

SPRING 2022 QUARTERLY NEWSLETTER

[www.ageconcern.org.nz](http://www.ageconcern.org.nz)

# Age Concern Whanganui



**AGE  
CONCERN  
WHANGANUI**

He Manaakitanga  
Kaumātua Aotearoa



# AGE CONCERN WHANGANUI

For advertising phone Sam 027 872 6629 or email [samanta@kiwipublications.nz](mailto:samanta@kiwipublications.nz)

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## Contact Information

**Phone:** (06) 345 1799 **Fax:** (06) 347 2334  
**Email:** info@acwhanganui.org.nz  
**Address:** 164 St Hill Street, Whanganui 4500

### OFFICE HOURS

8.30am - 4.30pm Monday to Thursday

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**Volunteer Coordination/**

**Steady As You Go:** Janet Lewis

**Social Worker:** Lorraine TePou

**Wellbeing Officer - Council Flats**

**Whanganui & Rangitikei:** Lisa Buchanan

**Age Concern Visiting Service/**

**Health Promotion:** Clare Fearnley

**Social Worker:** Karen Kitson

**Community Connector:** Becky Stanley

## Tena koutou

How are you?

Hopefully, we are at the end of the wintry months although it has not been as cold as it has been in previous winters.

In July, Age Concern New Zealand launched our new logo as you will see on the cover of this newsletter, and we are in the process of updating our media and published material. See more information on our new logo – 'Holding our head up high' from The Age Concern Story.

We recently held our AGM on the 7th of July and thank you to the members who were able to attend. The meeting was held at 5.15pm – this is the second time we have held it in this time slot. In previous years our AGM was held at 2pm. Let us know what time would be better suited for you to attend.

Our tech sessions have started up with Whanganui City College students – these sessions are free and the college students will teach you what you want to know or use on your devices. It was great to have the students back after quite a period of time due to Covid. We have also started our Topic Talks – have a look at the events calendar further on in the newsletter for details.

Membership fees are from 1st April 2022 to 31st March 2023. If you have paid your membership for this financial year, thank you very much for your continued support.

It is only four months till Christmas and I am a great fan of decorating my house, although my husband is not as keen as I am. So, by the time you read this newsletter my house will be all decorated and looking festive. There will be many of you possibly questioning why so early? My excuse is.... when I come home and see Santa how can I not smile? Sometimes, we can get bogged down with the things that are not going well in the world so that sometimes we need to look at the good things we have in our lives and what makes us smile.

Take care and let us know if we can be any assistance

Nga mihi

**Michelle** | Manager

**Disclaimer:** Views and opinions expressed in our newsletter are not necessarily those of Age Concern Whanganui. Our newsletter contains information from external sources / websites that are not provided or maintained by Age Concern Whanganui. Please note, we cannot guarantee the accuracy, relevance, timeliness, or completeness of any information at the time of distribution.

# CELEBRATING GRANDPARENTS

Join us as we celebrate our tīpuna in Whanganui. Watch out for the calendar of events happening and other ideas for

**Te Wiki o Ngā Tīpuna/Grandparents week.**

**Monday 26<sup>th</sup> September - Sunday 2<sup>nd</sup> October 2022**

**Are you befuddled by new technology?  
 Did your family give you a device and  
 leave you with minimal instructions?**



retired educator, Judy is patient and a wonderful teacher.

Whanganui City College students are at Age Concern to assist you on Thursday mornings starting at 10am. They will work alongside you to learn new skills with your device.

You will be up and running with emails, texts, internet banking and social media in no time.

**To register, contact  
 Age Concern Whanganui 06 345 1799.**

We provide options to help you unlock a whole new world.

Our volunteer Judy can provide one on one tuition free of charge. As a

## Age Concern Whanganui Membership

Membership is a way the community can support the work we do on behalf of the older people in the Whanganui Region. Becoming a member of Age Concern Whanganui is a way to show your support and help us to assist older people to stay independent and connected with their local community

Membership is only \$20 per year and as a member you will receive:

- A copy of the quarterly Age Concern Whanganui newsletter posted to your home
- Invitations to gatherings, seminars and events
- Discount on the assessment fee when applying for the Total Mobility Scheme

If you would like to know more about the work we do, the services we provide and want to be involved with an organisation that works to achieve wellbeing, rights, respect and dignity for older people, contact us and become a member



# The Services we provide

### Support & Advocacy

We can provide support, assistance and liaise with other community agencies.

