ISSUE 5 2026

AGE CONCERN ROTORUA
He Manaakitanga Kaumātua Aotearoa

NOVEMBER 2026– JANUARY 2027



Office Hours:
Tuesday - Thursday
9am - 2pm

Phone 07 347 1539

Manager
Rory O'Rourke
manager@acrotorua.nz

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

Find us on

What we offer:

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.

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 Healthy Aging Seminars: Information free to you on various topics -

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

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

Mens Cooking Classes: Tuesdays 11.30am-12.30pm at the Age Concern Office - limited to six members. We do a range of healthy meals at affordable prices and have some fun!

Walkers with Walkers! meet at 10.30am Tuesdays at the Age Concern office

Aqua Jogging: Come aqua jogging with Karyn 9am Friday mornings- call the office to book
Steady as you go -Come join our Balance classes - Tuesdays and Wednesdays at the Hindu Heritage Centre 225 Malfroy Road- $2.00 Koha with a cup of tea afterward

Age Concern Coffee Groups: 2nd Thursday every month meet at Skyline Gondola, up the top at Midday. Contact Faye Nathan for more details and to join. Regular weekly coffee groups are also sent out via email various locations

Local Lunch: Come and enjoy a lunch with us at Age Concern: Updates are on email and Facebook for menus and venues

Aqua Jogging will not be available from 17th December to early Feb due to school holidays!

Helping you stay connected

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

Summer issue

Rory's Report

Age Concern held a very successful Positive Ageing Expo which attracted over 30 stalls and 400 plus people on the day. An indication of how successful our Expos have been that we have had the same stall holders come back year after year.

On the 14th of October we held our AGM and attracted about 30 people. We had three members resign from the Trustees and, fortunately, they were replaced by three new members, which kept our Trustees at seven.





Age Concern were the recipients of Good in the Hood funding of almost $1000.00, and we were able to use the funds to top up our Maintenance Handyman salary after he has done work for our members to keep their homes safe and livable.

As I indicated earlier, we were the recipients of an Innovation Fund to hold a Positive Ageing Photographic Exhibition which showed, in life-like form, our members doing a variety of activities we have available. We have hired a local photographer, Liz Sturt, who is in the process of taking the photographs for us and once they are completed, we will send them off to be enlarged and mounted by Advocate Print. We will be holding the exhibition at an undisclosed venue, and we will invite some dignitaries to open the exhibition.

The Health Promoting arm of the Age Concern Head Office have invited applications for some money they have left over and we have applied for some money to set up some Art Therapy classes mainly for those members who have recently lost a partner our had some sort of trauma in their life. The classes help people through the grief process.

Like many countries, New Zealand has an ageing population. Retirees are living longer while fertility rates have fallen. The number of workers relative to retirees will decline.

If nothing changes, NZ Super will consume an increasing share of GDP and government revenue.

But whether we can afford NZ Super – and whether the entitlement age should be raised – are the wrong questions. What we should be asking is: how can we provide New Zealanders with an adequate and dignified retirement at a sustainable cost for future generations?

That distinction matters because NZ Super is only one part of the retirement system. A simple way to think about it is as an equation: adequate retirement equals personal resources plus government support minus the cost of retirement.

Once we think about the problem this way, we suddenly have many more policy options.

Take the cost of retirement. Historically, most New Zealanders reached 65 owning their home, often mortgage free. That's important because NZ Super goes much further when you don't have to pay rent or a mortgage.

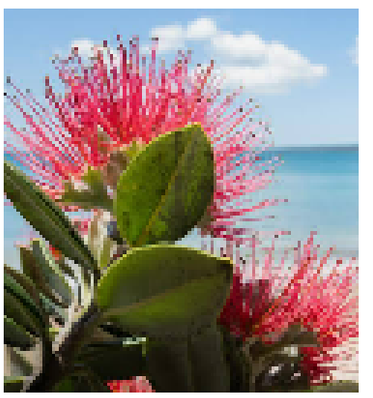


A big congratulations to Marion Rowe who has been awarded the Age Concern Dignity Champion Award for her work with volunteering with a hearing impaired client- thank you Marion for your services!



