



**AGE
CONCERN
TARANAKI**

He Manaakitanga
Kaumātua Aotearoa

Age Concern Taranaki



www.ageconcerntaranaki.org.nz



Exciting News see page 3

Contact Information:

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Postal Address: PO Box 15,
Taranaki Mail Centre, New Plymouth 4340

NEW PLYMOUTH OFFICE:

33 Liardet Street, New Plymouth
HOURS 9.30am - 1.30pm Monday to Friday

HĀWERA OFFICE:

35 Argyle Street, Hāwera
HOURS Visit by appointment

Board Members:

Chairperson: Sam Bennett
Vice Chairperson: Peter Ertel
Treasurer: Peter Ertel
Board Members:

David Gibson, Alison Brown,
Annabel Dennett, Bobbi Milne,
Denise Loveridge and Raana Solomon

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.

From the EO's Desk

The Glass is Always Half full if we make it so.

Our Glass is always half full if we make it so. An optimistic statement as we know ageing can be stressful or uncomfortable at times however our perspective on life can change how we think feel and act positively.



I was stopped at some road works last week and I had a choice to think positively or negatively. Negatively there were many road workers apparently standing around not doing too much, mmmmm. Or positively how fantastic it is, that I live, and choose to live in a 1st world country where we have a roading system that allows me to complete my work efficiently, and to live my social life visiting family and friends in an efficient and functional way. As I leave the road works and wave and smile to the stop /go attendant, I choose my mood moving forward for the day.

We wake up and make a choice every day to be happy, thankful and positive or the opposite. We know we can find many things every day that are frustrating or negative however I personally choose to not engage with the negative. There is a wonderful saying that we are the average of the sum of our 5 closest friends. This means choose people in your life that are uplifting, positive and understanding, not depressing, negative and judgemental. At the end of the day, we get to choose.

I promise you that if you make the decision to be joyful, joy will find you and follow you. A wonderful person once said to me. "If you don't happen to life, life will happen to you"

I have just been part of our Drop in Café on a Thursday morning run superbly by Pauline. It is place of happiness, joy, laughter and positivity; come and join us anytime bring a friend or choose anyone of our other programmes.
Love being here Richard

OFFICE CLOSE DOWN PERIOD

Our New Plymouth and Hawera Offices will be closed
from Friday 20th December 2024 and will reopen
Monday 13th January 2025

MEAL CONVIENCE SERVICE

Our last Meal delivery date will be Friday 13th December
and we will resume deliveries on Friday 10th January 2025

WISHING YOU A SAFE AND
HAPPY HOLIDAY SEASON

Age Concern Taranaki Wins For Purpose Excellence Award at TSB Taranaki Chamber of Commerce Business Excellence Awards

On Saturday, November 9, Age Concern Taranaki proudly received the For Purpose Excellence Award at the TSB Taranaki Chamber of Commerce Business Excellence Awards. The event, held at the TSB Showplace, brought together local businesses and organizations to celebrate outstanding achievements across the region.

Board members, Chief Executive, and staff of Age Concern Taranaki attended the evening, enjoying a fabulous night filled with camaraderie and celebration. The For Purpose Excellence Award recognizes an organization's commitment to making a significant positive impact, and this win is a testament to Age Concern Taranaki's dedication to supporting the well-being and inclusion of older adults in our community.



We extend our sincere gratitude to our Board and Chief Executive for their visionary leadership and dedication, driving Age Concern forward in its mission to make Taranaki a place where older people live valued and meaningful lives in an inclusive society. Their commitment inspires us every day and has been instrumental in achieving this recognition.

To our incredible staff and volunteers, thank you for your hard work, passion, and daily dedication. Your efforts ensure that we can deliver vital services and support that make a difference in the lives of older people across Taranaki. We also wish to thank our members, funders, and community supporters, whose generosity and belief in our work make it possible to do our mahi.

Finally, we extend our heartfelt appreciation to the Taranaki Chamber of Commerce and the award judges. Thank you for organizing such a wonderful event and for recognizing the importance of community-focused organizations like ours. Winning this award is an honor, and we look forward to continuing our work to build a future where all older adults in Taranaki can thrive.



Save The Date

“Age is Just a Number”

Join us on our journey to being the best Age Friendly City in the World.

