



Welcome to the
TAMAHERE VISTA
May 2025



In recent weeks, we have had a number of new residents move into the Tamahere Eventide Village, to enjoy the next phase of their lives in our community. We warmly welcome you all and look forward to meeting you in the coming weeks – once all that unpacking is completed!

April has been a quiet month in many ways, with Easter and Anzac Day all public holidays. However, we are now into May – Mother’s Day is just around the corner, children are back at school, and village life will be back to normal, (we hope).

This month, we continue the series of articles about the history of Tamahere Eventide as it is soon to celebrate 60 years since the first foundation stone was laid here. Last month we looked at a potted history of the early days. This month, we move on in time and look at the changes that have occurred and what we have today.

Congratulations to those residents who have offered their time and ideas to serve on our Residents’ Committee. On behalf of all the residents, thank you – we wish you well. Our thanks too to those who are have stepped aside from the Committee after a time. Thank you for all you have done for our village community.

Have a very happy May!

Carole Fleming (Editor)

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The Developments at Tamahere Eventide

Last month, we had a glimpse into the past to see the beginning of what we know as Tamahere Eventide. This month, we move on in time, looking at the changes that have occurred and what we have today.

The building space of our care facility has grown – we now have two wings for the rest home - Titoki (previously known as Konini) and Manuka. The Rimu block was opened in 2006 with 19 apartments for rental by older people with limited financial means. Eleven of these apartments have in recent years been converted to premium rest home rooms. (Four of the apartments are now occupied by residents who have purchased an Occupational Rights Agreement, and the remaining four are rented as before.) This gives a total of 42 rest home rooms.

Other developments since those earlier days, include the development of two wings of the care facility devoted to caring for those with dementia - Kowhai and Pohutakawa – another 43 beds, and the Nikau wing which opened in January 2020 and provides hospital level care for 24 of our residents.



The construction of the Nikau wing required changes to the area between the buildings and the roadway. This meant losing the beautiful bush area and the creation of car parking spaces. On the level above the Nikau wing, and in another adjacent wing, there are now 36 Harakeke apartments, all occupied by residents who have purchased an Occupational Rights Agreement. These form part of our retirement village.

Another room that has been provided is a Whanau Room where family members can stay while sitting with their loved one in their last days. This is a gesture which is truly appreciated by those who have made use of it when everything else seems difficult.

There are new services available now - compared with those earlier days. The Day Programme runs each weekday and includes morning tea, lunch (hot meal) and afternoon tea. Residents in the Day Programme can choose to join in any of the activities. People who live in their own home or even the retirement village are collected from their home in the morning and taken back home again by 3.30pm. This service offers a high standard of care in a warm and welcoming environment.

There are Rehabilitation Therapists on the staff who provide exercise and movement classes, and individual care where requested, to all residents. There are Diversional Therapists who provide activities for all residents in the care facility, as well as other support staff – cleaners, kitchen and laundry staff, a driver, gardeners and maintenance staff. Our Chaplain, Susan, is always available to listen to anyone who may just need to talk, express concerns, or seek advice – be they staff, residents or their families.

Perhaps of most significance is the philosophy behind the care provided. The mission remains unchanged

- 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.

What sets Tamahere aside from others in the aged care sector, is the model it operates under. It is not a business in the corporate sense. Instead, it has a philosophy of patient-centred care in a family environment, where people are kind to each other. They seek to make transitions for the family as comfortable as possible. As Versie Gareza, the General Manager Care, explained to me, “They entrust the person to us, we respect that and them – we understand their condition.”

Versie has worked at Tamahere since late in 2018 – as a registered nurse, was appointed a Clinical Nurse Leader a year later, and five years later the General Manager at Atawhai Assisi. She returned as General Manager Care here at Tamahere in 2024 – bringing with her extensive clinical experience.

Versie has introduced a number of changes to the clinical practice of her team. One of these was a Team Lead. Acknowledging the shortage of nurses, she has upskilled two of the caregivers who had a nursing background, to work closely with the Clinical Nurse Leader and look after the unit.

Another initiative of hers related to the cost of employing agency nurses to work at short notice when staff were unwell. Although these people were qualified and competent, the reality was that they might only be working here for one shift and then not again for several months, if at all. This meant that they did not get to know the residents and were unable to form relationships with them or the family. Another issue of course was the cost associated with agency staff. After much consultation and input from other staff and management, a Resource Team was created – their very own “agency team”. This comprises people who would work at short notice, on any shift, and at either Tamahere or Atawhai Assisi. There are nurses, caregivers and diversional therapists on this team – the requirement being that they have a nursing background, and a minimum of 12 months aged care experience.

