

**OUR AGM** - this year's AGM in June, saw the resignation of three Board members and the nomination of three new ones. In particular we would like to thank outgoing member, Pat Nicholas. Pat joined our Board in 2002 and during his period of involvement was the Chairperson for a number of years. We will miss his leadership. We take pleasure in welcoming the new members to our team and value the input they will have to help ensure we continue to support those in need.

**SUBSCRIPTION membership** - did you know that for a mere \$10 per year you can become a subscription member to Lincoln Community Care? Your subscription goes towards supporting the various important services and projects we deliver.



**FROM the PLOT to the POT** – This initiative is now a permanent project in partnership with Lincoln Envirotown – we are privileged to have their expertise to support our clients and dedicated volunteers. Call 325 2007 or email [servicesdevelopment@lincolncomcare.co.nz](mailto:servicesdevelopment@lincolncomcare.co.nz) to register for either, or all of the following workshops.....

**JULY** – “WINTER is NOT the TIME to RELAX”, Saturday 24<sup>th</sup> July from 1.30 to 3.30pm – our gardening advisor, Terry Windle, invites you to join him at his home to learn about fertilisers, rose pruning, maintenance / sharpening of garden tools and building of cloches to protect your spring seedlings. Call 25 2007 to register.



**AUGUST** – 19<sup>th</sup> – “DON'T TREAT YOUR SOIL LIKE DIRT” - Tutors Roger McLenaghan and Judith van Dijk will teach you all you need to know about the soils around Lincoln.

**AUGUST 23<sup>rd</sup>** – HEARTY FOODS – NZ Heart Foundation on food choices for your heart; and Sandra; tasty breakfasts, delicious lunchbox ideas for the family and heart-warming soups.

\*\* Keep an eye out in next month's newsletter for information about our September workshops.

**EXERCISE for ARTHRITIS sufferers** – we have had a request to commence gentle exercise classes for those who suffer severe arthritis. Firstly we need to determine if there is sufficient need for these. Would you participate if we commenced a twice weekly class? Please call 325 2007 to confirm. If there is a positive response we will engage a professional person to deliver these.



**WELCOME to LINCOLN information packs** – our Welcome to Lincoln booklet outlines the recreational activities available to people living in Lincoln. If you are a member of a local group and have had a change of personnel you will wish to have your details amended, please contact Lois on [servicesdevelopment@lincolncomcare.co.nz](mailto:servicesdevelopment@lincolncomcare.co.nz).

**MEALS ON WHEELS** – cooking healthy meals over the winter months can be a challenge. We can offer a very enticing alternative for those who are less able to prepare their own - our Meals on Wheels service. What could be nicer than to have a hot meal delivered right to your door just in time for lunch or alternatively a chilled one to be heated for tea? The meals are tasty, cater for all dietary needs and delivered by friendly volunteers.

Give Janet a call on 325 2007 to learn more about this great service.

**ADULTS and CHILDRENS ART** classes – we have two professional artists who have agreed to hold weekly art classes for us – one of adults along more traditional lines one for children with the freedom to express themselves. Before we proceed further we would like to gauge the interest. If you have a desire to develop or improve your skills, give us a call.



**SUPPORTS for INTERNATIONALS**- – we have a number of individual and group activities on offer – Learning to bake, to sew, to knit, to crochet or to garden. AS well we have weekly CONVERSATIONAL ENGLISH sessions every Thursday at 4pm. Mai has just sewn her first shoulder bag (see picture) and Ha made an impressive birthday cake for her daughter (other picture).



**QUILTING group** – to our knowledge there is no quilting group in Lincoln. We have enquiries about establishing one – would you be interested either as a Tutor, a learner or just for the friendship/sharing factor? If so, call 325 2007 to let us know. Many thanks.



Snuggle up by the fire on these colder evenings. The longest day is nearly here so keep in mind that spring is just around the corner.

The Lincoln Community Care team.

