

## ***Hello from Activities! October 2023.***

Spring is here and we are starting to feel a hint of summer. It's nice to see the trees in bloom.

In July our main focus was Matariki and we had a whole week of craft, poi, waiata, meeting our Kaumatua, Kapa Haka and finished off the celebrations with a hangi.

Anju had her shoulder operated on since our last blog was completed so Julie came back to Activities joining us for 2 days a week.

In August we welcomed Otangarei Church to the house and they have been coming every Monday morning to play the guitar and sing Waiata.

August was also 'Pie in a Bag' lunch.



Something that the residents have been missing.  
Lots of tomato sauce and gravy down the chin!

Residents also suggested they would like corn fritters which we enjoyed making in the lounge.

Come September, we began focusing on the Rugby World Cup and have enjoyed many a game cheering on the All Blacks – we hope their luck continues!



Also in September, we starting to talk about the upcoming general elections and invited Candidates from National, Labour, NZ First and the Green Party to come and talk to us one at a time. This gave us a more informed choice and we could put faces to names of candidates.



*Dr Shane Reti – National Candidate*

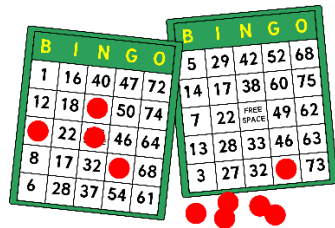
Early October we were lucky that the election people came to us, and we could vote here at Cairnfield.

We have had a lot of significant resident birthdays over the last few months to celebrate together. A lot of 80<sup>th</sup> birthdays which is fantastic.

Continuing in October we attended our first Battle of the Brains quiz competition at Jane Mander and came a very respectful third place. It was so nice to be able to get together with other rest homes and have some fun after not mixing for 3 years due to Covid restrictions.



Anju is now starting to come back into Activities as her shoulder has healed sufficiently, So Julie is back on the floor as Team Leader. We enjoy our usual activities of games, quizzes, sit fit, Tai Chi, bingo, baking, bean auction, spin the wheel, music, and ice cream rounds.



We are starting to think Christmas with our decorations going up in November and getting the Christmas dates locked in. Please put in your diaries our residents Christmas party which will be on Friday 8 December 11am till 1pm. Weather permitting it will be out on the deck outside the main lounge and we ask you please RSVP with only 1 or 2 family members attending.



We would like to welcome our new residents and we would like to remember those that have passed.

Best wishes  
*Mandy and Anju*