



## AGE CONCERN KAPITI COMMUNITY IN ACTION

*Celebrating Kapiti's older people since 1989*

November 2021

Community Services Centre 1<sup>st</sup> Floor Coastlands Shopping Mall

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### Age Concern – Healthy Ageing Together

Hi everyone, we have decided not to hold the November HAT meeting as there is still too much uncertainty.



We will be having an end of year **Christmas function**.  
The HAT group, the AVS volunteers & their clients.

**Please join us!**

I have reserved for 40 people so plenty of space!  
You must be double vaccinated – restaurant requirement.

- Where:** ANZIL Hungarian Restaurant, 111 Main Road, Lindale Village.  
**When:** Thursday, 16 December.  
**Time:** 12 noon.  
**Cost:** \$40 per person.  
**RSVP:** To Alison by 10 December.

Here is a copy of the menu.

Garlic and rosemary infused Lamb (GF)  
Fillet of Salmon with sumac and fresh orange juice (GF)  
Whole Champagne Ham glazed with wholegrain mustard and honey (GF)

*Served with:*

Gourmet potato finished with parsley olive oil (GF)  
Cauliflower and green bean bake with cheese sauce (GF)  
Baby Carrot pan-fried with butter (GF)  
Asparagus, avocado and shaved Almond Salad with lemon oil (GF/DF)

Homemade Sourdough Ciabatta and butter

**Dessert:** Pavlova with fresh berries and fresh cream  
Christmas Pudding with Brandy Sauce

I hope your all keeping busy, the regions gardens are all looking stunning at this time of the year. Plenty of colour from all the flowers. My Orchids are stunning, the best show ever!

See photos below.



### Monthly Events:

**Rummikub:** Join Cliff and Marilyn for the monthly Rummikub.

**When:** Thursday, 18<sup>th</sup> November

**Time:** 10.00am – 12.30pm

**Venue:** ring Cliff on 021 127 8931

Refreshments provided. Learners welcome. Koha welcomed.

**Paraparaumu Pop-In Centre:** Company and friendship – just pop in for a chat and a cuppa...meet and make new friends...come and go as you please.

**When:** Fridays – 1.00pm to 3.00pm

**Venue:** Starting from 5<sup>th</sup> November- Library meeting room, Paraparaumu

**Men's social group – coffee catch up:** any men who would like some social company. The group meets the third Tuesday of the month at a local café at 10am – 11.30am for a chat. A different café each time.

Please contact Keith on 299 2343 or email [tofox@xtra.co.nz](mailto:tofox@xtra.co.nz) for details.

**Read To the Tune of: “My Favourite Things” from the Sound of Music.**

Botox and nose drops and needles for knitting,  
Walkers and handrails and new dental fittings,  
Bundles of magazines tied up in string,  
These are a few of my favourite things.

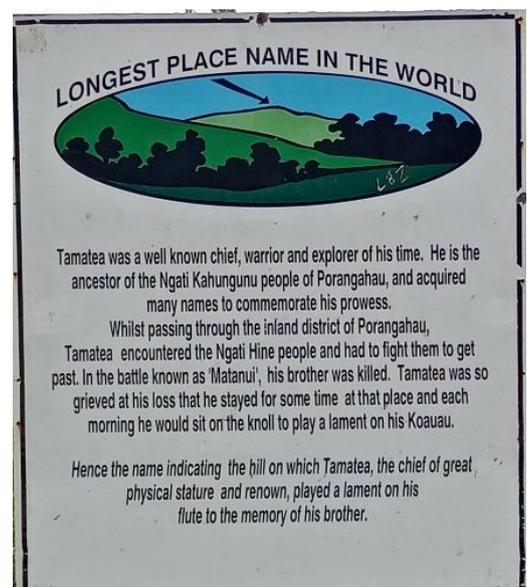
Cadillacs and cataracts, hearing aids and glasses,  
Polident and Fixodent and false teeth in glasses,  
Pacemakers, golf carts and porches with swings,  
These are a few of my favourite things.

When the knees go bad,  
I simply remember my favourite things,  
And then I don't feel so bad.

Hot tea and crumpet sand corn pads for bunions,  
No spicy hot food or food cooked with onions,  
Bathrobes and heating pads and hot meals they bring,  
These are a few of my favourite things...

Back pain, confused brains and no need for sinning,  
Thin bones and fractures and hair that is thinning,  
And we don't mention our short-shrunken frames,  
When we remember our favourite things.

When the joints ache, When the hips break,  
When the eyes grow dim,  
Then I remember the great life I've had,  
And then I don't feel so bad.



An interesting landmark to pass – New Zealand's longest place name.

