

# FOCUS



**2018 - ISSUE 3**



Official magazine of the 60'sUp Movement NZ Inc.  
[www.60supmovement.org.nz](http://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: 09 946 4309  
Email: alijwaugh@gmail.com

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**WHANGAREI** *est. July 1982*

Venue: Badminton Hall, Porowhini Ave, Whangarei  
Date: 2nd Thursday of month 10.00am  
Phone: 09 438 3889  
Email: caniwi123@yahoo.com

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**BREAM BAY** *est. May 1996*

Venue: Ruakaka Recreation Hall, Ruakaka. (Off Peter Snell Drive)  
Date: 4th Friday of month, 10.00am  
Phone: 09 432 8134  
Email: joymurray@xtra.co.nz

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**DARGAVILLE** *est. December 1998*

Venue: Dargaville Rugby Club, Murdoch Street, Dargaville.  
Date: 1st Tuesday of month 1.00pm  
Phone: 09 439 4560  
Email: marg\_pinny@xtra.co.nz.

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**BIRKENHEAD** *est. April 1990*

Venue: Cedar Anglican Church, 56a Tramway Rd, Beachhaven  
Date: 2nd Tuesday of month, 10.00am  
Phone: 09 483 6273  
Email: kathwright1946@gmail.com

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**BROWNS BAY** *est. February 1988*

Venue: Progress Hall, Anzac Road,  
Date: 10.00am, 4th Monday of the month  
Phone: 09 444 0236  
Email: joyhayson@xtra.co.nz

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**DEVONPORT** *est. September 1989*

Venue: Trinity Hall, Church Street, Devonport  
Date: 2nd Tuesday of month 10.00am  
Phone: 022 317 9422  
Email: noelle5@hotmail.co.nz

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**GLENFIELD** *est. 2nd April, 1990*

Venue: Glenfield Leisure Centre, Glenfield.  
Date: 1st Monday of month 1.30pm (2nd Monday if 1st is holiday).  
Phone: 09 444 8983  
Email: nanlyn10@xtra.co.nz

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**HIBISCUS COAST** *est. June 1986*

Venue: Hibiscus Coast RSA  
43a Vipond Rd, Stanmore Bay, Whangarapaoa  
Date: 3rd Wednesday of month 10.00am  
Phone: 09 421 1011  
Email: secquill@xtra.co.nz

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**NORTHCOTE**

Venue: Northcote Citizens Hall, Ernie Mays Street, Northcote  
Date: 1st Friday of month 10.00am  
Phone: 09 480 0043  
Email: colemaneandj@yahoo.com

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**PAKURANGA** *est. November 1983*

Venue: Te Tuhi 13, Reeves Road, Pakuranga  
Date: 2nd Tuesday of month 10.00am  
Phone: 09 576 7661  
Email: maureenandjohn1@gmail.com

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**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

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**SOUTH AUCKLAND** *est. May 1989*

Venue: St Andrews Presbyterian Church, 150 Great South Road, Manurewa  
Date: 1st Wednesday of month 10.00am.  
Phone: 09 299 7224  
Email: wlevin@xtra.co.nz

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**TAKAPUNA** *est. June 1983*

Venue: St Joseph's Catholic Church Hall, 10 Dominion Street, Takapuna.  
Date: 3rd Thursday of month 10.30am - 12.30pm monthly meeting.  
Phone: 09 413 6562, 027 486 1023  
Email: utting2@xtra.co.nz

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**TORBAY**

Venue: Torbay Community Hall, Beach Road, Torbay.  
Date: 2nd Tuesday of month 1.00pm  
Phone: 09 479 8159  
Email: josette.westcott@ihug.co.nz

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**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 7262  
Email: gill.a@xtra.co.nz

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**MATAMATA** *est. April 2010*

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

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# NATIONAL EXECUTIVE 2017/18

**Patron:** Bev Burford

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**National President: Invercargill Liaison**

