

Marsden Club

NEWSLETTER

2016

August



Thank you to Graham McLellan, the Manager at Briscoes Taranaki Street for donating a selection of pots and pans. Also thank you for the large electric fry pan donated by one of our member's family. The electric fry pan and the new pots and pans are great as they replace some very old pots. **Thank you!**



We would like to let you know our kitchen renovation is finished - what a great transformation! The new kitchen upgrade is a great improvement, a lot more convenient, and looks nice with the new fresh colours. These photos show the area before and after the renovation.



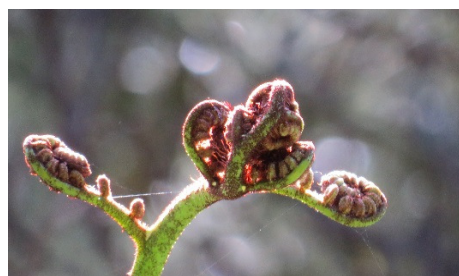
In July we organised several indoor mini Olympic Games, included golf and darts. These games were lots of fun for everyone.



The new art activity which was introduced last month is still popular with the members. Colouring pictures which are designed for adults make an enjoyable activity for everybody.



We are all waiting for spring to come. Looking at the natural environment this week the birds are out enjoying the sunny spots. Also some plants and flowers are waking up too. Wilton's Bush Reserve is a great place to observe the seasonal changes.



During winter time in cold weather we tend to drink less water. Maintaining healthy hydration is essential, especially for the elderly. Make sure you drink minimum 1.5 litre fluid every day, and prevent dehydration.



Warm Regards from the Marsden Club

Email: marsden.club@xtra.co.nz Phone: 04 476 6719 Mobile: 022 308 9203