We want to hear your voice and how we can thrive as a generation and not just survive. Next year on March the 5th we are having a mini one-day forum celebrating ageing as a celebration not a burden. We have already engaged Paul Rangiwahia as our M.C. and as a guest speaker and have also managed to secure Carolyn Cooper New Zealand's Age Care Commissioner for a key note speech. We will release our other speakers and workshops as we assemble the programme.

Another essential part of the day will be gathering your voice. What are we doing well as an age friendly city and what may we improve? We intend to consult with you as our people and hear your lived experiences.

We aim to have our city councillors and our central government representatives to both speak and listen

Any and every organisation who supports our vision and supports our people will be invited to share what they are doing and their goals for the future.



WARNING – This is a positive celebratory day. Moans and complaints will be left at the door. We will have a chance to gather any concerns, but this will be one specific part of the day. The forum will be educational collaborative and fun.

Our goal is to improve the culture our older people and increase our visibility. We are a resource, and we have wonderful skills, knowledge and attitudes to share.

Limited to 150 places. Join us and become part of this change movement. More information soon, follow us on our website and facebook.



Health Promotion

Summer Wellness Tips

As we prepare for the festive holiday season, we want to remind everyone to prioritize wellness to stay energized and healthy. For those over 65, balancing the excitement of Christmas with self-care is especially important. Our Steady As You Go classes Social connection programmes and North and South offices will be taking a holiday break from December 19th to January 13th, so here are some tips to stay well and make the most of the season while our programs are on hold.

1. Stay Hydrated

Summer temperatures can make it easy to become dehydrated, especially with all the extra activities this time of year. Try to keep a water bottle with you and aim to drink regularly throughout the day. Herbal teas and infused water are great refreshing options, too. Staying hydrated will help you feel your best for any holiday festivities.

2. Pace Yourself

The holiday season can feel hectic with gatherings, shopping, and cooking. Remember, it's okay to pace yourself and set boundaries to avoid feeling overwhelmed. By planning rest days or even saying "no" to some events, can help you conserve energy so you'll have more for the moments that matter most to you.



3. Stay Active in Simple Ways

Regular movement is essential for maintaining strength, balance, and mood. With our regular exercise programs on hold, keep up your routine with gentle summer-friendly exercises. Daily walks, light stretching, or water aerobics can help you stay active without overdoing it. If you're interested in joining one of our classes in Taranaki, reach out to us for more information!

4. Enjoy Holiday Treats in Moderation

Festive foods are a highlight of the season, but balancing treats with lighter, nutritious meals can help you feel your best. Summer fruits, fresh salads, and light snacks like nuts are easy, nourishing choices. Bringing a healthy dish to gatherings can also ensure you have options that support your wellness.

5. Prioritize Connection and Reflection

The holiday season can bring up mixed emotions. Whether you're spending it with family or friends, or remembering loved ones from afar, it's important to allow time for reflection and connection. Share a meal with family, enjoy a chat with a friend, or join in community events. Keeping connections strong is important for emotional wellness, especially over the holidays.

We'll be back on January 13th to support you in the new year with our classes and programs. In the meantime, we wish everyone a happy, healthy, and restful holiday season!

Happy holidays, and here's to a well-balanced and joyful season ahead!

Andrea Mathews

Health Promotion Coordinator

andrea@ageconcerntaranaki.org.nz

Health Promotion

Steady As You Go: Strengthening Our Community, One Step at a Time

Our Steady As You Go (SAYGo) falls prevention exercise program continues to make a significant impact with 14 classes operating across the Taranaki region. 10 of these are open to the public with 4 operating in retirement villages. All our classes will be taking a well-deserved break over the Christmas/New Year period, please check the timetable for these details.

The classes are designed to enhance strength, balance, and mobility, SAYGo classes empower older adults in our communities to stay active, confident, and steady on their feet. This program is especially vital given that falls are the leading cause of injury for older adults in New Zealand. Statistics reveal that one in three New Zealanders over 65 will experience a fall each year, and falls often have a profound impact on independence, mobility, and quality of life.

SAYGo classes proven to help reduce falls by improving physical strength and balance, which directly contributes to a better quality of life for older adults. We currently offer classes in Opunake, Hawera, Manaia, Bell Block, New Plymouth, Inglewood, Stratford, Eltham, and Okato, with our newest group recently launched in Bell Block, New Plymouth, meeting every Monday at 10:30 a.m. See the attached timetable for the session times in each area. We owe the success of these classes to our incredible volunteer peer leaders, who ensure each session is safe, fun, and welcoming. Their dedication and commitment allow us to keep SAYGo thriving.

