

ISSUE 03, 2024



**AGE
CONCERN
TARANAKI**

He Manaakitanga
Kaumātua Aotearoa

Age Concern Taranaki



www.ageconcerntaranaki.org.nz

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OFFICE HOURS

9.30am - 1.30pm Monday to Friday

Board Members:

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Disclaimer

The information contained in this newsletter is not necessarily the view of Age Concern Taranaki. While it is believed to be correct, readers should consult their own advisers.



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From the EO's Desk

The eight domains of an age-friendly city identified by the World Health Organisation are:

1. Outdoor spaces and buildings
2. Transportation
3. Housing
4. Social participation
5. Respect and social inclusion
6. Civic participation and employment
7. Communication and information
8. Community support and health services

So how well are we doing in Taranaki to meet these objectives and more importantly how are we as older people of Taranaki accessing these domains and being proactive in seeking out positive experiences.

1. Taranaki has an abundance of outdoor spaces right around the province and no matter where we live we can access a neighbourhood park, pool or buildings such as libraries or museums.
2. transportation can be an issue if we let it be. We have a bus system, free parking until 11, and total mobility subsidies for taxis. Please don't let transportation be an issue or a reason to stay home. Be proactive or we can help you.
3. Housing is a real issue as we age however we have just run a housing seminar in New Plymouth and Hawera and if you have any questions please contact Andrea at Age Concern who has all the information. The one major takeaway is to prepare for your housing before you require it.
4. Social participation is totally in our court. There are so many groups and organisations that support social participation. At Age Concern Taranaki alone, we have: coffee groups, swimming fitness, music and movement, warm up

Wednesdays, monthly outings, men's club, gardening club, fitness and mobility groups, education mornings, and theme days, right around the mountain. If its not with us there are many, many groups who offer programmes including Grey power U3A and others.



5. Respect and Social Inclusion- This is something society can do better; however, we are leading a collaboration that is working with the local Councils to be the best age friendly province in the world. Intergenerational inclusion is a real focus here; what can each generation learn from and give to each other. We need to be positive and proactive.

6. Civic Participation and Employment. Our generation are the volunteering age. We serve on committees and boards and are very giving of our time. This does not have an age limit! Giving back is joyful and adds to our wellbeing. Don't stop giving as our province needs and relies on you. Likewise keep working until you are ready to retire; your wisdom and work ethic is valued.

7. Communication and Information is a challenge in a technological world. We have challenges around banking and scams and just accessing information. This is only going to get worse. Our advice do your best to keep up and if in doubt ring your grandchildren.

8. Community Support and Health services. Our system may be struggling but the people in it are almost always fantastic.

Keep up to date as much as possible with health checks, dental appointments etc. We know this can be financially challenging however your health is the most important asset you have.

In summary positively interacting with the 8 domains from the World Health Organisation are crucial in our lives being happy and fulfilling. We can't always change the infrastructure but every day we can go out and participate. 1 positive action every day is 365 a year.

Age Concern Taranaki and our staff are her to help, give us a call or just drop in any time.

Richard Anderson - Executive Officer



Feel at home

at Enliven's Chalmers Home

Enliven creates elder-centred communities that recognise elders as individuals and supports them in a way that's right for them.

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rest home | hospital | dementia
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Free phone 0508 ENLIVEN
www.enlivencentral.org.nz

Introducing Kate

Kia ora, a few of you might remember me but for those who don't I'm Kate! I've just returned from my OE in Canada, where I had the time of my life enjoying my two favorite things, skiing and mountain biking.

Before that, I worked as a Community Partnerships Advisor at NPDC, helping to build stronger connections within our community.

I'm thrilled to bring my experience and enthusiasm to the team at Age Concern Taranaki and look forward to contributing with a fresh perspective and renewed energy.



Introducing Marcia

Kia ora, my name is Marcia, and I feel privileged to be joining the team at Age Concern Taranaki as the Co-ordinator for the Visiting Service. I am originally from South Yorkshire in the UK and moved to New Zealand with my husband, Matthew, in 2012.

