

# NEWSLETTER

*Helping you stay connected*

**Office Hours**  
**Tuesday - Thursday**  
**9am - 2pm**  
**Phone 07-347 1539**



**5 Tarewa Place,  
Rotorua**

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Find us on 

<https://www.ageconcernrotorua.org.nz/>

## Age Concern Rotorua Newsletter Issue 2, 2025

Welcome to Age Concern Rotorua. As a valued member of our community, we're excited to share with you the latest news and updates from Age Concern Rotorua. Our mission is to promote the well-being, rights, and interests of older people in Rotorua. We offer a range of services designed to support and enhance the lives of older people. Some of these services include:

**Visiting Service:** Trained volunteers visit older people in their homes, providing companionship and support.

**Total Mobility Assessments:** We are qualified for assessing those who can no longer drive due to mobility or health issues, this allows for cheaper taxi fares. Over the last 12 months we have processed over 160 applications.

**Information and Advice:** Our experienced staff provide guidance on various topics and if we cannot help you, we will do our best and point you in the right direction.

**Free Seminars:** Information free to you on various topics, see further on in this newsletter for dates.

**Social Activities:** Join us for coffee groups, exercise classes, and other social events designed to keep you connected and engaged.

**Coffee Groups and Social Connection** Our coffee groups provide a welcoming space for social connection and community building. Join us for a cuppa and a chat!

**Out and Abouters' Group:** This group offers a range of social outings and activities, designed to keep you connected and engaged with your community.

## **New Classes and Groups**

We're excited to announce the launch of several new classes and groups:

**Steady As You Go:** A falls prevention exercise program designed to help you stay safe and independent.

**Cooking Class:** Join us for a fun and interactive cooking class, where you'll learn new recipes and cooking techniques.

**Walkers with Walkers:** A social walking group for people with mobility aids, providing a safe and supportive environment to stay active.

## **Volunteering Opportunities**

We're always looking for new volunteers to join our team! If you have a little time to spare, we'd love to hear from you.

Our volunteering opportunities include:

**Shopping Assistance:** Help seniors with their grocery shopping, providing companionship and support.

**Companionship:** Visit seniors in their homes, sharing interests and experiences, and helping to build friendships.

Our volunteering opportunities are flexible, requiring as little as one hour a week or fortnight. We take care to match our volunteers with clients of similar age, interests, and backgrounds, with the hope of fostering meaningful friendships.

If you're interested in volunteering or would like to learn more, please don't hesitate to contact us. Your support would make a significant difference in the lives of our seniors.

## **Making a Difference in New Zealand**

In New Zealand, volunteering makes a significant contribution to our economy and society.

According to Volunteering New Zealand, volunteering:

- Contributes around \$3.5 billion to New Zealand's economy each year
- Involves over 1.2 million Kiwis, with volunteering
- Regularly Supports vital community services, such as healthcare, education, and social welfare

At Age Concern Rotorua, our volunteers make a tangible difference in the lives of older people. They provide companionship, support, and connection, helping to reduce loneliness and isolation.

Get Involved and Make a Difference! If you're inspired to make a difference in your community, we encourage you to get involved! Whether it's volunteering with Age Concern or another organisation, every hour counts, and every contribution matters. Together, we can build stronger, more compassionate communities, where everyone thrives.



### **New Volunteer in Our Little Office.**

A Warm Welcome and Thank You to Irene!

We're delighted to welcome Irene, our lovely new volunteer, to the Age Concern Rotorua team! Irene has generously offered to lend her valuable administrative expertise to our office on a regular basis, and we're thrilled to have her on board.

Thank you, Irene, for your incredible generosity and commitment to helping us.

We truly appreciate your contributions and look forward to working with you!

## **A Word or two From the Manager..**

Age Concern Rotorua are the recipients of an Innovative Award from the head office in Wellington and it enables us to purchase a large freezer to store our frozen meals. We have joined in a partnership with LOVE SOUP who are supplying us with the meals, and with the Sallies, who have partnered with Do Good Charity Trust who provide us with 50 meals a week. The meals are for anyone who would like to pop in and see us and there is no means test you can take all you need. We appreciate that it is difficult sometimes balancing the fixed costs with other expenses. Food is always a large part of the budget so hopefully we can reduce that by providing those meals.

