

# Heretaunga Seniors

Newsletter Number ONE

MARCH 2016



## COORDINATOR'S MESSAGE

WELCOME to our first quarterly newsletter for 2016. Our centre continues to thrive despite the inevitable attrition that occurs as we all age and move closer to 100. The proverbial 'three score and ten' actually makes you a junior at our place, since many of our members are well into their eighties and nineties. One of our esteemed members who is 96 years old and has written his autobiography entitled it: *"The First Hundred Years are the Roughest"*! – How cool is that!

One of our strengths as a community centre for seniors is that we know how to celebrate life and have fun and one of the great pleasures at Heretaunga Seniors is regularly sharing a meal together. We provide between 60 & 80 sit-down meals every week and our hot meal programme is for many a highlight of their week – an opportunity to nourish both body & soul! Enclosed in this newsletter are some of the highlights of last year, with glimpses of the fun we have, and the antics we get up to!



Community Day





## WHO ARE WE – WHAT DO WE OFFER?

We are a community centre for older people and have been operating in the wider Hastings community for over 20 years. We provide activities from Monday to Thursday and outreach services to older people living in their own homes. Our programmes include:

- KEEP FIT – Therapeutic Exercises
- CRAFT GROUP / '500 Card Club'
- 'DIGITAL SENIORS' – a computer course for beginners with 1:1 tuition
- INTERNET HUB/CAFE – drop-in opportunity once a week with tutors available for advice and support
- COMMUNITY DAY including musical entertainment, guest speakers, produce, raffles, two-course meal etc.
- GAMES DAY with indoor bowls, housie, board & card games – eg crib, 500, rummikub skip-bo and scrabble etc.
- MEALS – on-site and take away

Twice a week we provide a nutritious two-course meal, cooked on site and we also offer frozen meals & soups for members to take away.

- VAN OUTINGS – Once a month we have an outing to a place of interest – usually also including a meal out. *(3rd Tues of month)*
- FOOT CLINIC. *(3rd Wed of month)*
- We have a book & DVD Library & offer van transport to all our activities for a small fee.
- As funds allow we also have one or two bus trips each year

1120 Willowpark Road North, Mayfair, Hastings 4122

ph 870 7025 // email: [hseniors @acw.org.nz](mailto:hseniors@acw.org.nz) // website: [hseniors.org.nz](http://hseniors.org.nz)









Melbourne Cup Day



Annual Quiz night  
one of our key  
fundraisers



Bus Trip to Oruawharo



**ASB**  
Good As Gold





2015  
Christmas Party  
Scottish Day





# Heretaunga Seniors

## Internet Hub / Café

In addition to our 6-weekly  
Digital Seniors courses  
we are now trialling

An Internet Hub / Café  
between 1.00pm & 3.00pm  
on Tuesday afternoons



**@ 1120 Willowpark Rd Nth**  
**Mayfair HASTINGS** (next to Mayfair primary school)  
**starting - Tuesday 26 January 2016**

*This is an opportunity for anyone to drop in, for as short or long a time as you choose, between 1.00 & 3.00pm*

- To get some help or assistance from one of our tutors
- To use our WIFI facility in a supportive, friendly environment
- To meet and learn alongside other seniors