We initially moved to Auckland to be near family; however, this did not provide us with the rural coastal lifestyle we were craving, so in June 2013, we relocated to Taranaki. We lived on a lifestyle block in Central Taranaki for over seven years, and just over three years ago, we moved to our current home in the community of Tarata.

Initially, I worked in Hawera at South Taranaki District Council as a Community Development Advisor for three years before moving on to manage The Wheelhouse, a capacity-building organisation for non-profits in Taranaki. After almost eight years in that role, I decided to take a career break. I have embarked on short-term contracts, supported Matthew



with his electrical business, volunteered in my community, and spent time with whānau. When I saw the role of Co-ordinator for the Visiting Service, I remembered the difference social interaction made to the well-being of my mother-in-law and knew this role would feed my desire to do good and meet some amazing people along the way.

Opunake SAYgo 7th birthday celebrations

On a very windy Monday at the end of July, Estelle and I attended a lunch and entertainment afternoon in Opunake.

There was a large group of Opunake locals gathered, who all enjoyed a delicious cooked lunch, supplied by the Te Kiri Women's Institute, as well as dessert by the Barnabus Centre.

We were all gathered to celebrate over 55 years of the Friendship club, which has now sadly gone into remission, as well as the 7th birthday of the Saygo exercise class. Held every Monday morning at the Barnabus Centre.

We were also entertained by the Schooners, a local men's quartet. It was a very well supported day, with fun had by all.



TV Slippers

Materials: Shepherd Lambswool 50g 2(2, 2)

Needles: 5.50mm

Measurements 3 sizes: 1st size, Child's 10/2 shoe sizes; 2nd size Woman's and Child's 2/7 shoe sizes; 3rd size Adult's 8/12 shoe sizes.

Please note: make slippers 2cm less than foot length, garter stitch section stretched out.

Commence at heel: Cast on 29(33,37).

1st row: K

2nd row: K10(11,12) P1, K7(9,11), P1, K10(11,12)

Repeat these 2 rows until work measures (stretched lengthwise) slightly more than half the length of finished slipper, finish with a 2nd row. Now work as follows

1st row: K2, now work in K1, P1 rib, knitting into the back of every K stitch, (beginning with K1 for 1st and 3rd sizes and P1 for 2nd size), until 2 stitches remain, K2.

2nd row: K2, rib, knitting into back of every K stitch until 2 stitches remain, K2. Continue in this manner until slipper measures planned length, garter stitch part stretched. Break wool, thread through loops, draw up very tightly and sew toe firmly.

To make up: Sew up front seams to last row of garter stitch portion. Join back seams, drawing up seam slightly at base of heel.



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Health Promotion

Creating an Active Lifestyle

There are many things we can do to assist enhancing our health as we age, including making healthy food choices and not smoking. But did you know that creating an active lifestyle can also help support healthy aging, by maintain our well-being and independence as we age.

Creating an active lifestyle is not just about getting fit and going to the gym or increasing your step count, its more about participating in social and other activities you enjoy, such as taking an art class, joining a hiking group or becoming a volunteer in the community.

As we age, we can find ourselves spending more time at home alone. Being lonely or socially isolated is not good for our overall health and wellbeing and can lead to increase feelings of depression and anxiety.

Over winter we can often find ourselves spending a lot of time alone at home as we hibernate from the cold damp weather, with spring it is the perfect time to challenge ourselves to try something new and find activities to participate in that are meaningful and create a sense of purpose in our daily lives.

As I love a little challenge to help get motivated with something I have put together a little Spring Active Lifestyle Challenge – Get Out and Get Moving. Have a look at the ideas below and see if it sparks something in you, maybe there is an idea of an activity you would like to get back into or try for the first time. Maybe it might spark a different idea. I would love to hear about what you challenge yourself to do and how you get out and get moving through spring. Send me your photos or pop in and tell me about it.