Older New Zealanders are cutting back on food to pay the bills, with advocates saying some are making frozen meals last three days or skipping meals entirely.

Pre Covid-19, research in the Journal of Primary Health, showed that out of 174 people going into residential care, 93 percent were either malnourished or at risk of malnutrition.

Now, Age Concern fears the situation could be getting worse as it hears about older people who are reducing the amount of food they are buying as one of the only ways to pay the bills.

Research shows 40 percent of New Zealanders aged 65 and over have no other income besides superannuation, while 20 percent only have a little more. Those fixed costs, the rent, the power, the mortgage, the rates, the insurance,

with them increasing the only movable bit of a budget is often that food spending. While eating less can happen with age, the risk of malnutrition for older people is greater.

We also started this week, our Just Cook4 Healthy Ageing group and this is generally for those men and women who are living alone and find it hard to cook a nutritious, healthy and cheap meal for themselves. Not everyone loves cooking, but this is an effective way to get into it and we are also using the cookbook we developed to take the recipe from. We are also making some extras to add to our frozen food freezer contents.

As previously mentioned, it would be great if we had another vehicle as our van is being used more and more for Age Concern business. The vehicle does not have to be a van or people mover but a run about for our home visits would be great.

If there is anyone out there who can no longer drive, and has a vehicle sitting in the garage, and would be prepared to loan us a vehicle, we would be eternally grateful and hand it back after a specific time, unmarked, and with a few extra kms on the clock.

It is with a huge amount of sadness that we farewell Katreece Lewis, who is going to work where she has more hours so she can make ends meet more easily. Katreece has been with us, off and on, now for a long time and has shown a huge amount of empathy towards our elderly members and with her vivacity and kindness she is always popular with our regulars. She has been involved in our Out and Abouters, Just Cook4 Healthy Ageing and a variety of Social Connection Activities and as a caterer she is second to none. She will be missed.





## Thank you Betty.



A Fond Farewell to Betty Callaghan It's with a mix of sadness and celebration that we bid farewell to our dear friend and long-time member, Betty Callaghan. Betty, you've been an integral part of the Age Concern Rotorua family, and we'll deeply miss your bright smile. Betty is moving out of Rotorua to live closer to Family. We've cherished the moments we've shared with you at our events, such as the Garden Party and Out and About trips. Your enthusiasm and joy have brought so much happiness to our community. As you begin this new chapter in your life, closer to your loved ones, we wish you all the very best. May this new journey bring you even more love, laughter, and adventure.

A Special Thank You to Jean Pye... We'd also like to extend our heartfelt gratitude to Jean, who has been an absolute angel in visiting Betty and bringing her to our events. Your kindness, compassion, and dedication to our community are truly inspiring. We're so fortunate to have you as a caring member and volunteer.

Thank you, Betty, for being such a beloved part of our Age Concern Rotorua family.

We'll miss you dearly, but we're excited for the new adventures that await you.

## Handy Man Services for Age Concern Members

Subsidised Handyman Services for Age Concern Members We're excited to offer our members a subsidised Handyman Maintenance Service to help with small, odd jobs around the home.

How to Access the Service To qualify for this service:

Contact our office to discuss the job and determine if you're eligible.

Our team will assess the work required and confirm if it falls within our subsidy guidelines.

### Service Details

Maximum subsidy allowance: 3 hours

Limited funding is available, so we need to share the love among our members!

Alternative Handyman Services If the job is too big or you've already used your subsidy allowance, don't worry! We have a list of recommended, vet-checked handyman services that you can contact. You can find these details in our newsletter.

Great Feedback So Far!

Our members have been thrilled with the service, and we're confident you will be too!

Contact our office today to inquire about our subsidised Handyman Maintenance Service or to get recommendations for alternative services.

## Winter Tips

Winter wellness is crucial for ageing seniors, as the cold weather can pose safety and health challenges. Here are some valuable tips to help seniors stay healthy and safe during the winter months:

### **Staying Healthy**

Create a Winter Wellness Routine: Incorporate gentle morning stretches, meditation, deep breathing exercises, and joint-friendly exercises into your daily routine.

### **Stay Hydrated**

Drink plenty of water and other hydrating drinks like herbal teas or warm soups to promote overall health.

### **Boost Your Immunity**

Focus on nutrient-rich foods like citrus fruits, berries, garlic, ginger, and turmeric to give your immune system a boost.