Neil Todd 50 Marsden Point Rd, Ruakaka, Northland 0116  
Bream Bay Branch Phone 09 433 0454  
Email corkee@xtra.co.nz

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**National Vice President: Papamoa, Taupo, Waikato Liaison**

Peter Powley 45 Oriental Parade, Papamoa Beach, 3118  
Papamoa Branch Phone 07 572 3095  
Email peter@powley.co.nz

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**National Secretary: Hastings, Central Liaison**

Maureen Moody 117/45 Reed St, Whangarei 0112  
Bream Bay Branch Phone 09 435 9317, 027 288 5203  
Email nannmoody@gmail.com

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**National Treasurer: Brown's Bay, Torbay, Hibiscus Coast, Takapuna Liaison**

Elaine Utting 21 Durbin Court, Greenhithe, 0632  
Takapuna Branch Phone 09 413 6562  
Email utting2@xtra.co.nz.

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**Privacy Officer: South/West Auckland Liaison**

Maureen Wilson 20E Madill Street, Tuakau 2121  
Pukekohe Branch Phone 09 947 7590  
Email clmawilson@gmail.com

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**Badges, Northland Liaison**

Alison Waugh 1/56 Clark Road Kamo, Whangarei 0112  
Kamo Branch Phone 09 946 4309  
Email alijwaugh@gmail.com

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**Hutt Valley Liaison**

John Hobbs 73 Wise Street, Wainuiomata 5014  
Wainuiomata Branch Phone 04 971 8835  
Email john.hobbs5430@clear.net.nz

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**Birkenhead, Devonport, Glenfield, Northcote Liaison**

Ray Cordell 18 Liverpool Street, Tuakau, 2121  
Pukekohe Branch Phone 09 236 8673  
Email anrray@gmail.com

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**Northland Liaison**

John Taylor 2/157 Kamo Rd. Kensington. Whangarei 0112  
Bream Bay Branch Phone 021 175 3006  
Email johntaylor1942@outlook.com

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**Webmaster** - Ian Kenney

Email info@60supmovement.org.nz

**Focus** - Jacqui Prior

Email priorjacqui@gmail.com

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# PRESIDENTS REPORT

It's September and they tell me it's spring. I must admit when the sun does shine, it's lovely to feel the warmth so here's hoping the warmer weather is on its way.

I have had invitations to several branches celebrating birthdays and they have been most enjoyable visits. I am always impressed by the friendliness of members and the enjoyment they share with each other during meetings. I urge members to encourage others to join 60sUp branches in their areas and to welcome them to their meetings.

Thanks to Jacqui for again compiling our Focus Magazine and to those members who contributed articles and branch snippets. I hope you enjoy the reading within.

Thanks to the branches' Executive and Committee members, and to those other members who take an active part in helping provide pleasure and the enjoyment for all, at branch meetings.

I look forward to meeting more members in my future visits and encourage you all to support and care for each other.

*Cheers Neil*



## EDITORIAL

Hi there all

Isn't it great that the weather is finally warming up and Spring is definitely 'in the air'. It makes everyone feel so much more inclined to get out into the garden again, join in other activities and generally get ready for summer. According to 'those in the know', we are in for a scorcher this year.

Articles of interest in this issue include - Taking your grandkids on holiday with you, a tasty recipe, Tips for organizing the Apps on your iPad along with contributions from Petre, Invercargill, Dargaville, Bream Bay and Hastings Branches with many other items in between. There should be something of interest in here for everyone.

Please keep articles of outings and other events coming in as they are always of interest to other branches, it gives other branch organisers ideas for events of their own.

Enjoy the holiday season and stay safe and healthy

*Cheers Jacqui*

# PETRE BRANCH

At the Masterton Conference I was pleased to hear the different things that each group does, it was a chance to exchange ideas. Here are a few of our's from Petre, Wanganui.

