



Age Concern

Palmerston North & Districts SENIORITY

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Cover Photo: Rosemary Price
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Age Concern

Palmerston North & Districts

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8.30am – 4 pm Monday to Thursday.
Fridays 9am – 2.30pm

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Message from the manager

This month I am thinking about connection; how we connect with one another, our friends, relatives, and neighbours. It can sometimes be hard to try to connect with other people, particularly with people you don't know e.g. if you move to a new town, or even move house to a new neighbourhood. However human beings are social animals and making social connections is extremely important for our wellbeing. At Age Concern we are always looking for opportunities to support older people to connect socially.

If your family moves away it can sometimes be difficult to keep in touch with them regularly. I grew up in a family where we did not have a telephone installed until I was 11, and then it was on a party line with limited privacy! Letter writing was the way we kept in touch with our extended family who lived in other towns. Now we live in a world where I can make a call from my smartphone and connect with my daughter in Hamilton and my daughter in the UK at the same time via a three-way video call and also send an electronic message and get an instant reply!

Many of us now own smartphones and connect with family and friends etc by phoning or messaging. A smartphone is a mobile phone that performs many of the functions of

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a computer, typically having a touchscreen, internet access, and which is capable of running downloaded apps. We may be unaware of just how powerful smartphones are and just what we can do with them.

Age Concern has a focus on supporting older people to use smartphones and tablets (a tablet is a wireless, portable personal computer with a touchscreen). In June we worked with the Digital Inclusion Alliance Aotearoa, Palmerston North and Feilding libraries to host the Dora Bus, a mobile digital classroom, and ran drop in sessions on using smartphones and tablets. Dora spent a week touring the region and visited locations in Apiti, Feilding and Palmerston North.

In August we started our first Kaumatua Connect digital inclusion workshop programme with the support of 2020 Trust and Highbury Whanau Centre. Kaumatua Connect enables participants to learn or upskill in the use of a tablet. We have an agreement with the 2020 Trust to deliver two workshop series for groups of 10 people. This programme is so successful that both workshops are already fully booked! However, we plan to deliver more next year.

Whilst using technology is great way to connect, we also need to meet up in person with friends and family. Going for a walk with a friend can be a great way to catch up and making a regular time to walk with your friend can keep you both motivated to go for a walk. Joining a walking or tramping group can provide an opportunity to meet new people (See the Benefits of Walking).

Finally, it can be enjoyable to catch up with

a group of friends who haven't met together for a while. Once again we will be hosting the Afternoon Tea Dance to celebrate International Day of Older Persons on Tuesday 3rd October. This will be a great opportunity to come with your friends, and/or meet people you have not seen for a while and be entertained by Ian Farmer. Spaces are limited so please phone us on 06 355 2832 to let us know if you will be coming. We are able to provide transport to those who could not otherwise attend.

*Best wishes
Marian Dean, Manager*



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The Benefits of Walking

Adapted from the Ministry of Health's website: <https://www.health.govt.nz/your-health/healthy-living/food-activity-and-sleep/physical-activity/activity-guides/walking>

Walking is the most popular sport and recreation activity among New Zealand adults.

It is a great form of physical activity, as you can walk almost anywhere at any time of the day, and it does not require specialist equipment other than a supportive pair of shoes.

Walking can be a solitary activity or a social activity. You can walk by yourself, with your dog, with friends or join a walking group. Importantly walking reduces the time you spend sitting down.

Walking is ideal for people of all ages and fitness levels, even those who have been inactive. It can be as easy or as hard as you want it to be. You don't need to start tramping like Rosemary Price on our front cover, although you can build up to that! Walking at a brisk pace for 10 minutes or more produces great benefits.

Walking offers multiple health benefits and is relatively easy on the muscles and joints. It also carries a low risk of injury. Regular walking can help to reduce the risk of certain health-related conditions, such as type 2 diabetes, heart disease, stroke, and certain cancers, and improves your:

- heart rate and circulation,
- muscle strength (which is essential for doing everyday activities)



- bone strength, and decreases your risk of osteoporosis (which causes brittle bones)
- strength and balance, which can help to reduce the risk and severity of falls
- energy expenditure, which burns kilojoules and helps you lose or maintain a healthy weight
- overall health and wellbeing
- self-esteem
- stress levels.

Social walking

Walking is a great activity when it is done alone but can be even better when done in groups. If you like to socialise, walk with friends or whānau. If you don't have someone to walk with, join a local walking group.

A step-by-step approach to walking

1. Make it a habit by choosing a time that suits you – then you are more likely to stick to it.
2. Start slowly and increase the length and intensity of your walks as you feel more comfortable.