### **Get Enough Sleep**

Establish good sleep habits to help regulate your body's temperature and strengthen your immune system.

### **Staying Safe**

Dress for Winter: Wear warm, layered clothing, including thermal underwear, to keep your body warm.

### **Prevent Falls**

Wear non-slip shoes, use walking aids, and clear walkways of snow and ice to prevent falls. Take part in our balance classes.

### **Stay Warm at Home**

Keep your home warm, but not overheated, and use draft stoppers to prevent cold air from entering. This is a good time to get your heat pump serviced so it runs efficient during the winter months.

### **Be Prepared for Power Outages**

Have a backup plan for heating, lighting, and communication in case of a power outage. Keep a torch and phone on your bedside cabinet. Keep emergency contact list on your fridge.

### **Staying Connected**

Maintain social connections through phone calls, video chats, or in-person visits to combat loneliness and depression.

Join Indoor Activities: Engage in indoor activities like painting, drawing, crafting, or cooking to stay active and connected, check out our coffee groups and other activities.

### **Use Alternative Shopping**

If its wet out or you are feeling the cold perhaps consider using online grocery shopping service, such as Woolworths(Previously Countdown) or New World.

By following these winter wellness tips, our seniors can stay healthy, safe, and connected during the cold winter months.

See a sneaky preview of a recipe from our 'Tried & True' Cook book. We are fundraising and selling these books for only \$10.00 each.

## Winter Bug Slayer

5 big lemons  
Good chunk of ginger, peeled

30 cloves peeled garlic  
Water

*Chop garlic, ginger and unpeeled lemons. There's no need to chop finely. Process roughly. You might have to do this in batches depending on the size of your processor.*

*Put it all into a saucepan and cover with water. Bring to boil then simmer for about five minutes. Strain into a jug, place in fridge and take a shot every morning to keep those winter bugs at bay.*



*A daily shot of this winter bug slayer might keep those winter ills away.*

## Fascinating Lemon Facts

- *The average lemon contains eight seeds and three tablespoons of juice.*
- *The lifespan of a lemon tree is approximately 50 years, but they can live much longer with proper care.*
- *A single lemon tree can produce an average of 600 pounds of fruit per year.*
- *Lemons are classified as hesperidia which are technically a type of berry.*
- *Lemons have antibacterial properties and were once considered a status of wealth.*  
*(<https://www.facebook.com/feast.field>)*



## Walkers with Walkers Group

Tuesdays 10:30am

Depart Age Concern Office

Bring your walking aid (if needed) and a smile!

Calling all members!

We're excited to invite you to our Walkers with Walkers group, a new initiative designed for members with or without walkers to connect, socialise, and enjoy some gentle exercise. Gentle Strolls and Great Conversations Meet us at the Age Concern Office on Tuesdays at 10:30am. We'll embark on a leisurely walk to a nearby destination (to be confirmed each week), followed by a relaxing coffee break and some wonderful conversation.

Bring your walking frame, stick, or just yourself! We're eager to build a supportive and friendly community. Our group has already had a fantastic response, and we'd love to see more members join in on the fun.

**Rainy Day Alternative** Don't worry about the weather! If it's not cooperating, we'll either postpone the walk or meet at the office for a coffee and catch-up instead or explore other cafe options around Rotorua.

Join us for Walkers with Walkers and discover the joy of socialising, exercising, and connecting with like-minded members.



"A walk is only a step  
away from a story, and  
every path tells."

- Robert Macfarlane

## Out & Abouters May - July 2025

*We're excited to offer a range of outings in our comfortable van, seating up to 9 people.*

*Our Social Connection Coordinator, Katreece, has planned some wonderful trips for you to enjoy! Choose Your Top Trip and Backup Option. We ask for a Koha(donation) of \$5 pp to cover the van costs.*

*Contact our office to make a booking and secure your spot! Don't miss out on the fun! Book your trip today and get ready to explore, socialise, and create lasting memories with us!*

*Make your way to our Age Concern office 5 Tarewa place and hop on the van for with us. \*Bookings Essential*

### **Botanical Gardens Taupo & Lunch at LArte Café & Gallery**

Date: Thursday, 15th May or Thursday 5th June.

Departure: 9.30am from Age Concern Office.