### Elder Abuse Response Service

Our social workers are available to confidentially discuss and respond to situations where an older person / kaumatua's safety or wellbeing is at risk

### Age Concern Visiting Service

Our co-ordinator trains and supports volunteers who visit those living alone and socially isolated in the community.

### Steady as You Go (SAYGo) Falls Prevention

A unique community-based strength and balance exercise programme for men and women. Classes in Whanganui, Rangitikei and the Waimarino.

### Housing (Whanganui) and Community Housing (Rangitikei)

We provide support to tenants of the Whanganui District Council Housing and for the Rangitikei District Council Community Housing

### Senior Driving Programmes:

We provide a range of programmes

#### - Staying Safe

Improve safe driving practices and increase your knowledge of the current Road Code. Classroom based.

#### - CarFit

Our trained technicians highlight your car's safety features and check the 'fit' of your vehicle to maximise comfort and safety

#### - Hanging Up the Car Keys

Planning for life after driving. Learn about the options available in Whanganui for those no longer able to drive themselves.

### Health Promotion

Seminars and forums organised on a range of topics relevant and interesting to older people.

### Information

Contact us for a wide variety of information on available services. Call in or phone to speak with our reception volunteers or staff.

### Supermarket Shopping (Whanganui Only)

Volunteers take those who have no transport to the supermarket, assist with shopping and return them home. The service is subject to criteria and an assessment fee applies. A donation to the driver for petrol is required.

### Grocery Shopping (Whanganui Only)

We can provide this service on a short term basis, which is subject to criteria and there is a charge for delivery.

### Transport (Whanganui Only)

Volunteer drivers help those who have no transport by taking them to medical and other essential appointments. The service is subject to criteria and an assessment fee applies. A donation to the driver for petrol is required.

### Total Mobility Scheme

We complete the Horizons Regional Council Assessments to access subsidised taxi fares. An Assessment fee applies.

### Volunteer Opportunities - all volunteers are given training and support

A number of volunteering opportunities are available:

- Meals on Wheels delivery
- Transport & Supermarket Service
- Age Concern Visiting Service
- Reception

**Membership and donations to Age Concern Whanganui are appreciated and accepted. Donations of \$5 or more are tax deductible.**

Please contact us at:  
164 St Hill Street, Whanganui 4500

**Phone:** (06) 345 1799

**Fax:** (06) 347 2334

**Email:** info@acwhanganui.org.nz

**www.acwhanganui.org.nz**

## Holding our head up high



We strive to be the leading brand trusted to support our kaumatua and make life-changing differences for them.

Leadership mana and community - the qualities we want our brand to represent - are the themes that inspired our logo and visual identity.

The Huia feather is a sacred treasure for Māori, symbolising leadership and mana. Huia feathers were traditionally given as tokens of friendship.

The bold contemporary design uses individual Huia feathers to suggest the mana of our older adults and the leadership role Age Concern takes. The circle of three feathers portrays the concept of community, friendship and respect - all things we value and uphold!

Through our re-brand, we acknowledge the exciting diversity of our population and our aspiration to be there for all older New Zealanders.

# Our values underpin everything we do



### Dignity

We respect the dignity and uniqueness of every person.



### Wellbeing

We ensure that older people are given the opportunities to achieve physical comfort, engage in satisfying activities and personal development, and feel valued and supported.



### Equity

We direct resources to help those disadvantaged or in greatest need so that older people have an equal opportunity to achieve wellbeing.



### Respect

We respect the values and social structures of Māori and people of other cultural and ethnic backgrounds, demonstrating respect by working together to gain mutual understanding.



EV Bikes NZ, 508 Ferguson Street, Palmerston North

## Get back your independence.

Regain your independence with your very own T3 eTrike. Go wherever you want to go in supreme comfort and classic style. Hassle-free ownership with no licence, no registration and almost no maintenance. Plus, have peace of mind with fantastic personal local support, local repair and local parts from EV Bikes.

**Order yours today and get your very own T3 eTrike for only \$3,950 tested and delivered right to your door. Buy online or call us and get back your independence today!**



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★★★★★  
BUY ONLINE

**EVBIKES.CO.NZ**





**Are you interested in joining U3A?  
Open to all in the Third Age**

(Third Age: The period in life of active retirement, following middle age)

Do you want to:

**Stretch your Brain? Meet New People? Do Both at Once!**

U3A Whanganui has small groups that meet regularly including:

- Local History - Travel - Arts - Gardens - Music**
- Cinema Science & Technology - Books**
- Open Discussions - Writing - and more**

To learn more about U3A Whanganui

Please ring Janice 027 635 8042 or email [u3a.wanganui@gmail.com](mailto:u3a.wanganui@gmail.com)

If there are three things that enable senior citizens to enjoy a happy and purposeful life, they must surely be companionship, learning and good health. Friends give you conversation and comfort in a way that you enjoy. Learning can be exciting and stimulating, keep your mind active and your spirit alive. Good health is promoted by both. Separately, they are good - but together they are unsurpassable.

