



**TE AWA**  
*Lifecare Village*

# TE AWA PARTYLINE

December 2024



## Sunday Christmas lunches



### A word from Nikki

What a month it has been! December has flown by, with my time split between Cambridge and Mosgiel, where I've been supporting management. It's been a rewarding and productive time, but it's always nice to return to Te Awa and see the festive cheer in full swing.

Our staff Christmas party at the Oasis Hideaway was a fantastic evening. It was great to see everyone relax and enjoy themselves with delicious pizza, a few celebratory drinks, and plenty of dancing. It's moments like these that remind me how lucky we are to have such a fabulous team.

This Friday, we're continuing the celebrations with our Residents' Christmas Party at The Woolshed. Adding to the festive spirit, Craig Brown kindly came in to take portraits of our villagers and Care Centre residents. This was a special gift from management, and the photos are absolutely stunning—a keepsake to treasure.

During the Christmas period, reception will operate with reduced staff as our team takes a well-deserved break. However, I'll be on call throughout Christmas and New Year to support where needed.

Looking ahead to 2025, I'm looking forward to the completion of Stage 2, RD4, and the start of Stage 3 of our development. It's going to be a busy and exciting year.

Wishing you all a safe and joyful holiday season!



**Christmas is a wonderful time of year, but it can also be busy and stressful, especially when juggling travel, cooking, and family commitments. This year, we wanted to ease that burden by offering a series of Sunday Christmas lunches at The Woolshed.**

Over the past two Sundays, families have been able to book a table and enjoy a traditional Christmas feast with their loved ones, free from the stress of preparation. It's been heartwarming to see families come together, sharing laughter and creating memories in a relaxed and festive atmosphere. To add to the fun, we also provided Christmas hats and crackers for everyone to enjoy—a true festive touch!

The lunches have been a resounding success, and we've received some fabulous feedback. A huge thank you goes to Lorenzo and his team, whose culinary expertise made these events truly special. The mouth-watering dishes they served up were nothing short of spectacular, adding a touch of magic to the festive season.



In addition to our family lunches, a number of outside organisations also took advantage of The Woolshed for their end-of-year events. These gatherings were a huge hit, and we were delighted to host them.

We're thrilled to have been able to provide this opportunity for families to come together and celebrate the spirit of Christmas. It's these moments of connection and joy that make the holiday season so special.

Thank you to everyone who joined us—we hope it made your Christmas a little brighter and a lot less stressful!

# St. Peters' Choir brings Xmas to Te Awa



## Farewell, Friend

Our Village flag is at half mast  
To show that our friend, Grant,  
has passed.

A man who warmly  
befriended us all

Delivered our papers and  
answered the call

From any of us who needed  
his aid

This passionate railwayman  
always obeyed.

He was even beloved by Dilly  
and Dally,

Who right to the end around  
him would rally

And, as though it were sorry to  
see our Grant leave,

The grey sky wept tears for  
him all Christmas Eve.

They took him away in a long  
white saloon

As we stood in the rain saying  
farewell too soon.

But we can be certain that  
every December

Our Grant is the friend we'll  
always remember.

**Malcolm**



**It was Tuesday afternoon, a month before Xmas, when they arrived at the Woolshed in school uniform, but with Santa hats and accompanied by Mary Lim, head of Performing Arts.**

There was a good crowd of residents including a large number of Care residents, all of whom enjoyed listening to and singing along to all the well-known carols.

They are a multi-talented group, most of whom play one or more instruments as well as singing.

As a counterpoint, two talented violinists played a couple of

Shostakovich pieces for two violins, accompanied by piano, one a lovely lilting piece and the other a lively Slavic dance.

The concert ended with Mary giving us a forecast of the St Peters Musical- "Catch Me If You can" which they will be staging in April 2025.

The musicians circulated among the audience to chat and donate a small token Xmas present to each of us.

A hearty afternoon tea was enjoyed by all.

