

New Look, same heart

Welcome to term 2 and the new look for CMA. We hope you like our new vibrant look and we are hoping our tagline– Companionship and Morning Activities for Seniors – says more about what we actually do and gives us a better presence in the community.

Our centres remain as fun as ever with companionship and friendship being on top of our agenda with the added bonus of exercise and other fun activities. Our exercise programs are currently being tweaked so we can gain ACC accreditation to be strength and balance exercise providers for seniors. These sessions will be run at no extra cost to members at a centre near you. More information will be coming shortly.

As the days get shorter and colder it's tempting to stay inside and stay warm but it's important we remember that it is good for us to get out and about and stay social and connected. Stay in touch with your CMA family over the colder months, they will keep that ray of CMA sunshine shining until summer is upon us again.

Rachel Quin Gilbert
Manager



AROUND THE CENTRES

Birkenhead Centre



Birkenhead has enjoyed this term although it's been a bit cold of late. We have been having some great fun with volunteer Eloise as her quizzes are always a hit. Fun has been had playing games like scattergories and word searches. We also celebrated Eid with two of our lovely taxi drivers Mebs and Aziz who have fasted from dawn to



sunset for the last 29 days, they give amazing service to CMA and we thank them.

Birkenhead is looking forward to our outing to the Postman's Leg where the food is always great and the company even better!

Belmont Centre

Winter is here.... Now that's taking us a bit of getting used to at Belmont...

However, the new, more focused strength and balance exercise program has certainly been instrumental in



increasing our temperature. When followed by Dave's music and dancing, we consider it an added bonus of warmth. Our volunteer's fun ideas and quizzes have had our minds constantly busy, while the delicious lunches provided

by other volunteers have had us feeling 'especially special'.

Member Tom and Belmont local shared a wonderful story with us. He told us

about a very young seagull he found while walking on the beach during a storm. He took the bird home to give it a chance to survive.....

even the dog got in on the action deciding to share his kennel. Like new parents, the couple nursed the seagull to good health, and got a baby bath filled with water so she could learn how to swim. Tom even taught the bird to fly when she was well enough. With her new found freedom, watching TV became a favourite past time. It was many months before Tom and Beryl found the courage to let her return to the wild. They took her to Rangitoto Island, and set her free, only to find that after she flew around for a while, she settled right back onto their dingy.

The following Christmas however,



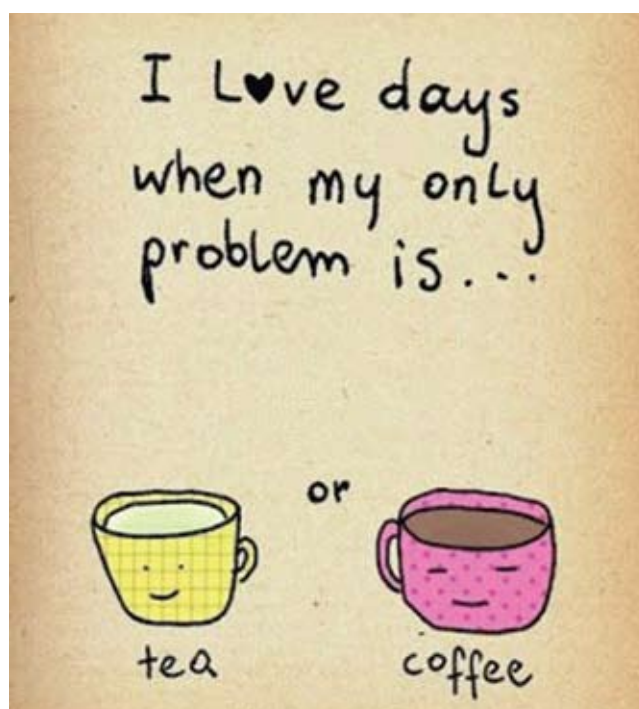
Fun and games at Belmont



Belmont lunches are the best

as they were lunching with friends and family, she flew right through the open french doors, and onto the neighbour's roof. She flew back then, circled around a few times, as if to say goodbye, before flying off into the distance. "She was a beautiful bird," says Beryl, Tom's wife fondly.

His touching story had us all reminiscing about our own animal friends, with the unanimous conclusion that they certainly are all man's best friends...



