Born and raised in Invercargill, New Zealand, he dreamed of making his 1920 Indian Twin Scout the fastest bike on earth.

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.



Mobility Scooter for Sale



For Sale

This mobility scooter is for sale - It is very close to 2 years old and is in very good condition. The extras include the front and rear carry bags and flag, also the charger.

Price \$3,000 ONO.
All enquiries to Paul on 027 418 4271.



Zumba Classes



Remember, Zumba Classes are on Friday mornings from 9.15 in the Community Centre. Come along and enjoy the fun!!



Our Rehabilitation Corner

When thinking about fall prevention tips, try to remember that anyone at higher risk should:

- **Stay physically active:** Exercise helps muscles stay strong and promotes joint flexibility and cardiovascular health. Physical activity also enhances balance and coordination, crucial elements in preventing falls. Encouraging older adults to participate in activities such as walking, swimming, or tai chi improves physical fitness and boosts confidence in their ability to move safely.
- **Perform balance and strength training exercises:** Targeted exercises to improve balance and strength are paramount in fall prevention. Strengthening the lower body muscles, including those in the legs and hips, enhances stability. Balance exercises, such as standing on one leg or walking heel-to-toe, help improve coordination and body awareness. Incorporating these exercises into a regular routine can significantly reduce the risk of falls by improving an individual's ability to move within their environment safely.
- **Fall-proof the home:** Fall prevention involves adapting the home environment to eliminate potential hazards. Simple adjustments, such as removing clutter, securing rugs, and ensuring well-lit pathways, can make a huge difference. Installing handrails in bathrooms and along stairways and using non-slip mats further enhances safety. Regular home safety inspections can help identify and address potential dangers, making the living space more favourable to fall prevention.
- **Have their eyes and hearing tested:** Sensory impairments significantly contribute to fall risk, particularly in vision and hearing. Regular eye and hearing exams can help detect issues early on, allowing for timely interventions. Correcting vision problems through prescription eyewear and addressing hearing problems with hearing aids improves environmental awareness and reduces the likelihood of accidents.
- **Know the side effects of medications:** Understanding the potential side effects of medications is important to preventing falls. Regular medication reviews with health care providers ensure that any side effects are identified and managed appropriately.
- **Use assistive devices:** Assistive devices can enhance mobility and prevent falls. Devices such as canes, walkers, and grab bars provide additional support, especially for individuals with balance or gait issues. Proper fitting and training on using these devices are essential to their effectiveness. Another helpful tool is a medical alert system. While these devices cannot prevent falls, they can serve as a safeguard if you or your care recipient fall. These systems connect directly to a 24/7 monitoring centre to send help during an emergency. Some systems have fall detection, which automatically calls the centre if triggered by a fall. Incorporating assistive devices into daily life empowers older adults to maintain their independence while helping to minimize fall risk.
- **Have regular health check-ups.** Routine physical, mental, and cognitive health assessments are indispensable in fall prevention. Identifying underlying health conditions or changes in health status allows for timely interventions. Health care providers can conduct comprehensive assessments to evaluate factors such as muscle strength, balance, and overall mobility, providing a foundation for personalized fall prevention strategies.



Our Chuckle Corner

A patient sits in the dentist's chair with severely fractured front teeth.

After discussing with the dentist how they will be restored and what the fee will be, the patient says: "Before you start, I have to know Doc, will I be able to play the clarinet when you are finished?"

"Of course you will!" the dentist happily answers.

The patient sighs in relief and says: "Oh that's great, I couldn't play a note before!"

Look what happens when you cut down too many trees! 😊



A lawyer was setting up his business and things were not going very well. Although he had some clients from his previous firms, he wasn't getting any new ones.

Finally, a week after opening, a man walked into the office. The lawyer quickly picked up his phone and pretended to be speaking to a client about winning an important court case and negotiating the costs.

The man who had walked into the office raised his eyebrows, and the lawyer thought he must be impressed.

"Sorry about that," said the lawyer. "You know how it is. Work never stops. How can I help you today?"

"I'm here to help you, actually," said the man. "I'm the one who's supposed to be connecting your phone."

A teacher told me not to worry about spelling because in the future there will be autocorrect. I am eternally grapefruit.

A retired man purchased a home near a high school. He spent the first few weeks of his retirement in peace. Then a new school year began. One afternoon, three loud young boys came down his street, beating merrily on every bin they came across. The crashing sounds continued day after day, until finally the old man decided it was time to take some action.

The next afternoon, he walked out to meet the boys as they banged their way down the street. Stopping them, he said: "You kids are a lot of fun. I used to do the same thing when I was your age. Will you do me a favour? I'll give you each a dollar if you'll promise to come around every day and do your thing."

The boys were more than happy and continued to bang the bins. After a few days, the old man greeted the kids again, but this time he had a sad smile on his face.

"This recession's really putting a big dent in my income," he told them.

The kids were obviously unimpressed, but they accepted it and continued their afternoon activities.

A few days later, the man approached them again. "Look," he said, "I haven't received my payment check yet, so I'm not going to be able to give you more than 25 cents. Will that be okay?"

"That's it?" the drum leader replied. "If you think we're going to waste our time, beating these around for 25 cents, you're nuts! No way, mister. We quit!"

