

ISSUE 03, 2025

www.ageconcernmarlb.org.nz

Age Concern Marlborough



AGE
CONCERN
MARLBOROUGH

He Manaakitanga
Kaumātua Aotearoa



Greeting to all our friends and supporters

As the year winds its way toward a close and we all begin preparing for the festive season, it's a wonderful time to reflect on the strength of our Marlborough community. This time of year can be joyful and busy, but it can also be challenging for some—so I encourage everyone to take a moment to check in on your elderly friends, relatives, and neighbours. A simple visit or phone call can make an enormous difference.



Over the past months, our team and volunteers have continued to deliver a wide range of services and support to older people across the region. From social activities to advocacy and wellbeing initiatives, we are consistently reminded of how important it is to create opportunities for connection. Every smile, every shared story, and every moment of companionship reinforces the value of the work we do together.

We're also looking forward to our upcoming Bridge Tournament on Sunday, 18 January at 10am, hosted at the Picton Bridge Club. Whether you're an experienced player or simply enjoy the friendly competition of a good game, we'd love to see you there. It promises to be a lively and enjoyable event, and a great way to support the work we do at Age Concern Marlborough.

Thank you for your ongoing support throughout the year. Together, we're helping ensure that older people in our community feel valued, included, and connected—especially at this special time of year.

Best wishes,
Marge Scott
Chair Age Concern Marlborough.

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Volunteer Christmas Lunch



Our volunteers enjoyed a wonderful Christmas lunch at Dodsons, filled with laughter, great company, and plenty of festive cheer. The afternoon was made even more special with fun raffles and spot prizes that brought big smiles all around. It was a lovely opportunity to celebrate and thank our amazing volunteers for everything they do throughout the year.



Christmas Opening Hours

We will be closed from:
19th December 1.00pm – 10.00am 5th January 2026

We wish everyone a wonderful festive season!

Picton Day Trips: A Refreshing Escape from Blenheim

Just a short drive from Blenheim, Picton offers a perfect destination for a day trip – combining fresh sea air, beautiful scenery, and plenty of gentle activities. Whether you're looking for relaxation, a little exercise, or a fun outing with friends, Picton has something to offer.



Why visit Picton?

- **Harbour Views:** Stroll along the waterfront and enjoy the boats bobbing in the harbour. It's a peaceful, scenic walk that's easy on the joints and perfect for photography or birdwatching.
- **Cafés and Eats:** Picton has charming cafés and bakeries where you can enjoy a morning coffee, lunch, or a sweet treat while soaking in the views. A stop at a local café also makes the trip feel special – a little break from routine.
- **Foreshore Walk:** The Picton foreshore walkway is flat, accessible, and full of natural beauty. It's ideal for stretching your legs, chatting with a friend, or just enjoying the calm of the Marlborough Sounds.
- **Picton Museum & Heritage:** For those curious about history, the Picton Museum provides insight into local stories, early settlers, and maritime heritage – a gentle but stimulating way to spend part of the day.
- **Small Local Shops:** If you enjoy browsing, Picton's boutique shops offer unique finds, arts, crafts, and souvenirs. It's a chance to pick up something special for yourself or a loved one.



Tips for a Great Day Trip:

Plan for a relaxed pace – the trip is about enjoyment, not rushing.

Bring a hat, sunscreen, and water if you're walking outdoors.

Consider taking a friend – Picton trips are even better shared with company.

If mobility is a concern, many walkways and cafés are accessible and provide plenty of seating.

Picton is a wonderful reminder that adventure doesn't need to be far away. Even a short day trip can lift your mood, provide gentle exercise, and offer a fresh perspective – all while enjoying the beautiful Marlborough region we're lucky to call home.

The Power of Small Connections: How Tiny Social Moments Boost Wellbeing

We often hear about the importance of staying socially connected as we age – but did you know that even small everyday interactions can have a big impact on wellbeing?

Researchers call them “micro-connections”: brief, positive moments of connection with others. These include things like chatting to the person at the checkout, saying hello to a neighbour on your walk, sharing a joke at the bus stop, or having a quick conversation with someone at your local club or community group.

These tiny moments might seem insignificant, but studies show they can:

Lift your mood

A warm smile or short conversation triggers a release of “feel-good” hormones like oxytocin and dopamine – helping reduce stress and increase happiness.

Improve brain health

Regular social interaction, even in small doses, helps keep the brain active, supports memory, and can lower the risk of cognitive decline over time.

