

April/May 2022

## Transitions along the way

*With Lyn leaving and Kirsten taking up the admin role, this issue features beginnings and ends. But transitions are important too - those times when our lives turn away, or towards a different path, not always the path of our choosing. Choices can be tough, even when they are life-saving. Below is Jen's story about the next stage in her life. Jen is in her mid-70s.*

"Dialysis - the beginning of the rest of my life. We pass through quite a few life-journey turning points as we travel this earthly existence. Birth; starting school; first love; first full time job; marriage; becoming a parent and then a grandparent and great grandparent; achieving a lifelong dream; losing love, parents or a significant other; illness or disease. The list is long and is different for each of us. Some turning points we don't see coming and must deal with as we are able, right in the moment. Others we plan for and look forward to.

### Then comes the moment of inevitability

And some we resist with every fibre of our being. Because 'THAT' is so not going to be me. Then comes the moment of inevitability. I could keep resisting and simply throw away all those other wondrous turning points in my life and the joy, growth and learning they have brought me. I could just give up and die. 'Yeah Nah!'

I have a devoted and incredibly supportive husband and family. I have so many caring and helpful friends. I have books to write and books to read, places still to go. Painful though acceptance might be, my only other choice was untenable.

### I have segued through shock and denial

But we are amazing creatures and in eight weeks I have segued through shock and denial to resignation and acceptance, until eventually arriving at the moment of embracing the new order. That moment came probably five or six weeks ago. Reality is a bitch!

These weeks hanging out for the operation to insert the catheter and waiting for it to heal have been getting harder and slower. Or maybe that was just me. Getting slower by the minute it sometimes felt.

### Today, I am that kid on Christmas Eve

Today, I am that kid on Christmas Eve, who won't go to sleep 'cos Santa's coming down the chimney tonight. He's bringing me dialysis, the gift of life, tomorrow. He'll be wearing an outfit I've never seen him in before, but I don't care. I can't wait. A new vista beckons. Tomorrow is the beginning of a new adventure and I'm packed and ready."



*"It was only a sunny smile,  
And little it cost in the giving,  
but like morning light  
It scattered the night,  
and made the day  
worth living."*

F. Scott Fitzgerald

#### Manager

**Rory O'Rourke**

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#### Accredited Visiting Services (AVS)

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#### Shopping Service Coordinator

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#### Office Hours

Tuesday to Thursday from  
9.00am to 2.00pm

# A Word from the Manager



## A new start for Easter

If you haven't heard already through the grapevine, our very special Office Lady, Lyn, is sadly leaving us to have a well-earned retirement and head off overseas to see family in England. Lyn will be sorely missed as the first port of call for many of our members and her cheery nature and empathic ear has, for many, been a positive introduction to Age Concern. We have appointed a lovely young lady named Kirsten Harman who will start with us a couple of weeks before Easter when Lyn will finish. We have been fortunate over the last 4 or 5 years to have an outstanding group of ladies on

the staff and I am sure that this will continue as we slowly replace our existing staff. We have made the difficult decision not to replace our Social Connection Coordinator just yet until the threat of Omicron subsides a little and people are happier to come outside to do activities. We all miss the regular minibus trips to various venues in and around Rotorua and hopefully these can recommence soon.

## Covid has forced New Zealanders to change the way they live

Since the reporting of New Zealand's first Covid-19 case on February 28, 2020, Covid-19 has forced New Zealanders to change the way they live. For many seniors, this disruption to normal life has been exhausting and stressful. When the Omicron wave began to impact New Zealand in early 2022, we heard stories of many seniors staying home and isolating. We also heard of some seniors still keen to get out and about. Globally, seniors have been the hardest hit by Covid-19. While New Zealand has been relatively sheltered from the impact of the disease until now, our seniors have nonetheless been doing it tough. Multiple lockdowns and now the uncertainty of Covid-19 spreading rapidly in the community has meant many seniors have had to frequently hide themselves away from their communities as Covid-19 passes through.

## Technology Seminars

Recently we partnered up with Parksyde to help fund a series of seminars designed to assist our elderly to use their technology devices more effectively. Please keep your eye out for these invaluable seminars which will have limited numbers due to Covid. The seminars will be run by the members of SeniorNet and with cover off all the things you thought you knew about your device. See page 8 for details.