A further change has come about because of the pressure on nurses to dispense medication at the right time to so many. The upskilling and mentoring of suitable caregivers who have a nursing background to dispense medication to residents has provided relief and support to the nursing staff.

Other changes –

The laundry service for many years was contracted out to a commercial firm. This tended to create issues for residents who lost clothing, or because they didn’t have enough changes of clothing, had to wait for the return of the clean laundry. In response to numerous complaints, the in-house laundry was extended and upgraded, a new laundry /drier was installed and more staff employed, and the service is now delivered from the on-site laundry.

The isolation requirements for separate “bubbles” during the lockdown days of COVID precipitated the creation of separate lounge and dining room facilities for each area in the rest home and hospital, as well as separate staff areas.

Staffing – in the early days there were a limited number of staff, though with clearly fewer residents. In 2025 there is a total of 133! Of these, 15 are registered nurses, 61 caregivers and 7 diversional therapists.

In the early days there had been some difficulty in employing suitable “live-in” staff, and the Church entered into an arrangement with the Tongan Methodist Church to employ Tongan girls.

Their contribution was a very happy one which lasted about 12 years. Several of the young women later married and remained in New Zealand.

By comparison, today there are staff from 15 different ethnic groups – Chinese, Fijian, Indian, Maori, NZ European, Filipino, Korean, Sri Lankan, Dutch, Taiwanese, Chilean, Namibian, Peruvian, South African and Tongan.

And finally - Doug Payne finished his story of “The Early Years” with the words of John Wesley. “The best is yet to come”. If so, I hope I’m around to see that!

My thanks to Louis Fick and Versie Gareza for their input.

Carole Fleming (Editor)

Beatitudes for the Elderly

Blessed are they who understand
My faltering steps and shaking hand.
Blessed, who know my ears today
Must strain to catch the things they say.

Blessed are they who seem to know
My eyes are dim, my mind is slow.
Blessed are they who look away
When tea is spilled on the cloth that day.

Blessed are they with a cheery smile
Who stopped to chat for a little while.
Blessed are they who never say
“You’ve told me that story twice today.”

Blessed are they who make it known
That I’m loved, respected, and not alone.
And blessed are they who ease the days
Of my journey home, in loving ways.

(Written by CN Pawsey, the aunt of a former resident)

VILLAGE MANAGER'S COLUMN

Quote of the Month:

“You don’t always need a plan. Sometimes you just need to breathe, trust, let go, and see what happens.”

(Mandy Hale)



New Residents

Villa 49 Tui and Leo Moor

All Villas at Atawhai Assisi have now been sold. Interest is growing in the motel site.

Water restrictions are now lifted. Thank you for all your efforts this year. Apart from leaks, we have been able to manage our water supply through the year. We are continually exploring ways of securing our water supply to avoid shortages. However, we will continue to follow the Regional Council water restriction policy advice.

One of the services that Sandra is offering is Ready Meals. These are ordered and sold through the Café mainly to people in the community. The two main providers of ready meals in the Waikato have closed down and there are very few options outside of frozen supermarket meals. If you know of anybody in the community that is struggling to find meal options, please refer them to Sandra.



You will have noticed that we are re-branding Cherry Blossom Café – the new name is The Village Café. The new colours are more in keeping with our image. The pink was “old school”. You will have noticed that we have painted the interior of the building and replaced the lights. New furniture is on its way! I hope you all like the change.

David McGeorge

Some old phrases we still use today – where do they originate from?

In the early 1900’s, before the invention of television, football was broadcast on the radio. To make it easier for listeners, they divided the pitch up into different sections so that people could follow along. When the ball was back in the goal keeper’s box, you could hear the radio host say “back to square one”.

In the 1920’s, carnivals became very popular attractions. People would often participate in games to win prizes at these events. If an adult wanted to play, they would aim for the top prize which was a cigar. If they didn’t get the top prize they were said to have been “Close – but no cigar”.

In the 1860’s during the American Civil War, soldiers who were shot would often fall face first into the dirt. It was said the dead soldier was quite literally “biting the dust”.

CHAPLAIN'S KORERO



Tēnā tātou katoa! Ngā mihi aroha ki a koutou! Loving greetings to you all.

This week as the Easter season was beginning we heard the very sad news of the death of Pope Francis. Francis is being remembered around the world in many ways: as a defender of the poor, a global voice for compassion, an “extraordinary shepherd of the people of God” and a force for peace, justice and the care of our common home.

