

FOCUS

60s
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60s
UP 

2020 - 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: 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: 027 922 1411
Email: keveylorraine@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. 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: 10.00am, 4th Monday of the month
Phone: 09 413 9960
Email: ceciliaparkinson@xtra.co.nz

DEVONPORT *est. September 1989*

Venue: 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.poppertime@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: laylani2002@ihug.co.nz

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 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

CAMBRIDGE

Venue: Christian Centre, Raleigh Street, Leamington.
Date: 1st Tuesday of month 12.15pm
Phone: 07 827 7769
Email: judy.tony38@gmail.com

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 4930
Email: janice.mike44@gmail.com

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NATIONAL EXECUTIVE 2020/21

Patron: Bev Burford

National President: Badges

Alison Waugh
Kamo Branch

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

National Secretary: Fielding, Hastings, Petre, Wanganui, Invercargill 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: North Shore Branches Liaison

Elaine Utting QSM
Takapuna Branch

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

Privacy Officer:

Maureen Wilson
Pukekohe Branch

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

Brown Owl, Upper Hutt, Maidstone, Moonshine, Silverstream, Waunuiomata, Levin Liaison

John Hobbs
Wainuiomata Branch

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

West Auckland, South Auckland, Pukekohe Liaison

Ray Cordell
Pukekohe Branch

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

Bream Bay, Kamo, Dargaville, Whangarei. Liaison

John Taylor
Bream Bay Branch

117/45 Reed St, Whangarei, Tikipunga, 0112
Phone 021 175 3006
Email johtaylor1942@outlook.com

Webmaster - Ian Kenney

Email info@60supmovement.org.nz

Focus - Jacqui Prior

Email priorjacqui@gmail.com

PRESIDENTS REPORT

Isn't lovely to see all the Spring blossoms and flowers out in bloom. I hope that as the month warms up that all branches are meeting again and will welcome members back after the time we have had out because of the Covid-19. Hopefully branches can welcome some new members. I know Christmas is around the corner so branches will be looking forward to their Christmas functions.

Before the last lockdown I was able to visit Whanganui branch where I received a very warm welcome and got to meet their members then joined them for afternoon tea. On the way back I stayed in Hamilton for a few days and joined Matamata for their 10th Birthday. Once again made very welcome and enjoyed lunch with them and got to meet the members. They are a very lively branch.

Unfortunately I have had a spell in hospital so have not been out and about much but hope to return to full health after another operation at the end of October.

All the very best for the rest of the year and may you all have a MERRY CHRISTMAS and a HAPPY NEW YEAR.

Kindest regards to all members,

Alison

EDITORIAL

Hi there Everyone - Hope you are all keeping safe and well. How nice that we are all back to Level 1 again Covid-wise but I can't help feeling sorry for all those people that have been in lock-down for much longer. My pal in England hasn't been outside the house for the past three months and is finding it very wearing.

Not too many trips out for Club Members this year, for obvious reasons, so the photograph I have chosen for the front cover is to remind us that summer is around the corner. It was taken at Hahei on the Coromandel Peninsula. A dad and his young daughter are being launched ready for a kayaking trip around the headland to Cathedral Cove.

Lots of interesting reads this time with articles from Wainuiomata, Petre, Birkenhead and Silverstream Branches plus information on Refresher Driving Courses and more on Technology. -

In the meantime, I hope you all have a Great Christmas and Holiday Season, keep safe.

Cheers Jacqui

IMAGINE YOU WERE BORN IN 1900.

When you're 14, World War I begins and ends when you're 18 with 22 million dead.

Soon after a global pandemic, the Spanish Flu, appears, killing 50 million people. And you're alive and 20 years old.

When you're 29 you survive the global economic crisis that started with the collapse of the New York Stock Exchange, causing inflation, unemployment and famine.

When you're 33 years old the nazis come to power.

When you're 39, World War II begins and ends when you're 45 years old with a 60 million dead. In the Holocaust 6 million Jews die.

When you're 52, the Korean War begins.

When you're 64, the Vietnam War begins and ends when you're 75.

A child born in 1985 thinks his grandparents have no idea how difficult life is, but they have survived several wars and catastrophes.

Today we have all the comforts in a new world, amid a new pandemic. But we complain because we need to wear masks. We complain because we must stay confined to our homes where we have food, electricity, running water, wifi, even Netflix! None of that existed back in the day. But humanity survived those circumstances and never lost their joy of living.