3. Be flexible. If you miss a walk, don't worry – just walk again when you can.
4. Be safe. Be Sun Smart, wear appropriate clothing and walk in safe, well-lit areas.
5. Avoid boredom by changing your routine every now and then. Try walking tracks, parks, and hills.

Breathe deeply and rhythmically. Try breathing in for four paces and out for four.

Using a calendar or diary to track your progress may help you stay motivated.

Walking with friends, family, partner, or a dog may help you stay focused on walking.

Be patient. It may take up to six weeks to feel the benefits of regular walking.

If you have any concerns about walking, your local health practitioner will be able to support your walking routine.

Starting off

Walking is a great way to fit physical activity into a busy day and can be easily added to your normal routine. Some examples include:

- walking to the shops instead of using the car
- taking the stairs instead of a lift
- walking the dog

Walk at your own pace, especially at the beginning.

Make walking a habit by establishing an enjoyable routine – it will only become a habit if it is fun and suits your lifestyle.

Explore your local area

We have great places to walk in Palmerston North and Manawatu District from walks around parks, along our rivers and streams and through various local and regional parks. If you would like to walk with other people then consider joining a walking group or tramping club.

Tangi Utikere

MP for
Palmerston North

Get in touch with my office:

53 Queen Street, Palmerston North
06 356 5958



Authorised by Tangi Utikere MP, Parliament Buildings, Wellington



Local Walking Groups

Reproduced from Walking New Zealand website: <https://walkingnewzealand.co.nz/walking-groups/>

Please note: Age Concern Palmerston North & Districts cannot guarantee the accuracy of this information. Please phone the group to confirm that their information is still current.

Palmerston North:

Hokowhitu Kiwi Walkers: Tuesday, Thursday (AM), (I), Dorne Jarvis 06-357-2444

Kelvin Grove Walkers: Tuesday (PM), (I), Marjory Edmonds, 06-354-3342

HOT-Whitu Chicks: Saturday, (AM), (BIA), laurenparsons.co.nz/hot-whitu-chicks

Manawatu Striders: Tuesday, Thursday, (PM); Hockey Manawatu Pavilion, Manawaroa Street, (BIA), Bob 027-208-3719 or Kate 027-567-3896

Manawatu Striders: Sunday (AM); Manawatu Striders Clubrooms, Manawaroa Park, (behind

the Esplanade Cafe), (BIA), Bob 027-208-3719 or Ross 021-708-733

Palmerston North Joggers and Walkers: Esplanade, Tuesday, Thursday, Saturday (AM), (BI), Robyn McKay 06-354-9952.

Manawatu Walkways Promotion Society's Monthly Walkers: Sunday (AM), (IA) Kenyon Moore 06-354-9317, k.moore@actrix.co.nz

Methodist AGAPE Fellowship Walkers: Wednesday (AM), (B), Lorna Goodwin, 06-358-2860

U3A Exploring Walkways: Thursday (PM), (B), Lynley Watson 06-356-4384

Women's After 5.30 Walking Group: Tuesday, Thursday (PM), (I), Liz MacNeill 06-357-8216

Feilding

Senior Walking Group: Tuesday, Thursday (AM), (BI), Gail Byrnes 06-323-5470

Tramping Clubs

Palmerston North Tramping and Mountaineering Club

Website: <https://www.pntmc.org.nz/>

Organised tramps ranging from easy to technical. Club nights are held twice a month on the 2nd and last Thursday of the month at 7.15 pm, Society of Friends Hall, 227 College Street, Palmerston North. Contact the secretary Anne Lawrence 06 357 1695 for further information or email: pntmci@gmail.com

Manawatu Tramping and Skiing Club

Website: www.https://mtsc.nz/

Based in Palmerston North. Runs weekend and mid-week tramping and skiing trips for all ages and abilities. The club meets on the first Tuesday of each month, at the Rose City Aquatic Clubrooms, 50 Park Road, Palmerston North (next to the Lido Aquatic Centre) and start at 7:30pm. Phone Linda Campbell on 027 333 4493.

Older People's Assessment & Liaison Community Service (OPAL Community Service) Launched in Palmerston North and Manawatū

Te Whatu Ora - MidCentral is pleased to announce the launch of the Older People's Assessment & Liaison Community Service (OPAL Community Service) – a new community-based service that focuses on preventative care to keep older people with frailty living well at home, as independently as possible.

