



Welcome to the
TAMAHERE VISTA
July 2024



Field Days are over for another year, and life, and traffic return to normal again. The year certainly has its rhythms, and the wintry days and foggy mornings tell us that spring can't be far away. I've seen daffodils, daphne, magnolia and camellias all in flower already!! Make sure you keep warm though. There are plenty of viruses out there!

The major construction taking place next to the Rest Home entrance is to extend the Rest Home Dining Room with a verandah and pagola. It will provide a covered seating area for residents and their families to enjoy the outdoors. Of course, there is disruption – but it isn't forever. From Monday 22 July until the end of August, the Chapel will be used temporarily as a Dining Room and Lounge for Rest Home residents during the next phase, as this is the only space big enough. This will mean Chapel services are being held elsewhere during that time. The Catholic services will be held in the Downstairs Harakeke Lounge, and all other services in the Community Centre.

This month, we meet Margaret Birtles who moved in to Tamahere about four years ago. Margaret has committed her life to service in the Church over many years, and has made her home for "her senior years" here at Tamahere. Thankyou for sharing your rich and full life story with us.

A warm welcome to our new residents – we trust you are settling in well, and that you can soon venture out and join in some of the activities and fun around the village. If you see people looking lost or alone, do reach out and make them feel at home. Better still, why not wear your name tag so they can remember your name.

Carole Fleming (Editor)

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Introducing Margaret Birtles

Margaret was born in Upper Moutere (in the Tasman District near Motueka at the north of the South Island), the eldest of five children. They lived on a dairy farm which is still farmed by family today. Margaret went to Motueka for her secondary school years – a thirty minute bus trip each way.



There was a strong Methodist tradition for the family over many generations. Margaret's father was a Lay Preacher, and her mother played the organ. They were a very tight knit family with very strong connections on her father's side.

On leaving school, Margaret went to Nelson to study nursing, then on to Christchurch to study midwifery. She worked in small hospitals as a midwife. Following this time, a lot of her work was as a Practice Nurse in General Practice, and she moved to various places around the country.

Margaret spent a lot of her early adult years as a solo parent with young children, and so enjoyed the company of other Church people, who also had children, as a good support group. She has 2 children, 6 adult step children, 17 grand-children and 2 great-grand-children. Very sadly, Margaret's eldest step-son died unexpectedly just over a year ago. "I'm really busy", she told me, "keeping up with family is really important to me."

Margaret interests are travel and crafts. Her creative streak is very strong – whether it is crosswords, jigsaws, cross-stitch, toy making, knitting or Lego!

It is 40 years since Margaret moved into ordained ministry. Her interest was initiated while she was working in the community, making connections between the Church and the community. She started in Rangiora (in North Canterbury), finding that she was still able to be a Mum, but to use her skills. Margaret moved around the country, as a self-supporting Deacon. She had previously undertaken Lay Preacher training so was able to lead services. When she arrived in a new town, her approach was to identify the needs of the community. In this way, she taught Ante-Natal education, and completed a Diploma in Childbirth Education. Her approach was to build relationships between the community and the Church.

Margaret has been part of the Methodist Church for nearly 50 years and has many connections. Because of this, she made herself available for stationing (a selection process for parish appointments), and received a call to Tauranga Parish.

Margaret explained that in the Methodist Church there are geographical divisions called Synods, each led by a Superintendent. Margaret is the Co-Superintendent of the Waikato-Waiariki Synod. This area goes from Huntly to Raglan, all of the Coromandel and Bay of Plenty, through to Opotiki, all of Waikato through to Te Awamutu and Taumaranui. Now in her fourth year in this role, she is co-responsible for all the parishes in that area, and the oversight of all the people in ministry, parishes and leadership. It also involves National Gatherings of Superintendents, although considerable travel is minimised with some meetings now able to be held on Zoom.

