



FOCUS

60s
UP



2021 - ISSUE 2

Official magazine of the 60'sUp Movement NZ Inc.

www.60supmovement.org.nz

MEETINGS - VENUES & TIMES

KAMO *est. November 1998*

Venue: Kamo Club Inc., Meldrum St, Kamo.
Date: 2nd Tuesday of month 1.00pm
Phone: 027 710 2500
Email: margfind@gmail.com

WHANGAREI *est. July 1990*

Venue: Northland Club, 8 Porowini Ave, Whangarei
Date: 2nd Thursday of month 10.00am
Phone: 09 972 7562
Email: allanmcfarlane101@gmail.com

BREAM BAY *est. May 1996*

Venue: Ruakaka Recreation Hall, Ruakaka. (Off Peter Snell Drive)
Date: 4th Friday of month, 10.00am
Phone: 09 433 0434
Email: joymurray@xtra.co.nz

DARGAVILLE *est. December 1998*

Venue: Dargaville Rugby Club, Murdoch Street, Dargaville.
Date: 1st Tuesday of month 1.15pm
Phone: 09 439 4560
Email: marg_pinny@xtra.co.nz.

BIRKENHEAD *est. August 1991*

Venue: Cedar Anglican Church, 56a Tramway Rd, Beachhaven
Date: 2nd Tuesday of month, 10.00am
Phone: 09 483 8497
Email: ednabulkeley@hotmail.com

BROWNS BAY *est. February 1988*

Venue: Progress Hall, Anzac Road,
Date: 4th Monday of the month 10.00am
Phone: 09 413 9960
Email: ceciliaparkinson@xtra.co.nz

DEVONPORT *est. September 1989*

Venue: Holy Trinity Hall, Church Street, Devonport
Date: 2nd Tuesday of month 10.00am
Phone: 09 445 7304
Email: lynchg@xtra.co.nz

GLENFIELD *est. 2nd April, 1990*

Venue: Glenfield Leisure Centre, Glenfield.
Date: 1st Monday of month 1.30pm (2nd Monday if 1st is holiday).
Phone: 022 038 9842
Email: john.poppytime@gmail.com

HIBISCUS COAST *est. June 1986*

Venue: Hibiscus Coast RSA
43a Vipond Rd, Stanmore Bay, Whangarapaoa
Date: 3rd Wednesday of month 10.00am
Phone: 09 427 6141
Email: peter.helen2018@gmail.com

NORTHCOTE *est. May 1990*

Venue: Northcote Citizens Hall, Ernie Mays Street, Northcote
Date: 1st Friday of month 10.00am
Phone: 022 367 5814
Email: annwilliamson@msn.com

PUKEKOHE *est. September 1996*

Venue: Pukekohe Town Hall, Massey Ave, Pukekohe.
Date: 2nd Wednesday of month 10.30am
Phone: 09 238 3141
Email: laviniamitchell1610@gmail.com

SOUTH AUCKLAND *est. May 1989*

Venue: St Andrews Presbyterian Church, 150 Great South Road, Manurewa
Date: 1st Wednesday of month 10.00am.
Phone: 09 972 4492
Email: wlevin@xtra.co.nz

TAKAPUNA *est. June 1983*

Venue: St Joseph's Catholic Church Hall, 10 Dominion Street, Takapuna.
Date: 3rd Thursday of month 10.30am - 12.30pm.
Phone: 09 413 6562
Email: utting2@xtra.co.nz

WEST AUCKLAND *est. July 1982*

Venue: New Lynn Friendship Club Inc, 3063 Great North Rd, New Lynn.
Date: 4th Saturday of the month at 10.30am
Phone: 09 827 4322
Email: gill.a@xtra.co.nz

THAMES *est. March 2021*

Venue: Thames Bowling Club, 512 McKay Street, Thames
Date: 3rd Tuesday of month 10.00am
Phone: 022 139 9414
Email: p60sup@gmail.com

MATAMATA *est. April 2010*

Venue: Anglican Church Lounge, Hohaia Street, Matamata
Date: 2nd Monday of month 1.30pm
Phone: 07 888 8724
Email: maccsi@xtra.co.nz

CAMBRIDGE

Venue: Christian Centre, Raleigh Street, Leamington.
Date: 1st Tuesday of month 12.15pm
Phone: 027 211 1094
Email: gandshenshaw@gmail.com

continues on inside back cover

NATIONAL EXECUTIVE 2020/21

Patron: Bev Burford

National President: Badges

Alison Waugh 1/56 Clark Road Kamo, Whangarei 0112
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Email alijwaugh@gmail.com

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Email helenprobert51@gmail.com

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Email nannmoody@gmail.com

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Email utting2@xtra.co.nz.