U3A Whanganui is an organisation made of small groups of like-minded people who gather to share knowledge and experiences about a range of subjects or activities, usually in members' own homes. They are friendly and like exploring life. The aim is to introduce seniors to experience something entirely new, something familiar that's changing, or something that's simply interesting that they want to learn more about.

If you'd like more friends, stimulating conversation, and are keen to keep in touch with what's happening around you, then why not give us a call?



Contact Rosemary:  
U3A  
ph 027 305 3871  
or email  
[hrrhig@xtra.co.nz](mailto:hrrhig@xtra.co.nz)

**What if you could learn how to use technology, such as smartphones, tablets and the Internet from someone more or less your own age, and on a one-to-one basis? From someone who understands the way you learn? Someone who knows how you feel about this modern techie stuff?**

Well, you can. SeniorNet Whanganui was designed with you in mind:

If you are new to smartphones, tablets or laptops, or looking for a replacement, we can help you choose the best options for you. Likewise for telco and Internet provider plans too.

If you are fairly computer and device savvy, but want to learn more, or have questions you need answered, we have workshops, lessons or courses that will extend your knowledge.

SeniorNet Whanganui are a group of friendly volunteers who have time to listen and teach you step by step. They'd love to help you get the most out of your devices and leave you confident in using them.

For more information, please see the advertisement below, or contact Terry on 027 3516 104.

*Terry Dowdeswell*

Chair SeniorNet Whanganui

## SeniorNet Wanganui

**Need help with your Smartphone?**

**Internet Banking; Smartphones & Tablets;  
Windows 10; 1-1 Tutorials—you choose the subject!**

**We're here to help with your Smartphones, Tablets, Apps,  
Computers & Laptops, Tv & Internet**

*Visit the River Room on Friday morning and chat about which classes will suit. Or ring 345 9772 now and leave a message.*

Access from Moutua Quay, near the back door of Renata's Art & Framing, follow the green arrows through the back door by the Potters workshop, turn left & up the stairs

**seniornet**  
Confidently connecting  
with technology

Community Arts Centre  
19 Taupo Quay, Wanganui  
06 345 9772  
[info@snwg.co.nz](mailto:info@snwg.co.nz)

**SeniorNetWhanganui**

# I Will Forever be the person who gets really excited when the sky is in pretty colors.

**Inspired Lessons**  
www.evamedilek.com



Our wonderful Volunteer Jean and her helper Barney - it's thanks to Jean the people who live in Marton can also enjoy our newsletter!

HAKEKE ST COMMUNITY CENTRE & LIBRARY

## AGE CONCERN

Age Concern Whanganui is a community based not-for-profit organisation, helping the community to connect to services and information to help meet the needs of older people, families, and communities in their area.

Every Friday from 10am - 11.30am you can come to Hakeke Street Community Centre and Library to connect with Becky from Age Concern who is the Community Connector

Cell 021 0273 2901  
email: [scc@acwhanganui.org.nz](mailto:scc@acwhanganui.org.nz)

**AGE CONCERN WHANGANUI**  
He Manaakitanga  
Kaumātua Aotearoa

**65 Hakeke St  
W. East  
Whanganui**

**Call Becky on:  
021 0273 2901  
Community Connector**

Positive Ageing Services

## Enjoy life with Enliven

Enliven creates elder-centred communities where individuals are recognised and valued – a place where everyone can enjoy companionship, meaningful activity and fun.

- **Kōwhainui Home, Otamatea**
- **Kōwhainui Village, Otamatea**
- **Abingdon Village, St John's Hill**

retirement villages | rest home | hospital |  
short term respite | health recovery | day programmes

Free phone 0508 ENLIVEN

[www.enlivencentral.org.nz](http://www.enlivencentral.org.nz)



## The importance of staying active for over 65s

Exercise has huge benefits on health and regular physical activity remains just as important as you get older.