The OPAL Acute Unit at Palmerston North Hospital opened in 2019. The unit provides acute care for older people with frailty who are medically unwell, providing holistic care from admission to discharge. The OPAL Community Service extends the spectrum of services provided for older people, bringing specialist care into the community.

The OPAL Community Service is made up of a team of clinicians who specialise in caring for older adults to proactively manage frailty, restoring, and maintaining the functional ability for day-to-day activities. The care provided by the OPAL Community Service team aims to reduce the likelihood of clients needing to go to the Emergency Department or be admitted to hospital in the future.

There are two teams based locally in Palmerston North (including Manawatū). Clients living in these regions can access the OPAL Community Service through a referral from their general practice team, iwi provider, Age Concern, or other community-based services. Below are some examples of what OPAL Community Service offers:

- Comprehensive geriatric assessments, advice, and information to clients and whānau.

- Individualised exercise and strengthening programmes to prevent loss of muscle strength, mobility, and falls.
- Home and mobility equipment fitting to support day-to-day independent living.
- Access to packages of care including personal care, home management, day care and respite care.
- Medication reviews to prevent kaumātua and older people from the adverse effects of drugs and polypharmacy (taking lots of medication).
- Support for coping with anxiety and depression and with behavioural and psychological symptoms of dementia.

This service is free of charge for New Zealand residents living in the MidCentral region. The service has now been running since March 2023. Having a locally-based specialist team caring for older adults has been positively received by the community.



A snapshot of the Palmerston North based OPAL Community Service teams fundraising with Kauri IFHC for National Midwifery Day

Dora bus on the road teaching technology, smartphone use, digital competence

By Sonya Holm, Reproduced with permission from Manawatu Guardian 22 June 2023

Improving digital competence was the aim of a collaboration between Age Concern, the Digital Inclusion Alliance, and the Palmerston North and Manawātū libraries.

The Digital On-Road Access bus, or Dora, visited five locations in Apiti, Feilding and Palmerston North and covered an introduction to smartphones, safety online and useful apps.

“We’ve got what we call a digital pick and mix,” said Waka Curd, Palmerston North City Library’s digital programmes co-ordinator, who delivered three of the sessions.

The bus contains laptops and tablets, but bringing your own device was also encouraged.

Age Concern Palmerston North manager Marian Dean says older people do not necessarily want a formal classroom situation, and often want to learn something specific.

The digital divide is less of a problem, Dean says, but people do not always take advantage of their smartphones.

“Most people now have a smartphone, and they don’t necessarily realise that you’ve got a computer in your hand, albeit a small one.”



The Dora bus parked at Papaioea Place in June 2023

Encouraging online activity but being scammer savvy is also important, Dean says.

“From Age Concern’s perspective, June 15 was World Elder Abuse Awareness. That’s why there’s a bit of a focus on staying safe online. We’re all prone to being scammed and the scammers are so clever these days.”

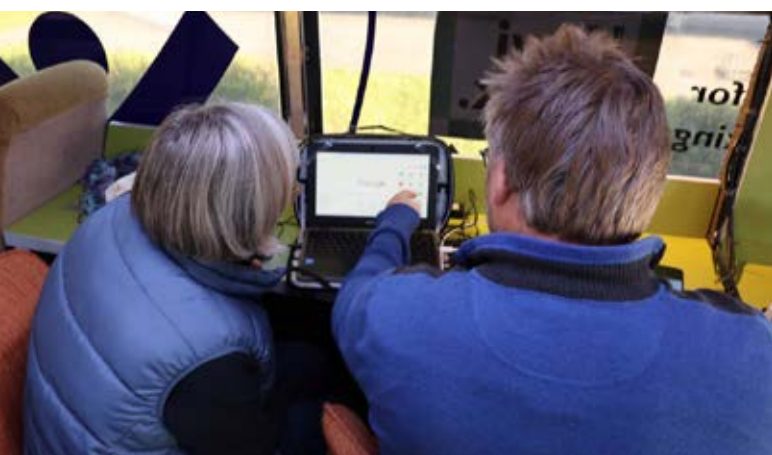
Sandra Philips attended the Thursday morning session in the Dora bus parked at the Highbury Whānau Centre.

Her daughter-in-law recommended the programme and while Philips found it a lot of information to take on board, “I’m enjoying it”, she said.

DORA is a completely self-contained digital classroom that can travel anywhere in New Zealand to provide computer and internet training for local communities.

DORA was originally a school bus but has been converted into a high tech digital learning centre managed by the Digital Inclusion Alliance Aotearoa. The Dora bus travelled the Manawātū from June 12 to 16.

Sonya Holm is a freelance journalist based in Palmerston North.