To all our current volunteer leaders, thank you! We couldn't make this impact without you.

We are actively seeking more volunteer peer leaders to join our team. Having more than one leader per group is essential to keep classes running smoothly with continuity, allowing leaders to be away. Being a SAYGo volunteer is rewarding and flexible—our volunteer leaders find it an enriching way to give back to their community, offering a chance to make a meaningful difference in members of our community, meet new people, and stay active themselves.

Volunteering as a SAYGo peer leader is a rewarding experience, offering a chance to make a meaningful difference in your community while staying active and building connections with others yourself.

If you're interested in becoming a peer leader or know someone who might be, please reach out to us and help us continue to provide this vital service. Together, we're building a stronger, safer, and more connected community for everyone!

Andrea Mathews

Health Promotion Coordinator

andrea@ageconcerntaranaki.org.nz



Steady As You Go[©]

Fall Prevention Exercise Classes

Summer 2024/2025 Timetable

Christmas Close Down Periods

Time	Monday	Tuesday	Wednesday	Thursday	Friday
09:15					Senior Citizens Hall 53 Juliet Street Stratford Final session: 13th Dec 2024 Return: 17th Jan 2025
10:00	The Barnabus Centre 141 Tasman Street Ōpunake Final session: 16th Dec 2024 Return: 13th Jan 2025			Gibson Memorial Hall 88 King Edward Street Eltham Final session: 12th Dec 2024 Return: 30th Jan 2025	
10:15		Presbyterian Church Hall 35 Argyle Street Hāwera Final session: 18th Dec 2024 Return: 14th Jan 2025	Gibson Memorial Hall 48 Tauhuri Street Maniaia Final session: 11th Dec 2024 Return: 15th Jan 2025		
10:30	Northpoint Baptist Church 116 Mangati Road Bell Block Final session: 16th Dec 2024 Return: 13th Jan 2025	St Mary's Peace Lounge 37 Vivian Street New Plymouth Final session: 3rd Dec 2024 Return: 14th Jan 2025	Inglewood United Church 30 Brown Street Inglewood Final session: 18th Dec 2024 Return: 15th Jan 2025	Hempton Hall 72 Carthew Street Ōkato Final session: 19th Dec 2024 Return: 16th Jan 2025	
11:00					Disabled Citizens Craft Centre 83 Hine Street New Plymouth Final session: 13th Dec 2024 Return: 17th Jan 2025

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



Health Promotion

Age Concern Visiting Service

Kia ora,

My name is Marcia, and I am proud to have taken on the role of co-ordinator for the Visiting Service here at Age Concern Taranaki. Over the past few months, I have grown familiar with the workings of this valuable service and now have a clear pathway to build upon previous successes. The potential for this is immense, and to achieve this, we need the continued support and involvement from volunteers.

Just a heads-up, due to budget limitations, I'm currently working only two days a week, so things might move a bit slower than we'd like.

But don't worry! We're always on the lookout for new funding opportunities so we can match.

The stories I hear every day about new friendships, special moments, and happier lives show just how much volunteering matters. Thank you for everything you do!

Thank you for your continued support, and let's keep building this service together.

If you wish to volunteer or know someone who needs support visit our website or

phone 0800 65 2 105 or email
marcia@ageconcerntaranaki.org.nz

Ngā mihi nui, Marcia



Age Connect

Age Concern Celebrates International Day of Older Persons

On the 1st of October, our North and South Taranaki groups came together to celebrate the International Day of Older Persons with a heartwarming gathering at Pioneer Village in Stratford.

The day began with a shared meal at the charming Shakee Pear café, where stories were exchanged, and laughter echoed throughout the space. It was a beautiful moment of connection and celebration of the life experiences and contributions of our older generations.

Following lunch, the group enjoyed exploring the historical Pioneer Village. A visit to the Okato Cottage proved especially memorable, sparking lively conversations about past times and shared memories. Many recognized familiar names and faces in old photographs and reminisced about the dedicated nurses who served in the hospital.