### What are the benefits of physical activity?

#### Physical activity can help:

- increase balance and coordination
- increase muscle strength
- prevent falls
- prevent and manage health conditions such as stroke, heart disease, obesity, type 2 diabetes, osteoarthritis, cancers, and depression
- reduce the risk of premature death
- improve sleep
- enhance wellbeing and quality of life
- increase social interaction.

### Spend more time being physically active and less time sitting down

Doing housework and other daily activities is good for you as they keep you moving and help reduce the time you are sitting down. Don't stretch yourself too much

– the key is to do something within your capability. Even small amounts of physical activity can have great benefits on your health. Check out Age Concern SAYGO (Steady As You GO) exercise program.

### Check with your doctor before starting any physical activity

If any of the following applies to you, talk to your doctor before starting or increasing levels of activity:

- you have not exercised regularly in the recent past
- you have one or more health conditions
- you have any injuries.

<https://www.healthnavigator.org.nz> 02/08/2022



# HELP!

**We desperately need new Meals on Wheels drivers. Time commitment is 1.5 hours once a month. Regular day and route so you get to know the clients. A great opportunity to make a difference in your community.**

For more information contact Janet at Age Concern Whanganui Ph (06) 345 1799

## Sunday Chicken Supper



- 4 medium carrots, cut into 2-inch pieces
- 1 medium onion, chopped
- 1 celery rib, cut into 2-inch pieces
- 2 cups cut fresh green beans
- 5 small red potatoes, quartered
- 4 bacon strips, cooked and crumbled
- 1.5 kg chicken, diced
- 2 teaspoons chicken stock
- 1 teaspoon salt
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried basil
- Pinch pepper
- 1-1/2 cups water

#### Directions

1. In the order listed, layer first seven ingredients in a 5-qt. slow cooker. Sprinkle with bouillon and seasonings. Pour water over top. Do not stir.
2. Cook covered until chicken and vegetables are tender, 6-8 hours. Remove chicken and vegetables to a platter. If desired, skim fat from cooking juices and thicken for gravy.

## Socks too tight?

We sell soft topped bamboo and cotton socks

### 3 pairs \$36

[diabeticsocks.co.nz](http://diabeticsocks.co.nz)

## DENISE HAIR STUDIO WELCOMES A MATURE CLIENTELE

At DHS we cater for the aging population of Whanganui. We offer traditional hairdressing services.

Our spacious premises are bright, warm and centrally located, with free parking and easy access. Our soft background music creates a pleasant atmosphere.

**\* Our salon is age friendly \***  
**Come enjoy the experience and tell your friends**



45 Dublin Street (opposite Harvey Round Motors)  
**Ph: (06) 34 78 4 78**



23 Dublin St, Wanganui

## 06 348 7792

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**FOOT**  
CENTRE

CAROLYN GROVES  
PODIATRY



**NON-EMERGENCY**  
Ohotata Kore







## Enhancing nutrition for older adults at a challenging time



As we age it is common to think you don't need to eat as much, in some ways this can be correct. Our energy needs often decrease but what many don't realise is our need for certain nutrients increases. For many older adults their appetite reduces with age and the ability to prepare meals becomes harder. Therefore, understanding what nutrients are essential can help you to focus on ensuring that foods providing these nutrients are included in your meals. These key nutrients include protein, vitamin D, calcium, fibre, folate, vitamin B12, iodine and zinc.

*Protein* is important for wound healing and preventing muscle breakdown to maintain strength, and for this it is particularly important to eat regular amounts of protein throughout the day at all meals and snacks. Food sources include legumes, nuts, seeds, fish, other seafood, poultry, and lean red meat (pork, beef, lamb).

*Vitamin D* is important for bone health & helps to absorb calcium from food. The best source of vitamin D is sunlight, so make sure you do have time outside (avoid middle of the day in summer) all year round to get this all-important nutrient. Foods that will also provide some vitamin D include oily fish, eggs, lean meat and fortified milk products such as yellow top milk.

*Calcium* is important for bone health and can reduce the risk of osteoporosis. Foods rich in calcium include milk, cheese, yoghurt, ice-cream, canned salmon or sardines, almonds, and brazil nuts. If having plant-based milk alternatives, ensure it is fortified with calcium and not low in protein. Make it a goal to have three servings of these foods a day, this is a good way to reach an adequate intake of calcium. Snacks such as milky drinks, yoghurt or custard, cheese and crackers can be a good idea.