Margaret came to Villa 21 here at Tamahere four years ago. She was drawn here partly because it is a Methodist run village, but also because as she had moved around New Zealand a great deal, she was grateful to have found a place where she could live out her senior years. She told me that she was very happy here, as it provides her with as much or as little as she wants or needs.

Meeting Margaret and learning yet another way God calls us has been inspiring. I was impressed by the energy and commitment Margaret brings to her days.

Thankyou for sharing so honestly of yourself with us. Yet another woman of God!

Carole Fleming (Editor)

This newsletter was first written in 2012 for residents and their families as a way of keeping everyone in touch with news and happenings in the Village.

Jean Robertson offered to produce this monthly newsletter, which started as four pages and is now much more than that. Jean produced the newsletter for eight years. As a Village, we are hugely indebted to Jean who died very peacefully at Atawhai Assisi Hospital in recent days.



Jean was also an initiator of weekly fun activities (Friday Flings) for residents; among other things, she started the Christmas Day Dinner for residents who would otherwise be alone that day, and fashion parades through Black Pepper and Caroline Eve. She was a member of the Residents' Committee for many years, including a term as Chairperson. Her love of all that Tamahere Eventide stood for inspired her care for residents and staff alike.

Jean, we will miss your smile and your grace. Rest in peace, dear friend.

VILLAGE MANAGER'S COLUMN

Quote of the Month:

“Challenges are gifts that force us to search for a new centre of gravity. Don't fight them. Just find a new way to stand.”

(Oprah Winfrey)



New Residents

Tamahere Villa 63	Jenny Icki
Harakeke 24	Colin Barber
Rimu 18	Lynda Pryor

I am leaving for the UK to see my son. I will be absent from the Village from Monday 17 June, returning Tuesday 16 July.

Andrew and Karen are your contact people for any enquiries regarding the Village during this time.

David McGeorge

From the Accountant

Please note that from 1 July, the prices for meals and hairdressing are to increase -

Hairdressing

Hair Cut - Ladies	\$27.00 to \$30.00
Men	\$16.00 to \$19.00
Beard trim	\$12.00
Shampoo & Blow wave or Set	\$26.00 to \$28.00
Cut & blow wave, or Set	\$53.00 to \$55.00
Perm	from \$95.00
Shampoo/Condition	\$ 5.00
Shampoo & dry off	\$15.00 to \$17.00
Shampoo dry off & cut	\$38.00
Colours on request	

Meals

Lunch	\$17.50
Evening Meal	\$14.50
AM / PM tea	\$ 7.00
Bread	\$ 3.00
Milk 1 litre	\$ 3.00
Milk 2 litre	\$4.60

CHAPLAIN'S KORERO

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

This month New Zealanders will be celebrating the rising of the stars known as Matariki, which for many Māori marks the start of a new year. We now have a public holiday to celebrate Matariki. However for some iwi, Matariki celebrations begin about a month before this with the setting of the Matariki stars. This is a time associated with stories about the dead. In chapel recently we dipped into Māori storytelling about this time of year as a way of remembering and farewelling people who have died recently.



We heard the story of Te Waka o Rangī, a group of stars forming what Dr Rangī Mātāmua calls “a cosmic canoe”: a waka of the sky. All year long this waka sails through the sky and every night the captain throws his net out, picking up the spirits of those who have died. He carries them around with him until the time comes for Matariki to set. Then Te Waka o Rangī also sets taking our loved ones on their final journey, into the darkness to be turned into stars. When Matariki rises again their spirits are scattered into the sky as stars.

This isn't a Christian story but it has its own wisdom. It speaks of a sense that many Christians also have, that our loved ones are still with us, they haven't left us completely. It's likely that we all have different ways of talking about this. We may say that our loved ones are in heaven or with God, that they are with us in spirit or in heart, or that they live on in us and those who will follow us, our children and grandchildren. Whatever language we use, we share a sense that our loved ones are around us, within us and between us.

