



ELDER

Issue 52 Winter
2020

berries

News, views and info for older
people in Horowhenua District



Inside this issue:

Thanking
our essential
workers
page 3

Celebrating
the second
half of life
page 4

Exploring
our
heritage
page 6

Welcome to Elderberries, Horowhenua District Council's magazine tailored for older people.

Elderberries aims to inform older people in our community about news, issues, events and services relevant to them. It also aims to interest and entertain, and – perhaps most importantly of all – celebrate the positive stories of the good that older people contribute to our community.

We know there are a lot of positive stories out there that we might never hear about, and a lot of people quietly making a difference to the lives of others with their selflessness, kindness and generosity. We need your help to celebrate the good things that are happening in our community and give our everyday heroes the recognition they deserve. If you know of someone who deserves recognition or you hear a positive story that would interest older people in our community, please let us know.

- 📧 **You can contact us by email to comms@horowhenua.govt.nz, or by**
- ☎️ **telephone on 06 366 0999. Alternatively, why not drop by Horowhenua District Council's main office and tell us your story in person?**

Elderberries is published on a seasonal timetable; with a new issue each Winter, Spring, Summer and Autumn. Copies are free and available to collect from stands located throughout Horowhenua.

If you are a community group, rest home or business that requires bulk copies for your members, residents, or customers, let us know and we can provide these for you to collect from Horowhenua District Council's main office in Levin.

- 📍 ***Elderberries* is available to view and download online at www.horowhenua.govt.nz/News/Elderberries**
- 📧 **If you would like a PDF copy emailed to you, please email**
- ☎️ **comms@horowhenua.govt.nz or phone 06 366 0999.**

Register your stall for Age on the Go Expo

The biggest expo for older people in the district is fast approaching – and stallholders are encouraged to register now.

The Age on the Go Expo provides information, education and entertainment for older people in Horowhenua, with a focus on good health, fun and support.

Horowhenua District Council's Community Development Advisor, Neil Hirini, said the expo is a great opportunity to promote products, services and memberships to the older community.

"Age on the Go is always very popular. It attracts up to 60 stalls and hundreds of visitors every year," he said.

This year's expo will be held on Friday 2 October from 10am to 3pm at the Horowhenua Events Centre in Levin.

Stalls are free for community organisations and cost \$40 for businesses.

Registrations for stallholders are open until Friday 18 September.

- 📍 **For more information and to book a stall, visit www.horowhenua.govt.nz/Community/Older-People/Age-on-the-Go-Expo or contact Council's Community Development Team on 06 366 0999.**



Thank you to our essential workers

The Levin Uniting Church, supported by the Roman Catholic and Anglican churches, partnered with Horowhenua District Council and Raewyn's Restaurant to say 'thank you' to essential workers in a special way.

The churches treated 68 essential workers to an evening of dining and music on Monday 6 July to recognise their selflessness and dedication to duty during the COVID-19 period. The dinner was the first of two held during the week. Over the week morning tea or supper was provided also for the Levin and Rural Fire Brigades, the Levin Police, and the Lavender Blue In-home Caregivers. The week of thanksgiving wrapped up with a celebratory church service and morning tea on Sunday.

"There have been so many wonderful people in our community who risked their own health to be at the forefront of serving others during the recent lockdown and we wanted a way to honour them and say 'thank you'," said Reverend Sandra Williams of Levin Uniting Church.

"The idea started with the shopping. We were doing lots of shopping for people in need, and we noticed how awesome the supermarket staff were and we wanted to acknowledge them. It grew from there."

The Church's Community Liaison Officer, Roxy Warrington, said the thanksgiving was about serving the people who went out on a limb during COVID-19 Alert Levels 3 and 4.

"We wanted to serve them. We went around the tables serving drinks and meals. We just wanted to make it special for everybody to relax and enjoy themselves," she said.

Staff of the Levin Fire Station, pharmacies, Levin and Horowhenua Vets, Horowhenua District Council's Incident Management Team, Horowhenua Community Practice, Interchurch Foodbanks and Funeral Home staff were among those enjoying the hospitality.

Deputy Mayor Jo Mason spoke to thank

essential workers who risked their own health to serve others.

"While we stayed safe in our homes, you did not. You were there for us," she said, going on to acknowledge the united churches, Council, and community groups and businesses who had pulled together the thanksgiving.