## Tiny House Project

Last week we met with the Mayor regarding some land for our Tiny Houses. Although we did not come away from the meeting with some land we did get some good leads and the best of them would be the Pukeroa Oruawhata Trust who do have several sites around the city. The Trust were meeting this week to have a look at our proposal so fingers crossed that they come up with something for us.

## Slow computers at Age Concern

Applications for the Charity House Funding are now open and close in Early April. This funding is generated from the Charity House built by Toi Ohomai students and then auctioned off with part of the profits going to local Charities. Age Concern have put in an application to upgrade our computers which have not been replaced for some time and are very slow.

## Vinyl records anyone?

Are you thinking of, or are decluttering, and have some old vinyl records that you want to get rid of? I collect vinyl records as my one and only vice at present and I am willing to pay a fair and reasonable price for the right ones. If you have any tucked away somewhere and would like to get rid of them I would be very grateful so, please ring me on my cell 0275609956. Look forward to hearing from you.

Keep safe and we look forward to seeing you all again, out and about, in the near future.

# Introducing Kirsten



## Introduction.

Hi I would like to introduce myself . My name is Kirsten Harman, I will be taking over from the lovely Lynn who will be leaving us and going on to enjoying her retirement. I wish Lynn all the best, thank you for your support you have given me while learning this new and exciting role.

I am so delighted to have the opportunity to start a new journey within Age Concern. I'm looking forward to meeting all members and volunteers.

## Just a little bit about myself.....

I am a Rotorua girl, and have lived here most of my life. I have 3 children , My eldest is now 18 years and has moved on to study. I am now a home filled with boys, being my middle child 15 and my youngest 2.5 years old. Our youngest definitely keeps us on our toes.

## Interests.

I enjoy family time, being outdoors in summer with lots of walks in the redwoods and coming into winter months I enjoy DIY crafts and home décor.

*I would like to leave you with a quote.....*

*“ The Start of Something New...Brings the Hope of Something Great”*

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## Dementia Lakes

If you are supporting someone with dementia or have any questions or queries, come along and talk to Annette or Tania on the first Wednesday of each month. You do need to make an appointment by phoning 349 0053.



Annette and Tania from Dementia Lakes, help people living with dementia (mate ware ware) to live their best lives possible. They also provide support to their care partners and whanau, who play a vital role throughout the journey. 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 1<sup>st</sup> Wednesday of every month **Ph 349 0053.**

# Lyn's Rewirement



*I could not have asked for a lovelier role to end my 'away from home' working life and to launch myself into the Third Act, than the last few years at Age Concern.*

Working with Rory, Sue and Jody has been such a privilege, as has meeting the many people who have touched our lives. It's also been a kind of training ground for me as I head into what one of my friends cleverly calls 'Rewirement'.

## What have I learned?

I was 66 when I started working for Age Concern and had spent a lot of time with my ageing parents, but I've learnt so much more about ageing over the past few years. I can't honestly say I practise everything I've learnt, but here are some of the key points in no particular order.

**Resilience**, courage, an enquiring mind and more than a dash of humour are qualities that help us age with positivity.

**Good health** is a great blessing and shouldn't be squandered.

**Grief** is not monopolised by the loss of a loved one. Ageing presents incremental losses, and we should not feel shame or embarrassment about acknowledging our heartache when we lose such things as our independence, good health, companionship (including our ability to offer companionship) or the ability to bring in another income. Moving away from the family home, losing our mobility or driver's licence can be devastating; seeing a person you don't recognise when you look in the mirror is disheartening; living with someone who isn't the person you once knew is frightening. There is grief in not being able to cook for someone else or share a meal with others. There is even a little grief in realising that when your fridge or freezer breaks down, the replacement you need is likely to be much smaller. Acknowledge your grief – it is real.

**Spend time** with others. Accept invitations, join a group, or start one. Share a meal or a coffee with someone. Parksyde Community Centre offers a fabulous range of activities as well as a comfortable, sunny café. Reach out to others and don't be afraid to try something new – challenging our brains is crucial to our wellbeing. Contact the CAB for information on activities happening around town or volunteering opportunities.

