



TE AWA
Lifecare Village

TE AWA February 2025 PARTYLINE



A word from Nikki

February has flown by, and there's been plenty happening around the village!

First, a warm welcome to Tanya, our new Diversional Therapist. Tanya brings great energy and fresh ideas, already leading exercise classes and engaging residents in a variety of fun and stimulating activities—be sure to say hello when you see her!

You may have noticed earthworks on the eastern side of the village. This is for the new water mains for RD4 and RD5, future service cottages, and stormwater for our large lower wetlands area. The new wetlands area will be planted with native species in autumn, enhancing our natural surroundings.

Next month, we'll also be installing a new culvert along the walking/cycle path for future infrastructure on the lower levels.

Meanwhile, Stage 2 is nearly complete, and we're excited to start signing up new residents into Stage 3. It's fantastic to see our village community continue to grow!

It has been an exceptionally warm and dry month, and March looks set to follow suit, so stay cool, stay hydrated, and enjoy all that's happening in the village!

On a personal note, I've just returned from a wonderful two-week holiday and, like many of you, I'm already dreaming about the next one!

Warm regards — Nikki

Unexpected Gardening: Nature vs. the Gutters at Te Awa

If you've noticed the scaffolding at the front of reception, don't worry—it's not a grand renovation, just a little maintenance work.

It seems our feathered friends have been busy, dropping seeds into the gutters, which have now sprouted into an unplanned rooftop garden! While it may look like a quirky landscaping experiment, we know that when the rains come (and they will), things could get a little too wild up there.

So, up go the scaffolds, out go the plants, and order will be restored—until the birds try again, of course! Just another day in the life of a retirement village, where even the gutters have a mind of their own.



A Splash of Serenity at Te Awa



Goldfish have made a splash at Te Awa Lifecare! New tanks have been added to both the reception area and the Care Centre, bringing a sense of calm and curiosity to residents and visitors alike.

Watching the gentle movements of the fish has a soothing effect, reducing stress and promoting relaxation.

For residents, particularly those in the Care Centre, the presence of the fish provides both visual stimulation and a quiet sense of companionship. Studies have shown that aquariums can help lower blood pressure, improve mood, and even

encourage engagement. The simple act of observing the fish swim can spark conversation and bring back fond memories of childhood ponds or family pets.

Best of all, these tanks are sealed—so there's no chance of overfeeding! No chubby goldfish here, just happy, healthy swimmers adding a peaceful and colourful touch to Te Awa's relaxing atmosphere.



Check our activities calendar online

March is full of activities - from performances through to book reviews"



Care Centre



Village

Adding life to your years

DID YOU KNOW we're already midway through the United Nation's Decade of Healthy Aging?

This worldwide initiative not only aims to improve the lives of older people but also challenges how we all think about age and aging.

As part of our commitment to healthy aging at Te Awa, we're offering residents the chance to take part in small group sessions to explore their choice of health and wellbeing topics.

Unlike a seminar, these sessions, run by health and mental wellbeing coach **Annabel Barbosa**, will involve residents sharing insights, connecting with others and making plans for the future.



Cut along the scissored line and return to reception by Monday 17 March, 2025.

Your name:

Yes! I'm interested in taking part in a health and wellbeing group, run weekly over the course of a month (dates to be confirmed)

My choice, in order of preference (1 to 4, most preferred to least preferred):

..... **Healthy Aging** - science-backed tools for improving physical and mental health

..... **Coping with Loss** - a resilience psychology approach to grief

..... **End-of-life Wishes** - creating a plan to sit alongside medical and legal end-of-life documents

..... **Living with Purpose** - finding new ways to bring meaning to your life

Or add your own topics here:

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INTRODUCING

Tanya Marsh

Te Awa's New Diversional Therapist



Tanya Marsh has quickly become a familiar and much-loved face at Te Awa, bringing warmth, energy, and a deep appreciation for the residents she works with. As our new Diversional Therapist, she thrives on building relationships and hearing the incredible life stories of those around her. She finds it humbling to learn about residents' pasts—their achievements, experiences, and the challenges they've overcome.

For Tanya, success isn't just about achievements—it's about growth, learning, and maintaining strong connections while having plenty of fun along the way. She carries with her a favourite whakataukī: "Kāore te kumara e kōrero mō tōna ake reka"—the kumara does not speak of its own sweetness. This reflects her humble approach to her work and life.

