

AUGUST-OCTOBER

Helping you stay connected

Office Hours: Tuesday - Thursday 9am - 2pm

Phone 07-347 1539 5 Tarewa Place, Rotorua

Manager
Rory O'Rourke
manager@acrotorua.nz

Find us on 🚯

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

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.



Pictured Left to right, Margaret Goodin (Driver), Irene Pearson, Fay Couper, Natalie Trumper Wally Walford

Rotorua Age Concern Staff

Administrator

Bethany Gibson admin@acrotorua.nz

Wellness Coordinator

Diana Walker wellness@acrotorua.nz

Visiting Service, Staying Safe and Shopping Service Coordinator

Karyn Rogers visiting@acrotorua.nz



What we offer:

Trained volunteers visit older people in their homes, providing companionship and support.

Total Mobility Assessments:

Visiting Service:

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 you, we will do our best and point you in the right direction.

Free Seminars: Information free to you on various topics - Parksyde Community Centre

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

Out and Abouter's Group: This group offers a range of social outings and activities, designed to kee connected and engaged with your community. Upcoming events are in this issue



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

or

phone 07 347 -1539 and talk to Karyn.



AGE AUGUST-OCTOBER ISSUE 3, 2025

AGE CONCERN is excited to announce the launch of two new groups:

Just Cook 4 Healthy Ageing : Tuesdays 11am-1pm at the Age Concern Office - limited to six members.

JUST COOK 4
Healthy Ageing

Aqua Jogging: Fridays 11am at the Rotorua Aquatic Centre



Age Concern Coffee Groups

Join our coffee groups

1st Tuesday of the month various location within Rotorua. Register your interest and Faye Nathan will confirm venue via email

2nd Thursday Every Month

Skyline Gondola Cafe Group

Meet at the Gondola up the top at 1pm. Have a bite to eat and a chat with other members. Faye our coordinator will be up the top to greet you.

A big thank you to Age Concern, for the sponsorship, and particularly to Karyn, who is such a star in looking after the needs of the elderly, making sure we get our exercise, the balance and steady as you go and now the aqa jogging, it makes such a difference, and you realize you had muscles you never had before, and the social enjoyment makes it a lot more fun, Karyn you are such an amazing lady, Thank you

STEADY AS YOU GO

Join our exercise class to

elp prevent falls

Walkers with Walkers Group

Tuesdays 10:30am Depart Age Concern Office Bring your walking aid (if needed) and a smile!

SEMINARS FOR HEALTHY AGING



The Parksyde Trust have teamed up to deliver FREE seminars for the over 55's, designed to inform and assist healthy aging.



SEMINAR 6

What?

GRIEF AND LOSS

- What and why we grieve
- How we react to grief
- Factors that influence our
- reactions
 What can we do for ourselves
- What can we do for ourselves and others

Family Focus

When?

Monday 18 August 2025 10:00am to 11:00am

11:00am tea/coffee station In the Café \$5pp

Where?

Parksyde - 9 Tarewa Place

MUST Register

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

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 AGE CONCERN ROTORUA

Contact Karyn to book your spot 07 347 1539

seniornet Confidently connecting with technology

SENIOR NET Rotorua are at the Age Concern office Monthly on the 4th Tuesday between 9.30 and 11.30am.

Bring your own phone or laptop for advice around any problems you have, and they will teach you new and exciting things your devices can do. This can be One On One so please make a booking if you would like to take advantage of this fabulous offer.



AUGUST-OCTOBER

A Word or two From the Manager..



Exciting times ahead as we have been granted the funding for a variety of programmes as we look to the future. Head office, Health Promoting Funding, have given us funding for the continuation of some of the programmes we started this year. Just Cook4 Healthy Ageing, Steady as you go, Walkers with Walkers, Seminar Series held at Parksyde and Talking Tech on Tuesday.

New programmes are **Aqua Jogging**, which is free to members, just bring your togs and One to One ON-LINE SHOPPING Tuition in your home which is also free to members.

Unfortunately, we did not make it to the finals of the Business Awards, or get sufficient votes for the People's Choice, but we shall continue to provide the variety of programmes to support our elderly population and we know how valued we are.

Kirsten Harman has left Age Concern to spend more time with her family. Kirsten was with us for some time and has always been a ray of sunshine at the front desk where she has been the first friendly face to greet visitors. Kirsten was also responsible for the coordination of the Handyman Maintenance Service which was a successful addition to our programme.