Sandra Philips and Waka Curd in the Dora bus.

Steady As You Go with the Manawatu Multi-cultural Council

In July we launched our Steady As You Go @, falls prevention exercise class, with the Manawatu Multi-cultural Council, in participation with the Chinese Association. We have had a great mix of peoples and cultures come through to create a group of keen participants, who warmly welcome the service despite language barriers.

Their progress already is physically visible from the strength and balance exercises and with the incorporated Thai Chi movements, there is an overall sense of enjoyment and relaxation. Being part of supporting the group socially to enhance well-being is the essence of the programme, so it is great to see the group satisfied by positive energy and looking forward to the next class.

Please join us for the one hour, strength and balance class, held at The Square Edge, Evelyn Rawlins Room, every Wednesday, 1.30-2.30pm. Call Age Concern Palmerston North and Districts, on (06) 3552832, alternatively



Photo: Steady as You participants at Caledonian Hall. Feilding the Manawatu Multi-cultural Council, on (06) 3581572, for any further enquiries or information. We look forward to seeing you there!

Staying Safe Refresher Driving Workshop

Wednesday 11 October

FREE workshop:

Do you want to confirm your knowledge of the rules for safe driving; have the opportunity to talk with police about changes to road layouts; find out about the process for renewing your driver's licence and much more? Then this workshop is for you. It will be held at the Diocesan Centre, Palmerston North from 9.30am to 1pm. Morning tea provided. Phone 06 355 2832 for more information and to book.



Kai and Korero, Te Reureu Tokorangi, Halcombe Valley, District

In April our Social Connection Kaimahi Marina Ponga invited kaumātua / older people living in the Halcombe Valley, Te Reureu Tokorangi, and kaumātua who whakapapa to other marae communities in Manawatū, to a meeting "Kai and Korero" in Halcombe Hall on 6 May. This initial Kai and Korero was successful and 26 people attended.

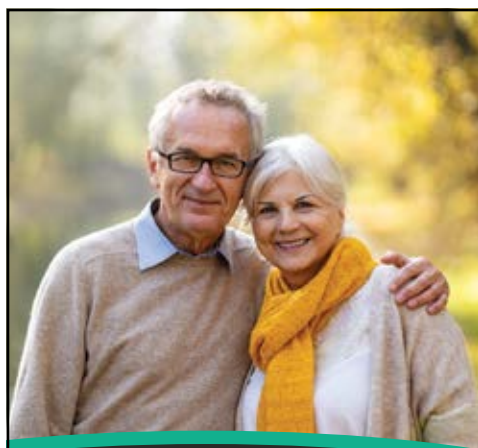
The group requested that Age Concern continue to coordinate Kai and Korero for them weekly and our Kaimahi continues to facilitate this on Mondays from 11-2pm. Discussions over the following weeks led to these kaumātua requesting that Age Concern set up a Steady as You Go exercise programme at Halcombe Hall which began in May initially run by our Health Promotion Coordinator Nicola Mischefski. They also requested that Age Concern support them to find a kaiako, to tutor them in Kapa Haka. The Te Reureu Tokorangi Kaumātua Kapa Haka Group will begin later in the year. Our



Kaumātua at Kai and korero Halcombe Hall, Halcombe, Te Reureu Tokorangi

Social Connection Kaimahi has been invited to take a group of 9 Kaumātua from Te Reureu Tokorangi, Halcombe Valley to participate in the Kaumātua Olympics to be held in Otaki in October.

If you would like more information about these activities please contact our Social Connection Kaimahi, Marina Ponga on 06 355 2832 or email marina.ponga@ageconcernpn.org.nz



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Marina Ponga 027 200 8148



marina.ponga@ageconcernpn.org.nz

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Are you making the most of your SuperGold Card? SuperGold helps you stretch your money further, offering instant discounts and special offers on everyday essentials and more.

Everyone over the age of 65 who receives New Zealand Superannuation or a Veteran's Pension through the Ministry of Social Development (MSD) is entitled to a SuperGold Card. If you qualify for one, it should automatically be sent to you. If you are 65+ and haven't received yours phone 0800 25 45 65 or you can apply for a SuperGold Card online at <https://www.supergold.govt.nz>

SuperGold is one way the New Zealand government and business communities can say 'thank you' or 'tēnā rawa atu koe' to older New Zealanders for the work they have done raising families, supporting communities and their contribution to Aotearoa.