*Fibre* is important to prevent constipation and can help in lowering cholesterol levels. Wholemeal or wholegrain bread, high-fibre breakfast cereals, vegetables, and fruit (prunes and kiwifruit in particular) are good sources of fibre, try to include plenty of these every day.

Additional nutrients important for older adults include Folate, iodine, Zinc and Vitamin B12. Foods that will provide these nutrients include green leafy vegetables, legumes (lentils, split peas & beans), liver, fruit, fruit juices (not cordial), nuts and seeds, animal foods (fish, seafood, eggs, lean red meat, milk), and wholegrain breads.

As you can see the best way to include all these important nutrients is to eat a wide variety of foods, as well as regular meals and snacks throughout the day. If you struggle with eating enough due to a poor appetite or difficulty preparing meals, think there are groups of foods that you avoid or don't tolerate, or have altered nutritional requirements due to illness, infections, or wounds - this can be very overwhelming. Seeking advice from a registered Dietitian can be helpful to ensure your nutritional intake is complete and that you understand what you do or don't need.

As much as knowing what you need is helpful, being able to cook and afford food is a whole different story. For many of us right now it is a challenge. With cost-of-living increases and sickness, financial challenges are more widespread. This may be affecting you, and as a result, you eat less, and your nutritional intake suffers.

Therefore, it is important to make sure we are shopping and cooking in a savvy way. Saving money always starts with how we shop. For example, being organised, not shopping when you are hungry, looking for sales or reduced items on food that you have on your list, buying seasonal fruit and vegetables or making use of frozen or canned fruit (in juice not syrup) and vegetables (low salt <400mg).

Then we move to cooking, preparing meals, using leftovers, and minimising waste with what we have already spent our money on. Below are some tips and tricks for reducing waste and saving money:

- Meal plan for the week and form a shopping list from this, remember to include lunch and breakfast
- Before each shop, do a fridge and pantry audit – check what you already have and what you need
- Leftover meals are great at the end of the week or before your next shop, put them all together in a quiche or soup
- Serve leftovers or a spare meal on a plate and top up with frozen veges, cover and freeze – perfect for a night when you aren't up to cooking or feel like a break

- Use crusts or stale bread to make stuffing or meatballs, or toast on a low heat in the oven and whiz up to make breadcrumbs
- Leftover sauces can be frozen in small containers or ice cube trays then transfer to a zip lock bag in the freezer.
- Brown bananas are perfect to whip up some oaty banana muffins or a loaf of banana bread
- Blend leftover fruit and freeze in ice cube trays, keep them in a zip lock bag in the freezer, they are great to add to smoothies
- Vegetables that need to be used up such as grated carrot, end of a bag of baby spinach, leftover half an onion, handful of unused mushrooms are great for bulking up protein meals like mince dishes and casseroles. They make them go further and add fibre, also adding a tin of lentils can do the same.

I hope that by reading this article you have gained some new information and can put some of these suggestions into practice to make your life just that little bit easier. Optimising nutrition and enjoying food is vital to living your best life.

Article written by Emma Verhoek  
– NZ Registered Dietitian  
*Nutrition Matters - Whanganui*  
[www.nutritionmatters.co.nz](http://www.nutritionmatters.co.nz)

Information sources for this article include *Food and Nutrition Guidelines for Healthy Older People – A background paper*, and website [www.lovefoodhatewaste.co.nz](http://www.lovefoodhatewaste.co.nz)



### PLEASE SUPPORT OUR ADVERTISERS

Our advertisers support enables the continuation of our newsletter. Please support them where you can and let them know where you found them.

*Many thanks*



Kia Ora,  
I'm Becky Stanley and I am new to the team at Age Concern Whanganui. I am both proud and humble to say at this time of my life I am a Granddaughter, Daughter, Mother and a Grandmother. I'm a strong believer that everyone has a story and we all are who we are today because of it.

Working in the community is a real passion of mine. My previous job was working at the Whanganui District Library for 11 years which I feel has set me up nicely for my new position here. I am employed as a Community Connector which is a new position at Age Concern Whanganui. I will be supporting older people to negotiate Covid and make social connections in the community.

I am enjoying working here and feel very privileged to be in this role.

Thank you *Becky*

### Don't miss out on life because of poor hearing



Simply Hearing has some great options to suit your lifestyle and budget.

We're Whanganui's only independent and locally owned hearing clinic. We provide a full range of hearing services designed to help everyday people like you.