In chapel I invited people to write the names of those who have died recently on stars and we stuck these to an image of Te Waka o Rangī. We then prayed together: “Friends and family ... we let you go into the earth that has nurtured you all your life, into the stars and stardust of our beginnings, into the heart of the Mystery of our good God. Amen.”

Ngā manaakitanga,

Susan

From the Gardeners

Recycling – Please separate all cardboard from your plastic items for recycling. For example, put your cardboard and paper flat on the ground and put the recycling bin containing the plastic items on top of them.

Green waste - If you have flax to dispose of, please put this in your rubbish bag; flax does not mulch down so cannot be included in the green waste.

July – During July, the roses will be pruned, sprayed and fertilised.

God bless, and thankyou.

The Gardeners

NEWS FROM KAREN

Hello everyone –

Well, the National Field Days have finished for another year. That often signals cold, wet, or frosty days to come. I hope you are all keeping yourselves warm. One thing we often overlook during the colder weather, is to remember to drink water (hot, warm or cold).



Thankyou for your patience while we change all the batteries in the alarm pendants.



Village Outings – Just a reminder about Village outings – these are on the last Tuesday of each month for Tamahere residents, and on the last Friday of the month for Assisi residents. For more information check the weekly flyer for details. The next outing for Tamahere residents is Tuesday 30 July.

Check out this photo of the group of residents who went on a recent outing to Mitre 10 and Columbus Café.

Karen
Village Activities Organiser



My aim is to keep you in your independent Villa or Apartment for as long as possible.

I can clean, do washing, make or change beds, organise assistance; in fact, provide care that is not available to you from the Health Department.

INTERESTED?? Contact Chris, Karen or David to discuss.

Chris' Housekeeping Tip for the Month

Remove limescale from your jug –

Jugs can suffer from a build-up of mineral deposits if you live in a hard water area. Denture tablets contain my favourite cleaning hack, baking soda as well as mild bleach and citrus acid (think lemon juice).

Drop a couple in the jug, fill it with water and leave for a couple of hours, then give a good scrub. Rinse well and your jug should be as good as new.

What's going on in our neighbourhood?

THE CAMBRIDGE COUNTRY MUSIC CLUB meets on the 3rd Saturday each month at 12.30 to 4.30 at the Senior Citizens Hall, Milicich Place, \$5.00 each and includes afternoon tea. For more information contact Teresa Dodds 021 064 9152

CAMBRIDGE FARMERS MARKET, every Saturday 8am to 12.00pm, Victoria Square.

CAMBRIDGE WELLBEING MARKET, held at Cambridge Town Hall 6th July [10.am](#) to 2pm
There is a lineup of gifted healers and readers to support your mind, body or spirit.
Contact 021 0811 2008 for more information.

TRASH 'N' TREASURE MARKET 9am to 1pm 14th July - held at Cambridge Memorial Park (Rugby Grounds)

TAMAHERE COUNTRY MARKET meets on third Saturday of each month at St.Stephen's Church, Tamahere.

TAMAHERE LIONS' BEST ARTISAN MARKET at the Tamahere Community Hall, next to the school.
Next Market will be 13th July 8.30am to 1.30pm



As I was looking around at this market recently, I came across Merv and Toni Arnesen - Boot and Shoe Repairs. They work from their workshop in Hamilton East.

This couple are happy to collect and deliver your shoes from the village if they are in need of repair.
Phone 0800 567537 or 027 618 4646

WAIKATO MUSEUM

Several interesting exhibitions are on view so I will name just two:

25th Feb to 21st July – “Decades Charted - A Window into the Chartwell Collection”

March to 21 July – “Te Pani, Te Pouaru, Te Rawakore - Nurturing Generations through Poukai”.

The Museum opens each day at 10am.

LAKE KARAPIRO MIGHTY RIVER DOMAIN: 601 Maungatautari Rd.

This is a busy place for many water sports events but on a lovely sunny day can be a great place for a drive or just to have a coffee break.