**COST: \$3.00 for 1<sup>st</sup> hour - \$5.00 for full 2 hours**

*Funded with the grateful support of*



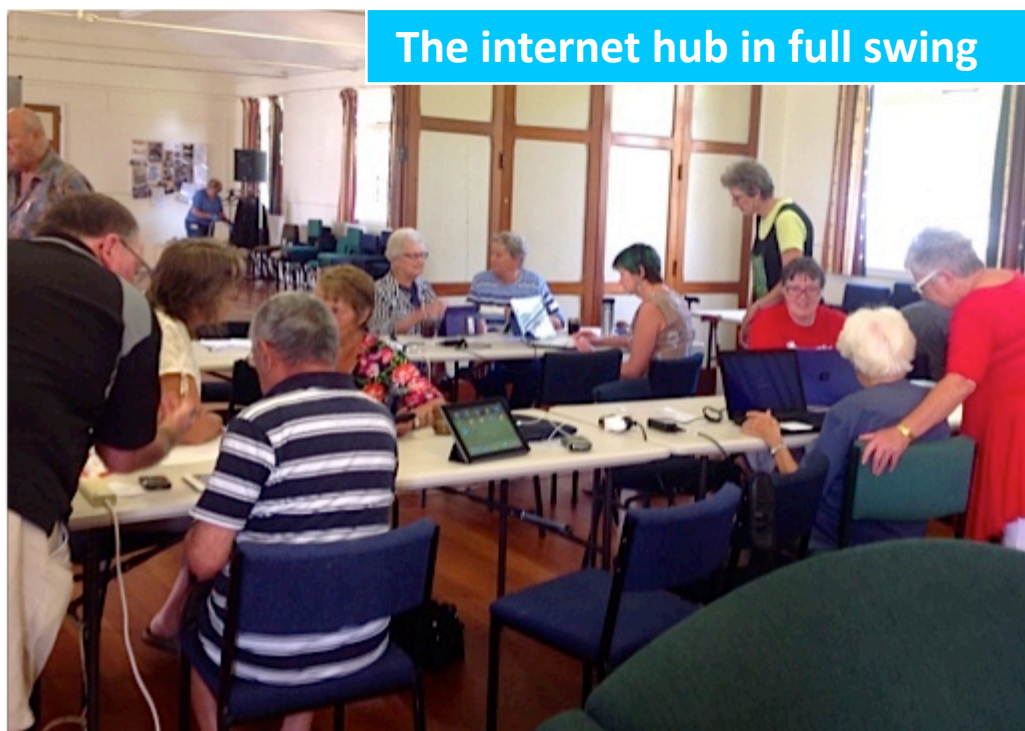
## 2016 - NEW INITIATIVE

Every Tuesday afternoon from 1.00-3.00pm senior citizens are welcome to drop into our Internet hub/café to get support and advice with their digital & computer problems. Given the growing demand for this service, we are keen to increase our pool of tutors so would welcome hearing from any one who may have computer knowledge and skills to share with our seniors

**PHONE: 870 7025**



*Thanks to funding from the Positive Ageing and Harry Romanes Trusts we have been offering Digital Seniors courses for the past year and have recently developed an internet cafe as an extension of this very successful initiative. Special thanks to the Tindall & Hawkes Bay Foundations*



**The internet hub in full swing**



## VOLUNTEER MEETINGS

### VOLUNTEER LUNCH MEETINGS

Six times a year we gather our volunteers together for training and planning meetings.

We also take them out for an annual mid-winter celebration.

These photos show some of our meetings and activities that our volunteers are involved with



*sponsored our volunteer meetings during the past 12 months and also enabled us to put 8 of our volunteers through work place First Aid Training*

**WE ARE ALWAYS KEEN TO RECRUIT NEW VOLUNTEERS SO IF YOU HAVE SOME TIME & ENERGY AND ARE LOOKING FOR A PLACE TO SHARE SOME OF YOUR SKILLS & GAIN A REAL SENSE OF SATISFACTION WE'D BE KEEN TO HEAR FROM YOU! - Ph: 870 7025**

*Patience, compassion, a sense of humour & team spirit are all that's needed!*





## SPECIAL THANKS TO OUR FUNDERS

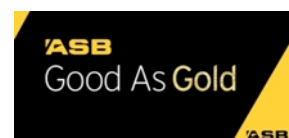
Without the financial assistance of the following funders & charitable trusts we would struggle to survive. We give our sincere thanks to them all for their continued support



Helping Fund a better community



Springhill Charitable Trust  
& Frimley Foundation



## OUR STAFF TEAM - 2016



Marilyn Scott  
Centre Coordinator



Linda Kidd  
Pastoral Care Coordinator



Ngaire MacDonald  
Kitchen Coordinator