*Malcolm*

## Dates to mark on your Calendar

December is full of activities - from performances through to book reviews. Check out the calendar online at:



Care Centre



Village



## Jeremy escapes the role of Santa this year

**Last year, Jeremy Griffith was the perfect candidate for the role of Santa, with his full, bushy beard that made him look strikingly like the jolly man in red.**

But this year, much to everyone's surprise, Jeremy has managed to escape the role of Santa—thanks to his decision to keep his beard closely trimmed!

While he may no longer have the iconic beard to don the red suit, Jeremy still brings the festive spirit to Te Awa with his cheerful attitude and holiday cheer. Although he won't be playing Santa this year, there's no doubt that his presence will still spread joy and laughter to everyone around.

# Walking group gets out and about

The Te Awa Lifecare Walking Group has been getting out and about each week, exploring the beautiful walking trails around the district.

Recent walks have included the stunning Waikato River Trail and the picturesque Morrinsville River Walk—both of which are perfect for a refreshing stroll in nature.

Walking is a fantastic way to stay active and healthy as we age, helping with mobility, balance, and overall well-being. It's also a great way to socialise and enjoy the outdoors with friends.

If you're interested in joining the Walking Group next year, please get in touch with Doug Arcus. We'd love to have more people join us for these enjoyable outings!



With Glad Tidings of Great.



## Caramel Festive Slice

A delicious festive slice

### Base:

- 3oz butter
- 1/2 cup sugar
- 1/4 cup custard powder
- 1 cup flour
- 1 teaspoon baking powder
- 1/4 teaspoon salt

Cream butter and sugar, add dry ingredients, adding a little milk too if dry. Bake in a swiss roll tin lined with baking paper at 180 degrees for 15-20 minutes.

### Topping:

- 6 oz butter
- 1 cup brown sugar
- 2 tablespoons golden syrup
- 2 cups cherries, pecans or other crystalised fruit

Melt in a pot and simmer gently for 15 minutes. Add the fruit. Spread the topping over the base and cook for a further 5-8 minutes or until topping caramelises.

Leave in the tin to cool and keep in the fridge - although it won't last long in there as it's so delicious!

**Joy? Grief? Nostalgia? Excitement? Loneliness? If there's one thing age teaches us all, it's that special holidays like Christmas don't only bring joy.**

At any stage of life, Christmas brings with it the full range of normal, human emotions - or as the young ones say "all the feels". It's in our nature to want to avoid difficult feelings but unfortunately that only magnifies them. So what to do instead, that isn't drowning our sorrows or over-indulging in Christmas treats?

- Notice what you're feeling/thinking and give it a name, without judging it as good or bad, e.g. "oh here's sadness", "hello Christmas stress" etc.
- Breathe in and out of your nose, down into your belly, as this sends the message to your brain to calm your nervous system (particularly useful when dealing with busy roads and shops at this time of year!).
- Use this time to reflect on the past year and who has inspired or supported you - let them know what it's meant to you with a heartfelt comment or hand-written note.

Most of all, remember that everyone around you is also experiencing both positive and negative emotions during this festive season.

Sharing how you're feeling with someone gives them the gift of knowing their difficult feelings are normal too - and frees you both to get on with what's more important right now, whether that's calling an old friend to catch up or baking Christmas mince pies to enjoy with a neighbour.

**Annabel Barbosa**

Certified Health Coach, specialising in Mental Wellbeing

**CHRISTMAS MEMORIES**

by Stu

**FONDEST CHRISTMAS MEMORY:**

As a family, we had a Christmas picnic lunch with two other families - the Todds and the Pooles every year. We went up the Waimata Valley in Gisborne. We swam, played games and ate. Mum would have been baking for days. It was wonderful. If it was fine we stayed the night in pup tents. The older children looked after us. Mum and dad stayed very late and were back early in the morning. We always had a Christmas tree which my sisters and I decorated.