At a time when the world is divided by violence and war and nations are closing borders and putting up walls against immigrants, Pope Francis was an advocate for the marginalised. In his very last Easter sermon he appealed to world leaders “not to yield to the logic of fear which leads to isolation from others” but to care for others, increase mutual solidarity and work for the well-being of every person. For “all of us are children of God”.

That strong voice is one the world will miss. We will also miss the man who was a very human humble Pope. Francis wasn't a fan of pomp and circumstance; he lived simply, saying “My people are poor, and I am one of them.” The images of him washing the feet of prisoners and migrants showed many people what it really means to follow the way of Jesus.

Pope Francis wasn't always a popular Pope; he caused controversy within his own church and didn't achieve everything he set out to do. In the days to come we'll read many different opinions about his legacy. Yet popularity wasn't his aim; he knew himself to be - like all of us - “a sinner at whom Christ has gazed” and he never forgot to ask people to pray for him.

As Christians, we believe that life follows death so the prayer Francis wrote for the Easter Mass seems timely: “Sisters, brothers, in the wonder of the Easter faith, carrying in our hearts every expectation of peace and liberation, we can say: with You, O Lord, everything is new. With you, everything begins again.” Moe mai raa e te rangatira. Amen.

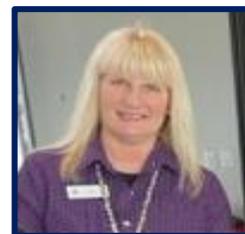
Ngā manaakitanga,

Susan



NEWS FROM KAREN

Hello to you all – I hope you all had a happy Easter!!



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.

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 17 May – 2pm in the Community Centre – making crafts for Mother’s Day.

The next meeting of the Global Village is Wednesday 30 April at 4pm in the Library. The following meeting is on Wednesday 4th June.

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

DIY Dust Repellent Spray

With only five simple ingredients you have in your pantry you have a dust repellent.

Start by adding into spray bottle -

2 cups water 1/4 cup vinegar

1 tbsp olive oil Few drops of dish wash liquid

Few drops of citrus essential oil optional for a nice scent

Spray onto a microfibre cloth and wipe down dusty surfaces.

WHAT'S GOING ON IN OUR NEIGHBOURHOOD?



I took another look at **TE WHARE TAONGA O TE AWAMUTU** and what a fund of information is waiting for you here.

I visited this museum in its temporary location on Rickit Rd, but this museum is scheduled to move back to Roche Street this month. The parking and wheelchair/walker access will be much better. What took my interest on this visit was a display of the costumes which were worn in the filming of **AKE AKE AKE** - an exhibition based on events leading up to the final battle at O-Rakau 1864 between Maori and the invading British Military.

Free Entry - Opening Hrs 10 - 4pm Mon to Fri - Sat & Public Holidays 10 - 2pm - Closed Sundays.

Phone 872-0085 - please check to see if they have moved location.

PIRONGIA HERITAGE & INFORMATION CENTRE: This Museum occupies the former St. Saviour's Church located in Franklin Street. The Church was built in 1901 as an Anglican Church on the site of the Armed Constabulary Redoubt in Bellot St where it served until 1959. The centre has displays to tell the stories of the early Pirongia settlement from its military beginnings as Alexandra, including historic taonga stories of King Tawhiao, Whatiwhatihoe and the 1881 "Laying down of Arms"

Pirongia is a lovely place for a drive out. There are a couple of cafes for your coffee break. If you are energetic there are several walks or tramps plus AC Redoubts, Matakita Pa Reserve and bike trails.

Museum Open Tuesday - Sunday 10.30-3.30pm - phone 871-9018

I called in to **WAIKATO MUSEUM** on Grantham Street. I was looking for any planned coming events.

16th May the exhibition - Inside Out- 28th May - Extended late night hours are planned.

Parking here is not the best unfortunately. You can park on the left side of Grantham St for two hours free parking. Museum Parking is off Victoria Street, down behind the ArtsPost building but you pay at the site. There is a limited amount of free parking here - Free after 1pm on Saturdays or Sunday all day.

Open 7 days 10 - 5pm - free admission - But there is a charge for any special exhibitions.

Also please take a look at the ArtsPost (used to be the Post Office many years ago)

CAMBRIDGE MUSEUM 24 Victoria Street. Discover the rich history of surrounding Maori communities, military settlement and the building of a market town. Ask about 'The Gun Boats' used during times of the military settlement.

Open Monday to Friday 10am-4pm Saturday & Sunday 10-2pm - Phone 827-3319

Free Entry - Koha appreciated.

