

December/January 2021-22

Christmas is not one-size-fits-all

Here we are at the end of another tumultuous year. There is no one-size-fits-all about the situation we find ourselves in, and there is no one-size-fits-all about Christmas, just like the quotes below. Hopefully at least one will resonate with you.

"Let there be peace on earth and let it begin with me" - unknown

"...feed the hungry, clothe the naked, forgive the guilty, welcome the unwanted, care for the ill, love your enemies, and do unto others as you would have done unto you." - Steve Maraboli

"The reality of loving God is loving him like he's a Superhero who actually saved you from stuff rather than a Santa Claus who merely gave you some stuff." — Criss Jami, Killosophy

"My idea of Christmas, whether old-fashioned or modern, is very simple: loving others. Come to think of it, why do we have to wait for Christmas to do that?" - Bob Hope

"I will honour Christmas in my heart, and try to keep it all the year. I will live in the Past, the Present, and the Future... I will not shut out the lessons that they teach." — Charles Dickens, A Christmas Carol

"And when we give each other Christmas gifts in His name, let us remember that He has given us the sun and the moon and the stars, and the earth with its forests and mountains and oceans--and all that lives and move upon them. He has given us all green things and everything that blossoms and bears fruit and all that we quarrel about and all that we have misused--and to save us from our foolishness, from all our sins, He came down to earth and gave us Himself." — Sigrid Undset



Manager
Rory O'Rourke
manager@acrotorua.nz

**Accredited Visiting
Services (AVS)
Coordinator**
Sue White
sue@acrotorua.nz

**Shopping Service
Coordinator**
Jody Langdon
shop@acrotorua.nz

Administration
Lyn Rasmussen
admin@acrotorua.nz

Office Hours
Tuesday to Thursday from
9.00am to 2.00pm

HOLIDAY HOURS

The Age Concern office will be closed for the Christmas break
from **Thurs 16th December** until **Tuesday 18th January**.

Thank you for being part of the Age Concern whanau in 2021. Keep
safe and well and we look forward to seeing you again in 2022!

A Word from the Manager



And we thought last year was the year to end all years!

Where has this year gone to? We thought last year was the year to end all years but this year has, in a lot of ways, been just as disruptive and challenging more especially for those living, or surviving, in Auckland. Hopefully Xmas will be able to be celebrated in a fitting way as we open up the country and our borders to returning ex-pats and international visitors later on although I have a fear of the third wave striking as it has in Europe.

Tiny Homes not proceeding at this stage

Well it is official. The land we were going to lease in Ngongotaha is no longer available so at this stage our Tiny Homes Project will not be going ahead. This is a shame as a great deal of work has gone on behind the scenes to bring it to fruition. Although there are a good number of groups talking about housing and the shortage no one is prepared to help us by providing the land as a lease or a gift and therefore, although we have the houses waiting to be built, we cannot proceed because there is nowhere to put them. We will probably put the idea to rest until next year as we are running out of time to get anything of substance organised at this late stage.

Expressions of interest sought for new staff

It was with great sadness that we accepted the resignation of our wonderful Social Connection Co-ordinator, Katrece Lewis. Early in the new year we will be seeking a replacement for her so if you think you might like to work with our fabulous team send us an expression of interest and watch this space. The job is for 15 hours a week and entails providing social connection activities for our members as well as overseeing our social media posts on Facebook and our website. Lyn Rasmussen, our fantastic office administrator, also works 15 hours and has indicated that early next year she also will be finishing so we will also need to fill that vacancy with a person who possesses excellent IT skills and is the first point of contact, either in person or by phone. Expressions of interest will also be accepted for that position. At present the days we work are Tuesday, Wednesday and Thursday from 9:00am to 2:00pm with some flexibility.

We need to be ready for the Traffic Light System

With yet another shift in Covid-19 response and the introduction of the Covid Protection Framework traffic light system on 3 December, we all need to be ready.

