



From Jason's Desk

Issue 271 October 2025

Dear Residents,

There's a wonderful sense of excitement in the air at Carmel as we prepare to celebrate a very special milestone — our 25th Anniversary! It's incredible to think how much the Carmel community has grown and flourished over the years, and this celebration is the perfect opportunity to reflect on our journey and the people that make Carmel such a special place to call home.

As spring continues to unfold, the Village is looking especially vibrant. The gardens are starting to bloom and once again the gardeners are doing an incredible job making sure everything is ship shape, so thank you from Management.

The last inorganic collection for the year will take place at the end of November. A notice confirming the exact date will be delivered closer to the time.

The opening of the trout fishing season in Rotorua was a bit tough this year and some of the fish weren't in the best condition, but it was great to get away for a few days with the boys to enjoy some time out.

A very warm welcome to our newest residents who are moving into Carmel in October. We're delighted to have you join our community and hope you enjoy all the activities, events, and community that makes life at Carmel so full of connection and joy.

Warmest regards,

Jason & Sharlene

WHO IS THIS GUY?

Good on you, Paul! Great to see you setting such a positive example by following Health & Safety guidelines and wearing the appropriate PPE gear for the job. Keep up the great work!



welcome

A very warm welcome to our lovely new residents:

Villa 138 – Richard McGrath

Villa 99 – Alec & Jan Sager



HAPPY BIRTHDAY IN OCTOBER

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

**Marion Morrice, Sylvia Steele,
Chris Grice, David Janes,
Sue Whitworth, Maria Allen,
Ren Stokes, Ray Imms, Pat Dunn,
Pat Schischka, Alison Stirling,
Trevor Le Comte, Lorene Jacobsen,
Brian Robinson, Doreen Olsen,
John De Faye, Mary Beattie, and
Don Gibson.**

HAPPY BIRTHDAY!

GOT YA!

Looks like Unit 72's cat has been hosting dinner parties again — a strange cat's been helping itself to their cat food! Does anyone recognise this uninvited guest?

Please contact the office or
Jan on 021 0821 2739.



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

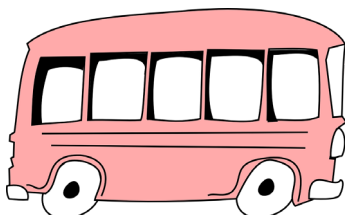
CARMEL SHOPPING BUS TIMETABLE

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 Trip departs at 8.45am



WAIPUNA HOSPICE CHARITY SHOP

We offer a free collection service
(NOT CLOTHES) in the community
for anyone who would like to
donate items to Waipuna Hospice
Charity Shops.

Clothes must be dropped into a
Hospice Shop or the Depot at
Fraser Cove.

Thank you for your support. All
goods donated help provide
funds to support people in our
community with life-limiting illness.

**FREEPHONE
07 2811755
for a free pick-up**

**(PLEASE LEAVE A
MESSAGE AND PHONE NUMBER)**



MOBILE PHYSIOTHERAPY

We're excited to announce that Jacob Gregory from Mobile Physiotherapy Services is now available for all residents at Carmel Country Estate.

Whether you're recovering from surgery, managing a chronic condition, or simply want the convenience of receiving care at home, he 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 a motivated physiotherapist, earning his degree from Auckland University of Technology. Jacob has gained invaluable experience across private practice and community settings in New Zealand and Australia. These settings provided experience and mentoring in musculoskeletal and neurological physiotherapy with a diverse age range of clients.

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

THE COMMUNITY CENTRE WILL BE CLOSED

The Community Centre will be closed to everyone from:

**1:00pm – Thursday, 13 November 2025
until
Monday, 17 November 2025 inclusive.**

This is to prepare, entertain and clean up afterwards for our 25th celebration dinner.

We apologise for any inconvenience caused.



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

RUEBEN

Reuben, our wonderful volunteer, has been helping around Carmel throughout the year as part of his work toward the Gold Duke of Edinburgh Award — and he's been doing a fantastic job!

He's taking a well-earned break for the final school term but will be back with us at the start of next year when school resumes. We'll let everyone know once Reuben returns so you can phone the office with any jobs you'd like his help with.

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.

Tuesdays and Wednesdays.