Local Markets:

- Tamahere Country Market - St. Stephen's Church - 3rd Saturday each month 8.30-1pm
- Tamahere Lions Best Artisan Market, Tamahere Community Hall, bi-monthly, next one in June

- Cambridge Farmer's Market - Victoria St, Saturdays 8-12pm
- Cambridge Trash & Treasure - Memorial Park - 2nd Sunday each month 8.30-1pm
- Pirongia Monthly Market - Saturday 25th May
- Hamilton Farmer's Market - Sunday 8-12pm
- Hamilton Collectables Market - The Barn, Claudelands Events Centre, monthly, the next one is 17th May 8.30am

TREE CHURCH GARDENS - Mother's Day Ramble. Come and see the gardens in their autumn colours.

There will be a Coffee Truck in the gardens and you are welcome to bring a picnic.

Pass the Ohaupo School, turn left into West Rd - more info at 021 813 861. Sunday 11th May - 10 - 4pm \$20 adults - Children under 14 \$10.00.

Saturday 19 April – Sunday 18 May

Photography Competition – Fleeting Moments of Autumn, The Sculpture Park at **WAITAKARURU ARBORETUM**, 207 Scotsman Valley Rd, Tauwhare, 10am-5pm. View the changing of seasons through the lens of your camera and capture the magic of nature. The competition focus is on capturing the tones, textures and colours of nature as summer fades and autumn prepares the land for the coming of winter. THREE Categories - Primary School Age, Secondary Age, Intermediate and High School Students and Adults. Great prizes to be won. Cost of entry is the entry to the Park: adults \$20, children 5-15 years \$5. For more information see <https://www.sculpturepark.co.nz>

TAITUA ARBORETUM:

This place is home to an impressive collection of mature trees spread across 20 hectares. 13km out of Dinsdale, left up Howden Rd, leads to Taitua Rd.

Phone 8386699 for more information.

CAMBRIDGE COUNTRY MUSIC CLUB, Cambridge Senior Citizens Association Hall, Milicich Place, 12.30pm-4.30pm. Entry \$5, afternoon tea provided. Third Saturday afternoon of each month. Contact: Teresa Dodds, Ph 021 064 9152.

CAMBRIDGE SENIOR CITIZENS HALL in Cambridge has just started classes - **Burlesque For Beginners** - classes have already started so we will have to wait for the next intake. classes start at 6.30pm - 6 week course \$130 - to learn more contact - glamiltonburlesque@gmail.com

Saturday 24th May - Friday 6th June:

'**THE TAVERN**' shot by Matt Hicks at the Masonic Hotel (aka The Mudd) is ready to be unveiled to the world - Cambridge!

The movie is a hark back to the silly early 2000's comedies with dry Kiwi/Ossie humour. Small town drinkers fighting big city problems. Adult themes, coarse language and generally naughty behaviour - Tickets \$20.00 Phone 823.5064 to check showing times.

Have you tried doing exercise at home? You will find an interesting programme at 8.30 each morning on channel 19 (Maori TV).

Have fun with Yvonne Te Wanihi Edwards as she presents uniquely Maori exercise workouts for young and old to keep healthy -

Or you could put your feet up, have a cup of tea, and watch in awe!

Pauline Eastwood.

News from the Residents' Committee

Hi Everyone,

First I want to thank everyone who attended our Easter/Anzac morning tea. I think we can say it was successful. It's always great to see Residents supporting events the committee organise. We put a lot of energy into these.

So, as you all know, our AGM will be on the 30th April. 10am in the Chapel. This means the present Committee will be changing. Sadly, four of the current members are standing down. Jenny Campbell, who resigned at the end of last year. Thank you for your long service and expert knowledge of all things committee. Margery Bramwell - Margery held the office of Deputy Chairperson. Thank you Margery for all you did. Trevor Hornby - Trevor returned to the committee last year. Your knowledge, especially of the RVRA is amazing. Sal Grant - you have kept the groups supplied with biscuits. You have always been the first there, sleeves rolled up, to help when needed. A special mention for all your help when we did the British Pub Night.

I would also like to mention the spouses of our Committee Members. They also go the extra mile to help whenever we put an event on. A definite bonus. Thank you.

The end of this month also means that Keith Glover's tenure as Chairman will end. Thank you Keith for bringing a wonderful calm aura to our meetings. We hope it hasn't been too stressful for you. We will miss your leadership but we are very grateful to have you still on the committee.

It's lovely to see more new Residents moving into our Village. Looks like we will have to host another New Resident Morning Tea for them soon.

We are planning a Dance for the end of May. We have a band who have offered to play for us for free. This means there will be no door charge to attend. The committee will be supplying supper, so just bring your drinks. We will advertise this all, next month in the weekly flyer. We know it's getting colder and it's very dark around the village at night but we are willing to pick people up and take them home in the Cart. It does have seats. Just let us know if you require a ride. We do hope to get a good turnout, especially as they are playing for us for no charge. Even if you don't dance, please come along and enjoy the music.



