

FOCUS



2019 - ISSUE 3



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: 09 435 5262
Email: margfind@gmail.com

WHANGAREI *est. July 1990*

Venue: Northland Club, 8 Porowini Ave, Whangarei
Date: 2nd Thursday of month 10.00am
Phone: 027 922 1411
Email: ikj60plus@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 1.00pm
Phone: 09 439 4560
Email: marg_pinny@xtra.co.nz.

BIRKENHEAD *est. April 1990*

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: 10.00am, 4th Monday of the month
Phone: 09 413 9960
Email: nccarter@xtra.co.nz

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

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: 09 433 5227
Email: colemaneandj@yahoo.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: 09 299 7224
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 monthly meeting.
Phone: 09 413 6562, 027 486 1023
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

MATAMATA *est. April 2010*

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

PAPAMOA *est. June 2012*

Venue: Papamoa Sport & Recreation Centre, Gordon Spratt Reserve, Parton Rd Papamoa.
Date: 1st Saturday of month 12.00 noon.
Phone: 07 574 2441
Email: suppapamoa@gmail.com

CAMBRIDGE

Venue: Christian Centre, Raleigh Street, Leamington.
Date: 1st Tuesday of month 12.15pm
Phone: 07 827 6305
Email: haytonval@gmail.com

continues on inside back cover

NATIONAL EXECUTIVE 2019/20

Patron: Bev Burford

National President: Northland Liaison

Alison Waugh
Kamo Branch

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

National Vice President: Papamoa, Taupo, Waikato Liaison

Peter Powley
Papamoa Branch

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

National Secretary: Hastings, Central Liaison

Maureen Moody
Bream Bay Branch

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

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

Elaine Utting
Takapuna Branch

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

Privacy Officer: South/West Auckland Liaison

Maureen Wilson
Pukekohe Branch

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

Vernon Atherstone
Papamoa Branch

1 Lamia Grove, Papamoa Beach 3118
Phone 022 361 5574
Email vernonatherstone.sa@gmail.com

Hutt Valley Liaison

John Hobbs
Wainuiomata Branch

73 Wise Street, Wainuiomata 5014
Phone 04 971 8835
Email jhobbs1935@gmail.com

Birkenhead, Devonport, Glenfield, Northcote Liaison

Ray Cordell
Pukekohe Branch

18 Liverpool Street, Tuakau, 2121
Phone 09 236 8673
Email annrayc@gmail.com

Northland Liaison

John Taylor
Bream Bay Branch

117/45 Reed St, Whangarei, Tikipunga, 0112
Phone 021 175 3006
Email johnhtaylor1942@outlook.com

Webmaster - Ian Kenney

Email info@60supmovement.org.nz

Focus - Jacqui Prior

Email priorjacqui@gmail.com

PRESIDENTS REPORT

Greetings to all Members,

As I sit and write this it is blowing and raining a typical Spring day in the North. I have had the privilege to attend the West Auckland 36th Birthday. It was wonderful to meet so many members and congratulations to the branch for reaching this milestone. Maureen and John joined me and we had a lovely lunch and enjoyed the entertainment afterwards.

On the 10th September I attended the Devonport branch as they celebrated their 30th birthday. After cutting the cake we had morning tea then we were entertained by the Te Atatu men's choir who sang some beautiful old songs. Maureen, John and I then joined some of the members for lunch at 'Devon' on the Devonport wharf. Once again it was great to meet members of another branch.

Next month I have, with John and Maureen, been invited to Petre 20th birthday. I hope that we will catch up with members from Wanganui, Feilding and Levin, who I see from Petre newsletter, have been invited to attend. This is a chance for me to meet some of our southern branch members.

It is wonderful to see some of the branches are still going strong despite our members 'ageing'. So I encourage our 60sUp members to get behind the committee members of your branch and keep on enjoying life as an older person.

Best Wishes

Alison



EDITORIAL

Hi there all,

Isn't it great that the weather is at last starting to give us a bit of hope that summer is just around the corner. This winter seems to have gone on for ever.

I've had some requests for more photographs to be published in the Focus. So please keep them all coming in - everyone enjoys looking at their companion branches' activities. It gives them inspiration for activities of their own.

We've had some great articles this time from Papamoa, Hibiscus Coast, Bream Bay, Hastings, Devonport, Takapuna and 2 contributions from Silverstream. Great, please keep them coming!