Vaccine Passes will be accessible for all people, but I also know the 0800 222 478 system is a little bottle necked at the moment and waiting times are longer than usual. Please be patient and wait, they are responding to thousands of questions but when you get through, responders are supportive and helpful.

Don't have an email?

Those who don't have an email address can get a temporary pass - this might mean you need to provide IT support for each person or help them to call 0800 222 478 to request a My Vaccine Pass. You may be asked a few things to confirm your identity - such as your name and date of birth.

Age Concern as an Agent

The team on 0800 222 478 can confirm that older people can request a printed Vaccine Pass through a local Age Concern. The Age Concern worker can call on behalf of someone and using an Age Concern email address request the Vaccine Pass. While staying on the phone, 0800 222 478 will send a confirmation to the Age Concern address with a security number, after responding to the email including the security number, a second email will be sent with the Vaccine pass. The Vaccine Pass can then be printed and are valid for six months.

We can help you get your pass just call in to Age Concern during open hours and see us with your National Health Number. I witnessed, while I was getting my booster injection, Unichem Central Pharmacy doing Vaccination Passports with people just needing one form of ID like a license or passport and their NHI number Took them less than 5 minutes and you get a printed copy to take away. It is important that you have your Vaccination Passport as most businesses and events will require you to show it.

When the traffic light system comes in to use on the 3rd December we at Age Concern will be asking people, not only to sign in, but also to show proof of their vaccination status by scanning your Vaccine Pass with the Vaccine Verification App so please have it available.

Traffic Light System Main Points

Green – Not many cases in the community and the health system can cope.

- Scan QR codes and wear a mask when indoors at public places.
 - Near normal freedom otherwise, subject to being vaccinated.
 - Vaccination certificates are key.
 - Moving around NZ is allowed.
- Number and spacing limits imposed on gatherings if they are not vaccine certificate compliant.

Orange - More/many cases in the community, health system busy but coping.

- Scan QR codes and wear a mask when indoors at public places.
 - Spacing in public places 1m.
 - Vaccination certificates are key.
 - Moving around NZ is allowed.
- If non-vaccinated, access can be limited to some places and a limit of 50 people at non-vaccinated events with spacing.

Red – There are many cases in the community and the health systems are too stressed to cope.

- Scan QR codes and wear a mask as you leave home.
 - Work from home if possible.
 - No travel between some parts of NZ.
 - Vaccination certificates are key.
 - Some places can operate with vaccination certificates and limits on numbers. Maximum 100 people for vaccinated gatherings, with spacing.
- If non-vaccinated, many places cannot operate, and gatherings are limited to 10 people.

With all the best for Christmas and the New Year, Rory O'Rourke, Manager

Everyone asks: “What are you doing for Christmas?”

Remember that the expectations other people may set for themselves at Christmas, do not have to be the same as yours.



In cultures where we live quite independent lives and allow each other the privacy to make autonomous decisions on a daily basis, it can feel like there is an unnatural shift at Christmas, where **suddenly the way we live becomes more public and open for judgement**. Everybody asks you “what are you doing for Christmas?”, “What did you get for Christmas?”

- In the past I found it hard *not* to spend December wishing I had more money for presents and parties, more energy, more time with my husband, more family around, more friends who wanted to see me, was thinner, and had nicer clothes – especially something sparkly, because everyone has a dazzling outfit at Christmas... assuming of course, that everyone I knew was already having the time of their life throughout all of December. None of this is true.
 - To avoid falling into this ‘victim’ mentality we can choose to respond to this period of ‘sharing’, by involving ourselves in charitable activities and being active in giving to those less fortunate.
 - Being reminded of your capacity to bring happiness, and of how fortunate you are to have what some people don’t... are very healthy ways to connect with the world around you.
- Remember that the expectations another person may set for themselves at Christmas, do not have to be the same as yours. They may choose to give expensive gifts and live a lavish life-style at Christmas, you may choose differently. Neither choice is better or worse, they are personal so cannot be compared.

<https://www.hqtherapy.com/remembering-dealing-loneliness-anxiety-depression-christmas/>

Christmas Day on your Own?