Julie East, our Accountant, has also left us after a short stay. We thank her for her work on our finances during a difficult time following the Tiny Homes overspend and wish her all the best for the future.

Age Concern have had a change of staff recently and the existing staff have had a swap around with jobs.

Karyn Rogers has now got responsibility for Keeping Safe (Senior driving Course) Steady as you go (balance classes), Visiting Service and volunteers and Aqua Jogging which will be on a Friday at 11am.

The new Administration/ Secretary to replace Kirsten, is **Bethany Gibson** who will also do some finances and the Maintenance Service Handyman coordination and on-line shopping.

Diana Walker will be the Wellness Coordinator and Walkers with Walkers.

Volunteers will do Just Cook for Healthy Ageing, Out and Abouters and coffee groups.

All staff can do Total Mobility Assessments which gives a 75% discount on taxi fares. All are welcome to phone and make an appointment and you don't need to be a member.

Another exciting development is the offer of some land to put 6 tiny houses on - more details in the newsletter

AUGUST-OCTOBER ISSUE ISSUE ISSUE 3, 2025



Out & Abouters: August-October 2025

Our August - October 2025 trips will be a mix of longer day trips, with a Koha of \$10 dollars for the van and \$5 Koha for trips closer to home. There will a few new trips coming up for our members over the next few months! Warwick Pryce is our driver and our outings are coordinated by Faye Nathan. Please choose a trip and have a secondary preference please so we can ensure our members can all attend. Contact our Age Concern office to make a booking (essential for numbers and for van spots) and don't miss out on the fun! Book your trip today and get ready to explore, socialise, and create lasting memories with us!

Tyburn Monastery Thursday 7th August 2025

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.

https://www.tyburnmonastery.nz/



Departure: 9.30am from Age Concern office
Entry fee \$12.50 for Seniors with a Cafe and Gift Shop onsite
https://www.classicflyersnz.com/museum.html



Putaruru Timber Museum 21st August 2025

Departure: 9.30am from Age Concern Office, with \$5.00 Koha for the van.

Entry is \$10.00 for the Museum and Grounds with optional Trainworld access \$6.50 or Gold Card \$5.00

11 Historic Buildings and Timber Mill displays with a fully restored **School cafe onsite**, (or cafe options in Putaruru)



OUT AND ABOUT- AUGUST-SEPTEMBER TRIPS



Kaimai Garden Centre , Hobbiton Gift Shop and Matamata Op Shopping Day 28th August 2025

\$5 per person for the van trip with op shop and lunch money. Departing 9.30am from the Age Concern Office.



South Waikato Country Day Out: 04th September 2025 Pureroa Forest Park and Mangakino Dam

Departing 9.00am from the Age Concern office. \$10 koha for van and lunch money. (Full day trip)

Visit Pureroa Forest - various Native Trees and 1000 year old Totara tree - 1km loop road track, and is well marked.

Travel to Mangaking Dam, for lunch and/or a coffee, or travel back to Whakamaru township.

Travel to Mangakino Dam for lunch and/or a coffee, or travel back to Whakamaru township.

https://www.visitruapehu.com/see-do/walking-hiking/walks-in-pureora-forest https://www.doc.govt.nz/parks-and-recreation/places-to-go/waikato/places/pureora-forest-park/things-to-do/waipapa-loop-track/

Rainy day alternative to be confirmed closer to the date if any weather concerns

Firth Tower and Museum - Matamata 11th September 2025

Departing 9.30am from the Age Concern office. \$5 koha for van. Entry fee \$5.00 plus lunch money for cafe options, or alternatively bring your own lunch. Activities include butter and candle making (may be extra) www.firthtower.co.nz



OUT AND ABOUTERS- SEPTEMBER 2025

Waiotapu Geothermal Trip 18th September 2025

Departing 9.30am with \$5.00 Koha for van and lunch money. Visiting busy bees shop, Waiotapu tavern for lunch





BENNY BEE

Taupo Botanical Gardens and Lunch 25th September 2025

Stroll along the Taupo Boardwalk with mountain views. Departing 9.30am from Age Concern office with \$5 koha for van viewing the seasonal flowers in the Botanical Gardens with easy marked tracks. Lunch to be confirmed with a variety of Cafe options in Taupo CBD.