Lynn Dring - Secretary



Some photos to remind you
of the morning tea for
Easter and Anzac Day



Experience The Magic of Theatre together

Join us for seniors 60+ Acting and theatre skills classes for beginners in 2025 at Riverlea Theatre (83 Riverlea Rd. Hamilton).

When: Wednesdays 1pm-2.30pm from April 30th - June 18th.

Cost: \$100 for the whole programme including tea/coffee.

Fun meeting others and learning in a relaxed and encouraging environment.

For further information and enrolment form for 2025 classes:

Email Jane Barnett janesbtt@gmail.com

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 2 May.



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

Voices of Aotearoa – 25 Years of Going West Oratory (Gladys)

“Going West” is Auckland’s first literary festival and is the largest. It was founded in 1996 and each year there is a theme and a keynote speaker. Hosted in the Waitakere ranges, each “orator” reads from their own writing and poems, and extracts of others, mostly New Zealanders. Some are Patricia Grace, Michael King and Dame Anne Salmond.

Interesting to read each extract separately. It is a large book and takes some time.

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

Come and join our little group as we explore the tumultuous roller-coaster ride of international affairs. Come with your own ideas of developments, or just come to listen.

We meet in the Library, 4pm on the 1st Wednesday of month (except May meeting is 30th April). Next is 4th June. Everyone is welcome.

Gray Southon (V 102)

Bowls

Outdoor Bowls - We have had a stuttering start to morning bowls. We had a vote to start at 10am to give people time for Carers and a few late risers. Unfortunately this has not seemed to work very well, and we have struggled to get the players needed to compete.

When Covid raised its ugly head there were about 15 players rolling up, (I can't comment previous to this as we arrived during the lockdown). We have a very keen base of about 8 regular players at present, which doesn't give us much lee-way for appointments and sickness!

We will welcome new players with Open Arms! It is such a shame to have this excellent facility not being used. We have spare bowls, and very loose rules.

Come along at 9.45am, Tuesdays and Thursdays, have some exercise, enjoy the fresh air and the company. We follow six ends with morning tea, so it is not strenuous! New players are welcome.

Indoor Bowls - Our night for indoor bowls is Monday. Mustering at 7pm, so we can commence play at 7.15pm.

Once again, we are struggling for players, but seem to have a regular group of up to 10. We have two mats, so can accommodate a lot more.

Come along enjoy the company - It is not competitive, just an enjoyable evening out, we are generally home by 8.30pm.

Beth Richards, H23
Bowls Communicator

Ukulele Sing-a-long Group



Ukulele group meet 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

I hope you have all enjoyed our holiday breaks. We continue to meet weekly in the Cafe and anyone interested is welcome to attend these informal get togethers.



Our monthly meeting is held on the second Thursday at 10.30 in Harakeke lounge. Unfortunately, our turnout at these meetings has declined and we ask anyone with an interest in eye health to please attend. Likewise, if you have any suggestions to help to grow our membership, I would love to hear from you. Please contact me on - 027 827 5011.

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.

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.

Knit and Natter Group

What an awesome team of knitters and crafters we have in the village! We have compiled our first delivery this year to go to Kids In Need Waikato – our chosen local charity. This delivery consists of: 10 knee rugs, 18 comfy shawls, 20 scarves, 5 pairs of slippers, 1 child's cardigan, 1 child's jumper, 1 baby singlet and 62 hats!

Peggy squares (knitted in diamond style) are collected up and worked into the lovely knee rugs so even the smallest contribution of a simple square blesses someone somewhere. Keep it coming ladies!

We meet 10am Fridays in the Lower Harakeke Lounge – join us!

Helen Painting ph 854 7662



Take a look at this! This is the latest delivery for Kids in Need from our Knit and Natter Group! How utterly inspiring you all are – Congratulations ladies !! - Carole

I asked an old man, "Even after 95 years, you still call your wife darling, honey, and love. What's the secret?"

Old man: "I forgot her name years ago and I'm scared to ask her."

Who will take Grandma??