Here are some things to do if you’re facing Christmas Day alone

- Plan a meal just for you. This doesn’t have to be a specifically Christmas meal. Choose some of your favourites (or something different). Set a special place just for you, whether it’s on a table or a tray in front of the TV. Make a deli platter from morsels of a few different dishes. One of mine would be egg-and-celery salad from the Pak n Save deli! Don’t forget a pottle or two of dessert.
- If you are able, volunteer for part of the day. Take a Christmas treat to someone who rarely receives visitors or help at a community lunch.
- Attend a local service. Even if you’re not a person of faith, attending a church service can be a reminder of what Christmas is about. If you’re feeling down, singing and interacting with others may lift your mood.
- Invite someone who is also on their own to share a Christmas meal—or even just a snack or a glass of wine.
- Movie marathon—watch some old favourites on TV, Netflix, DVDs.
- If you are able, connect with others online, enjoy Christmas festivities from around the globe via Facebook or YouTube, play Christmas music.

If you are looking for a new hobby, check out Chris Andrews' clever poem.

HOBBIES AND ALL THAT

By Chris Andrews

For one who only rarely knits, I've done a lot of knitting,
Slippers, Beanies, even scarves, while watching television.

And daytime television's not entirely to my taste,
I do not have the movie channels—I think they are a waste.

I've read all the books in my bookcase the second time around
Luckily I've forgotten their content so surprises still abound.

I've been restocking the freezer—run out of containers too,
I haven't labelled anything so potluck will have to do.

The phone's been working overtime as I arrange my time,
I've even updated my very old will so all will now be fine.

I'm quickly running out of tasks, no more for me to say,
But the days are getting warmer—picnics can rule the day.

Yes, fresh air is the answer to help destroy the bug
But remember—keep your distance and do not kiss or hug.

I won't give in to boredom—against this I will strive
So I've written several poems to keep my brain alive.

Yes, my brain's still working, it is alive and kicking
So in the immediate future I'll just go back to knitting.

Free Books!

Looking for something to read
over the Christmas break?

Pop along to the Friends of the Library
Free Book offer on Saturday 4th December

outside on the
lawn adjacent to
the playground
at Kuirau Park.
The Sale Room
will be closed
due to social
distancing restrictions in Level 2.



On Saturday 18th December the
Scheduled Book Sale will take place
outside.

Further sale days:

Saturday 1st, 15th, 29th Jan 2022.

Dates are subject to all future updated
Covid restrictions.



TIM TAM TRUFFLES—TRY THESE FOR AN EASY AS SWEET TREAT.

Ingredients

- 1 Packet Tim Tams
- 1/4 Cup + 1 Tablespoon Condensed Milk
- Desiccated Coconut

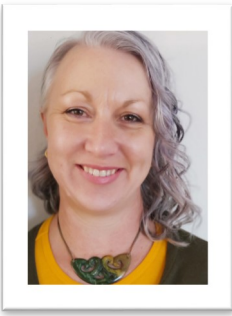
Method

Crush Tim Tams until they resemble coarse crumbs

Add condensed milk until the mixture binds together. Roll into small balls and then roll in coconut. Use different flavoured Tim Tams if you like!



Catching up with Jody Langdon



'Loneliness is not the same as being alone'

At this time of year, many see the festive season as a time to get together or spend with our loved ones. For many, this can also result in an increase of loneliness. At the other end of the scale, it is easy to feel anxious and overwhelmed to attend seemingly compulsory events. This can also see you hiding at home with the curtains pulled. What strange creatures we can be.

Everything has a season

As always, it is important to remember everything has a season and is age and stage. If you think back through the memory vaults, Christmases are very rarely the same for long. As we change, the family changes and even our nearest and dearest can be of no blood relative at all. Our Christmas days develop a life of their own. Sometimes we often feel nostalgic and want to recreate the best Christmas we have ever experienced. We go to the effort to replicate and are thrilled to share but...it is not as special for others and just not the same. I am learning that some memories are to be held unselfishly to our hearts.