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Conference Convenor 2021 AGM:

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Email julietown@xtra.co.nz

Conference Convenor 2021 AGM:

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Pukekohe Branch Phone 09 238 3141
Email laviniamitchell1610@gmail.com

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Email jhobbs1935@gmail.com

West Auckland, South Auckland, Pukekohe Liaison

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Pukekohe Branch Phone 09 236 8673
Email annrayc@gmail.com

Bream Bay, Kamo, Dargaville, Whangarei. Liaison

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Bream Bay Branch Phone 09 435 9317, 021 175 3006
Email johntaylor1942@outlook.com

Webmaster - Ian Kenney

Email info@60supmovement.org.nz

Focus - Jacqui Prior

Email priorjacqui@gmail.com

PRESIDENTS REPORT

I am sitting at my computer looking at a new view for me. I shifted into The Falls Estate a week ago and still have a few boxes to unpack and find homes for the contents. I have found I know a lot of people in the village and have already met a lot of very friendly residents. I can see why so many people who shift into retirement villages drop out of attending 60'sUp, there are so many activities to take part in that I am sure you would need more hours in the day even if you only attended a few of them.

However I still intend to attend our Kamo branch activities as I have some very good life long friends in our branch. I look forward to catching up with members of other branches at the AGM/Conference in June. I hope that some of the branches have put forward a nomination from their branch to serve on the executive committee.

Finally I hope all members have their names down to receive The Covid-19 vaccination. Our village have the vaccinators coming to give the injection on site so this is very convenient .

Kindest Regards to all

Alison

EDITORIAL

Hi there all - Hope you are all keeping well. It appears that the Covid-19 virus is pretty much under control now with bubbles 'bursting' at various destinations and vaccinations in full swing. Our son and his family living in Perth have booked a flight to spend Christmas with us at the end of this year - we're getting really excited making plans of outings and can't wait to see them all again. Fingers crossed it all goes to plan.

In this issue we have had articles contributed by Silverstream, Pukekohe, Birkenhead and Glenfield branches and there are also a couple of articles, one on Nutrition and another on the Benefits of Owning a Pet. I'm hoping you will find something within that appeals. Please keep those articles and photographs coming in, my preferred format is basic text for articles (my computer program attends to its own formatting) and the original jpg files for photographs please. *Front cover picture is of a skier enjoying Mount Hutt.*

Stay healthy, dry and warm and don't let the cooler weather put you off of joining in your branches activities.

Cheers from Jacqui

SMILE

by Spike Milligan



***Smiling is infectious
You catch it like the flu.***

***When someone smiled at me today
I started smiling too.***

***I passed around the corner
and someone saw my grin.***

***When he smiled I realized
I'd passed it on to him.***

***I thought about that smile
then realized it's worth***

***A single smile just like mine
could travel around the Earth.***

***So if you feel a smile begin,
don't leave it undetected.***

***Let's start an epidemic quick
and get the world infected!***



The Montana State Department of Fish and Wildlife is advising golfers to take extra precautions, and be on the alert for bears while playing on Gallatin, Helena, and Lewis and Clark National Forest's golf courses.

They advise golfers to wear noise-producing devices such as little bells on their clothing to alert, but not to startle the bears unexpectedly.

They also advise golfers to carry pepper spray in the case of an encounter with a bear.

They say that it's also a good idea to watch for signs of bear activity on the courses. They recommend that golfers be educated so that they can recognize the difference between Black bear and Grizzly bear droppings.

Black bear droppings are smaller and contain remains of nuts, berries and possibly squirrel, rabbit or gopher fur.

