



New Zealand Christmas past and present

In 1642, Abel Tasman's crew celebrated the first Christmas dinner in New Zealand – freshly killed pork from the ship's menagerie washed down with 'extra rations of wine'. In 1769 James Cook's crew marked the occasion by feasting on 'Goose pye' (made with gannet).

Traditionally Santa or Christmas parades take place throughout New Zealand in November or December each year. They began in the main centres in the early 1900s. They were established by department stores to promote the arrival of in-store Santas, with the clear aim of drawing customers directly into their stores.

In 1960 Farmers erected a giant Santa on the front of their building on the corner of Hobson Street and Wyndham Street in Auckland. The fibreglass and steel tubing structure weighed over five tons (4535 kg) and stood at a height of about 59 ft (18 metres). It featured a winking eye and beckoning finger, which were intended to tempt customers into the store below. After nearly six decades on Queen Street, the giant Santa was finally retired in January 2020. By this time the annual cost of his maintenance and storage was more than \$200,000, and he required further restoration work. Heart of the City issued a statement on their website, saying that it was 'a fitting time for Santa to take a well-earned rest.' In late 2020, Santa and his reindeer went into retirement at Wanaka's National Transport and Toy Museum.

These days we celebrate with beach BBQs and catch up with friends and family – for many it's the start of a holiday and some much needed down time. Lets look out for each other and remember those less fortunate.....and ponder the words of Dr Suess....

"Maybe Christmas, he thought, doesn't come from the store.

Maybe Christmas... perhaps... means a little bit more!"

MERRY CHRISTMAS to our CMA family. We will see you all in 2023.

AROUND THE CENTRES

Albany Centre

What a fun busy term we had at our Albany centre! We welcomed our new volunteer Bev who moved from South Africa to NZ and Lilian who came back to help us. Welcome both!

We continue to do our exercises but always in a fun way, we danced Macarena all together and had some laughs. We celebrated some birthdays, Halloween and Spring. We played different games like hopscotch, where our guests needed to move around and use their skills, and some quizzes that made us all exercise our brains. We even learnt some Spanish!!

We have been lucky to have our music man Dave, which is always a highlight for our guests. They all love his music, his yoga time and his famous music quiz. Thank you, Dave, for being so awesome!

We also had Lou, from North Harbour Sport, coming to the centre to give an interesting talk about how to prevent falls and to share a lot of useful information for our guests. Thanks Lou!

As always, our main aim for the group is to have fun and share a nice moment together while getting to know each other better in a welcoming atmosphere where socialization is our main goal.

Last but not least, I would like to say a huge THANK YOU to all of our amazing volunteers/drivers who came to the centre every Tuesday with a big smile on their face and ready to help out. Your help is so valuable to all of us.

Happy Christmas & Holidays! We can't wait to see you back next year!



Red Beach Centre

We have had a lot going on this term and last term.

We celebrated Annette turning 70 last term, and with Annette being a long-standing guest of CMA we decided to have a good old-fashioned party.

Annette was on fine form, along with Rae (who also celebrates on the same day) and it is just so lovely being back at CMA this term and able to enjoy

these little celebrations. We did see some fierce competition come out with the pinata smashing, and you really didn't want to stand too close!! For those of you that know Joy (our fabulous volunteer), quiet little Joy...you would think she was fighting for her life in Star Wars, not for lollies! Don't get on Joys bad side that's for sure! Ha ha.

We had some exciting adventures this term with Halloween and a Best Dressed theme. One of our new guests Judith took out the best dressed prize for Halloween, well done Judith! We enjoyed doing our fitness to Thriller and Ghostbusters while Harbour Sport visited us for our Strength and Balance Programme.

Age Concern also visited us this term and I think we all agreed it was a talk that was well overdue! Thank you Paddy for helping us,

and encouraging us to look into different options and areas of support. We all really loved this talk and all agreed that it needed to be an annual occurrence. The major event that had us all in fits of laughter was our CMA Red Beach Wedding. Lovely Rae

and John decided to tie the knot and promise to continue support each other through all the Quizzes and Bingo of CMA. If CMA has taught us anything, it teaches us to have a laugh and not take life too seriously. Thanks Rae and John for always having us in fits of laughter.