Our members seem to enjoy anything that involves eating. We have held morning and afternoon teas at members' houses. Visited two retirement homes, Summerset, where we saw a movie and then had lunch together. At Jane Winstone, which is a Ryman Complex, we had a tour of the premises, and then a lovely morning tea, followed by a mystery car drive around streets that many of us had never ever heard of, ending up at a restaurant for lunch.

Breakfast at McDonalds was a lot of fun.

We make up groups to go to Operatunity and also to local repertory shows, with, usually, a lunch before-hand.

In January we hold a picnic instead of the usual meeting, this year was at Turakina Beach where we learned some of the history of the area.

Five Minute Talks always prove popular with many varied topics being covered.

Members are welcome to sell their own goods on a stall at our meetings providing they give the branch a donation.


We try to have an extra activity each month e.g. a games afternoon preceded by soup and buns, visits to local industries, and last Christmas we hired a bus to see the lit-up houses.

For the A.G.M. month we held a Miss World Fashion Parade who could forget Miss Poland with a chamber pot on her head, or Miss Canada covered in cans or Thailand's ties!

Our birthday had a 'black and white' theme. Everyone dressed appropriately and even the cake was iced in black and white.

For Mothers Day we organised a Devonshire Tea with all the best china, cloth napkins, napkin rings and teapots etc, A display of miniatures was there for all to see.

*Elaine Little - Petre Branch*



*I just got a photo from a speeding camera through the mail. I sent it right back – way too expensive and really bad quality.*

# INVERCARGILL BRANCH

After eight years, our President Peter Swain, has decided it's time for a change and has resigned from the position.

Peter has really enjoyed his time as president but will continue to be a member of our very friendly branch.

Whilst Peter was president, he organised many enjoyable bus trips, attended many funerals of members or their families, visited members in hospital, was great at getting grants and donations for our club that has really helped our club financially.

.When some of the North Island Branches visited south Peter enjoyed showing them around. Peter with Olive attended two conferences and would return to report back to our members what was happening elsewhere regarding the 60'sUp Movement.

Peter was proud to build our club up, his ambition was to get up to 150 members which we did this year.

Peter was not only the president, he was like a big brother to us members, devoted in all ways (we love him for that) and we will still see his happy face around with good health.

As always, behind every good man is a good woman.

*Olive Swain - Secretary, Invercargill Branch*



*Peter being presented with a voucher of thanks  
from the Committee and members  
from Vice President June King.*

# CONFERENCE NEWS FOR 2019.

To be held at Wairakei Resort Hotel on Monday 24th June 2019,

A new format this year, we're hoping to make travel times easier.

Registration and lunch from 11.30am Monday 24th June 2019.

AGM 1.30pm to 3.30pm.

Dinner and Entertainment 6.00pm.

Registration \$70.00 per member. (All on Monday 24th June 2019).

Mystery Bus Trip Tuesday 9.00am. \$50.00 per member. Includes morning tea and lunch.

Hotel accommodation \$130.00 for twin or double room. Breakfast can be ordered for \$22.00 per person.

To attend the lunch only \$15.00.

Booking info will be sent to branches.

Contact Maureen on 094359317 for more info.



## ACT IN HASTE .. ..

*Hi Fred - This is Alan next door. I have a confession to make. I have been riddled with guilt these past few months and have been trying to get up the courage to tell you face to face, but I am at least telling you in text, as I cannot live with myself a moment longer without you knowing.*

*The truth is I have been sharing your wife, day and night when you're not around. In fact, probably more than you. I haven't been getting it at home recently but I know that's no excuse. The temptation was just too great. I can no longer live with the guilt and hope that you will accept my sincerest apologies and forgive me. It won't happen again. Please suggest a fee for usage and I'll pay you.  
- Regards Alan*

So Fred, feeling so angered and betrayed he grabbed his gun - and shot his neighbour dead. He returned home, poured himself a stiff drink and sat down on the sofa. He took out his phone where he saw a second message from his neighbour Alan.

