

# TERM 1 2024 NEWSLETTER!

## The Importance of Movement

As we age, staying active becomes increasingly crucial for maintaining good health and vitality.

It can be the key to warding off many common health issues associated with getting older. Engaging in regular physical activity offers a multitude of benefits. It helps to prevent or delay the onset of various health conditions that often accompany ageing. From heart disease to osteoporosis, staying active can significantly lower the risk of these ailments.

Moreover, physical activity plays a vital role in strengthening muscles, which is particularly important as we age. Strong muscles are key to maintaining mobility and independence, enabling you to continue with your day-to-day tasks without relying on others for assistance. By keeping your muscles in good shape, you're preserving your ability to stay active and independent for longer.

Incorporating exercise into your daily routine doesn't have to be complicated. Whether it's walking, swimming, gardening, or yoga, finding activities that you enjoy and can sustain over time is key. Remember, it's never too late to start reaping the benefits of physical activity. Even small changes can make a big difference in your overall health and well-being.

So, let's prioritise our health and well-being by staying active and embracing the countless benefits that regular physical activity brings, no matter our age. Together, let's embark on this journey towards a healthier, more vibrant future.

### Upcoming Events

- ✿ AGM Meeting - 21st June 10am
- ✿ CMA Mid Winter Celebration

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### Term Dates

- ✿ Last Day of Term - 12 April
- ✿ First Day Term 2 - 29 April



# MEET OUR NEW SUPERVISORS



## Introducing Moria

Hi I'm Moira

I was born in East London, South Africa to a Scottish mother and a South African dad.

I qualified as a teacher and taught for a year, then took a year off to do my OE. I loved travelling and it was a real growing experience for me. I later married and moved to Namibia where I spent 4 happy years teaching and making lifelong friends. I have previously free-dived with sharks whilst on my honeymoon and would much rather do that again than deep water diving!

I immigrated to NZ and have lived on the Hibiscus Coast for 28 years. I had my daughter in 1998 and my son two years later in 2001. I spent 12 years "growing " my children on my own, and then met Gary and the rest is history as they say. My other job is working with young adults with special needs. Both jobs offer variety, fun and are very rewarding.

I look forward to getting to know you all better and to spend, fun happy times together.



## Introducing Becky



Kia ora CMA whānau!

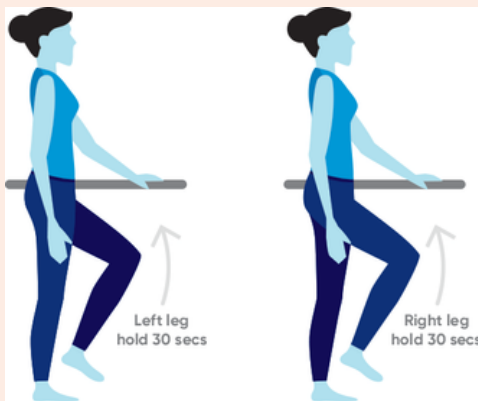
I'm Becky, the new supervisor at CMA Belmont which takes place on Thursdays at the Rose Centre in Belmont. I am thrilled to be able to take on this role! I am originally from the UK where I was a lawyer (for my sins!) in London whilst taking night classes in fashion and garment design at Central St Martins. London is also where I met my Kiwi husband, Simon, who brought me back home to the North Shore to meet his Mum in 2008. 16 years later, 2 children, a dog and a cat later, we remain happily ensconced here in Devonport. I don't think I will ever get over living by the sea and walking my rescue puppy on the beach every day. I no longer practise law but instead, alongside my work at CMA and running around after my kids, I have a small business designing, making and embroidering dresses and wedding gowns for women all over New Zealand and abroad. I feel very honoured to be working for CMA at Belmont and look forward to meeting you all!

# TEST YOUR BALANCE



## Marching on the spot

Stand up straight, with your feet hip-width apart and both feet pressed firmly into the floor.

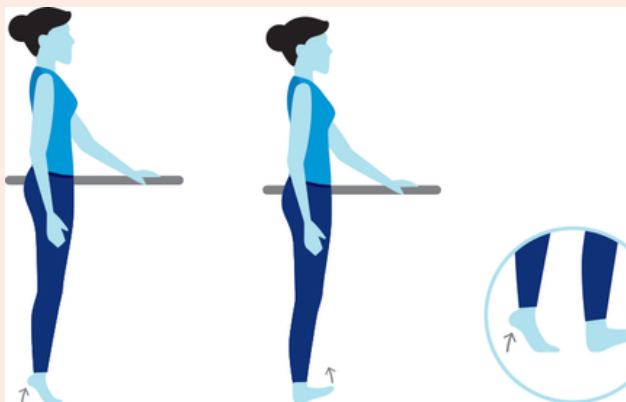


Transfer your weight onto your right foot and slowly lift your left foot off the floor. Hold that position for up to 30 seconds.