Staff at Age Concern Palmerston North and Districts have been researching what discount you can get in Palmerston North and here is a selection:

SUPERGOLD CARD HOLDER DISCOUNTS PALMERSTON NORTH

Pharmacies

- Grant Irvine Pharmacy - 10% off over the counter beauty care & gifts.
- Hokowhitu Pharmacy - 10% off full priced items.
- Cool Street Pharmacy – 10% off all purchases

Eating Out or Food Purchases

- Bean Café Ltd - Free coffee or tea
- McCafe - \$3 any size coffee, tea, or hot chocolate



- Chinatown Restaurant - \$4 off the price of a buffet meal
- Columbus Coffee – 10% off total bill
- Golden Roast - \$1 off all meals
- Café Express – 10% off the total bill
- Burger King – 20% off your order
- Breakers Restaurant – 10% off purchases
- Coffee on The Terrace – 10% off all purchases
- Ocean Fast Foods – 10% off the total bill
- Export Meats – 10% off on presentation of Goldcard
- Mad Butcher – 5% off total bill
- Countdown Pioneer Highway - 5% off total bill

Personal Care

- Eyes on Broadway – 10% off all New Glass Frames
- BDL Dental Clinic – 10% off all new dentures
- Monarch Ear Care Ltd – 5% off ear wax removal
- Mobility Manawatu – 10% off new instore
- Halo Salt Rooms \$20 off casual sessions
- Andres Hair Design - \$40 off Dry haircuts
- Zenith Fitness – No joining fee
- Herb Farm – 10% off all herb farm products
- Just Looking Palmerston North – 10% off everything

Mechanical or around the home

- VTNZ - \$5 off WOF inspections
- Manawatu Muffler Centre - \$10 off any muffler
- Palmfield Motors – 12.5% off parts and services of any make or model vehicle
- Mitre 10 PN – 5% off show card first
- NZ Pioneer – Spend \$40 then get 15c off per litre petrol show card first
- Rangitikei Flooring – 5% off
- Garden Tree and Landscape Services Ltd – 10% discount on chipping services
- Manawatu Autoglass & Glazing Ltd – 10% off
- Manawatu Toyota – 10% off Parts
- Richards Plumbing Ltd – 12% discount
- Discount Tyre Shop – Wheel balance, wheel alignment, tyre rotation and tyre pressure check for \$65
- Peter Long Collision Repairs Ltd – 5% off repairs
- Danny's Auto Services Ltd – 10% off all repairs, parts and labour
- Tony's Tyre Service – 10% off all tyres and auto servicing \$20 off wheel alignments

Other categories

- Wet Pets – 10% off everything
- Jeremy McGuire – 10% off Wills
- Taxis Gold & Black – 10% off all standard fares
- Beauchamp Funeral Home Ltd – 10% off casket prices
- Centre Point Theatre - \$8 off selected shows
- Richard Lewis Law – 10% off
- Property Brokers – Barry McKean 10% off discount

This list is constantly changing so for the most up to date information check the SuperGold website: <https://www.supergold.govt.nz>

Download the SuperGold App on to your Smart Phone

Do you have the SuperGold App on your phone? This will provide you with up to date offers when you are out and about. It is easily downloaded onto your phone through:



Using your SuperGold Card in Australia

Did you know that you can use your SuperGold card to get discounts and special offers when you're visiting Australia through the Australian Seniors Card Programme.

Most Australian businesses provide discounts to SuperGold cardholders. However, some offers are exclusive to Australians, so check with business first to confirm they will accept your SuperGold card.

Please note: SuperGold doesn't give you access to state or nationally funded programmes like government-funded transport concessions available with the Australian Seniors Card.

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Age Friendly Palmerston North

We are pleased to report that Palmerston North City Council has allocated funding for working towards Palmerston North becoming a World Health Organisation (WHO) accredited Age Friendly City. The first step is to become an Age Friendly City within Aotearoa through the Office for Seniors NZ and the second stage will be to gain WHO accreditation.

Thank you to the members of Age Friendly Palmerston North who have worked for many years towards this goal. Members include representatives of Tu Whatu Ora MidCentral, Palmerston North City Council, Sport Manawatu, Grey Power, Age Concern Palmerston North & Districts, Alzheimers Manawatu, Senior Net, Neighbourhood Support, Enable NZ and Mana Whaikaha, Palmerston North City Council Seniors Reference Group as well as individuals.

Thank you to the City Council for allocating the funding.

An age friendly community is recognised for:

- respecting the rights of older people
- celebrating older people – including their capacities, resources, lifestyles, and preference
- responding to the growing diversity of older people, for example disability,

sexual orientation, socioeconomic status, ethnicity, and religion or beliefs

- valuing older people and making it easier for everyone to participate in community life
- connecting people across all ages.