- Garden – get out int the garden, tidy it up, do some weeding and plant some spring vegetables and/or flowers
- Take an exercise class – muscle strengthening is particularly important as we age so find a class that improves strength like our Steady As You Go classes
- Go dancing – whether it be joining a dance class or finding a local dancing group at the local RSA
- Join a sports club for older adults like a bowling club or pool/snooker club
- Take a walk or ride a bike in nature with a friend.
- Take a swimming class – you are never too old to learn to swim or improve your swimming abilities and the feeling of weightlessness and relaxation in the water when you are comfortable is amazing.
- Play with grandchildren – take them to a park and enjoy the sunshine with them.
- Learn a new skill – maybe you would like to learn to sew, crochet or paint. Teach yourself or join a class.

If you are interested in an activity but not sure where to go about getting involved come and have a chat and we would be more than happy to help you go about finding it.

Make the most of the warmer, longer days and get out and get moving,

Take Care,

Andrea Mathews
Health Promotion Coordinator
andrea@ageconcerntaranaki.org.nz

Steady as you go spring update

As winter finishes up and the weather improves, bringing warmer and longer days, it's a good time to think about what we would like to be doing over the summer months.

Perhaps its going walking with friends or finding a walking group to join? Maybe its going to the beach or playing with grandkids at the park? Having a good level of fitness and balance can make partaking in these activities more enjoyable. Our Steady As You Go classes help to do just that.

If you would like to improve your fitness and/or balance ready for summer activities the best time to start is now. Steady As You Go classes are designed for all levels of fitness and are a great way to meet new people too. We have many classes available Taranaki wide with new groups that have started recently in Okato and Bell Block.

Our Steady AS You Go are successfully run by

our volunteer peer leaders, their commitment to the group allows for us to keep adding more sessions in other areas of Taranaki. We are currently looking for more help with these classes, it is important for each group to have a number of peer leaders to allow for our sessions to keep running when volunteers are sick or would like to plan holidays. If you are interested in being a volunteer to help maintain our classes please get in touch with me to have a chat about how you can help.

For more information on the classes please visit www.ageconcerntaranaki.org.nz or phone 06 759 9196 or email andrea@ageconcerntaranaki.org.nz

I look forward to hearing from you,
Take care.

Andrea Mathews
Health Promotion Coordinator
andrea@ageconcerntaranaki.org.nz

Steady As You Go[©] Fall Prevention Exercise Classes Spring 2024 Timetable

Newcomers Welcome!
Contact Age Concern Taranaki on 06 759 9196
Or free phone 0800 65 2 105 to find out more
www.ageconcerntaranaki.org.nz



Time	Monday	Tuesday	Wednesday	Thursday	Friday
09:15					Senior Citizens Hall 53 Juliet Street Stratford
10:00	The Barnabus Centre 141 Tasman Street Ōpunake			Gibson Memorial Hall 88 King Edward Street Eltham	
10:15		Presbyterian Church Hall 35 Argyle Street Hāwera	Gibson Memorial Hall 48 Tauhuri Street Mania		
10:30	Northpoint Baptist Church 116 Mangati Road Bell Block	St Mary's Peace Lounge 37 Vivian Street New Plymouth	Inglewood United Church 30 Brown Street Inglewood	Hempton Hall 72 Carthew Street Ōkato	
11:00					Disabled Citizens Craft Centre 83 Hine Street New Plymouth

Elder Abuse Response Service



Kia Ora readers. As I write this article we are nearing the end of Winter with less than a month to go until Spring is finally here.

In the last EARS section of the newsletter, I discussed Elder Abuse awareness day and month (15th-22nd June) as well as a brief description of the activities we had planned. I thought I could use this space to update you in further detail on how these events went as well as to show some cool photos!

We kickstarted our jam-packed week off with an elder abuse awareness day at our premises on Liardet Street to the 'Drop In Cafe' group on June 13th. My team and I gave an informative presentation to a very engaged group and we had a lot of fun doing so!

Later that evening, my team and I, as well as our Executive Officer (Richard) were invited to a medico legal evening held at Govett Quilliam (GQ Law). It gave our team a chance to share our knowledge and experience of such an important issue with a variety of medical and legal professionals in the Taranaki community who have dealings with the people we serve.

On the biggest day of the week, Elder Abuse awareness day (15th June), we held



a sausage sizzle at the Warehouse in New Plymouth. This gave us a chance to spread awareness to not only our Kaumātua but the general public too. Everyone seemed to enjoy a free sausage, our iconic purple ribbons and information pamphlets.