Koha(donation) \$5 Per Person for the van and Lunch Money.

Join us for a scenic outing to the beautiful Botanical Gardens in Taupo! We have two dates to choose from.

Explore the stunning gardens, showcasing spectacular autumn leaf colors, marvel at the variety of maples and Gingko trees and capture memorable group photos amidst the picturesque backdrop. Discover the beautiful Sasanqua camellias in bloom, attracting bellbirds and wax eyes. After our walk we will make our way on in the van to a stunning little cafe and Art Gallery for lunch. Feel free to check out the menu options online or ask us at the office

<https://www.larte.co.nz/menu>

### **Matamata Opportunity shopping, township exploration, and local lunch.**

Date: Thursday 22nd May or Thursday 19th June

Departure: 9:30am from Age Concern Office

Koha (donation) \$5 per person for the van plus shopping and lunch money.

Matamata Day Trip Join us for a fun-filled day trip to Matamata. Opportunity Shopping and Township Exploration.

We'll travel to Matamata in our comfortable van. Enjoy a leisurely day of opportunity shopping, browsing the local stores, and exploring the charming township.

Local Bite to Eat We'll also take a break to enjoy a delicious local bite to eat, giving you a chance to refuel and socialise with others.

Book Your Spot! Don't miss out on this exciting day trip!

Contact our office to book your spot on the van. We look forward to sharing this adventure with you!

### **Huka Honey and Huka Falls.**

Date: Thursday 29th May

Departure: 9.30am from Age Concern Office.

Koha(donation) \$5 per person for the van plus lunch money.

Huka Honey is a popular destination near Taupo, famous for its stunning natural beauty and sweet treats. Just a short drive away, the majestic Huka Falls is a breathtaking sight to behold. The falls are a picturesque spot for a leisurely walk, surrounded by lush native bush and the tranquil Waikato River. Visitors can enjoy the scenic views, take in the peaceful atmosphere, and experience the unique geological features of this iconic New Zealand location.



## **Maketu Fish and Chips**

Date: Thursday 12th June

Departure: 10am from Age Concern Office

Koha (donation) \$5 per person for the van plus lunch money.

Maketu Beachside Cafe & Restaurant sounds like a great spot to enjoy some fresh seafood and take in the beautiful coastal views! Maketu is a lovely coastal town in the Bay of Plenty, known for its beautiful beach and fresh seafood.

Inside seating available inside to keep us cosy and warm.

## **Huka Honey and Huka Falls.**

Date: Thursday 26th June

Departure: 9.30am from Age Concern Office.

Koha(donation) \$5 per person for the van plus lunch money.

Huka Honey is a popular destination near Taupo, famous for its stunning natural beauty and sweet treats. Just a short drive away, the majestic Huka Falls is a breathtaking sight to behold. The falls are a picturesque spot for a leisurely walk, surrounded by lush native bush and the tranquil Waikato River. Visitors can enjoy the scenic views, take in the peaceful atmosphere, and experience the unique geological features of this iconic New Zealand location.

## **High Tea - Local Trip**

Thursday 3rd July 2025

Depart Age Concern Office 11:30am

High Tea at Distinction Motel we'll indulge in a delicious High Tea at the Distinction Motel. This is a wonderful opportunity to socialise and enjoy some tasty treats.

Please note that bookings are essential for the High Tea, so don't forget to reserve your spot.

Members are also welcome to meet us at the Distinction Motel if they prefer.

Koha (donation) \$2 Per Person for this local trip, plus the cost for lunch, see options below:

Select your High Tea preference:

**Devonshire Tea:** An affordable but tasty option. Enjoy a sandwich and a traditional or sultana scone accompanied with a choice of tea or espresso coffee. \$12.50 per person.

**Traditional High Tea:** Just \$15 per person (\$14 for Gold Card holders) and includes a fresh fruit tart, sandwiches and freshly baked traditional & sultana scones served with jam & cream. Also includes a choice of tea or espresso coffee.

**Premium High Tea:** Indulge in an inviting array of treats, including finger sandwiches, sultana scones served with jam & cream, fruit tarts, blueberry muffins and decadent chocolate cake. Includes a choice of tea or espresso coffee. \$19.50 per person.

## **Enchanted Garden and Lunch**

Date: Thursday 17th July

Departing Age Concern Office 10:30am

Koha (donation) \$5 for the van plus \$7.00 entry to the garden and lunch money.