2021 has presented some challenges

2021 has had some challenges, when you add in the isolation or not being able to see your pals and loved ones for reasons you cannot control. It is easy to see why you may feel a bit out-of-sorts. The pressure to feel jolly at Christmas can make the loneliness even bigger. Feeling lonely is not the same as being alone. Many people choose to fly solo and live happily with that, while others can be surrounded by social contact and still feel lonely. Here are some ideas to think about.

- Reach out to an old friend, take the time to pick up the phone, it is appreciated.
- Exercise can energise, go for that walk. Smell those roses, pat that cat.
- Never underestimate the healing power of getting lost in a good book.
- Aim to talk to at least one person every day.
- If you are giving a gift, take the time to wrap it specially and mindfully. Use old decorations or bits and bobs from the garden to create magic. Get creative.
- If you are online, there are many Facebook groups you can join based on your interest. I have had great conversations in this space.
- If you do not have Netflix, invest in a good boxed set of a show you adore.
- Above all count your blessings.

If things are still not right, there are other choices. Here are some great helplines with trained people waiting to talk to you, you can even text if that is easier.

Samaritans: 0800 726 666

Need to talk: 1737 phone or text

Lifeline : 0800 543 354

"It is easy to feel anxious and overwhelmed to attend seemingly compulsory events. This can also see you hiding at home with the curtains pulled. What strange creatures we can be."

Sue White—AVS Co-Ordinator



Living in a 'Red Light' District

Well who would have thought that living in a "Red Light" district would be anything like the current situation we find ourselves in. Back in the day the connotations were quite different.

Focus on the good things

However, be that as it may, we need to wake up everyday and focus on the good things in our lives. The world has indeed been turned on its head and more than ever we need to look out for each other and focus on all the positives.

A celebration of life

I had the privilege of attending the celebration of Rinske van den Ploeg's life a few weeks ago. What an inspiration. Rinske's life was



certainly not all "rainbows and skittles" but she drew people to her wherever she went because of her warmth and positivity. Rinske came to New Zealand 7 years ago at age 72 to join her daughter and son in law. Sadly she passed away very suddenly leaving them devastated. Rinske became part of our Age Concern volunteer family not long after she arrived in Rotorua and has brought the gift of companionship to two of our lovely ladies over the years. *Rinske is pictured left with the Easter Basket from our Expo Raffle.*

We are never too old for new adventures

We know that our Age Concern family was significant in Rinske's settling into her new country. She gathered an amazing circle around her proving we are never too old to start a new adventure in our lives. The key is that we need to just step out and take up all the opportunities that come our way to make new friends and memories. We were created to be "in community" with others. So if you are feeling a little isolated or lonely, reach out to someone and be the friend to them that you would like them to be to you.

Wishing all our wonderful Age Concern family a Blessed Christmas time. We look forward to seeing you in 2022.

"We were created to be 'in community' with others. So if you are feeling a little isolated or lonely, reach out to someone and be the friend to them that you would like them to be to you."



Are you interested in working for Age Concern?

In the New Year we'll be looking for replacements for our **Connections Co-ordinator** and **Administrator**. Below is a brief outline of responsibilities.

Connections Coordinator: Co-ordinating outings and activities, managing Facebook and website .

Administrator: First point of contact, phone, emails, Council meetings, membership data base.

Fifteen hours weekly Tues-Thurs 9am-2pm. To register your expression of interest contact manager Rory O'Rourke manager@acrotorua.nz

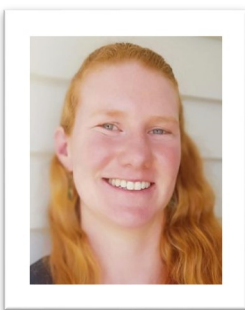
Broken furniture? Blunt knives?



We have a lovely gentleman who has kindly let us know he's available to fix your wooden furniture and sharpen your knives.

Give us a call on 347-1539 or email

admin@acrotorua.nz for more details.



