



**Dear Residents,**

As the year draws to a close, we would like to wish all our residents a very Merry Christmas and a relaxing, joy-filled holiday season. May the coming weeks bring plenty of time with friends, family, and those who make this time of year special.

We would also like to extend our heartfelt thanks to everyone who joined Sharlene and I to celebrate Carmel's 25th Anniversary. It was a privilege to share such an important milestone with you all.

The evening was filled with warmth and nostalgia as we reflected on how far Carmel has come over the last 25 years. What an extraordinary night it turned out to be: full of laughter, wonderful music, and those genuine, heartfelt conversations that remind us why Carmel is such a special place to be. Seeing so many of you dressed up, enjoying the atmosphere, and celebrating together was undoubtedly one of the highlights of our year. We hope the night left you with the same sense of pride, gratitude, and joy that it gave us.

I would also like to take this opportunity to thank our staff for all their hard work leading up to our anniversary and for their help on the night itself.

Thank you for the positivity, kindness, and community spirit that each one of you bring to Carmel every single day. It is your spirit and involvement that make this village feel like home.

Wishing you all a wonderful Christmas and a safe, happy start to the New Year.

Warmest regards,

**J a s o n & S h a r l e n e**

## HAPPY BIRTHDAY IN DECEMBER

(Management value your privacy, if you do not wish your Birthday to be acknowledged, please just let the office know)

Jim Roe, Heather Booth, George Stirling, Barbara Dunn, Betty King, Tim Plank, Maureen Button, Judith James, Sheila Little, Eddie Perrett, Wendy Finlay, Pam Hughes, Lindsay Port, Graham Kelly, Noel Bentley, Paul Barnard, Roz Percy, Vivienne Stefadouros, Gary Ludlam, Audrey Perrett, Doug Brown, and Beryl Oats.



### **ALTHORP VILLAGE CHOIR**

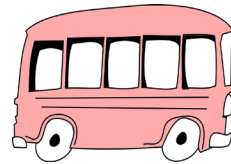
Invites all residents to join them for their 2026 practices and sing-outs!

**When:** Every Friday,  
1:30pm – 2:30pm

**Who:** Anyone who enjoys singing — no experience needed!

If you're interested, please contact Ann Green on 027 543 3328, or simply come along on Friday, 14 February 2026.

Come and be part of the music!



### **CARMEL SHOPPING BUS**

The shopping bus departs every Wednesday to go to The Lakes shopping mall, and every fortnight, on Friday, to go to Bayfair shopping mall at:

**1<sup>st</sup> Bus – 8.30am**

**2<sup>nd</sup> Bus – 9.15am**

**The Mystery Trip departs at 8.45am**

**NOTE: We will only be going to The Lakes Shopping Mall over the Xmas and New Year period.**

**DATES AS FOLLOWS:**

**Tuesday, 23<sup>rd</sup> December**

**Tuesday, 30<sup>th</sup> December**

**We will return to normal shopping on Wednesday, 7<sup>th</sup> January 2026.**

## **COMMITTEE BLOG - DECEMBER 2025**

Greetings All.

Well, another year draws to a close. Where does the time go!!!

The Christmas Hamper Raffle is under way. The hampers are on display at reception and tickets are available there too. \$2 for each ticket or 3 tickets for \$5. The draw will take place at the Christmas Dinner.

Visitors to the Community Centre will have noticed that decorations for the Christmas Dinner have already started appearing, with much more to come. Thanks Christine and Pam. Our caterer, Daniel, has told us he is under the pump at this time of the year, and needs an extra day to prepare.

**Consequently, please take note of the dinner entry in the Village Happenings, payment must be made a day earlier than usual, that is by **Tuesday, 16 December.****

The Committee has taken the decision that this year there will be no deliveries of Christmas dinners to individual units. However, you will still be able to arrange for someone you know to pick up a dinner for you. Just make your payment on time and order through reception as you have done before.

It has come to our attention that items from our stock of decorations held in the Committee room are being removed. Please note that these items are under the control of the Committee and may not be borrowed without first seeking permission from the Committee.

The final Happy Hour for the year will be on 19 December, and we will start up again on 30 January next year. As in previous years, you are free to join a number of residents at an informal gathering in the Centre at 4:00pm on Fridays during January, just bring your own drinks, glasses and nibbles as the bar will not be open.

