



Papanui Rebus Club

MEETING VENUE:



Morrison Ave Bowling Club
30 Morrison Ave, Northcote

Meeting: First Tuesday of the month at 10.00 am

WEBPAGE – rebus.nz/papanui

President/Secretary	Linda Barnes	021 432 588	Membership	Gillian Fallow	352 6697
Treasurer	Allan Guy	383 0760	Speakers	Pat Paton	379 6960
Past President	Norma Porter	741 1654	Membership	Siân Bliss	359 0057
Outings	Nigel Wombwell	021 1368228	Committee	Alan Marshall	351 7651

32 Members attended the meeting, welcome to 3 new members, Mike & Wendy Webb and Jim Burberry. 2 visitors, Diarme Austen and Brenda Nally.

Norma Porter gave our mini talk this month, following an encounter with the medical system. A keen tramper, the hills had become too steep. A Doctor, who listened, and started the investigation, which included blood tests, breathing test, ECG, chest x-ray leading to cardiologist visit and CT scan. Then to angioplasty. A stent was not needed but no extreme exercise. Health Insurance cost \$13,552, personal cost \$710. Dilemma - Private versus Public systems.



Norma Porter



Lily Purdon

Lily Purdon, from Sports Canterbury, was our guest speaker this month. Lily assesses programs in various gyms to see if they measure up to what ACC requires for prevention of falls in Older Adults.

She introduced us to ways to check you balance – all 10secs – first - feet together, 2nd – one foot halfway up the other, 3rd – one foot in front of the other, 4th – stand on one foot. There are many programs available to increase strength and balance. To see the Sport Canterbury approved ones visit www.livestronger.org.nz if you are concerned that they are not approved, look for this symbol.



Margaret Davidson, a member, also recommended a Facebook group to follow – “Grow Young Fitness” – to do at home.



Tuesday 5th August 2025 – 10am - at the Morrison Ave Bowling Club, 30 Morrison Ave, Northcote

Mini Speaker: Esme Richards – My Contiki Experience

Main Speaker: Annabel Armstrong-Clarke – The Archives of the Christchurch City Council

Coffee & Chat – 12th August 2025 – 11.00am

– Columbus Coffee, Mitre 10, Papanui

Our bank account: **Papanui Rebus Club 03-0854-0067161-00** – Subs are \$40

Tuesday 19th August 2025 – 11.45am

The Dish

376 Montreal Street

Christchurch Central



Tuesday 2nd September 2025 – 10am - at the Morrison Ave Bowling Club, 30 Morrison Ave, Northcote

Mini Speaker: Paul & Janette Wilkinson – The Renovation of Ivy Cottage

Main Speaker: David Eddy – My Antarctic Adventure

Coffee & Chat – 9th September 2025 – 11.00am

– Columbus Coffee, Mitre 10, Papanui

Tuesday 16th September 2025 – 11.45am

Merrin Street Brewery Bar

Avonhead Mall, 210 Withells Rd

Avonhead



Please ring, or text, Nigel Wombwell on 021 136 8228 if you want to be added to an outing or if you are subsequently unable to attend.

27 Members attended the lunch at the Bealey. Lovely big meals for \$15 and lots of lively conversation.



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