*Hi Fred - This is Alan next door again. Sorry about the typo on my last text to you. I expect that you figured it out anyway, and noticed that damned auto-correct had changed 'wi-fi' to 'wife'. That's today's technology for you, hey! - Regards Alan*

## HOW TO SURVIVE CHRISTMAS BY YOURSELF

Christmas has long been advertised as the time for families to get together. If you don't make an effort any other time of year, Christmas should be the time that you do, right? Well my question to you is this: how does that make ANY sense? Christmas is the very worst time of year to travel (overcrowded public transport, flight delays and cancellations, over-priced tickets, rain, wind, etc etc). Not only that, but if you do chose to travel, you have to stay in said place for days on end (unless you have a car) because transport stops functioning properly. Also, back in the days of Dickens, the servants most certainly didn't get a day off to be with their family, and the working class were in the majority back then. So where exactly does this romantic view of Christmas with the family come from?

One word: Oxo. Yes, the gravy/stock people. Their adverts forever tell us that the whole family should be around the same table on Christmas Day. Well oxo, I have to ask, WHY?! It had never really happened before unless you were upper class, so why do we put so much emphasis on it now? All it does is make a great proportion of the population feel under pressure to produce this amazing day, with very little chance of everything being 'perfect' because life isn't like that. And those of us faced with the prospect of spending Christmas by ourselves find ourselves googling 'how the heck do we survive? We're going so against the grain I won't make it past midday!'

Fear not. Here's some tips that I would have found useful over the past few weeks.

1. Do what makes you happy. If you wanna wear your jimjams all day, then fine. But work out whether this will actually serve to make you think about Bridget Jones and therefore end up depressed. If jimjams = genuine happiness, then go for it. If jimjams = depression, get up, get dressed, put make-up on.

2. Make a slap-up lunch. Even if there is just you. So it doesn't have to have ALL the trimmings, in fact, you might be in a country where stuffing doesn't exist (like me). I decided that I was going to have a bash at making stuffing from scratch, which was very fun. But as Spanish sausages aren't much cop, and neither is their bacon, I decided to scrap the idea of pigs in blankets because they would just be a disappointment. Weigh up before the day what would be great to treat yourself to, and what would just be not worth bothering with. Chances are you'll end up with some kind of traditional meat, some roast spuds (very simple to make when you get down to it) and some veg. If you're in foreign lands, make your family post you some



gravy, because no Christmas dinner isn't complete without it, and it makes any culinary disasters look edible!

3. Take pictures! It helps your family to know that you're still alive and having Christmas regardless. I say this from experience :)

4. Skype. Is a marvellous thing. It's amazing how many people you can end up talking to on Christmas day even when you're not with them. Webcam is also nice, unless you're the sort of person who'll end up sobbing over it.

5. It's all in the mindset. If you wake up and think that the day's gonna be rubbish, then it will be, and I will personally disown you for letting the Oxo adverts beat you into submission! DON'T GIVE THEM THE SATISFACTION!

6. Go for a walk. Seriously. Find out when sunset is and head out about 3/4 hour before that time, and you could be in for a treat if you head into the town and look at the Christmas lights.

7. Remember, Christmas is just another day! You've never spontaneously combusted before just because you've not been with your family, and it's not about to happen now! It's just a day, 24 hours, like any other, and it's really not a big deal.

8. The religious side. If you're in the God Squad, just think, Mary and Joseph didn't have stuffing, pigs in blankets, or gravy either. Also, if you believe in Christmas for what it really is, every day should be Christmas because every day we should be remembering Jesus. Yay! So it really doesn't matter where, when, or how you celebrate. In fact, celebrating every day would be far more appropriate!

9. Christmas happens every year. If you live to the average age, you'll have at least 74 other Christmases with your family to look back on. Surely that's enough for anyone?! You're really not missing out. Missing someone's wedding, that could be considered missing out, because it's (hopefully) a once-in-a-life-time event.