Strengthen your sense of belonging

Feeling acknowledged, seen, and included – even briefly – builds a sense of community and connectedness, which is vital for emotional well-being.

Reduce feelings of loneliness

Loneliness doesn't only come from being alone – it comes from feeling disconnected. Micro-connections help bridge that gap and remind us we're part of a wider social world.

How to add more micro-connections to your week

Here are a few simple ideas:



- **Say hello first** – a small greeting can open the door to a friendly chat.
- **Attend a community group** (like one of our Age Concern Marlborough activities!)
- **Try a new hobby or class** where you'll naturally interact with others.
- **Ask one extra question in your next conversation** – “How's your day going?” or “What have you been up to?”
- **Reach out to someone you haven't spoken to in a while** with a quick text or phone call.

These little moments don't take much energy, but they add up to better health, better mood, and a richer sense of connection.

So next time you're out and about, remember: **a tiny hello can make a big difference – for you and for someone else.**

Join Our Friendly Friday SAYGO Class!

If you're looking for a gentle, welcoming way to build strength and improve your balance, our Friday 10:30am SAYGO class at the Marlborough Community Centre might be just what you're after.

Right now, this session is one of our quieter classes, with only a few people attending. That makes it a lovely option if you enjoy a calmer atmosphere or prefer a bit more space to move at your own pace.

Our instructor creates a supportive environment where everyone feels comfortable, whether you're brand new to SAYGO or have been coming for a while.



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SAYGO (Steady As You Go) is a fantastic programme designed to help improve mobility, confidence, and overall wellbeing. The exercises are gentle, safe, and suitable for a wide range of abilities. Many participants find the class not only helpful for balance and strength, but also a great way to stay connected and enjoy a sense of community.

So if a friendly, relaxed Friday morning activity sounds good to you, we'd love to see you there!

Join Our “Man With a Pan” Cooking Group!

Whether your brand new to cooking or already confident in the kitchen, our free Man With a Pan group has something for everyone! Held fortnightly, this friendly social group brings together men of all skill levels – from complete amateurs to seasoned home cooks and even a few “chefs” who love to share their tips. Each session is relaxed, hands-on, and full of laughter. You’ll:

- Learn simple, tasty, practical recipes
- Build confidence with everyday cooking
- Share skills and ideas with others
- Enjoy great company and a supportive atmosphere
-

Even if you already know your way around a frying pan, it’s still a fun morning out – a chance to meet others, try new dishes, and enjoy the social side of cooking. Come along, have a go, learn a few tricks, and enjoy the camaraderie. We’d love to see you at our next session!



Gold Card

Getting Your Photo Added to Your SuperGold Card – What to Bring

Did you know you can get your photo added to your SuperGold (“Gold”) Card for free? It’s done at an **AA Driver & Vehicle Licensing Agent** – all you need to bring is some ID and your SuperGold card.

Here’s exactly what you need to take with you:

What to Bring to the AA Your SuperGold Card

Bring the physical card with you – this is the card you want the photo added to.

Three Original Proof-of-Identity Documents

These must be original documents (not photocopies).

If you were born in New Zealand, bring:

- One government-issued document showing your full legal name and your date of birth. Examples: birth certificate, passport, driver licence, firearms licence, or deed poll.
- Two additional identity documents, such as a bank statement, phone or power bill, marriage certificate, or driver licence.
- If your name has changed (for example, through marriage or legally), bring proof of that (marriage certificate or deed poll).
- If you were born overseas, bring:
- One document that proves your lawful residence in New Zealand. Examples: a NZ passport, or a passport from your country of birth that shows a NZ residence visa, or a NZ citizenship certificate.
- Two more supporting identity documents, such as a bank statement, utility bill, or driver licence.
- If your name has changed, provide proof of that too (marriage certificate, deed poll, etc.)
- Also, at least one of your ID documents must be at least two years old.

A Few Extra Things to Know

- The AA will take your photo on the spot.
- Even with the photo added, your SuperGold card is not considered a primary ID document (e.g., for banking or legal purposes) – it’s meant more for concessions and discounts.
- Make sure all your documents are originals. Photocopies or expired documents (unless specifically allowed) might not be accepted.



Seasonal Gardening Tips for Early Summer in Blenheim

With Blenheim's long sunshine hours, warm days, and dry conditions, late spring and early summer are some of the best months to enjoy your garden. It's the perfect time to plant, tidy, and prepare for the hotter weather ahead — all while soaking up the fresh air and gentle exercise gardening provides.