**'Ageing in place'** isn't for everyone. The upkeep and expense of staying in the family home can become overwhelming, especially when you are on your own. Isolation can happen so slowly you might not even realise it. I was moved by this quote from a recent survey of seniors about living with Covid in the community. *"For people like myself, living alone, with my family overseas, there have been a few times when I would have appreciated a helping hand but of course my friends are of a similar age and need to look after themselves. Sometimes I'd just love a little pat on the back for coping so well with my home, garden and self."*

Don't reject the idea of moving into a retirement village. Seeing yourself as 'independent' simply by the fact of staying put often means total dependence on others. Make a plan, check out other ways of living in your retirement, seek reliable advice and take control of your own life before decisions are taken out of your hands.

## What's next?

So, having recently turned 70, what's next for me? I've worked since I was 17 and leaving a job without having another one to go to feels strange, but I truly see this next part of my life as a beginning ...*Cont on page 5*

... Cont from p 4

of a whole new journey rather than an end.

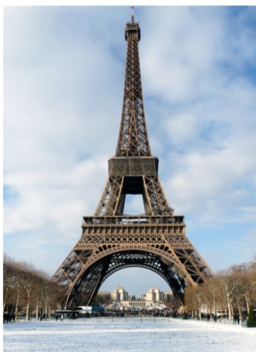
I am (cross fingers, touch wood) blessed with a sturdy constitution. I'm also, however, a total introvert and I'll have to bully myself into taking my own advice about keeping up connections with others, otherwise I know I'll become too timid to venture beyond the garden gate.

I love to read and am learning to paint, so books and art groups are on my agenda. Writing has been part of my life for a long time, so I intend committing more seriously to the scribe inside. I'm hoping my inner scribe and Scrooge will work in cohorts to earn me a dollar or two. Parksyde is looking at starting up a writers group, particularly relating to memoir, so if you're interested give them a call: 348 9892.

As you can see, sedentary activities are my 'thing', but I recently bought myself a second-hand bike and am relearning something that came so naturally 50 years ago. I've had a few wobbly adventures and once I find my pedals, am hoping to join Parksyde's cycling group for the occasional morning jaunt. I was surprised how nervous I felt and how difficult it is to keep that front wheel going in the direction I want it to! If you're keen on trying out the cycleways but feel a bit nervous, check out the Rotorua Lakes Council cycling courses for seniors. 348 4199.

### Off to see the world

Most exciting is an August trip to the UK to visit my son. When tragedy struck my son's life in 2021, I was unable to be there for him, so you can imagine how buoyed up I am at the opportunity to share time with him again. It's 20 years since I ventured out of Aotearoa; excitement and apprehension are about level. While my sense of adventure might have allowed for a sedate trundle to the vil-



lages where Midsomer Murders is set, Adam has added side trips to Paris, Brussels, Avignon and perhaps Istanbul (!). Catching the right plane to the right place is the first step!

So, I have plenty to keep me occupied for the foreseeable future, but I hear what some of you are saying: "Oh, she's only 70. Wait until she's 80." I'm not going to ☺

I've absolutely loved my time with Age Concern, and I suspect my bicycle will veer into the driveway of its own accord now and then – hopefully with me still on it!

Wishing you all the best of health and all that life has to offer. I'm taking away so much more than I have given ☺ Thank you for your wisdom, your kindness and generosity. I know you'll love Kirsten, whose smiling face you'll see at the front desk from now on.



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*"If you change the way you look at things, the things you look at change." - Wayne Dyer*

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## Sue White—AVS Co-Ordinator



### Covid has brought challenging times

Easter looms and the end of Daylight Saving, and there is a definite chill in the air. Our summer seems to have been and gone in a flash. More than ever I am aware of enjoying the moments of the days and making the most of all the good things that we have in our lives. The spectre of Covid has challenged us in ways that we could never have imagined two years ago.

### Do you have lead in your shoes?

The world has been turned on its head and we really do need to make every effort to keep engaged and involved with others and our Community. In a recent communication with my sister she said it felt like she had “lead in her shoes” when it came to making plans given all the uncertainty we have lived with for so long. My challenge to you if you feeling like this, start making it a goal to do just one thing every day that you have been procrastinating on. Most of all I would encourage you to call and visit those family members and friends you haven’t connected with for a while. We were created to live in community and I really do feel that the greatest tragedy of the last two years is the way we have ‘disappeared into our burrows’. It is always good to do something for somebody else, be it baking them a cake, paying them a visit or sending them a letter or a card. None of us knows what struggles others are having but life is a whole lot better when we look outside of ourselves and think of something we can do to bring joy to somebody else.