2025 Visit Dates are:

29 October
4 November
10 December
16 December

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

07 571 2233

or email

info@vitalfeetpodiatry.co.nz



Carmel Country Estate Retirement Village Herald
CARMEL MONTHLY DINNER – SPRING



COMMITTEE BLOG - OCTOBER 2025

Greetings All.

Your committee now has a new Chairman. Don Banks has agreed to take up the role, thanks Don. Sue Ede has been co-opted to take up the vacant ordinary member position.

A polite reminder to those who have not yet paid, that Residents' Association subscriptions (\$10 per person) are due now. Please pay online or in cash to our new Treasurer, Pam Hughes, Unit 41. As of 1 December, only paid-up members will qualify for the subsidy on the Christmas Dinner.

We will be holding our annual Melbourne Cup Day on Tuesday, 4 November in the Community Centre. Betting slips will be on sale in amounts of \$1, \$2 and \$5. Please try to bring a supply of these denominations with you, as only limited change will be available. We are on the lookout for volunteers to help out on the day, so if you could help, please approach a Committee Member. If past years are anything to go by, it should be a real rip snorter. More details in the 'Village Happenings'.

On the subject of volunteers, we are getting low on cart drivers for Happy Hour, Dinners and other functions. Please contact Ces Steele if you would like to help out.

There will be no normal Residents' Catered Dinner in November due to the Carmel 25th anniversary celebration. We will be back to normal for the December Christmas Dinner.

Our regular caterer Darren Rolls is relocating to Wellington, and his assistant Daniel will be taking over. A big thanks to Darren for all that he has done for us over the last two years or so.

Regards,

Quinton

MANAGEMENT CONTACTS

Office and Community Centre

Darice Hubbard or Sarah Gardyne
07 544 5553
office@carmel.co.nz

Jason Rowling

0274727658

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
2nd Tuesday in the month	10.00am	Residents' Morning Tea
3rd Tuesday in the month	1.00pm	Bingo
4th 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 Workshop
Wednesday	1.15pm	Mah-jong
Wednesday	1.00pm	500 Card Game
Wednesday	4.00pm	Men's Social Hour
Every 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)
1st Thursday in the month	6.45pm	Quiz night
3rd Thursday in the month	10.15am	Carmel Lunch Club
4th 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 2nd Friday	8.30am	Village bus departs for Bayfair
Every Saturday in the month	9.30am	Exercise Class
Saturday	1.00pm	Bolivia
3rd Saturday in the month	5.00pm	Residents' Catered Dinner
Every Sunday	11.00am	Carmel Community Church
1st 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

DISPLAY UNIT IN FOYER

Please do not touch the electronic display screen in the main foyer.

If you notice that the display isn't working, please let **Darice** know.

Thank you for your cooperation.



B.O.P TEAM CLEAN

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

\$45 per hour.

Jo Birtwistle – 027 262 0763

info@bopteamclean.co.nz



CARMEL ARTISTS

What:

Tuition in painting and drawing

When:

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

Location:

Nurses Station in
Community Centre

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.



GARDEN CIRCLE SNIPPETS – SEPTEMBER 2025

Our group was disappointed that the trip to Amberwood Woodland Garden was postponed late September due to the inclement weather, but we will reschedule once we know the Spring weather is settling down.

The westerly winds are causing havoc, but it seems never to stop the abundance of new growth on trees and shrubs, and the surprises that arise with the warmer weather.

- Now is the time to give your plants a good dose of fertiliser to boost them for the months ahead. Azaleas, gardenias and camellias especially like a mixture of Epsom salts and water or coffee grounds. Do not overdo the strength of the mixture.
- An alternative is to soak sheep and chicken pellets in a bucket of water, allow them to soften and then use some of that mixture (diluted) onto plants). Keep topping up the bucket with water and occasionally throw in more pellets. The mixture used that way will last for a considerable amount of time

DON'T TELL SECRETS IN THE GARDEN, THE POTATOES HAVE EYES, THE CORN HAS EARS AND THE BEANSTALK.

Brenda Gaylard



LOST AND FOUND

If you have lost any items at Carmel, please contact the office to see if they have been handed in.

We currently have a merino jersey, pouch/purse, glasses, jewellery, small umbrella and an assortment of small items.