Other highlights of the day included playful moments at the old pillory, where some members tried out its humorous confines, and a scenic train ride through the village, offering a delightful way to take in its nostalgic charm. Stops at the old barber shop and Dr. Surgey's clinic were filled with stories and reflections, transporting everyone back to earlier eras.

The day was a wonderful blend of laughter, reflection, and community spirit, reminding us of the importance of honoring and celebrating the lives and legacies of our older generations.



Age Connect

ACT New Hawera Office Opens to

Age Concern Taranaki's longstanding commitment to enhancing social connections and wellness programs for the Hawera community has reached an exciting milestone: the opening of a dedicated satellite office in the Presbyterian Church Hall on Argyle Street. Established with support from the Toi Foundation, the new office marks a significant step forward in meeting the increasing demand for vital services in South Taranaki.

For the past eight years, Hawera residents have benefited from community-based programs, initially launched by volunteers and later led by a dedicated paid program lead Estelle Barnes for the last 4 years. In February 2024, we welcomed Julie Landers a second support position, highlighting the steady growth of programs such as Steady As You Go – Falls Prevention Exercise (SAYGo), and social connection groups, with weekly attendance numbers now reaching over 50 participants—a testament to the program's importance and impact.

The expansion to a new location has been made possible by generous contributions from the Toi Foundation, Age Concern NZ, Lotteries Foundation, and Community Organisations Grants Scheme, while the Hawera Presbyterian Church has graciously offered its venue as a home base for both the office and community activities.



The official opening on June 18 2024 was a celebratory event attended by Life Members, Mayor Phil Nixon, and ACT Chairperson Sam Bennett, among others. Mayor Nixon and Chairperson Bennett praised the collaborative efforts that brought this project to fruition, especially the dedication of volunteers and the ongoing support from local funders and community members. To say we are excited would be an understatement. Hawera and South Taranaki are the gem in the crown for Age Concern. The growth of programmes, attendance numbers and vitality that pervade their people and their programmes are a motivation for all areas of Age Concern across the country to aspire to.

Serve Growing Community Needs



When visiting South Taranaki programmes you see, feel and hear social connection and positivity. You always leave feeling joyful and inspired. Congratulations to Estelle, Julie our volunteers and our members; you are an authentic and living example of our generation thriving and not just surviving.

With the new office, Hawera's growing community can look forward to an expanded reach for social connection, wellness programs, and volunteer support that bring people together and strengthen community bonds.

We will continue to grow and make a difference to many more people, and new members to any of our groups are welcome with open arms.

See you there for a coffee and a cake!

Age Connect

Wishing Everyone a Safe and Happy Holiday Season

We have shared some very happy times throughout the year connecting with each other, laughing, music, singing, socialising and meeting new people. There have been some very special and memorable events and activities and most of all FUN.

Our first get together, Drop in café in 2025 at 33 Liardet Street will be held on Thursday 23rd January and we are looking forward to seeing you all again. I am planning to catch up with my family, go to the beach and check out a couple of cool lighthouses.

I wish you all a very Merry Christmas, a Happy New Year and a safe holiday time.

Pauline Julian North Taranaki Age Connect Service Coordinator North Taranaki

MENS GROUP EVENTS 2024/2025

BACK TO SCHOOL VISIT 33 LIARDET STREET, NEW PLYMOUTH 8.30AM - 1PM	NOV 18	BARBEQUE 35 ARGYLE STREET, HAWERA 12PM	NOV 26
MYSTERY EVENT TBC 33 LIARDET STREET, NEW PLYMOUTH 12 PM	FEB 17	MYSTERY EVENT TBC 35 ARGYLE STREET, HAWERA 12 PM	FEB 27

WWW.AGECONCERNNTARANAKI.ORG.NZ

0800 65 2 105 OR 06 759 9196

YOU ARE INVITED TO

CHRISTMAS LUNCH

You are invited to share in the Christmas cheer! Our party will be filled with fun festivities, delicious food and warmth

THURSDAY

19TH DEC

AT 10 AM LUNCH 12NOON

New Plymouth Bowling Club,
Brooklands Road
New Plymouth

\$30pp cash paid in advance to Pauline to secure spot before 13th Dec.
Bar facility open on the day - efpots available

We are so honoured to have completed another year filled with joy, laughter, singing and Aqua Walking, just to mention a few.