A small change in our perspective can generate miracles. We should be thankful that we are alive. We should do everything we need to do to protect and help each other.

This message should reach everyone.



WAINUIOMATA BRANCH

Joy Jones, the President of the Wainuiomata Branch received an invitation to represent the Branch at a community luncheon which was attended by 200 guests to celebrate the Prime Minister's visit to Wainuiomata on Wednesday 30th July.

Entertainment for the event was put on by local school students. On speaking to the Prime Minister after lunch, Joy found her to be a sincere and down to earth person.



*From left
Ginny Anderson, List MP for Hutt South,
Joy Jones, President of Wainuomata Branch,
Jacinda Ardern, Prime Minister
and Campbell Barry Mayor of Hutt City.*

A widower and a widow attend their 70th class reunion and a long ago spark is rekindled. At the end of the night he asks 'Will you marry me?' 'Yes, I will!' she replies enthusiastically.

The next morning the widower wakes up troubled. Did she say yes or no?. Confused, he calls her and asks 'Did you say yes or no to marrying me?'

'I said 'Yes' and I'm glad you called because I couldn't remember who asked me'.

PETRE BRANCH

On August 5th Petre 60'sUp had an unusual outing. Members were picked up from their homes and given a list of things find out on a route to the coast. We travelled on only two main roads with a couple of detours up side streets. Each car had two copies of questions one for back passengers and the other for the front passenger.

Twenty people participated, ending up at a venue for a fish and chip lunch (out of the paper). This was followed by a Quiz on Old Wanganui and the judging of the most unusual piece of driftwood.

The questions they had to find out on the drive included -

This street sign was damaged by vandals with the first three letters painted out leaving a sexy sign What was it?

Answer - Sussex

How many windows in a certain Church with this denomination?

Answer - there are none

Find out an original name of one of the streets, which had been Sandy Lane?

Answer - so called because that is what it was.

There were twenty questions and at the end, down by our river, they were asked to find an interesting piece of driftwood which was judged. The winner choosing a piece which looked very much like a seal. A fun filled day

Jean Watson - Petre Branch



Dr. Anthony Fauci, Director of the U.S. National Institute of Allergy and Infectious Diseases told the President: 'This morning, 3 Brazilians were killed by Covid-19.'

Trump's face went egg-shell white with shock. The blood drained from his face and to everyone's amazement he collapsed on the floor.

Minutes passed and to everyone's relief President Trump got up shakily and then sat back on his chair.

His staff was nothing less than stunned at this display of emotion from their President, nervously watching as he sits, head in hands, waiting for him to faint again.

*Finally, the President looks up and with a shaky quivering voice asks the Dr Fauci, '*How many people is a brazillion?'*

WAINUIOMATA BRANCH

Speaker system donated to 60s Up group - by Megan Connolly

The popular 60s Up was given a voice last week with the donation of a speaker system.

The speaker and microphone system will help the group speak more clearly to their audience and allow the guest speakers to be heard well across the room.

It was donated by the Loyal Orange Lodge Institution, a charitable not for profit organisation that operates around the country, and are happy to support local clubs and groups.

Joy Jones, the spokesperson for the 60s Up group, says that the speakers will make a huge difference to their gatherings.

'When guest speakers come it will be easier for everyone to hear,' she says. 'It is very positive. Often people can miss crucial information because they can't hear properly.'

The new speaker system is portable so it can easily be transported to and from the venue. 'Speakers systems don't come cheap so it is very generous of them,' Joy says.

The 60s Up group meets every first and third Wednesday of the month from 9.30am at the Wainuiomata Bushfire Force Station on The Strand. Games, presentations, entertainment and raffles happen regularly.

If you would like more information, contact Joy Jones on 027 655 4390.



*A new speaker system was donated to the 60'sUp group by
The Loyal Orange Lodge Institute.*

*Left to right, Charles Ferrel, Mary Ferrel, Joy Jones,
Raewyn Biel and John Hobbes. Photo: Megan Connolly*

BIRKENHEAD BRANCH

Birkenhead 60'sUp Branch held their 29th Birthday on Tuesday 11th August 2020.

After the general business we were entertained by Steve Dale with some good old songs that everyone could sing along to.

This was followed by an amazing morning tea supplied by members including a delicious chocolate birthday cake made by Anna Rasmussen. The cake was cut by one of our Committee members Gina Blackford who had just celebrated a special birthday.

A big thank you to everyone for making the morning special.