Grizzly bear droppings have small bells, golf-gloves, sunglasses and other similar golf items in them and they usually smell like pepper spray.

SILVERSTREAM

Back in February, Silverstream 60s Up members enjoyed being back together for another year of enjoying each other's company. We were treated to muffins, scones and savouries by the committee and heard stories from members, interspersed with Jennie's clever jokes.

A number had taken up the offer from local firemen to have a Fire Safety Visit where their homes were checked for hazards and smoke alarms installed, all free of charge. Five or six alarms in each house seemed to be the norm! One member now has a fire blanket in her kitchen and a fire extinguisher in her laundry. 'So wonderful! Such a service!' One club member had been up to Ellerslie to see their horse race in the race for two-year-olds at the Karaka Million, and then on to check out the yearling sales in Karaka, South Auckland - 'an enormous set-up.' Another member had been to Auckland and toured the Coromandel with Operatunity, visiting Martha's Gold Mine, Cathedral Cove, Thames Museum and Pauanui, accompanied along the way by the singing of five tenors. One 60s Up member who is a Lion had attended Camp Quality, a five-day camp for children 5 years-early teens suffering cancer. Held in the beautiful grounds of Rathkeale College, Masterton, it provided 'such a lovely thing' for some 140 children, all of whom had a special companion or caregiver allocated. Five registered nurses were also on hand. The role of the Lions was to provide salads for a BBQ. And another member described the contents of a food box they had ordered for Christmas. An interesting experience, though one they may not repeat as much of the meal still had to be made from scratch. The last speaker told of the family's great joy that a longed-for grandchild is on the way!

Silverstream Branch - Rosemary Jamieson

A VOTE OF THANKS

I would like to thank our Webmaster Ian Kenny for the work he does in keeping our web pages up to date.

Whenever I send something to him it is done without any fuss and bother. If I cannot see what I have sent I always remember his words, 'refresh your browser hit F5' - Thank you Ian

Janet - Glenfield Branch

PUKEKOHE

In November, Pukekohe Branch of 60s Up, proudly donated, to the People of Pukekohe, a Defibrillator, which is located at the Pukekohe Town Hall.



The photograph shows the President Helen Michael (facing), Vice-President Julie Town (right) with other members of the committee and Andy Baker, the Franklin Council Representative also present.



BIRKENHEAD

On Tuesday 16th March 2021, the Birkenhead Branch of the 60's Up Movement had a fabulous trip out to the Brick Bay Sculptures.

On the way we stopped off at the Honey Café for morning tea. As there were forty of us we thought it might take a while to serve us all but the efficiency of the staff soon had us all served with piping hot tea/coffee and a delicious muffin.

At the sculpture park not all of our members were able to do the walk and so they were able to sit in the beautiful café there and have another coffee or cold drink while the rest of us did the sculpture tour.

The trail led us through beautiful walkways with modern sculptures along the way. For those interested, it took us approximately three quarters of an hour at a comfortable pace to complete the trail.

After our walk we went on to the Browns Bay Club for a delicious lunch which took a lot longer than we had anticipated but was nevertheless an enjoyable lunch.

It was so lovely to be able to get out again for a trip with our members plus we also managed to get home in time to watch the Americas Cup Racing.

Edna Bulkeley - Birkenhead Branch



MR. FENTON BANNED FROM HIS LOCAL STORE

After Mr. and Mrs. Fenton retired, Mrs. Fenton insisted her husband accompany her on her trips to Wal-Mart. Unfortunately, Mr. Fenton was like most men - he found shopping tedious and preferred to get in and get out as quickly as possible. Equally unfortunate, Mrs. Fenton was like most women - she loved to browse. One day Mrs. Fenton received the following letter from her local Wal-Mart.

Dear Mrs. Fenton,

Over the past six months, your husband has been causing quite a commotion in our store. We cannot tolerate this behaviour and may be forced to ban both of you from the store. Our complaints against Mr. Fenton are listed below and are documented by our video surveillance cameras.

June 15: Took 24 boxes of condoms and randomly put them in people's carts when they weren't looking.

July 2: Set all the alarm clocks in House-wares to go off at 5-minute intervals.