Planting Made for Marlborough Sunshine

Now is the ideal time to plant:

- Tomatoes, cucumbers, capsicums, beans, and zucchini — they all thrive in our warm climate.
- Basil, parsley, mint, and chives for a fragrant herb patch that practically grows itself.
- Summer flowers like petunias, marigolds, cosmos, sunflowers, and dahlias for bright colour all season long.

Because Blenheim's sun is strong, plants will appreciate a light layer of mulch to keep soil moist.

Watering: The Blenheim Way

Our summers can be dry, so smart watering makes all the difference:

- Water early in the morning to reduce evaporation and help plants drink before the heat rises.
- Deep watering once or twice a week is better than a quick sprinkle every day — it encourages roots to grow deeper and stay stronger.
- Mulch generously with pea straw, bark, or shredded leaves to help conserve moisture.

If mobility is a concern, use a hose with a trigger nozzle or lightweight watering can to reduce strain.

Fresh, Local Harvests

This time of year brings some of the best homegrown treats:

- Strawberries are ripening — pick them often to encourage more fruit.
- Lettuce, rocket, and spinach grow quickly now and can be harvested leaf-by-leaf for ongoing salads.
- Early potatoes may be ready for lifting, especially if you planted them in late winter.

Sharing extra produce with neighbours or friends is a lovely way to spread seasonal joy (and often leads to goodies coming back in return!).

Tidy, Train, and Support

Early summer is the perfect time to give plants a little structure:

- Stake tomatoes before they get too tall.
- Trim herbs lightly to keep them bushy.
- Deadhead flowers to keep them blooming through summer.
- Weed regularly, as the warm weather makes everything grow – including the things you didn't plant!

A few minutes every couple of days can keep your garden looking fresh without feeling like hard work.

Enjoy Your Outdoor Space

In Blenheim, early summer is the ideal time to:

- Sit outside with a cuppa and enjoy your flowers and birdsong.
- Add a shaded chair or umbrella to create a small “garden retreat.”
- Bring a book outdoors – or invite a friend over to enjoy the sunshine with you.

Gardening doesn't have to mean hours of effort. Even pottering for 10–15 minutes a day is good for the body, mind, and spirit.

So enjoy the warm days, the growth, and the simple pleasures of gardening in our beautiful Blenheim climate.



Why Getting Outside Every Day

Matters More Than You Think

We all know fresh air feels good, but spending even a short amount of time outdoors each day can have powerful benefits for our health and happiness.

Boosts mood naturally

Sunlight helps our bodies produce serotonin – a natural mood-lifter that helps us feel calmer and more positive.

Improves sleep

Exposure to natural light helps regulate our body clock, making it easier to fall asleep and wake up feeling refreshed.

Encourages gentle movement

Even a slow stroll around the garden or along the footpath gets joints moving and blood flowing.

Provides a change of scenery

Being outdoors gives our minds a break from routines and screens, allowing us to mentally “reset.”

Whether it's sitting on the porch, watering plants, or taking a wander around the neighbourhood, time outside is one of the easiest ways to support your wellbeing.



Stay Confident on the Road: Join Our “Staying Safe” Driving Course

Whether you’ve been driving for decades or have just recently returned to regular driving, it’s always helpful to refresh your knowledge and boost your confidence. Age Concern Marlborough invites you to join our **Staying Safe driving course** – a relaxed, classroom-based workshop designed especially for older drivers.

This friendly and informative session helps you:



- Update your road rule knowledge
- Learn safer driving strategies
- Understand changes in road layouts, signage, and intersections
- Gain confidence in modern traffic conditions
- Share experiences in a supportive group setting

The course is **not a test** – there’s no driving involved and no pressure. Instead, it’s a practical, enjoyable way to stay safe on the road, keep your licence for longer, and feel more at ease behind the wheel.

Many participants tell us they leave feeling reassured, more informed, and much more confident. It’s also a great chance to meet others and enjoy a relaxed morning of learning.

If you’re interested in attending our next Staying Safe course, contact us to register – we’d love to have you there!



Come Along to Our Friendship Group!

If you're looking for connection, company, and a good cuppa, our Friendship Group is the perfect place to be.