Sadly that night we went into lockdown and, once again, we are putting our

plans on hold. Stay safe everyone and let's hope we will be back together again soon.

Edna Bulkeley - Birkenhead Branch



LOCKDOWN BREAD

3 cups flour. (50/50 white and wholemeal is good)

3 teasp. Baking powder

2 tbsp. Sugar

1 teasp salt.

Mix with 300 ml can of beer and 1 egg. Add chia seeds or any extras you fancy. Mix well, bake in a date loaf pan for about 40 minutes in a hot oven. 200 degrees. Keeps well in the frig

Maureen Moody - National Secretary

SILVERSTREAM BRANCH

Silverstream's 60s Up recently heard from professional dog trainer, Karen Sadler. Karen is dyslexic and a kinaesthetic or hands-on learner who found school difficult and spent a lot of time riding her horse instead. Then came the day when she went to the National Dog Show and saw the sport of obedience and thought 'I could do that!' and went on to study for a Massey paper on the principles of canine behaviour. Karen visits many homes to train dogs and works with many children who are scared of dogs. She has trained and turned around many dogs. A dog should never run up to another dog or a stranger without permission. Pit-bull terriers don't bite any more than other dogs, though their bite is worse.

Karen also trains animals for film and TV. She trained the little white dog in Bridge to Terrabythia and she trained for the Whiskas cat ads and the Quitline ad which was nominated for a worldwide ad award. She has never lost or harmed an animal on set and she is good



Karen Sadler with her mother, member Thelma Dayman, and Acting Branch President Diane Rogers.

at telling a director, 'No, you can't do that.' If required, Karen also teaches dog safety at primary schools and has the children singing the jingle 'If you see a dog on its own, leave it alone.'

Karen brought in three of her own dogs and we watched them responding to her commands to lie down, walk backwards, hide their face, do fancy walking, hold out a sore paw and even do a handstand! She can train dogs to put rubbish in a bin and put dog

toys away in a bin. Karen works on the premise of rewarding and reinforcing good behaviour. She places a treat on a dog's nose and the dog doesn't move until her command, 'Yes!' Dogs trained young will respond to signals long-term. Karen has so much enjoyed her time working with animals and people and children. 'It's a great job. I love it and have now made a career out of it. If I can't train a dog not to be a nuisance, I shouldn't be a dog trainer. A well-behaved dog is a joy to own, but a badly-behaved dog can be a nuisance for 12 years!'

Rosemary Jamieson - Silverstream Branch

A young accountant spends a week at his new office with the retiring accountant he is replacing.

Each and every morning as the more experienced accountant begins the day, he opens his desk drawer, takes out a worn envelope, removes a yellowing sheet of paper, reads it, nods his head, looks around the room with renewed vigor, returns the envelope to the drawer and then begins his day's work.

After he retires, the new accountant can hardly wait to read for himself the message contained in the envelope in the drawer, particularly since he feels so inadequate in replacing the far wiser and more highly esteemed accountant. Surely, he thinks to himself, it must contain the great secret to his success, a wondrous treasure of inspiration and motivation.

His fingers tremble anxiously as he removes the mysterious envelope from the drawer and reads the following message: 'Debits in the column toward the file cabinet. Credits in the column toward the window.'



WAINUIOMATA BRANCH

At their AGM, the Wainuiomata Branch presented Sheila Fahey with a Branch Life Membership Certificate in recognition of her services to the branch.

Sheila joined the Wainuiomata Branch in 1994 and was elected onto the committee in 1996 serving as president from 1999 until 2005 and remaining as a committee member until retiring in 2013.

During her time on the committee she regularly attended National Conferences and Hutt Valley Regional Meetings representing this branch as a delegate whilst she was president.

On meeting days she walked two kilometres from her home in all weathers to the meeting venue and had most things set up before the other committee members arrived.



Jean Watson - Petre Branch

DRIVER EDUCATION - FROM AGE CONCERN

Staying Safe: Refresher Courses for Older Drivers

We drive on our roads every day. For many of us they are our lifeline - driving is a means of independence, social connection to family and friends and access to essential services

With the generous support of Waka Kotahi (NZTA), Age Concern offers free Staying Safe Refresher Courses for Older Drivers all over New Zealand to help keep older people safe on the roads.

The theory-based refresher course is an opportunity for people to re-familiarise themselves with traffic rules and safe driving practices in a friendly and relaxed environment with other older drivers. The course includes information on other transport options available to help keep you mobile for as long as possible, whether behind the wheel or when you stop driving.

