



# Age Concern

## Palmerston North & Districts SENIORITY

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Cover Photo:  
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## Contact Information

Age Concern

Palmerston North & Districts

**Phone:** (06) 355 2832

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

**Address:** 4/251 Broadway Ave. (entrance on Vivian St), Palmerston North 4414

### Office Hours:

8.30am – 4 pm Monday to Thursday.

Fridays 9am – 2.30pm

## Staff

**Manager:** Marian Dean

**Community Support & Elder Abuse**

**Response Service social workers:**

Amey Jenkins, Klara Salisbury and  
Rebecca Lester

**Social Connection and Volunteers Services**

**Coordinator:** Fern Brooking

**Social Connection Kaimahi:** Marina Ponga

**Health Promotion Coordinator:**

Nicola Mischefski

**Administrator and Accounts:** Marie Greig

## Board Members

Christina Brenton (Chair)

Jeff Rayner (Finance) Paul Rieger, Ron Rowe,

Margaret Ryniker, Monica Huisman,

Libby Gosse, Nina Kirschbaum.

## Thanks to our funders:



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# Message from the manager

*Where did the year go? Each year seems to go faster the older I get. Scientists say that the perception that time speeds us as we age is real, and it's related to how long we have lived – a 5-year-old feels a year is long because it makes up 20% of their life. Another theory points to changes in the brain and suggests our ability to process visual information slows with age; we perceive fewer mental images, and time feels like it's speeding up.*

One commentator suggested “When we are in the third age we tend not to do new things, we like routine. Routine is good but it can make time go faster. The way to slow it down is to do something new - take up a new hobby or learn a new skill. That’s good for the brain, building new neural pathways” (Patricia www.quora.com).

I am always impressed by friends who do have a hobby that they are skilled at. Many have had their hobby for decades, but some started recently. Retiring and having more time on your hands might provide the opportunity to renew an old interest or take up something new. See “Seven reasons why having a hobby is good for you” in this issue.

This will be our last issue for 2023. We have had a good year and our services and

## Disclaimer

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programmes have expanded. We started the year with 6 staff and now there are 8 of us. We continue to deliver our elder abuse response and social support services and have expanded social activities held at the office. We now have a men's group, as well as In Knit Together and Tea and Talks. The programme in the Halcombe Valley Te Reureu has grown too. We recently started a Kaumātua Kapa Haka group, in addition to the Steady as You Go exercise group and Kai and Korero that began in May. We also began a new exercise programme "Shake Rattle & Roll" in Palmerston North.

This year we began working with the 2020 Trust to deliver Kaumātua Connect, a digital inclusion course. This is a great partnership. Participants have given us fantastic feedback saying that they feel more confident because of attending the workshop. In February 2024 we will begin a new digital inclusion workshop programme supporting you to use your Smart Phone or Tablet. It is called "Know Your App." Contact us if you would like to register for it. You will need to have your own Smart Phone or Tablet. Call in to the office if you would like to know more about the workshop or would like to confirm that your phone will be suitable.

Members of Age Concern Palmerston North and Districts are invited to our Annual General Meeting followed by a Special General Meeting on 22 November. At a Special General Meeting held on 20th July 2022 it was unanimously agreed by members present that:

1. Age Concern Palmerston North and Districts' services and activities move from being run by an Incorporated Society to

being run by a Charitable Trust with the same purpose; and

2. The legal name be changed from Age Concern New Zealand Palmerston North and Districts Branch Inc. to Age Concern Palmerston North and Districts Inc.

The Board has now determined that in the long-term interests of the Society and its ability to fulfil its purposes, the legal structure of Age Concern Palmerston North and Districts should be changed from an Incorporated Society to a Charitable Trust. Whilst it is proposed that the legal structure of Age Concern Palmerston North and Districts may change, you can rest assured our services will not change. Members will be invited to convert their membership to becoming a Friend of Age Concern Palmerston North & Districts and will continue to receive our magazine posted or emailed out to them quarterly.

We look forward to continuing to provide support and services in 2024. Best wishes for Christmas and New Year.

