



Welcome to the  
**TAMAHERE VISTA**  
June 2024



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And just like that, it's winter! We've had the most incredible autumn. Living in a place like Tamahere with the rich autumn colours has been very special. Our thanks to all those who have created and cared for our gardens here.

This month, we meet Ngaire and Gray Southon who moved in to Tamahere about eight months ago, and who have entered fully into all that life here offers. Welcome to you both, and thank you for sharing your story with us.

This month we introduce a new page in the newsletter - "What's going on in our neighbourhood?" In a way, it's a joint effort – one resident suggested it, and another has undertaken the task of compiling it each month. You may have suggestions or recommendations to add to this page and your ideas are very welcome. Contact Pauline Eastwood at Villa 58 if you are inspired.

I understand we are about to have another group of new residents join our village in the coming weeks. 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.

Have a very happy month – stay warm!

*Carole Fleming (Editor)*

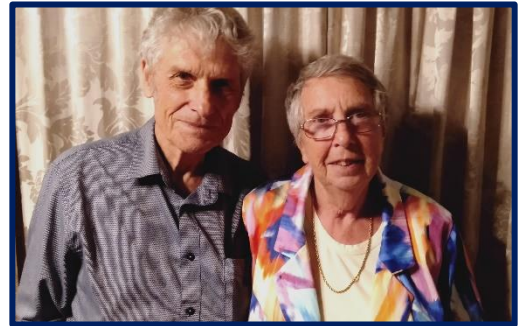
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### Table of Contents – Tamahere Vista – June

Page 1	Editorial	Page 7	What's going on in our Neighbourhood?
Page 2	Introducing Gray and Ngaire Southon	Pages 9-11	News from Village Groups
Page 4	Village Manager's Column	Page 11	Puzzle Time
Page 4	From the Maintenance Team	Page 12	Our Rehabilitation Corner
Page 5	Chaplain's Corner	Page 13-14	Our Chuckle Corner
Page 6	News from Karen	Page 15	Calendar of Activities for June

## Introducing Gray and Ngaire Southon

Gray was born in Hamilton – his family had a farm in Tauwhare, and after a short period of time in Tauranga, the family returned to Hamilton. He went to Hamilton West and Hillcrest Schools, then on to Hamilton Boys' High School, one of the very first intakes there, and was Dux in his final year. He went on to study physics at Auckland University completing his Masters degree.



Ngaire was born in Wellington and moved to Tauranga at the age of 11. She was in the first intake of students at Tauranga Girls' High School, and was also Dux. Ngaire studied English at Auckland University and graduated with her Masters, then completed her post primary teaching qualification.

Gray and Ngaire probably first met in a line-up for breakfast in the O'Rorke Hall while students. They both became involved with the Student Christian Movement, and married in January 1966 in Tauranga.

Gray's first job was as Caretaker for the Beresford Street Congregational Church in Auckland. However, it wasn't long before he won a scholarship to the University of Manitoba, Canada, to study nuclear physics. While in Canada, Ngaire went teaching and then moved in to Public Library work, and later School Library work.

Gray completed his PhD in nuclear physics and worked in medical physics. He was appointed to a position at the Prince of Wales Hospital in Sydney and Ngaire worked in both primary and high schools as a school librarian. While in Sydney, she also completed a degree in Theology.

Ngaire and Gray have two sons – the elder was born in Winnipeg and the second in New Zealand during a stop-over on their way from Canada to Sydney. Both are Australians now and are well established there with their families.

Gray and Ngaire lived in Sydney for the next 26 years. For Gray, work moved; he completed his Masters in Commerce, went into studies of technology in hospitals, teaching Health Management and Information Management at several Universities, then teaching a new area, Knowledge Management – how organisations manage their knowledge.

They retired (officially) in 2003, describing themselves as failed retirees!

At this time, with one of their sons in Aberdeen and the other thinking of relocating to Canada, and with them having retired, they decided to move back to New Zealand, and settled in Tauranga where they lived for the next 20 years.

Ngaire is a Methodist Lay Preacher and an active member of the Inter-Faith Council; Gray was raised a Methodist but joined the Quakers while living in Sydney. He is involved in the NZ Labour Party, was President of the Tauranga United Nations Association running various programmes, including working with schools running model United Nations. Among his other interests are Climate Action and Peace (National Security).

Ngaire and Gray moved from Tauranga to Tamahere in September 2023. They realised they were approaching 80 and with their family overseas, it was the right time – they were drawn by the ethos of Tamahere Eventide and are happily settled in Villa 102.