Step into the Enchanted Story Book Nook Join us for a whimsical outing that will transport you back to the magic of your childhood! Explore the Enchanted Story Book Nook at Hamurana. Take a stroll through this charming destination, where beloved storybook characters and nostalgic treasures await. Let the wonder of this special place spark your imagination and reignite your sense of curiosity. After exploring the Enchanted Story Book Nook, we'll head to Cafe Dynasti for a delicious lunch. Alternatively, if you're in the mood for something savory, you can opt out of the cafe and indulge in a tasty pie from the bakery across the road.

Time Permitting: Discover the Little Shops If time allows, we'll take a leisurely wander around the quaint shops nearby, uncovering unique treasures and surprises along the way. Don't miss this enchanting experience! Book your spot today and get ready to rediscover the magic of your childhood.

## **Te Amorangi Trust Museum Holdens Bay, Rotorua**

Date: Thursday 24th July

Departure 10.30am from Age Concern Office,

Entry to the Museum \$10.00 and Lunch money.

Koha (donation) \$2 for the van or meet us there, please book with the office so we know who is coming on the day.

This historical and cultural museum showcases an amazing collection of items from the 1920s.

- **Museum Highlights**

- Taonga Maori Gallery: Explore the history and culture of Maori people, including the tragic event of the Tarawera eruption.
- Hands-on Exhibitions: Interactive water pumps, steam engines, and other machinery that kids and adults will love.
- Heritage Buildings: Restored Douslin House, 1906 Rotorua Gaol, and the original 1905 Whakarewarewa Post Office.
- Collections: Hats, food tins, clothes, toys, and telecommunications equipment from another era.

## **Hot Lunch & Conversation at Hennessy's Restaurant.**

Thursday 31st July

Join us for a delicious and affordable winter lunch at Hennessy's Restaurant.

Enjoy great food, warm company, and lively conversation! Lunch Options Choose from:

Roast meat sandwich and gravy (\$10)

Fish and chips (\$20)

Other menu items available if preferred

Book Your Spot! Bookings are essential to ensure we have enough seating.

Simply contact Age Concern Office to reserve your place.

### **Payment and Transportation**

Pay for your lunch on the day. You can:

Meet us at Hennessy's Restaurant , Carpool with friends or ask if we have space on the van.

For Transport in the van we ask for \$2 Koha (donation) Meet at the Age Concern Office and hop on the van

Don't Miss Out! Our van only seats 8-9 people, so be sure to secure your spot early!

We look forward to sharing a warm and enjoyable winter lunch with you!

## **Tyburn Monastery**

Date: Thursday 7th August

Departure 10.30am from Age concern Office

Koha(donation) \$5 for van and a donation to the Monastery.

Visit Tyburn Monastery, a place of historic significance and spiritual devotion. Enjoy a walk around this stunning place, taking in its tranquil atmosphere. Warm up with a hot beverage and a small bite to eat, and if you fancy, take a moment for reflection in the beautiful chapel. Be sure to visit the little gift shop, where you can find unique handmade gifts and mementos. Please bring cash if you'd like to make a purchase, and consider making a small donation to support the monastery's work.

## Some snaps from our van trips



## Just Cook for Healthy Ageing

This initiative focuses on promoting healthy ageing through nutritious cooking and education. See some snaps from our cooking group.





## A Message from Diana - Age Concern Wellness Coordinator

Dear members,

To our existing and new members,

If you would like a Wellness visit to begin your social connection journey with us please don't hesitate to telephone me here to arrange a time.

I have already visited over 100 members and enjoy meeting you all.

I may be able to connect you and give you information on how to join Karyn's Staying Safe, Steady as You Go, Walking with Walkers or Coffee, Dinner and chat groups.

Talk about how to access government funding and in home care or respite, retirement village and downsizing options, discounted taxi cards, how to access personal alarms and hearing aids...

Age Concern has access to community services for Elder Abuse, Budgeting, free food, repairs and maintenance, and we sponsor monthly seminars at Parksyde with valuable information for Seniors on a range of topics, we also sponsor Senior Net helping with technology.

We look forward to you making the most of your membership so call and book your Wellness if you feel this would benefit.

Kindest regards

Diana.



