

Newsletter – August 2018

Senior Chef Classes are coming to Lincoln! - We are often told that the younger generation don't know how to cook. It is not just the younger generation however, who lack the skills or motivation to cook for themselves; in fact research shows that as we age, we become less likely to prepare our own meals. So why is cooking for ourselves so important? We know that life expectancy is increasing but have you heard of **"health expectancy?"** This factors in life "quality" as well as quantity, in other words, how many years of life expectancy are spent in good health. A huge component of good health is how well we eat and the best way to eat well is to cook for ourselves.

If you struggle with cooking or you have lost motivation to cook, have you considered taking a cooking class? If yes, then **Senior Chef**, organised by Pegasus Health, could be the answer. Senior Chef consists of 8 x three hour sessions. The **free** classes cover nutrition topics such as eating for healthy ageing, menu planning, budgeting and more. As well you get to cook a meal and sit down together to enjoy it. The social aspect as much as the cooking skills are what graduates report enjoying the most! All recipes are provided in your free cookbook.



Senior Chef is being held at the Lincoln Events Centre on Thursdays 10am to 1pm from October 18th to December 6th. If you are **60+**, live alone or with one other person and find you are struggling to cook or have lost motivation to cook, please contact the Senior Chef team on **374 1639** for a chat to see if Senior Chef is right for you. **You must be enrolled to attend a course.**

Save the Date - Our Annual fundraising venture **Spring Fling** will be held this year on Sunday 7th October from 11am to 4pm. Those of you that have attended previous years know what



a fun relaxing day out this is with entertainment, competitions, numerous stalls and exhibits, children's activities, plants, fine fare and refreshments to wash it down. Set in 10 acres of beautiful manicured gardens, it is the ideal site to bring a blanket and enjoy the atmosphere. Put the date in your calendar now and keep an eye out for more information closer to the time.

From the PLOT to the POT – the growing to gastronomic experience continues – it is never too late to join the fun. Call 325 2007 or email servicesdevelopment@lincoln.co.nz for more information or to register for the following workshops and demonstrations. Gold coin donations are gratefully received.

Monday 6th August from 7-9pm at Lincoln High school technology room – Tricks and Tips from Master Chef Ben Hogan of The Laboratory

Saturday 25th August from 10 to 11:30am at the Lincoln Envirotown Gardens – Don't treat your soil like dirt

Meals on Wheels – delivers nutritious meals to people who because of their age, disability or illness, are unable to prepare their own. To be eligible for subsidy, clients may require a referral from their GP. For more information please call 3252007 or email servicesdevelopment@lincolncomcare.co.nz.

Wanted! – Mentors for the Selwyn Young Drivers Mentor Program – Continuing the great success of this program to date we are getting ready for the 2018/2019 season. We are looking for Men and Woman interested in becoming mentors. If you have 2-3 hours per week to give back to your community and support young drivers to gain practical skills to help improve the road safety of all drivers please call 3252007 or email servicesdevelopment@lincolncomcare.co.nz.

Visiting Service – Would you or someone you know like a friendly visitor for an hour a week at no cost? Do you sometimes feel lonely? Have you recently lost someone special in your life? Does your family live a long way away from you? Have you lost your drivers' license? Have you been unwell? Do you find attending groups difficult? Have you moved here from another country? We can match you with a trained volunteer who visits you one on one in your home to share a cuppa and friendly conversation. Once you have developed a regular pattern, you may even wish to go on occasional outings together. For more information please call 3252007 or email servicesdevelopment@lincolncomcare.co.nz.

Why not become a subscription member – and support all the many services we deliver? For just \$10 per year you can make a valuable contribution towards helping our organization assist those in need. You are welcome to call into our office to make a payment or call 325 2007 for further information.