



TE AWA
Lifecare Village

TE AWA May 2025 PARTYLINE



A word from Nikki

Another month has flown by at Te Awa Lifecare – they really do seem to roll one into the next! We’ve had a steady stream of visitors through the village and recently welcomed new residents into our service cottages and villas – a very warm welcome to you all.

We’ve also kicked off Stage 3 of our development, with the first concrete pad for a new villa scheduled to go down on 30 May – weather permitting, of course. It’s exciting to see things taking shape.

Our short walk groups have continued to step out regularly, with a loyal group of walkers not letting the weather dampen their spirits. We usually walk out to the gate, make a call – left or right – and then set the timer for 15 minutes out, and 15 minutes back. There’s always plenty of good chat along the way.

The Woolshed has been a hive of activity this month, hosting everything from a lovely Mother’s Day High Tea to U3A sessions, music events, pop-up clothing stalls and finishing off with the Pink Ribbon Village Quiz.

One of the best parts of my day is walking around the village, catching up with residents and hearing what’s happening in their world – it’s what makes Te Awa feel like home.

And speaking of fun – we’re all looking forward to a good knees-up at the Winter Shindig on 25 July at the Woolshed. The evening kicks off with dinner and rolls into live music and dancing. It’s \$20pp (no cost for care residents) – don’t forget to book your ticket! Nikki



The Hobby Shed is open!

We’re excited to announce that the Hobby Shed is now open and ready for action – or hobbies! Whether you’re into fixing, building, tinkering or simply pottering, this purpose-built space is here for you.

Health and Safety is top priority, so before you grab a saw or fire up the sander, please catch up with Peter for a quick induction. We’d much rather see you creating something wonderful than filling out an incident report!

The shed has been kitted out with shiny new tools neatly hanging from the walls – saws, pliers, screwdrivers galore, a sander, drop-down saw, levels and more. If there’s something missing from the tool lineup, just let Peter know – we’re open to suggestions and want this to be a space residents really make use of.

Over the years, Peter has been quietly collecting an impressive range of nails and screws – and in true shed style, they’re now organised in an assortment of jars: screen jars, old tins, and everything in between. It’s practical, a little nostalgic, and definitely part of the charm.

We have just two requests:

1. Be safe.
2. Please don’t take any of the tools out of the Hobby Shed. We’d hate to start a game of “Where’s that screwdriver gone?”



An Insightful Outing



Resident Don Twist recently organised a fascinating trip to Whitehall Fruitpackers, giving fellow residents a behind-the-scenes look at a modern commercial operation.

Donning safety hair nets and bright yellow visitor jackets, the group walked past towering stacks of Zespri boxes

and watched as rows of kiwifruit zipped along conveyor belts. With robots in action and fruit nestled

neatly in individual beds, it was a clear reminder of just how far technology has come.

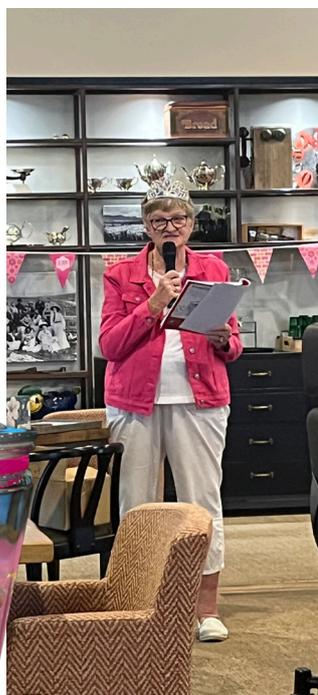
A thoroughly insightful visit – and certainly a far cry from how things were done in their day!

Pink Power at the Woolshed

The Woolshed was a vision in pink on Wednesday 28th as residents, staff and visitors gathered for the much-anticipated Pink Ribbon Quiz in support of the Breast Cancer Foundation.

The quiz was well attended, with plenty of competitive spirit and even more pink on display – from cardigans and shirts to scarves, tasselled skirts and a brave pair of suspenders! The café got into the spirit too, decked out with pink ribbons, balloons, and a tempting display of pink cupcakes, with all proceeds going to the cause.

A fun and meaningful afternoon that combined laughter, community, and a shared commitment to making a difference.





Recipe:

Sunlight and Soup

Have you noticed you're not sleeping as well lately or feeling a bit flat? With fewer daylight hours during winter, our circadian rhythms and serotonin levels can be negatively affected. To counteract this, you could try spending more time outside during the day, particularly on sunny days, and sticking to a consistent sleep and wake time.

And of course, upping our intake of fruit and veg, especially those with antioxidants and anti-inflammatory properties, helps too. This recipe is more than a soup - it's a meal! Don't be put off by the long ingredient list - it makes a huge batch (enough for 6) and is quick and easy to make. It's become a popular dish to drop off to friends and family when in need.