Cheers Jacqui

60'S UP CONFERENCE 2019

Everyone wanted to know: - How do we get members to step up and assist with the running of branches?

Well I asked the one person who knows everything: - Mr Google and he came up with some explanations and suggestions.

Anyone who has ever worked on a committee will know that only 10% of people in any organisation will voluntarily come forward!. According to Mr Google the other 90% would like to participate but find the initial step difficult. So let's see if we can encourage them to join in the fun. Being part of the running of your branch will:

Improve your physical health probably because you will have less time to think about it;

Elevate your mood as everyone in the group makes wise cracks while getting the work done;

Get to know the members in the club on more than a greeting as you pass basis as you work with them on projects. Your social circle widens loneliness decreases.

I didn't make this up Mr Google said so!

So if most of us want to help why aren't we?

1. The lack of free time. - Everyone at the top table had similar reservations. They are not tied to the position they all help each other. Someone will always step in if you are travelling, involved with family or taking part in a marathon.

2. Don't know what is involved. - Depending on the position not that much really! The Papamoa committee members have set tasks that require the following approximate time each month:

Hours/month

President: runs the meeting - 2 hours.

Vice President: assists - 4 hours

Secretary: types agendas and minutes and is usually the go-to-person for information. - 6 hours

Treasurer: controls the finances - 6 hours

Hall: set up with helpers for the meeting 5 hours

Kitchen: arrangers helpers, sets out and apportions the food we provide - 3 hours

Speakers: arranges entertainment for meeting. - You need a good network and a smooth tongue. Varies each month can take a couple of minutes or hours

Activities: each have their own convenor - 2 hours

Outings: researching and arranging monthly trips - This varies each month depending on the program

Welfare: Calls and cards to members - 2 hours

News Letter: emailed monthly - 4 hours

3. No one asked me - Many people don't realise just how capable they are and what a valuable contribution they can make. Could a little encouragement (a tap on the shoulder) be just what they need to become a member of the team?

Every single member of 60's Up is important and part of the larger organisation that we all enjoy. Ask someone on your committee how you can participate and make the most of our time together.

Sandra Atherstone - Papamoa Branch

HASTINGS BRANCH



A Newspaper Cutting from 1992/3

supplied by Molly Ballantyne - Hastings Branch

SILVERSTREAM BRANCH

Silverstream's 60s Up heard recently from volunteer support leader at Lower Hutt's Te Omanga Hospice, Rachel Brandt. At an early age, Rachel enjoyed working in a retirement home, and in more recent years worked alongside the volunteer manager before being appointed to the position herself.

Five hundred volunteers serve the hospice in a multitude of roles. All board members are volunteers, as are all receptionists, who work on 2-hour shifts, there are day to day admin support volunteers, 30 gardeners tending flowers, vegetables and herbs, there are floral arrangers, kitchen helpers and housekeeping volunteers, handymen, drivers for appointments or grocery shopping, staff for the three retail shops, in Lower Hutt, Upper Hutt and Petone and biographers who for six weeks meet weekly for an hour with a patient and record life stories. These are often used in a eulogy. Others offer family and bereavement support by perhaps sitting with a patient while their spouse has a break or preparing a family to live without their loved one. There is a designated spiritual care co-ordinator and Maori Liaison volunteer.

In the past year Te Omanga volunteers cared for 156 patients at any one time, and 7,591 home visits were made. The new complex has eight beds as most are cared for at home. Volunteers work 24/7, giving 33,000 hours a year, are very loyal and save the hospice \$700,000 a year. Hospices are quite unique in that they offer holistic care – physical, social, mental, psychological, spiritual and emotional support in an atmosphere of compassion and respect.

Rosemary Jamieson - Silverstream Branch

***Rachel Brandt
with speakers
organiser,
Jennie Peterson***



HIBISCUS COAST BRANCH

The July meeting for Hibiscus Coast Branch of 60'sUp celebrated their thirty-third Birthday.

Cutting the cake were Betty and Ron Smalley of Warkworth who have been members of our branch for 30 years.

Also pictured is our President Pat White, who advised that Kathy and the Ukulele Entertainers had us singing along and tapping our feet for the rest of the morning.

They finished by singing Happy Birthday to us all. Our members thoroughly enjoyed the day.