If you take a picnic, it is a lovely view sitting on the side of the lake or you could try the cafe, the **PODIUM**. It is open seven days for morning tea or lunch and closes at 3.00pm.

Has anyone tried **THE BOOTLEG BEER GROUP** at Matangi Dairy Factory? There are Craft Beers, Crafts, Food Truck and live Music. I'm waiting to find out when they are having their next gathering.

HATO HONE ST JOHN HEALTH SHUTTLE:

The Shuttle is a community service that transports people with health appointments and then brings them home again. These appointments include hospital, dental, optometrist, podiatry visits. You need to book a few days ahead and this is a door-to-door service. It is stress-free because the shuttle staff (who are volunteers) will make sure you get to your appointment on time and will wait for you until you are finished. The staff are really caring and will make sure you have a wheelchair, if needed, and you won't get lost trying to find the department you need at the hospital. There is no charge but they appreciate any donation. Phone 0800 846 9992 to book your pickup.

Pauline Eastwood.

NEWS FROM VILLAGE GROUPS

The Book Club

A recent book review of “Whispers of His Power” by Amy Carmichael has prompted the reviewer (Isabelle) to share with us, more of the writer’s background.



Brown Eyes

As a little girl, brown eyed Amy Carmichael longed for blue eyes like her beautiful mother. Then she heard that if we prayed earnestly, believing, that God will always answer our prayer.

That night she prayed very earnestly for blue eyes. On waking she leapt out of bed and ran to the mirror. Bitterly disappointed she went to her father. “God doesn’t always answer prayer”. Her father spent a long time explaining that God knows what is best for us and it is sometimes only much later when we realise that He did answer our prayer.

Amy went to India as a missionary. She started the Donever Fellowship which rescued babies who would otherwise become temple prostitutes. Where possible, she bought the babies, dressed as an Indian. She would also go into the temple, gather up the baby and carry it away – unlike Lawrence of Arabia whose blue eyes ruined his disguise.

The fellowship was very successful and Amy wrote many books about it and individual babies who grew up to be fine Christian men and women.

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 3pm on the second Thursday of each month in the **small Lounge in the Community Centre**. Their next meeting is Thursday 11 July.

Karen Bridewell (Convenor)

Vision Impaired Group



Hello everyone - hope you are all well.

It was great to see so many of you at our last meeting all enjoying the great entertainment performed by one by of our recent residents, Stan. Thankyou Stan from all of us at the Vision Impaired Group.

Our next monthly meeting will be on Thursday 11th July - hope to see you there.

Lyn Pettigrew (Rimu 1)
Group Co-ordinator

Petanque

Weather permitting, we meet at 10am each Saturday morning. We enjoy the game (but it's not too competitive) and will show new folks how to play.

We do need a few new members, so come along just once and 'give it a go'

Pauline Eastwood (Villa 58)

Indoor and Outdoor Bowls

We have continued Outdoor Bowls, and have only resorted to playing Indoors when the weather has been truly inclement.

Our games are fun and inclusive, making room for all players and we have loan bowls for anyone wanting to join us.



Our rinks are set up and ready to go each Tuesday and Thursday at 9.15 so we can begin play at 9.30am.

We have commenced Indoor Bowls on a Monday evening for those who would like to join us in the Community Centre at 7pm. Please remember to bring a torch to find your way home!

Beth Richards
Bowls Facilitator (Harakeke 23)

Knit and Natter Group

We meet each Friday at 10am in the lower Harakeke lounge.

Over a cup of tea or coffee we enjoy each other's company and watch our work grow.

Join us for a chat, even if you don't knit or crochet.



Jill Wilson ph 856 4080
Helen Painting ph 854 7662

Card Making and Crafts

We meet on Monday July 1st and 15th from 10.30 to 11.45am in the Community Centre. Bring your own craft or be creative with card-making. Free materials, or bring your own.

Margery Bramwell (V37) and Edna Evans (V56)

Convenors

Pool

We meet on Mondays at 1pm and on Wednesday evenings at 7pm in the Café. We welcome new or previous players. Come and join us.