Slowly lower your left foot to the floor, transfer your weight to that foot, and lift your right foot off the floor. You are essentially marching on the spot in a controlled way.

Repeat this exercise five times. As you progress, gradually work your way up to doing more repetitions.

## Heel-toe raisers



Stand up straight with your feet together. Using slow and controlled movements, rock forwards onto your toes then back onto your heels.

Be careful, as this exercise will really test your balance. Don't do this movement too quickly or you may stumble. If this is too difficult, try doing the move with your feet shoulder-width apart.

As you progress, move back and forth a bit faster and hold for a few seconds in the toe and heel positions.

# ALL SMILES



CMA



# TEST YOUR KNOWLEDGE



## Food Of The World Quiz

From which countries do the following foods originate?

- 1.SPAGHETTI
- 2.SAUERKRAUT
- 3.PUMPKIN PIE
- 4.HAGGIS
- 5.KIMCHI (PICKLED CABBAGE)
- 6.PIZZA
- 7.FALAFEL (CHICKPEA DUMPLINGS)
- 8.CURRY
- 9.JALAPENO PEPPERS
- 10.SCHNITZEL
- 11.ESCARGOTS
- 12.DAMPER



ANSWERS ON BACK PAGE

## Happiness Word Search

E	D	H	G	C	G	C	H	A	R	M	I	N	G
H	Z	H	S	O	Y	E	B	V	W	X	P	F	Z
U	C	A	G	N	A	W	N	K	I	N	D	R	C
L	J	P	L	S	V	C	T	U	D	M	G	I	O
H	O	P	T	I	M	I	S	T	I	C	D	E	U
U	I	Y	Q	D	A	W	Z	B	G	N	K	N	R
M	A	C	R	E	A	T	I	V	E	G	E	D	A
B	T	M	T	R	I	H	O	P	E	F	U	L	G
L	H	B	R	A	V	E	I	B	I	Y	F	Y	E
E	D	V	O	T	L	H	E	L	P	F	U	L	O
Y	C	H	E	E	R	F	U	L	O	W	N	C	U
D	M	G	E	N	E	R	O	U	S	Y	I	Q	S
G	Q	K	P	O	S	I	T	I	V	E	A	S	Q
K	J	F	G	R	A	C	I	O	U	S	K	L	E

- POSITIVE
- CREATIVE
- HUMBLE
- HAPPY
- BRAVE
- KIND
- WISE
- FUN
- LOYAL
- CHEERFUL
- CHARMING
- CONSIDERATE
- COURAGEOUS
- GENEROUS
- OPTIMISTIC
- FRIENDLY
- GRACIOUS
- GENUINE
- HOPEFUL
- HELPFUL

# THE LATEST NEWS



Scams are devised schemes that aim to convince and manipulate vulnerable people to share personal information and access to money. Scams commonly play on emotional frailty and unfamiliarity with technology to trick people into believing they are doing the right thing when they are being exploited.

Some general tips for staying safe include:

- Never provide personal information, bank details, login information or passwords over the phone, text, email, or unsecured websites.
- Be wary if you are contacted out of the blue by phone or email, even if they say they are from a legitimate organisation.
- Don't click on links sent in emails or text messages if you are unsure who they are from or if they are unexpected. It may be a scam and cause issues for you on your phone or computer, or worse it may give someone access to steal your personal information.
- Shield your PIN when using your ATM or Credit card
- Don't trust what you see on social media in terms of offers for free things or winning money or even buying items. It is often a scam.
- Be wary of any unexpected invoices that arrive via email as they may be fake. Always check with the real organisation separately if you are unsure.
- Be wary of signing up for a subscription online with a free trial period. They often ask you for a credit card number that they say will only be used once the free trial period ends. If this is a scam then you may not be able to cancel the subscription or avoid charges to your credit card.



## Chinese New Year

Chinese New Year, annual 15-day festival in China and Chinese communities around the world that begins with the new moon that occurs sometime between January 21 and February 20 according to Western calendars. Festivities last until the following full moon.

The Lunar New Year is one of the most important holidays in many Asian countries and the Asian diaspora. The holiday is sometimes called the Lunar New Year because the dates of celebration follow the phases of the moon. Since the mid-1990s people in China have been given seven consecutive days off work during the Chinese New Year. This week of relaxation has been designated Spring Festival, a term that is sometimes used to refer to the Chinese New Year.

The origins of the Chinese New Year are steeped in legend. One legend is that thousands of years ago a monster named Nian ("Year") would attack villagers at the beginning of each new year. The monster was afraid of loud noises, bright lights, and the colour red, so those things were used to chase the beast away. Celebrations to usher out the old year and bring forth the luck and prosperity of the new one, therefore, often include firecrackers, fireworks, and red clothes and decorations.

