



CARMEL VILLAGE HERALD

From Jason's Desk

Issue 275 March 2026

Dear Residents,

As we move further into the year, Carmel continues to look beautiful, with the gardens flourishing thanks to the recent warm weather. Our gardening team have been working incredibly hard as everything is growing at great speed at the moment, we are very grateful for the care and attention they give to keeping our village looking so lovely.

You may have noticed a change at the Village entrance, where the dying Red Robin hedge has now been replaced with Camellias. These will establish over time and will eventually provide a fresh burst of colour to welcome everyone as they arrive at Carmel.

We are also excited to share that new furniture has been ordered for the sunroom in the Community Centre. The furniture has been carefully selected to be both beautiful and durable, ensuring it will stand up well to regular use while still creating a comfortable and welcoming space. We received a huge amount of helpful input from residents during the selection process to make sure the furniture suits the purpose and the space. Thank you to everyone who contributed their thoughts and feedback. The furniture is currently in production and is expected to arrive in around six weeks.

It has been wonderful to see residents out and about enjoying the sunshine, spending time with neighbours, and making the most of everything village life has to offer. Carmel is truly a special place to live, with our beautiful surroundings and the people who make up our community.

Carmel is sponsoring the Indoor Bowls Club at the Tauranga Citizens Club this year. Sarah had the pleasure of meeting many of the bowlers during their competition this month and enjoyed the opportunity to introduce Carmel to the bowlers and connect with such a welcoming group of people.

As always, please remember, our team are here to help, and my door is always open if you would like to have a chat or discuss anything.

Warmest regards,

Jason & Sharlene

MANAGEMENT CONTACTS

Village Owner/Operator

Jason Rowling

027 4727 658

jason@carmel.co.nz

Office and Community Centre:

Darice Hubbard and Sarah Gardyne

07 544 5553

office@carmel.co.nz

HAPPY BIRTHDAY IN MARCH

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

Ces Steele, Ted Schischka, Andy Wheaton, Sue Ede, Annie Duff, Murray Wills, Pat Janes, Gordon Potter, Jan Gibson, Vera Edlin, and Jan Garrett.

*Happy
Birthday*

COMMITTEE BLOG - MARCH 2026

Greetings All.

In last month's blog I raised the matter that we were finding it difficult to arrange for the delivery of meals at the monthly dinners. Following a discussion with an impacted resident, the likelihood is that meals will be delivered, when necessary, at the end of the evening.

There has been a good response to the offer from New World for a demonstration of the on-line shopping process, now scheduled for Friday, 27th March at 10.00am in the Community Centre.

The end of Daylight Saving is rapidly approaching, so we have decided to celebrate it (if that is the right word) with a BBQ. As the official date coincides with the Easter weekend, and we expect a good number of residents will be away, an alternative date will be advised, to be tacked on after Happy Hour. There will be a bumper bonus draw for the unit prize that night; remember you have to be there to win!

Regards,

Quinton

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:

1st Bus – 8.30am

2nd Bus – 9.15am

The Mystery Trips depart at 8.45am



RESIDENTS' MORNING TEA

Date: Friday, 27 March 2026

Time: 10:00 AM

Location: Community Centre

Guest Speaker: Lucie Whitmore

Topic: I Shop Programme

Lucie will be speaking about the **I Shop programme and shopping services available through New World Gate Pa**

All residents are warmly welcome to attend.

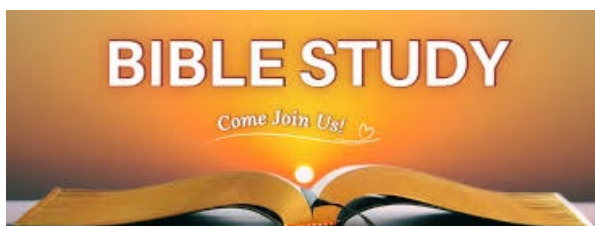


CARMEL COUNTRY **BIBLE STUDY**

Bible study in the Carmel Sunroom on the 1st and 3rd Tuesday of every month.

10am – 11am.

Please don't hesitate to invite new people to the group.



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.

Please phone for a free pick-up

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.

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

ST JOHN MEDICAL ALARMS

Reminder – if your pendant breaks or you want to change it from a necklace to a bracelet or the other way around, or your family are going away and you need to change who your first contact person is, please let the office know so that the team can inform St John by submitting the relevant form.

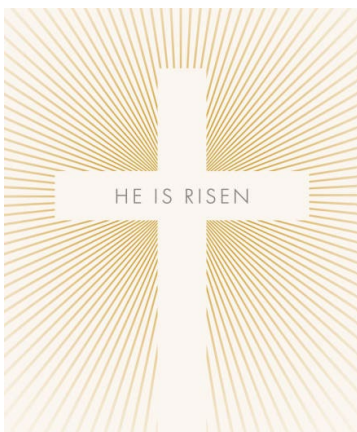
Please do not contact St John directly.