And the old man enjoyed peace and serenity for the rest of his days!

Puzzle Time

A Summer Word Find this time! Good luck!

Summer Word Find

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

*Summer, relax, hose, sat,
shopping, hat, holiday,
watering, leisure, drinking,
cap, aircon, picnic, sun, shade,
salad, rain, ice, dry, ice-cream.*



Did you know these things had names?

1. The space between your eyebrows is called glabella.
 2. The way it smells after the rain is called petrichor.
 3. The plastic or metallic coating at the end of your shoe laces is called an aglet.
 4. The rumbling of a stomach is actually called a wamble.
 5. The prongs of a fork are called tines.
 6. The day after tomorrow is called overmorrow.
 7. Your tiny toe or finger is called minimus.
 8. Illegible hand writing is called griffonage.
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Tamahere Retirement Village – Calendar of Events – March 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 Green Exercise Groups Red Groups, Trips (Shopping etc), Games Black Church Services Blue Health Clinics (Podiatry, Ear Clinics etc) Purple Vision Impaired Group			1 10.0 Petanque– near V28
2 4.00 Worship in Wesley Chapel led by Rev. Dr Susan Thompson	3 9.15 Seated cardio-endurance Exercises/CC 10.30 Card Making/CC 1 pm Board Games, Pool/CC 7.00 Indoor Bowls	4 10.30 Chartwell 11.0 Catholic Mass/C (Mons Frank) 3.45 ZUMBA /CC 6.15 Twilight Bowls	5 ASH WEDNESDAY 9.15 Strengthening exercises with dumb-bells /CC 10.30 New World 11.0 Ash Wednesday Service /C (Rev. Dr Susan Thompson) 7.00 Pool/CC	6 PODIATRIST HERE 10.30 VIG Coffee/CC 2.30 Ukelele Group/ HDL 6.15 Twilight Bowls	7 9.15 Core Back exercises with Mat /CC 10.0 Knit & Natter/HDL 1 pm Board Games/CC 2.45 ZUMBA /CC	8 10.0 Petanque– near V28 11.0 Catholic Liturgy /C (Sue Kenrick)
9 4.00 Worship in Wesley Chapel led by Rev Shelley Walker	10 CAMBRIDGE EAR CLINIC HERE 9.15 Seated cardio-endurance Exercises/CC 1pm Board Games, Pool/CC 7.00 Indoor Bowls	11 10.30 Chartwell 3.45 ZUMBA /CC 6.15 Twilight Bowls	12 9.15 Strengthening exercises with dumb-bells /CC 10.30 New World 7.00 Pool/CC	13 10.30 VIG Meeting/HDL 2.30 Ukelele Group/ HDL 3.00 Book Club /cc 3.30 Concert – Piano, Violin and French Horn/CC 6.15 Twilight Bowls	14 9.15 Standing Balance Exercises/CC 10.0 Knit & Natter/HDL 1 pm Board Games/CC 2.45 ZUMBA /CC	15 10.0 Petanque– near V28 2.00 Mandarin Christian Youth Group /CC
16 4.00 Worship in Wesley Chapel led by Nan Russell	17 9.15 Seated cardio-endurance Exercises/CC 10.30 Card Making/CC 1 pm Board Games, Pool/CC 7.00 Indoor Bowls	18 10.30 Chartwell 11.0 Catholic Mass/C (Mons Frank) 3.45 ZUMBA /CC 6.15 Twilight Bowls	19 9.15 Strengthening exercises with dumb-bells /CC 10.30 New World 11.0 Holy Communion/C (Rev. Dr Susan Thompson) 7.00 Pool/CC	20 10.30 VIG Coffee/CC 2.30 Ukelele Group/ HDL 6.15 Twilight Bowls	21 9.15 Core Back exercises with Mat /CC 10.0 Knit & Natter/HDL 1 pm Board Games/CC 2.45 ZUMBA /CC	22 10.0 Petanque– near V28 11.0 Catholic Liturgy /C (Clive Bleaken)
23 4.00 Worship in Wesley Chapel led by Rev. Tau Lasi	24 9.15 Seated cardio-endurance Exercises/CC 1 pm Board Games, Pool/CC 7.00 Indoor Bowls	25 10.30 Van Outing 3.45 ZUMBA /CC 6.15 Twilight Bowls	26 9.15 Strengthening exercises with dumb-bells /CC 10.30 New World 7.00 Pool/CC	27 10.30 VIG Coffee/CC 10.30 Parkinsons Support Gp/HUL 3.30 Happy Hour/CC 6.15 Twilight Bowls	28 9.15 Standing Balance Exercises/CC 10.0 Knit & Natter/HDL 1 pm Board Games/CC 2.45 ZUMBA /CC	29 10.0 Petanque– near V28
30 4.00 Worship in Wesley Chapel led by Ngaire Southon	31 9.15 Seated cardio-endurance Exercises/CC 1 pm Board Games, Pool/CC 7.00 Indoor Bowls	REMEMBER THAT DAYLIGHT SAVING ENDS SUNDAY 6 APRIL – AND THAT CLOCKS NEED TO GO BACK ONE HOUR				