Megan Grant— Mobile Pharmacist

Introducing Mobile Pharmacist, Megan Grant. Megan is able to review your medication and address any questions or concerns you may have. or she can visit you in your own home, review your meds and explain the purpose of each medication.

This is a free service. While she cannot alter your prescription Megan can contact your GP and request a follow-up. Megan will be visiting our office on February 10th. Please call 347 1539 to book an appointment. If you cannot wait that long, contact pharmacyreferrals@midcpg.co.nz Megan@midcpg.co.nz
Ph: 0272221631



Power Bill Concerns? CAB may be able to help

If your power bill seems excessive Citizens Advice Bureau may be able to help. Gather your last few power accounts and take them into CAB.

One of their well-trained volunteers will call the power company on your behalf to find out what is behind your pricey power account. You can find CAB at 1143 Eruera St (roughly opposite the Hospice Shop). Phone 348 3936.

Other ways to get your Vaccine Pass

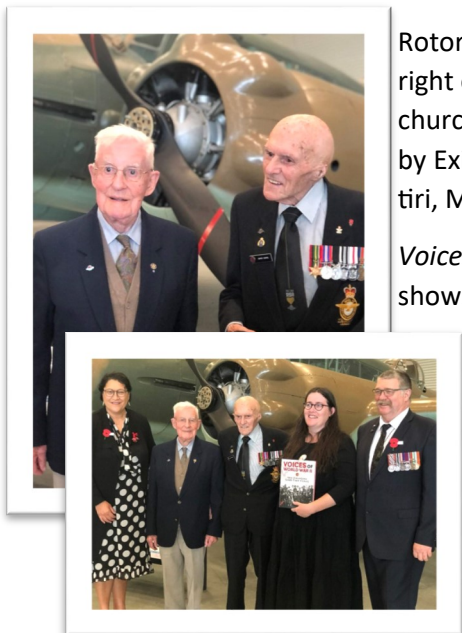
You can request your pass at pharmacies that are providing COVID-19 vaccinations. Confirm in advance that they offer this service, and bring your NHI number if you can. You can find your NHI number on: on a prescription; a hospital letter; x-ray or test result.

You do not need to have ID or an email address but you will be asked some personal details so you can be found in the system.

If you do not have access to the internet please call **0800 222 478** between 8am and 8pm 7 days a week. If you would like to request your My Vaccine Pass and it is not urgent, please try calling after 6pm. Please be patient — it may take 10 to 20 minutes for your call to be answered. You will need your NHI Number.

Voices of Word War II -

Stories of the human impact of the war on New Zealand's citizens



Rotorua Age Concern member and WWII Veteran, David Daniel (at right of picture on the left) was delighted to be invited to Christchurch for the launch of a new book, *Voices of World War II* published by Exisle Publishing. The book was launched by the Hon Meka Whaitiri, Minister for Veterans.

Voices of World War II was compiled by author, Renée Hollis and shows the human side of war through dozens of first-hand memories, stories and reflections on wartime in New Zealand and overseas. The book was made possible by families across the country who entrusted Renée with hundreds of original diaries, letters and images, many of which had not seen the light of day for decades. *Voices of World War II* includes posters, photographs and ephemera and will allow future generations to better understand the human cost of conflict.
www.exislepublishing.com \$69.00

Dementia Lakes

Sharing our office once a month

We are lucky to have these wonderful women under our roof for a whole day every month. Dementia



Advisors Annette Hall and Tania Lear are true professionals in their field, with in-depth knowledge that they are willing to share.

Should you have any questions or queries in relation to Dementia, please book a time and come in and see either Tania or Annette in the Age Concern office on the 1st Wednesday of every month.

Contact Annette Hall and Tania Lear, Dementia Advisors, Dementia Lakes, Ph 07 3490053.

Annette Hall (left) and Tania Lear are true professionals.