Office hours over Summer!

We will be closing 17th December and we re open on the 19th January



Summer Issue

NOVEMBER 2026–JANUARY 2027



We have our Volunteer function at St Johns Hall on the 19th November 11.30am to 1pm!

This event is celebrating our Age Concern volunteers and **those invited to attend will receive an email invitation from the team.**





Age Concern Annual Christmas Lunch will be at Cobb and Co on the 03rd December! Please RSVP with the office so we can book a table

Message From Diana- Wellness Coordinator!

Merry Christmas and New Year everyone! It has been a real pleasure throughout 2026 to meet and connect with so many wonderful members. I have particularly enjoyed the support and comraderie of the Walkers with Walkers group. Thank you all for making this year so special, and wishing each of you and your loved ones good health, happiness and every blessing during the festive season and through the year ahead.

Love, Diana

NOVEMBER 2026–JANUARY 2027

26th November 9.30am St Johns

Free Age Concern Food Voucher for those that attend



AGE CONCERN STAYING SAFE
A REFRESHER COURSE FOR OLDER DRIVERS

TOGETHER WITH WAKA KOTAHI NZ TRANSPORT AGENCY

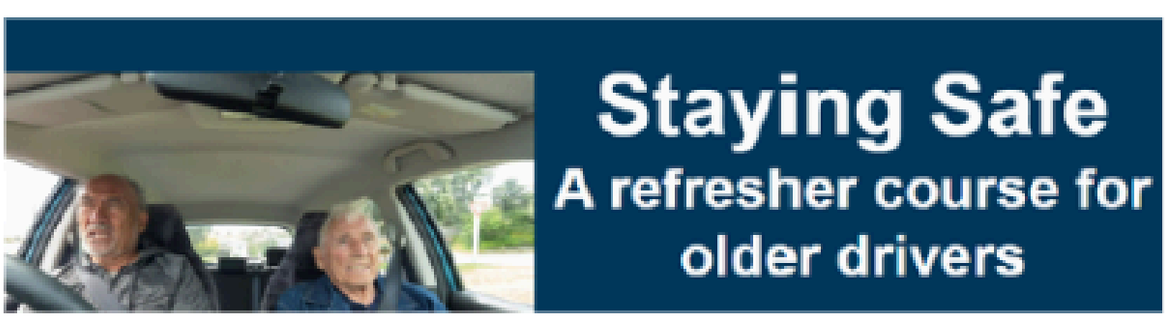
Staying Safe Driving Courses

Had your licence for decades but never refreshed your Road Code knowledge?
Feeling unsettled because you have a medical coming to renew your licence?
Curious about what all those changes to road layout and signs mean?

Come to our FREE classroom-based refresher - it's less than an hour for every decade have held your licence! We guarantee it's engaging, and FREE Morning tea!
The Staying Safe Driving Course for seniors is recommended by Waka Kotahi / NZTA.

The course gives strategies to assist us to keep ourselves and others safer on the roads.

Staying Safe is a classroom-based refresher workshop for senior road users. The workshop aims to maintain and improve safe driving practices and increase the knowledge of other transport options available to help senior road users remain safely mobile.



