

mudcakes & roses

THE MAGAZINE FOR NELSON TASMAN SENIORS

What's inside:

Sharing the warmth

A cheering story about happy creatures and good neighbours

Staying at home – it's not all bad

All-women team paddle their way to medals in national championship

Plus gardening, books, puzzles and more

**PLUS
WHAT YOU
NEED TO
KNOW ABOUT
COVID-19**

EDITOR'S *Letter*

As we compiled this magazine in late March the world changed with extraordinary rapidity as COVID-19 began its incursion into New Zealand. Now the country is in lock down for at least a month. Closures and cancellations have meant pulling pages we meant to devote to Nelson City Council's Heritage Festival, Tasman District Council's Positive Ageing Expo and special events at our libraries.

In their place we have created a special section which contains clear and accurate information about COVID-19. It also lists the most essential sources of reliable, up-to-date news for all New Zealanders but with particular emphasis on older people. This is the segment of the population which is most vulnerable to the virus and may be particularly lonesome, concerned about making ends meet and worried about accessing food and essential services.

However, we've managed to include some feel-good stories too, including one about neighbours who built a chicken coop that straddles both their properties. Now they share the eggs which their jointly-owned and cared-for chickens provide.

I wish you good health over the challenging months to come. Be kind and keep yourself, and others as safe as you can.

Warm regards

Ro Cambridge



Unite
against
COVID-19

COVID-19 – what you need to know

For information on COVID-19, see pages 11–14 of this issue.

We have provided as much up-to-date information as we can at the time this magazine was compiled.



In this issue

- 3 Chooks and chums** – A story of neighbours with a shared backyard passion for chickens.
- 6 Working from home** – With tongue firmly in cheek, Ro Cambridge reveals the benefits and pitfalls of working from home.
- 15 Share the warmth** – Don't need the Winter Energy supplement that's paid to all superannuants? Pass it on to someone who does.
- 16 Home alone** – Our Webanaut demonstrates the free entertainment, diversion and learning opportunities available on the internet.

Contact the editor

For topic suggestions and submissions:

E: mudcakes@hothouse.co.nz

Post: Mudcakes and Roses,
PO Box 688, Nelson.

On the cover

Cover photo by Monis Yousafzai
on Unsplash

Playing chicken

Story by **Renée Lang**

A cheering story about happy creatures and good neighbours.

This story begins way back when I used to live in Auckland. A committed animal lover, I have long had cats and – more recently – dogs in my life but then I became aware that many people also kept chickens in their inner-city backyards. The more I heard about them the more fascinated I became. I even found myself writing a book about the joys of having a feathered friend or five, which provide among other things, a very nutritious breakfast on a regular basis.

Naturally I couldn't write the book without first-hand knowledge, so it wasn't long before Maggie and Stephanie (named after Australian food writing queens Stephanie Alexander and Maggie Beer respectively) took up official residence in my garden. They were such fun characters that they were soon joined by Lyndey and Donna (two more big names on the Australian food-writing scene).

I'm ashamed to say now they were all heritage birds i.e. I paid significant dollars in order to appreciate their fine plumage, although I could have rescued any number of brown shavers from the appalling poultry farms on the outskirts of Auckland. They would have laid just as many – if not more – eggs. And not gone broody on me either, for that matter. But the truth is I just wasn't aware of them at this time.

When I moved to Nelson and couldn't bring the chickens with me, I found them good homes and reluctantly said goodbye. Living in Nelson with my dog and cat, I missed the chickens and their cheerful squawks but my new section didn't seem big enough to fit even a couple of egg-laying friends. Then, chatting over a cup of tea with a neighbour, I mentioned how much I'd enjoyed my feathered girls. Her eyes lit up. She'd kept chickens when her children were young and had long wished she could do it again. "We used to keep bantams as pets and a few white leghorns for eggs and meat, which the children helped to look after" Valerie explained.

Together, we came up with a cunning plan. We'd build a run in Valerie's backyard which would give the hens shade and plenty of room to forage and generally rustle about. Then we'd build the hen house and a smaller run on my property with a cat flap-style door in the fence, so the hens could move from one side to the other.



Renée Lang and Valerie Schroeder

We acquired young hens for our shared project, although Valerie has fond memories of hatching chickens from fertilised eggs. "When any of our bantams became clucky we would get them some fertilised eggs to sit on," she recalls. "The first time we did this we were so excited to see the baby chickens hatch, it was as if we had given birth to them ourselves."

That was more than five years ago. We're on our second batch of hens now plus one old girl named Valée from the first clutch. She's not laying any more, but we figure she's earned a peaceful retirement. We've found that sharing the costs of food for the hens and their care makes economic sense and the chooks give Valerie and me a reason to have regular neighbourly catch-ups.

"I delight in their company and really enjoy the sound of them clucking and scratching," says Valerie. "They come running to see what scraps or greens I might have for them. They also give me a reason to weed regularly as they love to eat whatever I throw their way. Then there's the manure they provide which is so good for the garden. And when I find an egg in a nest it feels such a gift."



Wild things



Champion plantings in the Waikato

I'm writing this month's column from Cambridge at the start of a cycling tour through the Waikato.

Many years ago, there was a sandwich board outside a garden centre in Dannevirke which proclaimed, "Five natives for \$20." It was a fixture for many years until, in the 1990s, a passing motorist took offence. They drove straight to the police station and demanded that "something be done about it. Now!" The sign was "gone by lunchtime" and never seen again.

Today, there are dozens of native plant nurseries countrywide and there is now such a demand for natives that you need to order them a year or more in advance. The demand is driven by their use in roadside landscaping, council projects, private gardens and the Government's Billion Trees project.

Many community groups plant natives around the Tasman and Golden Bay

coasts as wildlife habitat and coastal protection. Tasman District Council is considering replanting the forest behind Richmond with a mix of natives and amenity exotics after the final pine harvest.

Cambridge, which is slightly bigger than Richmond, won the Most Beautiful Large Town Award in 2019. It has extensive street plantings of mainly deciduous European trees, many well over 100 years old. The Cambridge Tree Trust, with about 30 active members, has been planting and maintaining trees for 25 years, taking tree planting to new levels of creativity.

Cambridge has a maple arboretum with over 250 trees and 35 maple species, with more to come. Another park features a variety of oak species. The Trust hopes to plant amenity trees beside the cycle trail with funding from the Legacy Trust.

Native plants are part of the Cambridge Tree Trust's business. They grow many plants in their nursery from seeds or cuttings,

including kowhai, rengarenga, coprosma, miro, *Carex secta* and kauri.

Local nurseries donate end-of-line plants and Waipa District Council provides potting mix and mulch. Natives are planted alongside walkways and cycleways. The Waikato River Valley Authority has funded strategic plantings to reduce runoff into the Waikato River. A bit of "guerrilla planting" takes place too "for birds and the bees".

More than 27 projects have completed or are underway. It's awe-inspiring to see what the Trust has achieved with community backing.

Cambridge calls itself *The City of Trees and Champions*. Trees I have explained. The other champions include racehorses, Olympic medallists and world champions in equestrian, rowing and cycling events, Mark Todd, Mahe Drysdale, Sarah Ulmer, Rob Waddell amongst them.

I think the Cambridge Tree Trust and its community are champions too.

Columnist: Anne Hilson

Anne Hilson was a biologist in the Wildlife Service (a precursor of the Department of Conservation) and went on to become a member of two DOC Conservation Boards. She has a long history of advocacy for the environment in work for local authorities, and is now involved in the Battle for the Banded Rail.

All-women team paddle their way to medals in national championship

A team of women, all of them in their 70s, won two bronze medals at the 2020 Te Wānanga o Aotearoa National Sprint Championships held at Lake Karapiro in January. The team of six women who call themselves *The Great Aunties* are all members of the Maitahi Outrigger Canoe Club.

The team faced tough competition, but six months of tough training under an expert coach paid dividends. Training included paddling in the waters of the Haven several times a week even in windy conditions. They also did weight training and slogged up the Tamaki Steps, the steep stairs which lead from Tamaki Street up to Princes Drive on the Tahuna Hills.

The team attribute a lot of their success to the support and advice of their coach Huriana Lawrence. "She prodded and encouraged us and talked us through everything we could expect to face" says team member Joyce Thevenaz.

The Great Aunties won their two bronze medals in the Master's over 70s category. Joyce says that bringing home medals in the 500m straight and 500m turn finals was really exciting.

"Until you go to the nationals you really don't have any idea how you compare with other teams – whether you are better or worse – so placing really showed us where we were."

Joyce Thevenaz said it was the first time the club had entered an over 70s team in the national event because of the difficulty in finding enough fit and active older people with an interest in waka ama to form a team.

With their newly-won confidence the team is considering competing in the IVF World Club Sprint Championships in Hawaii in August.



The Great Aunties – Julie Sherrat, Joyce Thevenaz, Lynette Campbell, Bets Stallard, Hazel Nash and Penny Molnar.



Staying at home – it's not all bad

There are advantages to working from home, or staying home even if it's because of health concerns. COVID-19 or not, I've worked from home for a long time, and with a few caveats, staying home has a lot to recommend it:

No commuting required

Regardless of the traffic or the weather, getting to the office may involve only a leisurely one-minute stroll past the wardrobe.

Clothing optional

As you get older this perk may see slightly less compelling. However, workdays spent in bare feet and pyjamas or a sarong has a perennial appeal. It's comfier and less costly than kitting yourself out in office attire.

Flexible work hours

It's great to be able to work only when you feel inspired and motivated. As long as you don't mind working all night, you can spend your days doing nothing much at all. The downside is that when you hit the perspiration and teeth-gritting stage of a job, there is no one there to browbeat, shame you or otherwise compel you to keep your unwilling nose to the grindstone.