Albany Centre

Albany guests are a social bunch who love hosting events. They finished last term with an Easter celebration where Stanmore Bay was invited to share in the chocolatey delights! This term each person brought in an item as a 'clue' to their previous occupation/ career. We were excited to hear Peter's stories of driving the double decker buses in London; shocked to hear that Carrol was forced to leave her position as bank clerk with BNZ when she married; intrigued to learn about Melanie's role as lab technician and so proud of Melinna graduating from university with her post grad diploma and deciding her career will be teaching piano to children. One thing is for sure - there is so much more to us than what might first appear! Four years on, the guests, volunteers and supervisor of Albany still continue to learn new things about one another and that's just great!



Pickles Cafe



EASTER treats

when
Stanmore Bay
visits Albany





mid-winter christmas

at
Red Beach



What a term for celebrating events! Red Beach ended term 1 with Easter and term 2 has been a busy one - 90th birthdays, Mother's Day, Mid-Winter Christmas and a Queen's Birthday tea party! We finish this term on the 4th of July where there will be lots of red white and blue and some delectable American treats to eat! None of this would be possible without our wonderful team of volunteers who do so much for all of us - thank you so much ladies.



GULF HARBOUR
COUNTRY CLUB

Red Beach
lunch outing





CMA Albany - June, 2018

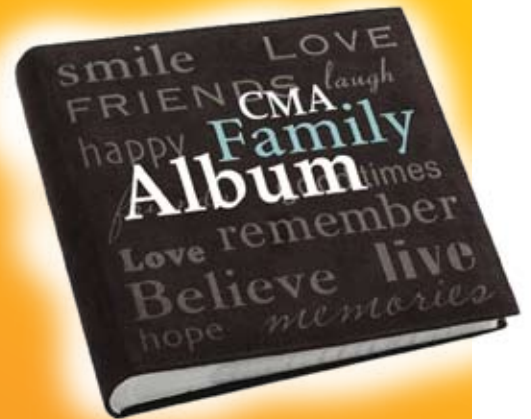


CMA Red Beach - June, 2018



CMA Stanmore Bay - June, 2018

QUEEN'S BIRTHDAY CELEBRATIONS



CMA's
Best dressed
couple



Linda & David Crawford



Ruth-RedBeach



Laura-StanmoreBay



Bridgett-Albany

we love
volunteers
who share



Singing, dancing & smiles
when Dave visits
Stanmore Bay



Youth V wisdom



*Music
with
Dave*



*Good
times
and
good
company*



occupation Day, alBany



bank
teller



bus
driver



secretary



piano
teacher



lab
technician



working
mum



button
factory
worker

Live stronger for longer

Falling over isn't part of the ageing process. Many falls are preventable, and we want to help you stay on your feet and living the life you want to live. We know, without a doubt, that people who have good leg and 'core' strength also have good balance. Building your strength will improve your balance, and help prevent a fall.

Doing exercises that strengthen your leg and core muscles and improve balance will reduce your risk of falling. It's that simple.

We don't mean to go on about it, truly we don't, but we have the clinical evidence to back us up so we're trying to get as many people into exercise as we can.

Exercise can also:

- keep your bones strong
- give you more energy
- help you sleep better
- help control blood pressure, blood sugar levels and weight.



Oh, and it can make you feel good about yourself too!