Who will take Grandma – Who will it be?
All of us want her I'm sure you'll agree;
Let's call a meeting, let's gather the clan –
Let's get it settled as soon as we can;
In such a big family there's bound to be one
Willing to give her a place in the sun.
Strange how we thought she would never wear out –
But see how she walks – it's arthritis no doubt.
Her eyesight is fading, her memory's dim –
She's apt to insist on the silliest whim.
When people get older, they become such a care.
She must have a Home – but the question is – Where?
Remember the days when she used to be spry;
Baked her own scones and made such a good pie?
Helped us with homework and tended our seams;
Kissed away troubles, and mended our dreams;
Wonderful Grandma! We all loved her so!
Isn't it awful she's no place to go.
One little corner is all she would need
A shoulder to lean on, her Bible to read.
A chair by the window, with sun coming through;
Some pretty spring flowers still fragrant with dew.
Who'll warm her with love, so she won't feel the cold?
Oh! – WHO WILL TAKE GRANDMA NOW SHE IS OLD?

(Thank you to David Bell for this).

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



Answers to Quiz on page 20

1. Mercury
2. 2013
3. Ian Fleming
4. Knee
5. Iago
6. 1997
7. Doha
8. Tin
9. 3
10. Olivia
11. All the President's Men
12. 007
13. Helsinki
14. Tennessee
15. Krone
16. The French Open (Roland Garros)
17. Netherlands
18. Four (The Godfather Part 2, Heat, Righteous Kill, The Irishman)
19. Emperor Hirohito
20. Mercury
21. Salvador Dali
22. Queen's Park Rangers
23. Tunisia
24. Four
25. 1997
26. Once (1966)
27. Maggot
28. Bristol
29. Rice
30. Constantinople

Movies for May

2nd May 7pm My Year with Helen 1:33

Travels alongside former New Zealand PM Helen Clark as she campaigns for UN Secretary-General and staying in daily contact with her 94-year-old father back home. A behind-the-scenes human view of the inner workings of global power.



16th May 7pm She Shears

Blood, sweat and shears... Kiwi style. Sheep shearing has traditionally been a male dominated industry. In the 1980's there were over 15,000 fulltime sheep shearers in New Zealand, only 5 of those were female.

SHE SHEARS follows four female shearers in the buildup to the Golden Shears, the world's most prestigious shearing competition. For these women, competing requires enormous tenacity and much back-breaking work. Driven by passion and a competitive spirit they strive to take their beloved occupation to the next level. To win the Golden Shears is every shearer's dream. But for our subjects, it's more of a chance to demonstrate their skills and determination.

As the competition draws near, the women must contend with exhaustion, injury and self-doubt - and family obligations are an ever-present demand. Win or lose, heartbreak or joy, what persists is their passion for what they love to do most - shearing.

30th May 7pm 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.



Our Rehabilitation Corner

Advancing age, a family history of dementia, head injury, or Down syndrome, for example, may increase your risk of developing dementia. However, you may have more influence over other lifestyle factors, such as your diet and activity levels. Factors that put you at a higher risk of dementia include:



Poor heart health. Heart and brain health are strongly linked. Hypertension, high cholesterol, atherosclerosis (narrowing of the arteries), heart disease, and stroke can all increase your risk for dementia.

Diabetes. Poorly managed diabetes can lead to stroke and heart disease, increasing your risk for dementia, especially vascular, Alzheimer's, or mixed dementia.

Smoking. Smoking increases your risk of cardiovascular disease, which in turn heightens your risk of mental decline and dementia.

Alcohol abuse. Heavy or binge drinking can increase your risk of developing Alzheimer's disease and other forms of dementia, including Korsakoff syndrome, a type of dementia commonly caused by alcohol abuse.

Neglected mental health. Untreated depression, loneliness, social isolation, and a lack of mental stimulation can all contribute to an increase in the likelihood of developing dementia.

Sleep apnoea. Untreated sleep apnoea can disrupt your sleep and lead to daytime sleepiness, impaired brain function, and an increased risk of developing dementia later in life.

Poor diet. Eating a diet high in processed food, unhealthy fats, sugar, and refined carbs can take a toll on your heart and brain health and increase your risk of diabetes, vascular disease, and Parkinson's, all red flags for dementia.

Lack of exercise. Leading a sedentary lifestyle can impact your resilience, disrupt your sleep, increase your risk of heart disease, and accelerate cognitive decline and the onset of dementia symptoms.

Hearing loss. Hearing impairment may cause a faster rate of atrophy in the brain and cognitive decline. It can also make it harder to socialize with friends, another risk factor for dementia.

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

Our Chuckle Corner

The teacher heard one of her students, Johnny, use some off-colour language and was shocked.

"John Martin, don't you ever use language like that again, not near me, not in school, not anywhere! Where on earth did you learn that?"

"I got it from my dad, Miss Rollins," replied John.