Levin Uniting Church would like to acknowledge those who helped to make the thanksgiving happen:

- Margaret Morgan, Peter Bartholomew, Daniel Kilsby-Halliday – donated lamb
- Elite Meats, Prestons Meats - butchery and meat supply
- Rural Women – making sandwiches
- Raewyn's Café team
- Anzonette Kemp and Vanessa Perenara and their kitchen team
- Richardsons Ltd – provided the bread, cream, milk
- Central Autos – spit
- Horowhenua District Council – donation and attendance
- Catholic & Anglican Churches – service
- Levin Uniting Women's Fellowship – donation
- Horowhenua College – afternoon tea
- All monetary donations
- All service donations.



Celebrating the second half of life

An inspirational new book of short stories is celebrating remarkable men and women who are flourishing in the second half of life.

The book, *Life On Our Own Terms*, is the first of three books on the theme Kāpiti-based author Dr Angela Robertson plans to publish.

Dr Robertson started *Life On Our Own Terms* after resigning from her job after more than 30 years as a professional learning and development practitioner.

“When I first gave up full-time work I wondered what I was going to do in later life. I didn’t really have a plan, but I knew I wasn’t a sit-at-home sort of person and was keen to do some freelance work. I had this idea about finding out what everybody else was doing in my age group so I started to talk to people,” she says.

“The first person I talked to was a man I met when my husband and I started sequence dancing at Happy Feet in Levin. This chap Des came rushing over to welcome us and partnered with me. He is a fabulous dancer, and he became my guinea pig. He shared his personal story with me about how he was spending his days in retirement, busier than ever, dancing all over the show, growing all kinds of fruit and vege, and even making time to do other people’s gardens and lawns!”

Dr Robertson started to collect more stories and teamed up with Dr Pat Sandbrook of Massey University, who helped to design and pull the book together. She worked with people to write, edit and choose photos to tell their stories.

The book became a collection of personal stories of people from all walks of life who range in age from 65 to 98 years, including three Levinians – Des Byrne, Molly Burke and Lyn Barrow. Another seven Levinians are set to feature in the second book.

“These remarkable men and women are flourishing in the second half of life, actively channelling their energy into purposeful, meaningful activities. They pursue their passions, proactively maintain their health and wellbeing, invest in meaningful relationships,

enjoy a good laugh, seek new opportunities and challenges, engage in productive paid or unpaid work, and are connected to the community. It’s been a privilege to share their stories,” Dr Robertson says.

She wants people reading the book to know that age is no barrier to making conscious lifestyle choices in the second half of life.

“Frailty and ill health are not inevitable. These individuals are living fabulous, fulfilling lives on their own terms, and so can we.”

The first book in Dr Robertson’s series is available from Paper Plus stores, directly from the author, and online from Amazon.

And, Dr Robertson is always keen to share more stories of ‘ordinary’ people living extraordinary lives.

“In exchange for a jar of my home-made jam, I have been sitting down with some wonderful people and listening to the stories of their amazing and colourful lives,” she says. “I write these up, check I’ve got the facts right, then put the stories into a book.”

 ***If you’d like to share your story, are interested in writing your memories, or are looking for an inspirational speaker, you can contact Dr Robertson at kiaora@angelarobertson.nz or 027 633 2821.***



From left: Des Byrne, Dr Angela Robertson, Lynette Barrow, and Margaret Williams. Margaret features in the second book

Activities for learning and life – it's all on at Te Whare Mahana

By Victoria Gregory, Coordinator, Te Whare Mahana

It is wonderful to be open again after lockdown. At Te Whare Mahana we are adding new activities and kicking off our regular ones.

We welcome your ideas for new activities, groups, speakers, and workshops, and would love to talk to you about sharing your skills with the community, new things you'd like to learn or information you want to receive.

The Hub is a centre from which several key community service organisations are based, including Citizens Advice Bureau, IHC, Pasifika, Horowhenua PARS, Mapu Maia, and Counselling Services.

The Hub arranges TOTAL MOBILITY assessments. The scheme is jointly funded by Horizons Regional Council and Waka Kotahi NZ Transport Agency to assist people mobility difficulties with subsidised taxi costs.

We have a range of different sized areas for long or short hire. Our rooms are perfect for private family gatherings, events, community organisations and businesses.

Our regular activities are now starting up after lockdown at Te Whare Mahana Community Hub.

Knitting, Crochet and Natter

11am to 2pm, weekly on Thursdays
Lots of fun, learn and share your skills.
No need to book – just turn up.

Sewing Group

9:30am to 2pm, weekly on Wednesdays
Learn new skills, or join in making items for those in need.