The following Tuesday (18th June), the EARS team traveled South to Hawera and set up a cupcake stall. These delicious cupcakes were baked in house by our wonderful staff dedicating their time to make an impressive number of cupcakes. The team



enjoyed raising awareness with the Hawera community while giving out cupcakes, information and more purple ribbons!

Early morning Wednesday 19th June, Richard, Aimie and I were guests on More FM's radio breakfast show hosted by Taranaki's own Anna (Ken was away sick). This broadcast gave us an opportunity to spread the message of elder abuse awareness even more!

Finally, the team traveled South again to deliver another presentation to the Hawera 'Drop in Café' group who were also super engaging and asked a lot of questions.

It was certainly one of the busiest Elder Abuse awareness weeks we have had and I'm happy to share my team and I had a lot of fun spreading awareness.

It is with sadness that I share one of our staff has left the EARS team. Belinda will be missed and her skills as a registered nurse and many years of experience in rest homes will be hard to fulfill. However, we now have an



opportunity to find a new person to join the EARS team!!

Thank you all for reading and don't forget to call if you or someone you know may be experiencing abuse and you want to have a chat with one of our team.

Sinead Thomas-Ngatai – 06 759 9196
Service Provision Lead -Age Concern
Taranaki



Age Connect

Central and South Taranaki Update

Despite the drop in temperature lately, it's been great to see so many happy faces turning up to our many events in the Central and South Taranaki area.

Lately we have had weekly guest speakers to our Café Camelia on a Thursday morning in Hawera. We usually have over 30 people attend, sitting around the big table, enjoying each other's company. We are so grateful to those who help in so many ways, making food, washing dishes and stacking chairs etc. At our recent King's birthday celebration, everyone was served tea / coffee and scones at the table. Raynor had made a wonderful crown, which fitted Daphne so well! Jill from the Hawera Genealogy and History group gave a very informative presentation, including details on websites available to help locate family history, as well as information held at their rooms on Union Street. We also enjoyed a fun round of Royal family bingo.



In May we celebrated Mother's Day, with a delicious high tea, and Diana Reid, a local Councillor, talked about her role and the Council's Long term Plan. Our Pink Ribbon morning tea was a hit, with lots of spot prizes given by Pam Gibbon and the team at First Collective Real estate in Hawera. We were also entertained by the Taranaki Swiss Club, with everyone tapping their toes and singing along. Michelle and Bex from Perpetual Guardian gave us all some sound advice on Wills and Enduring Power of Attorneys.





We have another busy month of speakers planned for June. The first being Kevin Bromell from Mobility and More, who bought along some of the aids he has in his shop on Princes Street, to make life a little easier for everyone. He's there to offer solutions to your problems.

We have lots of guest speakers and entertainment booked for the coming weeks, everyone is welcome to come along, enjoy the company of others and some yummy homemade food. We hope to see you soon,

Julie & Estelle

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of your
health
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Hawera: 06 278 4657
Stratford & New Plymouth: 06 758 8334

Mens Group

If you're not with us you're probably missing out on much fun and laughter. In the past months we have had 3 events:

May - Glow in the dark miniputt golf at Bowlerama New Plymouth. Let's just say golf was the winner on the day.

June - Bingo and a beverage. We played bingo and stayed on for a coffee and scones. Lots of laughter and some creative scoring for the bingo.

July - Potatoes and pool. We planted 10 pots of new potatoes in the Age Concern Taranaki garden and then wandered over to the New Plymouth Club for a game of pool. I don't think a lot of pool was played but a fun afternoon with some great story sharing. We also solved the All Blacks problems.

Our next visit is a minibus tour around the coast to stop off at some key places including the lighthouses and the Okato shed museum. At the time of submitting this we have 17 blokes on this visit, so we are really looking forward to a fun day out. If you wish to join us next month please ring Age Concern Taranaki or look out on our website or Facebook page.

Guaranteed laughter and comradery.