We now play Bingo each Saturday afternoon from 1.30pm in the library in the Community Centre – except we don't normally play on the last Saturday of the month when the Mandarin Christian Youth Group comes to our Village. However this month due to the Community Centre being booked for a private function, we are only able to meet on Saturdays 6th and 13th July.

Come and join a very friendly, merry crowd enjoying a social time – chocolates are on offer!

Sheila Howard (Rimu 2)
Convenor

Tamahere Global Village

The Village World Affairs Group which started in February is now called **Tamahere Global Village**. We meet on the first Wednesday of each month at 4pm in the Community Centre.

The topics that we discuss and the way that we organise ourselves will be decided at each meeting.

The first meeting demonstrated an interesting range of topics and opinions.

Please contact Gray Southon, Villa 102, Ph 0211 020 977 for further information.

Ukelele Sing-a-long Group

Don't forget the Ukelele group who meet on Thursday afternoons (but not the last Thursday of the month) at 2.30pm in the Downstairs Lounge in Harakeke, to sing and make music together. If anyone would like to play – or learn to play - feel free to contact Keith at Villa 12.

Tamahere Eventide Zoom Quizzes

Our monthly quizzes continue to be enjoyed by Eventide's most dedicated quizzers, who also participate in the Intervillage Quizzes. An Intervillage Quiz took place Monday 24 June at Hilda Ross. We were allowed to send only 1 team of 4. Four of our top quizzers attended; another 2 are actually overseas this month. This quiz was won by Tamahere Country Club, well known for being "Quiz Supernerds"!

Any residents who would like to join us, please phone Caroline and Jim Higby on 022 541 9864.

FULL DRY CLEANING SERVICE - available with a free convenient pick-up and delivery service on Tuesday and Thursday. Valet Drycleaners offers professional cleaning services for curtains, blankets, and all your garments.

The Team at Valet Drycleaners

29 Whatawhata Road
Dinsdale, Hamilton
Ph: 07 847 6492

For Sale

Near new Mobility Scooter for sale. This is in pristine condition. It is an Invacare Pegasus Metro.

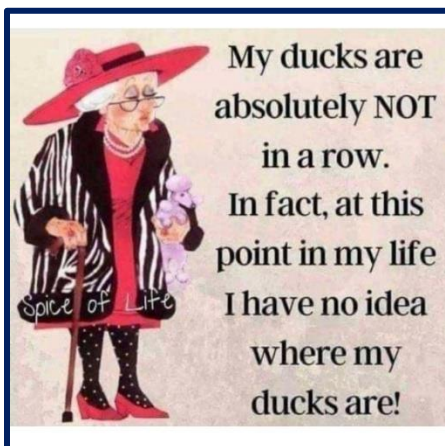
Price \$3,500 ONO. All enquiries to Carole on 021 465550.



Puzzle Time

Good luck with this quiz! (The answers are page 13).

1. In aviation, what does the acronym QANTAS stand for?
2. Who was the last British sovereign to lead an army into battle?
3. Triskaidekaphobia is the fear of what?
4. "She who must be obeyed" was the unseen wife of which TV character?
5. A fromologist is someone who loves what type of food?
6. How many characters of information are in a gigabyte? a) 1 million; b) 1 billion; 1 trillion
7. What is the Spanish soldier Rodrigo Diaz de Vivar better known as? A) El Cid; b) Spartacus; c) El Greco
8. How many known constellations are there in the night sky?
9. The 27 moons of Uranus are named after characters from the works of which two authors?
10. In UHT milk, what does UHT stand for?



My ducks are
absolutely NOT
in a row.
In fact, at this
point in my life
I have no idea
where my
ducks are!

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

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

Our Rehabilitation Corner

Two very important questions:

1. Can physical exercise reduce the risk of developing dementia?
2. Can physical exercise help people living with dementia?

The answer is YES!