Merry Christmas and Happy New Year to all residents and particularly to those travelling to visit friends and relations – safe journeys.

Regards,

Quinton



## **MOBILE PHYSIOTHERAPY**

Jacob Gregory from Mobile Physiotherapy Services is available for all residents at Carmel.

Whether you're recovering from surgery, managing a chronic condition, or simply want the convenience of receiving care at home, Jacob will bring expert physiotherapy services directly to your door or to the Health Room in the Community Centre — no travel, no waiting rooms, just personalised care where you feel most comfortable.

His tailored treatment method combines manual therapy and massage to relieve pain, and exercises to increase strength.

### **Jacob Gregory**

Physiotherapist (NZRPT, BHSci)

Jacob is registered with ACC, he can lodge claims and liaise with your GP or specialist as needed.

### **Cost:**

ACC \$40.00

Private Sessions:

60 minutes - \$120.00

45 minutes - \$100.00

30 minutes - \$85.00

**Please phone 021 148 1008 to make an appointment with Jacob.**



**What does Mrs. Claus say  
to Santa when there are  
clouds in the sky?**

**It looks like rain, dear!**



## **ARTS AND CRAFTS ROOM AND WORKSHOP**

When using these facilities, please make sure you sign the Health and Safety Register, and turn the lights and heat pump off when you leave. If you wish to use the supplies in the Arts and Crafts Room, please make sure you pay your \$5 weekly contribution.

Please respect all residents by using these facilities during the following hours:

### **The Workshop is open for use:**

Thursday - Tuesday:

9.00am - 5.00pm

Wednesday: 9.00am – 12.00pm

### **The Arts and Crafts Room is open for use:**

Monday – Sunday 9.00am – 5.00pm

## **TRANSPORT TO THE COMMUNITY CENTRE**

If you would like a lift to the Community Centre, please don't hesitate to call the office, we will be very happy to give you a lift for any reason.

Don't hesitate to ask, we are here to help.



## **MAINTENANCE**

Don't forget, if you have any issues around your home that you think may need attending to, please let the office know so we can check it in the first instance and book a contractor if needed.

**If you require urgent maintenance assistance after hours:**

Please contact Jason in the first instance on **027 4727 658** or Chrissy on **021 1678 309**.

If Jason or Chris are not available, please contact our contractors:

### **Plumber:**

**MasterPlumb – 07 579 5997**  
**Adam – 022 170 6916**

### **Electrician:**

**Glen – 027 482 6637**

### **Locksmith:**

**Justin – 027 922 0023**

### **Heat Pump:**

**Switch Electrical – 571 3429**

### **Garage Doors:**

**Lifestyle Doors – 027 449 2826**

## **LIBRARY PRINTER/SCANNER UPDATE**

Due to the high cost of replacement cartridges, it is more cost-effective to have your printing done at Reception. We apologise for any inconvenience this may cause.

Printing for puzzles, Gardening Club, Knitting Club, Quiz nights and similar activities remains free of charge. Personal printing continues to be .20 cents per page.

If you use the Scanner, can you please phone Reception as we are looking at removing the printer/scanner if it is not used.



## **Saturday morning Exercise Classes**

**Will be taking a break from:**

13 December and restarting on  
17 January 2026.

We wish you all a very Merry Christmas and look forward to seeing you all again in the New Year.







## HELLO CARMEL RESIDENTS, COULD YOU DO WITH SOME TLC?

My name is Kate Metcalfe, as a Registered Osteopath I'm here to help ease those aching joints and muscles. Whether it's a sore neck, shoulders or lower back, hips, knees or your feet then I'd love to see you. I can also provide you with movement and breathing exercises too.

You will be treated gently and with privacy, in a 45 minute appointment, so no rushing.

If your pain is due to a strain, I can apply for ACC treatment funding.

Cost per session:

- \$55 with ACC
- \$75 private

I have already started my sessions at Carmel and am enjoying it so much that I have decided to increase by days, so I am now working both Saturdays and Sundays two times per month, using the Health Room.

To book your appointment or for any enquiries, please contact me directly, preferably via text on 027 756 1295.



### HI TECH INSECT SPRAY CONTROL – COCKROACH CONTROL

Greg from Hi Tech will be in the Village again from 19-30 January 2026.