### Getting out can be daunting—but take that bull by the horns!

We are aware that getting out and about is quite daunting for many of our members and so we will be creating some opportunities for you to join us on various outings. So keep an eye on the e-mail and also in the newsletter and make sure you “take the bull by the horns” and join us. Do consider coming along to the Seminars for Healthy Aging (details below) or to one of the Agewise FREE Road Safety updates. Details are on the back page



### Wishing you a blessed Easter

I do love Hot Cross Buns and have been doing some ‘testing’ of those on sale around Rotorua. I will definitely be baking some of my own this year! So wishing you a Blessed Easter and I do hope that the Easter Bunny hops passed your place!

## Seminars for Healthy Aging

**Tuesday 12th April: 9:30am-11:30am** “Living life in spite of Covid” facilitated by Psychotherapist and Educator, Kay Ryan.

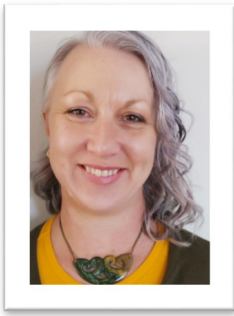
**Tuesday 10th May: 9:30am—11:30am** “Life after Cheques” – Online Banking, Shopping online, managing without a checkbook, security and scams.

**Age Concern** and **Parksyde Trust** have teamed up to deliver FREE seminars designed to inform and assist healthy aging. FREE Parksyde Café coffee & muffin/scone for the first 20 who register for the seminars as they each open.



To register email [office@parksyde.co.nz](mailto:office@parksyde.co.nz) or call 348 9892

# Catching up with Jody Langdon



## Keep your hands off my Buns!

Facebook is a fabulous place for catching on to new trends. I started noticing a few weeks back as pictures of hot cross buns kept appearing on friend's pages with the heading- Goopy peanut butter buns. Once I read that heading, I scrolled on with nose in the air. More reviews appeared over the next week. Cries of deliciousness and delight from normally well trusted advisors. I started to give them a more lingering, thoughtful side glance. I even noted where they were I could purchase them. New World.

## Goopy Peanut Butter and Chocolate Hot Cross Buns

New World is on the other side of town from where I live but within 24 hours I had somehow managed to "find" a reason to go. They had their Easter display at the front of the shop, regular hot X buns but not the ones I was looking for. I went to the bakery department and found yet more buns, even white chocolate flavour. While I was standing there thinking it was meant to be, no goopy peanut butter buns for me. I reached down and turned over an upside-down packet and Eureka! It was the very last of Goopy peanut butter AND chocolate hot cross buns. Winning! Toasted or fresh was my only dilemma, I decided I would do both. Lashings of proper butter of course, I managed to not even sample on the way home. How were they you ask? They were pretty delicious buns, chocolate chip filled with a dollop of peanut butter. Not certain they deserved the title of a hot X bun... However, half the packet was still there days later. The fact of the matter is, they were just NOT the hot cross buns I was after. I missed the dried fruit. I must be an old fashioned kinda gal and love a more traditional recipe and some things just cannot be beat.

Here at team Age Concern the debate rages on. How do you like your hot X buns?

Pictured is Susan's morning tea shout from PANTRY D'ORS easter offering, raisin and lemon peel heavy, with a good amount of spice. Yummo.



## It's the company you keep that enriches the experience

I guess at the end of the day traditions are important, but it is the company you keep that enrich the experience. This Easter, I hope you get to share a delicious hot X bun with someone or something you enjoy...as Lottie, my dog looks longingly at my plate.

## BRIGHT IDEAS FOR DISCARDED MASKS!



Cut off the strings and use them to tie up your tomatoes.  
Use the straps as hair ties. A lot of us are constantly losing our scrunchies and/or hair ties. ...  
Reuse the metallic piece for the cloth masks you make  
Make a shopping bag.  
Make plant or flower pot covers.  
Make a purse or drawstring bag.

Do you have a **bright** idea for upcycling used face masks?  
Let us know!

## Just Cook 4 Healthy Ageing update

The excellent programme for inexperienced cooks, Just Cook 4 Healthy Ageing, is now being facilitated by Jayne Baume, Nutrition Advisor from the Heart Foundation. The programme is on hold until the Covid 19 spread in the community settles down, but If you are interested in attending, please feel free to contact Jayne at [jayneb@heartfoundation.org.nz](mailto:jayneb@heartfoundation.org.nz) about the programme dates and spaces availability.