Gray is involved in village life – with bowls, Petanque, and has formed a new group “Global Village”. Ngaire is on the roster for leading services here in our Chapel, and similarly preaches at other churches in the region. She is currently assisting in the re-writing of a national syllabus for Methodist Lay Preachers training, and has recently joined the Cantando Choir. She loves singing and has been in many choirs. They both enjoy cycling – they have done the Waihi to Thames trail (progressively), and also parts of the Otago Rail Trail. Locally, they have cycled to the Velodrome, and also beyond to Cambridge, but enjoy short trips on their bikes.

***Meeting Gray and Ngaire and learning some of their story, highlights just how diverse and inspiring our residents are.***

***Thankyou Gray and Ngaire for your willingness to share yourselves with our community through the newsletter. We are the richer for you being here.***

***Carole Fleming (Editor)***

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## **News from the Residents' Committee**

Winter seems to have come early this year so the Committee are keen to provide something that will warm the inner person! We are having another Soup and Rolls night. Mark it on your calendar – Friday 28 June. We will give you more details later.



The Committee met recently for morning tea with a group of twelve new residents. It was a lovely opportunity to us all to get to know more about each other, though interestingly, four of the new couples all came from the same area – Morrinsville. A warm welcome to all our new residents.

**Keith Glover, Chairperson**

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### **Reception Hours:**

**A reminder that Reception is now open 9am to 3.30pm, Monday to Friday only.**

**It will be closed on Saturdays, Sundays and Public Holidays.**

## VILLAGE MANAGER'S COLUMN

### Quote of the Month:

*"We cannot solve problems with the kind of thinking we employed when we came up with them".*

*(Albert Einstein)*



1. We found the water leak several weeks ago and our water supply is now under control. We thank you all for your understanding during this frustrating time.

Some of these issues with water occur when cars are parked on the lawns. Please remind your visitors of this fact.

2. A reminder that we do service your heat pumps. If you find the setting on your heat pump is wrong for the season, please continue to report this to the office. Our Maintenance team will come around and check these.
3. Our building wash is scheduled to take place this month and our contractors will be going door to door to wash your walls and windows (external ones). The contractor will be back to spray spider treatment and also spray the concrete patios and paths.

David McGeorge

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### News from the Maintenance Team

One of the Hamilton City Council compliances that we deal with for our site is our trade waste. This refers to sewer output, kitchen grease traps and the analysis of what we pump out to the council line for the treatment station.

The tests are done quarterly by an independent contractor. Our output is within the limit set by Council. However, in the last test being earlier this month, there was a huge increase in oils and fats going through the system.

Quite an anomaly in fact. We have checks in place for the kitchens and sewer and are monitoring, but we would like to remind all residents to **please do not tip oils or fat down the kitchen sink.**

I mention this just in case someone is. As you can imagine, it will eventually block up the kitchen gully trap at your villa. Over the years I've worked here, this situation does happen. We had two kitchen gully traps blocked with fat late last year.

Thank you for your consideration.

Regards

Andrew

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## CHAPLAIN'S KORERO

Tēnā koutou e te whānau whānui o Tamahere! Greetings to the extended family of Tamahere on a rainy Waikato morning! It feels like winter is fast approaching.

It's been a busy month. Thanks to everybody who attended our ANZAC Day service and helped to move chairs so that everyone could have a seat! This is always a very special time for our residents with military connections. Ka maumahara tonu tātou ki a rātou. We will remember them.



We also keep in mind residents who have died recently. Over the last few weeks we've had a number of deaths in the village and the care home. These can touch us deeply, residents and staff. I know families have appreciated your support and presence as we've shared our grief and celebrated some wonderful grace-filled lives.

In a community like ours, change is a constant as people come and go in response to their varied needs and situations. One of the hardest moves is that made by village residents into the rest home. Many people get to the stage where they need extra care and support but it's not easy giving up your independence.

Staff do all they can to help residents retain their personal freedom but have policies, time-tables and procedures they have to follow. A certain amount of compromise is often required. We can help by visiting our friends in their new homes, inviting them out for coffee and conversation, making sure they still feel included in their usual groups and activities and helping them to get places.

Doing these things will enable them to stay connected to the people and pursuits that give their lives meaning. It will help them to feel they still belong to our community.