Register with the office! **Morning tea provided**

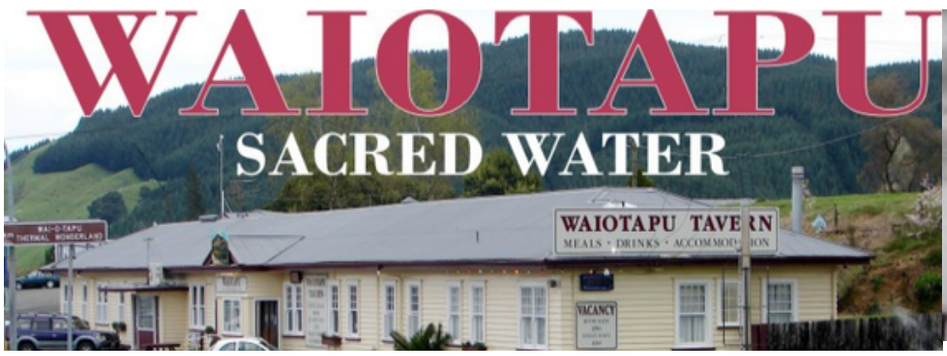
NOVEMBER 2026–JANUARY 2027

Out and Abouters- Summer Edition

These are a mix of longer day trips, with a Koha of $10 dollars for the running of the van . We have 9 spots per trip in the van.

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!

05th November Waiotapu Tavern departing 9.30am



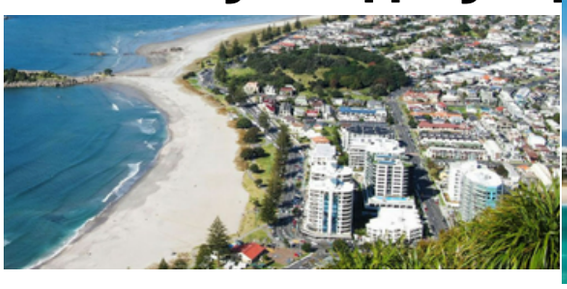


$10.00 for Van and money for lunch

12th November Tauranga Shopping Trip

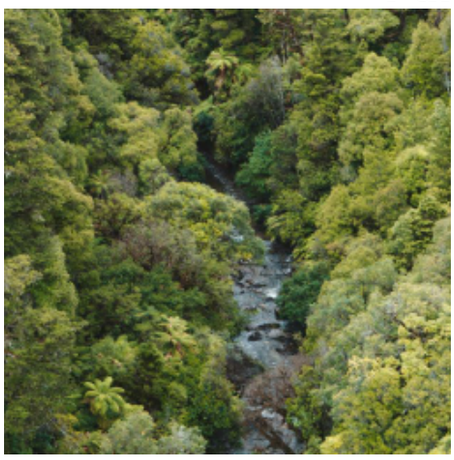
Op Shop

$10 for Van





19th November Pureroa Forest Park



$10 for Van

walking shoes needed

Bring own lunch

departing 9.30am



NOVEMBER 2026–JANUARY 2027

$10 for Van Whakatane Berry and Beach Trip 26th November







Money for lunch and berries!

10th December Ohope Trip $10 koha and money for fish and chips





21st January

Thornton/Matata Trip

$10 koha and money for lunch



28th January

Nautilus Restaurant Tauranga

$10 Koha for van, and money for buffet lunch

MOVIE MOB: TIMES FOR -NOVEMBER : DECEMBER 2026

Times and Movies emailed out a week before or updates via Facebook!



19th November

03rd December

28th January



Meet at Basement theatre

Come join us for a local hot lunch

Location sent out closer to the dates below and updates will be on Facebook- Register via email or calling the office

13th November Picnic Cafe

27th November Artisan Cafe

03rd December Cobb and Co

14th December Bold Flavours Bistro

22nd January Eastwood Cafe





Eastwood

UPCOMING 2026 SEMINARS FOR HEALTHY AGING-

assist healthy aging

AGE CONCERN ROTORUA He Manaakitanga Kaumātua Aotearoa

PARKSIDE community centre for 55+

Where?

Parksyde Community Centre 9 Tarewa Place

Monday 16 Nov How to prevent and get up from Falls

Time & Cost?

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

Registration? MUST REGISTER

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

Update 20/06/26



A big thank you to Feeding Rotorua, Four Square Edmund Road and the Salvation Army for supporting us this year in providing food for our elderly!