Meeting on the 2nd Tuesday of every month from 10am–11:30am at the Sowmans Lounge, this group is all about bringing people together in a relaxed, friendly environment.

It's a wonderful way to beat loneliness, meet new people, and enjoy a fun, social morning. We always share morning tea, and each month features a guest speaker to keep things interesting, informative, and enjoyable.

Everyone is welcome – whether you come every month or just pop in when you can.

Cost: Only \$2

Come along, bring a friend if you like, and enjoy some great company. We'd love to see you there!



Join Us for Age Concern Marlborough's Annual Bridge Tournament & Fundraiser

Brush off your bidding skills and get ready for a fantastic day of fun, friendship, and friendly competition.

Age Concern Marlborough's Annual Bridge Tournament is just around the corner!

We'd love you to join us on **Sunday, 18th January at 10am** for this much-loved fundraiser, held over two sessions at the **Picton Bridge Club, located at the Port Marlborough Endeavour Pavilion, 181 Waikawa Road, Picton.**



Whether you're a seasoned player or just starting to find your rhythm, **all ages and all stages of Bridge players are warmly welcomed.** It's a wonderful opportunity to enjoy a great game while supporting the work we do for older people across Marlborough.

During the day, players can look forward to a light lunch, plus lots of fun extras including lucky dips, raffles, and prizes galore – there's plenty to keep the energy high between hands!

Entry is \$40, and registrations close on 15th January 2025.

Entries are online through The NX Bridge Tournament website, and payments can be made to:

Age Concern Marlborough
03-0599-0475319-00

Come along, bring a friend, and help support a great cause while enjoying a day of Bridge in a beautiful setting. We can't wait to see you there!

Five Small Home Tweaks That Make Life Easier and Safer

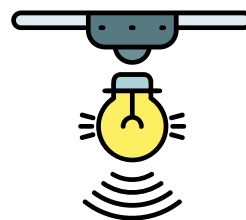
As we get older, making simple adjustments at home can help us stay independent longer — and more comfortably.

Here are five easy improvements anyone can make:

1. Add motion-sensor lights

Perfect for hallways or bathrooms at night.

No switches to fumble for, and fewer trip hazards.

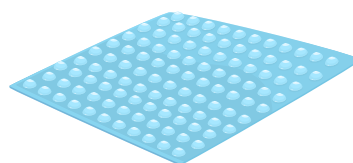


2. Keep everyday items at waist height

Storing things where you can reach them easily reduces strain on joints and helps prevent falls.

3. Use non-slip mats and grips

In the shower, by the bed, and near the kitchen sink - practical and cheap.



4. Label food containers and cupboards

A simple label can save energy, reduce clutter, and make cooking more enjoyable.

5. Place a stable chair near entrances

This helps with putting on shoes, sorting bags, or catching your breath after arriving home.



Tiny changes can make a big difference in comfort and safety — and they're easy to implement over a weekend.

Recipes

Egg Nog



Ingredients

- 6 large egg yolks
- 3/4 cup sugar
- 2 cups milk
- 2 whole cloves
- Pinch cinnamon
- 1 cup heavy cream
- 1 teaspoon freshly grated nutmeg
(lightly packed)
- 1 1/2 teaspoons vanilla extract
- 2 tablespoons bourbon, or to taste
- 2 tablespoons rum, or to taste
- 4 egg whites, optional



Method

- **Beat egg yolks, then add sugar:**

In a large bowl, use a whisk or an electric mixer to beat egg yolks until they become somewhat lighter in color. Slowly add the sugar, beating after each addition. Beat at high speed or whisk until fluffy.

- **Heat milk with cinnamon and cloves:**

Combine the milk, cloves, and cinnamon in a thick-bottomed saucepan. Slowly heat on medium heat until the milk mixture is steamy hot, but not boiling.

- **Temper the eggs:**

Add the eggs by slowly adding half of the hot milk mixture into the eggs, whisking constantly while you add the hot mixture. Pour the mixture back into the saucepan.

- **Cook until eggnog thickens:**

Cook the eggnog on medium heat, stirring constantly with a wooden spoon, until the mixture begins to thicken slightly, and coats the back of the spoon. It helps to have a candy thermometer, but not necessary; if you have one, cook until the mixture reaches 160°F.

Do not allow the mixture to boil, or it will curdle. (If the mixture does curdle you may be able to save it by running it through a blender.