This helps older people to:

- stay connected with each other
- stay active and healthy
- live with dignity and enjoyment
- feel that they are treated with respect.

We will keep you updated on the progress of Palmerston North's application.

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027 211 6079
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Men's Afternoon Tea

Our men's afternoon tea is very popular but there is plenty of room if you would like to join this group. Our facilitator Bruce, with the support of Age Concern is organising activities for these guys including visits to movies, Te Manawa, the Men's Shed and out for afternoon tea. There is no charge to attend any of these activities or go on trips.

If you would like to join phone 06 355 2832 and speak to Marina.



Afternoon Tea Dance Tuesday 3rd October 1.30 - 4pm



Guests at Afternoon Tea 2020

We will be celebrating International Day of Older Persons 2023, with another Afternoon Tea Dance. Once again this will be held at the Senior Citizens Hall. We have managed to book the popular musician Ian Farmer.

There is not charge to attend and we can provide transport for those who would not

otherwise be able to come. To book your place phone us on 06 355 2832.

Afternoon Tea, Spot Prizes, Dancing and entertainment!.

*When: Tuesday 3rd October, 1.30- 4pm
To book your place phone us on 06 355 2832.*

Invitation to

Afternoon Tea Dance

to celebrate the International Day of Older Persons!

When: Tuesday 3rd October 1.30 – 4pm

Where: Senior Citizens Hall, 309, Main St, Palmerston North



Afternoon Tea, Spot prizes, dancing and entertainment!

To confirm your attendance contact:
Age Concern (06) 355 2832



If transport is required, please let us know. Limited Free parking available.

New Group Exercise Class: Shake Rattle & Roll

Our Health Promotion Coordinator, Nicola Mischefski, who is also a trained exercise facilitator, has been working hard to develop this new group exercise class. Targeted to those over 60+, it was developed with the support of Sport Manawatu.

Shake Rattle and Roll is an exercise programme set to music of the 60s, 70s and 80s. It is a fun programme with regular changes of music and movements to keep it having a fresh feel.

Shake Rattle and Roll conforms to ACCs 9 points for an exercise class that improves strength and balance. We are piloting it in the loft at the Square Edge Starts Friday 8 September from 1-2pm.

Shake
Rattle 'n' Roll

Contact Nicola Mischefski on 0272824765 or Email:

nicola.mischefski@ageconcernpn.org.nz
Venue Location, The Loft The Courtyard - 47 The Square Palmerston North

NB. The Loft is on the first floor and there is no lift access"



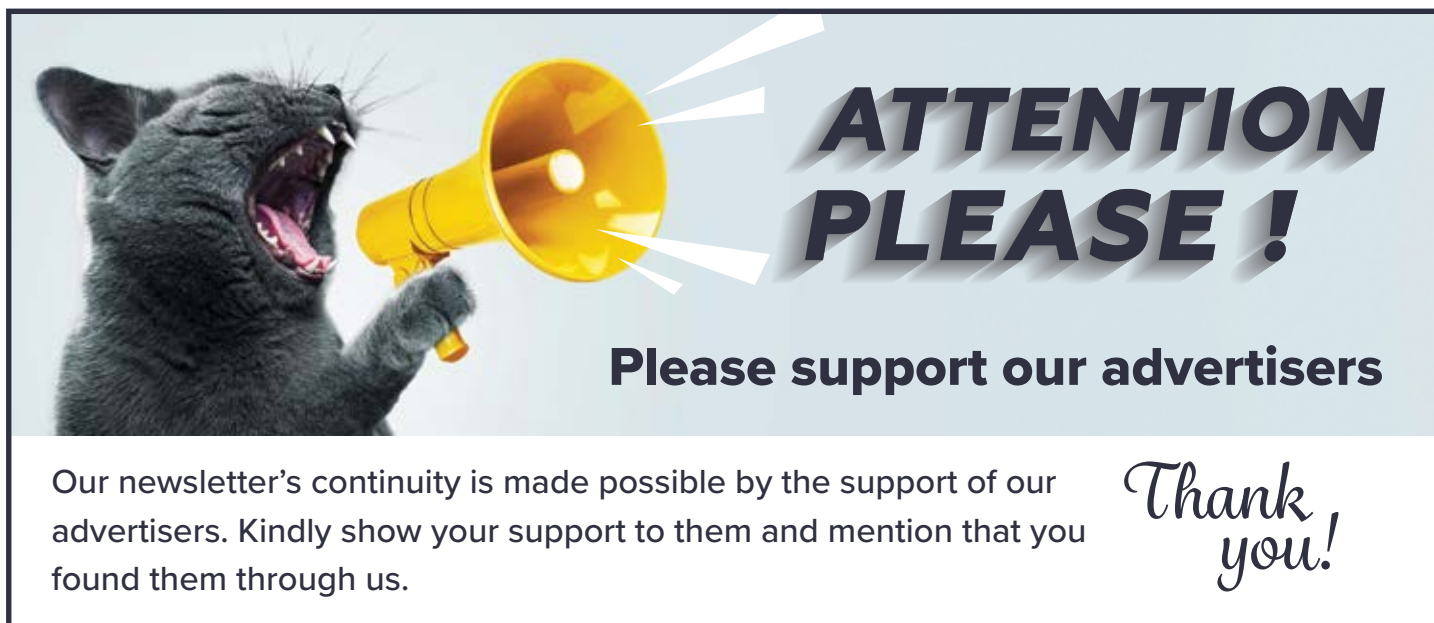
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—  —