How to register for a Staying Safe: Refresher Course for Older Drivers

To register for a Staying Safe Refresher course for older drivers, contact your nearest Age Concern. For more information on Staying Safe refresher courses you can visit the Waka Kotahi (NZTA) website.

Check your driving skills online with the Waka Kotahi (NZTA) self-rating driving assessment

You can complete a self-rating driving assessment online that will help you look at your driving ability and compare it against the requirements for safe driving. All you need to do is answer 15 questions as honestly as possible based on your driving over the last few years. At the end you will get some helpful suggestions to improve any driving skills that are identified as an area you could focus on. The self-assessment is for your own information only. The only details that Waka Kotahi (NZTA) collect are age and gender details for the purposes of monitoring usage of this tool. They do not collect your answers or final score.

Understand the process for renewing your licence once you turn 75

Once you turn 75 there are a few changes to the process for renewing your driver licence:

- Your new licence will be valid for only two to five years.
- You need to present a medical certificate each time you apply.
- If recommended by your doctor, you will have to sit a 30-minute On-road Safety Test.
- The renewal fees are lower – because you are renewing your licence more often.

For more information have a look on the Waka Kotahi (NZTA) website.

For more information on driving for older people and interactive activities to improve your safety on and around roads you can go to the Waka Kotahi (NZTA) website.



SILVERSTREAM BRANCH

Silverstream's 60s Up heard a compelling address recently from local firefighter, Paul Carline. Having working smoke alarms give you an early warning of a fire starting, then you need a plan which you need to practise. If the door egress is blocked, can you climb out your windows? Are there stays on the windows? Can you break a window using a drawer? Get out before you collapse – once the floor temperature gets to 70 degrees, our bodies shut down and we become unconscious. The two major groups we lose in fires are the very young because they hide in the house, and the elderly. Don't phone for help on a landline as the call can take two to three minutes. Get out, shouting 'Fire! Fire! Fire!' and have a pre-nominated family meeting place like the letter box. Get someone to go to a neighbour to phone 111 and ask for 'Fire'. Only hang up when asked to do so, since it can take ten minutes to trace your call. Within ten minutes a fire burns to above 1000 degrees.

Today's fires burn faster and more fiercely because of modern materials. Don't fight a fire until everybody is out, and certainly don't fight a big fire. Paul suggested a fire blanket or the purchase of a fire extinguisher, preferably a dry powder type, for about \$40 from say Mitre 10. Or a garden hose will do. Eighty per cent of fatal fires have no smoke alarm. Most fatal fires occur during the night while our senses are down and we cannot smell the smoke. Ideally there should be several smoke alarms in a home – in the hall, to protect the egress where most are likely to die, the bedrooms and lounge –and only install photo-electric long-life alarms, placed as high as possible. Test twice yearly with a broom handle rather than using steps. Replace every alarm, hard-wired or battery, after ten years. If you are hard of hearing, you can apply for a grant from the Hearing Association for an alarm with a strobe light and vibrating sensors.

One third of fires start in the kitchen. If oil catches fire, slide a pot lid or bread board in from the side and cover. Do not use an extinguisher. Turn the power off and leave the pot on the stove. For a fire in the oven, close the oven door, turn the power off and go outside. If a TV or other electrical product is on fire, don't use water or the fire can zap you. Always sit 'a metre from the heater'. The flue of a wood fire needs to be cleaned yearly. The ashes can stay hot for 4-5 days, so put them outside in a metal container. Beach BBQ ash can burn children's feet after only two days. Keep a key in your deadlock when you are at home in case of fire. Keep candles away from things that can catch fire and use a flat-based candle holder.

Turn electric blankets off at night and don't use tablets under the bed clothes. Don't leave a computer or charger on overnight or when out. Don't store paints, turps, thinners in the house. Lint in a clothes dryer can cause a fire. If your clothes catch fire, stop, drop and roll and put your hands over your eyes. A burn has a lot of heat energy in it so run water over it for 15 minutes, then wrap loosely with Glad wrap.

Firefighters offer a free home Fire Safety visit which includes checking hazards in the home. There is also the free FAIP programme – Fire Awareness Intervention Programme, for young people with an unhealthy interest in fire. Sixty-three per cent of arsonists are aged under 17. From 12, they can be charged with the offence. You cannot get into most countries with an arson conviction, nor obtain insurance, or even jobs. The family home can be taken to provide for damage done, and any arrears billed to the perpetrator on turning 18. Firefighters actually deal with more medical emergencies than fires, and if a 'purple' call comes through, they provide CPR.