Julie and I are fortunate that we have such delightful group of fun loving, individuals that always arrive with a smile, in turn we really enjoy the chatter and laughter on arrival, it makes our events a welcoming, happy, joyful and wonderful place to be. Thank you for being there with us!

We have been fortunate to now operate from our office in Hawera. Another huge blessing is that Julie joined us in February, I am sure you will agree that the various events and not to forget, the morning teas, have been enjoyed by us all. Thank you, Julie!

We have many "Kitchen Fairies" at our events, thank you for all the help that you so readily provide, we could not possibly achieve the wonderful events without all of your help. Once again Thank You!

As the year draws to a close, we would like to wish you, your family and friends a joyful, Merry Christmas. May the year ahead be filled with all that is good, wishing you a wonderful healthy, happy New Year.

With thanks and best wishes.

Estelle Barnes and Julie Landers
Age Concern Taranaki
South and Central Age Connect Service Co-ordinators



Aqua Christmas Lunch

Bell Block

Last class Tues 17th Dec at Methanex Aquatic Centre
Pt Luck Christmas Lunch
 at Methanex Aquatic Centre
 11am - after class
 Classes resume Tues 21st Jan 2025

Stratford

Last class Thurs 12th Dec at Wai O Rua -Stratford Aquatic Centre
Christmas Lunch Thurs 19th Dec
 at Ourr Place, Broadway, Stratford
 12.30pm
 Bookings essential by 6th Dec
 Classes resume 13th Feb 2025

[REGISTER NOW](#)

Bell Block - Pauline 06 759 9196
 Stratford - Estelle 027 2285371

YOU ARE INVITED TO

CHRISTMAS LUNCH

\$30.00 Buffet Lunch, Bring a \$10 secret Santa Gift

DECEMBER

11 | 12 NOON

Tairoa Lodge,
 3 Puawai Street,
 Hawera

RSVP:


Estelle 027 228 5371
 Julie 027 2643086
 by 3rd Dec


Age Connect


Christmas Break Up Dates



Inglewood

 Thursday, 12th December 2024

 1:30 pm – 3:30 pm


 Lifegate, 6 Mamaku St, Inglewood


Bring a plate of Christmas goodies & a gift to share. It'll be FUN! 🎁

We'll regroup on Thursday, 13th February 2025.

New Plymouth - Spoons & Tunes

 Wednesday, 11th December 2024


 9:30 am – 11:30 am


 33 Liardet St, New Plymouth

Join us for a fun-filled morning of music and more! 🎵

We'll return on Wednesday, 12th February 2025

New Plymouth - Drop in Cafe

 Thursday, 12th December 2024

 9:30 am – 11:30 am

 33 Liardet St, New Plymouth


Join us for a fun-filled morning of music and more! 🎵

We'll return on Thursday, 23rd Jan 2025.

Ōkato

 Tuesday, 3rd December 2024

 Hempton Hall Supper Room


 1:00 pm – 3:30 pm


Let's have a blast for the last of 2024! 🎉

We'll regroup on Tuesday, 4th February 2025.

Waitara

 Friday, 13th December 2024

 1:00 pm – 3:30 pm

 Senior Citizens Hall, 3 Warre St, Waitara

Celebrate Christmas with us! ☀️

We'll be back on Friday, 24th January 2025

"The true beauty of music is that it connects people"

Pauline Julian Service Co-ordinator, covering North Taranaki Age Connect Programmes, wishing you and yours a Merry Christmas and a Healthy 2025.

