

## Welcome Note

Spring has arrived early this year with residents now enjoying the colourful gardens and courtyards. During lockdown residents have kept busy with painting, crafts, car racing, horse racing, audio books and Olympic Games challenge while staff facilitated keeping residents connected with families via emails, FaceTime or Zoom.

## Activities and Celebrations

Olympic Games— Our Olympic Games challenge during July and August was a huge success with residents eagerly participating in their teams and becoming very competitive.

### Waiuku Grand Prix!



At our opening ceremony pupils from View Road School Kapa Haka group participated and then led the parade with Olympic torches around the facility.

Residents enjoyed the challenge of making medals from salt dough which had the 5 Olympic circles baked into the dough. Gold, silver & bronze ribbons were attached and presented to residents on the last day of competition.

Olympic events included Javelin throwing, Target shooting, Cross country, snakes and ladders with the relay race the last event.

Staff, families and residents participated in the relay race with many cheering from the corridors.

Thanks to Brian, a supportive volunteer who designed and made wooden racing cars. Brian was aware that the Waiuku Cosmopolitan Club had unused bowling mats in storage.

After approaching the Cossie Club they generously donated a bowling mat which was adapted to create the racing track.

This new activity has been enjoyed by the residents who have chosen and named their favourite make of car.

Brian also created a large, wooden board to accommodate jigsaw puzzles in the residents' communal areas.

### Olympic Relay Race



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## Improvements and Initiatives

Our renovations have been delayed by the lockdowns but will be back on track soon. Three rooms will be renovated every 10 days which will speed up completion. Bayview and Sandspit will be the next wings to be renovated.

During lockdown a line chair Zumba was trialled as an alternative exercise. Residents have requested this be incorporated regularly into the programme.

Our volunteer Caroline has brought new ideas to the knitting group. Currently by knitting squares Caroline is able to turn these into Teddy Bears by cleverly folding and sewing the squares. Fingerless gloves have proved popular with residents placing requests to the group for gloves.

## Resident Stories

### Knitting Group



Rex will celebrate his 100th birthday on 16th October.

Rex grew up in Onehunga and lived on the Manukau

Heads and Avondale. Rex served in the Royal NZ Air Force and served in the Korean War. After returning to NZ after the war Rex completed an apprenticeship through NZ Railways.

### Rex preparing to race his Ferrari



Rex has been at CHT Waiuku for 1 year and has made many new friends. His favourite activity would be African drumming and the live entertainers. Rex enjoys his music, singing along and can still dance. Rex settled into Waiuku quickly, made new friends and embraced all the activities that are offered.

Thank you for the many emails and phone calls from family members and the local community who showed their support to the staff during the lockdowns. While these times have been challenging, residents and staff have shown their resilience.

We look forward to welcoming everyone from our community into our facility and our residents engaging again with family and friends.

Best Wishes  
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