Your office is your home

This might be the single greatest drawback of working from home. Going out to work gives you eight hours in which to forget that the house is cluttered with overdue library books, unwashed dishes, unmade beds, un-vacuumed carpets, un-watered plants and un-walked dogs.

Pet friendly

Every day is Bring Your Dog to Work Day if you work from home. A dog in the office makes the clicking of a solitary keyboard sound less lonesome. However, you must be able to resist harrowing canine appeals for a walk or doggy chew.

The kitchen never closes

No signs taped above the sink which read WASH YOUR CUPS! THIS MEANS YOU! If you're peckish or just bored the fridge is only a metre or two away from your desk.

Absence of co-workers

Working alone means you don't have to get along with a random collection of neurotic, incompetent, nit-picking or merely boring colleagues. You only have to get along with yourself. This can, of course, be just as hellish.

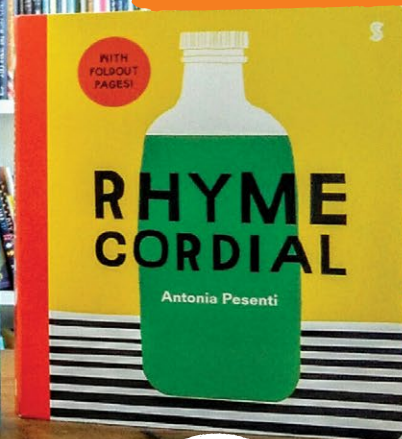
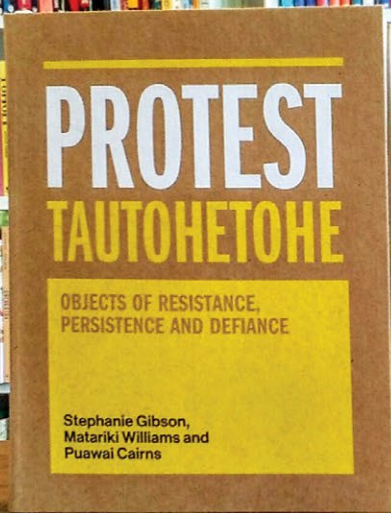
You are the boss

Being your own boss means you're not pressured to work harder and faster by someone who despite their incompetence, has a bigger office, a bigger salary and a better car than you do. It's a relief not to have to obey senseless policies and procedures or pretend to believe in the company's Mission Statement or that you are part of a "friendly, knowledgeable and professional" team.

However, it also means that your boss (A.K.A. *you*) may be just as erratic, unreasonable and deluded as any other boss you've suffered under. And this boss lives at your place.

Contributor: Ro Cambridge

Ro is the editor of Mudcakes and Roses and writes a column for the Nelson Mail as The Grey Urbanist.



Thinking volumes

Due to the developing COVID-19 situation we will not be admitting customers to the shop until further notice. We will enjoy meeting your reading requirements through our website or by email, phone or text. Your books can be delivered to your door! Contact us if you have any questions. Kia ora! Kia kaha!

Rhyme Cordial by Antonia Pesenti

A child who loves wordplay, this book is sure to please, with its bold images and interactive pages. Open the page to see the words 'fresh orange juice' and a picture of a very fresh glass of juice complete with stripy straw and orange slice. Fold out the page again to reveal a goose in the glass ready to eat up that orange slice. Now the words are 'fresh orange goose'. This is definitely a 'read-aloud'. And as you read on, the words and images together create a witty and absurd dialogue that is sure to delight any word-hungry youngster (or oldster).

The Lost Pianos Of Siberia by Sophy Roberts

A fascinating history of Siberia as told through the stories of the pianos that have made their ways into houses there over the centuries. Pianos have had a special place in Russian culture since the time of Catherine the Great, and since then both grand pianos

and humble uprights have made their way to even the furthest and most inhospitable regions of Siberia. Roberts is delightful company as she journeys into the snowbound wastes and meets villagers who are heirs not only to pianos and their remnants but also to the weight of (often surprising) history.

Protest Tautohetohe by Stephanie Gibson, Matariki Williams and Puawai Cairns

This is a bold and inspiring history told through "objects of resistance, persistence and defiance" associated with protest movements of the past 250 years. From protests against war (from the New Zealand Wars to the World Wars to the Vietnam War) to trade union action, to the anti-apartheid movement, to marches for women's rights and LGBTQI+ rights, to protests to acknowledge tangata whenua and to safeguard the environment, this well-presented book draws on museum and private

collections to convey a picture of the country as a place where change seems possible (and necessary).

The Mirror And The Light by Hilary Mantel

In surely the most anticipated book of the year, Mantel completes the trilogy she began with the Booker-winning *Wolf Hall* and continued with the Booker-winning *Bring Up the Bodies*. *The Mirror and the Light* picks follows the historical fate of Thomas Cromwell from Anne Boleyn's beheading at the height of his influence upon Henry VIII, through his fall from favour to his own beheading. Mantel's writing is, as always, taut and incisive, with every detail effective, rewarding the reader with a depth of unexpected understanding of an often maligned historical figure.

VOLUME BOOKSHOP

15 Church Street, Nelson
books@volume.co.nz · 03 970 0073



Gardening tips and tricks



Autumnal planting

Autumn is one of my favourite seasons – I love the way deciduous trees change the colour of their wardrobe all around our district. The light is different at this time of year too – at times my garden has a definite golden glow.

Now is the perfect time to sow another crop of peas. Peas love cooler conditions and if sown now will provide a gorgeous harvest just before winter. If you don't have a lot of room in your garden try growing them in containers – a 10L bucket is perfect. Drill holes in the bottom of the bucket (around four or five will do) and use a good quality potting mix. Bamboo stakes formed into a tepee or a tomato cage will provide good support for your pea vines.

If you're sowing them directly into your vegetable garden, choose a

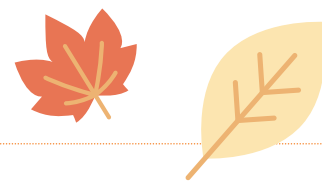
spot that has had a brassica crop in it recently. Brassicas are hungry and tend to deplete the nitrogen in your soil – the nodules on the peas' roots are nitrogen-fixing – they return nitrogen to the soil as they grow.

Now that the weather is cooler you can plant pansies and violas with abundance. These cheerful treasures flower for a very long period of time, especially if you dead-head them regularly. Before planting I dig in plenty of fish compost, plant them and then give them a side-dressing of sheep manure pellets. It's important to keep the pellets away from the base of the plants as they can cause them to rot.

Primula malacoides are one of my absolute favourite winter/early spring flowers. They have very pretty crinkly foliage and 20 – 25cm stems of flowers in shades of rose, carmine, soft pink, lilac and white.

Thriving in partial shade they really light up an area and flower for months. I'm planning on planting them in a wheelbarrow under deciduous fruit trees – I had hot pink impatiens in it which flowered prolifically over the summer months.

If you want to give your vegetable garden a rest over the winter, now is the time to do it. You can either sow a green crop such as mustard or lupin or you can literally put your garden to bed. If you choose the latter, weed the area thoroughly, then add a layer – at least 20cm – of fish compost and sheep manure pellets. Water the pellets so they swell up, then apply a thick layer of mulch on top – I pile mine at least 30cm deep. It sounds like a lot but it will help ensure your soil is beautiful for spring planting.



Columnist: Philippa Foes-Lamb

Philippa Foes-Lamb is a passionate plant woman and gardener, artist, writer and radio show host. She runs her own heirloom perennial nursery and grows top quality vegetable and flower seedlings, and perennials. Philippa sells spray-free vegetable seedlings from home. Contact Philippa at foeseamb@xtra.co.nz for further information.





Food for thought



The last word

Food columnist Marion Van Oeveren says goodbye to Mudcakes & Roses.

I recently returned from a trip to the Netherlands. I went overseas to be with my father whose health deteriorated suddenly in January. Sadly, my father passed away and I arrived back in New Zealand just weeks before the COVID-19 virus hit Europe. The news from my older relatives in the Netherlands is worrying and many are in isolation. With the whole world in the grip of the COVID-19 pandemic it's difficult to think, or write about anything else.

This is my last column for Mudcakes & Roses. I have been a dietitian for 35 years, and I have decided not to renew my practising certificate. I will still be a general nutritionist and will always have a strong interest in food and nutrition. From April I will no longer be a registered health

practitioner, and this seems the right moment to end my column too.

I've been writing the column for nearly four years – and I think this is my twenty-third article. I've covered a lot of topics of relevance to older adults including budgeting, grandkids, physical activity, supermarket shopping, cooking for one, food and medications and how to prevent malnutrition when getting older.

Looking back, I discovered a common thread ran through all my columns: a huge passion for food and nutrition approaches that benefit the health of both humans and of the environment. A significant increase in the consumption of plant-based foods such as fruit, vegetables, nuts and legumes will reduce risk of poor health for people as well as the planet. I attended some local

meetings recently and I am hopeful that our region is gearing up to be part of a great food transformation. There are initiatives right from farming through to dealing with food waste and this is exciting and encouraging.

I will now have more time to take part in local initiatives like these, and I will also be growing more of our own fruit and vegetables. My other interest is in sustainable textiles and I will be spending more time in my studio making and tutoring felting and eco-dyeing projects. I am looking forward to a new stage in my life where I can indulge in my passions for organic gardening and up-cycling.

I have thoroughly enjoyed writing for Mudcakes & Roses. Thanks for reading my columns and for your emails and feedback. Take care and stay well in the months ahead.

Columnist: Marion van Oeveren

Marion van Oeveren is a registered dietitian who specialises in nutrition for older people. She is also a passionate cook and gardener. Marion runs a part-time dietitian practice alongside offering nutrition and craft workshops from her home, Mahoe Hills, in the Wairoa Gorge, Brightwater. Contact Marion at marion@mahoe hills.co.nz.





Our Community

News from Age Concern

We are aware that many of you will be very concerned about COVID-19. We will be doing all we can to keep our older people safe and well.