**"Baking is  
the ultimate  
Expression  
of Love."**

Carl  
Honore

A Sweet Thank You to Good Baking Bitches!  
We're grateful for your kindness and generosity.  
GBB provides us once a week with fresh,  
homemade baking.

Their delicious treats bring joy to our  
conversation groups and seniors, who often miss  
out on homemade goodies.

The Challenges as we age, many of us find it  
harder to bake or enjoy homemade treats. Living  
alone, rising costs of living, and expensive  
ingredients like butter can make it difficult to  
indulge in these pleasures.

Share the Love with Good Baking Bitches! If  
you're still an avid baker but don't want to  
consume all your creations, consider joining  
Good Baking Bitches! This wonderful  
organisation shares baked goods with various  
charities and organisations across Aotearoa. Get  
Involved!

Do you know a keen baker who'd love to make a  
difference? Encourage them to connect with  
Good Baking Bitches. Contact them at  
<https://gbb.org.nz/> to learn more about this  
wonderful initiative. Thank you again, GBB, for  
spreading love and kindness through your  
delicious baking!

## Membership with Age Concern.

As we approach June, many of you will be due for membership renewal. We're excited to announce a change to our membership policy that will simplify and streamline the renewal process.

**New Membership Policy: 12 Months from Joining Date** From now on, when you join or renew your membership, it will be valid for 12 months from the date of payment, regardless of the time of year.

This means your membership will simply expire 12 months after you've paid.

We're confident this change will make it easier for you to manage your membership and enjoy the benefits of being part of our community. If you have any questions or concerns, please don't hesitate to reach out to us.

We're always here to help.

Thank you for your continued support.

### **Membership Pricing**

Single \$20.00

Couple \$25.00

Postage \$20.00 (Covers 4 issues)

We encourage you to receive our newsletters via email, these copies are free!

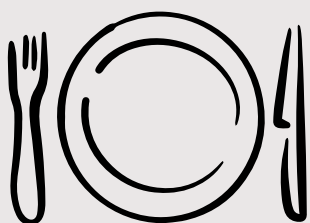
Copies are available to collect at our office and a few copies are available at Parksyde Community Centre.

To access our services, trips and events you must have a current membership.

Should you be unable to email us your membership details feel free to give us a call and we can take these details over the phone. We accept cash, Eftpos including Credit Card and Internet banking.

You will find our banking details on the Membership form located at the back of this newsletter.

### **Free Meals for Seniors**



Simply visit our office during business hours and pick up a frozen meal.

or

phone 07 347 -1539 and talk to Karyn.

## **Age Concern Coffee Groups**

Join our coffee groups

1<sup>st</sup> Tuesday of the month various locations  
within Rotorua.

Every Second Thursday - Skyline Skyrides Cafe.

Register your interest with our office.



**Hato Hone St John**

## Rotorua Health Shuttle

The St John Health Shuttle is based in Rotorua and supports the wider communities.

We transport people to and from their health-related appointments.

Our service is here for all, and the cost is a koha (donation).

**For more information or to make a booking please contact us:**  
 0800 824 3258 or email [wakaora@stjohn.org.nz](mailto:wakaora@stjohn.org.nz)

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**Hato Hone St John's vision:**  
 Enhanced health and wellbeing for all  
 Ko te mana ora ōrite

# Hon Todd McClay MP for Rotorua

## Delivering for Rotorua

If we can help, please give me a call: 07 348 5871

1301 Amohau Street  
[rotorua.mp@parliament.govt.nz](mailto:rotorua.mp@parliament.govt.nz)




Authorised by Todd McClay, Parliament Buildings, Wgtn.

## AGE CONCERN COOK BOOK FUNDRAISER

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♥ *cooking with love* ♥

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 \* COLLECTION FROM OFFICE  
 \* POSTAGE WITHIN NZ FROM \$9.50

To Purchase a copy of this cookbook please call 07 347-1539 or Email [admin@acrotorua.nz](mailto:admin@acrotorua.nz)