*Best wishes*  
*Marian Dean, Manager*

1. Age Concern Palmerston North and Districts' services and activities move from being run by an Incorporated Society to



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# Seven reasons why having a hobby is good for you

from [www.integracare.com/7-reasons-why-seniors-should-learn-a-new-hobby-in-retirement](http://www.integracare.com/7-reasons-why-seniors-should-learn-a-new-hobby-in-retirement)

*The idea of engaging in a hobby isn't merely to while away the hours. Hobbies hold a deeper greater significance. They provide opportunities for self-discovery and can lead to participants finding new horizons. Our childhood was a time of curiosity, where every stone turned, or corner explored held a mystery. Picking up a new hobby can rekindle this sense of wonder, reminding us of the joy of exploration.*

## 1. Cognitive Benefits

### Sharpening the mind

As we age, our mental faculties require as much exercise as our physical ones. The principle of "use it or lose it" applies as much to the brain as it does to muscles. And what better way to stimulate the brain than with a new hobby? Whether it's playing the guitar, painting water colours, or putting together jigsaw puzzle, each of these activities nudges the brain to think, to strategize, and to innovate.

Neuroplasticity is the brain's remarkable ability to adapt and evolve. With every new task or skill learned, the brain forms fresh neural pathways. When we engage in new hobbies, we're essentially boosting our brain's plasticity, enhancing memory retention and cognitive abilities. It's like sending the brain to the gym, ensuring it remains fit and agile.

## 2. Physical Advantages

### Enhanced mobility and dexterity

Who said hobbies are only for the mind? Many activities offer substantial physical benefits. A dance class can strengthen the legs, bowls can improve hand-eye coordination, and yoga can amplify flexibility. With each movement,



we tell our bodies that age is no barrier, and the body reciprocates with improved mobility and grace.

## Maintaining Health and Wellbeing

The connection between an active lifestyle and good health isn't new. Physical hobbies serve as a shield against numerous age-related ailments. Regular physical activity can mitigate the risks of osteoporosis, keep arthritis at bay, and promote overall well-being. It's a holistic approach where the journey to wellness is as enjoyable as the destination.

## 3. Emotional Wellbeing

### Building self-esteem

Remember the pride you felt when you achieved something as a child? Maybe it was your first bicycle ride on a two-wheeler or making a model out of Meccano. Such achievements boost confidence, a feeling that's timeless. Mastering a new hobby can reignite this sentiment, reminding us of our capabilities.

### Reducing feelings of loneliness

For some, growing older can result in a sense of isolation. Here, hobbies play a dual role. Not only do they offer a distraction, but they also offer a community. Joining classes or groups aligned with one's hobby paves the way for social interactions, new friendships.

#### 4. Social benefits

Hobbies can provide opportunities to socialise and meet new people. And shared interests can develop into friendships between participants. It could be the shared silence of a reading club, going out for coffee after an exercise class, or enjoying the outdoors with a walking group. Such shared experiences not only provide new friendships but also enrich existing ones.

#### 5. The Pleasure of Mastery: Experiencing achievement

The sense of accomplishment when one masters a new skill is great. It serves as a testament to one's abilities, pushing boundaries, and redefining what's possible.

#### The joy of continuous learning

The quest for knowledge is endless. Mastering a new hobby can show you that you can learn new skills at any age.

#### 6. Creativity Unleashed Unlocking Hidden Talents

Often, due to the demands of a job and family, many innate talents remain dormant or unexplored during our younger years. Retirement provides an opportunity for us to delve into this potential. Whether it's sketching, writing poetry, or crafting, a hobby can unlock hidden talents, bringing immense personal satisfaction.



#### Learning New Technology

Taking up a new hobby in the digital age can mean connecting with new technology. Photography might lead to learning photo editing software. Writing might introduce the world of blogging or e-publishing. This interaction with technology not only keeps us updated but also bridges the generational gap, allowing us to connect better with younger generations.

#### 7. Holistic Health Benefits Stress Reduction and Mental Health

Engaging in an activity that we love can provide therapeutic experiences. Activities like knitting, gardening, or even bird watching can be meditative, helping to reduce stress and anxiety. In an era where mental health is crucial, hobbies act as a cushion, providing mental relaxation.

Taking up a hobby can provide us with a new sense of purpose. It can demonstrate that growing older doesn't need to be a time of slowing down. It might become a time of rediscovery, and an opportunity to develop new passions.

Is there a hobby that you have always wanted to try but never had a chance to do? We have a directory of some hobby groups in Palmerston North and Feilding. Age Concern Palmerston North and Districts may be able to put you in touch with a relevant group. Phone the office on 06 355 2832

# Bus routes designed for speed could strand some Palmerston North neighbourhoods

Janine Rankin 19.00, Oct 23 2023 <http://www.stuff.co.nz/manawatu-standard/news/133158676>

*Concerns are mounting that Palmerston North's new bus service, designed to be faster, more frequent and easy to understand, will leave some older people behind.*

City resident Robyn Douglas said older parts of the city, such as Highbury, Awapuni and Roslyn, were losing their bus services from February.