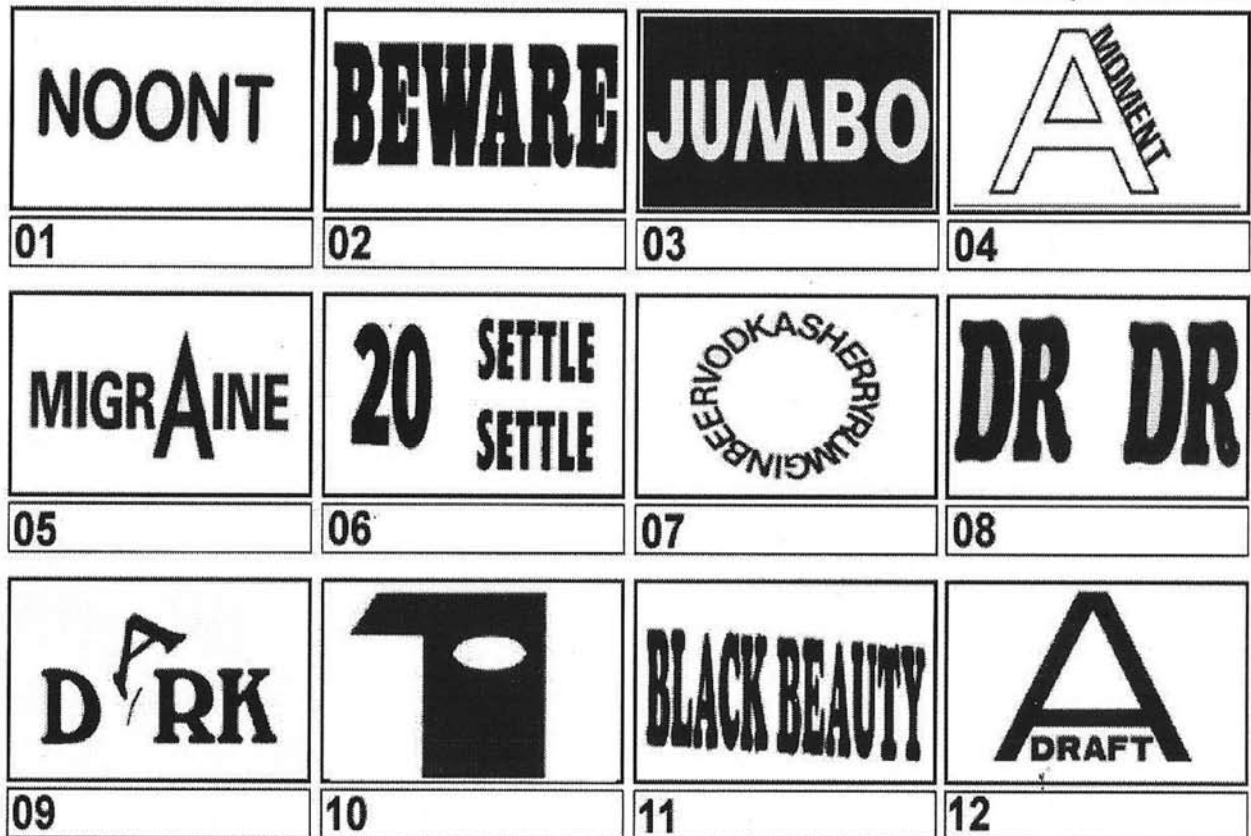
Community Group Strength and Balance classes will focus on improving lower body and core strength and balance which will, ultimately, lead to gains in movement confidence.

Exciting news as CMA is currently undergoing a review of its exercise programs with the focus being on being strength and balance approved provider at some centres. Sunnynook has just received its accreditation and we will now be holding exercise classes weekly for all members.



RSA shows their generosity

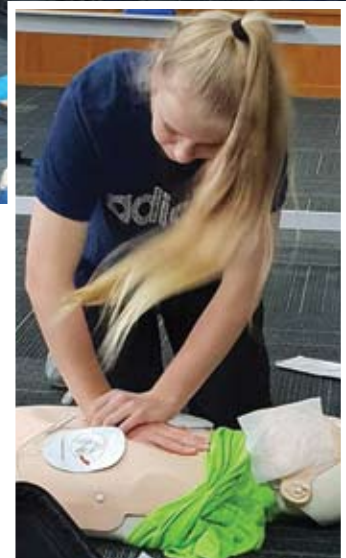
Can you decipher the Dingbats?



Answers to Dingbat Quiz on next page

Volunteers and staff learn first aid

Staff and volunteers enjoyed a day's workshop with Sarah from First Aid First where they covered the recognition and management of emergency situations including: CPR, choke rescue, head and spine injuries, asthma, seizures, diabetes, allergic reactions, fractures, heart attack, stroke, burns, falls, collapse, bleeding and using a defibrillator.





Smiling is infectious

Smiling is infectious,
you catch it like the flu,
When someone smiled at me
today,
I started smiling too.

I passed around the corner
and someone saw my grin.
When he smiled I realized
I'd passed it on to him.

I thought about that smile,
then I realized its worth.
A single smile, just like mine
could travel round the earth.

So, if you feel a smile begin,
don't leave it undetected.
Let's start an epidemic quick,
and get the world infected!

Dingbats Quiz answers

1. Afternoon Tea. 2. A word of warning. 3. White elephant. 4. A touching moment. 5. A splitting headache. 6. A score to settle. 7. A round of drinks. 8. A paradox. 9. A leap in the dark. 10. A hole in one. 11. A dark horse. 12. A large overdraft.