Working in aged care has transformed Tanya's perspective on aging. She's inspired daily by residents who continue to socialise, make new friends, and try new activities—even well into their 90s and beyond! She's also seen first-hand how stepping out of one's comfort zone can happen at any age, breaking the stereotype that people become set in their ways.

Through her role, Tanya has developed an even deeper respect for everyone working in aged care—from nurses and caregivers to receptionists, chefs, and maintenance staff. She knows that every role at Te Awa plays a part in making it a vibrant and supportive community. The dedication and teamwork she witnesses daily have deepened her appreciation for the people who make a difference in residents' lives.

With her warm personality and passion for enriching the lives of others, Tanya is a fantastic addition to the Te Awa team. Be sure to say hello next time you see her—she'll no doubt have a great story to share!



We are again proud to be **Major Sponsors of the Cambridge Autumn Festival**, with events being held at The Woolshed over the months of March and April.



Te Awa Lifecare Main Street Carnival & Art Market



Join us for a vibrant day out at the Main Street Carnival & Autumn Art Market!

The town will come alive with music, dance, and entertainment, while Victoria Square and the footpaths overflow with original art, photography, jewellery, pottery, sculpture, woodwork, and more. Meet working artists, watch live demonstrations, and enjoy a fantastic shopping experience!

For the kids, there'll be entertainment, interactive activities, and fun photo opportunities with street performers. Plus, don't miss the Art Exhibition + Sale at Cambridge Town Hall and the Quilt & Photo Exhibition at St Andrew's Church Hall.

When: 10am – 2pm, Sunday 30 March

Where: Victoria Street & Victoria Square



La Voce o Rotorua

Prepare to be captivated by La Voce o Rotorua, a superb male trio bringing opera, musical theatre, and waiata to life.

Featuring Arana Ashby, Marangai Wainohu Savage, and Tamati Cassidy, these talented young performers from Rotorua will dazzle you with their powerful voices and charismatic stage presence.

When: 7pm, Friday 28 March

With support from: Forsyth Barr



Friday Night Blues with Hammond Gamble



Join us for an intimate evening with Hammond Gamble, a legendary voice in New Zealand's blues scene. With a career spanning over five decades, Hammond's soulful vocals and masterful guitar playing have captivated audiences nationwide.

Experience a world-class musician up close, performing his signature blues-infused sound.

When: 7pm, Friday 4 April



Houstoun Plays Schubert and Gershwin



Join us for an unforgettable evening with much-loved Kiwi concert pianist Michael Houstoun, as he performs some of the most beautiful melodies ever composed. His recital will feature Schubert's Impromptus and a sonata, alongside Gershwin's famous songs in stunning virtuoso arrangements.

When: 7pm, Thursday 3 April

Photo credit: Pete Monk Photography, www.petemonk.com



Country to Cambridge



Get ready for an unforgettable afternoon of country music with three outstanding homegrown acts!

James Ray – A multi-award-winning international artist loved for his heartfelt performances.

The DCP – A powerhouse band known for their electrifying stage presence and incredible musicianship.

Rowdy's Rose – A Waikato modern country duo, fresh from the USA with two international awards.

When: 3pm, Saturday 5 April

With support from: Legacy Funerals

Venue: The listed events on this page (except for the Main Street Carnival & Art Market) are held at The Woolshed.



Tickets \$25 per person
Available from Paper Plus Cambridge or online at www.humanitix.co.nz

From our Care Centre



February at the Care Centre

February has been a month full of fun, connection, and a little bit of friendly competition! Residents got into the Valentine's Day spirit by making beautiful cards and decorating heart-shaped cookies – a sweet way to celebrate the month of love.

The ever-popular Jeopardy sessions continue to be a highlight, with plenty of lively debate and good-natured rivalry. We also welcomed back Jill on piano and Alan Sayers on guitar, who entertained with their wonderful music, bringing joy to all who attended. The Movers and Shakers group is also growing, proving to be a fantastic way to keep active and social.

Each month, our Men's Chat and Ladies' Chat groups offer a welcoming space to discuss current and meaningful

topics—everyone is encouraged to join in! Meanwhile, our four-legged friends stole the show, with residents enjoying the pony grooming sessions.

Despite the hot and dry weather leaving the grounds looking a little parched, the ponies and sheep remain well-fed and content. If you're feeling energetic this weekend, why not head to the Woolshed for a screening of the Dolly Parton movie? And coming up on Monday, 3rd March, we'll be celebrating International Women's Day with a special afternoon tea.

Finally, a mention for Boccia, which has been gaining quite the following—another great way to stay active and have fun!

Here's to another wonderful month ahead!

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