JUST COOK Healthy Ageing is a **4-week programme aimed at building cooking skills, confidence and motivation to cook, nutrition knowledge and addressing social isolation among older people**. Learn to plan and cook simple healthy meals for 1 or 2 people plus shopping tips, label reading and time-saving strategies.

We here at Age Concern had great feedback about the programme, which is especially helpful for those who may be responsible for preparing their own meals for the first time.



### ANZAC DAY

Poppies will be for sale around the city on Friday 22nd April. With the uncertainty surrounding events and commemorations, the format of ANZAC Day has still to be decided. For more information give the RSA a call:

**348 1055**

*"They shall grow not old, as we that are left grow old;  
Age shall not weary them, nor the years condemn.  
At the going down of the sun and in the morning  
We will remember them."*

Laurence Binyon



### Thoughts

Thoughts clutter up my mind  
Like autumn leaves in a yard  
Trying to hang on to summer.  
If only I could catch them up  
Scrunch them together,  
And grind them under my feet,  
I'd have a compact pile of thoughts  
To make sense of,  
And then blow away.

Lyndsay-Jean Campbell

[Lyndsay-Jean Campbell, Author of NZ Historical Fiction.](#)





# Talking Tech on Tuesdays



***Are you having problems  
with technology?***

***Are you tearing your hair out  
trying to use your laptop, PC,  
mobile phone, tablet or smart TV?***

***Are you not confident  
using the Internet?***

***Talking Tech workshops run by SeniorNet Rotorua are aimed at  
older people who need help to easily use technology.***

***Each workshop will open with an  
informative talk on a topic of interest.***

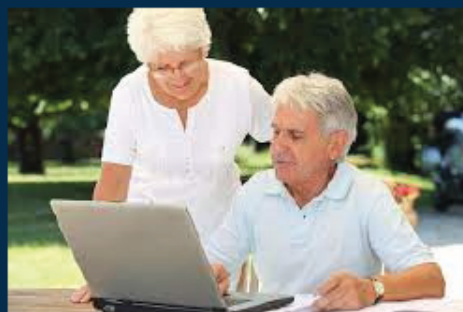
***Later, the floor will be open for questions on any issue or problem.***

***SeniorNet experts will be there to answer questions  
or to give individual help.***

***Where: Parksyrde Meeting Room 1***

***When: 10 am until noon on the  
first and third Tuesday of each  
month, starting on 5 April.***

***Who: Everyone is welcome, and  
you can join in at any time during a  
session.***



***Cost: Free, thanks to support from ASB through Age Concern.***



## BUS TIMETABLES

Please note all Rotorua Cityride bus services have moved to a revised COVID-19 bus timetable; so that we can run a reliable service to meet our community's needs. Bus routes 1 to 10 will now run on a Sunday timetable and Routes 11 and 12 will remain on a Saturday timetable every day due to COVID-19 impacts. This means that all urban bus services in Rotorua will run to an hourly frequency, which is half of the normal weekday service.

These temporarily reduced bus timetables will help provide more certainty for bus users who may already be experiencing the impact COVID-19 has been having on their travel recently due to drivers reporting sick or needing to self-isolate. We strongly encourage Rotorua bus users to get into the habit of checking [www.baybus.co.nz/rotorua/rotorua-urban/](https://www.baybus.co.nz/rotorua/rotorua-urban/) or calling 0800 4 BAY BUS each time before they travel for any further updates to the timetables.

For more information, please visit our website above or see our FAQs:

<https://faqs.baybus.co.nz/hc/en-nz/categories/360000469056-COVID-19-Public-Transport>

We apologise for any inconvenience caused and appreciate your patience as we transition to this reduced bus timetable.

Please contact the Transport Operations Team if you have any queries.

## Spin Poi coming up in 2022!

Have you heard of Spin Poi? Did you know practising with poi can improve your health and wellbeing? Spin Poi is a fun activity for all ages and abilities. You can enjoy Spin Poi sitting or standing while building confidence, fitness and co-ordination. Practicing Spin Poi can help with grip strength, balance and attention. Spin Poi sessions will be starting in Rotorua in 2022. Keep your eyes out for updates!

### SPREAD A LITTLE SUNSHINE!

If you have time to spare, please consider volunteering for Age Concern.