Age Connect

Matariki Day

Age Concern Taranaki celebrated Puanga/ Matariki with a social morning and sharing time. Members were asked to bring a family photo of someone who had passed, a goal they want to achieve in the future and a story about a family tradition, to Pauline's Thursday drop in café.

We shared the meaning and significance of Puanga in Taranaki. The specific stars we focussed on were-

Matariki - You can look upon this star to set your intentions of prioritizing your health and wellbeing.

The second star is **Pōhutukawa**, which is connected to the dead and those who have passed away in the past year. You can look upon this star in reflection and remembrance of loved ones who have passed. Our people shared beautiful stories about their friends and family who had passed. We wrote the names of our people on a star and they are displayed in our hall in new Plymouth or on a tree in Hawera.

The third star is **Tupuānuku** which is associated with food grown in the ground. We planted a lime tree to celebrate gardening and working in the garden, and celebrated that our generation know how to garden and the benefits to our wellbeing by getting our hands in the soil and producing pure food.

The final star is **hiwa-i-te-rangi** which is connected to the promise of a prosperous season. You can look upon this star to set goals and resolutions for the year to come. We talked about setting short- and long-term goals for our future and that no matter



our age goal setting is productive. What will be different / better for us next week, next month, next year?

It was a heartfelt but enjoyable morning and hopefully a tradition for our future.

Manawatia a Matariki

A black and white photograph of a cat's head, looking towards the right and shouting into a yellow megaphone. The cat's mouth is wide open, showing its teeth and tongue. The megaphone is yellow with a black handle. The background is a light blue gradient with white lines radiating from the megaphone.

ATTENTION PLEASE !

Please support our advertisers

Our newsletter's continuity is made possible by the support of our advertisers. Kindly show your support to them and mention that you found them through us.

Thank you!

Coastal Connections In Okato

This monthly gathering continues to be a very popular. It is held on the first Tuesday of the month from 1 pm - 3 pm in the Hempton Hall Supper Room. We have music, singing, guest speakers, games, quiz, bingo and lots of fun together. It is a valuable opportunity for many locals to catch up and socialize. It is well attended and everyone is welcome.

A special thanks to all our sponsors and supporters, Okato Community Trust, En Route Coffee, Pat and Linda McFetridge Harcourts, and especially Tracy

Beare for the fantastic help and support with afternoon tea.

Pictured: Lionel receives a \$25 Four Square Voucher from Carol after he won the "Super House" at our recent Bingo Bonanza. Congratulations !!!

Pauline Julian, Service Coordinator



North Taranaki Olympics

Where everyone was a WINNER. Mini Putt, Beer Pong, Quoits, Darts and Corn Hole Games created some good competition at our Olympic Games recently held at Liardet Street.

Many participants dressed in Country Colours and Sportswear and the morning was concluded with a traditional Medal Ceremony. The Age Concern Taranaki Olympics will be an annual event as it was thoroughly enjoyed by everyone who attended.





10 BENEFITS OF EXERCISE FOR OLDER ADULTS

- Maintain independence
- Manage weight
- Reduce health risks
- Improves brain function
- Boosts mental health
- Promotes mood and energy
- Enhances sleep health
- Strengthens mobility and flexibility
- Improves body image
- Elevates sexual function



Staying Safe

A refresher course for older drivers

This FREE classroom based course is designed to increase driving confidence and safety, by re-familiarising you with traffic rules and safe driving practices.

What is the course about?

- Recognising the effects of driving conditions around us
- Raising awareness about driving behaviour
- Recognising the effects of ageing on driving
- Making safer driving decisions
- Improving driving confidence on busy roads
- Considering alternative transport options in case driving is no longer an option in the future

Who is the course for?

Staying Safe is open to anyone over the age of 65, and can be especially useful for those soon requiring a license renewal.

To register your interest in an upcoming course, or to organise a course for your group, please contact:

Age Concern Taranaki

Office: 06 759 9196

Free phone: 0800 65 2 105

Email: info@ageconcerntaranaki.org.nz



Recipes for Spring

Ika Pear Pear (Mince Casserole)

Ingredients

500 gms mince
1 chopped onion
1 dsp brown sugar
1 tsp dry mustard
1 tsp curry powder
1 med tin spaghetti
Grated cheese

Method

Brown mince and onion in a little butter, stirring to keep mince separated. Add spaghetti. Combine the dry ingredients with a little water and add to the mince. Place in a casserole dish cover with grated cheese. Cover dish, bake at 180 degrees for approximately 30 minutes.