The next few months will also bring change to residents who attend chapel. Renovations taking place in the rest home mean the chapel will soon be used as a dining space for rest home residents. Fortunately Covid has given us experience in being flexible! Sunday services will take place in the Cherry Blossom cafe and Catholic services will move to the Harakeke lounge.

As winter sets in, let's stay warm, safe and well and look out for our neighbours in the village and the care home for we are all one community.

Ngā manaakitanga,

Susan

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People will forget what you said,  
people will forget what you did,  
but people will never forget how you made them feel.

- *Maya Angelou*

## NEWS FROM KAREN

Hello everyone –

Its officially winter now so I hope you are all keeping warm, and making the most of the sunny days.

We have a number of things happening in June – it’s shaping up to be a busy month!



**Friday 7<sup>th</sup> June** – A Dance Party in the Community Centre, starting at 6.30pm. There is a cover charge of \$5. Bring your own snacks, drinks etc for your table along with your dancing shoes – and of course, your friends.

**Monday 10<sup>th</sup> June** – Barbara Durrant will be in the Community Centre from 9.30am, with a selection of jewellery for sale. You will need to bring cash as there is no EFTPOS available.

**Monday 17<sup>th</sup> June** – Samantha will be in the Community Centre with “Life Stories” at 2.30pm. Watch the flyer for more information about this.

**Monday 24<sup>th</sup> June** - A presentation by No 8 Tours at 2.30pm, followed by afternoon tea.

**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.

A reminder that we have two public holidays in June – **Monday 4<sup>th</sup> June** is King’s Birthday, and **Friday 28<sup>th</sup> June** is Matariki.

Have a very happy June -

**Karen**  
Village Activities Organiser

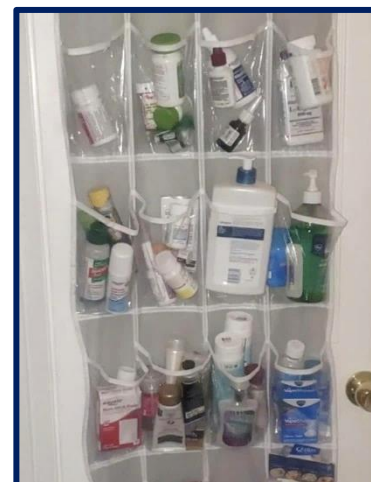


**My aim is to keep you in your independent Villa or Apartment for as long as possible.**

**I can clean, do washing, make or change beds, organise assistance; 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**

***Saving Space - Use over the door plastic shoe organiser for anything. Hang on any door and fill with cleaning products, toiletries, medicines in the garage, electrical cords and other DIY items.***



## What's going on in our neighbourhood?

### **AT THE LIDO CINEMA - CENTRE PLACE -**

- 42nd Street Musical - 20th June
- Royal Opera: Carmen - 4th July
- CHEAP TUESDAY FOR SENIORS - \$13.00
- More information next month.



### **73RD HAMILTON CAT SHOW - 7TH JULY**

- Come and see over 160 cats all in one place -
- Open to public from 10am - 3pm
- Adults \$10.00, Children \$5.00, under 3's free (family pass \$25.00)
- Tamahere Community Centre, Devine Rd

### **LOCAL MARKETS -**

**Tamahere Country Market** meets on the third Saturday of every Month rain, hail or shine. 8.30 to 1pm, - To be found at St. Stephen's Church, Tamahere

**Tamahere Lions Best Artisan Market:** Tamahere Community Hall, Devine Rd (next to the school) - Saturday 8th June - 8.30 to 1.30pm

**Frankton Market,** Saturdays 8.00am to 1pm - Commerce Street

**Hamilton East Village Market** - held on the 1st and 3rd Sundays of the month, on Grey Street, rain or shine.

### **LOCAL EATERIES -**

We recently lunched at The Saints Restaurant/Pub, Te Kowhai. This delightful place was formerly The London Street Methodist Church (built in 1906). It now resides on Horotiu Rd and is well worth a visit.

Do you know of other local eateries and would like to share your experience with us. Please let me know, put a note in my mailbox at Villa 58.

Plus if you come across any local events or something that would be of interest please let me know.