SAYGO

1:30pm to 2:30pm, weekly on Thursdays
Steady As You Go Age Concern exercise class improve balance, flexibility, and strength.

For Arts & Crafts Sake

10am to 12pm, weekly on Thursdays
Express yourself, develop skills, meet new people, and discover your creativity.

Music and Mingle

1pm to 3pm, last Monday of the month
(from 28 September)

Fun filled afternoon for the elderly, enjoy music, singing, entertainers and yummy afternoon tea.

People First

3:30pm to 5pm, third Thursday of the month

Giving adults with intellectual impairment a voice in the community.

Care, Craft, Cook and Connect

9am to 11am, weekly on Mondays

Young adults with special needs are welcome to come and learn new skills through fun activities.

AA Alcoholics Anonymous

12pm to 1pm, weekly on Tuesdays

A confidential group that supports people with addictions.

Come and drop in to see what else we offer, or contact us for more information.

Te Whare Mahana

32A Bristol Street

 *Phone: 06 368 1195*

 *Email: info@tewharemahana.org*



SAYGO – Steady As You Go Age Concern exercise class

Explore our heritage at Libraries Horowhenua

By Kiri Pepene, Information and Research Librarian, Libraries Horowhenua

Heritage Rooms

The Horowhenua is a heartland, its vibrant towns surrounded by fertile farm country, all steeped in a rich local history with fascinating tales of the early settlers who came and made their homes here. It is important that we preserve this history and make it accessible to everyone. We are fortunate to have two heritage rooms across our libraries that record, preserve and tell the stories of our people and our place.

At Te Takeretanga o Kura-hau-pō, our Heritage Room is full of resources to help you with your family or local history research. Physical resources include: bound copies of the Horowhenua Chronicle from 1940 up to 2010; copies of the Horowhenua Weekly News, which are available on request; Birth Death and Marriage records on microfiche; electoral rolls; and a great collection of books to help in your research.

The Horowhenua Family History Group and the Horowhenua Historical Society are both a valued part of the Heritage Room. Many members of the Family History Group volunteer in the Heritage Room to help people with their research. They are on duty:

10am to 12.30pm, Monday and Tuesday and Saturday

10am to 12.30pm and 1pm to 3pm on Wednesday, Thursday and Friday.

They can help with research, give advice, or decipher the mysteries that turn up in everyone's family history.

At Te Awahou Nieuwe Stroom, there is also a Heritage Room in the library. We are

gathering information about Foxton, the earliest settlement in the district, to document and preserve the rich history of the families that made Foxton their home.

As Information and Research Librarian, I am on-site at Te Awahou Nieuwe Stroom every Friday. As a local historian, I enjoy meeting local people and visitors from all over the world who have come looking for their own connection to Foxton. It is amazing the stories that you uncover and the lives that many of our early settlers led. Pop in, say hello and maybe share your own story or two!

Kete Horowhenua

One of our best resources is Kete Horowhenua, an online database that records the history of the Horowhenua. There are over 70,000 images as well as documents, books and manuscripts. We welcome contributions from the public – Kete is there for you to share your story as well. You can create a sign in profile and then upload photos or information. It's not just about the past; today is tomorrow's history!



Family History Group volunteer Michael Holland and Information and Research Librarian Kiri Pepene look through a 1983 edition of the Horowhenua Chronicle.

Gardening with Simon

What an upheaval we've had in the last couple of months with this COVID-19 outbreak all over the world. My heart goes out to the families who have lost loved ones, and to those who have been directly affected by this virus. As a nation we have not seen anything like it. And hopefully never will again. So stay strong and help others, COVID-19 or not.

The winter garden

We associate winter with wind, rain and cold. But you may be surprised that some vegetables normally associated with warmer weather can go in now.

One such vegetable is beetroot. It is normally associated with a salad, but it can be used in a variety of ways. I bottle all mine, but it can be roasted or cooked whole as a side vege. It can also be diced up small and added to strawberry jelly to make 'jellied beetroot' – a really nice and colourful addition to a summer meal. Beetroot enjoys a free-draining soil with compost, blood & bone, sheep pellets and a general fertiliser added a couple of weeks before putting the seeds in. I find that seeds are preferable to seedlings. But it is an individual preference. Just refrain from adding lime, as it can turn the beetroot anaemic.