THE SALVATION ARMY DOING THE MOST GOOD

NOVEMBER 2026–JANUARY 2027

INTRODUCING THE 2026-2027 AGE CONCERN CALENDAR!



$20 per calendar packed full of age concern activities and events!

TOTAL MOBILITY TAXI COMPANIES

Total Mobility - Subsidised door-to-door transport

The Total Mobility scheme helps people with serious mobility constraints access subsidised door-to-door transport through approved providers based in Katikati, Rotorua, Tauranga and Whakatāne.

Eligible scheme members use their Total Mobility card to receive a 65% discount on door-to-door travel up to a maximum of $29.25 per trip (65% discount on $45 full fare).

Rotorua Taxis	0800 500 000 07 348 1111 www.rotoruataxis.co.nz qd@cooptaxi.co.nz	Yes	Flagfall: $4.00 Per km: $4.00
Taxi Cabs Rotorua	0800 482 947 07 347 9797 www.rotoruataxi.co.nz	Yes	Flagfall: $5.00 Per km: $4.00
Freedom Drivers Rotorua	07 213 1961 027 531 9767 freedomdrivers.co.nz rotorua@freedomdrivers.co.nz	Yes	Flagfall: $5.00 Per km: $3.50

Book with the Age Concern office for an appointment if you require a Total Mobility assessment- Cards are $30 per assessment and $50 for an out of office appointment

Or Book a Taxi with the new YourRide App

YourRide is NZ's No.1 Taxi App, enabling employees to easily book trips on demand or in advance. Once a ride has been booked, users can track the car's location on its way to the pickup and destination.

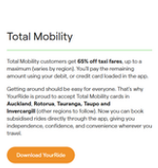
Is YourRide Legit?

Absolutely. YourRide is 100% New Zealand owned and operated by TaxiCharge New Zealand, trusted by Kiwis for over 30 years.

With over **100,000** downloads, we've quickly become NZ's No.1 taxi app.

We're not a faceless tech giant or an overseas rideshare experiment. Our network connects you with over 2,000 fully licensed, police-vetted drivers across the country. Every trip is backed by professional standards, in-car security cameras, and transparent pricing you can see before you travel.

Total mobility



AGE CONCERN ROTORUA
He Manaakitanga Kaumātua Aotearoa

NOVEMBER 2026–JANUARY 2027

Join us!

Membership Pricing

Single $30.00

Couple $35.00

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

Copies are also available to collect at our office.

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.

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.





Standing Stronger Together
Tūkaha Tātou

Hato Hone St John



good bitches BAKING

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!

ACC

WELLINGTON FREE AMBULANCE
kia ora te tangata

OSTEOPOROSIS NEW ZEALAND
Better bones, fewer fractures

Your independence is everything. Let's protect it.

Hato Hone St John

With a St John Medical Alarm help is never far away.

Whether you're at home or out and about, you get the peace of mind knowing around the clock care is at your fingertips. Discover the confidence and independence a St John Medical Alarm can bring.

To arrange a free trial talk to your doctor or nurse, or call us on 0800 50 23 23.

For more information visit stjohnalarms.nz



House Keeping- Talia

0220426198

Citizens Advice Bureau

Family FOCUS
STRENGTH THROUGH SUPPORT

Family Focus Rotorua
1115 Pukaki Street
Rotorua
3010
office@familyfocus.org.nz
07 346 2096

Who are we

Family Focus Rotorua was set up by people with a strong desire to reduce the level of family violence in our community. We are social workers, counsellors, early childcare educators, women's advocates, men's advocates, clinical supervisors, therapists, programme facilitators, financial mentors and service co-ordinators. We strive to provide a safe, inclusive space for people to access information and get help in an environment that is designed specifically for them.

AGE CONCERN ROTORUA

NOVEMBER 2026–JANUARY 2027

HANDYMEN AND GARDENERS OVER SUMMER



Handy Man & Garden Services
Reasonable Rates & Great Service.