**Pauline Eastwood.**







## Seniors (60+) Acting and Theatre skills, classes for beginners, 2024.

**GIVE IT A GO! TRY OUT SOME FUN ACTING AND THEATRE SKILLS,  
AT THE RIVERLEA THEATRE, 83 RIVERLEA ROAD, HAMILTON  
Wednesdays 1pm -2.30pm May 29<sup>th</sup> - July 17<sup>th</sup>**



**Total \$80 for 8 sessions. The sessions are otherwise subsidised\* For further information and enrolment form: Email [janesbtt@gmail.com](mailto:janesbtt@gmail.com)**

*Jane Barnett* is the course coordinator, with 40 years' experience in directing, acting, and managing productions, along with being a qualified tutor. Jane directed the successful "Calendar Girls" for Hamilton Playbox, last year.

\*Funding provided with thanks, Creative Waikato & John Ilott Charitable Trust.

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## Introducing Freedom Companion Driver Services

Robyn Bryant is the new owner/driver for Freedom Companion Driver Services Cambridge. Her region covers much of the Waipa district including Cambridge, Te Awamutu, Kihikihi, Ohaupo and Tamahere.

This is a personalised, reliable driving service including extra assistance with appointments or activities as needed eg hospital and medical appointments, shopping trips, social outings, children's travel, airport transfers, sightseeing etc.

They are fully licenced, police checked, ACC registered and service provider for the Total Mobility transport scheme. For further information, check out their website, <https://freedomdrivers.co.nz/find-my-local-driver/profile/driving-services-in-cambridge/>

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## Rehab Trikes – Recover – Rehabilitate – Restore

Have you recently had an injury or health problem that you could do with some help in your recovery?

Rehab Trikes are based at the Velodrome and have special classes using their adaptable trikes.

Hips and Knees – Mondays 1.30pm

Healthy Hearts, Thursdays 1.30pm

Stroke Rehab Fridays 1.30pm



## 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 3pm on the second Thursday of each month in the small Lounge in the Community Centre. Their next meeting is Thursday 14 June.

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### Vision Impaired Group



Hello everyone - I hope you are all keeping well.

Our next monthly meeting in the Harakeke Lounge will be on Thursday 13th June at 10.30. Look forward to seeing you there.

Don't forget that we do get together every Thursday at 10.30 in the Cafe for an informal cup of coffee and a natter if you feel like some company.

**Lyn Pettigrew** (Rimu 1)  
Group Co-ordinator

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### Petanque

Come along any Saturday at 10.00am. You will find us next to Villa 28. We play an easy social game, enjoy the sunshine and the company. We will show you how to play – it's very easy. See you soon.

**Pauline Eastwood** (Villa 58)

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### Indoor and Outdoor Bowls

We have continued Outdoor Bowls, and have only resorted to playing Indoors when the weather has been truly inclement – we did stand under the verandah one day because of a shower!



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

Many thanks to John Gray for the work he has accomplished over the past couple of years welcoming and encouraging those who need help, and making sure the 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)

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## Knit and Natter Group

Recently a carload of lovely knitted and crocheted articles was delivered to the premises of Kids in Need Waikato. Our Knit and Natter group support this incredibly necessary and hardworking charity. (These photos show some of our work for the children in need).

We enjoy our crafts and especially the fact that our contributions make such a difference to so many children and their families.

Below is an excerpt from the Kids in Need March newsletter:



*Kids in Need support over 450 whānau (representing 1170 tamariki and rangatahi) on an ongoing basis in 30 towns around the Waikato. We provide a summer and winter care pack for each child over the year as well as gifts at Christmas. We reach out to whānau on our system one town at a time, and ask for updated sizes and any new information. Our team put together care packs at KIN HQ that are then delivered in our KIN Van or Ute. In addition to this, we also receive referrals all year round from agencies around the Waikato who require emergency care packs.*



Keep the knitting coming, ladies!

**Jill Wilson ph 856 4080**  
**Helen Painting ph 854 7662**

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## Card Making and Crafts

Come and be cosy making cards, or bring your own craft. If you are an 'expert' at card making we would love you to teach us some more skills and give us new ideas. Materials are provided and free.

We are meeting during June on Monday 3<sup>rd</sup> (King's Birthday), and 17<sup>th</sup> from 10.30 until 11.45am.

**Margery Bramwell (V37) and Edna Evans (V56)**  
**Convenors**

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## 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.

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Bingo will continue on Thursday afternoons from 1.30pm until 3pm in the library in the Community Centre.

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

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### 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.

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### 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.

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### Puzzle Time

Another New Zealand themed quiz this month!