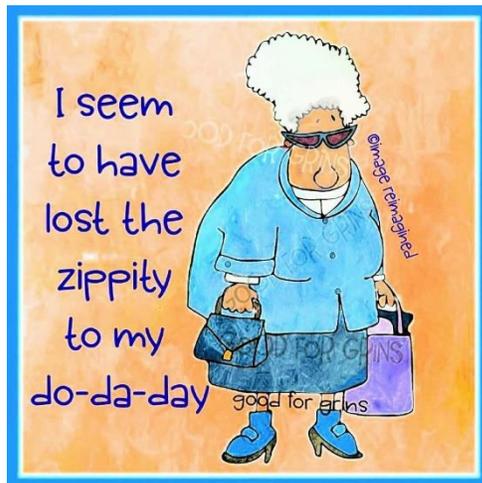
"Well, your father should be ashamed. I doubt you even know what all that means."

"Oh Miss Rollins, I do," said John. "It means the car won't start."

The golfer sliced a ball into a field of chickens, striking one of the hens and killing it instantly. He was understandably upset, and sought out the farmer.

"I'm sorry," he said, "my terrible tee-shot hit one of your hens and killed it. Can I replace the hen?"

"I don't know about that," replied the farmer, mulling it over. "How many eggs do you lay a day?"



Getting OLD and other things -

I used to be able to do cartwheels. Now I tip over putting on my underwear.

I told my wife she should embrace her mistakes... so she hugged me.

Wi-fi went down for five minutes, so I had to talk to my family. They seem like nice people.

If you see me talking to myself, just move along. I'm self-employed; we're having a staff meeting.

Tommy was at the airport going through Customs. The Customs Officer stops him and asks, "What have you got in those two sacks on your shoulders?"

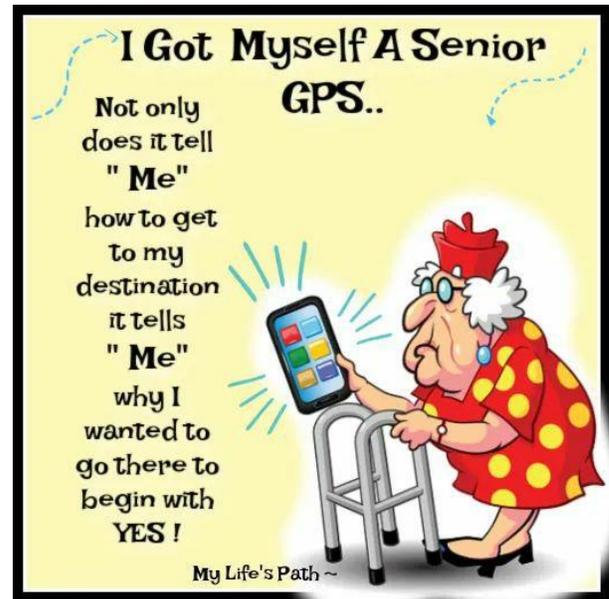
Tommy replies, "Just a lot of old mobile phones."

The Customs Officer looks confused. "Why so many mobile phones?"

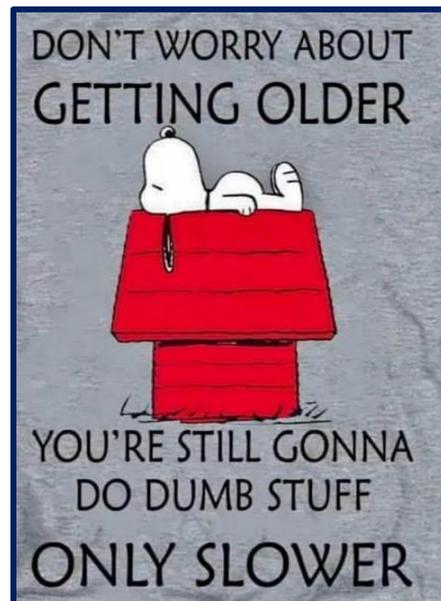
"Well, on my travels I got a call from my old mate, Jimmy. He told me he was starting a jazz band," Tommy says.

"I was impressed and asked if there was anything I could do to help.

He said, 'Can you bring me back two sacks of phones?' and here I am..."



I hired a handyman and gave him a list of tasks. When I got home, only items 1, 3, & 5 were done. Turns out he only does odd jobs.



Puzzle Time

Time for another quiz. Good luck! (The answers are on page 15).