July 7: Made a trail of tomato juice on the floor leading to the women's restroom.

July 19: Walked up to an employee and told her in an official voice, 'Code 3 in House-wares. Get on it right away.'

August 4: Went to the Service Desk and tried to put a bag of M&M's on layby.

September 14: Moved a 'CAUTION - WET FLOOR' sign to a carpeted area.

September 15: Set up a tent in the camping department and told other shoppers he'd invite them in if they would bring pillows and blankets from the bedding department.

September 23: When a clerk asked if they could help him he began crying and screamed, 'Why can't you people just leave me alone?'

October 4: Looked right into the security camera and used it as a mirror while he picked his nose.

November 10: While handling guns in the hunting department, he asked the clerk where the antidepressants were.

December 3: Darted around the store suspiciously while loudly humming the 'Mission Impossible' theme.

December 6: In the auto department, he practiced his 'Madonna look' by using different sizes of funnels.

December 18: Hid in a clothing rack and when people browsed through, yelled 'PICK ME! PICK ME!'

December 21: When an announcement came over the loudspeaker, he assumed a fetal position and screamed 'OH NO! IT'S THOSE VOICES AGAIN!' - Last, but not least:

December 23: Went into a fitting room, shut the door, waited awhile, then yelled very loudly, 'Hey! There's no toilet paper in here!'

- Regards, Wal-Mart

PET THERAPY

We all know that animals benefit from being adopted and becoming part of a loving home. It is also accepted that when young children are exposed to pets they tend to become more responsible and caring, but what about elderly people? Is this a good time of life for people to share with an animal friend and what benefits might be afforded to both humans and animals through pet ownership in later years?

There have been many studies on the complex ways that animals affect human emotions and physiology. More recently studies have focused on older people and the effect that pet ownership has on their health and wellbeing and these studies have certainly shown that pets are an overwhelmingly positive addition to the lives of older people

First and foremost, pets provide companionship and affection, and this is one of the most obvious benefits for pet owners. But they also provide much more. They provide stimulation, a sense of purpose and protection for their owners, and provide nonjudgemental acceptance which ultimately helps older people to live longer, healthier and more enjoyable lives

The physical health benefits of pet ownership are numerous. For example, the presence of a pet can lead to a reduction in stress, a decrease in blood pressure and the lowering of anxiety levels – pets generate good feelings and lift mood.

Similarly, the benefits for dog owners include improved health through increased activity. Walking and playing with pets are good ways for their owner to get more exercise which is beneficial for their overall health.

Pets have also been shown to aid recovery from illness and hospitalisation – pet owners are often determined to get home to see



their pets, resulting in a stronger drive to rehabilitate after an illness or injury.

But what else can pets offer people in older age? Studies have shown that elderly people who own pets tend to take better care of themselves. Having a pet adds routine to the day because an animal requires regular feeding and watering, grooming and playing with, and, in the case of dogs, regular exercise. This can be just the boost that an older person needs to get them out of bed and ready for the day and a reason for staying up and participating in daily activities.

In most cases, older people tend to make very responsible pet owners and also have a lot more time to give to an animal which is mutually beneficial for both pet and their owner. Pets also work as a buffer against social isolation, one of the biggest problems facing our ageing society. Often older people have difficulty leaving the home or have limited social support in the form of family and friends. They are isolated and having a pet can act as a support system to that older person. Pets lend a listening ear, and offer unconditional love and affection to lonely people. Pets can fill an empty space in the lives of people and many of them spend a great deal of time interacting and talking to their pets, which can be therapeutic and of significant benefit to general wellbeing. For people who can go days without talking to or seeing another person, the presence of an animal is hugely uplifting.

Pets aren't right for everyone though and for some people pet ownership can be stressful, expensive and even dangerous. Owning a pet such as a dog tends to be more suitable for those in active retirement, because dogs require a lot of exercise and socialisation. Animals can also be hazardous to those who may have mobility and eyesight problems and unfortunately are often the cause of hospital admissions because their elderly owner has tripped over them.



Changes in health or circumstance sometimes means that an elderly owner may struggle to provide adequate care for their pet, or may need to give up their pet, which can be enormously distressing for both humans and their furry friend.

