

Active Fun with CMA

No matter how old you are or what your health conditions are, staying active is important particularly as we get older. Regular physical activity can improve your health and wellbeing and make it easier to perform daily tasks.

Active Fun is a good way of bringing exercise and social connection into your everyday life. It also gives us a sense of purpose and as well as improving our physical and mental wellbeing.... So what is Active Fun?

People who are now “older” don’t suddenly lose their talent, interests or ability to do things but they may need support to connect them with those sports and hobbies. It is really important for good health and well being that older people remain connected with people and organizations that they have enjoyed over their life time. To ensure a genuinely active life we need to remove the barriers between what an older person really enjoyed previously and what they can do now. Often that barrier will be transport. Transport to and from social groups and hobby activities is often the main barrier between participation and loneliness.

At CMA we offer our qualifying members an assessment for a Total Mobility card which is a half price card partially funded by Auckland transport enabling those who cannot use public transport more affordable taxi fares. We hope that by helping remove that barrier and ensuring all members can participate then we can fulfill the notion of active fun. Come and join our centres filled with fun, laughter, games and music. ACTIVE FUN at its best.



AROUND THE CENTRES

Stanmore Bay

Stanmore Bay have had an enjoyable start to the year, it's been lovely to catch up with everyone after the Christmas break. We've had new volunteers start and everybody is enjoying Anne's home baking for morning tea each week. A definite highlight of the term so was a visit from Ellie, our volunteer Aimee's Cavoodle puppy. She was so soft to touch and everyone loved having cuddles! It's also been great to see Dave again, his music and fun times are always a pleasure. We're looking forward to our guest speaker Isabel Morris visiting us and taking us through all the wonders of Tiritiri Matangi island, and then there's as our trip to Bunnings for a craft morning which is happening at the end of the term – its great to be busy and back into the CMA swing of things!



Albany Centre

Wow, what a funny old term we have had, on again, off again, and cannot really believe we are almost at the end of term 1.

Albany is always pretty busy, and we have had some great guest speakers, some fun games, and thankfully managed lunch out this term also. YAY

Saint Patricks day was a highlight, with Michael from the Stroke Centre joining us to play the Beatles on bass guitar. Michael had a stroke at age 38 and lost all feeling in his right side. Through playing music, he is learning to talk again, and it was lovely for him spend some time with us, and for us to all sing along to some classic Beatles songs.

He promised us all some ABBA on the next visit.

Our lunch out this term was to the Bays Club, and we combined for the first time with our Red Beach Centre. What a fabulous day, and we were so lucky with the gorgeous weather, and you really cannot beat that fabulous view. We have tried so many other places, but The Bays Club is still a firm favourite amongst our Albany group.

Easter is just around the corner and we will celebrate in style with lots

of laughs as always, some 'guess how many eggs in the jar' games and of course some fabulous spot prizes and Easter treats.

Albany really is a neat bunch, and although we have had our ups and downs due to Covid, we are always super happy to be together and see each other again.

Glenfield Centre

This term at Glenfield we are very happy to be back up and running after the disruptions due to lockdowns. It is great to see each other again, laugh together and share stories. We celebrated Joy being awarded her 5 year attendance certificate and Dave provided us with his brilliant music and quizzes. We are now being provided with a lovely hot lunch and desert every Thursday from the amazing cooks, Michaela and Robert. The food is brilliant.

Unfortunately, we will be losing two great long-term volunteers from Glenfield CMA, Jenny and Kevin will be leaving to spend time with their grandchildren, we thank them so much for their contribution to CMA and wish them the best for the future. With the end of term fast approaching we are looking forward to our outing and fun Easter activities.



Make a plan

Firefighters don't like fire movies. They make you think you've seen house fires, but you haven't. In a real house fire, you have less than three minutes to escape, or you die. So give yourself a warning.

Here's what the movies don't tell you:

- Smoke from a house fire can kill in less than three minutes.
- One third (33%) of the residential fires we were called to last year did not have smoke alarms installed.
- You are four times more likely to survive a house fire if you have a working smoke alarm.

#makeaplan @nzfireservice



We love BIRTHDAYS



Carrying a torch for us all

At 118 years old, the world's oldest living person is preparing to carry the Olympic torch this May in Japan. Kane Tanaka, who has twice survived cancer, lived through two global pandemics and loves fizzy drinks, will take the flame as it passes through Shime.