Passengers would have to walk an extra distance beyond the range of many older people to find bus stops on the new arterial routes.

"More frequent buses, but with many fewer streets and bus stops much further apart, will benefit some but truly handicap others," she said.

Rangiora Ave was at the heart of a community that would lose its route. People would have to walk to stops on Featherston St or Main St.

Douglas said she had a friend in that area who was heavily reliant on catching a bus and who was distressed that a lifeline would be taken away.

She said decisions about the new service seemed to have been made without regard for people who were older and less able, making the bus stops out of reach for many.

Marian Dean, a manager for Age Concern Palmerston North and Districts, said the Horizons Regional Council had done some good work in responding to calls for better bus services, such as to Feilding and the airport.



*Rangiora Ave is one of the streets that will lose its bus stops when a sleeker, quicker and more direct service starts in February.*

She said the council had a responsibility to consider the needs of people who were elderly, disabled or unable to afford other forms of transport.

That was not achieved by taking buses out of Roslyn, Highbury and Awapuni, she said.

While some people might qualify for the Total Mobility scheme that subsidised taxi rides, it was still more expensive than riding a bus.

"I think the impact has not been truly understood by bus passengers, especially older users."

Horizons transport manager Mark Read said the new bus service was designed to encourage people out of cars and onto buses, rather than being largely for people without cars.

Comprehensive public consultation about the new routes took place in August 2021, with 571 submissions received.

The majority favoured a proposed option close

*Rangiora Ave residents will have to walk further to find a bus when the new service rolls out in Palmerston North in February.*



to the final plan, with routes on key, well-developed corridors rather than “meandering through the suburbs”.

Read said there would be improvements specifically designed to make catching a bus easier for elderly and low-income people.

New bus stops and shelters would be better, there would be concession fares when the new service started, and the electric buses would be more comfortable.

“These changes also mean low-income people have so many more options for getting around the city and not having a car is no longer a huge disadvantage.”

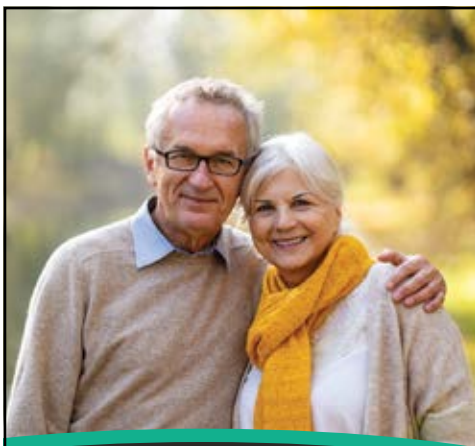
Families could save money by using the buses more and running their cars less.

“Overall, the new service will be useful to so many in our community and is a step-change from being a service that is designed to largely be useful to those who have no other options.”

Read said there would always be positive and negative effects from any change.

“In general, we have followed through with what the majority told us they wanted – a simple, easy to understand network that is fast and efficient.”

*Dean would be speaking to the regional council’s passenger transport committee on November 13.*



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# Living Positively with Parkinson's

## Kia noho ngākau pai koe ki te Mate Paiori

*Did you know that Parkinson's is now the fastest growing neurological condition in the world?*

It's estimated that there are 12,000 or more New Zealanders currently living with the condition with numbers expected to increase significantly over the coming years.

### What is Parkinson's?

Parkinson's is a progressive neurodegenerative condition caused by insufficient quantities of dopamine - a chemical in the brain. When dopamine levels fall, movements become slow and awkward.

Many of us are aware of the more common physical symptoms such as tremor, stiffness, rigidity and slowness of movement but other less well known symptoms include depression, anxiety, apathy, sleep issues, constipation, trouble swallowing or speaking.

Although there is currently no cure, support, information and treatment options are available.

### Who can you turn to for help to manage the condition?



This year Parkinson's New Zealand is celebrating 40 years of supporting people with Parkinson's.

Parkinson's New Zealand is the only national charitable trust in Aotearoa New Zealand providing information, education and support to people with Parkinson's and Parkinson's plus conditions, their whānau, carers and health professionals.