Careful consideration should be given to the situation of the owner, the costs involved and the age and temperament of the animal, before a decision is made about adopting a pet. Young dogs and cats which are energetic and need to run and play may not be the best choice for an older person, and instead a mature pet that is well trained might make a more suitable companion. Cats and dogs tend to be an obvious choice of pet for an older person but it might be that an indoor bird, or even fish might be a better option.

Pets and the elderly have a lot to give each other. Although pets cannot replace human relationships for an older person, they can certainly fill their life with years of constant love, companionship, affection and acceptance...so it is certainly worth considering whether a pet might give a new lease on life!

- From Age Concern.



**A correction to the last issue of Focus:
The article from Matamata Branch, Driving Creek Railway
was written by Irene Wilson and not Irene Collins.
Sincere apologies for any inconvenience caused.**

GLENFIELD BRANCH

Like all our branches, Covid has affected our branch with regards to meetings and trips and, of course, fundraising. Despite this we have managed to fit in some excellent trips and we have had some great entertainment with our end of year Christmas Party function get-together a great success.

I joined the branch in February and went on the first trip of the year. It was a long day and very memorable. Our lunch was at the Olde Creamery in Ohaupo. Our lunch and drinks served on beautiful old bone china and set in lovely grounds.

After lunch we travelled to The Tree Church Gardens. How beautiful these gardens are and what a labour of love for its owner. The church itself is amazing. The owner telling how his dream started and how long it took to complete and of course the upkeep. The beautiful white birches are hand stripped and washed so they remain white. Takes hours, as you can imagine.

What an amazing character one of his employees was, being weather beaten, sporting a very long beard and a well-worn leather hat that had obviously seen many summers. He has been helping at the gardens for years and is so knowledgeable. Talked about a lot of the plants that are virtually extinct and thriving well in the gardens.

Nice to hear on Seven Sharp the other evening that these gardens are going to remain in New Zealand hands, after recently being sold.

In July our branch Secretary, Mary Cosson died suddenly on 31st of July 2020. Very sad, only celebrating her 70th birthday a few days before. Mary had been on the committee since 2014 and Secretary since 2016. Mary did a wonderful job and has been sadly missed. Her memorial service was held at the Salvation Army Chapel in Glenfield, with many of our members bidding her a fond farewell.

In November, we asked Club members to donate non-perishable food items for the local Salvation Army Centre. With the advent of Covid, many families are struggling even more to put food on the table.

Our members were extremely generous, the donations filling two large supermarket trolleys. These subsequent donations filled two of our members' car boots, before being delivered to the centre.

Our final outing and Christmas Dinner trip saw us heading to Snow Planet for morning tea. Muffins and Scones to die for. Snow Planet had started to set up a Christmas scene with real pine trees and

a log cabin with real snow from the snow machine. It gave the members an opportunity to talk amongst each other and watch the events in the snow.

Our Christmas lunch was at the North Harbour Sports and Country Club. The owners had gone to a lot of trouble in making the dining room look very festive with decorated tables, printed Christmas Menu and decorations around the dining room. The meal was pretty good too and included Christmas Punch.

Early December saw us having our final meeting for the year. Members being asked previously, to donate items that could be used to make up gift baskets and parcels for the raffle or door prizes. This year we had enough door prizes for everyone.

Members were also very generous donating new toys to give to needy families associated with Shine and Grandparents raising Grandchildren.

We look forward to another successful year, hopefully with less Covid lockdowns.

Keep safe and well everyone.

Carole Appleton, Secretary - Glenfield Branch



*The Tree
Church
Garden in
Ōhaupō*



*Toys
donated by
members
for Shine
etc.*

*Glenfield
60'sUp
Committee
2020*



*Lunch at
the Olde
Creamery
in Ōhaupō*

SPECIAL NUTRIENT NEEDS OF OLDER ADULTS

Eating right and staying active are important no matter what your age. As we get older our bodies have different needs, so certain nutrients become especially important for good health.