Pumpkin & Lentil Casserole

Ingredients - Serves 4-6

1 cup dried lentils
2 cups water
1kg pumpkin
1 large onion
½ cup raisins
25g butter
1tsp salt
1tsp fennel seeds
2-4tsp curry powder according to taste

Method

You'll need a 2-3 litre microwave proof dish with a lid. Combine the lentils with 1 cup of water in the microwave dish. Cover and cook on high for 10 minutes, while you peed, deseed and chop the pumpkin into 3cm cubes. Stir the pumpkin into the lentils with the remaining water. Cover and cook for 10 minutes, while you chop the onion and prepare the other ingredients. Stir the remaining ingredients into the pumpkin and lentil mix. Cover and cook for another 10 minutes. Serve immediately, topped with yoghurt.

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*Ts & Cs apply

Introducing Gypsy

Introducing Gypsy, the adorable Golden Mountain Doodle puppy! She'll be joining Bex at Age Concern Taranaki every day.

If you're ever in need of a cuddle or just a friendly ear, Gypsy would be more than happy to sit with you and brighten your day.



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What's Coming Up . . .

Eltham

SAYGo – Steady As You Go strength and balance exercise class held on Thursday 10.00am. All Saints Church, 88 King Street, Eltham.

Hawera

SAYGo – Steady As You Go strength and balance exercise class held on Tuesday 10.15am. Presbyterian Hall, Argyle Street, Hawera.

Casual Cuppa – Held on the 1st and 3rd Tuesday of each month, 11.15am. Presbyterian Hall, Argyle Street, Hawera. Join us to make or meet new friends, socialise and relax.

Drop in Social Morning – Held every Thursday 10.30am. Presbyterian Hall, Argyle Street, Hawera. Drop in, make friends, socialise and take part in robust discussions. Guest speaker 3rd Thursday of the month. Koha appreciated.

Monthly Outing – Every 2nd Wednesday of the month. Check out our What's On for further information.

Games Morning – Every 1st and 3rd Friday of the month at 10:30am held at the Presbyterian Hall, Argyle Street, Hawera. Drop in, make new friends, learn new games and crafts and enjoy the company. Koha Appreciated.

Inglewood

In Tune with Inglewood – Sing a long and Social Afternoon – Every 2nd and 4th Thursday of the month, 1.30pm – 3.30pm. The Mamaku Centre, 6 Mamaku St, Inglewood. A fun afternoon with singing, instruments and much more.

Manaia

SAYGo – Steady As You Go strength and balance exercise class held every Wednesday, 10.15am. Gibson Hall, Tauhiri Street, Manaia.

Casual Cuppa – Held on the 1st Wednesday of the month, 11.15am. Gibson Hall, Tauhiri Street, Manaia. Drop in make friends, socialise and take part in discussions.

New Plymouth

Aqua Walking – Held every Tuesday, 10am – 11am at the Methanex Indoor Pool Complex, 10 Murray Street, Bell Block. \$4 payable to the pool reception. Fun exercises to fabulous music, beneficial for improving stability and balance, and increasing fitness. Registration is a must. Phone Pauline at our office on 06 759 9196.

Warm Up Wednesday – Music and Singing – Held on 2nd and 4th Wednesday of each month, 10am – 12noon. 33 Liardet Street, New Plymouth.

Drop in Café – Every Thursday morning, 9.30am – 11.30am. 33 Liardet Street, New Plymouth

SAYGo – Steady As You Go strength and balance exercise classes. Tuesday's at 10.30am, St Mary's Peace Hall, 37 Vivian Street, New Plymouth. Friday's at 11.00am, Disabled Citizens Rooms, 83 Hine Street, New Plymouth. Monday's 10.30am in Bell Block, 116 Mangati Road New Plymouth

Mens Group – 3rd Monday afternoon, Join the blokes for banta and socialising. 33 Liardet St, New Plymouth or as advertised.

