



TE AWA
Lifecare Village

TE AWA April 2025 PARTYLINE



A word from Nikki

It's been another busy and buzzing month here at Te Awa! We're thrilled to report flu vaccination numbers were up on last year – a big thank you to everyone who rolled up their sleeves.

You may have noticed some new additions around The Woolshed café – we've installed clear wind blockers outside, which means more use of that lovely space, even as the temperatures drop.

The Hobby Shed is now officially open for action! If you've got a project in mind, Pete is your go-to guy for inductions. Just a friendly reminder – no tools until you've had your induction, safety first!

We also welcomed the team from Ears Clear, who provided professional and safe ear health checks and earwax removal. So, if you've been blaming "selective hearing," your cover might just be blown...

For those wanting to ease into a little activity, our new Short Walk Group kicks off next Wednesday. We'll meet at the playground. No pressure, no pace – just a nice way to stretch the legs and catch up.

We're also looking forward to the Inter-Village Pink Ribbon Quiz at the end of the month – a fun event for a great cause, and always a bit of friendly competition.

That's all from me – stay warm, stay safe, and see you around!

– Nikki



Heather, keeping our library shelves in perfect order—one book at a time!



A fresh chapter for the library

The Library has had a little makeover – and it's looking sharper than ever! A big shout-out to Heather and her wonderful team for their time and effort in making it all happen. From carefully packing up every book and jigsaw puzzle before the refurbishment, to thoughtfully placing everything back afterwards, their behind-the-scenes work deserves a big thank you.

There's a fresh new look inside, and it's not just cosmetic – we've got even more books making their way onto the shelves in the coming weeks, so it's the perfect time to pop in and see what's new.

For our puzzle lovers, the current jigsaw on the table is Winston's Farm Fresh Eggs – if you've got a keen eye and steady hand, come in and place a few pieces (or more!).

Don't forget, the NZ Herald is delivered daily for those wanting to keep up with the headlines, and there's a computer available for internet access if needed. You'll also find a great selection of puzzles you can borrow and enjoy from the comfort of your own home.

Whether you're after a good read, a quiet moment, or a bit of brain exercise, the Library's open and ready for you.



A toe-tapping afternoon of country music at the Cambridge Arts Festival

On the afternoon of Saturday 5th April, an enthusiastic and lively crowd of villagers and visitors gathered for a foot-stomping Country music concert as part of the Cambridge Arts Festival.

The three-act show was backed by the talented DCP Band, led by virtuoso guitarist Dan Cosgrove, joined by Mark Stoddart, Mike McKinley, and Justin Manuel. Dan, who holds a Bachelor of Media Arts from Wintec and runs his own recording studio, describes their sound as “guitar-driven folk rock”.

The band first supported Rowry’s Rose, a husband-and-wife duo from Kihikihi—Blair and Rosie Shaw. While they’ve been married for 11 years, their musical partnership began only a few years ago. In 2023, they made waves in the U.S., winning ‘Best New Artist’ at the Hugo Radio Awards in Pennsylvania, and ‘International Songwriter of the Year’ at the Who’s Hoo Country Music Awards in Indiana.



Next up was Arkansas-born soloist James Ray, who has been calling New Zealand home since 2003. With a rich repertoire ranging “from Blues to Bluegrass,” James brought his signature Country sound to the stage with style.

The hour-and-a-half show was made even more authentic by a sea of cowboy hats and boots in the audience, and a spirited group of line dancers stepping in rhythm just off to the side. *Malcolm*

Recipe:

Feijoa Cake - a Taste of Autumn

Feijoas are falling in abundance at this time of year, often more than we know what to do with! Their fragrant, tangy-sweet flavour is a real treat – perfect for cakes, chutneys, smoothies, or just scooped fresh with a spoon. This moist and lightly spiced feijoa cake is a lovely way to enjoy the harvest, and it pairs beautifully with a cuppa or a dollop of yoghurt or cream.

Ingredients:

- 1½ cups feijoa pulp (scooped out and roughly mashed)
- 1 cup sugar (brown or white)
- 2 eggs
- ½ cup neutral oil (like canola or sunflower)
- 1 tsp vanilla essence
- 2 cups plain flour
- 1 tsp baking soda
- 1 tsp baking powder
- 1 tsp cinnamon
- ½ tsp ground ginger
- A pinch of salt

Method:

- Preheat oven to 170°C (fan bake). Grease and line a 20cm round or square cake tin.
- In a large bowl, beat together sugar, eggs, oil, and vanilla until smooth.
- Fold in the mashed feijoas.
- In a separate bowl, mix flour, baking soda, baking powder, spices, & salt.
- Add dry ingredients to the wet mixture and stir until just combined.
- Pour into the tin and bake for 40–45 minutes or until a skewer comes out clean.

- Cool in the tin for 10 minutes before turning out onto a rack.

Serving suggestions: Serve warm with a scoop of vanilla ice cream, a dollop of Greek yoghurt, or a drizzle of lemon glaze for a zesty finish.





ANZAC Day at Te Awa

On Friday 25th April, residents and staff gathered at the flagpole for a moving ANZAC Day ceremony at Te Awa Lifecare, honouring the service and sacrifice of those who served.

With a calm autumn morning setting the scene, it was a time for reflection, remembrance, and gratitude.