Have a laugh with some silly Ho-Ho-Ho jokes 😊

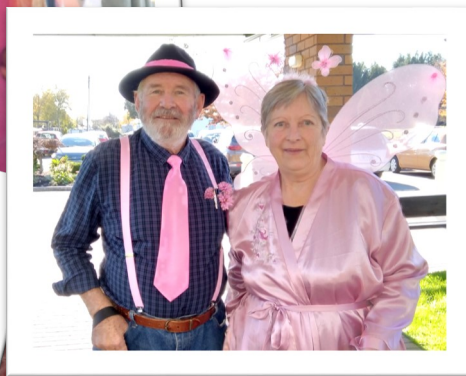
Who hides in the bakery at Christmas? A mince spy!

What do you call a scary looking reindeer? A cari-boo.

What do you call Santa's little helpers? Subordinate clauses.

LET'S LOOK BACK AT THE FUN WE HAD IN 2021!





OUT-AND-ABOUTERS!

TRANSPORT YOU CAN TRUST

Reliable and friendly service

- Medical appointments
- Social and business
- Shopping
- Sightseeing & outings
- Airport transfers
- One off or regular
- Long trips and local
- Adults and children



Now Offering
TOTAL MOBILITY
subsidy in your area!

Call Kelly now!

For a quote or
more information

07 213-1961

or 027 531 9767

www.freedomdrivers.co.nz



ALTOGETHER ON YOUR SIDE

Always willing to help, Kathryn McAlonan has joined the team at Bayleys Rotorua.

Kathryn's background revolved around relationship building and customer service. She spent 17 years working closely with clients in emotionally and financially stressing situations and spent a period working with clients to declutter and organise their homes.

Having owned multiple properties over the years, Kathryn has walked in the shoes of both seller and buyer. Market experience and an innate desire to help people are what drew her to the real estate industry.

Kathryn is very focused on the entire process of selling, not just the result and knows full well that achievement and success are not given, but hard earned.

If you would like to discuss the property market, your property or just have general chat and a cuppa, get in touch with Kathryn today.

Kathryn McAlonan | 021 811 788

kathryn.mcalonan@bayleys.co.nz

SUCCESS REALTY LTD, BAYLEYS,
LICENSED UNDER THE REA ACT 2008

BAYLEYS

ALTOGETHER BETTER

Residential / Commercial / Rural / Property Services

WE NEED YOU!

Do you have an hour or so a week to spare?

If you have some time to spare, please consider volunteering for Age Concern. We are always looking for people to:

- Visit an older person
- Assist an older person with grocery shopping

Loneliness and social isolation can affect our physical and mental health. Visiting an older person can be a truly enriching experience on both sides.

If you'd like to join our Volunteer Team, please call us on 347 1539 or email admin@acrotorua.nz

Willing and Able to do Odd-Jobs?

Are you a handyman/retired builder, plumber, electrician, bricklayer, gardener or similar who is able to undertake minor home repairs, gardening, hedge-clipping, lawnmowing etc in return for a modest fee?

All our odd-job people are police vetted.

For more information, please give us a call on 347 1539 or email admin@acrotorua.nz

Does your vehicle need grooming?

Tuesdays 9am-1pm at Parksyde

Car Wash \$20

Full groom \$70

(Fred will need your vehicle for the day)

\$50 and \$60 options also available.

(these prices are subject to change depending on the size of the vehicle)

Fred loves grooming cars and he will look after your vehicle as if it is his own.

Fred's Car Wash



Give Fred a call
021 152 4562

Age Concern Rotorua Services

Accredited Visiting Service (AVS)

Providing companionship and support for older people living in the community by matching them up with a regular volunteer visitor.

Assisted Shopping Service

Designating a volunteer to take an older person grocery shopping. People must be able to use their bank card.

Total Mobility

Total Mobility assists people with impairments to become more mobile and active in the community. The scheme provides discounted fares through approved taxi companies for eligible members who otherwise have no, or limited, access to public transport. Cost: \$25 for an assessor to visit you in your home. \$20 for a telephone assessment.

Age Concern Odd Jobs

For people needing minor work around their home in return for a modest fee. Gardening, lawnmowing, basic repairs. Smaller jobs only.