Good luck! (*The answers are page 14*)

1. Who was Mabel Howard?
2. Approximately how long is New Zealand?
3. In the 1910's, New Zealander Anthony Wilding was considered the best in the world at which sport?
4. What did Potatau I, Tawhiao I, Mahuta I and Te Rata I all have in common?
5. Where are the kiwi's nostrils
6. Which was the first international airport in New Zealand?
7. Where was the first cable tram service in the Southern Hemisphere?
8. What do paua derive the colour of their shell from?
9. What is the name for a Maori feather cloak?
10. Where is New Zealand's oldest licensed hotel?

### Soup and Rolls Evening

- Friday 28 June from 6pm, in the Community Centre.
- \$5 entry –all proceeds will be donated to St John Ambulance.
- BYO drinks



## Our Rehabilitation Corner

Alzheimer's disease is one of the biggest concerns many of us have as we get older. The thought of developing Alzheimer's or another type of dementia can be a frightening prospect, especially if you've witnessed a loved one affected by the disease. While you may have been told that all you can do is hope for the best and wait for a pharmaceutical cure, the truth is much more encouraging. Promising research shows that there are steps you can take to both reduce your risk of developing symptoms of Alzheimer's disease and other dementias, or slow the process of deterioration if you've already been diagnosed.



By identifying and controlling your personal risk factors and making simple but effective lifestyle changes, you can maximize your chances of lifelong brain health and preserve your cognitive abilities for longer.

Alzheimer's is a complex disease with multiple risk factors. Some, like your age and genetics, are outside your control. However, there are seven pillars for a brain-healthy lifestyle that are within your control:

1. Regular exercise
2. Social engagement
3. Healthy diet
4. Mental stimulation
5. Quality sleep
6. Stress management
7. Vascular health

Experts now believe that the risk of Alzheimer's is not limited to old age, but in fact can start in the brain long before symptoms are detected, often in middle age. That means that it's never too early to start taking care of your brain health.

The more you strengthen each of the seven pillars in your daily life, the longer—and stronger—your brain will stay working. You'll also be better able to reduce your risk of developing Alzheimer's disease and other types of dementia, or delay the onset of more severe symptoms.

**Prepared by: Rosalyn Pelaez**  
**TEH Allied Health and Rehab Coordinator**  
Source: [www.helpguide.org](http://www.helpguide.org)

## Our Chuckle Corner



A man goes to the doctor. After examining him, the GP says: "You have some problems with your heart, but if you take these tablets I think it will be okay." So the doctor gives the man the tablets and the patient asks: "Do I have to take them every day?"

"No," replies the doctor. "Take one on the Monday, skip the Tuesday, take one on the Wednesday, skip the Thursday and go on like that."

Two weeks later the doctor is walking down the street and he sees the patient's wife. "Hello Mrs Murphy," he says. "How's your husband?"

"Oh, he died of a heart attack," says Mrs Murphy.

"I'm very sorry to hear that," says the doctor. "I thought if he took those tablets he would be all right."

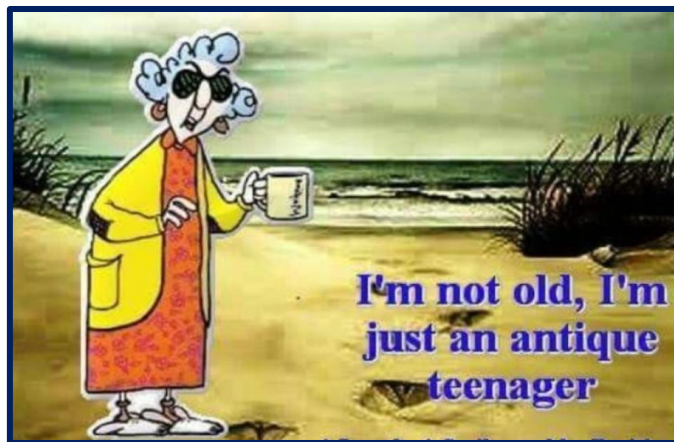
"Oh, the tablets were fine," says Mrs Murphy. "It was all the skipping that killed him!"

Two workers were standing outside a building looking up at a flagpole. A lady walked by and asked what they were doing.

"We need to find out the height of this flagpole," said one worker. "But we don't have a ladder."

The lady opened her purse, took out a wrench, loosened a couple of bolts, and laid the pole down on the ground. Then she took a tape measure from her purse, measured the flagpole and said: "Ten metres, three centimetres." And with that she walked off.

One worker shook his head and said: "Lotta good that does us. We ask for the height and she gives us the length!"



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](mailto:christchurchclass@gmail.com)

A circus performer was pulled over by a police officer for speeding. As the officer was writing the ticket, she noticed several machetes in the car.