Calcium and Vitamin D

Adults older than 70 need more calcium and vitamin D to help maintain bone health than they did in their younger years. To meet these needs, select calcium-rich foods and beverages and aim for three servings of low-fat or fat-free dairy products each day. Other sources of calcium include fortified cereals and fruit juices, dark green leafy vegetables, canned fish with soft bones, and fortified plant-based beverages.

Sources of vitamin D include fatty fish, such as salmon, eggs and fortified foods and beverages. If you take a calcium supplement or multivitamin, choose one that contains vitamin D.

Vitamin B12

Some adults older than 50 may not be able to absorb enough vitamin B12. Fortified cereal, lean meat and fish and seafood are sources of vitamin B12. Ask your doctor or a registered dietitian nutritionist if you need a vitamin B12 supplement.

Dietary Fibre

Eat fibre-rich foods to stay regular. Dietary fibre also may help lower your risk for heart disease and reduce your risk for Type 2 diabetes. Eat whole-grain breads and cereals, and more beans peas and lentils— along with whole fruits and vegetables which also provide dietary fibre.

Potassium

Consuming adequate potassium, along with limiting sodium (salt) intake, may lower your risk of high blood pressure. Fruits,



vegetables, beans and low-fat or fat-free dairy products are all sources of potassium. Also, select and prepare foods with little or no added salt. Add flavor to food with herbs and spices.

Know Your Fats

Most of the fats you eat should be polyunsaturated and monounsaturated fats, which are primarily found in nuts, seeds, avocados, vegetable oils and fish. Choose foods that are low in saturated fat to help reduce your risk of heart disease

*Reviewed by Sarah Klemm, RDN, CD, LDN
Published May 21, 2020, Reviewed April 2021*

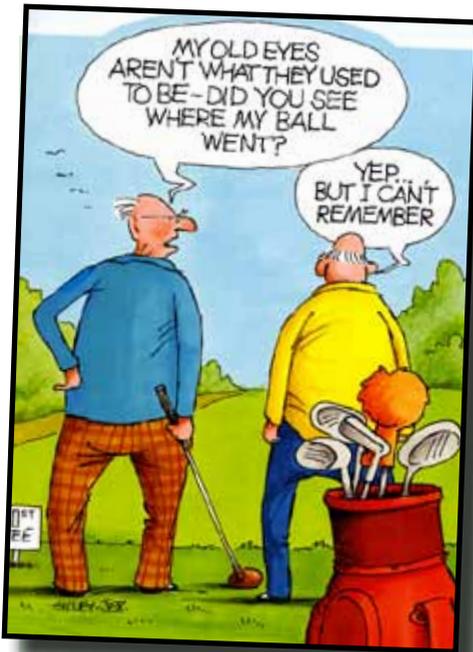


Bruce Powell has now been with 60'sUp for 28 years. His birthday is 26th May when he will be 103. He is a former Glenfield Branch President and was made a branch Life Member in 2014 which he repays us by chairing the AGM every year.

Not only the eldest member of 60'sUp but Bruce and Bill Sievwright were the instigators of the 60's Up Movement 40 years ago this June. This year's AGM will be our Ruby celebration.

This photograph shows Vice President Helen awarding Bruce a Certificate of Appreciation from the NZ Executive Committee.

Happy Birthday Bruce!



The problem with kleptomaniacs is that they always take things literally.

Am I getting older or is the supermarket suddenly starting to play really great music?



TE AWAMUTU *est. September 2008*

Venue: Waipa Workingmens Club 139 Albert Park Drive, Te Awamutu

Date: 3rd Friday of month at 10.30am

Phone: 07 871 4097

Email: pamandlloyd@xtra.co.nz

TAURANGA *est. November 2020*

Venue: Tauranga Citizen's Club, cnr Cameron Road and 13th Avenue

Date: 1st Wednesday of month at 10.00am

Phone: 027 668 3386

Email: rosiebirt@outlook.com

TAUPO

Venue: 2nd Monday Bridge Club Rooms 10.00am. 4th Monday away tour to be advised.

Dates: 2nd and 4th Mondays of the month.

Phone: 07 376 9443

Email: bettyros36@gmail.com

HASTINGS *est. 26th June 1990*

Venue: St Marks Church Hall, Queen St East, Hastings.