YOU ARE INVITED TO THE
**CARMEL COMMUNITY
CHURCH**
**EASTER SUNDAY
SERVICE**

Sunday, 5th April 2026
11.00am
in the Community Centre

We would love you to join us as
we celebrate the Resurrection
of the Lord Jesus Christ.



**RESIDENTS' CATERED
DINNER**

SATURDAY, 21 MARCH

Bar Opens 5:00pm
(No Bar Tab Sales Tonight)
Cost Per Person: \$37
DINNER SERVED AT 6:00pm

Please pay by:
4:00pm Wednesday, 18 March
Refer to flyer or the Village
Happenings for payment details

**Happy
St. PATRICK
Day**

CARMEL ARTISTS

What:

Tuition in painting and drawing

When:

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

Location:

The Art and Craft room

Tutor:

Joan Gestro - 027 322 0342

Watch this space. The Carmel Artists will host their first exhibition in a few months' time.



VOLUNTEER

Our helpful volunteer Reuben is available to assist with jobs around your home. Please call the office to add your job to his list, the office team will advise you if your request is a task he can help with.

GARDEN CIRCLE SNIPPETS - FEBRUARY

2026

What a treat we had at our February meeting when Lyn Hayson, not only a resident, but a tireless volunteer, along with 34 others at Te Puna Quarry Park paid us a visit. Lyn spoke to us and brought along her iPad to demonstrate all the great things happening at the Quarry. We were given maps of the amazing walking tracks and information on the sculpture garden. What a great asset to this city with huge help by these wonderful volunteers. Have you ever seen the Quarry Park newsletter? It is a very interesting little publication.

- ❖ Have you recently planted a camellia in your garden. If so, make sure that every so often you clip the very top branch or branches to help it to bush and not become a tall tree.
- ❖ Climbing (or runner) beans are perennials rather than annuals. If you snip the dead growth off at the base just under the soil surface in autumn or early winter and mulch them – runner bean seedlings should pop up again as soon as the weather gets warmer.

“We might think we are nurturing our garden, but of course it’s our garden that is nurturing us.”

- Jenny Uglow



Brenda Gaylard

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.



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.

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.

February answer: GRAPEVINE

Goodluck!



CARMEL WORKSHOP

Please remember we have workshop rules and strict workshop machinery induction requirements.

All residents, including their family and friends must complete an induction before using the workshop. Please contact Terry Kehely or Ces Steele for your Induction. Please read the notices in the workshop and sign the register when using the space after your induction.

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

The Workshop is open for use between the hours of:

Monday - Tuesday: 9.00am - 5.00pm

Wednesday: 9.00am – 12.00pm

Thursday – Sunday: 9.00am - 5.00pm

Outside of office hours, if you are using any tools in the workshop, please make sure there is someone with you for safety reasons.



CARMEL ARTS & CRAFTS ROOM

The Carmel Arts and Crafts Room is available for all residents to use.

If this is your first time using these facilities, please contact the Office before commencing, to complete your Health and Safety Induction.

Please feel free to use this space to work on any projects that bring you joy. Or pop in at 1.00pm every Wednesday to get to know fellow residents who use this space regularly.

If you have any questions about what you can do in the Arts and Crafts Room, please don't hesitate to talk to the lovely team in the Carmel office.

When using the Arts & Crafts Room, please make sure you sign the Health and Safety Register, clean up when you have finished for the day, and turn the lights and heat pump off when you leave.

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

The Arts and Crafts Room is open for use:

Monday – Sunday

9.00am – 5.00pm

Arts and Crafts Social Afternoon:

Wednesday

1.00pm

CARMEL COMMUNITY CHURCH

You are warmly invited to the:
CARMEL COMMUNITY CHURCH

LADIES HIGH MORNING TEA

Theme: The Beauty of Old Leaves

Thursday, 26 March

10.30am – 11.30am

Carmel Community Centre

Programme:

A Reflective Thought
Encouraging Activity

Contacts:

Margaret Foster – 027 406 1846

Janet McCutchan – 027 2648 555

Jean Crane – 022 1904 105



NEWSPAPERS, **EGG CARTONS, PAPER** **BAGS WITH HANDLES** **WANTED**

The Food Bank are requesting the above for eggs and food for the recipients who are needing food parcels, as they head into the busiest time of the year for the food bank.

If you have any you would like to donate, please ring me on 027 406 1846, or put them in the library near the sink, or drop them off at my home:

Villa 77, Lavender Close.

Any donations are very much appreciated. Thank you.

Margaret Foster



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.



WHAT'S ON AT THE SENIORS & TRAVEL EXPO – MARCH 2026

Explore 50 Exhibitors covering

Travel • Cruises • Train Journeys • Independent Living • Investment • Reverse Mortgages • Footcare • Hearing • Retirement Villages • Furniture • Bedding • Health & Wellness • Motorhomes • Caravans • New Cars • Hobbies • Clubs • Group Travel & more! • Groups to join like Probus and U3A

Plus — Your Chance to WIN!

Enter to win a 7-night Rarotonga holiday for two, including airfares, staying in a luxurious adults-only beachfront suite. You'll also be in to win vouchers from Palmers and Whitcoulls! Simply enter your email on the day — your privacy is always protected.

