



Weekly Newsletter for the 12th May 2025

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

Read the whole newsletter before clicking any links.
Otherwise you could get lost and miss out on some vital information.

Events

Next Barbecue

A yummy barbecue on the deck at noon on Tuesday 13th May.

Notices

Retirement Village Seminar

Wednesday 14 May at 9:30 for 10 am start

At the Remuera Golf Club. Partners and friends welcome.

Red Shed Support



Denis is all smiles at the mountain of free stuff he receives on our behalf in the second parcel of provisions from our local Lunn Ave branch of The Warehouse. Denis says “this is a marvellous gift and just what we need – especially the gingernuts.”

We are most grateful for this donation to our morning tea supplies given as part of The Warehouse’s community support initiative. If all goes well, this will be an ongoing donation in our shared relationship. Having partnerships with local businesses is vital to our continued success and our support of them is our way of returning their generosity. Please think of them every time you bite into a gingernut.

Thank you staff and management of The Warehouse.

The Wellness group

Meets at the Stone Bake Cafe.

A useful and informative chat for everyone who attends.

Feel free to talk to any of our organisers about joining this group.

Peter - 0274 966 901

Bob - 0220 178 213

Ken - 0274 931 463

Community News

May's Bird Count Campaign, Starting soon!

Your Help is Needed

Click the picture to learn more....



Eastern Busway progress from Pakuranga to Botany



For all the latest information on the Eastern Busway, [click here](#).

Mens Shed Naenae's newsletter



“The more things change, the more they remain the same.”

Check out what another kiwi shed has been up to.
[Click here to view their newsletter.](#)

Weekly Workshop

Types of Sanders

Just click the pic.



Mal's Corner

I wrote a book about watch making - my friends said it's about time.

A retired Life is spent looking for a way to spend the time we rushed through Life trying to save.

Sometimes a retiree is presented with a gold watch - so they can watch time go by.

Our Shed is open Monday to Saturday 9am till midday

and on Tuesday afternoon till 3 pm

Have a great week folks

**David L (assistant editor)
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