Helen Batten, Secretary - Hibiscus Coast Branch



***President
Pat White
with Betty
and Ron
Smalley***

The trip to Ryders Theatre on 7 August was the final trip organized by Jocelyn & Judith. A great big thank you to them both for all their work over the years.

Our bus driver for the day was in fine fettle and managed to back all the way down the long driveway. This manoeuvre was loudly applauded by all on board.

Morning tea followed with muffins and the remains of our thirty-third birthday cake. Then came the movie 'The African Queen' - an oldie but a goodie!

A delicious roast lunch was enjoyed, as were the Ice-cream Trumpets.

Back on the bus, allhappy and replete. No doubt there were a few dreamers on the way home.

THE KEYS TO A POSITIVE PERSPECTIVE ...

Happiness, as much as your heart can hold

An abundance of laughter

Patience with the loved ones in your life

and with your own shortcomings

Yesterdays that comfort you

and promise you better tomorrows

Faith in yourself and your goals

Reassuring smiles to warm your days

Heart-healing hugs to sustain you

through any tears

Dreams that lead you forward and

help you grow

Acceptance when you sometimes fail

Determination to try again and again

Courage to go on when you are afraid

Warmth when it's cold outside

A star when the night is dark

The wings of a butterfly

The heart of a songbird

And, always, a rainbow

after every storm

- Vickie M. Worsham



SILVERSTREAM BRANCH

Derek Lander, director of Flight Plastics, spoke to Silverstream's 60s Up recently about recycling.

The long-established business, based today in the old Griffins factory in Lower Hutt, started in 1907 making craftsman bags and suitcases, then in the 1970s diversified into the manufacture of heavy plastic tool cases for technicians. Over the last 30 years it has developed three plants utilising state of the art plastic processing technologies, the others being in Adelaide and Hampshire, UK.

Flight Plastics has the only plant in the world that does all three processes at the one location - washing used plastic, breaking it down and creating new food packaging products using polyethylene terephthalate (PET), to package meat, fish, fruit and baking and other goods for retail outlets. New Zealand has a poor recovery rate - 30,000 metric tons of PET is produced every year, with 5,000 metric tons collected and exported, 2,000 metric tons collected and re-used in New Zealand by Flight Plastics, but the rest (two thirds) is in our environment, largely going to landfills. The refusal of China to continue to take our plastics has made us think about how to deal with the problem in our own countries but this short-term issue will be very positive in the longer term.

Biodegradable plastics do not properly degrade and compostable plastics only truly compost in industrial composting facilities. The best way to use and re-use plastic packaging is by using PET products, marked on the underside with the numeral 1 in the triangular logo.

***Derek Lander
with speakers
organiser,
Elaine Osborne***



Another benefit of the Flight Plastics operation is the provision of employment - with a staff of 80 in Lower Hutt, including 20 in engineering and technical roles, working with the latest technology from around the world.

See videos <https://www.flightplastics.co.nz/r-pet-process/>
<https://www.youtube.com/watch?v=UfvXrWLgjn4>

Rosemary Jamieson - Silverstream Branch

BREAM BAY BRANCH

Sometimes Maureen & John join us on Sunday afternoon for our weekly petanque session.



A little unusual to see our 60sUp Executive Members out and about on 3 wheels.

They ride with a group called 'The Ancient Bikers'



DEVONPORT BRANCH

Devonport 60'sUp Celebrated their Branch thirtieth Birthday at their general Meeting 10th September.

From the beginnings of the Devonport Branch the membership totaled over two hundred members. What fun and fellowship they would have enjoyed with all the varied activities they arranged. Those were the days when opportunities to join social gatherings such as our 60'sUp Movement were limited and the agenda offered so many outings to enjoy entertainment, and stimulation, for folks of our vintage.

Today we are certainly fewer but we still have fun and fellowship in all we do.

Our special guests on the day were National President, Alison Waugh, National Secretary, Maureen Moody, National Treasurer, Elaine Utting, National Committee



Member, John Taylor and the newly elected President of Takapuna Branch. After President Kathy and Gayle welcomed everyone we had Alison cut the Birthday Cake which was a beautiful carrot cake made by President Gayle Kalaugher.

The entertainment for the day was the Te-Atutu Men's Choir. They were outstanding in their performance and everyone enjoyed the entire morning.