Another vegetable normally associated with the warmer months that can be put in now is spring onions. They need a good free-draining soil to do their best and can be planted by seed, or seed tape to make planting easier if you find scattering fine seeds difficult. You can buy seedlings if you prefer. Before putting in spring onions, add in whatever you have available as they are not a fussy feeder.

Now, what I associate with winter is the humble parsnip! Carrot and parsnip mashed together with butter and pepper makes my mouth water. When putting in your seed, put three in each hole as they are very hard to germinate. But the end result is well and truly

worth it. A roast is not a roast without roasted parsnip! Parsnip also enjoys a free-draining soil, being a root vegetable. And they can grow deep! Give the soil a good feed of

compost, blood & bone, and sheep pellets, and you will be enjoying a feed of parsnip in a couple of months.

A lot of people grow peas and eat them as they pick them. I have never actually grown peas, because I haven't got the room. They enjoy a fertile soil much like beetroot or parsnip and will do best if allowed to climb up a low frame. If you can get your hands on some builder's concrete mesh that is ideal. Just cut it about 18 inches high and somehow anchor it into the soil and plant the seeds on both sides.

Winter quote

Gardening is a work of a lifetime, which just never seems to finish.

Well, that is it for the Winter edition, and I look forward to bringing you the Spring edition of Gardening with Simon for 'Elderberries'. I love receiving feedback, and if you wish to comment you can reach me at:

Simon Broad

 **62 Avenue Road, Foxton 4814**

 **06 363 8855**

 **sf.broad@xtra.co.nz**



Messages from MidCentral DHB

With the wintry weather outside, try to make sure you are still incorporating some physical activity into your week as this is important for your wellbeing. There is some information below about the many different kinds of activities in Levin and Foxton.

Strength and Balance classes available in Horowhenua

Community Strength and Balance classes are available for people who are over the age of 65, or who are at risk of a fall or have had a fall.

These classes help people to increase their strength and balance. This reduces their risk of falls and fall-related injuries, which helps people to live independent lives and continue contributing to their families and communities.

Classes in Levin include: Aquacise, Kori Kaumatua Group Fitness; Legs, Bums and Tums; MoveWell; Precious Goldies – Dance for Fitness; Sport Manawatū Green Prescription Let's Get Active Healthy Lifestyle Programme; Steady As You Go; and Yogilates. Steady As You Go classes are also held in Foxton.

You can find out more about these classes at: www.livestronger.org.nz/home/find-class/find-a-class-near-you/ or contact Sport Manawatū's Community Strength and Balance Coordinator, Tina Solja, on (06) 357 5349 or 021 765 903.

What is the difference between a Community Pharmacist and a Clinical Pharmacist?

Within the Horowhenua community there are both Community Pharmacists and Clinical Pharmacists. Below is a bit of information about how each can help you manage your health.

Community Pharmacists

Community Pharmacists are medicine experts who offer healthcare services to the general public through pharmacies.

Your local community pharmacist may often be the most accessible health professionals for you and your whānau/family to see. They work in pharmacies across Horowhenua to prepare and dispense prescribed medicines.

Pharmacists can give advice about medications and medical conditions so that people get the right medicines and know how to use their medicines in the right way. This means people can get the

greatest benefits from their medicines safely while reducing harm.

Most pharmacy advice is free.

Some community pharmacists help people manage and monitor their long-term conditions, such as asthma and diabetes, deliver flu vaccinations, and review people's medicines if they take many different medicines.

Community pharmacists can help people give up smoking with advice and therapies that work, help people change their eating habits, give advice about sexual health and prescribe the emergency contraception pill, treatments for conjunctivitis, urinary tract infections and erectile dysfunction. They can also collect unwanted medications.

Clinical Pharmacists

Primary Care Clinical Pharmacists work from general practices, as opposed to in pharmacies, and provide consultations with patients in a similar way to consultations with a doctor or a nurse.

Primary Care Clinical Pharmacists review the medications a person is taking. This allows them to work with that person (and the general practitioner or nurse practitioner) to help them manage their medications safely and in a way that will result in a greater quality of life.

People who will benefit the most from a medication review with a Clinical Pharmacist:

- Older people who are taking multiple medications
- People living with chronic conditions and taking multiple medications
- People taking multiple medications and who experience adverse side effects.

This is a FREE service in the MidCentral district offered by participating general practices for any person with one or more long-term conditions who takes five or more medications each day or who suffers side effects from the medications.

If you think you could benefit from a medication review, discuss this with your doctor, nurse practitioner, pharmacist or practice nurse. If you are enrolled at Horowhenua Community Practice (Levin) or Te Waiora Community Health Services (Foxton), then you can ask at your practice for an appointment with the clinical pharmacist.