Following advice from Age Concern New Zealand and the Ministry of Health we have suspended our volunteer visitors service and all scheduled events until further notice.

This is the time when all of us should look out for older family members, friends and neighbours. You can help by assisting with shopping, or just keeping in touch by phone or email.

"In situations like this, it's a good opportunity to ask everyone to look out for their older family members, friends and neighbours. If you know of someone who could do with some help with their groceries for instance, please get in touch and offer them support. Or, give them a call and ask them how they are."

On a more positive note, our newly renovated hall and office space is finished at last! We are absolutely overjoyed with the result, we now have a bright, modern space with a funky retro vibe in which to hold all our activities and events. Because of the improved space we will be able to introduce a number of new activities including SpinPoi, indoor bowls and crafts.

We have included our weekly timetable, which will be up and running as soon as possible.

Monday

- 9.00 am – 3.00 pm: Reserved for Age Concern training and workshops

Tuesday

- 10.00 am – 11.30am: Sing Yourself Well
- 1.00 pm – 3.00 pm: Cards

Wednesday

- 10.00 am – 11.30am: Tea & Talk

Thursday

- 10.00 am – 11.00 am: SpinPoi
- 1.00 pm – 3.00 pm: Craft Group

Friday

- 10.00 am – 2.00 pm: Planning underway for a Fun Exercise Group and a Healthy Lunch.

We urge you to come along to these new opportunities for socialising. They are very affordable with a koha of only \$3 per session. We have time to schedule even more activities so let us know if you have suggestions for other group activities.

Get in touch with Age Concern Nelson Tasman:
Phone 03 544 7624 62 Oxford St, Richmond 7020
Email ageconnect@ageconcernnt.org.nz
Website www.ageconcern.org.nz/council/nelson



Positive Ageing Expo cancelled

Due to the COVID-19 situation, Tasman District Council has cancelled the Positive Ageing Expo which was scheduled to take place on 3 April 2020 at the Headingly Centre in Richmond.

"We look forward to bringing an even bigger and better event to the community in 2021."



The essential source of information

The New Zealand government has set up a website with up-to-date and accurate information about COVID-19 in New Zealand. Learn the simple steps you can take to unite against the virus and slow its spread. Find out what help is available and get the latest updates. Visit www.covid19.govt.nz.

The Ministry of Health website is also an excellent source of information. Visit www.health.govt.nz.

Got symptoms? Call your GP before you visit. Or call Healthline on 0800 358 5453.

Together we can slow the spread.

A message from Nelson Mayor Rachel Reese

We are living in unprecedented times. As the situation with the COVID-19 pandemic evolves, each new day can feel daunting.

Local businesses are feeling the pressure, and the health and wellbeing of our people – our Council staff and our community – is our priority.

Council is working closely in partnership with the Nelson Marlborough District Health Board, the Nelson Regional Economic Development Agency and Government agencies to protect our people and help them get through this difficult time.

We know that COVID-19 will financially impact people, and we are working through options for those who may find themselves in financial hardship.

I am working with the Chief Executive to provide the most cost-effective options possible to deliver the services we need to continue to live well in our city. We will keep you updated as we progress a review of Council's finances over the next few months. Please be assured we have the ability to meet all of our financial obligations to staff and Council's contractors.

Our contingency plans, ensuring our essential services will continue, are just one of the ways Council is working to reduce the pressure on our community.



What we can all do, what we must do, is be kind to one another. In the face of so much uncertainty, how we behave toward one another, knowing each and every one of us is feeling the effect of COVID-19 in some way, is something we can control.

Physical distancing doesn't have to mean social isolation. Pick up the phone and call your friends, your relatives. Skype them, message them, do whatever you can to keep in touch safely. Equally importantly, consider your neighbours, particularly those who are on their own or elderly.

We know Coronavirus is a much more serious disease for older adults and people with underlying health conditions. It's important we don't leave these people out of our thoughts, or our actions.

Heed the Ministry of Health's advice on how we can all help to keep our community safe. Your actions could help save someone else's life.

And in all of this, please don't forget to take care of yourself. When we come out the other side of this – and we will – we will need everyone to be as healthy and able as they can as we forge on together.

Staying well this winter

Limit your chance of catching and spreading the 'flu

Influenza (the 'flu) and the Coronavirus (COVID-19) are both highly-contagious and potentially-serious diseases.

While there isn't yet a vaccine for Coronavirus, there is one for the 'flu. If you can avoid catching the 'flu, then you will be in stronger health should you be unfortunate enough to catch Coronavirus.

Also, because the 'flu can be very serious and put you in hospital, by protecting yourself against the 'flu you are also helping protect our critical healthcare services from becoming overloaded.

Protect yourself and prevent the spread

There are simple, highly-effective actions you can take to help reduce the likelihood of a significant outbreak (both 'flu and Coronavirus) in our region.

These viruses are designed to spread. So let's not welcome them into our lives. Let's make an unfriendly environment where viruses cannot thrive. To do this:

1. Prevent yourself from catching a virus

- Follow the 'Level 4' rules in place by the Government. Stay at home and keep your distance from other people. Get outside for some fresh air, but only by yourself or with household members and keep more than 2m distance from other people at all times.
- Avoid close contact with anyone with cold or 'flu-like illnesses
- Cover coughs and sneezes with disposable tissues
- Wash hands for at least 20 seconds with water and soap and dry them thoroughly. Do this before eating or handling food, after using the toilet, after coughing, sneezing, blowing your nose or wiping children's noses and after caring for sick people

2. Prevent spreading viruses

- If you are unwell with 'flu-like symptoms or think you may have come into contact with someone with the virus, stay at home – even if you work for an 'essential service'.

- Do not go to a GP, pharmacy or hospital waiting room without calling Healthline first for specialist advice: 0800 358 5453

3. Prepare to care for yourself and others at home

- The majority of people with Coronavirus or 'flu experience mild to moderate symptoms and can care for themselves and others at home
- What extra support will you need and who can help?
- Refer to official information and advice from the Ministry of Health online at www.covid19.govt.nz.

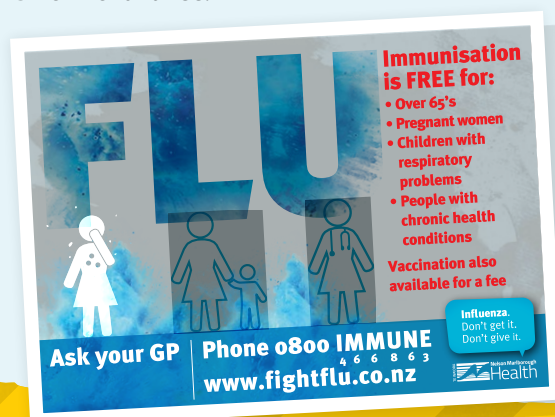
Information supplied by Dr Nick Baker, Chief Medical Officer, Nelson Marlborough Health

Immunise yourself and your family against the 'flu

Immunisation against the 'flu is FREE for:

- Pregnant women.
- People aged 65 and older.
- Children aged 4 years or under who have had been hospitalised for respiratory illness or have a history of significant respiratory illness.
- People with an ongoing medical condition like asthma, diabetes or a heart or lung condition. All conditions are listed online at www.fightflu.co.nz.
- Immunisation may also be free for Māori and Pasifika people, people from a refugee background, whānau of children with a chronic condition or who are living with a pregnant woman or infant.

Ask your GP whether you are eligible for a FREE 'flu shot today. Or phone 0800 466 863 (0800 IMMUNE) to find out. Vaccination is also available from your GP clinic for a fee.





Community-Based Assessment Centres

There are Community-Based Assessment Centres (CBACs) in Nelson, Motueka and Blenheim to screen and test people with Coronavirus symptoms. Their locations and operating hours are listed below.

When and how to use a Community-Based Assessment Centre

1. People with Coronavirus symptoms should phone Healthline (0800 358 5453) or their GP first. The Healthline advisor or GP will ask questions to determine their advice and people are asked to cooperate with this process.
2. The Healthline advisor or GP will confirm if someone requires assessment and testing for COVID-19 at a CBAC.

Locations and operating hours

- **Nelson:** The former Suburban Club building, 168 Tahunanui Drive, Tahunanui, Nelson.
Open 9.00 am – 6.00 pm, seven days a week.
- **Motueka:** Bridge club room, 32 Tudor Street, Motueka.
Open 8.30am – 5.30pm, seven days a week.
- **Blenheim:** At the old netball courts off Horton Park, 29b Redwood Street, Blenheim.
Open 9.00 am – 6.00 pm, seven days a week.

What will happen at a CBAC?

People who present to the centres will be assessed by healthcare workers wearing protective masks and other personal protective equipment. Masks will also be provided to people who present to the centres, as required. People will be assessed and swabs will be taken and sent to laboratories for testing, as determined by CBAC staff.

People will be seen at CBACs free of charge.

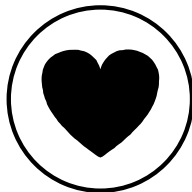
In urgent situations

In urgent situations, attend an urgent care centre in Nelson or Blenheim. In emergencies only, phone 111 or attend a hospital emergency department (ED).

Anyone visiting an urgent care centre or ED with Coronavirus symptoms is asked to wait at the front door and signal for attention. They should also distance themselves – by at least two metres – from other people who may be present.

We can all slow the spread

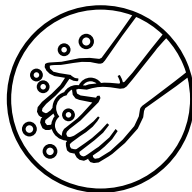
We all need to work together if we want to slow the spread of COVID-19. Unite against the virus now.



Be kind. Check-in on the elderly or vulnerable

Make a difference by:

- checking-in on any elderly or vulnerable people you know
- dropping supplies to those at home sick.



Washing and drying your hands kills the virus

Wash often. Use soap. 20 seconds. Then dry.