We cannot wait to see you all in 2023.....Happy Holidays Red Beach!



This term has been a great one with the weather warming up and we have been gearing up for Christmas with games and quizzes and special Christmas raffles. It has come around quickly this year but so good to get into the spirit especially as supervisor Jacinda loves a dress up party!

We love Yoshiko's strength and balance exercises that she runs every week and we love to see Dave come with his music and music quizzes that always gets our brains going. The most important thing about CMA though is the friendships and connection; it is truly what makes

it so special. We are looking forward to the lunch at the Bays Club with everyone and our Christmas party on the last day will be a blast.

Thank you to our fabulous volunteers for all that you do. We look forward to doing it all over again in 2023.



Christmas Carol Quiz

- 1 In total, how many gifts were given in "The Twelve Days of Christmas"?
- 2 Who wrote the popular Christmas song "Frosty The Snowman"?
- 3 What was the original title for "The Little Drummer Boy"?
- 4 In the song "Twelve Days of Christmas," what is given on the seventh day?
- 5 In the song "Last Christmas", who does the singer give their heart to?
- 6 If Elvis isn't going to have a white Christmas, what type of Christmas is he going to have?
- 7 What famous Christmas carol became the first song ever broadcast from space?
- 8 Which Christmas carol includes these lines: "The stars in the sky / Look down where He lay / The little Lord Jesus / Asleep on the hay"?
- 9 The following line "Let earth receive her King / Let every heart / Prepare Him room / And heaven and nature sing" is taken from which carol?

Answers on Health Matters page

Magic Memories



Good times good friends



Anne Marie Mairangi Bay

Special Moments



...and Lynton too



Happy Birthday Glenys...



Melbourne Cup fun times



Halloween at Stanmore...and Red Beach



A Very Merry Christmas at CMA





What is Positive Ageing

Challenges and opportunities are unique to each period in a person's life, and older age can be a positive growth phase of life like any other. Positive Ageing is not about living longer, nor about how to avoid growing old. It is about making the most of the benefits of being older.

You can be as 'old as you feel at 40' or 'young at heart at 80' - it's about attitude.

What do you know about growing old?

Each of us will have certain expectations about life as an older person. Our attitudes towards and knowledge of ageing can influence our desire and ability to plan ahead

Take a quick quiz to find out - answer true or false

1. The number of older people in the community is increasing.
2. Today families are less caring for older people than they were in the past.
3. Most older people get depressed.
4. All older people eventually become mentally confused.
5. Most older people are able to look after themselves.
6. As you age you get less intelligent.
7. There are more older women than older men.

8. On average, older people take more medicines than younger people.

9. Older people do not benefit from regular exercise as much as younger people

10. Osteoarthritis is inevitable as joints wear out.

11. Our arteries inevitably harden as age progresses.

12. Creativity and original thought peak in the late forties and decline thereafter.

How did you do?

Here are the answers...

1. By the year 2021 21% of the New Zealand population will be aged over 60.
2. There are a lot of pressure on the family today but family members are still the main caregivers when older people need support.
3. However, depression is more common than most people think. Those who are unwell, isolated or in supervised care are at greater risk.
4. Even among those over 80 years old, only one in five will suffer any form of serious forgetfulness or confusion.
5. Around 94% of older New Zealanders live in their own accommodation and look after

themselves.

6. Intelligence does not normally decline with age.

7. Women tend to outlive men in our society.

8. On average older people take about twice as many medicines as younger people.

9. Older people probably benefit more from regular physical activity than any other age group.

10. Joints that receive regular, sensible use maintain their efficiency.

11. This phenomenon is related more to lifestyle and diet throughout life than to age itself. It is like going grey. Some arteries harden more than others.

12. Creative people often are at their most original in their 70's and 80's. Countless vigorous intellects have declined in the mistaken belief that old age brings unavoidable mental loss.



FUNNY TWO - LINERS

The difference between in-laws and outlaws?

Outlaws are wanted.

Alcohol is a perfect solvent:
It dissolves marriages, families and careers.

A fine is a tax for doing wrong.
A tax is a fine for doing well.

Archeologist: someone whose career lies in ruins.

An archaeologist is the best husband any woman can have:
The older she gets, the more interested he becomes in her.