The day finished off beautifully, by having our visitors join us in a meal at 'Devon on the Wharf'; it was a delightful to have their company on this occasion.

Noeline Martin - Devonport Branch

***Cutting the cake above, Alison Waugh - National 60's Up President
From left is Maureen Moody - National 60's Up Secretary
Elaine Utting - National 60's Up Treasurer and
Devonport President Kathy Lynch***

*From right: Devonport Presidents, Gayle Kalaugher, Kathy Lynch;
National President Allison Waugh;
National Treasurer Elaine Utting;
National Secretary Maureen Moody;
Takapuna 60's Up President Annette Walker;
National Committee Member John Taylor*



A 70-year-old man robbed a Kansas City bank and then sat down in the lobby, saying he'd rather live in jail than with his wife. He was sentenced to house arrest.

[/didyouknowpage1](#) [@didyouknowpage](#)

*Who said that
the court has
no sense of
humour?*

A focus on nutrition can help curb symptoms of arthritis, writes Niki Bezzant

JOINT APPROACH

Taken from The New Zealand Herald · 30 Sep 2019

Niki Bezzant is a food and nutrition writer and speaker, and editor-at-large for Healthy Food Guide. Follow her on Facebook or Instagram@nikibezzant

Many of us, as we get older, will experience creaky joints: knees, shoulders and hips feel stiffer than they used to, and sometimes sore. And for many of us, that might be the first sign of one of our most common conditions: arthritis.

It's one of the leading causes of disability in New Zealand, affecting around 670,000 people in its various forms.

Osteo-arthritis is the most common form of arthritis, affecting the whole joint, particularly the protective cushion of cartilage covering the ends of the bones. Arthritis New Zealand says although it's often described as being simply due to 'wear and tear', arthritis is now thought to be the result of a number of factors including inflammation, injury and ageing. It tends to affect women more than men and there can be hereditary factors at play. My mum is affected by it in her fingers, and my grandmother was the same. I'm keeping a close eye on my own hands.

Gout is another form of arthritis that's increasingly common. It tends to affect Maori and Pasifika people disproportionately. It's when sharp crystals of uric acid form in and around a joint, causing excruciating pain and swelling (often in the big toe). If untreated, gout arthritis can lead to permanent joint damage.

Rheumatoid arthritis is an other form you will have heard of. It's an autoimmune disease that causes inflammation, pain and swelling in the joints. It can occur at any age and again tends to affect more women than men.

There's no real cure for arthritis, so people who have it are given medication for pain and inflammation, and advised about how to manage it.

There is a bit we can do with nutrition and life style, too. It's not surprising to learn there's an element of inflammation involved in arthritis.



And though there's no magic food or supplement that will cure it, there is an anti-inflammatory pattern of eating that can improve symptoms for people with arthritis.

Being overweight can put pressure on joints, and excess fat in the body can promote inflammation. So if you're overweight, taking steps to lose weight can be a good start.

That can be tricky, of course, if mobility is an issue - it can be hard to exercise with painful joints. But finding low impact exercise can help not only with weight loss, but also to mobilise sore joints.

When it comes to diet, a Mediterranean-style pattern of eating has been associated with reducing inflammation, and it's also pretty good for over-all health and weight loss. Antioxidant rich vegetables and fruit form the heart of this way of eating, along with fish - especially oily ones like salmon with their high levels of omega 3, which can reduce inflammatory proteins in the body.

Extra virgin olive oil and avocado oil are healthy anti-inflammatory fats, too.

On the foods to avoid list, there's sugar - still public enemy number one, and when it comes to arthritis, as with other inflammatory conditions, it's some thing to minimise. Sugar often comes packaged in foods along with other refined carbohydrates and saturated fats, both of which can stimulate inflammation.

So whole, fresh foods are our friends here.

The jury seems to be out on whether dairy is something to avoid or embrace when it comes to arthritis - there are conflicting studies on both sides, and there seems to be a bit of an evidence gap there.

If you're worried dairy might be causing you problems, it could be worth trying an elimination to see whether your symptoms improve. It might also be worth experimenting with different types of dairy; yoghurt, for example, has been found to be anti-inflammatory, possibly because of the probiotics in it. So it might be you're better dropping milk but including yoghurt, to help keep bones strong.