Joyful Joy – our wonderful Red Beach volunteer

There is no other name to really use when describing Joy, she really is a joy! We love having her at Red Beach, and I know all the guests adore her. Super bubbly, kind, caring, thoughtful, and just a real treasure to have on board as a volunteer.

Joy was born in the Philippines, and although she studied to become an architect, her real calling was in travel. When she was offered the chance to join the airline Cathay Pacific, she jumped at it! She then made the bold move to live in Germany, working for the airline KLM, and travelling and seeing the world for 13 years, before moving and settling in New Zealand 19 years ago.

She met lovely Phil 14 years ago, and they both adore the outdoors, and you will find them both most Saturdays down at the local park run event, either in the event, or working as volunteers.

Joy has two gorgeous granddaughters, and one she is still yet to meet, as she was born in the first lockdown in the Philippines. So as soon as she can, she will be on the first plane back to meet her.

Joy, you are absolutely wonderful, and we adore having you at Red Beach.

Keep your eyes peeled on those open roads people, one thing you may not know is Joy has a real love for motorbikes, and you just might see her bombing past you on one of our open roads.



*Eventually you will reach
a point when you stop lying
about your age and start
bragging about it*

Do your little bit of
good where you are;
it's those little bits of
good put together that
overwhelm the world.

DESMOND TUTU







Easter fun facts

- The Easter bunny hopped into the United States in the 1700's and there is no mention of an Easter bunny in the bible.
- Easter eggs were thought to have symbolised fertility.
- The largest Easter egg ever made was 25 feet high.
- Eggs were used as gifts and offerings as far back as the 13th century.
- Most people go for the ears first.
- In Finland, children dress up as witches on Easter Sunday.



One Pot Sausage Pasta

30 minutes from start to finish and just one pot!

- 1 tablespoon olive oil
- ½ onion (chopped) and 2 cloves garlic (crushed or finely chopped)
- 6-8 sausages (sliced into bite sized pieces - see note 1)
- 1 x 400 gram tin of chopped tomatoes
- ¼ cup tomato paste
- 1 ½ cups beef stock
- 1 tablespoon dried mixed herbs
- 1 tablespoon balsamic vinegar
- 2 cups dried pasta (any shape)
- 2 cups baby spinach or chopped spinach leaves
- 1 cup grated zucchini/carrot (optional)
- ½ cup grated parmesan cheese



1. Heat the oil in a large frying pan over a medium heat. Add the onion and garlic and cook for 2 minutes until fragrant. Add the sausages and brown (about 5 mins)
2. Add tomatoes, tomato paste, beef stock, mixed herbs & balsamic vinegar and stir to combine.
3. Reduce heat to medium/low, add the pasta and stir to combine. Cover and allow to cook for 15 minutes, stirring once during cooking.
4. After 15 minutes, remove the lid and check that the pasta is cooked. If it needs, cook for an extra couple of minutes. Stir through the spinach and grated veggies if using.
5. Sprinkle the cheese on top and cover again for a further 2 minutes until the cheese has melted. If you have used an oven proof (e.g. cast iron pan) you can put it under the grill to melt the cheese if you would prefer.
6. Take the pan off the heat and serve immediately.

On a Personal Note

Introducing

Lynton Bates – Belmont and Mairangi Bay Guest.



With the America's Cup in town it had to be one of our ocean-loving Belmont CMA members in focus this term. Three CMA Belmont men members grew up in Bayswater and all love boats, be it building or sailing a boat, or (for member Tom) making a working model of a 1900's Americas Cup boat.

Today we celebrate our 5-year CMA member Lynton Bates. Lynton's love of the sea started early, growing up in Bayswater (or "Bateswater" as Lynton refers to it) and joining the Takapuna Boating Club at a very young age to sail dinghies. He has maintained a lifelong relationship with the club, being the club's sailing coach for many years

when the club was based at Bayswater, then becoming Club Commodore and later being awarded life membership.

As a lawyer he has helped on many a yachting committee including as TBC Commodore and as Chairman of the Auckland Yachting Association. As part of these duties, Lynton talks with pride of taking a group of youth sailors to Japan as part of a three nation (China, Japan, NZ) sailing exchange.

He sailed his Dad's Keeler B14 "Tangaroa" in the Hauraki Gulf as a boy. He has since sailed offshore between Auckland and places such as the South Island, Fiji and Australia – and has experienced some extreme weather conditions doing so.

