

60's Up Movement NZ Inc.

HASTINGS BRANCH



We meet the second Tuesday of the month at Cornwall
Park Community Pavilion 'The Meeting Room' - 10.30am.
Entrance off Robert Street

Newsletter 189
February 2025

Welcome to our 189th group
Newsletter!

We are an organisation for the
mature person over 60.

We promote enjoyment of life.

We support each other to
become active, lively and
contributing members of our
community and we warmly
welcome interested people.

60sUp Website
www.60supmovement.org.nz

Informative
Imaginative
Check out Hastings and
other Branches
Newsletters & Activities.

Please see FOCUS
Online / in colour at the above
60sUp Website

President:
Ngairé MacDonald
Phone: 022 106 4705
Email:
nigglepiggle@gmail.com

Secretary:
Cindy Alexander
Phone: 027 315 1333 or
06 879 9400
Email:
cindyalexander@slingshot.co.nz

\$3 entry. Sales Table, Raffles,
Entertainer or Speaker.
Tea/Coffee/Biscuits

Any payments for Bus Tours/
Lunch etc. place cash in an
envelope (with your details) and
hand to June Fraser our
treasurer.

Alternatively, you can pay into
our online banking account:

Bank: Westpac Hastings,
Account Name: 60sUp
Movement of NZ Inc.
A/c No. 03 0642 0727420 000
Hastings District Branch.

Hastings Country Club

Toe tap to Country Music

St Martins Hall Mayfair
Next to Mayfair School

1st & 3rd Sundays of the month
1- 4pm
Members \$4 Non Members \$5
Cuppa and Biscuits

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A message from your president.

Welcome to 2025 and our not so
good summer, we hope that you
all enjoyed your Christmas and I
apologise for cancelling our
January Picnic. The committee is
going to look at forging a
relationship with Mahora Kindy,
we thought perhaps we could
have a list of members who would
like to go and read a story or
two to the children.

Ngairé

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*You never appreciate what you
have till it's all gone.*

Toilet Paper....

is a good example.
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Alternative Recycling
Can Tabs, Wine Bottle Tops,
Used Hearing Aid Batteries,
Aluminium Cans,
Old Spectacles, Used Stamps.

Treasurer:
June Fraser
Phone: 027 345 2141
Email: junetim@xtra.co.nz

Lunch Group Organiser:
Jacqui Pettitt
Phone: 06 876 7653

Committee:
Coral Atkins: Front Table
Phone: 06 876 8734

Jacqui Pettitt: Welcome.
Kitchen. 06 876 7653

Bev Palmer: Kitchen.
Phone: 021 058 3055

Dorothy Skudder: Raffle
Phone: 06 876 9629

Newsletter: Molly Wylie
Phone: 027 244 1152
Email:
upsandownsx2@gmail.com

The Phone News Hawke's Bay

A free service for people who are unable or read or hold a newspaper

DIAL

Napier/Hastings.	280 5051
Dannevirke.	928 6511
Waipukurau.	928 6511
Wairoa.	928 1563

To hear selected items read daily from Hawke's Bay Today.

If you know of someone who is unwell, or who has lost a loved one, please contact Ngaire MacDonald 022 106 4705. It is always comforting to receive a card or phone call 'when the road gets rough.'

Name Tags: If you do not have a name tag, please ask the President or one of the committee who can pass the request on.

60Up Badges - These are available from your secretary \$7.50 each

Garden Planting for Summer/ Autumn

'Planters Nursery'

418 St. George's Road
Veggie and Flower Punnets \$4
Every Thursday \$3.50

Items for Sales Table

No clothing please
Always popular are
Vegetables - Jams - Pickles
Home Baking - Plants
Magazines - Jig Saws.

I never thought I'd be the kind of person who'd wake up early to exercise.... And I was right.!!!

Nourish for Nil

513 Queen Street West, Hastings

Open for Seniors

10am to 11am Thursday.

This is where the oversupply of food from supermarkets, cafes, bakeries, orchards etc. is given away FREE

Take your own bag or two.

Hastings Lions Club

Are no longer accepting Magazines, Readers Digests, Encyclopaedias.

But Reading Books, Jigsaws.

Can be dropped off at 402

Victoria Street Hastings

Monday to Friday

February

Lunch group this month is at 'Serendipity'

Thursday 20th February 12noon

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Knit and Natter this month is on
Wednesday 19th February at 1.30pm
will be at June Fraser's - 20 Percy Berry Place
Havelock North

Savoury Sausage Roll

500 grams Sausage Meat (or one tube)
1/2 grated Apple -
1/2 Cup Breadcrumbs (1 grate a slice or two of bread)
1 small onion - 1/4 cup Grated Cheese -
1/2 tspn Curry Powder - 1/2 tspn Sugar - 1/4 tspn Salt
Shake pepper - Small amount Mixed Herbs -
1 small egg.

Mix sausage meat together to make smooth paste.
Place meat between two sheets of waxed paper or dampen two sheets of baking paper, roll out until about 1/2 inch thick.

Mix all other ingredients together and spread over the sausage meat.

Roll up as for a sponge roll using the waxed paper left under meat to help.

Wrap the roll completely in a sheet of foil and place in a lightly greased baking dish.

Bake about 1 hour at 350 degrees F or 180 degrees C.
This is good with a salad or just on a sandwich.