Te Pae Hauora o Ruahine o Tararua
MidCentral District Health Board

New grant to enhance wellbeing and social connectedness

Horowhenua District Council's new Community Support Grant will direct support to community initiatives that enhance wellbeing and social connectedness in the wake of COVID-19.

Council voted to create the new grant on 6 May by combining all contestable grants funds and carrying over unallocated funds totalling \$160,000.

Criteria for the grant are:

1. Reduced social isolation and/or increased connectedness of people within the community.
2. Increased participation in communities and social connectedness through collaborating organisations and people working together to achieve a common purpose.
3. Improved health and general wellbeing of vulnerable sections of our community.
4. Local people, especially those who are vulnerable, lonely or isolated, are able to access services and activities that meet their needs.
5. To support community groups with fixed operating costs that can demonstrate a loss of at least 30% of income (compared to 2019) due to COVID-19.
6. To build organisational capacity to respond to increased demand for services and/or building future resilience.

The Horowhenua Community Support Grant will be administered on a bi-monthly basis with the first round of applications open from 1 August to 31 August 2020. The funds will remain contestable until the money has run out.

The Horowhenua Community Support Grant replaces the Community Development Grant, Vibrant Communities Grant, Community Consultation Grant, Events Grant, Rural Halls Grant and International Representation Grant for the 2020/2021 financial year. Council community grants schemes return to normal in 2021/2022.

 **For more information, please visit www.horowhenua.govt.nz/Community/Grants-Funding/Council-Facilitated-Grants/Community-Support-Grant**



Matariki – Deep Space: A view of the stars and beyond

Celebrate the arrival of the Māori New Year, by gazing at stars and galaxies you've never seen before

**5 June – 23 August | Open Daily
Exhibition in the Shared Gallery
Te Awahou Nieuwe Stroom, 92 Main Street Foxton**



Horizons Region switches to Bee Card

The regional integrated ticketing system, known as Bee Card, which uses an electronic card to tag on and off public bus services replaces Horizons Regional Council's GoCard in Palmerston North, Feilding, Marton, Ashhurst and Levin from Monday 20 July.

The Levin launch of the Bee Card was held in July at Te Takeretanga o Kura-hau-pō, with Passenger Transport Committee Chair and Horizons Councillor Sam Ferguson, Lew Rohloff of Greypower, and Horowhenua District Council staff attending.

Horizons Chair Rachel Keedwell is pleased the Bee Card is replacing the previously outdated bus ticketing system.

"The Bee Card's tag on tag off functionality provides us with rich data such as passenger use, hot spots along the routes and fare collection, which will be highly beneficial in informing our future network planning," says Cr Keedwell.

Horizons is one of nine New Zealand regions moving to the Bee Card. A consortium of regional councils was formed to make the project more cost effective and ensure robust technology, and shared marketing resources.

Many of the regions were facing out of date, and increasingly obsolete technology with their bus ticketing systems, while others hadn't previously had cards available. By all joining together councils were able to pool costs and benefits to get the best deal for ratepayers.

The Bee Card system is provided by German-based INIT, a world-wide supplier of technology solutions in the public transport sector. Horizons were the second region to roll out the Bee Card in the country.

Horizons Transport Manager Rhona Hewitt says the Bee Card will support bus users in managing their bus travel more independently, with features such as online card top ups, managing multiple cards online, and transferring balances from lost or stolen cards.

"Fares on passenger transport have been free as a response to COVID-19. However, simplified fares will be put in place from Monday to assist bus users with the transition to the card and before normal fares and concession types are reinstated on 28 September 2020.

"The temporary simplified fares are set at the lowest fare offered on our services. In most cases this is the child fare. This means customers who normally pay a beneficiary, senior, child or tertiary fare have until 27 September to get the concession loaded onto their new Bee Card.

"There will only be two types of fares until September – Bee Card and cash. SuperGold Card (during off-peak hours) and university students will still ride the bus for free.

"These users can just 'show and go' with their relevant ID cards. However, in the meantime they are welcome to get a card and register it online so they are ready to use it later in the year."

Bee Cards are available on the bus, at beecard.co.nz or via freephone 0508 800 800 and the Horizons office in Palmerston North. Cards can also be topped up at all those locations and platforms.



Bus user tagging on with her Bee Card.

Recipe of the season

It is the season for slow-cooked meals and Senior Chef's Beef, Orange and Prune Casserole is a winner.