Age Concern Rotorua  
 5 Tarewa Place  
 Rotorua

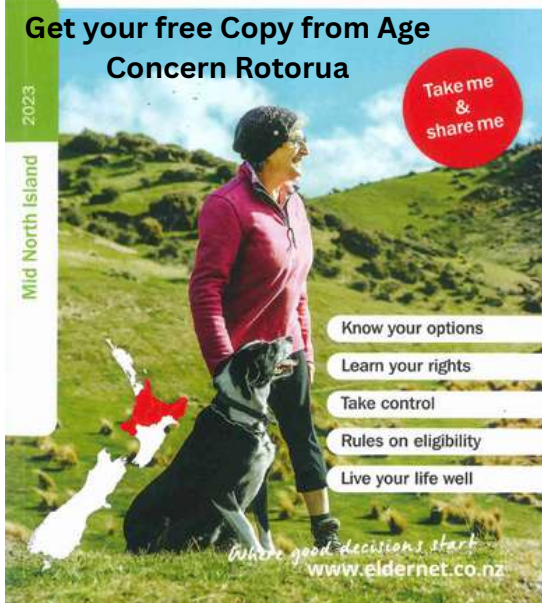


## Where from here

HE ARA WHAKAMUA  
 Essential information for older people

Get your free Copy from Age Concern Rotorua

2023  
 Mid North Island



Take me & share me

- Know your options
- Learn your rights
- Take control
- Rules on eligibility
- Live your life well

Where good decisions start  
[www.eldernet.co.nz](http://www.eldernet.co.nz)



## Handy Man & Garden Services

Reasonable Rates & Great Service.

Gordon Hamilton 021 086 77 912 (Handy Man subsidised rates)

Richard on 027 423 6867 (Handy Man, Lawns & Maintenance)

Chris Dias (Handy Man) 0279261345

To Qualify for our discounted Handy Man services please contact our office.



# STEADY AS YOU GO



Join our exercise class to help prevent falls

Steady as you go can improve

- Balance
- Fitness and Wellbeing
- Flexibility
- Meet new people

Free to Attend  
Hindu Heritage Centre  
225 Malfroy Road  
Classes run on  
Tuesdays &  
Wednesdays



Contact Karyn to book your spot 07 347 1539

## Stay Active with Age Concern Steady as you go Balance Classes.

Improve your balance and reduce the risk of falls.

Tuesdays: 10:30am  
Wednesdays: 10:00am  
Wednesdays: 11:30am

Hindu Hall, 225 Malfroy Rd  
Rotorua.

Register at our office to join these classes and stay active!  
We look forward to supporting your health and wellbeing!

## WALKERS WITH WALKERS GROUP

GET MOVING WITH YOUR WALKER

Meet new people,  
Explore Gentle Walking areas around Rotorua

Tuesdays 10:30am

Open to all members with or without walkers

Contact the office to register your interest  
07 347 1539



5 Ti Street, Rotorua, 3010  
Phone: 07 349 5494

**Volunteer your time,**

Make coffins that cost less.  
Customise your coffin your way.  
Ready made coffins available.  
Storage available.

Opening Hours  
Mon 10-12  
Wed 8-1 Club Day  
Fri 10-12  
or by arrangement.

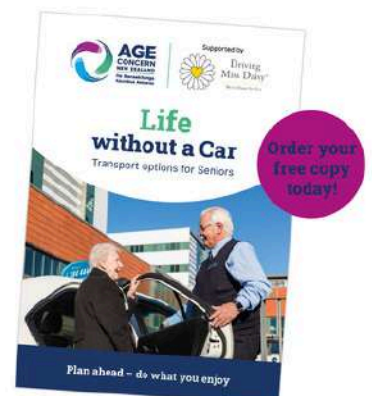
office@kiwicoffinclub.co.nz  
www.kiwicoffinclub.co.nz  
www.facebook.com/KiwiCoffinClub

Want to make a difference. Join our friendly team at The Kiwi Coffin Club.

## Plan ahead

Keep doing what you enjoy when you no longer drive.

Age Concern has a new booklet full of great ways to help you stay connected in your community.