Some have said we live in a "whatever" generation. It seems as though it is no longer fashionable to talk about things like the virtues. Today it's all about greater freedoms, but the fact is that virtues like sincerity, dilligence, fortitude and generosity are even more valuable today than ever. Why is it do you think that employers love employing the older generation? Because they bring to a task these old fashioned values.

If older means wiser then we still have something to contribute to societies health and that has to do with the values we have found have created stable, loving relationships over time. The truth is, the fabric of society is woven in threads of a virtuous tone. They endure over millenia, where fashion changes by the day.



On a
Personal Note

Meet Vi . . .

Today at Birkenhead I had a chat with Vinaila Banse. She is currently attending Sunnynook CMA on Mondays, Birkenhead CMA on Tuesdays and Glenfield CMA on Thursdays

Supervisor Jacinda, Raina and Vi at Birkenhead CMA

Why did you join the CMA? "I was lonely and bored at home and a friend told me about CMA at Sunnynook and said I should come along and meet some new people. I was so happy when I went there and I found out there were other centres as well. I wanted to try then too so I came to Birkenhead where I met Raina and she told me about Glenfield. I really enjoy coming to all 3 centres I love to come here to meet people and have conversations. We're not getting any younger so we must get out when we can to occupy our time I love coming to CMA, I find staying at home very boring."

How do you find communication with the CMA and the supervisor at your centre? Are you well informed of the CMA's activities? "I have good communication with the supervisors. I am really happy to chat with them and they always keep us informed of what we are doing. I feel very able to talk with Jacinda"

Do you find the venue comfortable and welcoming? Is it easy for you to get transport to the venue? "I like all the centres I find it an easy short walk from the carpark to Birkenhead and Glenfield centre so I can use my sticks. Sunnynook is a little bit further so I use my walker that I keep in the car. I drive myself to all the centres and parking is easy outside.

Do you think CMA provides value for your money? Is the food provided sufficient, varied and appetising? "CMA is good value for money, it costs me just \$6 at each centre.

I wanted to join groups but didn't know where to go so Olga who took English Courses at the Sunnynook Community Centre told me about Sunnynook CMA there. I have loved coming and having fun with everyone ever since. I can have a laugh and a joke with Raina. I'm always telling her to run! (Raina has less mobility than Vi !) and we always have a laugh with the taxi driver"

Notice Board

TERM 2 ends July 6th

TERM 3 starts July 23rd

Got a couple of hours to spare on a weekday? Consider volunteering at one of our centres. Call us to chat more about it.

We are in need of volunteer drivers to drive guests to and from the centres. Call us to chat about it on 489 8954

Do you know any people who would like to try out a CMA centre. Bring them along, the first session is free.

Thank You to our Funders and Supporters

Waitemata District Health Board. NZ Lottery Grants Board. The Lion Foundation. Community Organisations Grants Scheme (COGS). Foundation North. Pub Charity- from gaming machines at The Jolly Punter, Florrie McGreals Irish Pub, Seven Stars, Brownzy's Sports Bar, The Albany. Laurie Parker Trust. AJ Scott. Auckland Council. Devonport and Takapuna Local Board. Kaipatiki Local Board. Hibiscus and Bays Local Board. Upper Harbour Local Board. Pelorus Trust. Four Winds Foundation. Community Post. 'Z' Energy. VMG Digital. Allright Welfare Trust. North Shore Presbyterian Hospital Trust. Blue Sky Community Trust. Gibbs Farm. NZ Tertiary College. Dementia Auckland. Postman's Leg, Glenfield.

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Belmont:	Chandni
Mairangi Bay:	Chandni
Birkenhead:	Jacinda
Glenfield:	Jacinda
Red Beach:	Melissa
Stanmore Bay:	Melissa
Albany	Melissa

SUPPORT STAFF:

Manager:	Rachel
Support Officer:	Leah

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Charities Reg. No. CC22808

CENTRES OPEN 10AM - 12.30PM

MAIRANGI BAY - MONDAYS

SUNNYSOOK - MONDAYS

BIRKENHEAD - TUESDAYS

ALBANY - TUESDAYS

RED BEACH - WEDNESDAYS

STANMORE BAY - THURSDAYS

GLENFIELD - THURSDAYS

BELMONT - THURSDAYS

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