Community Connections

Helping older people to connect with each other and their community—getting to know local bus routes, monthly Breakfast Club and outings in our Out-and-Abouters van.

We also have occasional movie dates, catch-ups over a mug of soup, coffee etc.



*...giving you
that extra lift when
time is short!*

NEED HELP AROUND THE HOUSE OR GARDEN?

Whether you need:

- Short Term Help • Spring Cleaning
- Ovens • Windows
- Long Term Assistance
- One Off Clean Up & Tidy Jobs
- Minor or Major Gardening Upkeep
- Eco-friendly Products

Call Wendy for a FREE Quote Today!

0800ANGELS

mob.0274 795 483 • a/h.332 5415

Business Invoices Available upon Request

Joyeux Noël

¡Feliz Navidad!

Gladolla Jull

Buon Natale

rollijk Kerstfeest!

Mince Pies

Mince Pies were originally filled with meat, such as lamb, rather than the dried fruits and spices mix as they



are today. They were also first made in an oval shape to represent the manger that Jesus slept in as a baby, with the top representing his swaddling clothes. During the Stuart and Georgian times, in the UK, mince pies were a status symbol at Christmas. Very rich people liked to show off at their Christmas parties by having pies made in different shapes (like stars, crescents, hearts, tears, & flowers); the fancy shaped pies could often fit together a bit like a jigsaw! They also had pies which looked like the 'knot gardens' that were popular during those periods. Having pies like this meant you were rich and could afford to employ the best, and most expensive, pastry cooks.

A custom from the middle ages says that if you eat a mince pie on every day from Christmas to Twelfth Night (evening of the 5th January) you will have happiness for the next 12 months!

<https://www.whychristmas.com/customs/mincepies.shtml>

What's with Christmas Candles?

There are many different reasons why candles are associated with Christmas, although no one knows when they first became connected!

They were used during ancient winter solstice celebrations as a way of remembering that spring would soon come.



One of the earliest records of candles being used at Christmas is from the middle ages, where a large candle was used to represent the star of Bethlehem. Jesus is sometimes called 'the Light of the World' by Christians. This might have started the custom of the [Advent](https://www.whychristmas.com/customs/candles.shtml) Crown and Advent Candles.

<https://www.whychristmas.com/customs/candles.shtml>

Leaving a bequest to Age Concern Rotorua

Have you ever considered leaving a bequest to Age Concern Rotorua?

Age Concern Rotorua is a charity and relies on the generosity of our community to raise over 88% of the funding required to deliver our essential services and support. Any bequest left to us, no matter now small or large, has a lasting impact and helps ensure that we can continue supporting all those older people needing our help. A bequest to Age Concern Rotorua allows you to leave a legacy long after you have gone. It is the ultimate act of kindness and caring you can show towards your community.

Leaving a bequest is easy. After taking care of your loved ones, the simplest way to leave a gift in your will to Age Concern Rotorua is to speak with your solicitor, who can ensure that your estate is distributed in a way that honours your wishes. To leave a bequest to Age Concern Rotorua we recommend the wording:

"I give Age Concern Rotorua District Incorporate the sum of \$xxx (or the residue of my estate, or a percentage of my estate) for its general purposes. I declare that the official receipt of Age Concern Rotorua will be sufficient receipt and discharge for my trustees."

If you would like to leave us a bequest in your will, these are the official details you will need:

Legal Charity Name: Age Concern Rotorua District Incorporate Charity Registration Number: CC26937.

If you would like to talk to us further about leaving a bequest to Age Concern Canterbury and the difference it will make, please contact Rory O'Rourke (07) 347 1539.



Form of Bequest

**TAKE OR SEND TO YOUR LEGAL ADVISOR
FOR INCORPORATION IN YOUR WILL.**

I GIVE TO Age Concern Rotorua District Incorporate, 5 Tarewa Place, Kuirau, Rotorua 3010, for its general purposes the following amount:

_____ (in words)

OR

Percentage/Portion of my estate:

_____ (in words)

OR

Description of Assets, Property Shares:

_____ (in words)

And the receipt of the Chief Executive or other authorized officer shall be a sufficient discharge to my executor.