Usually Senior Chef recipes make enough for 1-2 serves. However, this casserole makes

enough for four serves because of the long slow cooking required and you can freeze the leftovers.

It's also a great meal to share with whānau or friends.

Beef, Orange and Prune Casserole

Ingredients	4 Servings
Oil	1 tablespoon
Lean beef (shin, topside, chuck), chopped into pieces	500g
Onion	1 medium
Garlic, crushed	1 teaspoon
Salt	½ teaspoon
Beef stock	(½ teaspoon stock powder + ½ cup water)
Orange juice	½ cup
Orange zest	From 1 orange
Chopped vegetables, e.g. carrot, kumara, parsnip, potato)	At least 2 cups
Prunes	8
Cornflour (if needed)	2 teaspoons



Method

1. Heat oil in a heavy bottomed pan or casserole dish, add meat and brown.
2. Add onion and garlic and fry for a few more minutes.
3. Add remaining ingredients, cover, reduce heat to low and cook for around 1 ½ hours or until meat is tender. Stir occasionally.
4. Adjust the seasonings and thicken if necessary by mixing cornflour to a paste with water and adding to the casserole. Cook for 2 minutes to thicken. Serve with potato, rice or couscous. The casserole can

also be cooked in the oven: preheat oven to 170°C and transfer to the oven once all the ingredients have been added. Cook for around 1 ½ hours or until meat is tender, stirring occasionally.

 **Thanks to Senior Chef for providing this recipe. For further delicious and nutritious recipe ideas for one or two people that are quick and easy to prepare and use readily-available ingredients, visit the Senior Chef website, www.seniorchef.co.nz**



What's On

in and around Horowhenua

Event details are correct at the time of publication. For further details and other events, visit www.horowhenua.govt.nz/events

All August

Wings of War

Open daily, Te Takeretanga o Kura-hau-pō, 10 Bath Street, Levin.

'Wings over War' is an exhibition by local artist David Goodall, focusing on a series of WW2 military aviation screen-print works. These works relate to a relative of David's who died in WW2 and was part of an RAF Squadron.

Free.

Wednesday 12 August

Pop Up Eats

5pm to 8pm, Te Takeretanga o Kura-hau-pō car park, 10 Bath Street, Levin. Live music entertainment and great food truck food.

Thursday 13 August

Journey through the Southern Night Sky

Presentation at 6:30pm with stargazing from 7.30pm, Te Awahou Nieuwe Stroom and Te Awahou Riverside Cultural Park, 92 Main Street, Foxton.

Join Dr Stephen Chadwick on a journey through deep space as he gives a slide presentation showing some of his spectacular astro-photography images. Afterwards, enjoy a hot chocolate and a tour of the Milky Way as you stargaze through telescopes provided by the Horowhenua Astronomical Society. De Molen will be lit up with a brilliant red, blue and purple lightshow to complete the festive ambience.

Free.

Thursday 27 August

Sustainable Funding Workshop

9:30am to 4pm, Horowhenua District Council, 126 Oxford Street, Levin.

This workshop has practical ideas that can be easily implemented and is designed to help

organisations develop opportunities that are 'best fit'. Discover how to create a sustainable funding plan, including laying the foundations; key income streams; the difference between donations, sponsorships and grants, and to approach each one; traditional fundraising activities; how to get more people involved in your fundraising; how to increase your income.

Free to Horowhenua-based not-for-profit organisations. RSVP to michellero@horowhenua.govt.nz by 14 August 2020.

Monday 31 August

Food Lovers Masterclass

6:30pm to 8:30pm, Horowhenua District Council, 126 Oxford Street, Levin.

At this educational masterclass, learn about what food Kiwis waste and how to save money, plus many other interesting topics, such as the difference between a 'use by' and a 'best before' date, and composting and freezing food to reduce waste. Suitable for all household types, ages, and stages of life. You will receive a gift pack of food waste minimisation products.

Cost \$27.12 per individual or per couple.

Friday 2 October

Age on the Go Expo

10am to 3pm, Horowhenua Events Centre, 32 Victoria Street, Levin.

With up to 60 stalls every year, Age on the Go is the biggest expo for older people in the district. It provides information, education and entertainment for older people in Horowhenua, with a focus on good health, fun and support.

Free entry.

Is your club or organisation holding an event? You can add it to the Events Calendar on Horowhenua District Council's website free of charge. Visit horowhenua.govt.nz/events to submit your event.