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Thank you!



Shake

Rattle 'n' Roll

A fun strength & balance,
dance fitness class for the 55+

Pilot class Friday September 8, 1pm
'The Loft', Square Edge Arts Centre
47 The Square, Palmerston North



Call Nicola 027 2824765
for more information

Services Directory

Community Connection and Support

- **Information, advice, resources.** If we don't have the answer, we will find out for you.
- **Community social work.** We can advocate and provide you with support and assistance. If you are concerned for yourself or someone you know, contact us.
- **Counselling.** We offer free counselling with a qualified counsellor to Age Concern clients.



Education

- **Staying Safe refresher driving workshops.** Enables participants to upskill in the road code and maintain their driving confidence. (Workshop developed by Waka Kotā, NZTA and Age Concern New Zealand).
- **Life without a Car Workshops.** How to stay socially connected if you no longer drive. We can deliver a workshop to your group.

Elder Abuse Response Service

Are you concerned about your safety or that of someone you know?

Is someone you know being subjected to financial, psychological, physical, or sexual abuse or neglect or is self-neglecting? Our trained social workers support the older person to become safe. All referrals to us are in confidence.

Exercise Classes

- **Steady as You Go.** Group exercise classes focussed on leg strength and balance. Recognised by ACC as helping participants to build their strength and balance and be at less risk of falling. Nine classes held weekly.
- **Rhythm & Move.** Exercises with a dance focus which also improve strength and balance. Two classes weekly.
- **Shake Rattle and Roll.** New group exercise classes start in September.



Social Activities

- **Visiting Service.** We have trained volunteers who enjoy meeting people and talking with them. If you or someone you know is feeling socially isolated or lonely, we can find someone to visit.
- **Companion Walking Service.** We recruit volunteers as companions to walk with older people who may feel nervous about



walking alone and would like someone to go with them.

- **Tea and Talks.** Come and hear a guest speaker and then chat with others over a cup of tea. (Second and fourth Tuesday of month) at Age Concern
- **In Knit Together.** Knitting group (first and third Wednesday of month) at Age Concern
- **Kai and Korero.** Every Monday 11am to 2pm Halcombe Hall, Manawatu District
- **Men's Afternoon Tea.** (First and third Tuesday of month) at Age Concern.
- **AgeConnect Manawatu.** We have a directory of activities in Palmerston North and Feilding. We also run group activities with a social focus.

Talks to groups

We can provide a speaker to your group to talk on topics including Ageing Well; Age Concern Services; How to Prevent Falls; Elder Abuse etc. Contact us for more information.

Total Mobility Scheme TMS - 50% taxi discount:

- We can support people to apply to get the TMS card that gives a 50% discount off the cost of taxi fares. We can complete the application form and assessment for you.

GEEKS ON WHEELS
YOUR LOCAL, MOBILE, TECH REPAIR COMPANY

10% OFF FOR GOLD CARD HOLDERS

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- PRINTER SETUP

0800 424 335
geeksonwheels.co.nz



- Charge is \$20 with a year's free membership to Age Concern Palmerston North and Districts.

Volunteering

- Join our team of volunteers and make a difference in the lives of older people. We have a variety of positions in our offices and Visiting and Companion Walking services.

For information about any of our services phone our office on 06 355 2832 or email info@ageconcernpn.org.nz

Activities Programme

Activities at Age Concern Office 4/251 Broadway Ave

There is no charge to attend activities at the office.