This kills the virus by bursting its protective bubble.



Cough or sneeze into your elbow

It keeps the virus off your hands, so you won't spread it to other people and make them sick too.



Stay home if you are sick

Call your GP before visiting them.

Or call Healthline on **0800 358 5453**.

Find out more at
Covid19.govt.nz

New Zealand Government

**Unite
against
COVID-19**



From left are CAN members Kindra Douglas, Mary Ellen O'Connor, Sonja Lamers

Sharing the warmth

'Share the warmth' is the message from Community Action Nelson, now in their third year of encouraging Nelson seniors to pass on their Winter Energy Payment – if they don't need it themselves.

Spokeswoman for CAN, Mary Ellen O'Connor, said the social action group is made up mainly of retired community workers, who are very aware of families 'doing it tough' in our region.

"It just seemed to us that there are a lot of retired people in Nelson for whom \$20 is neither here nor there, while for some poorer families and individuals it could mean the difference between running the heater or going cold," she said. "Many retirees are lucky enough to travel somewhere warmer for the winter months. Rather than declining the Winter Energy Payment, we'd love to see them pass it on to do some good right here in Nelson."

Mary Ellen says CAN fully realises there are pensioners who do need the supplement.

"We're not intending to pressure anyone, but it seems like a good opportunity for those who can afford it to spare a thought for families where children may be going to bed cold and suffering the health consequences of cold, damp homes."

The Nelson Budget Advice Service and the Fifeshire Foundation are acting as agencies to collect the money and pass it on to where it is most needed. Over the past two years several thousand dollars have been donated under the Winter Energy Payment scheme, and passed on to cover power and wood costs.

People who are interested in helping can opt to set up a weekly or monthly bank transfer, or to make a one-off payment.

"It might just be a small one-off donation," Mary Ellen said. "Us 'oldies' have had a pretty good innings in terms of government support and this is a way to show we are thinking about others."

You can pay direct to the Budget Advice bank account (03-1354-0240911-00) or the Fifeshire Foundation account (03-1354-0048778-01).

If you don't receive the Winter Energy Payment yourself and need help with heating cost there is more information about applying on these organisations' websites, as well as more about their work in the Nelson community.

The Webanaut

Ro Cambridge searches the internet and brings back stories, ideas and news of interest and relevance to older people.



This month – and possibly longer – most of us will be in self-isolation. With clubs, theatres, cafés, markets and shops closed for the duration, it will be a challenge to keep hands and minds occupied.

The good news for those with WiFi and a smart phone, tablet, or computer is that the internet is open 24 hours a day. And it's a treasure trove of free entertainment and learning opportunities.

Educate yourself and learn a new skill

Always wanted to know how to knit a pair of socks, play the harmonica, speak Urdu, or bake the perfect pavlova? Start now!

YouTube is probably the easiest place to begin. It's full of instructional videos on almost every subject imaginable, many of them made by people with an absolute passion for their subject.

YouTube: www.youtube.com

Many educational institutions offer free access to degree level course materials, try Academic Earth for starters.

Academic Earth:
www.academicearth.org

iTunesU features educational material from the New York Public

Library and MoMA. Download the app to access it.

Search iTunesU on the app store

Scientists, artists and writers deliver entertaining, intriguing and moving presentations on TedTalks, each around 18 minutes long. The website is very user friendly.

TedTalks: www.ted.com

Research family history

If you're armed with a few family names and birth dates you'll be surprised how much you can discover with even a free *Ancestry* account. Paid subscriptions reveal a lot more of course, but *Ancestry* offers free trials and special membership deals surprisingly often.

Ancestry: www.ancestry.com

Buy or borrow a book without leaving home

You can buy eBooks from Amazon and have them delivered within minutes. Likewise, you can buy audiobooks, from Audible and delivery is also almost instant.

Amazon: www.amazon.com

Audible: www.audible.com

If you don't have the cash to buy, you can borrow eBooks and audio books free at your local library. You need to have a library card and to download an app – *Libby* is perhaps the most

intuitive – and voila, you have thousands of books at your fingertips.

If you prefer a print book, some local bookshops are still accepting book orders online for delivery by courier or post. As we go to print Volume and Paper Plus in Nelson are definitely offering this service, Page & Blackmore may do so. Check shop websites for more information.

Volume: www.volume.nz

Paper Plus Nelson:
www.paperplus.co.nz/stores/south-island/tasman/paper-plus-nelson

Page & Blackmore:
www.pageandblackmore.co.nz

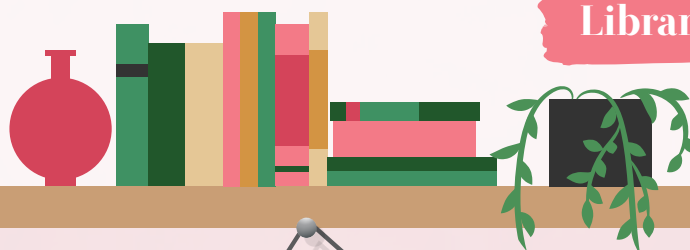
Stream free movies and documentaries

You're probably already familiar with Netflix, Amazon Prime, Lightbox and a host of other fee-based streaming services. This might be a good time to take advantage of their free trial subscriptions.

Or try *Kanopy* a free streaming service available through your library. Download the *Kanopy* app, then log in with your library card for instant access to an excellent range of quality documentaries and movies. I suggest you avoid medical dramas, or anything with apocalypse or pandemic in the title. Make your own popcorn.

Kanopy: www.kanopy.com

Tasman District and Nelson Public Libraries



Because of COVID-19, our libraries are unlikely to be open for a considerable period of time.

All returns bins are also closed, so please hold on to your items until our libraries are able to open again. Your issues will be extended, so don't worry about overdue or fines. Any notices you receive regarding overdue books or fines from 23 March, please disregard. Fines will not accrue while the Libraries are closed.

Visit the library websites for the latest information and to explore a range of library resources you can access from home.

www.tasmanlibraries.govt.nz

www.nelsonpubliclibraries.co.nz

SORRY, WE'RE
CLOSED

Free online fun for kids!

Kanopy is a video streaming service just like Netflix, for quality, thoughtful entertainment. It's available for free if you have a library card, and brings you an ad-free experience that can be enjoyed on your TV, mobile phone, tablet or online.

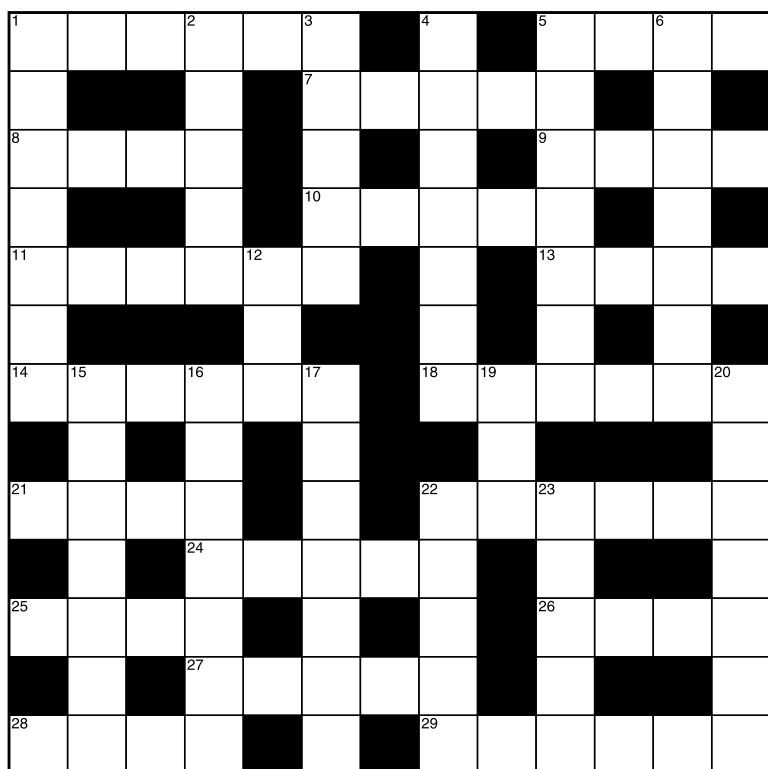
To keep grandchildren entertained, check out Kanopy Kids – a collection of films and TV series that inspire and inform, helping children develop social emotional skills and reinforce valuable learning topics, such as history, science, and new languages. Download the Kanopy app to your smart device or computer and get started!

Visit kanopy.com for more information.





Crossword



ACROSS

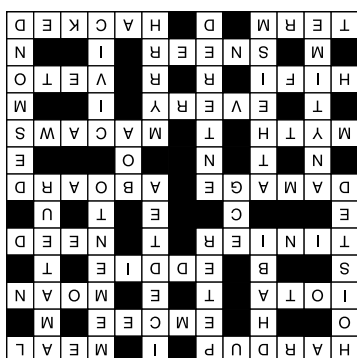
- 1. Short of cash (4,2)
- 5. Lunch or supper
- 7. Floor show host
- 8. Minuscule amount
- 9. Whinge
- 10. Comic actor, ... Murphy
- 11. Littler
- 13. Must-have
- 14. Impair
- 18. Embark, get ...
- 21. Old wives' tale
- 22. Tropical parrots
- 24. ... dog has its day
- 25. Home stereo (2-2)
- 26. Blocking vote
- 27. Smile derisively
- 28. Period (of office)
- 29. Slashed

DOWN

- 1. Winched up
- 2. Emirate, Abu ...
- 3. Diminish, ... out
- 4. Cool beverage (4,3)
- 5. Remembrance
- 6. Unpaid sportsman
- 12. Cardiac monitor (1,1,1)
- 15. Whenever
- 16. Disbelief in God
- 17. Passed through into
- 19. Feather wrap
- 20. S African churchman, ... Tutu
- 22. Wise Men's gift
- 23. Urban



Crossword solution



Sudoku solution

9	3	4	8	7	2	5	1	6
7	2	8	6	5	1	9	3	4
5	6	4	3	9	4	7	2	8
3	4	6	7	1	9	8	5	2
2	7	5	4	8	3	1	6	9
1	8	9	5	2	6	3	4	7
4	9	2	1	3	8	6	7	5
6	5	3	9	4	7	2	8	1
8	1	7	2	6	5	4	9	3

Sudoku

Each row, column and 3 x 3 square should contain the digits 1 – 9

	1			6				
		3					2	
					8			5
1			5				4	
	7			8			6	
	4				9			2
5			3					
		8					9	
				7			1	

Thanks to Tasman resident 80 year-old Diny van Oeveren for creating our Sudoku puzzles

Need support and professional care in your own home?