We're 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 an enriching experience for all.

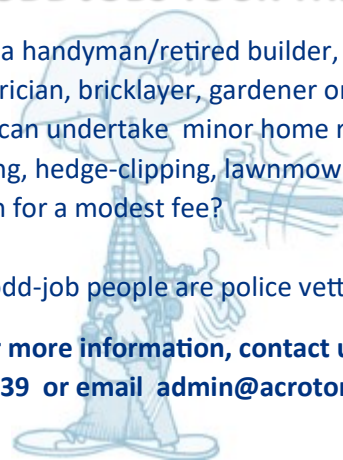
Call for a chat or email for more information.  
347 1539 [admin@acrotorua.nz](mailto:admin@acrotorua.nz)

### ARE ODD JOBS YOUR THING?

Are you a handyman/retired builder, plumber, electrician, bricklayer, gardener or similar who can 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, contact us:  
347 1539 or email [admin@acrotorua.nz](mailto:admin@acrotorua.nz)



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The pop-up Art in the Park for Autumn!

## ART ON THE GREEN

Celebrate local creatives as the leaves fall and we get ready for winter.

Join us for unique artwork, crafts and art activities for the family!

**APRIL 23**

**9:30AM - 3:00PM**

**THE ARTS VILLAGE GREEN**



The  
**ARTS**  
VILLAGE

1240 Hinemaru Street,  
Rotorua, Aotearoa NZ

[www.artsvillage.org.nz](http://www.artsvillage.org.nz) - 07 348 9008  
f RotoruaArtsVillage - theartsvillage







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**Car Wash \$20**

**Full groom \$70** (Fred will need  
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**\$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



**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

*Most connections are postponed for now but we look forward to re-establishing these as soon as possible.* These may be: helping seniors connect with each other and their community—Breakfast Club, outings in our Out-and-Abouters van and occasional movie dates, catch-ups over a mug of soup, coffee etc.



# Healthy Easter Treats

Have fun this Easter with these better-for-you easy Easter snack ideas to save you from the sugar overload.



## **Method:**

Grease a square 18cm cake pan. Line with baking paper, allowing the sides to overhang. Place dates in a heatproof bowl. Cover with boiling water. Set aside for 10 minutes. Drain.

Place 120g hazelnuts in a food processor. Add biscuits and cacao. Process until roughly chopped. Add dates and vanilla. Process until the mixture is almost smooth but still has some texture.

Press half the mixture into the prepared pan. Place in the fridge for 30 minutes or until firm.

## **Ingredients:**

200g pitted fresh dates  
220g roasted hazelnuts, skins removed  
150g digestive biscuits  
30g (1/4 cup) raw cacao powder  
1 tsp vanilla extract  
100g dark (78%) [chocolate](#), melted, cooled slightly, plus extra, to serve (optional)  
[Choc-avocado mousse](#)  
2 medium ripe avocados (about 250g)  
140g (1/2 cup) coconut yoghurt  
80ml (1/3 cup) maple syrup  
30g (1/4 cup) raw cacao powder  
2 tsp vanilla extract  
150g dark (78%) chocolate, melted, cooled slightly



## Easter Activities!

### **Egg Time Machine**

Have your grandchild write a letter to him or herself that can be placed inside a plastic egg to open next year on Easter. Then they can read about what they were thinking and doing when they were a year younger. It's a fun way to read how they have grown in a year.

### **Decorate an Easter Egg Tree**

Make a trip to the craft store and purchase some foam or plastic eggs and decorations. This is a fun activity and lets the kids get creative. Attach a matching colored ribbon to each egg and hang from a live or artificial tree.

### **Journey to Easter through Scripture**

Easter is a deeply religious holiday for many, packed with significance in the resurrection of Christ. Research related scripture that can be shared throughout the weeks leading up to the holiday that tell the story of Easter.

# Agewise



Responsibility for MY  
safety starts with ME

**FREE  
ROAD  
SAFETY  
UPDATE**  
for over 65's



**Revise the road rules and  
learn how to keep driving safely**

**Tuesday 12 April 2022**

**Wednesday 11 May 2022**

**Wednesday 8 June 2022**

**9.30am – 2.30pm**

**Parkside Community Centre**



Phone Rotorua Lakes Council  
on 348 4199 to register  
or for more information