"50 Exhibitors, Endless Inspiration"

Discover new ideas, expert advice, and exclusive offers across travel, lifestyle, and wellbeing.

Where & When

Auckland: First Floor Lounge – North Harbour Stadium, Albany Free parking at the Stadium's south end (Carpark H). Easy access via lift or stairs to Level 1.

Tauranga: Baypark Stadium lounge. Mount Manganui, Bay of Plenty.



SENIORS & TRAVEL EXPO

MARCH 2026

AUCKLAND

Albany Stadium, North Shore
28 February/1 March

BAY OF PLENTY

Baypark Event Centre
28/29 March



To book tickets, go to www.seniorsandtravelexpo.com

REGULAR CARMEL EVENTS

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

PODIATRIST

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

Cost: \$60 inc GST.
Cash or Eftpos accepted.

2026 Visit Dates are:

Tuesdays and Wednesdays.

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**



**Please note the recent increase in
cost from \$56 to \$60/visit**

SECURITY

**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 various locations around Carmel. They operate 24 hours a day, seven days a week.

Our security team, Nutech, patrol the grounds and Community Centre at undisclosed times throughout the night.

DRIVING IN THE VILLAGE

Please remember that our roads also serve as walkways. We kindly ask that you keep your speed under 15 km/h and remain mindful of pedestrians who may not see or hear you approaching—particularly with electric vehicles, which can be very quiet.

By taking a little extra care, we can help ensure everyone remains safe and enjoys their time at Carmel.

CONTRACTORS

Please be mindful of the safety of both our hard-working contractors and yourself.

If a contractor is wearing earmuffs or operating loud machinery, they may not be aware of someone nearby. Approaching without their knowledge can place both you and the contractor at risk of an accident.

If you wish to speak with a contractor while they are working anywhere in the village, please contact the office and we will be happy to arrange for the contractor to get in touch with you.





CARMEL CATERED DINNER – FEBRUARY 2026

OSTEOPATH AT CARMEL

Kate Metcalfe, Registered Osteopath
Kate is offering appointments from the Carmel Health Room two weekends per month.

You will be treated gently and with privacy, during 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

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

Let me guide you in living your day more comfortably and your night more soundly.

Kate Metcalfe DO OCNZ UK Trained

PAYMENT REMINDER

Staff are asked not to accept cash unless it is to pay for an invoice you have already received. This includes transport to an appointment. Please wait until you receive your invoice to pay. Thank you for your understanding. The only time an invoice is not produced is for group outings where the money is paid to the Office and a receipt is issued for the group.

Thank you for your understanding.



SMALL CAR WANTED

Do you have a small car for sale. If so, please contact Vivienne Stefadouros on:

027 453 2766

Villa 21



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



**B.O.P
TEAM CLEAN**

WHEELCHAIR FOR SALE

Almost new wheelchair in excellent condition.

Lightweight, easy to manoeuvre, and folds for convenient transport and storage. Ideal for short-term recovery or ongoing mobility support.

Price: \$180.00

If interested, please contact Sheila Little on 544 7282 for further details.



HAIRDRESSERS AT CARMEL

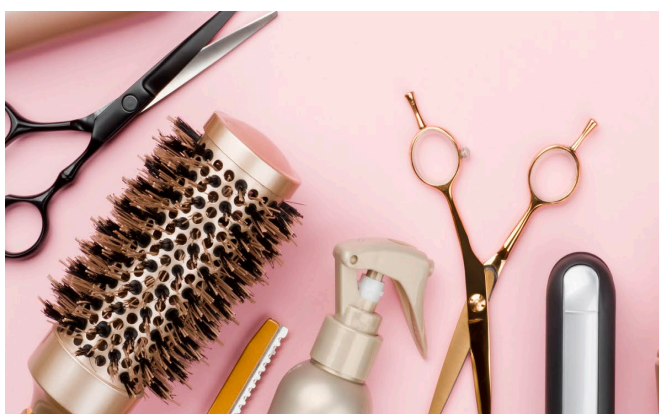
Friday and overflow day on Wednesday

Debi – 027 5413 323

Thursday

Glenys – 027 5753 384

Please phone to make an appointment.



PACK LIST FOR HOSPITAL

VISITS

We have received requests from various residents to circulate our pack list for hospital visits. Here is our list of suggestions to consider.

Important:

Keys – To unlock your home on your return

Wallet - To pay for Taxi costs and incidentals if needed

Mobile Phone and Charger

Clothing:

Pyjamas or night gown

Under garments

Slippers

Dressing gown

Spare outfit

Toilet Bag:

Toothpaste

Toothbrush

Hairbrush/comb

Personal toiletries (Eg: incontinence pads if you use a special type)

Face cloth

Sundry Items:

Copy of your last discharge notes from Hospital

Written copy of Medication (You can use the top of your blister pack, or empty packets if you do not have a printed list)

Life Tube (Copy of information on medical conditions)

Note paper and pen

Glasses

Hearing Aids

Book to read