Call Nelson's qualified provider of home based support services.

Contact our branch:
Suite 3 Level 1
355 Lower Queen Street
Richmond
Ph. 0800 263 562 or 03 548 2009



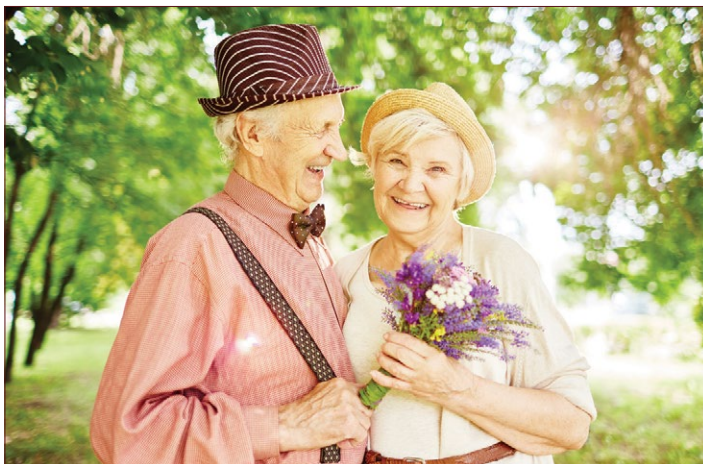
Email: nelson.office@healthcarenz.co.nz
 Website: www.healthcarenz.co.nz



Your safe and trusted local community taxi.
 We have five mobility taxi's in our fleet.

Anywhere Anytime call a Blue Bubble Cab

Ph. 03 548 8225
0800 108 855



Services as unique as you

Today's families are bringing new values, preferences and opinions that are changing the world of funeral service. They are thinking differently about how they want to honour their loved ones and have new perceptions of the funeral service profession. Your requests and wishes are important to us at Marsden House. We reflect the changing cultural landscape by listening and actioning your requests and wishes.

Give us a call. We're available to help, anytime.



marsdenhouse.co.nz **03 548 2770** (24/7)

10% OFF CASKETS FOR GOLD AND GREY POWER CARD HOLDERS



I needed help to feel confident in my home again - Access was there.

Janet



Make yourself at home with Access

Whether you require nursing services, personal care or even just a hand around the house, our fully qualified team supports you to live independently in your community.

Talk to your GP or give us a call on **0800 284 663.**

TASMAN AND NELSON DISTRICT

Age Concern

Elder abuse and neglect advice and support. Accredited visitor service. Phone 03 544 7624. Richmond Office: 62 Oxford Street.

Alzheimers Society

Supporting all those living with dementia in our community. Phone 0800 004 001 / 03 546 7702.

Arthritis New Zealand

Sit and be Fit, Pool sessions at Nelson Hospital Pool. All services managed from Christchurch. An arthritis educator is also available. Free phone 0800 663 463.

Asthma Society (Better Breathing Classes)

New Better Breathing Circuit at Club Waimea. Phone 03 544 1562. Email asthma.nelson@xtra.co.nz. www.nelsonasthma.co.nz.

Brook Sanctuary

Volunteer with Brook Waimarama Sanctuary! We need Visitor Centre volunteers, hosts for public events, track cutting, invasive plant control, trapping and lizard monitoring volunteers. www.brooksanctuary.org.nz/support. Phone 03 539 4920.

Found Directory

An online directory of social and community groups and organisations across Nelson and Tasman. www.found.org.nz. Phone 03 546 7681. Email admin@volunteernelson.org.nz.

Friends social club

Welcomes single men and women (50+). If you are active, enjoy life and making new friends, join one of our weekly events. Includes walks, restaurants, movies, and pot luck dinners. Contact Clive on 021 205 4731 or Rose on 021 128 3405.

Hearing Association Nelson

One in six people are hard of hearing. There is a link between untreated hearing loss and wider health issues which include dementia, falls and social isolation. Early intervention is recommended. Contact us at Hearing House, 354 Trafalgar Square, Nelson. Phone 03 548 3270. office@hearingnelson.nz.

Hearing Therapy Services Life Unlimited

Free MOH service. Understand your hearing levels, tools for hearing loss management including tinnitus. Clinics Nelson, Takaka, Motueka. Phone 0800 008 011 to book.

Mobile Toe Nail Cutting Service

Toe nail cutting service with Lisa (28 years of nursing experience) at home or at your residential care facility. Phone 03 526 7420 / 027 821 1803.

Nelson Public Libraries

Free library services at Stoke, Tahunanui and Nelson. Including free computer use, computer classes, wifi access, a home delivery service, local and family history information and regular events. Phone 03 546 8100.

Marching for Women 50+

Join a group of fantastic mature women for fun, fitness, and friendship. No experience required. Uniforms supplied. Phone 03 548 9527 (Diana). Email dianatony@xtra.co.nz.

Senior Net (Nelson)

Computer instruction (50+). Clubrooms at Pioneer Park, Hastings Street. Phone 03 548 9401.

Stroke Foundation

Enquiries to Anne-Marie, Community Stroke Advisor; Phone 03 545 8183 or 027 455 8302.

Upright and Able for Falls Prevention – for over 65's.

2.5-hour session designed to help you stay independent/reduce your chance of having a fall. Phone 03 543 7838. Email marnie.brown@nbph.org.nz

Volunteer Nelson

Volunteering opportunities across Nelson and Tasman. A great way to connect socially and do something that interests you. Phone 03 546 7681. Email admin@volunteernelson.org.nz, www.volunteernelson.org.nz.

GOLDEN BAY

Astanga Yoga

Golden Bay Community Centre, Tuesdays 5.45 pm (Doris or Keryn). Phone 03 525 9525, Thursdays 9.00 am. Phone 03 525 9033 (Michelle or Pam).

Friends of Golden Bay

Phone 03 524 8130 (Don).

Genealogical Group

St John Rooms, A&P Showgrounds, Phone 03 525 8086 (Sally). Email pands@gaffneys.co.nz.

Gentle Exercise Class

(Through Golden Bay Physio Clinic) Golden Bay Community Health, Mondays 10.00 am – 11.00 am (Free). Phone 03 525 0105 (Erica). Email ericaphysiogoldenbay.co.nz.

Golden Bay Contract Bridge Club

Golden Bay Recreation Centre 2032 Takaka Valley Highway, Takaka Wednesday, 7.00 pm. Friday, 1.00 pm. Phone 021 567 221 (Lori).

Golden Bay Garden Club

Phone 03 525 8455 (Anne).

Golden Bay Patchwork and Quilters Guild

Phone 03 524 8487 (Liza).

Grey Power Golden Bay

Contact Michael Delceg (President). Phone 03 5259530. Email greypowergb@gmail.com.

Indoor Bowls/Cards

Senior Citizens Clubrooms, Monday afternoons, 1.30 pm – 4.00 pm. Phone 03 5258464 (Klazien).

Marble Mountain Country Music Club

Fourth Sunday of each month at the Senior Citizens Clubrooms. Phone 03 525 9966 (Margaret).

Motupipi Indoor Bowling Club

Thursdays 7.30 pm at the Senior Citizens Clubrooms. Supper and games for \$3. Phone 03 525 9491 (Nancy).

Pohara Bowling Club

Phone 03 525 9621 (Jennifer).

Puramahoi Table Tennis

Phone 03 525 7127 (Rene).

Relaxation and Restoration Yoga

Yoga for all in Takaka township. Small groups for individual attention and private sessions. Learn how to use your breath and gentle movements to calm the body and mind. Phone 03 525 7422 (Terry).

SeniorNet (Golden Bay)

Beginner courses in home computing, based in clubrooms at Takaka Showgrounds. Phone 03 525 9569 (Sally). Phone 03 525 7465 (Morfydd).

Sit and Be Fit (\$2 donation)

Golden Bay Community Centre: Tuesday, 10.15 am – 11.15 am. Phone 03 525 8770 (Jacinda). Collingwood Memorial Hall: Thursday 10.00 am – 11.00 am. Phone 03 525 8770 (Jacinda) or phone 03 525 9728 (Jo).

Takaka Golf Club

Phone 03 525 9054.

Takaka Golf Club (Ladies Section)

Phone 03 5259 573 (Rhonda Lash).

Takaka Spinning Group

Phone 03 524 8146 (Margaret).

Takaka Table Tennis

Phone 03 525 7127 (Rene).

U3A (University of the Third Age)

Phone 03 525 7582 (Tim).

Uruwhenua Women's Institute

Second Tuesday each month, 1.30 pm. Phone 03 525 9491 (Nancy) for venue.

Wednesday Walkers

Meet at Information Centre Carpark, Takaka – depart 9.00 am. Bring morning tea/lunch, raincoat, light boots or walking shoes. Phone 03 525 7440 (Piers Maclaren).

HOPE

Hope Midweek Badminton Club

Wednesday mornings. Phone 03 541 9200 (Carolyn).

Nelson Veterans Tennis Club

Hope Tennis Courts, every Thursday. Phone 03 547 6916 (Leona).