September

Spring is properly sprung! August, September, October and November are the most colourful months in the Gardens - there are still some camellias flowering but rhododendrons and azaleas (both Azalea mollis and Azalea indica) now lead the way although we have a selection of the most beautiful magnolias in several places.

Volunteers are busy keeping the Gardens tidy for visitors.

Now there is warmth AND moisture, mowing the patches of grass becomes a bigger job than it was over the winter.





OUT AND ABOUTERS- OCTOBER 2025

Fish and Chips trip to Montys at Pukehina 2nd October 2025

\$10 Koha for van and fish and chips and a visit to the beach

Booking essential for lunch at Monty's.



Putaruru Day Out- 09th October- Whole Day Trip

\$10 Koha for van, plus lunch money for cafes, and op shopping. Visit the Over the Moon Cheese factory and Deli.



Maketu Fish and Chips Trip 16th October 2025

\$10 Koha for van, and fish and chips for lunch







The Wooden Farmer

4.5 ★★★★ (1.2K) · \$\$ · Family-friendly

99 Tirau St

"A lunch date, my morrocan chicken salad was delicious."



Nana Lou's Cafe

4.7 **** (81) · \$10-20 · Cafe

6/26 Tirau St

"Quality ingredients and good size portions."



Redwood Cafe and Eatery

5.0 * * * * * (20) · \$20-30 · Cafe

Lichfield

"Was a delicious and very filling meal."



THE COW CAFE

4.4 ★★★★ (562) · \$10-20 · Cafe

30 Tirau St

"Food was good, kids menu really good low prices, fast and friendly service."



The Bakehouse Cafe, Putaruru

4.1 ★★★★ (121) · \$10-20 · Cafe

26 Princes S

"Good food and good prices"



Op Shopping trip 30th October 2025 Papamoa

\$10 Koha for van trip and lunch options to be confirmed

\$5 Koha for van, op shopping and lunch







Out and Abouters- July 2025 <u>Te Amorangi Museum</u>

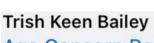












Age Concern Rotorua what a beautiful day out at the museum. Didn't get to take photos of anyone but the history I am sure, was enjoyed by all of us.



Some snaps from our July trips

















HAVE YOU EVER THOUGHT ABOUT DOWN-SIZING?

We have an offer of some vacant land, enough room to put six Tiny Homes, with all mod cons and parking. The suggestion is that you sell up where you are and either purchase or rent a Tiny Homes. If you purchase a home, then you will be paying about \$60 to \$80 thousand and leasing the land for about \$100 a week. The homes will be like the already existing tiny homes in Ngongotaha and the choice will be yours as to whether the home is portable (on existing wheels) or permanent (on piles) Each home will have a kitchen, bathroom and shower, califont hot water, a bed big enough for two, a toilet, a heat pump and insulation, double glazing and whatever else you desire. They will be 30 square metres or larger if you want up to 60 square metres. If you want to rent the homes, you will pay around \$200 a week which will include the land use lease. This will be the Pocket Neighbourhood that we envisaged from the start of the Tiny Homes project where there are a group of like-minded, elderly people living in a community where everyone looks after each other. There will be a communal area where residence can meet for social connection. This is what the present three Tiny Homes set up looks like below and it will be similar but with more homes. Obviously, this is not going to happen overnight so some longer term visioning may be in order and the existing neighbourhood took 3 to 4 years, but that was more due to the number of variations. The rules have changed. You are not committing to anything now but just giving us an expression of interest so we can gauge the numbers who may be interested in this exciting development. Please email manager@acrotorua.nz or phone 0275609956.







Positive Aging Expo - 27th September 2025



2025 and we'd love you to come by!

Free entry with over 25 stalls. Refreshments available at Café.

Location: Parksyde Community Centre, Tarewa Place, Rotorua When: Saturday 27th September from 9:30am until 2:30pm There is no charge for entry.

Age Concern Rotorua is running a free, Positive Ageing Expo on the 27th September

Stalls are free to all Not for Profit organisations and there is a cost to businesses who would like to be part of the event.

If your organisation deals in any way with the Elderly we would love to hear from you if you have not received a direct invite through email.

Please give Age Concern a ring to register your interest on 07 347 1539.