**Price: \$80 per Villa**

If you would like your house sprayed and you are not already on the list,

**please contact Trish Aplin:**

**Villa 80**

**027 635 8781**

## ROSE LYNN FASHIONS



**WILL BE AT CARMEL  
Country Estate**



**Date:** Friday, 23rd January 2026

**Time:** 10am - 2pm

**Venue:** Community Centre

Come and enjoy a delightful selection of the latest fashion! Explore our beautiful blouse sets, elegant 5'2" slacks, and stylish tops paired with matching skirts and slacks. We also have a range of menswear and much more to browse.

We warmly invite you to join us— you'll be delighted and are sure to find something you'll love!

We accept Eftpos, credit cards & cash.

*We look forward to seeing you!*

### B.O.P TEAM CLEAN

Bespoke Cleaning Service.  
Jo offers one off cleans and regular home cleaning. Contact Jo to discuss your individual requirements.

**Carmel Country Estate Special**  
\$45 per hour (Minimum 1.5 hours)

**Jo Birtwistle – 027 262 0763**

[info@bopteamclean.co.nz](mailto:info@bopteamclean.co.nz)



**B.O.P  
TEAM CLEAN**

### CARMEL ARTISTS

**What:**

Tuition in painting and drawing

**When:**

Every Monday, 1:00pm to 3:00pm.

**Location:**

**Note:** We have moved back to the Art and Craft room

**Tutor:**

Joan Gestro

**Contact Joan:**

027 322 0342



### ST JOHN ALARM

We would like to remind you that if you experience chest pain, or any symptoms of a heart attack, please press your St John Medical Alarm as soon as possible. The trained medical team are available to help.



## **MANAGEMENT CONTACTS**

### **Office and Community Centre**

Darice Hubbard or Sarah Gardyne

07 544 5553

office@carmel.co.nz

### **Jason Rowling**

0274727658

## **REGULAR CARMEL EVENTS**

<b>Every Monday</b>	10.00am	Carmel Singers
<b>Monday</b>	1.00 pm	Indoor Bowls (names in by 12.50 pm)
<b>Monday</b>	1.00 pm	Rummikub
<b>Monday</b>	1.00 pm	Carmel Knitters
<b>Monday</b>	1.00 pm	Carmel Artists – Painting Tuition
<b>Every Tuesday</b>	1.00pm	Bolivia – Cards
<b>Tuesday</b>	2.00pm	Men's Croquet
<b>2<sup>nd</sup> Tuesday in the month</b>	10.00am	Residents' Morning Tea
<b>3<sup>rd</sup> Tuesday in the month</b>	1.00pm	Bingo
<b>4<sup>th</sup> Tuesday in the month</b>	10.00am	Garden Lovers
<b>Every Wednesday</b>	8.45 am	Village Bus Departs for The Crossing
<b>Wednesday</b>	9.00am	Outdoor Bowls (names in by 8.50am)
<b>Wednesday</b>	9.00am	Strength and Balance Class
<b>Wednesday</b>	1.00pm	Arts and Crafts Workshop
<b>Wednesday</b>	1.15pm	Mah-jong
<b>Wednesday</b>	1.00pm	500 Card Game
<b>Wednesday</b>	4.00pm	Men's Social Hour
<b>Every Thursday</b>	10.00am	Health Clinic in Doctors Room
<b>Thursday</b>	1.00pm	Rummikub and Scrabble
<b>Thursday</b>	1.00pm	Adult Colouring In
<b>Thursday</b>	1.00pm	Indoor Bowls (names in by 12.50pm)
<b>1<sup>st</sup> Thursday in the month</b>	6.45pm	Quiz night
<b>3<sup>rd</sup> Thursday in the month</b>	10.15am	Carmel Lunch Club
<b>4<sup>th</sup> Thursday in the month</b>	10.30am	Carmel Community Church Ladies Morning Tea
<b>Every Friday</b>	9.00am	Outdoor Bowls (Names in by 8.50am)
<b>Friday</b>	9.30am	Golf Croquet
<b>Friday</b>	1.00pm	Hobby Group
<b>Friday</b>	1.00pm	500 Card Game
<b>Friday</b>	4.00 pm	Happy Hour
<b>Every 2<sup>nd</sup> Friday</b>	8.30am	Village bus departs for Bayfair
<b>Every Saturday in the month</b>	9.30am	Exercise Class
<b>Saturday</b>	1.00pm	Bolivia
<b>3<sup>rd</sup> Saturday in the month</b>	5.00pm	Residents' Catered Dinner
<b>Various Saturdays &amp; Sundays</b>	As required	Osteopath – by appointment – 027 756 1295
<b>Every Sunday</b>	11.00am	Carmel Community Church
<b>1<sup>st</sup> Sunday in the month</b>	1.30pm	Tauranga Organ and Keyboard Club
<b>Every Thursday</b>	8.30am	Hair Salon – Glenys – 027 5753 384
<b>Every Wednesday</b>	8.30am	Hair Salon – Debi - 027 5413 323
<b>Tues – Saturday by appointment</b>	8.30am	Beauty Salon – Christine – 02102635169

