



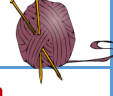


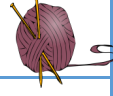

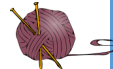




Te Wharau – The Shed

May 2024—24a Tudor Street—ph.—027-921-4074 MONDAY TO FRIDAY 10 am EXCEPT WEDNESDAY 10.30 FOR TEA & TALK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Need a ride to the The Shed - Health Shuttle service please Ring the day before 0800-103-046	Gym sessions/Pickle ball –Mindfulness at the library please talk with staff .we can support you with these activity's	 1-Age Concern Tea & Talk 60 + 10.30-11.45 closing due to Community staff meeting	2- 11.00 Hack your health, the secrets of your gut documentary 	3-10.00 -Richmond swimming and shopping 8 seats shed closed for this activity + vege shop
6– Blow those cob webs out! Fill them with your creative neurons ART all day	7-- 11am Mindfulness with Brendon All day knit & Knatter And scrabble 	8--10.30 open -For 60+ Age Concern TEA & TALK for support and to connect 	9– A trip to the Nelson Museum leaving at 10 am 8 seats. Or meet us there.	10–10.10 Richmond swimming 5 seats A walk over to the red cross and a coffee at the market café.
13-Blow those cob webs out! Fill them with your creative side ART all day	14- 11am Mindfulness with Brendon All day knit & Knatter And scrabble 	15-10.30 open -For 60+ Age Concern TEA & TALK for support and to connect 	16– Drop in coffees &connect  12.00 Community lunch	17-10.10 Richmond swimming 5 seats Shed open for coffee and connect & support
20-Blow those cob webs out! Fill them with your creative side ART all day	21– 10.30 Gym 11am Mindfulness with Brendon All day knit & Knatter And scrabble 	22-10.30 open -For 60+ Age Concern 11.30 Quiz -TEA & TALK for support and to connect. 	23– 10.00-Gym 11.30 You tube learning + lunch -Understanding & conquering depression By Andrew Huberman Neuroscientist	24– Housie and shared lunch 11.00 start for Housie
27-Blow those cob webs out! Fill them with your creative side ART all day	28-- 10.30 Gym 11am Mindfulness All day knit & Knatter And scrabble 	29-10.30 open -For 60+ Age Concern TEA & TALK for support and to connect 	30– 10.00 Gym 11.45 opp shopping around our town and coffee at a café	31– leaving at 11.00 a trip to the woolshed café and animals 8 seats. 

TOMATO RELISH (TOMATO CHUTNEY)

Ingredients
 800g fresh or tinned tomatoes
 2 medium brown onions
 2 cloves garlic
 1 cup **Raw Sugar** (225g)
 1/2 cup apple cider vinegar (125ml)
 2 tsp salt
 2 tsp curry powder
 2 tsp mustard powder
 1 1/2 Tbsp **Cornflour**
 1-2 Tbsp extra apple cider vinegar

Fresh tomatoes: cut a small cross on the top of each tomato, place in large bowl and cover with boiling water. Leave for a minute.
 Drain and rinse with cold water, peel off skins.

Tinned tomatoes: drain off juice and set aside. Roughly chop the tomatoes; finely chop the onions and garlic. Place the tomatoes, onions, garlic, **Raw Sugar**, vinegar and salt in a large saucepan and bring to the boil. Reduce to a medium heat and gently cook for 15-20 minutes. Mix the curry powder, mustard powder and cornflour with the extra vinegar to a form a smooth paste. Stir into the tomatoes and cook until thickened.
 Spoon into warm, sterilised jars and seal. Refrigerate once opened.
 Makes 700-800ml.