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.









A Message from Beth - Age Concern Administrator



Do you know a keen baker who'd love to make a difference? Encourage them to connect with Good Bitches baking. Contact them at 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!





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







Parksyde Community Centre 9 Tarewa Place

The Life without a car booklet covers:

Vehicle operating cost savingsReduced cost transport schemes

· Accessing essential services and

Transport options

everyday activities

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 Jue 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 Tips to keep living independently in Monday 17 Nov

Time & Cost?

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

your own home

Pagietration?

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

seniornet Talking Tech on Tuesdays

10 am, Tuesday August 5, Meeting Room 1, Parksyde

Music, Video Calling, YouTube, Zoom etc.

Your new Music Library, video calling rather than phone
calls, using YouTube and Zoom. Many ways to use your
device in different ways. Using Bluetooth speakers gives
you great sound from your phone.



Cost: Free, thanks to support from ANZ and Age Concern Rotorua













Retirement - Marion Q

Retirement has brought me a real sense of freedom- freedom to catch up with friends and whanau whenever I like, and time to enjoy the things I've always loved but didn't have space for while working full-time. This season of life feels like its just for me, and there's something special about that after so many years of giving to others through work and raising my beautiful whanau. One of the most unexpected jobs has been meeting new people, forming fresh friendships, and discovering fulfillment in places I hadnt imagined. There is something quietly powerful in discovering that growth and delight don't end with retirement,: in many ways they are just beginning. I have found that life has found a new rhythm - unhurried, content and full of simple joys.





Join us!



When you join or renew your Age Concern membership, it will be valid **for 12 months from the date of payment,** regardless of the time of year. 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.



Handy Man & Garden ServicesReasonable 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



AUGUST-OCTOBER ISSUE

ORDER OUR COOKBOOK TODAY!



Now \$10 Per Copy

TRIED & TRUE

FUNDRAISER

v cooking with love v



To Purchase a copy of this cookbook please call 07 347-1539 or Email admin@acrotorua.nz

Age Concern Rotorua 5 Tarewa Place Rotorua



Nutritious, tasty, economical, and sometimes surprising – whether you're feeding the whanau or preparing a dish for the singleton, these recipes, tips and memories from generations of home cooks are a mouthwatering addition to your kitchen





Shopping around could save you thousands

When you're quoted on hearing aids, it pays to compare your pair. At Specsavers Audiology, you'll have a range of options to choose from, including top tech, all at our famously everyday low and transparent prices. Now doesn't that sound good?

View our range and prices at specsavers.co.nz/hearing

Kiwi Coffin Club ROTORUA

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.

5 Ti Street, Rotorua, 3010

Phone: 07 349 5494

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.

HE ARA - WHAKAMUA Where

Essential information for older people

Specsavers Rotorua 1211 Eruera Street Tel 07 349 2020 Specsavers

Audiology

St John Rotorua **Health Shuttle**

0800 824 3258 or email



It is hard when you can no longer drive

Age Concern has a new booklet full of great ways to help you stay connected





Great Communities







Rotary 4







































PERSONAL INFOR	MATION							
Full Name/s								
Mr / Mrs						D.O.B	1	1
Mr / Mrs						D.O.B	1	1
Address								
City					Post Code:			
Email								
Phone Number	Landline:				Mobile:			
Emergency Contact	Name: Relations					nip:		
Emergency Contact	Phone:							
TYPE OF MEMBERSHIP								
*Choose your type of member	ship							
\$20 Single \$25 Couple New Membership Re					Renewing	Membership	1	
*Choose how you would like to	receive our quar	terly newsle	etters					
Post \$20.00 Email								
I would like to donate \$to support Age Concern services in Rotorua TOTAL								
*Please select any services th	at may be of inter	est						
Wellness Visit	Total Mobility		Social Cor	nectio	n	Staying	Safe Drivin	g
Van Trips (Out & Abouters) Free Seminars Become a Volunteer								
If you wish to pay via internet banking, our account details are AGE CONCERN ROTORUA DISTRICT INCORPORATED: 38-9012-0590627-00 Please use your surname and initials as a reference and email your contact details or form to admin@acrotorua.nz CASH, EFTPOS & CREDIT CARDS WELCOME -SORRY NO PAYWAVE								

Date: / /

Terms & Conditions

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.