Christmas Break Up Dates



Hāwera - Drop in Cafe

↑ Presbyterian Centre, 35 Argyle Street, Hawera

📅 Tuesday, 17th December 2024

🕒 11:15 AM

Join us for a heartwarming morning of Christmas Songs! 🎵🌟

🗓️ We'll return on Tuesday, 21st January 2025

Hāwera - Cafe Camelia

↑ Presbyterian Centre, 35 Argyle Street, Hawera

📅 Thursday, 19th December 2024

🕒 10:30 AM

Join us for a joyful morning of Christmas Songs! 🎵🌟

🗓️ We'll return on Thursday, 16th January 2025

Hāwera - Games and Fun

↑ Presbyterian Centre, 35 Argyle Street, Hawera

📅 Friday, 6th December 2024

🕒 10:30 AM

Come along for laughter, games, and great company! 🎮🌟

🗓️ We'll return on Friday, 24th January 2025

Manaia

↑ Robert Gibson Memorial Hall, 48 Tauhuri Street, Manaia

📅 Wednesday, 4th December 2024

🕒 11:00 AM

Let's enjoy one more cup together before the holiday break! 🌟

🗓️ Returning Wednesday, 5th February 2025

Ōpunake

↑ Barnabas Centre, 141 Tasman Street, Ōpunake

📅 Monday, 16th December 2024

🕒 11:00 AM

Join us for a festive Potluck Lunch to celebrate the season! 🍽️🌟 Bring your favorite dish and enjoy great company as we share the joy of Christmas together! 🎅🌟

🗓️ Returning Wednesday, 5th February 2025

Stratford

↑ Senior Citizens Hall, 107 Regan Street, Stratford

📅 Friday, 13th December 2024

🕒 10:30 AM

Join us for a cheerful morning of Christmas Songs! 🎵🌟

🗓️ Holiday Break: Returning on Friday, 17th January 2025.

Patea

↑ Library Plus, Patea

📅 Wednesday, 27th November 2024

🕒 10:30 AM

Join us for our final Morning Tea of the year! 🍵🌟

🗓️ Returning Wednesday, 22nd January 2025.

Waverley

↑ Library Plus, Waverley

📅 Wednesday, 18th December 2024

🕒 10:30 AM

Join us for a festive Morning Tea of the year! 🍵🌟

🗓️ Returning Wednesday, 15th January 2025.

Elder Abuse Response Service

Kia Ora readers 😊

Welcome to our Summer article! I am so pleased that warmer weather is finally upon us and we can all look forward to a much-needed summer break with friends and family.

I am happy to announce that the EARS team at Age Concern Taranaki has employed a new social worker, Kate Duncan. Kate brings a wealth of knowledge to the team and has experience working with our older population at Te Whatu Ora before joining our team. Prior to starting with us, Kate had travelled and lived overseas in Canada before returning to settle in NZ. We are so excited to have Kate with us on our team!

Seeing as we are approaching the Christmas, New Year holiday period I thought it would be fitting to discuss Self-Neglect as a form of Elder Abuse here in Taranaki. Our team see a large number of self-neglect referrals during and immediately after the holiday season.

This is due to family travelling to visit their older loved ones and seeing a drastic change in how they are living or managing at home on their own. As our Kaumātua age, it can be difficult to cope in the same way we are used to seeing. It can become challenging to clean their home, cook meals, and engage in social connection like they did when they were younger. Other factors like mental health issues, grief (if an older person has lost a partner or close loved one), finances and medical issues all contribute to an older person being unable to manage or fulfil their own needs.



Many of our Kaumātua may feel shame, guilt and not wanting to be a 'burden' on their families so they don't reach out or ask for help. Very quickly things can begin to 'snowball' and before long their home and entire way of living begins to deteriorate. It can be a shock for family/Whanau to see their older loved ones not coping and they can feel helpless if an offer of help is turned down.

I encourage Whanau to try and remember this is likely due to an older person feeling embarrassed or wanting to solve these issues on their own. We even see some Kaumātua not wanting to make change and deciding that they will continue to try and manage on their own without support and that's okay too. I do encourage people to reach out and contact our service if you have concerns for an older person self-neglecting.



While it is one of the harder forms of abuse to address and make positive change, our team will always at least try to engage with those self-neglecting and offer some form of support.

If an older person doesn't have mental capacity we can engage the right people/services to put some safeguards in place. If the person does have mental capacity and decides they don't want our help, that's okay, we can leave information and hope they make contact at a time that better suits them.

We always make it clear to our clients that they decide whatever it is they would like help with, not us and not anyone else.

To finish off, I hope you all have an enjoyable and relaxing holiday season and summer months. Please remember to check in on your older loved ones and remember to be kind and compassionate if you do see changes you weren't expecting when visiting our Kaumātua. Thanks heaps 😊

Sinead Thomas-Ngatai
Elder Abuse Response Service
Service Provision Lead – Registered Social Worker Age Concern Taranaki – 06 759 9196



Happy
Holidays

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. Final 2024 session 12th Dec and returns 30th Jan 2025

Hawera

SAYGo – Steady As You Go strength and balance exercise class held on Tuesday 10.15am. Presbyterian Hall, Argyle Street, Hawera. Final 2024 session 18th Dec and returns 14th Jan 2025.