There are two kinds of people who don't say much:
those who are quiet and those who talk a lot.

They say that alcohol kills slowly.

So what? Who's in a hurry ?

Alcohol and calculus don't mix.

Never drink and derive.

One nice thing about egotists:
They don't talk about other people.

There was a man who said,
"I never knew what happiness was until I got married, and then it was too late."

Before marriage, a man yearns for the woman he loves.
After marriage, the 'Y' becomes silent.

**Getting
to know
Frank – our
wonderful
Birkdale
volunteer**



I grew up in a rural part of Germany and gained a PhD in chemistry from Philipps University, Marburg. I have lived in Holland, Colorado, Australia, and Ohio. My wife Nicola is a New Zealander and Professor of Chemistry at AUT. Together with our dogs Molly and Daisy, we live in Birkenhead. I enjoy walking, DIY work, and my large planted aquarium. Another passion is cooking, and I have found some very appreciative eaters at the CMA!

Thank you Frank for all that you do for CMA

Christmas Carol Quiz

ANSWERS

1. 364.
2. Walter Rollins and Steve Nelson.
3. "Carol of the Drum".
4. Swans a-swimming.
5. Someone special.
6. Blue Christmas.
7. "Jingle Bells".
8. "Away in a Manger".
9. "Joy to the World".

When asked what the most important thing in life is, most are quick to reply... "family" but most cannot explain exactly why.

Society is a family. Society's health is reflective of the health of the family unit consisting of both old and young family members.

Western society has established this arbitrary division between young and old based essentially on the tradition called retirement, but in less developed nations older folk remain loved and valued, active, contributing members of the family unit all their lives.

It is a very good habit as we age to remain connected both to society in general and the young in particular, because each can teach the other. This interrelationship between young and old adds to the quality of life for both. To do this however effort is required on both sides. The young need to pay attention, to listen, while the old need to rediscover, to remember, the simple joys like a sense of wonder and enthusiasm so easy for the young.

On a Personal Note

Getting to Know Melissa – Red Beach Guest

Melissa has been a long-standing guest at Red Beach for some time. She is a delight to have in our centre, always arriving late but bringing with her the biggest smile.

Melissa is deaf and lives full time at Holt House in Torbay along with 5 other guests. She shares her flat with Tracey and Kittu the big fat black cat. She joins us each week with a very competitive edge, and absolutely loves any physical games and winning a chocolate or two. At Holt House she loves taking walks and doing jigsaw puzzles. When I took over the Red Beach Centre, Melissa had a volunteer that would help her with bingo as she could not hear the numbers being called. Overtime, I have sat next to Melissa and shown her the numbers as I call them, so she can read and then mark off the numbers herself on the bingo card. She continually surprises all of us at the amount of times she wins! Melissa's family all live in Australia and she has 3 sisters. Her very best friend at CMA is Annette, and I have adored seeing this friendship blossom through CMA. Annette is a wonderful help to Melissa and they love looking after each other and continue to watch out for one another. They both love being involved in absolutely everything and anything at CMA.

Melissa is an absolute joy to have at our centre.



Thank You to our Funders and Supporters

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. Hibiscus and Bays Local Board. Upper Harbour Local Board. Four Winds Foundation. Allright Welfare Trust. Blue Sky Community Trust. NZ Community Trust. Royle Charitable Trust. Good Bitches Baking. Lister Presbyterian Health. Vinci NZ Foundation. Gibbs Farm. MSD Age Friendly Fund. North and South Trust. EH Davies and TM Carr Trust.

Notice Board

VOLUNTEER DRIVERS needed for all centres. Can you spare a few hours once a week? CMA offers transport to our centres for people who could not otherwise access services. It's a great way to get to know some of our older folk in your community. Please contact the support office for more details.

Term 4 ends 16th Dec

Term 1 starts 31st Jan 2023

We have a Beach Picnic planned for Term 1 2023. Watch out for the date in the New Year and a huge thank you to the Vinci Foundation for their support in making this happen.

MERRY CHRISTMAS TO ALL OUR GUESTS, VOLUNTEERS AND SUPPORTERS.

SEE YOU IN 2023!!

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Albany:	Maria Ugarte

SUPPORT STAFF:

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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