***Tauranga
Miniatures Club
Presents:***

**Tauranga Miniatures Club Exhibition
15th & 16th November 2025**

177 Elizabeth St, Tauranga. 10am to 4pm

Admission: \$5 (Children under 12 free)

*Escape into the World
of Miniatures.
Guaranteed to delight.*



Enquiries contact : Jan 021 214 5192

For any questions, please contact Susan Batchelor: 027 255 8151

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:

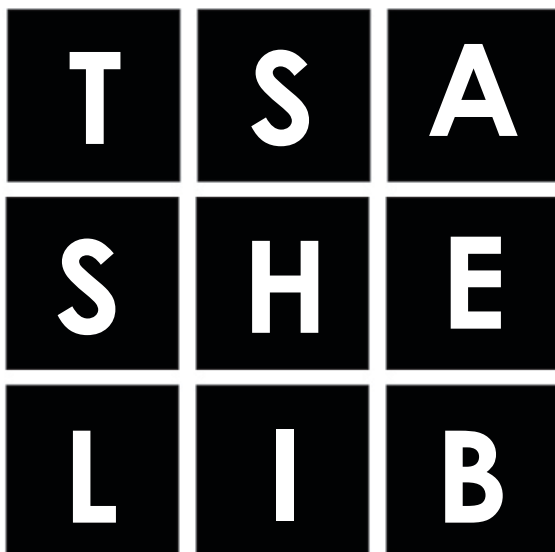
Thursday - Tuesday: 9.00am - 5.00pm

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 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.

September answer: Abilities

Goodluck!

CARMEL COMMUNITY CHURCH

You are warmly invited to the:
CARMEL COMMUNITY CHURCH

**LADIES MID SPRING
HIGH MORNING TEA**

**Theme: Kind Words Are Like a
Spring Day**

Thursday, 23rd October 2025
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



HAIRDRESSERS

**Friday and overflow day on
Wednesday**

Debi – 027 5413 323

Thursday

Glenys – 027 5753 384

Please phone to make an
appointment



STAFF WORKSHOP

Please do not enter the Staff Workshop or
take any items from it without permission. If
you require anything, please ask the staff
who will be happy to help where possible.

Thank you for your understanding.



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.

THE GOOD WALK



Three of our Residents (Audrey Perrett, and Trish and Tony Aplin) are participating in this fantastic fundraising event this year.

If you would like to donate you can either donate cash at the office

or

Use online banking to make a deposit with the following details:

**Good Neighbour Aotearoa Trust:
02 0466 0313842 00**

**Reference: Your Name
Particulars: Donation**

**Please email the office for a receipt
at hello@goodneighbour.co.nz**

RECYCLING BINS

Please **do not put inorganic rubbish** in the recycling bins.

Today (08.10.25) the Council went through our bins and pulled this out for us to see. They have the right to refuse to empty our bins if we are not complying with the rules.

Here is a list of items you are allowed to put in the bins:

In the yellow-lid bin:

- Clean paper and cardboard (no paper towels, tissues, or shredded paper)
- Washed plastic bottles, trays and containers numbered one, two and five (It may be written as 1 or 01, 2 or 02, and 5 or 05)
- Washed food and drink cans and tins (metal and aluminium).

No lids, caps or aerosol cans in your yellow-lidded recycling bins.



Good News!

The printer in the library is up and running.

Please feel free to print from the library or ask the lovely ladies at the office to help, the cost is 20 cents per page for all photocopying and printing. There is an honesty box located in the library for payment when using the library printer.



ST JOHN – CARING CALLER

A Caring Caller can make all the difference.

Simply making a phone call can cheer someone up and give their whānau peace of mind that Hato Hone St John is supporting their loved one.

Care Caller is a friendship telephone service where volunteers regularly phone clients for a friendly catch up. It's a welcome call that can help people feel less lonely or isolated and more confident about living independently.

Whether it's sharing interests like gardening or sport, or just being a friendly voice, your call is really appreciated. Our Caring Caller volunteers provide a wonderful community service and often develop lasting friendships with the people they call.

If you, or someone you know would benefit from regular telephone contact, either as a client or a Caring Caller, call us on 0800 4 CALLER (0800 422 5537).



Betty King and Robyn Robinson delighted the Carmel Community Church Ladies Spring Morning Tea with a delightful performance last