10. Go get yourself something nice. In some parts of the world (like Spain) gift wrap is a big thing, and it doesn't cost anymore than the cashier just shoving it in a carrier. Get it gift wrapped so you have something to open.

11. Remember - this means you don't have to watch the Christmas episode of Eastenders! WIN!!!! There we are, a little list of stuff to help you survive. In fact, it's more than surviving, it's ENJOYING. So chin up, keep calm, and carry on.

*This article was written by Lucy Fisher*

# DARGAVILLE BRANCH

Helping others - What can we do?

We had heard recently about the necessity of uplifting young children from their violent home situation and this can happen any hour of the day or night. That gave us the idea of putting together a collection of clothing suitable for children under the age of five years.

Our members donated a wonderful amount; some of them were bought and there were knitted items. Teddies and toys were given too, also toiletries. We bought two tubs to pack everything in.

Two ladies from Victim Support came to our monthly meeting to speak about their work and were presented with these tubs plus an overflow in a box!

At our following meeting we had a message to say five young children had already been helped from our gifts. We felt this was a wonderful way to be able to help little children who suddenly have none of their own familiar things. A teddy to hug. A new pair of pyjamas to sleep in, and a new pair of leggings with a new jumper. What a great way to give the little ones some confidence after a traumatic event in their lives.

*Photo and write up by Cynthia Shirtcliffe - Dargaville Branch*



***Mandy Kohatua & Lyn Josey from Victim Support  
with Margaret Pinny, Dargaville President***

## BREAM BAY BRANCH

Bream Bay Branch hosted the Northern Area get-together, Indoor Bowling Tournament on the 22nd August at Kamo Club.

We had a most enjoyable day, and our thanks go to Neil Todd, ably assisted by Colleen Hogan for doing the very big job of organising the day.

The Two winning teams came from Whangarei.

Congratulations from us all. Well played!



*Our three participating Bream Bay teams*

### PENSIONERS PIE

To make pastry top. Sift 3 oz Flour and rub in 3 oz Butter, 4 oz Mashed potato, salt & pepper. Stir in enough water to make a stiff dough. Roll out to fit pie top.

TAKE - 500g Sausage meat, 1 finely chopped onion, 1 teaspoon finely chopped sage, 1 cup crushed pineapple, ½ cup pineapple juice, 1 tsp soy sauce, 1 tablespoon cornflour and mix well together. Press meat mixture into 8 inch round or square pie plate. Cover with pastry, slit the top. Bake at 200° for 15 minutes, then lower heat to 180° for 30 minutes

Serves 4 to 6

*Maureen Moody - National Secretary*

## WHAT IS AQUA JOGGING

Looking for fun, fresh exercise ideas to spice up your workout routine? If you're tired of yoga or perhaps rehabbing a knee injury, an activity like aqua jogging could be just what you need. Don't miss this quick guide to aqua jogging – discover what it is, what benefits it offers older adults, and how to get started.

Exactly what it sounds like, aqua jogging is literally jogging in water. Used most significantly as a rehabilitation medium for injured runners, aqua jogging is gaining popularity outside of the running realm with other athletes and people of all ages trying it out as a means to maintain their fitness and switch up their exercise routines.

Typically, true aqua jogging is done in the deep end of a pool where your feet cannot touch the ground. You wear a floatation belt, also known as an aqua jogging belt, which helps you avoid sinking and facilitates normal biomechanics that mimics how you would walk or jog on dry land.

You can modify the activity as you need, however, by jogging in shallower water that comes up only to your waist and pushing yourself off the floor of the pool with each step. Or you can jog in the deep end without an aqua belt, however, this requires you to lift your knees higher in a more rapid series of strides and may be harder for older adults who have little running experience.

Health benefits of aqua jogging include:

Enhanced balance and coordination – building up strength and honing agility and balance skills is safer in the comfort of a warm swimming pool and more practical for seniors with diminished coordination.