- Comprehensive hearing tests
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Call or book your appointment online today

phone: (06) 345 9799  
web: [simplyhearing.co.nz](http://simplyhearing.co.nz)  
email: [info@simplyhearing.co.nz](mailto:info@simplyhearing.co.nz)  
35 Dublin Street, Whanganui 4500



## Regular and Monthly Events September - November

### Senior Net One-on-One Help Sessions Daily -

Members can book a session to get one-on-one help. It can be a lesson or tech support, Members can book a twenty minute session Monday to Friday from 11:30am until 1pm. Each 20 minutes slot will have a unique connection so that the session is private between the member and those giving the support. **See article for contacts.**

**PETANQUE: Wanganui East Club. Tuesday, Thursday or Sunday daytime.** Louise: 06 342 7542 or 021 291 7698, or Shirley: 06 561 4452 or 027 386 6895

**PETRE 60'S UP: Social gathering - 3rd Weds of every month, 2pm, St Andrews Hall, 9 Bell St, \$2.** Alternating Musical Entertainment and Guest Speakers with afternoon tea. Jenny Williams: 06 348 2409 or Jean Watson: 06 345 7187.

**Regular Steady As You Go (SAYGO) throughout the week in various locations.** Contact the office for a class near you.

### Mondays

**BODYMOVES** Over 50's or beginners' level, fun exercise to music. Monday 9.30, \$5, Guyton St. Sarah 06 349 2328

### Tuesdays

**Hakeke St Community Centre and Library,** Whanganui East, 10-12pm - **Arts Group**  
**SIT FIT WITH CARLA** – every Tuesday 1.30pm – 2.30pm & cardio group from 5.30pm, St Andrews Hall, 9 Bell St. \$5 Ph 021 165 8961

### Wednesdays

**Hakeke St Community Centre and Library,** Whanganui East, 9.30-1pm - **Eastside craft group**  
**TAI CHI Traditional style.** 12:30-2pm, \$10. 19 Taupo Quay. **Matt Dutton 06 343 6692**  
**TAI CHI:** 9-10am. **Gonville Health** Community Room. Gold Coin.

### Thursdays

**Free Tech Sessions** 10am – 11 am **To register ring 3451799 Age Concern**  
**Grandparents Raising Grandchildren.** 10-12, Plunket Hub, 6 Bates Street (across from Pākaitore and the Court building).  
**ARTHRITIS WATER BASED CLASSES:** 10: 30am, 11am, **Splash Centre** Hydrotherapy Pool. **06 349 0113.**  
**Hakeke St Community Centre and Library,** Whanganui East, 1-2pm - **Chair Yoga Combo**

### SEPTEMBER 2022

**7th September – Topic Talks** 10am – 11am  
Age Concern. **Topic Medical Alarms**

**14th September** - Age Concern and Pride Whanganui  
Rainbow afternoon tea - Community House, 3pm

### OCTOBER 2022

**5th October – Topic Talks** 10am – 11am  
Age Concern. **Topic TBC**

**10th October** - Age Concern and Pride Whanganui  
Rainbow afternoon tea - Community House, 3pm

### NOVEMBER 2022

**2nd November – Topic Talks** 10am – 11am  
Age Concern. **Topic TBC**

**16th November** - Age Concern and Pride Whanganui  
Rainbow afternoon tea - Community House, 3pm

\*Club Gold (Growing Old, Living Dangerously) is a friendly senior walking group who meet every Tuesday and Thursday morning at 9am at Sport Whanganui, Springvale Park. This group walks various routes for approximately one hour and returns to the Sport Whanganui. Everyone is welcome – all levels of fitness. For more information or to register please contact Deb Byers on 06 349 2325 or deb@sportwhanganui.co.nz

**All dates valid as of 1st August 2022 but due to Covid events may be postponed or cancelled. Please ring Becky Stanley Community Connector at Age Concern Whanganui for further details and if you would like an event added.**

Toitu te whenua, Toitu moana, Toitu moana, toitu te manu o te tangata o te ao nui ki te ao wairua-tena koutou katou. Hapaitia te ara tika, pumai ai te rangatiratanga mo nga uri whakaheke.