Lynton was a key founder of the "Waterwise" sailing programme in North Shore schools – involving writing the constitution and lesson content and lots of fundraising to get the boats and equipment needed. He was also a prominent instructor for Waterwise's adult volunteers, so both teaching sailing and how to teach sailing. Waterwise has seen thousands of kids enjoy the sailing experience and it is a strong schools programme today for our local schools.

Health has slowed him down but CMA Belmont is lucky to have Lynton share a salty story and deploy his clever use of words every Thursday at Belmont CMA.

It didn't hurt at all The Queen on Covid jab



There has been a lot in the press lately about the Royal Family but HRH Queen Elizabeth II is doing her best to encourage people to get vaccinated against Covid-19.

We salute you Ma'am.

The Queen has said her Covid-19 jab "didn't hurt at all" as she encouraged those hesitant about vaccination to "think about other people rather than themselves".

The head of state, who was inoculated in January, said after having the vaccine you felt "protected", which she described as "important" during a video call with health leaders delivering the Covid-19 vaccine.

FUNDING SUPERSTARS – thank you to our most recent funders



We all live on the same planet but we don't all live in the same world. Your world is different from your neighbours mainly because we all think about life differently. Where one person finds happiness in simple things, another would be bored and restless. What you think is important another may not even see. We can't always choose the situations we find ourselves in but we can choose how we react. If you want your world to be filled with friends then you must choose to be friendly. If you want to be at peace then that is what you must give to others. You will have heard the expression "as you give so shall you receive," this is ever true when it comes to shaping the world you want to live in. I once met a 96 year old lady who said she was very happy because she was surrounded by such wonderful people in her life. It struck me the more I got to know her just what a generous and thoughtful person she was. Her world was in fact a reflection of her own thoughts.

Simple steps to happiness

The beautiful, well-versed 83 year old lady, fully dressed every morning at 8 am sharp, with her hair done in fashion and perfectly applied makeup, is moving to a retirement home. Her husband recently died, which motivated her move.

After many hours of patiently waiting in the hall of the home, she smiled sweetly, when told her room was ready.

As she moved her walker toward the elevator, she was given a detailed description of her small room, including the curtains hanging from her window.

" I love it ", she said, with the enthusiasm of a 8-year-old girl who was just handed over a new pet.

- Mrs. Jones; you haven't seen the room, just wait.

- That doesn't matter, she replied.

Happiness is something you decide over time. Whether or not I like my room doesn't depend on how the furniture is arranged, it depends on how I arrange my mind.

I've already decided that I like it. It's a decision I make every morning when I wake up. I have the choice; I can spend the day in bed, going through the difficulty I have with my body parts that don't work, or get out of bed and be thankful for the parts that do work.

Every day is a gift, and as long as my eyes open, I will focus on the new day and the happy memories I've stored just for this time in my life.

HAPPINESS is like a bank account: you withdraw from it, what you deposit.

So my advice would be to deposit a lot of happiness into your memory account.

Remember these five simple things:

1. **Free your heart from hate and discord.**
2. **Free your mind from worries.**
3. **Live simply.**
4. **Give more.**
5. **Take less.**



Notice Board

Volunteer appreciation
afternoon tea 19th May.
More details coming soon.

TERM 1 ends 16th April

Term 2 starts 3rd May

COME ALONG and see what
we are all about - first
session is free - just
contact our support
office.

Thank You to our Funders and Supporters

Auckland Foundation. North Shore Fund. NZ
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(COGS). Foundation North. Pub Charity-
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Manager:	Rachel Quin Gilbert
Support Officer:	Ali Shaw

CONTACT DETAILS:

North Shore CMA
PO Box 33852 Takapuna 0740
Phone 09 489 8954. Fax 09 489 8956.

E-mail: info@cmans.org.nz

Website: www.cmans.org.nz

Charities Reg. No. CC22808

CENTRES OPEN 10AM - 12.30PM

MAIRANGI BAY - MONDAYS

SUNNYNOOK - MONDAYS

BIRKDALE - TUESDAYS

ALBANY - TUESDAYS

RED BEACH - WEDNESDAYS

STANMORE BAY - THURSDAYS

GLENFIELD - THURSDAYS

BELMONT - THURSDAYS