A beautiful floral tribute, was laid at the base of the flagpole, standing as a symbol of respect and remembrance. The ceremony was further enriched by a special performance of *The Last Post*, played on the bugle by Umi Ota, a student from St Peter's School. Her confident and heartfelt tribute was a highlight of the service and deeply appreciated by all who attended.

Thank you to everyone who joined us to mark this important occasion. Lest we forget.

Think Pink for a great cause!

Get ready for an afternoon of fun, laughter, and a touch of healthy competition at our Pink Ribbon Quiz for Village and Care Residents! Join us on Wednesday 28th May, 2:30-4:30pm at The Woolshed Café as we raise funds and awareness for the Breast Cancer Foundation.

There'll be delicious pink cupcakes for sale, a lively quiz, and of course – we want to see everyone dressed in pink (yes, gentlemen, that includes you too!).

Let's come together, have some fun, and support a cause close to many hearts. See you there!

Check our activities calendar online



Village



Care Centre



Homestead

INTRODUCING

Jamie Lumsden

Front of House, The Woolshed



Jamie, one of the friendly and familiar face in the Front of House team at The Woolshed, celebrates his two-year work anniversary next month. A natural conversationalist, he thrives on daily chats with residents and the camaraderie of his incredible teammates.

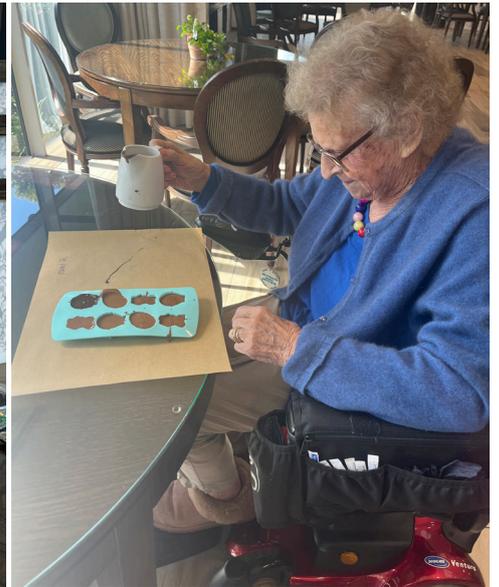
This is Jamie's first role in hospitality, though it feels like a perfect fit. Before joining The Woolshed, he worked in retail at Gun City—where he gained his firearm licence—and spent time in the trades, including two years in traffic management (a topic he now finds connects him to residents discussing the roadworks outside Te Awa's gates), a stint in roofing with a focus on waterproofing, and three years as a painter. He appreciates the consistency of working indoors now, where there are no rained-out days!

Born and raised in Hamilton, Jamie trained as a chef, completing a Level 4 Certificate in Culinary Arts at Wintec. He also recently rediscovered a barista certificate from his high school days, rounding out his hospitality skills nicely. When he's not at work, Jamie enjoys the outdoors—hiking, keeping fit, and soaking in nature. He's conquered the Hakarimata Summit Track's 1,349 steps (one way) several times, Mt Pirongia, and the Tongariro Crossing, with his sights now set on completing the five-day Tongariro Northern Circuit.

Musically, Jamie has an eclectic taste thanks to his parents' influence but leans toward rock and metal. He also dreams of travelling to the UK—particularly Yorkshire, where his mum was born and raised on a farm that is still in operation today. He hopes to visit Scotland too, to connect with his dad's roots.

What Jamie loves most about his role is the conversation—listening, learning, and connecting with people every day.

From our Care Centre



A season of fun, flavour and festivities in the Care Centre

Autumn has been anything but quiet in the Care Centre at Te Awa Lifecare Village, with a flurry of activities, music, and meaningful moments keeping spirits high as the leaves begin to turn.

The Autumn Festival brought a wonderful buzz to the Woolshed, with live music events that had residents clapping, toe-tapping, and singing along. Alan and Jill added their own musical magic with lively sing-alongs that always bring smiles and fond memories.

Practical care was also on the agenda, with a visit from the Eyewear Angel, who provided onsite servicing and adjustments to residents' glasses—ensuring everyone could continue enjoying the views, reading, and watching the fun unfold in clear comfort.

Easter celebrations were a treat (literally!), with chocolate making, cupcake decorating, biscuit icing, and of course, a classic Easter Egg Hunt that brought out the child in everyone. Creativity and conversation flowed as residents enjoyed the simple joy of sweet traditions.

On Anzac Day, we gathered in the Woolshed for a heartfelt ceremony of remembrance, followed by morning tea

featuring homemade Anzac biscuits—baked with love and care by the residents themselves.

Adding to the flavour of the season, earlier this week our Care Centre residents brewed up some magic, creating their very own hand-blended herbal teas. Armed with fresh ginger, mint, cloves, fennel seeds, limes, oranges, and cinnamon, everyone picked their perfect blend and packed their creations into tea bags—ready for a delicious cuppa. Who needs a café when you've got this much creativity?

Looking ahead, May promises to be just as full and fabulous. We'll be planting hyacinth bulbs for a colourful spring surprise, enjoying interactive sports and seated dance exercises, and getting crafty with new creations. Pet Therapy Dogs will visit not once, but twice this month—always a highlight—and grooming the ponies brings joy and calm to both residents and ponies alike.

To top it all off, we'll 'travel' to Italy with a pizza-making day, and test our brainpower during the Pink Ribbon Village Quiz—a fun way to support a great cause and round out another vibrant month at Te Awa.

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