



Weekly Newsletter for the 10th February 2025

Our Purpose - To Sustain or Enhance Members' Mental Health and Wellbeing.

Events

Family and Friends Day

**Saturday February 15th
10am till 2pm**



The Shed singers get ready for Family Day

A chance to show the people at home, what we do at the shed.
(Tea and coffee served, biscuits and cake welcome.)

Next BBQ

**Tuesday 11th February
On the deck, at high Noon.
It's FREE. Just bring your appetite and a funny story!**

The Melanoma Van

“The Melanoma van will be at the shed on Tuesday Feb 11th from 10:00AM until 1:00PM. All bookings have been taken, but check with the office in case there is a cancellation.

Kawau BBQ - 18th of February

The day trip to Kawau Island is cancelled due to lack of support.

PROJECTS



Oversized seats for an oversized table

It sounds like George and Duncan Elley have embarked on a truly ambitious and fun project! The table they built to fit their outdoors area is already a huge feat in itself, and now they're taking it a step further with oversized seats.

NZ Mens Sheds News

February 2025 Edition

The official newsletter of 

The February issue of the Mens Shed NZ newsletter is now available. [Click here](#) to download a copy.

Community News

Seniors Newsletter



The February newsletter is out now

Contents: New Year Honours / Age friendly Fund 2024 / Kiwi Access card / Cost of electricity / Retirement Commissioner / Vaccinating against shingles / InterRAI study: join the survey / Assistance with funeral costs / Creative ageing: Susan Jordan / Prof Thomson on tooth decay / Recreational walking clubs / UNESCO
[Click here](#) to view the newsletter in your browser.



LOVE YOUR AWA Freshwater Stream Workshops

Join Whitebait Connection and AC Parks at one of our FREE workshops on freshwater streams.

Whether you're new to volunteering or a seasoned advocate, there's something for everyone at *Love Your Awa*.

Workshop Highlights:

- Stream Creatures: Discover the fish and invertebrates that live in our streams.
- Water Quality: Learn how to test PH levels and water clarity.
- Environmental Impact: Understand the challenges facing our streams and how we can protect them.

Friday 28 February, 10.30am – 12.30pm, Dingle Dell Reserve, 29 Dingle Rd, St Heliers.

For bookings and more information please visit:

<https://calendly.com/mylocalpark>

**'Living better':
Seniors information day'.
Thursday 13th March**

Returned Services Hall in Turua Street, St Heliers




**It will consist of pop-up stands highlighting local services for Seniors, several 10 minute presentations, light refreshments and takeaway bags.
John Tattersall will be co-ordinating our participation.**

**WANT TO SEE SOME
FOIL FUSION MAGIC?!**

**COME ALONG TO WATCH AND JOIN
IN AS WE TURN FOIL PACKETS
INTO SURVIVAL BLANKETS**

**FRIDAY 14TH FEB
10AM-5PM
ST.PHILIPS ANGLICAN
CHURCH
92 ST HELIERS BAY
ROAD AUCKLAND**





We thought you would be interested to know about the first Foil Fusion Fun Day for 2025.

This will be held on the 14th February in the lounge of St Philips Anglican Church (92 St Heliers Bay Road).

We would love to see you there.

Code of Conduct

Signature update.

A few have asked if existing Members have to sign this updated Code of Conduct. In short, no. As an existing Member you are covered by the current Code of Conduct including any amendments made from time to time by the GC.

The signature line was only for new applicants as they join the Shed. This is provided for when they sign their declaration on the New Members Application form as they go through the New Member approvals process.

John Tattersall (Governance Committee Secretary)



Mal's Corner

Retirement is the longest coffee break in the world !

How many toes does a rhinoceros have on each foot ? 3!
Bald men always carry a comb – they can't bare to part with it.

Secrets to Living



Carrying on from the healthy theme of last week, check out Dr Alan Mandell on YouTube.

He suggests we all take a proactive approach to your health and wellbeing. He has created thousands of videos, so take a look by [clicking here](#). Each video is quite short and he explains things in an easy to understand way.

**Our Shed is open Monday to Saturday 9am till midday
and on Tuesday afternoon till 3 pm**

Have a great week folks!

**David Levin
MENS SHED AUCKLAND EAST INC**

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