**HOW IS CHRISTMAS DIFFERENT FOR YOU NOW COMPARED TO WHEN YOU WERE YOUNG?**

Nothing is organised now. In the past, they planned for weeks. Family circumstances have changed. People have died. My sons are living in different places. Not the same Christmas feelings now as when I was a child.

**YOUR FAVOURITE GIFT, GIVEN OR RECEIVED:**

We always got something - usually practical. They were not big expensive presents. Things we would use, from clothing to tools and some toys.



**CHRISTMAS MEMORIES**

by Judith

**FONDEST CHRISTMAS MEMORY:**

When I was 19 I went on an Italian ship to England. While we were on the ship we had Christmas. It was so different from my family Christmases. The Italians adored children and they provided gifts, games and different foods. They joined in with all the festivities. I knew I was having Christmas on the ship but I never expected such festivities. The Italians provided a new experience - different from my own family Christmases.



**HOW IS CHRISTMAS DIFFERENT FOR YOU NOW COMPARED TO WHEN YOU WERE YOUNG?**

I had three younger brothers and we always had Christmas at home as a family. My mother is now 100 and she lives in a home in Wellington near my youngest brother. My brother who lives in the USA does not usually come home for Christmas. When I was young Christmas was a special time and I looked forward to it with a child's eye. Now that the family has spread out it is not the same. I miss my husband very much and am grateful for my wonderful daughter. I think about my mother a lot, she taught me many things when I was young.

**YOUR FAVOURITE GIFT, GIVEN OR RECEIVED:**

When I was about 10 I received a walkie-talkie doll with blonde plaits. My Grandma was a sewer and she made lots of lovely clothes for the doll. I still have the doll in my wardrobe.



**A busy month of festivities for Te Awa are Residents**

The care residents at Te Awa Lifecare have had another busy month, full of creative activities in preparation for Christmas.

Over the past few weeks, they've crafted Christmas tags, tree decorations, and cards, made delicious Christmas mince pies and chocolate bark, created Christmas crackers, wreaths, and bliss balls—truly embracing the festive spirit in every way possible.

In addition to the fun crafts, the care team took time to sit with residents who wanted to share their Christmas memories. This heartwarming experience provided valuable insights into how Christmas was celebrated in years gone by compared to now. It was a wonderful opportunity for both the Te Awa team and residents to reflect on the changes and fond memories of past Christmases.

The canine friends also visited the care wing, bringing joy and cuddles to both animals and humans alike.

Boccia has also gained a few new members, with the 'lads' especially enjoying a lively game in the care

lounge recently. It's fantastic to see this activity growing in popularity among residents!

Earlier this month, the Cambridge Brass Band graced the main care courtyard to "practice" for their showcase at the Cambridge Town Hall as part of the Christmas Festival—a real treat for everyone.

Everyone is enjoying Shani's exercises, especially as they balance out the delicious Christmas treats!

There are still plenty of activities lined up for the rest of December, including arts and crafts, Happy Hour, and the highlight of the month—the New Year's Eve party. It's shaping up to be a festive and memorable finish to the year!

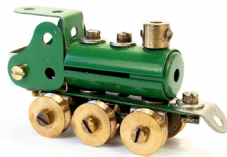


**CHRISTMAS MEMORIES**

by Richard

**FONDEST CHRISTMAS MEMORY:**

Carol singing on the back of Andersen's truck, going around the streets with torches singing to the neighbourhood. Age about 6-13 children in the district of Hastings. Bible class was important to me.



**HOW IS CHRISTMAS DIFFERENT FOR YOU NOW COMPARED TO WHEN YOU WERE YOUNG?**

I have happy family memories. My sister playing the piano for the family and carol singing. We always had an outing on Christmas Day. I miss having the family around during the festive season now.

**YOUR FAVOURITE GIFT, GIVEN OR RECEIVED:**

A box of Meccano. I made clockwork engines and spent hours making a crane that was able to pick up the pea vines at the Watties factory. The Meccano was the best present ever!