Respectful acknowledgement binds together land, sea, and people of past, present and future. Foster the pathway of knowledge to strength, independence, and growth for future generations



65 HAKEKE ST  
WHANGANUI EAST

FOR ALL ENQUIRIES

CELL: 022 689 2459

HAKEKESTCOMMCENTRE@GMAIL.COM

CELL: 022 096 5673

HAKEKESTCOORDINATOR@GMAIL.COM

## WEDNESDAY

EASTSIDE CRAFT  
GROUP

9.30am - 1pm  
facilitated by Erica  
022 3938 791

FACEBOOK

facebook.com/hakekestlibrary

## MONDAY

KIDS STORY TIME

Every Mon from 10am

BOOK EXPLORERS CLUB

Last Monday of every month  
10.30am with Margaret  
027 2277 957

## TUESDAY

EASTSIDE CARD GROUP

Tues 10am - 1pm  
Call Erica  
022 3938 791

ART GROUP

Tues 10 - 12pm  
Every Tues  
facilitated by Guy  
021 282 9886

SENIOR NET

Tues 10 - 12pm  
Every Second Tues  
facilitated by Mary  
021 2720226

STEADY AS YOU GO

Every Tues 1 - 2pm  
facilitated by Erica  
\$3 per class  
022 3938 791

## THURSDAY

CREATIVE WRITING  
GROUP

Thurs 10.00 - 11.30am  
Call 022 096 5673  
facilitated by Raewyn

SIGN LANGUAGE

Thurs 11.30 - 12.30pm  
every 2nd Thurs  
Call 022 096 5673  
facilitated by Tracey

CHAIR YOGA COMBO

Thurs 1 - 2pm  
Cost: Koha  
facilitated by Marian  
021 073 1802

## FRIDAY

TE KURA

Fri 10.30 - 12.30pm  
facilitated by Te Kura

## HSCC HOURS

Mon - Fri 9am - 1pm



**PLENTY OF Ps**

T P I E C E N P P R O V E  
 N P L A N S Q S L A D E P  
 I E P R I M E F O O R P U  
 A L R K S P S C P P W K R  
 P H I K A S U I N R S S S  
 A S C P T I A L P E E T E  
 S A E R U N P P N S P N S  
 P R A L O P E A E S I I P  
 U P A P O P L S I S P R E  
 P A V E D P A T L R O P E  
 M P M A P H E E L U S H P  
 U E P C P K E E D O P C U  
 L A I E N P P U M P S T P  
 P K L A A P R I S M L A P  
 C S L P O R T S K C I P Y  
 O P S K C U L P E N N Y R

- |       |       |       |       |
|-------|-------|-------|-------|
| PACKS | PEARL | PLAIT | PRICE |
| PAINT | PEARS | PLANE | PRIME |
| PAIRS | PEDAL | PLANK | PRINT |
| PALMS | PEELS | PLANS | PRISM |
| PAPER | PEEPS | PLOWS | PROOF |
| PARKS | PENCE | PLUCK | PROUD |
| PARTS | PENNY | PLUMP | PROVE |
| PASTE | PHASE | POLAR | PULSE |
| PATCH | PIANO | POLES | PUMPS |
| PAUSE | PICKS | PORCH | PUPIL |
| PAVED | PIECE | PORTS | PUPPY |
| PEACE | PILLS | POURS | PURSE |
| PEAKS | PIPES | PRESS |       |

**Steady As You Go<sup>®</sup>**  
**Strength & Balance Programme**

**WHANGANUI**

There is room for new participants in the following groups:



**MONDAY**

**Christ Church Community Centre**  
 11.15am - 12.15pm / 1.30pm - 2.30pm

**Rapanui Mowhanau Community Hall**  
 1.30pm - 2.30pm

**Glasgow Group, St Andrews Hall, Glasgow St**  
 11am - 12pm

**TUESDAY**

**Hakeke St Community Centre & Library**  
 1pm - 2pm

**THURSDAY**

**Churton School Hall, Aramoho** 11am - 12noon  
**St Lukes, Castlecliff** (currently in recess)  
 10am - 11am  
**Special Olympics Hall, Peat St** 10am - 11am

**MARTON - TUESDAY**

**Marton Friendship Hall** 10am - 11am

**HUNTERVILLE - TUESDAY**

**St Andrews Church Lounge** 10.45am - 11.45am

**BULLS - WEDNESDAY**

**Bulls Friendship Hall** 10am - 11am

**OHAKUNE - TUESDAY**

**Lions Den, 3 Arawa St** 10am - 11am

To join a group or for more information please contact Janet Lewis, Steady As You Go Coordinator (06) 345 1799. Email saygo@acwhanganui.org.nz

**Our Thanks to:**

**We really appreciate your support as members of Age Concern Whanganui**

Annual membership fees for the financial year 31st March 2022 to 31st March 2023 are due now and can be paid by cash / internet / EFTPOs.