Physical exercise is an important part of a healthy lifestyle, helping to maintain general fitness, and contribute to a sense of well-being. Physical exercise is also essential for maintaining adequate blood flow to the brain and may stimulate brain cell growth and survival.

Several research studies have found that physical activity in early, mid and late life is associated with a lower risk of cognitive decline and dementia – in one study, for Alzheimer’s disease specifically, the risk was reduced by 45%. Studies looking into the effect of aerobic exercise, (an activity that increases one’s heart rate) in middle-aged or older adults have reported improvements in thinking and memory, as well as reduced rates of dementia.

Not all research studies use the same definition of ‘physical activity’ or exercise, however, in general what they are referring to is aerobic exercise performed for a sustained period of time (e.g. 20 – 30 minutes), carried out several times a week.

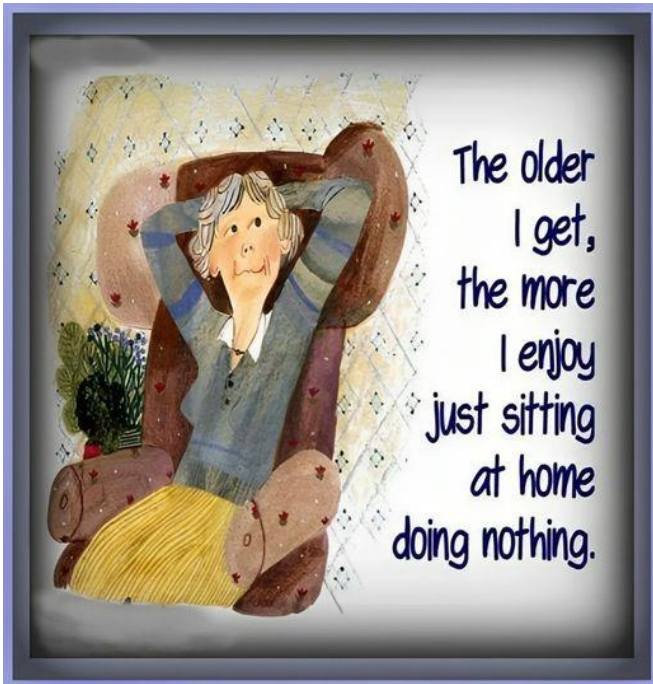
The other good news is physical exercise does not just mean playing sports or running. It can also include brisk walking, housework activities or gardening. Although vigorous exercise seems to be the most effective, these non-traditional forms of exercise can offer a significant benefit.

In summary, of all the lifestyle changes that have been robustly studied in recent years, taking regular physical exercise appears to be one of the best things that one can do to reduce our risk of getting dementia, whilst also having a significant positive impact on the wellbeing of people living with dementia.

Prepared by: Rosalyn Pelaez
TEH Allied Health and Rehab Coordinator

Source: <https://dementia.nz/physical-exercise-and-dementia/>

Our Chuckle Corner



A young businessman had just started his own firm. He rented out a beautiful office and had it furnished with antiques. As he proudly sat at his new desk, he saw a man enter the outer office.

Wishing to appear the hot shot, the businessman picked up the phone and started to pretend he had a big deal working.

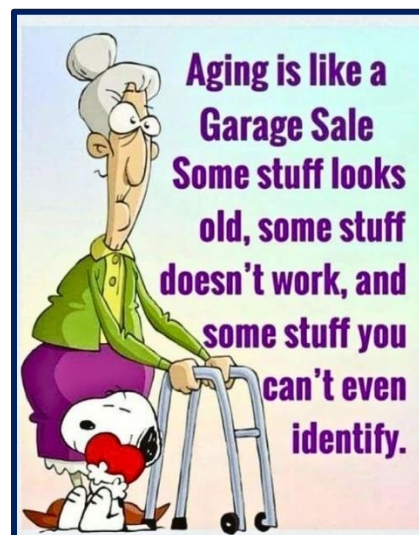
He threw huge figures around and made giant commitments. Finally, he hung up and asked the visitor: "Can I help you?"