Okato

SAYGo – Steady As You Go strength and balance exercise class held on Thursday, 10.30am. Hampton Hall, Carthew St, Okato.

Coastal Connections – Held on the 1st Tuesday of each month, 1pm – 3pm, Hempton Hall Supper Room, Carthew St, Okato. Join us for a relaxed social afternoon.

Opunake

SAYGo – Steady As You Go strength and balance exercise class held every Monday, 10.00am. St Barnabas Centre, 142 Tasman Street, Opunake.

Casual Cuppa – Every 1st Monday of the month at 11am, Join the happy group for a tea, a chat and games at St Barnabas Centre, 142 Tasman Street, Opunake.

Stratford

Chirpy Fridays – Music and Sing a long – Held on the 2nd and 4th Friday of each month, 10.30am at the Senior Citizens Hall, 53 Juliet Street, Stratford. Join us for morning tea, make or meet new friends, socialise, relax and sing the Friday away.

Aqua Walking – Held every Thursday at 1:30pm at the Wai O Rua Stratford Aquatic Centre, 53 Portia Street, Stratford. Join us for fun, gentle water exercises, beneficial to improving stability, balance and increasing fitness. No meetings during school holidays. Cost \$3.60 per person pay at reception

SAYGo – Steady As You Go strength and balance exercise class held every Friday, 9.00am. Stratford Senior Citizens Hall, 53 Juliet Street, Stratford.

Patea

Morning Coffee – Held on the 4th Wednesday of the month, 10.30am. Patea Library. Informal morning coffee and a chat. Join the “Merry Knitters”

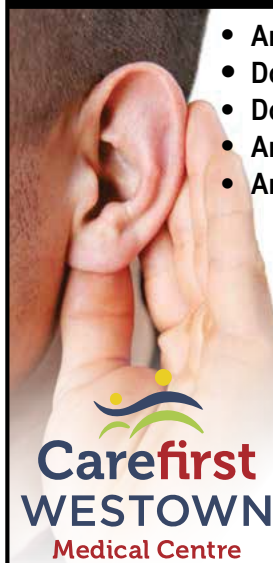
Waitara

In Tune with Waitara – Sing a long and Social Afternoon – Every Friday, 1.30pm – 3.30pm. Senior Citizens Hall, 3 Warre Street, Waitara. A fun afternoon of singing, musical instruments and entertainment with Pauline on her guitar.

Waverley

Morning Coffee – Held on the 3rd Wednesday of the month, 10.30am. Waverley Library. Informal morning coffee and a chat.

Do your ears feel blocked, are you having trouble hearing?



- Are you prone to ear wax build up?
- Do you wear hearing aids?
- Do you use cotton buds?
- Are you about to have a hearing test?
- Are your ear canals narrow or hairy?

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Discomfort, Itching, Pain, Ringing
in your ears (tinnitus), Dizziness
and Reduced hearing.

Earwax removal is safe and effective.
It is performed by our trained and
experienced registered nurses
and involves using a microscope to
view your ear and a small suction
tube to remove the wax.

**Ear suctioning removes ear wax
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FORM OF BEQUEST

Take or send to your Legal Advisor
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"I give and bequeath the sum of
\$ _____ (or)

_____ % of my estate,
(or) residue of my estate, (or) property
or assets as follows:

free of all charges, to Age Concern Taranaki.
The official receipt of the Executive Officer or
other authorised officer of the Board shall be a
sufficient discharge to my executors".



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MEMBERSHIP SUBSCRIPTIONS WELCOME FOR YEAR ENDING 30 SEPTEMBER 2025

Please complete the following and post with
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Taranaki Mail Centre, New Plymouth 4340.

Name: _____

Address: _____

Phone: _____

Email: _____

Ethnicity Origin (or race) (please tick):

- ☐ NZ European
☐ NZ Maori
☐ Pasifika
☐ Other Ethnicity

Please specify: _____

Subscriptions (please tick):

- ☐ Single \$15.00 ☐ Couple \$15.00
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Bank account: 15-3953-0717362-00
(Ref: Your name)

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support*