1. What planet is closest to the sun?
2. In what year did Margaret Thatcher die?
3. Who wrote the book Chitty-Chitty-Bang-Bang: The Magical Car?
4. In which part of your body would you find the cruciate ligament?
5. What is the name of the main antagonist in the Shakespeare play Othello?
6. When was the movie the Titanic released?
7. What is the capital of Qatar?
8. What element is denoted by the chemical symbol Sn in the periodic table?
9. How many of Henry VIII's wives were called Catherine?
10. What was the most popular girl's name in the UK in 2024?
11. What is the name of the 1976 film about the Watergate scandal, starring Robert Redford and Dustin Hoffman?
12. What is James Bond's code name?
13. What is the capital of Finland?
14. In what US state is the city Nashville?
15. What is the currency of Denmark?
16. Which Tennis Grand Slam is played on a clay surface?
17. In which European country would you find the Rijksmuseum?
18. How many films have Al Pacino and Robert De Niro appeared in together?
19. Who was the head of state in Japan during the Second World War?
20. What is the smallest planet in our solar system?
21. Which legendary surrealist artist is famous for painting melting clocks?
22. Which football club plays its home games at Loftus Road?
23. What is the northernmost country in Africa?
24. How many human players are there on each side in a polo match?
25. In what year did Tony Blair become British Prime Minister?
26. How many times has England won the men's football World Cup?
27. What is the common name for the larva of a housefly?
28. Street artist Banksy is originally associated with which British city?
29. From what grain is the Japanese spirit Sake made?
30. What was the Turkish city of Istanbul called before 1930?

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

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

Tamahere Retirement Village – Calendar of Events – May 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 PODIATRIST HERE 9.45 Bowls 10.30 VIG Coffee/CC 2.30 Ukelele Group/ HDL 4.15 ZUMBA /CC	2 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 – “My Year with Helen”/CC	3 10.0 Petanque– near V28
4 4.00 Worship in Wesley Chapel led by Rev. Dr Susan Thompson	5 9.15 Seated cardio-endurance Exercises/CC 1pm Board Games, Pool/CC 7.00 Indoor Bowls	6 9.15 ZUMBA /CC 9.45 Bowls 10.30 Chartwell 11.0 Catholic Mass/C (Mons Frank)	7 9.15 Strengthening exercises with dumb-bells /CC 10.30 New World 7.00 Pool/CC	8 9.45 Bowls 10.30 VIG Meeting/HDL 2.30 Ukelele Group/ HDL 4.15 ZUMBA /CC	9 9.15 Standing Balance Exercises/CC 10.0 Knit & Natter/HDL 1 pm Board Games/CC	10 10.0 Petanque– near V28 11.0 Catholic Liturgy /C (Sue Kenrick)
11 4.00 Worship in Wesley Chapel led by Rev. Barry Neal	12 9.15 Seated cardio-endurance Exercises/CC 1 pm Board Games, Pool/CC 7.00 Indoor Bowls	13 9.15 ZUMBA /CC 9.45 Bowls 10.30 Chartwell	14 9.15 Strengthening exercises with dumbbells/CC 10.30 New World 7.00 Pool/CC	15 9.45 Bowls 10.30 VIG Coffee/CC 2.30 Ukelele Group/ HDL 4.15 ZUMBA /CC	16 9.15 Standing Balance Exercises/CC 10.0 Knit & Natter/HDL 1 pm Board Games/CC 7.0 Movie “She Shears”/CC	17 10.0 Petanque– near V28 2.00 Living Waters Church Youth Group Visit/CC
18 4.00 Worship in Wesley Chapel led by Rev. Gillian Woodward	19 9.15 Seated cardio-endurance Exercises/CC 1 pm Board Games, Pool/CC 7.00 Indoor Bowls	20 9.15 ZUMBA /CC 9.45 Bowls 10.30 Chartwell 11.0 Catholic Mass/C (Mons Frank)	21 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	22 9.45 Bowls 10.30 VIG Coffee/CC 10.30 Parkinsons Support Group/HUL 3.30 Happy Hour/CC	23 9.15 Standing Balance Exercises/CC 10.0 Knit & Natter/HDL 1 pm Board Games/CC	24 10.0 Petanque– near V28 11.0 Catholic Liturgy /C (Clive Bleaken)
25 4.00 Worship in Wesley Chapel led by Rev. Alisa Lasi	26 9.15 Seated cardio-endurance Ex/CC 1 pm Board Games, Pool/CC 7.00 Indoor Bowls	27 9.15 ZUMBA /CC 9.45 Bowls 10.30 Van Outing to The Base	28 9.15 Strengthening exercises with dumbbells CC 10.0 Residents Cttee AGM/C 10.30 New World 7.00 Pool/CC	29 9.45 Bowls 10.30 VIG Coffee/CC 3.30 Happy Hour /CC	30 9.15 Standing Balance Exercises/CC 10.0 Knit & Natter/HDL 1 pm Board Games/CC 7.0 Movie “Maurice and I”/CC	31 10.0 Petanque– near V28