



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

30 people attended the meeting, we welcomed one new member, Maria Gwynne, and we had two visitors. Mike & Wendy Webb.

Paul Wilkinson was our Mini Speaker this month and gave us a quick run down on the AGM meeting he, and Janette, attended. The meeting was held in Palmerston North and there was a good representation of the Rebus Clubs. They had a great bus trip checking out all the sights as well as a dinner with all the attendees. Paul is on the Rebus NZ Board and his role is IT.

Tom Grindell was our Main speaker this month and he spoke to us about the Good Friends – Living Well Centre, located at Arvida Park Lane, 47 Whiteleigh Ave, Addington.

Good Friends is open to all Older Aged Persons and offers a wide range of classes aimed at mobility and balance such as Strength & Core, Strength & Balance, Circuits, and they even have a class called Brain Gym. There is also a pool where they offer classes. You can check out their schedules on goodfriends.co.nz/whats-on. Membership also includes a 10% discount at the Café.

Tom was a very entertaining speaker and had us doing some fun exercises, including some for our brains.

His main message - a little bit of gentle exercise everyday to maintain strength and most importantly – BALANCE.



Paul Wilkinson



Tom Grindell



Tuesday 3rd June 2025 – 10am - at the Morrison Ave Bowling Club, 30 Morrison Ave, Northcote

Mini Speaker: Nigel Wombwell – The Open Christchurch Program – A Busy Weekend

Main Speaker: Rachel McNutt – Air Rescue Services

Coffee & Chat – 10 June 2025 – 11.00am

– Columbus Coffee, Mitre 10, Papanui

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

Tuesday 17th June 2025 – 11.45am

The Good Home Wigram

100 The Runway
Wigram Skies



Tuesday 1st July 2025 – 10am - at the Morrison Ave Bowling Club, 30 Morrison Ave, Northcote

Mini Speaker: TBC

Main Speaker: Lily Purdon – Sports Canterbury – Prevention of Falls

Coffee & Chat – 8th July 2025 – 11.00am

– Columbus Coffee, Mitre 10, Papanui

Tuesday 15th July 2025 – 11.45am

The Club's 40th Anniversary celebration

Protocol
2 Colombo Street
Cashmere



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.

18 members attended lunch at Ten27 Ferrymead. Unfortunately, it was a little cold where they had put us, so we all moved inside, which meant we had to go on separate tables. Still, it was great to catch up. Apologies for the photos – it was a little challenging in the space we ended up in.



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