- **Remove from heat and stir in the cream.**

- **Strain and chill:**

Strain the mixture through a mesh strainer to remove the cloves and any curdled bits that may have formed. Let chill for 1 hour.

- **Stir in vanilla extract, nutmeg, and bourbon and rum:**

Feel free to omit for kid-friendly eggnog and proceed to chill.

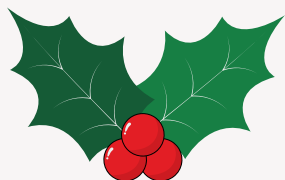
Recipes

Christmas Pudding



Ingredients

- 1 ¼ cups (6 oz/170 g) raisins
- 1 ¼ cups (6 oz/170 g) sultanas
- ¾ cup (4 oz/115 g) currants
- ½ cup (2 oz/57 g) candied peel
- 1 large Granny Smith apple, peeled and grated
- ½ medium lemon finely zest and juice
- ¼ cup (1 oz/28 g) blanched almonds
- 3 cups (7 ½ oz/213 g) fresh white breadcrumbs
- 1 teaspoon ground mixed spice
- ½ teaspoon salt
- 1 large egg
- 1 stick (4oz/115 g) melted butter
- ⅔ cup (5 fl oz/150 ml) Irish Stout
- ⅓ cup (4 oz/115 g) molasses (treacle)
- ⅓ cup (2 ½ fl oz/75 ml) whole milk
- 2 tablespoons brandy to serve



Method

The Day Before

- In a large bowl combine all the ingredients listed.
- Give a really big few mixes to bring your batter together until everything is combined well.
- Cover and place in the fridge over night.

The Next Day

- Butter a 2 pint pudding basin (or glass bowl) and fill with your mix. Lay a circle of grease proof directly on top of the pudding, cover tightly with foil and tie twine around the basin to create a handle. (see '[How to Steam A Christmas Pudding](#)'))
- Fill a kettle with water and bring to the boil.
- Place a tall pot on the stovetop and place a steaming tray on the inside. Fill the pot with boiling water until it just reaches the steamer. Allow to come to a steady boil. (See video above)
- Steam for about 2 ½ - 3 hours. Every 20 minutes check the levels of the water and add more hot if needed.
- You will know when the pudding is done because the top will be dark all over. If it is a little pale on top give it more time.
- Once done remove from the steamer and let them cool down at room temperature.
- You can eat them straight away or store them in a dark cool place until ready to eat. For as long as a year.
- One the day you want to serve it, re-steam for 2 hours to get it nicely heated through.
- To serve pour whiskey over and light on fire. Serve with vanilla ice cream AND whipped cream!

Sudoku

EASY

	2		1					
4	3		5	6	9	1	8	2
		1		3				4
		6		2				5
	4	9		1		2	3	8
3	7	2	9					1
7	1							6
					6	5		
				8	1	4		7

MEDIUM

	5	8	7		1		9	
3	7			2			8	
		9				7	5	
			6		8			
6	3		1	7				
			2	4				6
8			3	6	2			5
	6		5					1
5			8		4			

Wordsearch - Christmas



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



- BAUBLES
- CANDLELIGHT
- CELEBRATION
- CHAMPAGNE
- CHESTNUTS
- COCKTAILS
- DECORATIONS
- EGGNOG
- FESTIVITIES
- MISTLETOE
- ORNAMENTS
- PARTY
- REJOICE
- SPARKLING
- WREATH





**Wishing you a Merry Christmas
and a Happy New Year
from Age Concern Marlborough**



AGE CONCERN MARLBOROUGH MEMBERSHIP RENEWAL/NEW

Please complete the following and return to Age Concern
Marlborough, Room 1, 25 Alfred Street, Blenheim 7201.
Phone 03 579 3457 / email: admin@ageconcernmarlb.org.nz

Date:

Name:

Address:

Phone:

Email:

Subscriptions

Single \$20

Couple \$35

Donation

Total:

Payment may be made either to the office or online to our bank account:

Westpac - 03 0599 0475319 00

Be sure to include your name in Particulars and 'subscription' in reference.

As a not-for-profit Charity, we welcome Donations and Bequests to help us continue to support and promote the welfare of older people in Marlborough.

Office use only: Receipt # Membership Card given: Entered:



Please pass these on to your friends and family



JOIN OUR SOCIAL MOVEMENT AGAINST AGEISM NOW!

Find out more about becoming an
Age Concern Dignity Champion and
sign up at www.ageconcern.org.nz

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