Name: _____ (Mr/Mrs/Miss/Ms)

Address: _____

This is not effective until written into your Will which must be signed. Please let us know if you make a bequest so we can thank you personally.

Want to be more active?



If so, then
this **FREE**
course
is for
you...



A practical course designed to support seniors to ride around Rotorua safely and freely.

All the expertise is provided free of charge as our motivation is to support our older community to get back on their bikes.

Spaces are limited so register now to make sure you don't miss out.

This course consists of 3 sessions (2 - 2.5 hours each).

Loan bikes are available on request.

13, 14 & 16 December 2021

14, 15 & 17 February 2022

To register call Rotorua Lakes Council on 07 348 4199



Rotorua Branch—Blind Citizens NZ Inc

We can help you in many ways ...

Helping you to deal with sight loss, products, mentors, outings, blind sports, coffee gatherings and much more...

For further information phone

John on 03 347 0966

“Our aim is to help blind, deafblind and vision-impaired people live the life they choose.”



Next time you're in town pop in for great coffee and a delicious foodie treat!

Artisan Café
1149 Tutaneke St, Rotorua
348 0057

*** What does an elf study in school? The elf-abet.**

*** What do you get when Santa becomes a detective? Santa CLUES**



FIND US

**5 Ti Street
Rotorua 3010**

CONTACT US

Phone: 027 5494 260

Email: kiwicoffinclubct@gmail.com

Website: <https://kiwicoffinclub.co.nz>

Facebook: www.facebook.com/KiwiCoffinClub/



LIKE US

Wednesday 7am - 1:30pm or by arrangement

Age Concern Rotorua Council

Meet 5.30pm every 2nd Tuesday of the month at the Age Concern office, Parksyde House, 5 Tarewa Place. Meetings are open to the public.

Council Members:

Glenys Searancke
(Chairperson)

Miranda Bell (Treasurer)

Gail Edwards (Councillor)

Jo-Anne La Grouw (Councillor)

Margaret Ridgway (Councillor)

John Turner (Councillor)

Patricia Moore (Councillor)

Thank you so much to our sponsors!

ACNZ

Bay Trust

Community Post

Eric Hattaway Trust

Four Winds Foundation

Geyser Community Foundation

Grassroots Trust

Tindall Foundation

Infinity Foundation

Lakes DHB

Lakeland Disability Support Trust

Lion Foundation

Lotteries Commission

Mercury Energy

NZ Community Trust

Pub Charities

Rotorua Lakes Council

Rotorua Energy Charitable Trust

Rotorua Rotary

Rotorua Rotary Sunrise

Southern Trust

St Joan's Trust

Tindall Foundation

Working Together More Fund

Ray White Real Estate

Z Fenton



JOIN AGE CONCERN and enjoy these FREE GIFTS!

- Personal Alarm with torch—don't get caught out in the dark.
- Life Tube—Having a Life Tube on hand could save your life.

Join **NOW** for your telephone and Broadband and receive **\$50 off your first month's bill and 5% of your regular payments will be donated to Age Concern** in Rotorua.



Your Membership will help us provide valuable services to older people in our community

Membership ☐ \$15 single ☐ \$20 Couple Please add \$5 if you wish to have your newsletter posted.

☐ I would like to donate \$..... to support Age Concern services in Rotorua.

Name Ph..... Date of birth

Address Email.....

PLEASE NOTE: We are unable to accept cheques and do not have EFTPOS. We can accept cash payments at the office or to pay online: 38-9012-0590627-00. NB: If you pay online, we will still need your contact details. Please call us or email this form to Age Concern, PO Box 1605, email admin@acrotorua.nz or drop it into Parksyde House, 5 Tarewa Place Rotorua. You can also join online at <https://www.ageconcernrotorua.org.nz/>
Receipts are issued for every payment. Donations over \$5.00 are tax deductible. Our Charities Commission Number is CC2693.