MĀPUA

Sioux Line Dance

Tuesday – Māpua Community Hall Beginner Class, 9.00 am – 10.00 am. Improver Class, 10.00 am – 11.30 am. Phone 03 528 6788. Email sioux.wilson@yahoo.com.au.

Low-Impact Aerobics and Pilates

Wakefield, Upper Moutere and Māpua. Phone 03 543 2268 (Lynda).

Māpua Craft Group

Every Friday in the supper room at Hills Community Church from 10.00 am – noon (term time only) for simple craft work. Enjoy guest speakers, demonstrations and group outings. Morning tea provided. Phone 03 540 3602 (Julie Cox). Email juliecox@xtra.co.nz.

Māpua Creative Fibre Group

Second Tuesday of each month, 10.00 am at Māpua Hall. All welcome, bring your work, learn or perfect your spinning, crochet, weaving, felting, knitting skills. Bring own lunch. Weaving group meets fourth Tuesday of each month, 10.00 am in each other's homes. Phone 03 528 4935 (Barbara).

Māpua Friendship Club

Māpua Public Hall. Phone 03 540 3685 (Valerie).

Māpua Bowling Club

Phone 03 540 2934 (Dave).

The Coastal Stringers

Meet at the Boat Club rooms, Māpua Wharf, Fridays 1.30 pm – 4.00 pm. Phone 03 540 3010 (Colleen) or 03 540 2627 (Diane).

MOTUEKA

Cycling

Thursday night social biking group, 5.45 pm out the back of Coppins Cycles (New World car park). No fancy lycra, no expensive gear required, no fees. Rides about 12 km.

Motueka Senior Citizens Hall Activities

\$2 per session. Coffee, tea and biscuits provided.

Indoor Bowls Mondays and Wednesdays

1.15 pm – 3.00 pm. Phone 03 528 7104 (Terry).

Rummikub Thursdays 1.00 pm – 4.00 pm.

Phone 03 528 8960 (Dylis).

Cribbage Every first and third Tuesday of the month 1.00 pm – 3.30 pm. Phone 03 528 4260 (Judy).

Activities Afternoon Cards, darts, quoits. Every second Friday of the month 1.30 pm – 3.30 pm. Phone 03 526 8796 (Mavis).

Housie 1.30 pm – 3.00 pm.

Phone 03 528 7703 (Ethel).

Marching

Motueka Veteranettes Marching Team. Phone 03 528 9125 (Bev).

Motueka 50+ Walking Group

All walks depart Rec Centre car park, Old Wharf Road, 9.00 am (transport can be arranged). Meetings are held on the last Thursday in each month at RSA Club, High Street, Motueka at 9.30 am. President Trevor Michel, Secretary Shirley Hurrell. Phone 03 528 9434.

Monday, Wednesday & Friday: Badminton/Pickleball, 10.30 am – 12.00 pm, \$5pp.

Tuesday & Thursday: Sit n Be Fit, 10.30 am – 11.30 am. \$5pp.

Tuesday & Thursday: Move 2 Music (low impact) aerobics, 9.30 am – 10.30 am. \$4pp.

Motueka Social Dance Group

Dances at Māpua Hall, 7.30 pm – 11.00 pm.
Phone 03 528 5363 (Gary).

Riwaka Bowling Club

School Rd, Riwaka.
Phone 021 123 5974 (Pauline) or
021 263 3441 (Vince).

Riwaka Croquet Club

Play Monday and Wednesday morning
from 9.30 am summer. 10.00 am winter.
Phone 03 528 9139 (Eileen).

Scottish Country Dancing

Wednesday evening 7.30 pm, Scout Hut, Lower
Moutere Hall. Phone 03 526 6842 (Alison).

Social Recreation

Kiwi Seniors (Motueka).
Phone 03 528 7817 (Vonnice).

Yoga

Dru Yoga classes in Upper Moutere.
Phone 03 527 8069 (Jill).

MURCHISON

Murchison Sport, Recreation and Cultural Centre

Find out what is happening:
www.murchisoncentre.co.nz
Email murchison.centre@clear.net.nz
Phone 03 523 9360.

Murchison Golden Oldies

Phone 03 523 9792 (Hamish Reith).

NELSON

Angie's Aerobics

Burn calories and increase muscle and energy
levels in this fun, easy aerobics and circuit
class. Thursday 9.15 am – 10.15 am, Tahuna
Presbyterian Church, Muritai Street, \$6.
Phone 03 547 0198 (Angie).

Aquatics/Swimming/Gym

Riverside Pool. Phone 03 546 3221.

Belly Dancing with Gretchen

Phone 03 548 8707.
Email kitesfun@gmail.com.

Breast Prostheses and Mastectomy Bras

11 Keats Crescent, Stoke.
Phone 03 547 5378 (Helen Clements).
www.classiccontours.co.nz.

Cancer Society Nelson

102 Hardy Street, Nelson. Support and
information for anyone affected by cancer.
Cancer Helpline: 0800 226 237. Any Cancer,
any question. Phone 03 539 1137.
Email: info@cancernelson.org.nz.
www.cancernelson.org.nz.
www.facebook.com/Cancer-Society-Nelson

Cardiac Support Group

Information and support to people affected
by cardiovascular disease.
Phone 03 545 7112 (Averil).

Community Heart and Diabetes Services

Nelson Bays Primary Health for education,
awareness and support.
Phone 03 543 7836 / 021 409 552 (Bee
Williamson). Free phone 0800 731 317.

Death Cafe

Death Café Nelson. Monthly discussion, Nelson
Turner Library, first Saturday of the month
1.30 pm and 3.00 pm. Film nights also held.
Email nelsondeathmatters@gmail.com
(Kristine) or phone 027 939 0024 (Barbara).
www.deathcafe.com

Golf Croquet

Nelson—Hinemoa, Phone 03 548 2190 (Bev).

Government Superannuitants Association

Phone 03 538 0233 (Margaret).
Email nelson@gsa.org.nz.

Grandparents Raising Grandchildren

Phone 021 062 6583 (Paula Eggers).
nelson@grg.org.nz / www.grg.org.nz

Marching

Silveraires Leisure Marching.
Phone 03 548 9527 (Diana).

Nelson Antique Bottle and Collectables Club

First Tuesday of each month, 7.30 pm,
Broadgreen House, Nayland Road, Stoke.
Informal, informative, friendly and fun. Bring
along your treasures.
Phone 03 545 2181 (Judy).
Email randjittman@gmail.com.

Nelson Blood Cancer Support Group

Coffee every second Monday of the month
at Honest Lawyer in Stoke, with added
information meetings at the Cancer Society
offices in Nelson. We are here for each
other when support or understanding is
most needed. Phone 03 544 3037 (Graham
Sturgess) or 03 544 2636 (Lloyd Kennedy).

Nelson Electronic Organ and Keyboard Club

First Tuesday of each month, Stoke School
Hall, 7.30 pm. \$2 Supper provided. New
members welcome. Phone 03 540 3288
(Valerie).

Nelson Grey Power

Nelson Grey Power is a lobby organisation
promoting the welfare and wellbeing of all
those citizens 50+. Phone 03 547 2457.
Email nelsongreypower@xtra.co.nz.

Nelson Male Voice Choir

Rehearsals: Reformed Church, Enner Glynn,
Monday, 6.45 pm. Phone 03 548 4657 (Dick).
Phone 03 544 3131 (John).

Nelson Petanque Club

Wednesday and Sunday 1.15 pm. Behind the
Trafalgar Park grandstand, off Trafalgar Park
Lane. Boules and tuition provided.
Phone 03 546 6562 (Roger or Shirley).

Nelson Philatelic Society

Stamp collectors meet second Tuesday of the
month (Summer) 7.30 pm. Second Sunday
(Winter) 1.30 pm, Stoke School.
Phone 03 547 7516 (Len).

Nelson Provincial Museum

For details, visit www.nelsonmuseum.co.nz.

Nelson Social Dancing Club

Dance at Club Waimea, Queen Street,
Richmond, 7.30 pm to 11.15 pm the second
Saturday of each month. Ballroom, Latin,
Rock n Roll and sequence dancing, live music.
Members \$10, non members \$15. No stiletto
heels please! Phone 03 544 8052 (Lynn).

Nelson Scottish Country Dancing Club

Thursday night dancing, 7.30 pm YMCA Hall,
156 Toi Toi St, Nelson. Phone 03 547 5721
(Kelly) or 03 547 7226 (Ian).

Nelson Scrabble Club

Meet every Wednesday, 7.00 pm at the Nelson
Suburban Club/Nelson City Club, Kinzett Terrace,
Nelson. No charge for playing, but please buy
a drink at the bar. Beginners welcome and we
will train you to play competitive Scrabble.
Phone 03 545 1159 (Tony).

Nelson Senior Citizens Social Indoor Bowling Club

Phone 03 546 6562 (Roger or Shirley).

New Zealand Society of Genealogists, Nelson Branch

Meetings held every fourth Monday, 7.30 pm
(February – October) at Nick Smiths Rooms,
Quarantine Road, Stoke.
Library, 67 Trafalgar Street, Nelson:
Monday, 1.00 pm – 4.00 pm. Thursday,
10.00 am – 4.00 pm. Sunday,
2.00 pm – 4.00 pm. All welcome.
Email nelson@genealogy.org.nz.

Pottery

Nelson Community Potters, 132 Rutherford
Street, Nelson. Social group; Thursday
mornings or Twilight Pottery; Mondays,
7.00 pm – 9.00 pm. Free to members, \$7
casual. Phone 03 548 3087 (Annie).
Phone 03 548 1488 (Elizabeth).
Email ncpotters@gmail.com.

Silver Yogis

Beginner's yoga for adults 50+. Mats and
props provided. Phone 03 548 8245 (Jo Ann).
Email nzsilveryogis@gmail.com.
www.silveryogis.co.nz.