Gordon Hamilton 021 086 77 912

GARDENING SERVICES

RICHARD GIBSON: LAWNMOWER, HANDYMAN, GARDENS ETC
0274236867
LAWNMOWING 02102557803
BARRY RYAN: LAWN MOWING SERVICES
021 1381568



KRIS DIAS – HANDYMAN SERVICES
027 926 1345

Reliable • Honest • Affordable

- Gardening
- Building & Repairs
- General Handyman Work
- House Cleaning & Maintenance

No job too small or too big!
Call or text today for a free quote.

GREYPOWER ROTORUA ASSOCIATION INC

NOVEMBER 2026–JANUARY 2027

Thank you

Bay Trust – Supporting Great Communities

Age Concern New Zealand – He Manaakitanga Kaumātua Aotearoa

COGS – Community Organisation Grants Scheme

Bunnings

Four Winds Foundation

Geyser Community Foundation

Infinity Foundation

Lakeland Disabilities Support Trust

The Lion Foundation

Lakes District Health Board

nzct Community Trust

Pub Charity

Rotary Club of Rotorua Sunrise

Rotorua Lakes Council – Te Kaunihera o ngā Roto o Rotorua

RLC Matching Fund

RLC Partnership Fund

Lottery Grants Board – Te Puna Tahua – Lotto funds for your community

One Foundation

Rotary Rotorua West

Ray White

Rotorua Lakes Community

Rotorua Lakes Council

Rotorua Trust – Mō Tātau Katoa

LocalCommunity – Support your local community

St Joans Charitable Trust

Aotearoa Gaming Trust

Charity House

Age Concern Rotorua – He Manaakitanga Kaumātua Aotearoa

THANK YOU FOR SUPPORTING US!

SeniorNet Rotorua

Unlock the Potential of Technology!

Friendly, stress-free Tech for Seniors



Feeling overwhelmed by your smartphone, tablet, or laptop?

You're not alone! At SeniorNet Rotorua, there are no "silly questions."

We are a volunteer-run community, dedicated to helping you bridge the digital divide.

How We Can Help You?

FREE Drop-In Assistance
Need a quick fix? Bring your laptop, smartphone, or tablet for one-on-one help.

When: Every Monday, 9:00 AM–noon
Where: Community Meeting Room, Ground Floor, Rotorua Library
Note: Open to the public. Donations are appreciated.

Regular Programs
"Talking Tech" & Workshops We host regular series like "Make Technology Your Friend" at Parksyde, covering everything from basic setup to advanced apps.

Social & Membership
Monthly Member Meetings
Join us on the second Monday of each month at 2:00 PM at Parksyde.
Enjoy a guest presenter followed by afternoon tea at the Parksyde Café!

Get in touch
Phone: 022 687 9299
Email: rotorua@seniornet.nz
Website: rotorua.seniornet.nz
Location: Parksyde Community Centre, 7 Tarewa Place, Rotorua

SeniorNet Rotorua

We are looking for more volunteer helpers
Do you have some skills with computers, smartphones or tablets?
Would you like to join us to help older people adapt to technology?
If so, phone us on 027 6433 626.

seniornet – Confidently connecting with technology

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.

Summer Issue

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

☐ $30 Single ☐ $35Couple ☐ New Membership ☐ Renewing Membership

*Choose how you would like to receive our quarterly newsletters

☐ Pick Up ☐ 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 ☐ Seniornet

☐ Van Trips (Out & Abouters) ☐ Free Seminars ☐ Become a Volunteer ☐ Exercise Classes

☐ Visitor Service ☐ Shopping Service

If you wish to pay via internet banking, our account details are: Age Concern Rotorua District Incorporated

Please use your surname and initials as a reference and email your contact details or form to admin@acrotorua.nz 38-9012-0590627-00

CASH, EFTPOS & CREDIT CARDS WELCOME -SORRY NO PAYWAVE

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.