



Media release

Thursday 31 July 2014

## **Fun Day Out for Selwyn's Retired Residents**

Retired Selwyn residents are enjoying spending the winter months indoors in friendly company at a Day Club.

On the fourth Thursday of each month, more than twenty senior citizens get together at the Rolleston Community Centre for a day of activities, board games, discussions, seated music and movement classes and a hot cooked lunch.

Day Clubs are also held regularly in Darfield, Leeston and Lincoln and altogether they have around 1,500 visits each year.

At 84 years old, Thelma Flint is one of the Rolleston Day Club's eldest members. She has been attending sessions since they first started over five years ago and says she looks forward to them every month.

"I enjoy coming to Day Club regularly and it has become part of my routine now. Not only is it a lovely place to share stories and play board games or cards, we join in on topical discussions and listen to guest speakers too," says Mrs Flint.

It is also a great place to get to know the people in your community.

"I often get lonely at home all by myself so it is nice to have a social place to go each month where I can interact with people and play a game of scrabble," says Mrs Flint. "Some people even bring along their cross stitch and embroidery."

The Selwyn District Council supports Day Clubs in Darfield, Leeston, Lincoln and Rolleston by providing venues, assisting with volunteer training and on-site support.

"The council is happy to support the Day Clubs as they help older residents find a place to meet people of their own age and interests. They are also a nice place for people to visit in cold weather to enjoy a hearty meal," says Lisa Larkin, Selwyn District Council's Community Development Officer.

Rolleston resident Fay Taylor helps to organise many of the activities. She encourages retired people, especially those living alone, to come along to a Day Club to meet new people and enjoy some fun activities.

"We are a very welcoming group of people and there is no pressure to come each month. We get great feedback from people's family members saying they notice they are happier and enjoy sharing stories about what they have done at Day Club, which is great to see," says Mrs Taylor.

Day Club sessions run at the following locations from 10am-3pm:

- Darfield Recreation Centre, the first Thursday of the month;
- Rolleston Recreation Centre, the fourth Thursday of each month from August - April and second and fourth Thursday from May- July;
- Leeston Library, the second and fourth Tuesday of each month; and
- Lincoln Events Centre, the third Wednesday of each month.

A two-course meal is available at all locations for \$7. People are welcome to turn up at the day club and don't need to book in advance. For more information, call Lisa Larkin on 03 347 2755.

Ends

*Photos attached:*

1. *(Left to right) Thelma Flint, Fay Taylor, Laney de Gooyer, Janetta Clarke and Pauline Allen joining in the fun at the Rolleston Day Club*
2. *Game on: (left to right) Paul O'Donnell and Tony de Kruyk enjoying a game of scrabble*

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