- **Share Your Craft! : Wednesdays**
Bring along your project.
Starts September | 13th & 27th September
1-3pm
- **In Knit Together : Wednesdays (knitting group)**
7th and 21st June | 5th and 19th July
1-3pm
- **Men's Afternoon Tea : Tuesdays**
1st & 15th August | 5th & 19th September
1.30-3pm
- **Tea and Talks : Tuesdays**
8th & 22nd August | 12th & 26th September
1-3pm

Activities in Manawatu District

- **Kai and Korero : Mondays**
12 - 1.30pm - Halcombe Hall,
75 Willoughby St, Halcombe
- **Rhythm and Move exercise classes Palmerston North**
Donation of \$2 applies per class
August
Mondays 1.30pm & Wednesdays 9.15am
Rangiora Community Centre, Rangiora Ave.
Palmerston North
- **Steady as You Go Palmerston North**
Donation of \$2 or \$3 applies per class
August & September
Tuesday 11-12noon - Square Edge Level1,
Evelyn Rawlins Room
Wednesday 10.30-11.30am
Rangiora Community Centre,
102 Rangiora Ave
Thursday 9.30-10.30am
Awapuni Community Centre,
22 New bury St
Thursday 10-11am
Baptist Church 190 Church St
Thursday 10-11am
Otangaki Lodge, 69 Oxford St., Ashhurst'
Friday 10-11am
Senior Citizens Hall, 309 Main St
- **Steady as You Go Manawatu District NEW GROUPS**
Donation of \$2 or \$3 applies per class
August & September
Monday 11-12noon - Halcombe Hall,
75 Willoughby St., Halcombe
Friday 10-11am - Caledonian Hall,
55 Weld St, Feilding



Enhancing lifestyles by providing personal and mobility aids so you or your loved ones can stay independent with dignity and confidence

0800 882 884

www.mobilitymanawatu.co.nz



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Support our work by becoming a member of Age Concern Palmerston North & Districts

Membership is a great way of supporting Age Concern Palmerston North & Districts, and at the same time keeping up with what we are doing. Membership costs \$20 per person or \$30 per couple. In return for your membership we will post you our quarterly magazine and email you our eNewsletter if you are able to receive it. Thank you for your support.

We also welcome donations. We are a registered charity (CC57368) and all donations qualify for a tax rebate.



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0800 027 154 | admin@beauchamp.co.nz
167 John F Kennedy Drive, Palmerston North



Age Concern Palmerston North & Districts

(Registered charity no. CC57368)

Application for Membership

Mr / Mrs/ Miss / Ms

Name: _____

Address: _____

Phone: _____

Mobile: _____

Email: _____

Annual Membership Fee for 12 months:

\$20 individual _____

\$30 per couple _____

\$100 Corporate: _____

Donation given: _____

Payment method: _____

Date paid: _____

How to pay: Internet Banking – You can pay membership directly into our bank account.

Account number: 03 1522 0158520 000 (Age Concern Palmerston North & Districts. **Please add your name as a reference and post or email this form to the address below.**

Donations of \$5.00 and over are eligible for a tax credit under terms of Section LD1 of the Income Tax Act 2007.

For more information, please phone Age Concern Palmerston North and Districts on (06) 355 2832 or email admin@ageconcernpn.org.nz

Post application to Age Concern Palmerston North and Districts PO Box 5063, Palmerston North, 4441

Promisia Ranfurly Manor Retirement Village

📍 6 Monmouth Street, Feilding



OUR STYLISH AND MODERN VILLAS

Prices range from
\$360,000.00 to \$485,000.00

At Ranfurly Manor Retirement Village you can enjoy independent living in our new, stylish, and modern villa. You can choose from a one-bedroom or two-bedroom villa with gardens. These are ideal for individuals or couples looking to downsize, who are still able to live relatively independently, and who want the advantages and conveniences of having a care facility and help nearby.

Residents in our villas purchase an Occupation Right Agreement (ORA). There is a weekly village fee that covers the likes of your lawns, and gardens, any maintenance, rates, and building insurance. Talk to us to find out more.

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Bringing comfort and care to your loved ones

Prices start from **\$155,000.00**



Rest home or hospital level care is also offered in any of our 52 residential care apartments. These rooms include a private lounge, en-suite, and kitchenette. Residents of these rooms enter into an Occupation Right Agreement (ORA), whereby you purchase the right to live in that apartment. They are available as single or double-bedroom apartments to suit married couples or partners, siblings or good friends.



Rest Home



Hospital Care



Dementia



Palliative



Young Disabled



Respite



Adult Day Care



Please contact our Village Manager Celina Turner to make an appointment to view.

📞 021 1905 953 | (06) 323 5050

✉️ village.ranfurly@promisia.co.nz



Promisia