The man said: "Yeah, I've come to activate your phone lines".



Answers to puzzle on page 11.

1. Queensland and Northern Territory Aerial Service.
2. George II.
3. The number 13.
4. Rumpole of the Bailey.
5. Cheese.
6. 1 billion.
7. El Cid.
8. 88.
9. William Shakespeare and Alexander Pope.
10. Ultra High Temperature.



Tamahere Retirement Village – Calendar of Events – July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 9.15 Seated Exercises/CC 7.00 Indoor Bowls	2 9.00 Lawn Bowls 10.30 Chartwell 11.0 Catholic Mass/C (Mons Frank)	3 9.15 Sit & be Fit/CC 10.30 New World 4.00 Tamahere Global Village/CC 7.00 Pool/CC	4 PODIATRIST HERE 9.00 Lawn Bowls 10.30 VIG Coffee/CC 2.30 Ukelele Group/ HDL	5 9.15 Standing Back Strength/CC 10.0 Knit & Natter/HDL	6 10.0 Petanque– near V28 1.30 Bingo/cc	
7 4.00 Worship in Wesley Chapel led by Rev. Dr Susan Thompson	8 9.15 Seated Exercises/CC 1pm Board Games, Pool/CC 7.00 Indoor Bowls	9 9.00 Lawn Bowls 10.30 Chartwell	10 9.15 Sit & be Fit/CC 10.30 New World 7.00 Pool/CC	11 9.00 Lawn Bowls 10.30 VIG Meeting/HDL 3.00 Book Club /cc	12 9.15 Standing Back Strength/CC 10.0 Knit & Natter/HDL	13 10.0 Petanque– near V28 11.0 Catholic Liturgy /C (Sue Kenrick) 1.30 Bingo/cc	
14 4.00 Worship in Wesley Chapel led by Rev. Barry Neal	15 9.15 Seated Exercises/CC 10.30 Card Making/CC 1 pm Board Games, Pool/CC 2.30 7.00 Indoor Bowls	16 9.00 Lawn Bowls 10.30 Chartwell 11.0 Catholic Mass/C (Mons Frank)	17 9.15 Sit & be Fit/CC 10.30 New World 11.0 Holy Communion/C (Rev. Dr Susan Thompson) 7.00 Pool/CC	18 9.00 Lawn Bowls 10.30 VIG Coffee/CC 10.30 Dementia Support Group /cc 2.30 Ukelele Group/ HDL	19 9.15 Standing Back Strength/CC 10.0 Knit & Natter/HDL	20 10.0 Petanque– near V28 2.00 Mandarin Christian Youth Group /CC	
21 4.00 Worship in Wesley Chapel led by Ngaire Southon	22 9.15 Seated Exercises/CC 1 pm Board Games, Pool/CC 7.00 Indoor Bowls	23 9.00 Lawn Bowls 10.30 Chartwell	24 9.15 Sit & be Fit/CC 10.30 New World 7.00 Pool/CC	25 9.00 Lawn Bowls 10.30 VIG Coffee/CC 2.30 Ukelele Group/ HDL 3.00 Happy Hour/CC	26 9.15 Standing Back Strength/CC 10.0 Knit & Natter/HDL	27 10.0 Petanque– near V28 11.0 Catholic Liturgy /HDL(Lynne Fromont)	
28 4.00 Worship in Cherry Blossom Cafe led by Rev. Alisa Lasi	29 9.15 Seated Exercises/CC 10.30 Card Making/CC 1 pm Board Games, Pool/CC 7.00 Indoor Bowls	30 9.00 Lawn Bowls 10.30 Van Outing	31 9.15 Sit & be Fit/CC 10.30 New World 7.00 Pool/CC	cc = Small Lounge in Community Centre CC = Community Centre C = Wesley Chapel HDL = Harakeke Downstairs 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