Ingredients

- 1 tbsp avocado oil or olive oil (extra virgin preferred)
- 6 cloves garlic, finely chopped or crushed
- 1 brown onion, diced
- 2 large carrots, thinly sliced
- 2 celery stalks, roughly chopped
- 1 tbsp fresh grated ginger
- 1 tbsp fresh grated turmeric or 1 tsp ground turmeric
- 6 cups (1.5 litres) low-sodium chicken stock (store-bought or homemade)
- 500g boneless, skinless chicken breast or thighs
- 1 tsp freshly chopped rosemary
- 1 tsp freshly chopped thyme (remove stems)
- ½ tsp sea salt
- Freshly ground black pepper, to taste
- 1 cup pearl couscous (also called Israeli couscous – available at Countdown, New World)
- 2/3 cup frozen peas or beans

Method:

1. Heat oil in a large pot. Add onion, carrots, celery, and garlic. Cook for 5–7 minutes until softened.
2. Stir in ginger and turmeric for 30 seconds.
3. Add stock, chicken, herbs, salt, and pepper. Bring to a boil.
4. Stir in pearl couscous. Simmer uncovered for 15–20 minutes, until chicken is cooked.
5. Remove chicken, shred with forks, then return to the pot.
6. Stir in peas, heat through, taste and adjust seasoning. Serve warm.

Can be kept in the fridge for 4–5 days or frozen. If it needs more liquid when it comes time to reheat, just add more stock or water.

Annabel Barbosa - Certified Health & Mental Wellbeing Coach Onsite
Te Awa Wellness Room Wednesdays 10-2pm

INTRODUCING

Shirley Warrington

Clinical Care Manager



Shirley joined Te Awa Lifecare two months before the very first resident arrived in 2018 – giving her time to help shape the warm, homely environment we're so proud of today. That first resident? Absolutely spoilt, Shirley laughs. "We did everything for him – he had our full attention!"

As Clinical Care Manager, Shirley brings not only her big heart but a Master's in Advanced Nursing to the role. No two days are ever the same – and that's what she loves. "Some mornings you hit the ground running, but that's what keeps it interesting," she says.

Shirley is passionate about giving residents the best possible quality of life and is incredibly proud of Te Awa's reputation. "It feels like a real community. Everyone has their own story, and each one is special."

While residents often see her kind and caring side, Shirley assures us there's a bit of a rebel in there too – she even has a Celtic Triquetra tattoo to prove it. Definitely a cool nana!

Success for Shirley isn't about material things – it's about seeing her family, children, and grandchildren happy. In her downtime, she's an avid reader with a taste for everything from Jane Eyre to The Alchemist by Paulo Coelho and Lucinda Riley's Seven Sisters series. She re-reads To Kill a Mockingbird every few years and enjoys a bit of fantasy too.

A recent trip back to the UK included a visit to family, Harry Potter World, and a long-awaited first visit to Paris. Shirley also hits the gym five times a week and is learning to sew (thanks to one of our residents), with dreams of handmaking gifts for her grandies.

From our Care Centre



A month of movement, music and making memories

It's been another busy and joy-filled month in the Care Centre – and we've packed it with creativity, connection and a good dose of sparkle!

As autumn leaves carpeted the grounds, we put them to good use – crafting hedgehogs and lions from their brilliant hues to brighten residents' rooms. The results? Some truly impressive designs full of personality and charm.

Over the past four weeks, the Care Centre has also been alive with the sound of music – and dancing! Residents have been rehearsing a choreographed routine to Love for Me and You as part of our Thursday Seated Dance Exercise sessions. Think jazz hands, sparkly hats, flowing scarves and lots of laughter. It's been a moving celebration of rhythm, memory and fun – proof that dancing truly knows no age.

Looking ahead to our Winter Shindig in July, residents are helping set the scene by colouring in country-themed posters to bring our celebration to life. In between rehearsals, there's been plenty more to enjoy – weekly singalongs with Jill on the piano, a rousing visit from Alan Sayers, a pizza-making trip to 'Italy', bulk planting hyacinths for spring colour, and Glenda accompanying Josh the

therapy dog for cuddles and tail wags.

Special thanks to Max Brown, who spoke to our men's group this month.

And congratulations are in order! Our RD puzzle competition wrapped up with 500-piece challenges and great teamwork.

- RD1: Sonia Scott took first place, completing the puzzle in just two weeks, with help from Jill Strang and Gayle Mayal.
- RD2: Close behind was Doreen Bolton, supported by Ruth Arcus.
- RD3: Finishing with a flourish, Marianne Boyd, Ken Whitehead and Lorraine Palmer conquered a very tricky cat-themed puzzle.

Coming up: the incredible Wai Taiko Japanese Drummers perform in the Woolshed on 7 June (earplugs optional!), Matariki-inspired arts and crafts, a marmalade-making session, and yes – another visit from Josh the dog.

Stay tuned – and keep dancing!

Te Awa Lifecare Village | 1866 Cambridge Road | 07 827 6103 | admin@teawalifecare.nz