Easy on the joints – for older adults with joint pain and stiffness (often associated with arthritis), low-impact aerobic activity like aqua jogging can provide a mode of fitness that relieves joint discomfort. The weightlessness and warmth of the pool take stress off critical joints like the knees and hips.

Workout for the heart – your heart is a muscle and needs exercise to stay strong and function properly as you age. Aqua jogging can play an important role as a cardiovascular workout as it increases heart rate and works out the muscle helping lower your risk for conditions like high blood pressure and stroke.

Lower risk of injury – the fact of the matter is that as you age, your chances of experiencing a debilitating fall increase. When it comes to workouts, exercising in the pool can lower your risk of falling and

incurring an injury by providing you with a safer, more supportive environment. The fact that your feet don't touch the ground either can aid in the recovery of existing discomforts like ball of foot pain, ankle sprains, and knee tendonitis.

Burns more calories – walking on land offers little resistance to your body and therefore requires less energy and strength. Walking and jogging in water, however, means your body has to work extra hard to propel you forward and keep you balanced, naturally burning more calories. For the over 30 percent of New Zealand adults 55+ who are clinically obese, an accessible exercise like aqua jogging could contribute to an effective weight management program.

### Getting started with aqua jogging

Before you jump into the pool, there are certain tools and training techniques you will need to know.

It is always a good idea to speak with your doctor before launching into a brand new workout regimen. You can discuss any limitations you should adhere to in relation to your current medical condition as well as ask after recommendations for fitness centres or instructors your doctor may find suitable.

Joining a water aerobics class is also an effective way to dip your toe into the experience of aqua jogging and learn basic form and technique from a knowledgeable trainer. For example, learning how to jog in water without leaning too far forward like most first-timers do can be aided by the support and instruction of a professional.

You may need to invest in your own aqua jogging belt if the pool you attend does not have one for you to borrow. Additional aquatic exercise equipment you might also incorporate into these types of workouts includes foam dumbbells, aquatic ankle and wrist weights, and buoyant resistance footwear.

If you are not quite sure about starting off with aqua jogging, get used to the pool with other water-based exercises like swimming, basic water aerobics, water yoga or water pilates.

*Borrowed from GrownUps Webpage*



## **TAKING A ROAD TRIP WITH GRANDKIDS**

Taking a road trip with grandkids is a great way to foster positive relationships and have fun. Sharing a holiday gives everyone a wonderful experience you'll all talk about for years to come. Lots of planning will need to be done before you hit the road though, so make sure you consider a few of these tips before you go.

### **Tips on Taking a Road Trip with Grandkids**

It's all too easy to forget how challenging it can be taking kids away on holiday. As grandparents, we don't have it any easier but we do have an advantage in that we're not the parents and may have a few unknown tricks up our sleeves. Planning is key to a successful roadtrip as these tips show ...

#### **Are We There Yet?**

Car rides can be long and boring for children, so keeping them entertained is key for both your sanity and theirs. A road trip with grandkids should involve plenty of pit-stops. Letting them loose on playgrounds, beaches or a quick blast on their bikes or scooters along the way works wonders. Audiobooks, board games, sticker books and magnetic games are all good entertainment options in the car or campervan. Encourage older kids to make a travel journal or write postcards. You can even Take a portable DVD player or an iPad to keep them entertained during downtime.

#### **Think of Mum & Dad**

Make sure you plan things out with the kids' parents and perhaps suggest that the kids call home every night to help ease any anxiety. Once you have confirmed you will be doing a road trip with the grandkids, plan it out with their parents to make sure they are happy with the itinerary.

Talk through what foods the children like and what routines they usually have. Be sure to stick to their usual bedtimes so they don't get too strung out! Remember to take a first aid kit with plasters, antihistamine, painkillers, insect repellent and a thermometer too.