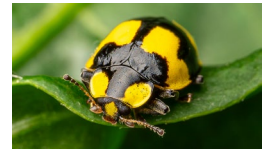


## GARDEN CIRCLE SNIPPETS - NOVEMBER 2025

**MITRE 10 MEGA** was where we held our end of year breakup in November. After an enjoyable year we decided it was the place to be - we were entertained by Lionel (our gardening guru) who really is the most knowledgeable person - he answered all our problematic questions and threw in some really good ideas of his own. He is always "a go to man".

Lunch in the café was very pleasant and then there was the gift shop and plant section to browse around before heading back to Carmel. Thank you to our driver of the day "Anna."

- **Did you know** - that the unusual yellow and black ladybird is absolutely no threat to the common garden as it is a fungus-eating insect and of *no biosecurity risk* to New Zealand.
- **Before** denuding your garden make sure that you know the difference between an annual and a perennial plant. Perennials will bounce back year after year and will usually multiply adding more depth to the garden.



*"Nature doesn't hurry, yet everything is accomplished" - Lao Tzu*

Brenda Gaylard



The Greenpark School Choir visited Carmel and treated us to a wonderful performance on Tuesday, 9 December for the Residents' Morning Tea.





**BLACK, WHITE & SILVER MASQUERADE DINNER**











## CARMEL COMMUNITY CHURCH

You are warmly invited to the:

**Carmel Community Church  
CAROL SERVICE**

**Sunday, 21<sup>st</sup> December 2025  
at 11am in the Community Centre**

**We would love you to join us, as  
we celebrate the birth of Jesus with  
a time of singing well known  
Christmas Carols.**



### **RUBBISH COLLECTION OVER CHRISTMAS**

Your Red Bin Rubbish Collection  
falls on Christmas Day this year.

**Bins will NOT be collected on  
this day.**

Please put your bins out on  
**FRIDAY, 26<sup>th</sup> DECEMBER**

## **ART ROOM**

### **New Arts & Crafts Programme for 2026**

Starting in February 2026, a monthly  
workshop will be held on the **first  
Wednesday of every month at 1pm**,  
led by **Susan Batchelor**.

Each session will introduce new  
techniques and ideas that you can  
continue to explore throughout the  
month.

**Suggested activities for the year  
and in no particular order include:**

Charcoal Drawing

Pottery

Easter-Themed Crafts

Acrylic Painting

Watercolours

Mosaics

Paper Crafts

Wet and Dry Felting

Model Building

Christmas-Themed Crafts

We warmly welcome **suggestions  
for additional activities**, and we are  
also **seeking tutors** who may like to  
share their skills.

Further details to follow.



## **TRANSPORT**

If you no longer drive and require transport to medical related appointments, please contact:

**Tauranga St John Health Shuttle on  
0800 824 325.**

Usually, they require 24 hours' notice. If this service, or family and friends cannot assist you, please contact the office and if available Carmel can provide transport for \$20 per return trip.



## **THESE CHARITY SHOPS ARE IN YOUR NEIGHBOURHOOD!**

**VINNIES DONATIONS:  
578 3814**

**SALVATION ARMY:  
578 4264**

**WAIPUNA HOSPICE:  
07 2811755**

**RED CROSS: 578 2683**

We offer a collection service in the community for anyone who would like to donate items for Charity.

Thank you for your support, all goods donated help provide funds to support people in need.



**for a free pick-up**

## **ST JOHN MEDICAL ALARM**

We would like to remind you that if someone in your household falls, **please press your St John Medical Alarm straight away, then make sure the resident is warm and comfortable.**

For their safety, please do not pick the person up as they may have injuries that are not visible. The paramedics will assess the person for any injuries they might have sustained and are trained to lift the person without causing further harm.