Our bank account is Westpac account 03 - 0791 - 0454649 - 00  
 If you are making an internet payment, please email your details to: info@acwhanganui.org.nz

Thank you for your support

**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 Whanganui. The official receipt of the Chief Executive or other authorised officer of the Trustee shall be a sufficient discharge to my executors".

**MEMBERSHIP FORM**

Name: .....

Address: .....

Phone: .....

Email: .....

<b>Ethnicity:</b>	<b>Age Group:</b>
<input type="checkbox"/> NZ European	<input type="checkbox"/> 49 & below
<input type="checkbox"/> NZ Maori	<input type="checkbox"/> 50 - 59 yrs
<input type="checkbox"/> Pasifika	<input type="checkbox"/> 60 - 69 yrs
<input type="checkbox"/> Other	<input type="checkbox"/> 70 - 79 yrs
	<input type="checkbox"/> 80 - 89 yrs
	<input type="checkbox"/> 90 - 99 yrs
	<input type="checkbox"/> 100 + yrs

**Individual Member:** New  Renew  \$20.00  
**Total Mobility Assessment & Membership:** \$25.00  
**Corporate Member:** \$100.00

**Donation:** \$\_\_\_\_\_

**TOTAL:** cash/internet/eftpos \$\_\_\_\_\_

Please tick if you require a receipt:

**Westpac account - 03 - 0791 - 0454649 - 00**  
 If you are making an internet payment please email your details to: info@acwhanganui.org.nz or post this form to:  
 PO Box 703, Whanganui, 4540  
 Your Membership fee is for a financial year - 1st April - 31st March.

**OFFICE USE:**

Receipt issued  Database updated  
 Deposit date

Like us on **facebook**

Go to [www.facebook.com/ageconcernwhanganui/](http://www.facebook.com/ageconcernwhanganui/) to follow us on Facebook.



## Senior Driving Programme - More Confidence and Safety

Age Concern Whanganui has successfully been providing events for senior drivers for decades. Our next round of events runs from October to December. If you are interested in registering, then simply phone or email with your contact details and we'll tell you as soon as we have our exact dates confirmed.



We rely on driving for social activities, shopping, appointments and seeing friends and family. Ageing affects essential driving skills – eyesight, memory, decision-making and reaction times. While older drivers have less crashes, we are more at risk of being seriously injured or killed and can cause accidents. It is important for all drivers to regularly and honestly assess their own driving capabilities to keep themselves and others safe.

Age Concern Whanganui supports older drivers to stay safe on the road and to make good choices. Our free events are for senior drivers to keep up to date with the road rules, become more aware of your driving, be more comfortable and safer in your car and know the alternative options for when it is safer to stop driving.

### Staying Safe senior drivers' refresher course

Staying Safe is a free classroom based, senior driver refresher course delivered by a very experienced driving instructor and educator. The course aims to build the confidence of older drivers and update your knowledge of how ageing affects driving, road code changes, licence renewal for 75+, and safe driving practices. It is for older drivers who want to keep driving safely for as long as possible.

- Are you sometimes confused as to who should give way?
- Do you get the feeling that other drivers may be frustrated with you?
- Are your passengers uncomfortable with your driving?
- Would you like to develop strategies for adverse driving conditions & hazards?
- Would you like to understand

and decide better re rural & urban driving and busy roads?

The four-hour Staying Safe course also provides a very informative booklet and lunch. To refresh and improve your safe driving practices – including planning trips and responding to hazards, to check out your abilities, and to increase your knowledge of legal and safe driving – register with us!

- Do you know the current road rules well?
- How often have you said to yourself, "Where did that car come from?"



### CarFit: learn your safest & most comfortable fit in your car

Is your safety and comfort maximised in your car? Do you share a car with someone? CarFit offers older drivers 20-minute free check and guidance by trained technicians so that you know how to make sure you have:

- clear lines of sight
- a well-positioned steering wheel and seat
- properly adjusted head restraints and seatbelts
- an understanding of the safety features of your car

These are free, popular, and consistently get excellent feedback. We are offering both events twice from October to December. To register your interest in taking part, phone Clare on 06 345 1799 (extension/option 7) or email [hp@acwhanganui.org.nz](mailto:hp@acwhanganui.org.nz) with your contact details and we'll tell you as soon as we have our dates confirmed. Our centre also has NZ Transport Agency-Waka Kotahi information resources for senior drivers, including about alternative options for when it is safer to stop driving. Get in touch or pop in Mondays-Thursdays 8.30-4.30.