For more information, go to www.fireandemergency.nz

Rosemary Jamieson - Silverstream Branch



Firefighter Paul Carline with our new Branch President, Jennie Peterson

USING TECHNOLOGY - FROM AGE CONCERN

Technology can help older people stay connected and involved. Being unable to navigate the World Wide Web (internet) can result in them becoming 'digitally excluded' and put them at a disadvantage, for example they don't have access to cheaper goods and services online and they can miss out on social or educational opportunities.

Benefits of being on-line can include:

The internet can make tricky, or mobility-dependent tasks simpler: there's no need to go out and post a letter when you have e-mail.

There is a wealth of information available on line

It is available 24/7

The internet helps make and maintain vital relationships

The internet can save you money eg in postage

The internet levels the 'disability/age' playing-field - who knows how old you are, or which bits of you don't quite work any more, when you're on the web?

It is 'personal' - no one else creates your communication world but you. Too often older people can become dependent on friends, family and even strangers for transport, letter-posting, bill-paying, or meeting new people, after a lifetime of independence and control.

Introduced correctly, learners 'cross a fear-barrier' and one good learning experience can lead to another, and another, and another.

Improved personal contacts can ease depression/isolation.

It can enhance your sense of value within your community by allowing participation via E-mail/online polling/voting which can make your small voice 'louder'.

Get online savvy

Consumer Affairs has just released a free on-line guide for seniors 'Get Online Savvy: a guide for seniors' which focuses on scams that target seniors. Scams succeed because they look like the real thing. They speak to a strong need or desire and they push hard for a natural and automatic human response. Scammers win because they target human vulnerabilities which we all have-an urgent financial need, looking for love online, have some cash to invest, or believe we've won a competition in the post. These are just a few of the online scams that target seniors quite deliberately. The guide is full of useful tips, real stories from victims of fraud and a rundown of online scams to watch out for. General tips include:

Creating strong and unique passwords when using any online services such as email, online banking, social networking profiles and internet auction accounts

Making sure your computer is kept as up-to-date as possible - where possible set your system and software to automatically update

If using your computer or smartphone on public Wi-Fi connections you are potentially sharing your information with others on that network. Think twice before using these connections to buy online, check your bank accounts or read sensitive emails

Routinely back up your computer or devices

They also emphasize the need to immediately report if you believe that you or someone you know may be a victim of a scam. Report it to www.scamwatch.govt.nz If you are concerned that your computer, smartphone, email, or online accounts have been compromised you can get help from Net Safe, www.netsafe.org.nz or call 0508 NETSAFE;

If significant amounts of money are involved, or the scam appears to be based in New Zealand, you should also contact your local police station for further advice.

How are seniors using their digital devices?

The study shows some thought-provoking findings, such as the fact that 57% of the participants use a tablet daily and 75% use a computer - which may be higher than expected.

Another interesting find is that Skype (video calling) was quite far down the list of desirable functions. Perhaps Grandparents aren't Skyping their Grandchildren as often as we might have thought.

Connect Smart is a new initiative led by Government in partnership with the private and NGO sectors aimed at promoting better cyber security among New Zealanders. For more information go to www.connectsmart.govt.nz

RealMe is a secure, consent-based way to access and share personal information online developed by Department of Internal Affairs and NZ Post. Currently RealMe has two key jobs. Firstly a login to multiple services, and secondly a verified account working as an online ID. As more services come on board with RealMe, seamless government interactions can be achieved through digital channels and customers' needs will be more easily met as important life events occur.



Your best friend is the one who will hold your hair out of the way after a night of hard partying.

Ever notice that the people who tell you to calm down are the ones who got you mad in the first place.



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: 06 927-5118
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, Cosmopolitlon Club,
Levin.

Date: 4th Monday of month 10.00am
Phone: 06 367 6213
Email: BARBARAMWM@xtra.co.nz

BROWN OWL *est. August 1992*

Venue: Iona Centre, Ebdentown Street,
Upper Hutt

Dates: 1st & 3rd Friday of month, 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 1.15pm
Phone: 04 526 6026
Email: rozdon@outlook.co.nz

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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

SILVERSTREAM *est. April 1990*

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

Dates: 1st & 3rd Fridays of month 9.30am
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 or
entertainment
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.

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 February

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***