Date: 2nd Tuesday 10.00am -12 noon.

Phone: 06 878 3492

Email: raewyn.stephens@xtra.co.nz

WANGANUI *est. 7th February 1990*

Venue: Eulogy Lounge, Wanganui Racecourse

Date: 1st Monday of month (except holidays then 2nd Monday) 2.00pm

Phone: 06 344 4417

Email: mumsocks@xtra.co.nz

PETRE *est. October 1999*

Venue: St Andrew's Hall, Glasgow Street, Whanganui

Date: 3rd Wednesday of month 2.00pm

Phone: 06 348 2409

Email: jennymw@xtra.co.nz

FEILDING *est. October 1992*

Venue: Johnston Park Bowling Club, Drake Street, Feilding

Date: 3rd Monday of month, 1.30pm

Phone: 06 323 4170

Email: ireland.clan@inspire.net.nz

LEVIN *est. April 1999*

Venue: Hudson Room, Cosmopolitition Club, Levin.

Date: 4th Monday of month 10.00am

Phone:

Email: BARBARAMWM@gmail.com

from inside front cover

BROWN OWL *est. August 1992*

Venue: Iona Centre, Ebdentown Street, Upper Hutt 5018

Dates: 1st & 3rd Friday of month, 9.30 for 10.00am

Phone: 04 977 9055

Email: pamelawk35@gmail.com

MAIDSTONE *est. June 1997*

Venue: Hapai Club, Fergusson Drive, Upper Hutt.

Dates: 2nd & 4th Friday of month 1.15 - 3.15pm

Phone: 021 256 6840

Email: nigelannest2@gmail.com

MOONSHINE *est. October 1998*

Venue: Masonic Lodge Hall, Islington St, Upper Hutt.

Dates: 2nd & 4th Wednesdays of month 1.30pm

Phone: 04 971 3213

Email: janet.islington@gmail.com

SILVERSTREAM *est. April 1990*

Venue: Silverstream Bowling Club, 37 Dunns Road, Silverstream, Upper Hutt

Dates: 1st & 3rd Fridays of month 9.30 for 10.00am

Phone: 04 527 0410

Email: magistra@xtra.co.nz

UPPER HUTT

Venue: Cossie Club, Logan Street, Upper Hutt.

Dates: 10.00am, 2 & 4 Fridays speaker/entertainment, 1, 2 & 5 Fridays games

Phone: 04 528 3337

Email: nzalmand@gmail.com

WAINUIOMATA *est. Spetember 1987*

Venue: Wainui Bush Fire Force Hall, The Strand, Wainuiomata.

Dates: 1st & 3rd Wednesday of month 10.00am

Phone: 04 564 5109

Email: jbward@xtra.co.nz

INVERCARGILL *est. May 1991*

Venue: Invercargill Workingmens Club, 1st Floor, Esk Street. (East Car Park entrance)

Date: 2nd Monday of month, 10.00am

Phone: 03 214 4802

Email: olive.rose@xtra.co.nz

The Movement established in 1982, is an organisation for anyone who is interested in the enjoyment of life for the older person. Our aim is to help them remain active, lively, contributing members of their local community. We are independent of any political party, religion, trade union, or any other organisation

Next issue of Focus due in September

NOTICES

Please check to see if we have your branch established date, if not please send to Maureen Moody, National Secretary as soon as possible.

She would like to create a birthday book so we don't lose track of the age of each branch

***Please send your contributions for the next issue of 'Focus', and any comments about this issue, to:
Jacqui Prior email: priorjacqui@gmail.com
with '60sUp' in the subject line.***

Text saved preferably as plain text, with no formatting and photographs saved at original size, preferably as jpgs, please.

Don't Forget, you can always read the 'Focus' and view its photographs, in colour, on our Web Page
[https:// www.60supmovement.org.nz](https://www.60supmovement.org.nz)
and click where indicated in the 'Focus' blue box.

***The 39th Conference & A.G.M 2021
& 40th Birthday Celebration
will be held on the 14th & 15th June 2021
at the ARMITAGE HOTEL. TAURANGA***

For further details go to our Web Page as above and click where indicated in the 'Conference' red box.