# WARM & FUZZY



## BEST CITY BEACH 2024

WINNER: Ōrewa Beach

Gary Brown, who chairs Hibiscus and Bays Local Board has lived in Ōrewa for 53 years and has seen a lot of changes over that time, points out that the town welcomes an enormous number of visitors — not only from the Auckland area but also travelling tourists.

Ōrewa beach certainly has become a top Auckland destination, not only for the 3km of beach but also the great variety of cafes and restaurants to enjoy afterwards. It still has the beach town feel about it, which I believe people and families find very relaxing, but only 20 minutes from the city.

Deputy chair Julia Parfitt lists some of those attractions:

- Just over the bridge is a relaxed beach that offers so much compared to other city beaches.
- It has an iconic campground. It is a great place to learn to surf or swim with its own surf club. You can walk along the beach one way and return back along the many coastal shared pathways or swim safely back parallel to the beach.
- Ōrewa is a destination in its own right with great playgrounds, beach volleyball courts, cycle paths and public art and is located on the doorstep of the renowned Estuary Arts Centre and wonderful shops and eateries.
- But wait, there'll be more: 2024 is going to see further enhancements at Ōrewa beach with the start of the new esplanade seawall and coastal walkway project linking Kinloch and Remembrance Reserves.
- Ōrewa simply has it all and is so deserving of New Zealand's Best City Beach award.

## Would you like to sponsor a CMA member?

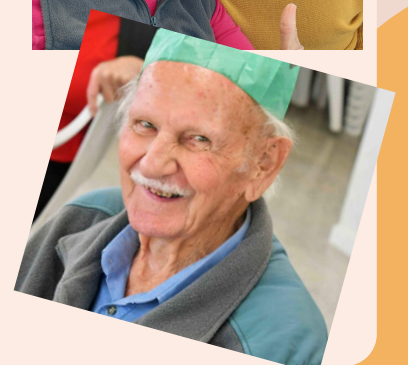
Some may not realise, but several of our CMA guests find it challenging to afford the weekly fee.

Would you consider sponsoring a member so they can to join a CMA centre weekly?

- \$20 - you can sponsor a CMA guest to attend our centre for 2 weeks.
- \$50 - you can sponsor a CMA guest to attend our centre for 5 weeks.
- \$100 - you can support a CMA member to attend our centre for an entire term

Donate to help our gorgeous members access one of our 8 centers, ensuring our community stays connected.

<https://givealittle.co.nz/org/cmanorthshore>



# NGĀ MIHI NUI THANK YOU



## Our Amazing Supporters

### Funders

Auckland Foundation North Shore Fund. NZ Lottery Grants Board. The Lion Foundation. Community Organisations Grants Scheme (COGS). Foundation North. Pub Charity. Laurie Parker Trust. Auckland Council - Devonport and Takapuna Local Board. Kaipatiki Local Board. Upper Harbour Local Board. Four Winds Foundation. Allright Welfare Trust. NZ Community Trust. Good Bitches Baking. Lister Presbyterian Health. VINCI NZ Foundation-King Baudouin Foundation. EH Davies & TM Carr Trust. Catholic Caring Foundation. Aotearoa Gaming Trust. Giltrap Trust. St Georges Market Shop. Hibiscus Coast Community House Inc. Helen Stewart Royale Trust, Orewa Lions. Louisa & Patrick Emmett Murphy Foundation. AJ Scott Trust. Blue Sky Community Trust. MSD Age Friendly Fund.

### Our Governance Team

- Chairperson - Ann Coughlan
- Vice Chairperson - Robyn Walker
- Secretary - John Stewart
- Treasurer - John Brodie
- Supervisor Rep - Kiri Beven
- General Members - Tom Simpson, Vivien Wei Verheijen, Michaela Broehl, Melanie Blewett, Liz May

#### ANSWERS:

- 1) ITALY
- 2) GERMANY
- 3) USA
- 4) SCOTLAND
- 5) KOREA
- 6) ITALY
- 7) MIDDLE EAST
- 8) INDIA
- 9) MEXICO
- 10) AUSTRIA
- 11) FRANCE
- 12) AUSTRALIA

## Our Centres


- Mairangi Bay - Monday
- Sunnynook - Monday
- Birkdale - Tuesday
- Albany - Tuesday
- Red Beach - Wednesday
- Stanmore Bay - Thursday
- Glenfield - Thursday
- Belmont - Thursday

## Our Supervisors

- Maria Urgarte
- Moira Bryant
- Becky Little
- Jacinda Tyson
  
- General Manager - Robyn Walker
- Funding & Marketing Manager - Kiri Beven

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[Charities No - CC22808](#)