If you are on your own, please press your St John Medical Alarm first. If you can hear anyone outside your villa, alert them to your situation.

We would like to kindly remind all residents to wear your St John Medical Alarm at all times, including in the shower. This is particularly important for those who live on their own. The only time you need to take your alarm off is if you are going away, in which case, you can leave it at home.

If you activate your alarm on a weekday, St John will contact the office and staff may be sent to you, but after hours and on weekends this does not apply.

If someone in your household is able, pack a small bag that includes your house keys to take with you.

**If you have any cause for concern and need to call the police for any reason, you can push your St John Medical Alarm.**

**When they contact you, let the dispatcher know that you would like to be connected to the police.**

**Dear Residents,**

**As the year draws to a close, we want to take a moment to wish each of you a very Merry Christmas and a joyful holiday season. It has been a pleasure supporting and spending time with you throughout 2025. We are grateful for the community spirit, kindness, and warmth that makes Carmel such a special place.**

**We hope your Christmas is filled with laughter, good company, and moments of peace. May the New Year bring you happiness, and many more memorable times here at Carmel.**

**With our warmest wishes,  
The Carmel Country Estate Team**



**Susan Batchelor made the office team smile when spreading a bit of Christmas cheer!**

## **A lovely message**

**Once upon a time! When Window was just a square hole in a room and Application was something written on a paper. When Keyboard was a Piano and Mouse just an animal. When File was an important office material and Hard Drive just an uncomfortable road trip. When cut was done with knife and Paste with glue. When Web was a spider's home and Virus was flu. When Apple and Blackberry were just fruits - that's when we had a lot of time for family and friends.**

## **PODIATRIST**

Our Podiatrist, Grace Senatsi, from Vital Feet Podiatry Services will be on site on the dates listed below.

**Cost: \$56 inc GST.**

Cash or Eftpos accepted.

### **2025 Visit Dates are:**

Tuesdays and Wednesdays.

16 December  
28 January  
3 February  
11 March  
17 March  
22 April  
28 April  
3 June  
9 June  
15 July  
21 July  
26 Aug  
1 Sept  
7 Oct  
13 Oct  
18 Nov  
24 Nov

**To secure your appointment,  
please call:**

**07 571 2233**

**or email**

**[info@vitalfeetpodiatry.co.nz](mailto:info@vitalfeetpodiatry.co.nz)**



## **HAIRDRESSERS**

### **Friday and overflow day on Wednesday**

Debi – 027 5413 323

### **Thursday**

Glenys – 027 5753 384

Please phone to make an appointment.

### **CHRISTMAS DATES AS FOLLOWS:**

#### **Debi is working on:**

- Monday, 22<sup>nd</sup> December, instead of 24<sup>th</sup> December.
- Monday, 29<sup>th</sup> December, instead of 31<sup>st</sup> December.
- **Resume normal hours:**  
Friday, 2<sup>nd</sup> January 2026.

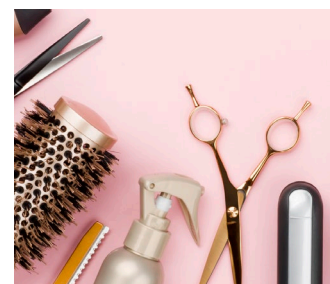
#### **Glenys is working on:**

- Tuesday, 23<sup>rd</sup> December instead of 25<sup>th</sup> December.
- Tuesday, 30<sup>th</sup> December instead of 1<sup>st</sup> January 2026.
- **Normal days resume on:**  
Thursday, 8<sup>th</sup> January 2026.

#### **Glenys is on leave:**

21<sup>st</sup> January – 1<sup>st</sup> March 2026 inclusive.

Andrea will be our fabulous Reliever for Glenys. For appointments – Please phone Andrea on 021 622430 or 576 3728





## **The electricity supply in your area is being improved**

Powerco have advised us that they are starting work upgrading parts of the electricity network in Tauranga.

### **What you need to know: planned power outages**

Their contractors, Northpower, are carrying out this work on their behalf; to complete this work safely, they will need to turn off the power at times while the different parts of the project are completed.

They know how frustrating it can be to not have power so they have personally worked with their planning team to minimise the frequency of the outages as much as they can. Unfortunately, due to the complexity of the work, **Carmel is expected to be affected by multiple planned power outages which will take place on weekdays between 8:45am and 4:30pm.**

### **When this will happen**

The project will begin in early December and with all going well, they anticipate it will be completed by early March.