“What are those for?” she asked suspiciously.

“I’m a juggler,” the man replied. “I use those in my act.”

“Well, show me,” the officer demanded. So he got out the machetes and started juggling them, first three, then more, finally seven at one time, overhand, underhand, behind the back, putting on a dazzling show and amazing the officer.

Another car passed by. The driver did a double take, and said: “Oh, I’ve got to give up drinking! Look at the test they’re giving now.”

#### Answers to puzzle on page 11

1. New Zealand’s first woman cabinet minister -selected in 1947 (1894 -1972).
2. 1600 kms.
3. Tennis. (He was New Zealand’s most successful tennis player, winning Wimbledon singles from 1910 to 1913.)
4. They were all Maori Kings. (The first four Maori Kings).
5. At the end of their beak. (The kiwi is the only bird in the world to have nostrils at the tip of its long beak, just like a nose).
6. Christchurch International Airport (1950).
7. Dunedin (Rattray Street – launched in 1881).
8. The dominant food they eat. (Brown algae produce blue-greens, while red algae produce deep red-brown).
9. Kahu.
10. Russell.

## Tamahere Retirement Village – Calendar of Events – June 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
cc = Small Lounge in Community Centre CC = Community Centre C = Wesley Chapel HDL = Harakeke Downstairs Lounge			<b>Colour Coding</b> 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 KING'S BIRTHDAY 10.30 Card Making/CC 1 pm Board Games, Pool/CC 7.00 Indoor Bowls	4 9.00 Lawn Bowls 10.30 Chartwell 11.0 Catholic Mass/C (Mons Frank)	5 9.15 Sit & be Fit/CC 10.30 New World 4.00 Tamahere Global Village/CC 7.00 Pool/CC	6 PODIATRIST HERE 9.00 Lawn Bowls 10.30 VIG Coffee/CC 1.30 Bingo/cc 2.30 Ukelele Group/ HDL	7 9.15 Standing Back Strength/CC 10.0 Knit & Natter/HDL  6.30 Dance Party /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 9.15 Seated Exercises/CC 9.30 Barbara Durrant Jewellery/CC 1pm Board Games, Pool/CC 7.00 Indoor Bowls	11 9.00 Lawn Bowls 10.30 Chartwell	12 9.15 Sit & be Fit/CC 10.30 New World 7.00 Pool/CC	13 9.00 Lawn Bowls 10.30 VIG Meeting/HDL 1.30 Bingo/cc 3.00 Book Club /cc	14 9.15 Standing Back Strength/CC 10.0 Knit & Natter/HDL	15 10.0 Petanque– near V28
16 4.00 Worship in Wesley Chapel led by Deacon Margaret Birtles	17 9.15 Seated Exercises/CC 10.30 Card Making/CC 1 pm Board Games, Pool/CC 2.30 Samantha Life Stories/CC 7.00 Indoor Bowls	18 9.00 Lawn Bowls 10.30 Chartwell 11.0 Catholic Mass/C (Mons Frank)	19 9.15 Sit & be Fit/CC 10.30 New World 11.0 Holy Communion/C (Rev. Dr Susan Thompson) 7.00 Pool/CC	20 9.00 Lawn Bowls 10.30 VIG Coffee/CC 10.30 Dementia Support Group /cc 1.30 Bingo/cc 2.30 Ukelele Group/ HDL	21 9.15 Standing Back Strength/CC  10.0 Knit & Natter/HDL	22 10.0 Petanque– near V28 11.0 Catholic Liturgy /C (Lyn Fromont) 2.00 Mandarin Christian Youth Group /CC
23 4.00 Worship in Wesley Chapel led by Rev. Tau Lasi	24 9.15 Seated Exercises/CC 1 pm Board Games, Pool/CC 2.30 No 8 Tours /CC 7.00 Indoor Bowls	25 9.00 Lawn Bowls 10.30 Van Outing	26 9.15 Sit & be Fit/CC 10.30 New World 7.00 Pool/CC	27 9.00 Lawn Bowls 10.30 VIG Coffee/CC 1.30 Bingo/cc 2.30 Ukelele Group/ HDL 3.30 Happy Hour/CC	28 MATARIKI  10.0 Knit & Natter/HDL  6.00 Soup and Rolls /CC	29 10.0 Petanque– near V28
30 4.00 Worship in Wesley Chapel led by Rev. Tau Lasi						