#### **Think About Food**

Kids are ALWAYS hungry and if you have food pre-organised, it helps prevent those expensive stops in cafes. If you are dining out, think about visiting family-friendly restaurants that provide things for kids to do like activity packs. Keep plenty of drinks and snacks on hand in the car. Don't overdo the sugar and feed them healthy snacks like cheese, fruit, sandwiches, popcorn and plenty of water.

## Think of the Kids

A road trip with grandkids is about them, so plan your day-to-day activities accordingly! Involve them in the planning so they get excited and look forward to the road trip. Look at pictures of places you will be going and talk about what they can expect to see and do there.

## Think About Staying at Camping Grounds

Camping grounds can be very child-friendly with great facilities like swimming pools, mini golf, trampolines and playgrounds. They are also a safe and easy place to ride bikes and scooters.

Planning a road trip with grandkids is a blast. Get the kids involved in your planning and make sure you are organised. Planning out meals and making sure the little ones have plenty of entertainment options will ensure everyone makes plenty of beautiful memories.

*Borrowed from GrownUps Webpage*



*A group of seniors were sitting around at a cafe talking about all their ailments.*

*“My arms have got so weak I can hardly lift this cup of coffee,” said one.*

*“Yes, I know,” said another. “My cataracts are so bad, I can’t even see my coffee.”*

*“I couldn’t even mark an “X” at election time because my hands are so crippled,” volunteered a third.*

*“What? Speak up! What? I can’t hear you, said one elderly lady. I can’t turn my head because of the arthritis in my neck,”*

*“My blood pressure pills make me so dizzy!” exclaimed another.*

*“I forget where I am, and where I’m going,” said another.*

*“I guess that’s the price we pay for getting old,” winced an old man as he slowly shook his head.*

*The others nodded in agreement.*

*“Well, count your blessings,” said a woman cheerfully....*

*“Thank goodness we can all still drive.”*



# HASTINGS BRANCH

*A letter to God  
from Joyce*

Dear God  
Thank you for  
the baby brother  
but what I prayed  
for was a Puppy  
  
Joyce



*Liz Treloar  
cutting our 28th  
birthday cake*



*Our 2018/9  
Committee  
with Maureen  
and John*

*Another  
letter to God  
from Neil*

Dear God  
I went to this wedding  
and they kissed right in church  
Is that ok?  
  
Neil



## IPAD SETTINGS

iPads are real game changers for work and play. But learning how to operate them efficiently can be very tricky if you don't know how. There are so many different features that no one really knows about unless they're a bit of a geek. A good way to get more familiar with your iPad is to take a local course, however if you want a few cool settings to check out right now then read on...

For when you keep going over your data cap

If you have a SIM card enabled iPad and find yourself going over your data cap on your plan all the time, you need this tip! You can limit which of your apps are using SIM data and which ones only use a Wi-Fi connection. To switch off data for specific apps, go to Settings, then Cellular, then Use Cellular Data For and switch off any apps you don't want using data on your plan. This can be games or other things you don't use very regularly.

Charge your iPad more quickly

This is one of those hints that we wish we had known a long time ago! If you are looking to charge your iPad more quickly, all you have to do is turn off your Wi-Fi and enable Airplane Mode. This will disable your network connections which chew power. To do this, swipe up from the bottom of your screen to access the Control Centre, then de-select the Wi-Fi symbol (that's the one that looks a bit like a sonar) so it is greyed, and then select the Airplane Mode symbol (funnily enough, the one that looks like a plane) so it is lit up. Once you are all charged up again, make sure you go back and do the reverse!

Delete an app

If you find that you are running out of space on your iPad, this one is very handy. It's very easy to delete apps on your iPad for good once you know how. Press and hold any app on your Home screen until all the apps start to wiggle about. Now you'll see little X's at the top left corner of each. Tap the X of the app you'd like to delete and then confirm by selecting Delete from the text pop up. If you decide you want the app back, you can reinstall it from the App store.