**You will receive this information closer to the date of the outage, from your retailer (the company you pay your power bill to).**

### **St John Alarm**

**Please do not turn this off at the wall. If it starts beeping and a voice comes on, press the *Cancel* button to stop it. Once the power comes back on, it will automatically reset.**

**Please be assured that while the power is off, your alarm will still be working, as it automatically switches to a battery backup system.**

### **CHRISTMAS TREES FOR SALE**

Dylan is selling Christmas trees at 11th Ave, Memorial Park this year. He was wondering if any residents would like a Christmas tree. He can deliver a tree directly your unit if you are interested.

**Prices range from \$50 - \$100+ depending on the sizes.**

He can source some nice table toppers (small ones) or some big, beautiful ones - and they all smell amazing.

If you are interested, please call Dylan on 020 401 87302 or drive down and see him at Memorial Park.



## **CARMEL WORD SCRAMBLE**



Try solving the Carmel word scramble. Use all nine letters to create one word.

The answer will be printed in the next newsletter.

November answer: Objective

Goodluck!

\_\_\_\_\_

## **HEALTH AND SAFETY**

**The Carmel Country Estate gates automatically open at 6.00am and close at 7.00pm. Please use the keypad to enter after hours.**

Security cameras are located at the front entrance of the Village, inside the reception area of the Community Centre, and upstairs where the Apartments are located. They operate 24 hours a day, seven days a week.

## **ARTS AND CRAFTS ROOM AND WORKSHOP**

Please remember we have workshop rules and strict workshop machinery induction requirements. All residents, including their family and friends must read the notices in the workshop and sign the register before using the space.

**When using these facilities, please make sure you sign the Health and Safety Register, and turn the lights and heat pump off when you leave.**

The Workshop is open for use between the hours of:

Thursday - Tuesday: 9.00am - 5.00pm

Wednesday: 9.00am – 12.00pm

The Arts and Crafts Room is open for use between the hours of:

Monday – Sunday 9.00am – 5.00pm



# CARMEL COUNTRY ESTATE 25<sup>TH</sup> ANNIVERSARY DINNER





*Carmel Country Estate Retirement Village Herald*















**BAYCOURT ADDISON THEATRE, TAURANGA**  
**TICKETS AVAILABLE THROUGH BAYCOURT BOX OFFICE & EVENTFINDA**



### **RESIDENTS CATERED DINNER**

**Financial Members per person: \$38**

**Non-Members per person: \$48**

**SATURDAY, 20 DECEMBER**

**Bar Opens 5:00pm**

**(No Bar Tab Sales Tonight)**

**DINNER SERVED AT 6:00pm**

**Please Pay Online:**

**Camel Country Estate Residents'  
Association**

**Account Number:  
38 9027 002 9939 00**

**Or Cash To:**

**Pam Hughes – Unit 41  
Cash in an envelope with Name  
and Unit Number**

**By 4:00pm Tues, 16 December**

### **MISSING DOYLIES**

There are 8 missing white doylies approximately the shape and size of a dinner plate. They are made of lace cloth and around the outside is lace.

They were last used at the Ladies High Morning Tea in October.

If anyone knows where they are can you, please contact:

Margaret Foster on 027 4061846



Please note: this picture is for illustration only and does not show the actual doilies.



## WELFARE OFFICERS

To assist the incoming Residents' Committee, two people have offered to be Welfare Officers, to welcome new residents to Carmel Country Estate, check on the welfare of residents who may have any on-going issues or related problems, or simply provide a friendly conversation.

They are not Counsellors and do not have medical backgrounds - just two women who have been involved in the Welfare of others over many years.

**Heather Waldron, Unit 50:** Has been a Justice of the Peace for many years and served over 20 years on the Welfare Committee at the RSA in Tauranga.

**Carol Stephens, Unit 46:** Has also served on the Welfare Committee for the RSA in Tauranga, and previously was a Victim Support Volunteer, who trained in conjunction with the New Zealand Police Force. This covered a large amount of Welfare issues.

If anybody has concerns for a friend, neighbour, or yourself, and you think may benefit with some help. Please do not hesitate to contact either one of them.

Full confidentiality for all contacts is assured. Please contact Heather or Carol directly.

**Heather: 07 578 8736 or 022 0660 345**

**Carol: 07 577 1945 or 022 584 5744**