Stoke Tahunanui Ladies Club

Meets third Wednesday every month.
Phone 03 547 5238 (Pauline).

Super Seniors (65+)

Meets third Friday each month, 10.30 am
– 12.30 pm. All Saints Church Foyer, 30
Vanguard Street (city end) Nelson. Includes:
morning tea, guest speaker, activities, light
lunch, suggested donation, \$5.
Phone 03 548 2601 (Anne-Marie).

Support Works

Assesses the needs and co-ordinates services
for people affected by disability. For a free
assessment, free phone 0800 244 300.

Suter Art Gallery

Exhibitions, floortalks – see
www.thesuter.org.nz for details, 208 Bridge
Street, Nelson. Phone 03 548 4699.

Nelson Table Tennis Club

Saxton Stadium, Monday and Friday
9.00 am – 12.00 pm. All welcome.
Phone 03 544 8648 (Glenda).

Tahunanui Bowling Club

Welcomes summer and winter bowlers.
Phone 03 547 7562 (Barry).

Tahunanui Community Centre

A range of activities and services on offer,
walking, gardening, cycling and free
counselling.

Phone 03 548 6036 (Katie or Jacqui).
www.tahunanui.org.

Tai Chi and Qigong with Gretchen

Classes in Nelson, Stoke and Richmond.
Phone 03 548 8707 (Gretchen).
Email kitesfun@gmail.com.

Taoist Tai Chi Internal Arts for Health

A variety of classes. Help yourself to better
health. Suitable for all ages.
Phone 03 545 8375.

The Probus Club

The Probus Club of Nelson City welcomes men
and women as new members. We meet on
the second Thursday of each month (except
December and January) at 10.00 am, at
The Nelson Golf Club, 38 Bolt Rd, Tahunanui.
Phone 03 544 0494 (Helen).

Ukulele with Gretchen

Nelson and Richmond, groups or private.
Phone 03 548 8707.
Email: kitesfun@gmail.com

Victory Community Centre

Offers a variety of classes during term-time.
Phone 03 546 8389.

Email reception@victory.school.nz (for a
programme brochure).

victorycommunitycentre.co.nz.

Victory Laughter Yoga Club

Stretch, breathe, laugh, relax.
Phone 03 546 8389 (Gareth).

Victory Senior Support

Cards and games. Meet every Tuesday at
1.30 pm at Anglican Church, 238 Vanguard
Street, Nelson. Phone 03 546 9057 (Jan).

Victory Sit and Be Fit

Thursdays 10.00 am – 10.45 am, at Anglican
Church, 238 Vanguard Street, Nelson.
Phone 03 546 9057 or 03 547 1433 (Shirley).

Nelson 50+ Walking Group

Mini walks and longer walks every week to
suit all fitness levels. Everyone welcome.
Phone 03 539 6402 (Roger) or 03 547 7690
(Alan).

Yoga

Dru Yoga classes. Phone 03 543 2125 (Sue).

Yoga

Hot Yoga Nelson. Phone 03 548 2298.

Gentle Yoga with Connie

Nelson Hearing House, 354 Trafalgar Square.
Tuesday, 10.30 am – 11.45 am
Thursday, 5.30 pm – 6.45 pm
Richmond Headingly Centre
Wednesday 10.45 am – 12.00 noon
Connie Phone 5475331 / 0272976147
Email connie@jnc.co.nz

RICHMOND

Aqualite:

Hydrotherapy Pool, Richmond. Aquatic Centre, Salisbury Road, Richmond. Mondays and Wednesdays, 8.00 am and 8.40 am. \$5 per session. Increase strength, improve balance and manage pain.

Badminton Richmond

Morning Badminton. Phone 03 544 44120 (Dawn).

Bfit4ever

Phone 021 078 8609 / 03 546 8444 (Nicola Rae).

Body Power Pilates and Yoga Centre

Richmond Town Hall. Phone 029 281 3735 (Sue).

Hope – Ranzau Women's Institute

First Wednesday of each month, 1.15 pm. Age Concern Hall, 62 Oxford Street, Richmond, visitors welcome. Phone 03 544 5872 (Brenda).

Richmond Bridge Club

Sessions Monday and Thursday, 1.00 pm (be seated by 12.45 pm). Wednesday 7.10 pm (be seated by 7.00 pm). For lessons phone 027 407 0274 (Leigh).

Creative Fibre Group

Meets at Birch Hall, Richmond Showgrounds at 9.30 am every second, third and fourth Thursday of the month. Learn to spin, knit, crochet, weave or felt. Phone 03 986 0079 (Margaret).

Chair Yoga

Thursday mornings 11.00 am. A gentle stretch and breathing class for every ability. Richmond Town Hall meeting room. Phone 021 2398 969 (Delia).

Club 50

A social group of mature adults looking for companionship, recreation and enjoyment, meets every Tuesday 9.30 am at Sport Tasman, Richmond Town Hall, Cambridge Street. All sessions, \$4. Phone 03 544 3955. Email club50@sporttasman.org.nz.

Croquet

New members welcome.

Golf croquet: Thursday and Sunday at 1.00 pm.

Association croquet: Wednesday and Saturday 1.00 pm (Winter), 10.00 am (Summer). Lawns opposite Health Centre lower Queen Street. Phone 03 541 0623 (Sherly). Phone 03 544 7268 (Betty).

Easy Exercise

For men and women. Tuesdays, 10.00 am at Indoor Bowls Stadium, opposite Neill Ave. \$3 for Arthritis New Zealand. Phone 03 546 4670 (Maureen).

Sioux Line Dancing

Wednesday – Club Waimea, Richmond. Beginner Class, 6.00 pm – 7.00 pm. Improver Class, 7.15 pm – 8.30 pm. Phone 03 528 6788 (Sue Wilson). Email sioux.wilson@yahoo.com.au.

Lunch on the Hill

Looking for food and friends? Church on the Hill, 27 Dorset Street, Richmond offers coffee and lunches. 11.30 am coffee, lunch served at 12.00 pm, first and third Tuesday of each month. Koha admission.

MenzShed Waimea

A&P Showgrounds, Richmond. Phone 027 289 0185.

Nordic Walking

Taster classes and courses with physiotherapist Jacqui Sinclair. For more information visit www.jacquisinclair.com. Phone 03 544 1645.

Pottery

Tutored classes at Craft Potters, 202 Ranzau Road, Hope. All welcome. No experience needed. Email craftpotters@ts.co.nz.

Richmond Bowling Club

Club Waimea – A roll up, Tuesdays 1.00 pm. Bowls provided. Phone 03 544 8060 (Jean).

Richmond Creative Fibre Group

Meets at Birchwood Hall, Richmond Showgrounds. 9.30 am every second, third and fourth Thursday of the month. Learn to spin/knit/weave/crochet/felt and meet others who enjoy working with fibre. Phone 03 544 9982 (Dianne).

Richmond Indoor Bowls

Mondays 1.30 pm – 3.30 pm, Richmond School Hall, Oxford Street. All welcome. Phone 03 544 7953 (Gwen).

Richmond Physiotherapy

Knee classes: Wednesday, 10.00 am – 11.00 am, \$10.
Pilates: Tuesday, 12.00 – 1.00 pm, \$15.
Pilates: Thursday, 5.00 pm – 6.00 pm, \$15.
Senior Fit Class: Tuesday, 10.00 – 11.00 pm, \$15.
Phone 03 544 0327.

Richmond Scottish Country Dancing Club

Tuesday evening, 7.30 pm. Methodist Church Hall, Neale Avenue, Stoke. Phone 03 544 0902 / 03 541 8211. C Stanton, Sec RSCD club. Email cstanton@actrix.co.nz

Richmond Senior Citizens

62 Oxford Street, Richmond. Phone 03 544 9174 (Pauline or Terry)

Tuesday: Cards, 1.30 pm – 4.00 pm.

Thursday: Craft Group, 9.00 am – 12 noon. Cards, 1.30 pm – 4.00 pm.

Friday: Exercise group 10.00 am – 11.00 am. Housie and a cuppa, 11.00 am – 12 noon. Hot lunch, 12 noon – 1.00 pm (\$5 per person. Rummikub, 1.00 pm – 3.00 pm.

Richmond Slimmers Club

Meet every Wednesday at the Richmond Town Hall, fun meeting. Phone 03 544 7293 (Margaret).

Richmond Waimea Community Whanau Group

Network, share information and learn more about your community. Meets the first Tuesday of each month, 12 noon – 1.00 pm, Richmond Library. Guest speaker at most meetings. BYO lunch (tea and coffee provided). Phone 03 544 7624 (Sue Tilby, Age Concern).

Social Cards

Richmond Senior Citizens Rooms, 62 Oxford Street Richmond. Tuesday and Thursday Cards, 1.30 pm – 4.00 pm. Friday Rummikub 1.00 pm – 3.00 pm. Phone 03 544 5563 (Kath).

Sit and Be Fit

Mondays, 10.15 am. AMI Nelson Suburbs Soccer Clubrooms Saxton Field, Stoke. Gentle exercise to music, \$5 per person.

Sioux Line Dance

Wednesday – Club Waimea. Beginner Class, 6.00 pm – 7.00 pm. Improver Class, 7.00 pm – 8.30 pm. Phone 03 528 6788. Email sioux.wilson@yahoo.com.au.

Sport Tasman Richmond

Richmond Town Hall (RTH), 9 Cambridge Street. Phone 03 544 3955 (\$5 per group). Discounted non expiry concession cards available.

Monday and Friday;

Easy-beat: 'High intensity' aerobic and circuit class for the more active (9.00 am – 10.00 am).

Shape-up: 'Low intensity' aerobic and circuit class for those getting back into fitness (10.30 am – 11.30 am).

ACC approved strength and balance programmes

Club60+ Senior Adventures: (under 60's welcome too). Active fun, social recreation with weekly planned outings and activities Every Tuesday 9.30 am. Car-pooling available.