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. Final 2024 session 17th Dec and returns 21st Jan 2025.

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. Final 2024 session 19th Dec and returns 16th Jan 2025.

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. Final 2024 session 6th Dec and returns 24th Jan 2025.

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. Final 2024 session 12th Dec and returns 13th Feb 2025.

Manaia

SAYGo – Steady As You Go strength and balance exercise class held every Wednesday, 10.15am. Gibson Hall, Tauhiri Street, Manaia. Final session 2024 11th Dec and returns 15th Jan 2025.

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. Final sessions 2024 4th Dec and returns 5th Feb 2025.

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. Final 2024 session 17th Dec and returns 21st Jan 2025.

Spoons and Tunes - Wednesday – Music and Singing – Held on 2nd and 4th Wednesday of each month, 10am – 12noon. 33 Liardet Street, New Plymouth. Final 2024 session 11th Dec and returns 12th Feb 2025.

Drop in Café – Every Thursday morning, 9.30am – 11.30am. 33 Liardet Street, New Plymouth. Final 2024 session 12th Dec and returns 23rd Jan 2025.

SAYGo – Steady As You Go strength and balance exercise classes.

Monday's 10.30am in Bell Block, 116 Mangati Road. Final 2024 session 16th Dec and returns 13th Jan 2025.

Tuesday's at 10.30am, St Mary's Peace Hall, 37 Vivian Street, New Plymouth. Final 2024 session 3rd Dec and returns 14th Jan 2025.

Friday's at 11.00am, Disabled Citizens Rooms, 83 Hine Street, New Plymouth. Final 2024 session 13th Dec and returns 17th Jan 2025.

New Plymouth Mens Group – 3rd Monday afternoon, Join the blokes for banta and socialising. 33 Liardet St, New Plymouth or as advertised. No session in Dec 2024 will return 17th Feb 2025.

Okato

SAYGo – Steady As You Go strength and balance exercise class held on Thursday, 10.30am. Hempton Hall, Carthew St, Okato. Final 2024 session 12th Dec and returns 23rd Jan 2025.

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. Final 2024 session 3rd Dec and returns 4th Feb 2025.

Opunake

SAYGo – Steady As You Go strength and balance exercise class held every Monday, 10.00am. St Barnabas Centre, 142 Tasman Street, Opunake. Final 2024 session 16th Dec and returns 13th Jan 2025.

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. Final 2024 session 16th Dec and returns 5th Feb 2025.

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, 23 Juliet Street, Stratford. Join us for morning tea, meet or make new friends, socialise, relax and sing the Friday away. Final 2024 session 13th Dec and returns 17th Jan 2025.

Aqua Walking - Held every Thursday at 1.30pm at 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 sessions during school holidays. Final 2024 session 12th Dec and returns 13th Feb 2025.

SAYGo – Steady As You Go strength and balance exercise class held every Friday, 9.15am. Stratford Senior Citizens Hall, 53 Juliet Street, Stratford. Final 2024 session 13th Dec and returns 17th Jan 2025.

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”. Final 2024 session 27th Nov and returns 22nd Jan 2025.

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. Final 2024 session 13th Dec and returns 24th Jan 2025.

Waverley

Morning Coffee – Held on the 3rd Wednesday of the month, 10.30am. Waverley Library. Informal morning coffee and a chat. Final 2024 session 18th Dec and returns 15th Jan 2025.



*Age Concern Taranaki
Presents:*

AGE IS JUST A NUMBER CONFERENCE

**FREE
ENTRY**

*limited seats

Come celebrate experience and fuel the future at Age Is Just A Number where we highlight what is available locally to proactively age well.

Wednesday, 5th March 2025

At 9:30 AM - 3 PM

Westend Bowling Club
101 Outfield Road,
New Plymouth

REGISTER NOW ➔

For More Information
www.eventbrite.co.nz/e/age-is-just-a-number-tickets-1076037289699





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WELCOME FOR YEAR ENDING
30 SEPTEMBER 2025**

Please complete the following and post with
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FORM OF BEQUEST

Take or send to your Legal Advisor
for incorporation in your Will.

"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".