Let your iPad read to you

This nifty setting allows your iPad to read the text on your screen aloud to you instead of reading it yourself. You can do this by opening your Settings app, then choose General, then Accessibility – then flick on VoiceOver. This might want to be a feature you use every now and then instead of all the time.



*Wouldn't it be great if we could put ourselves in the dryer for ten minutes then come out wrinkle-free and 3 sizes smaller*

*I don't need anger-management, I just need people to stop pissing me off!*



**PAPAMOA** *est. June 2012*

Venue: Papamoa Sport & Recreation Centre,  
Gordon Spratt Reserve, Parton Rd Papamoa.  
Date: 1st Saturday of each month 12.30pm.  
Phone: 07 542 3373  
Email: mariejbkevinjb@gmail.com

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**CAMBRIDGE**

Venue: Christian Centre, Raleigh Street,  
Leamington.  
Date: 1st Tuesday of month 12.15pm  
Phone: 07 8276305  
Email: vwhayton@ihug.co.nz

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**TE AWAMUTU** *est. September 2008*

Venue: Waipa Workingmens Club 139 Albert  
Park Drive, Te Awamutu  
Date: 3 Friday of month at 10.30am  
Phone: 07 871 5072  
Email: jmloomans@clear.net.nz

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**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: Betty 07 376 9443, Sue 07 376 8080  
Email: bettyros36@gmail.com

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**HASTINGS** *est. 26th June 1990*

Venue: St Marks Church Hall, Queen St  
East, Hastings.  
Date: 2nd Tuesday 10.00am -12 noon.  
Phone: 06 871 0286  
Email: corbee@ihug.co.nz

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**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: mumssocks@xtra.co.nz

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**PETRE** *est. October 1999*

Venue: St Peters Anglican Church Hall,  
Koromiko Rd, Gonville, Wanganui.  
Date: 3rd Wednesday of month 2.00pm  
Phone: 06 345 7187  
Email: bettymurphy41@gmail.com

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**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

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**LEVIN** *est. April 1999*

Venue: Hudson Room, Cosmopolition Club,  
Levin.  
Date: 4th Monday of month 10.00am  
Phone: 06 368 9462  
Email: johnhobbs1935@gmail.com

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*from inside front cover***BROWN OWL** *est. August 1992*

Venue: St Peter Chanel Ctr, Cnr Ferguson &  
Bernadette Drive, Upper Hutt  
Dates: 1st & 3rd Friday of month, 10.00am  
Phone: 04 977 9055  
Email: p.wakelin@paradise.net.nz

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**MAIDSTONE** *est. June 1997*

Venue: Hapai Club, Fergusson Drive, Upper  
Hutt.  
Dates: 2nd & 4th Friday of month 1.15pm  
Phone: 04 526 9459  
Email: william.panettieri@gmail.com

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**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

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**SILVERSTREAM** *est. April 1990*

Venue: 37 Dunns Road, Silverstream,  
Upper Hutt  
Dates: 1st & 3rd Fridays of month 9.30am  
for 10.00am  
Phone: 04 526 4411  
Email: bettycosslett@slingshot.co.nz

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**UPPER HUTT**

Venue: Cossie Club, Logan Street,  
Upper Hutt.  
Dates: 10.00am, 2 & 4 Fridays speaker or  
entertainment  
Phone: 04 528 3337  
Email: nzalmand@gmail.com

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**WAINUIOMATA** *est. Spetember 1987*

Venue: Wainui Bush Fire Force Hall, The  
Strand, Wainuiomata.  
Dates: 1st & 3rd Wednesday of month  
10.00am  
Phone: 04 971 4726  
Email: Jhobbs1935@gmail.com

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**INVERCARGILL** *est. May 1991*

Venue: Invercargill Workingmens Club, 1st  
Floor, Esk Street.  
Date: 2nd Monday of month, 10.00am  
Phone: 03 214 4802  
Email: olive.rose@xtra.co.nz

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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*

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# 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***