Tasman Tennis Club

Social tennis Tuesday mornings, 9.30 am beside the Badminton Hall, Gladstone Road. www.tasmantennisclub.info.

Veteran's (55+) 9 Hole Golf

Greenacres Golf Club, Best Island, Richmond. Last Monday of every month. Phone 03 544 6441.

Yoga Classess for stiff and sore spots

Visit www.jacquisinclair.com for more information. Phone 03 544 1645.

STOKE

Chair Yoga at Saxton

Weekly gentle stretch and breathing sessions in the cricket oval lounge. Phone 021 239 8969 (Delia).

Clogging/Tap Dancing

Nelson Sun City Cloggers. Phone 03 545 1037 (Georgina).

Dru Yoga Classes

Suitable for all ages and abilities. Monday 10.00 am – 11.30 am, Saxton Netball Pavilion Rooms, Stoke. Phone Fiona 027 655 12234.

Housie Evening

Stoke Rugby Clubrooms, Neale Avenue, Stoke. Wednesday, 7.15 pm – 9.45 pm. Phone 03 547 3230 (Buddy).

Just Us Drama

Meets each Monday 10.30 am – 12 noon at Whakatu Presbyterian Church Hall Lounge, Upper Songer Street, Stoke. Rehearse skits and plays to perform to various groups. No previous experience necessary! Phone 027 547 8178 (Brian)

Nelson Savage Club

A social club for all entertainers. Variety Concert held at 7.30 pm on the second Wednesday of every month at Stoke Primary School Hall, Main Road, Stoke. Phone Ken Holmes (547 4301), or Robyn Walsh (547 3231).

Nelson Line Dancing – Stoke

All ages and genders. Gentle cardio. Methodist Church Hall, Stoke. Free morning tea, just turn up. Phone 027 4491 569 (Diane).

Ngawhatu Bowling Club

300 Montebello Avenue, Stoke. Friendly welcoming club. Roll-ups Thursdays at 1.00 pm. Phone 03 547 7485 (Kay).

Presbyterian Support

360 Annesbrook Drive, Nelson, 10.00 am – 3.00 pm (most days). Enliven Positive Ageing Services – social and activity day groups. Totara for older people. Harakeke for those with dementia. Refreshments and lunch provided. Van transport provided. Phone 03 547 9350 (Trish).

Safety and Confidence

Phone 03 543 2669 (Cornelia). Saxton Seniors, Saxton Stadium.

Senior Walking Group:

Tuesday and Thursday, 9.30 am – 10.30 am, \$5.

Senior Circuit: Tuesday 10.00 am, \$5 – low impact, all weather activity followed by a cuppa.

Senior Shape Up: Tuesday and Thursday, 9.30 am – 10.30 am.

Chair Yoga: Wednesday, 10.30 am.

Sport Tasman Motueka

Monday: Badminton/Pickle ball (social, all welcome), 10.30 am – 12.00 pm.
Tuesday: Sit n Be Fit, 10.30 am – 11.30 am.

SERVICE DIRECTORY

Wednesday: Badminton/Pickle ball (social, all welcome), 10.30 am – 12.00 pm.
Thursday: Sit n Be Fit, 10.30 am – 11.30 am.
Friday: Badminton/Pickle ball (social, all welcome), 10.30 am – 12.00 pm. \$5 per session or concession card of 10 for \$40. Phone 03 528 8228 (Wendy).

Tai Chi for Health:

Phone 03 538 0072.
 Email stadium@sporttasman.org.nz.

Stoke Bowling Club

Phone 03 547 1411 (Allen).

Stoke Central Combined Probuss Club

Meets 10.00 am, every fourth Tuesday, Methodist Church Hall, Neale Avenue, Stoke. 03 547 0941 (Colleen).

Stoke Old Time Country Music Club

Stoke School Community Hall. Every second Sunday, 6.30 pm. All welcome to a lovely evening of singing, and musical instruments.
 Phone 03 542 3527 (Dick Knight).

Stoke Tahunanui Men's Club

A club for active retirees. Activities include a regular monthly meeting with guest speaker on the third Tuesday of every month, plus outings and activities each week.
 Phone 03 547 7841 (Ian).

St Barnabas Stoke

Coffee and chat, Wednesdays, 10.30 am. No charge. Out to lunch – community lunch. First Wednesday of each month, 11.45 am. Donation accepted.

Stoke Seniors Club

Greenmeadows Community Centre, 391 Main Road Stoke. Phone 03 547 2660 (Karen or Mel). Email stokeseniors@xtra.co.nz.

Regular activities at Greenmeadows:

Art Class: Mondays 10.00 am, Cost: \$3.

Art tutorial once a month, \$5.

Book Chat: 1st Wednesday each month, 11.00 am. All welcome.

Mah Jong: Tuesdays, 1.00 pm, \$3.

Sit and Be Fit exercises to music:

Tuesday and Wednesday at 11.00 am, \$3

500 Club: Wednesdays at 1.00 pm, \$3.

Greenmeadows Community Centre

Scrabble Club: Mondays 1.00 pm, \$3.

Weekly afternoon entertainment:

Tuesday – Thursday. Contact the office for programme details.

Tuesday – Thursday meals: A two course midday meal for \$10 (members) \$12 (non-members). Please book (preferably by 9.30 am the day before).

Housie: \$5 a card. Please ring 03 547 2660 for dates.

Monthly movie: Contact office for details.

Stoke Seniors Choir: Meets Wednesdays from 9.15 am – 10.15 am. Contact Anne.

Special trips: Monday outings – café lunch/picnic. Thursday – out and about local tiki tour from 11.00 am.

Girls Own: Monthly on Friday.

Lads @ Large: Monthly on Friday

Flex 'n Flow: Thursdays 12.00 pm, \$8

Strength 'n Stretch: Mondays 10am, \$8.

Both above classes suitable for adults who want to stay agile, flexible and strong. Contact Leigh for more info on 021 547 811 or email leighsdream@gmail.com.

TAPAWERA

MENZSHED

Phone 03 522 4616 (John).

Email menzshedtawera@gmail.com.

Visual Art Society

Phone 03 522 4368 (Kay)

Walking – Tapawera

Rural Ramblers. Phone 04 541 9200.

WAKEFIELD

Live Well, Stay Well Activity Group

Meets every second Tuesday (mornings).

Phone 03 541 9693 (Margaret).

Phone 03 542 2235 (Yvonne).

Higgins Heritage Park

Pigeon Valley Road, Wakefield.

Open first and third Sunday of each month (September to May). Monthly 'Steam Up' and other event days.

www.higginsheritagepark.co.nz for details.

Email info@higginsheritagepark.co.nz

Phone 544 7096 (Diane).

Willowbank Heritage Village

In Wakefield, open first Sunday every month from September to May. Stroll the village and visit our Victorian Cafe, 50s Burger Bar and 70s Milk Bar.

www.willowbankwakefield.co.nz.

Walking – Wakefield

Rural Ramblers Phone 03 541 9200.

**WANT TO ADD
 A NEW LISTING
 OR UPDATE
 YOUR EXISTING
 LISTING?**

Email mudcakes@hothouse.co.nz and we'll send you back our Directory Request Form so you can provide us with the details.

Opening the doors to our new purpose built funeral home in March 2020



Craig Mills
 Funeral Director /
 Embalmer



Karen Wyllie
 Funeral Director /
 Embalmer



Stephen Robertson
 Funeral Director /
 Embalmer



Andrew Wilson
 Funeral Director

WR
WaimeaRichmond
FUNERAL SERVICES

03 544 4400

Call in to meet one of our friendly team. We will be happy to show you around.

03 544 4400 • 24 Champion Road, Richmond • wrfs.co.nz • support@wrfs.co.nz



Celebrating life in all its stages

Life story writing (gift vouchers available on request)

Eulogy writing • End of life celebrations

**Nelson Memorials
 & Celebrations**



Contact Marg Palmer • 03 541 0646
 021 137 1921 • marg.palmer@xtra.co.nz
 www.nelsonmemorialsandcelebrations.co.nz

HEIRLOOM PERENNIAL NURSERY AND ART STUDIO

Specialising in hardy perennials and gorgeous cranesbill geraniums.

Mixed-media creations gift tags · Journal covers
Decorative magnets · Art commissions welcome

Visits by appointment only.

E foeslamb@xtra.co.nz

P 03 544 3131 or 021 522 775

A 25 Maisey Rd, Redwood Valley

www.heirloomplantnursery.co.nz

www.tinyurl.com/Phippa-Foes-Lamb-on-Facebook

Maureen Pugh

National List MP based in West Coast – Tasman

0800 628 7336

 [wct.maureenpugh](https://www.facebook.com/wct.maureenpugh)

National

Funded by the Parliamentary Service. Authorised by Maureen Pugh MP, Parliament Buildings, Wellington.



ADVERTISE
YOUR BUSINESS
IN MUDCAKES!



EMAIL: reception@hothouse.co.nz
SUBJECT LINE: Newline Advertising

Fulfil Your BUCKET LIST *Travel Dreams*

- Personalised arrangements
- Group and Fully Escorted Tour and Cruise options



Nelson Travel Broker
your journey starts here



Contact Sue Ketel 03 541 8417

Check out Hot Deals & Clients Testimonials at:
www.nelsontravelbroker.co.nz

A proud member of Travel Connections NZ Limited.


TAANZ
TRAVEL AGENTS ASSOCIATION NEW ZEALAND
Travel Broker

ADVANCE CARE PLANNING

What matters most for your future care?

Kia kōrero

Let's talk


Nelson Marlborough Health


Nelson Bays Primary Health
Hauora Mātua ki Te Tai Aorere


Marlborough Primary Health
Hiri Hauora Wairau Ekekeri Wellingi i Marlborough

www.myacp.org.nz