There are a couple of other arthritis food myths out there too that citrus fruit aggravates arthritis, and that night shade vegetables like tomatoes, potatoes and egg plant ramp up arthritis pain. There doesn't seem to be any evidence to support these ideas. And in fact, the experts say both food groups, being plant foods, are more likely to be beneficial than harmful.

MADGE SANDER – BORN OCTOBER 1919

Madge was born in Thames New Zealand but came to North Shore as a baby. She first lived in what was then called 'Glen Holly' now known as Westlake Boys. Lived in Killarney Street and went to Takapuna Primary and Takapuna Grammar.

After leaving school went to Seddon Technical College for Bookkeeping and worked in the accounting field.

Married in 1940 to Les Sander who joined the army in World War 2. She met Les through her brother who married Les's sister. After the army Les took an apprentice in plumbing and owned 'Takapuna Plumbing'.

They had two children a girl called Lesley Madge who

now lives in Cambridge and a son called Neville who now lives in Whangarei. Her two lovely grand-daughters Julie and Lisa, who live in Auckland, visit her most weekends and tend to any needs that Madge has.

Although her hobbies were knitting and smocking her sporting prowess was in bowling – she was president of the Takapuna Women's Bowling Club (they have now joined the Men's Bowling Club). She won many trophies.

She remembers at three years old she got kicked by a horse and still has the scar on her forehead today.

Madge lives in her own home in Shakespeare Road, Milford and now has help with her housework etc. from a very lovely lady, Janine, who does a wonderful job. (Who wouldn't with someone like Madge?)

She feels the biggest change in her lifetime has been technology and what it brings with it. She is a pleasure to visit and always seems to find something to laugh about ... Is this why she has lived to this great age?



Elaine Utting - Takapuna Branch

A HAPPY ENDING

Jack decided to go skiing with his buddy, Bob. They loaded up Jack's minivan and headed north.

After driving for a few hours, they got caught in a terrible blizzard. So they pulled into a nearby farm and asked the attractive lady who answered the door if they could spend the night.

'I realize it's terrible weather out there and I have this huge house all to myself, but I'm recently widowed,' she explained. 'I'm afraid the neighbors will talk if I let you stay in my house.'

'Don't worry,' Jack said. 'We'll be happy to sleep in the barn. And if the weather breaks, we'll be gone at first light.' The lady agreed, and the men settled in for the night.

Come morning, the weather had cleared, and they went on their way. They enjoyed a great weekend of skiing.

But about nine months later, Jack got an unexpected letter from an attorney. It took him a few minutes to figure it out, but he finally determined that it was from the attorney of that attractive widow he had met on the ski weekend.

He dropped in on his friend Bob and asked, 'Bob, do you remember that good-looking widow from the farm we stayed at on our ski holiday up North about 9 months ago?'

'Yes, I do,' said Bob.

'Did you, er, happen to get up in the middle of the night, go up to the house and pay her a visit?'

'Well, um, yes,' Bob said, a little embarrassed about being found out. 'I have to admit that I did.'

'And did you happen to use my name instead of telling her your real name?'

Bob's face turned beet red and he said, 'Yeah, look, I'm sorry, buddy. I'm afraid I did.' 'Why do you ask?'

'She just died and left me everything.'





*There are
two kinds
of friends :
those who are
around when
you need
them,
and those
who are
around when
they need
you.*

*A celebrity
is someone
who works
hard all
his life to
become
known
and then
wears dark
glasses to
avoid being
recognized.*

**Last night the
Internet stopped
working so I spent a
few hours with my
family. They seem
like good people.**

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 4358
Email: Janice.mike44@gmail.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: Betty 07 376 9443, Sue 07 376 8080
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: 06 871 0286
Email: corbee37@gmail.com

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: 06 344 2976
Email: bettymurphy41@gmail.com

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, Cosmopolition Club, Levin.
Date: 4th Monday of month 10.00am
Phone: 06 368 9462
Email: barbaramwm@xtra.co.nz

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

*from inside front cover***MAIDSTONE** *est. June 1997*

Venue: Hapai Club, Fergusson Drive, Upper Hutt.
Dates: 2nd & 4th Friday of month 1.15pm
Phone: 04 528 9019
Email: nigelannestent2@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: 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

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

WAINUIOMATA *est. September 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

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

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

Deadline for next issue - end of January

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***