Call 0800 65 2 105 | www.ageconcern.org.nz

Collect your free copy from Age Concern Rotorua



# Shopping around could save you thousands

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A huge thank you to all our sponsors/ funders



## Meet the Team



**Julie East**  
ACCOUNTANT



**Diana Walker**  
WELLNESS COORDINATOR



**Karyn Rogers**  
VISITING COORDINATOR



**Rory O'Rourke**  
ROTORUA MANAGER



**Kirsten Harman**  
ADMINISTRATION



**Katreece Lewis**  
SHOPPING COORDINATOR

# SEMINARS FOR HEALTHY AGING



Age Concern and Parksyde have once again teamed up to deliver FREE seminars for Rotorua's over 55s - designed to inform and assist healthy aging



## Where?

Parksyde Community Centre 9 Tarewa Place

## 2025 Seminars

### When?

Monday 17 Mar	Scam Awareness
Monday 19 May	Wills & Enduring Power of Attorney
Monday 16 Jun	All you need to know about Strokes
Monday 30 Jun	Dementia Awareness
Monday 21 July	Elder Abuse is not OK
Monday 18 Aug	Grief and Loss
Monday 15 Sep	Keeping safe in our Community
Monday 29 Sep	MSD support & benefits for the older person
Monday 20 Oct	All about Macular Degeneration
Monday 17 Nov	Tips to keep living independently in your own home

### Time & Cost?

10:00am to 11:30am Seminar (must register)	FREE
11:30am Morning tea in Parksyde Café	\$5

### Registration?

Drop in or phone Parksyde between 9am and 3pm weekdays on 348 9892

Updated 11/03/25

## Enjoy Your Retirement

You worked so hard...for so many years,  
Giving everything you had to give.  
But now is the time to put yourself first,  
To relax, to enjoy, and to live!

Take in the song of the birds when you wake,  
Get in touch with an old friend or two,  
Learn to do something you've not done before,  
Find adventure in all that you do!

So much awaits you around every bend,  
There are so many places to see!  
Travel afar...if that is what suits you,  
Or read by the shade of a tree.

But, never forget, as you go along,  
That honestly, right from the start,  
All of the moments we shared thru the years.  
Left an imprint...right here on my heart!



## Share Your Retirement Story and Win!

We're excited to invite you to share your retirement experiences with us! Whether you're enjoying relaxation, pursuing new hobbies, or exploring the world, we want to hear from you.

### How to Enter

Write to us via email or by hand about your retirement journey. Share your stories, tips, and insights with us. Entries may be featured in our next newsletter, and one lucky winner will receive:

A beautifully framed version of our retirement poem  
A copy of our "Tried & True" Cook Book  
1 Year free Membership with Age Concern.

### Important Details

Entries close on July 30th, with the winner drawn shortly after  
Please include your contact details so we can reach out if you're the lucky winner



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- ◆ Pick up on Thursday at your selected location:

- 📍 Age Concern
- 📍 Equippers Church
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# MEMBERSHIP FORM

AGE CONCERN ROTORUA

Charities Commission Number CC2693

Date: / /

## PERSONAL INFORMATION

Full Name/s

Mr / Mrs

D.O.B

/ /

Mr / Mrs

D.O.B

/ /

Address

City

Post Code:

Email

Phone Number

Landline:

Mobile:

Emergency Contact

Name:

Relationship:

Emergency Contact

Phone:

## TYPE OF MEMBERSHIP

\*Choose your type of membership

\$20 Single

\$25 Couple

New Membership

Renewing Membership

\*Choose how you would like to receive our quarterly newsletters

Post \$20.00

Email

I would like to donate \$\_\_\_\_\_to support Age Concern services in Rotorua

TOTAL \_\_\_\_\_

\*Please select any services that may be of interest

Wellness Visit

Total Mobility

Social Connection

Staying Safe Driving

Van Trips (Out & Abouters)

Free Seminars

Become a Volunteer

If you wish to pay via internet banking, our account details are: 38-9012-0590627-00

Please use your surname and initials as a reference and email your contact details or form to [admin@acrotorua.nz](mailto:admin@acrotorua.nz)

CASH, EFTPOS & CREDIT CARDS WELCOME -SORRY NO PAYWAVE

### Terms & Conditions

Our membership runs June to June. You must be a current paid member with Age Concern Rotorua to access our services within our region. By filling this form you are giving Age Concern consent to add personal information onto our data base. This private information will not be shared with anyone outside our organisation with out your prior consent. Receipts are issued and donations over \$5.00 are tax deductible.

Office Open: Tue-Thur  
9am - 2pm

Age Concern Rotorua: Parksyde House, 5 Tarewa Place(next to Parksyde)  
PO Box 1605, Rotorua 3040 Ph: 07 3471539 [admin@acrotorua.nz](mailto:admin@acrotorua.nz)