We offer a range of services nationally including:

- Home visits, phone and video call support
- Support Groups for people with Parkinson's and carers
- Advice, advocacy and whānau meetings
- Referrals to health professionals such as physiotherapists, occupational therapists, and speech therapists
- Education including an online Goodfellow unit course for health professionals
- Website, digital newsletters, twice-yearly magazine, The Parkinsonian and resources.
- Seminars, conferences, and webinars

In the Manawatu we also offer local volunteer led social support.

There are various activities available some of which are:

- Monthly social gatherings
- Exercise groups
- Counterpunch boxing
- Annual Red Tulip Walk

### GET IN TOUCH | WHAKAPĀ MAI

*For more information about Parkinson's, to refer online or to donate please use the contact details below*

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

0800 473 4636

[info@parkinsons.org.nz](mailto:info@parkinsons.org.nz)



# Afternoon Tea Dance for International Day of Older Persons enjoyed by all

This was another very enjoyable afternoon held on 3rd November and we have had good feedback about it from those who came. Approximately 80 people attended to be entertained by muso Ian Farmer. Tangi Utikere MP came along to cut the celebration cake and draw the raffle prizes. People enjoyed dancing to a range of styles from ballroom to rock and roll and country dancing. A delicious afternoon tea and celebration cake was catered for by Pioneer New World.

We thank Palmerston North City Council for supporting us. Also, to Volunteer Central and their team of volunteers who helped to set up, serve food and clear up afterwards. We also thank business and supporters who donated raffle prizes. It was a great day.



Knock, knock. Who's there?  
Mary. Mary who?  
Mary Christmas!

## Staying Safe Refresher Driving Workshop

**Wednesday 29th November**

### **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.



# Te Reureu Halcombe Kaumātua win the Ōtaki Kaumātua Olympics!

*A group of kaumātua from Te Reureu Halcombe, Nga hapu o Te Reureu – Valley Whanau were invited to participate in the Kaumātua Olympics hosted by Te Hapu o Ōtaki at Te Wananga o Raukawa on 27 September. Over 200 Kaumātua battled it out in teams to become the overall champions.*



*kaumātua participating in the Rotorua Olympics, March 2023, Photo courtesy of Rotorua Trust*



*Nga Hapu O Te Reureu – Valley Whanau*

Nga hapu o Te Reureu – Valley Whanau were supported by Age Concern's Social Connection Kaimahi, Marina Ponga, who coordinated the group and their travel arrangements. She also gave them some coaching which ensured that they were the overall winners!

This event was featured on Te Karere on TVNZ. Participants said it was great to catch up with other kaumātua that they hadn't seen for a while. Everyone reported that they had had a great day and want to attend next year!

## Indoor Bowls!

Held at the Rangiora Community Centre Wednesdays at 1pm. Only \$1 per session - this includes 3 games. Once games are finished there is an afternoon tea provided.

*No experience needed and everyone is welcome to join. Please phone Rex on 06 3574143*





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# Quick hacks on how to reduce your grocery bill

from [www.nzseniors.co.nz/life-insurance/discover/budget-grocery-bill-hacks](http://www.nzseniors.co.nz/life-insurance/discover/budget-grocery-bill-hacks)

*If you're feeling the pinch these days at the supermarket check-out, you're certainly not alone – households in general across the country are grappling with a sharp rise in prices.*

And if you're retired and budgeting for things like rent, medical bills and insurance along with groceries, you may be watching your pennies a bit more right now. The good news is, there are ways to cut costs – especially on food. Here are 10 hacks.

## **Reduce your grocery bill before leaving the house:**

Cost-cutting starts with your pantry and garden! Here's how.

### **1. Shop your pantry**

So often, you'll find that you have ingredients you can use up in your pantry, fridge, or freezer - so take stock of what you have on hand before hitting the supermarket.

### **2. Plan meals in advance**

Browsing recipe books, planning meals, and writing a shopping list can be essential when you're trying to stick to a budget and avoid any impulse purchases.

### **3. Grow your own**

Find a sunny plot in your yard and start growing pots of herbs, fruits and veg. Homegrown produce tastes better and you could save heaps by being able to take them off your grocery bill.

Some supermarkets in Palmerston North sell seedlings grown locally at Awapuni nursery. These can be quite cheap to buy. Silverbeet



is particularly easy to grow. You can cut off the leaves you need and leave the plants in the ground. They will continue to produce new leaves for you to harvest until the plant flowers..

### **4. Cook in bulk and freeze**

Your freezer can be your best friend when you're on a budget – so get into the habit of cooking larger batches and freezing leftovers for dinner on another night. This may also help to avoid the trap of ordering takeaway food when you are too tired to cook at the end of a long day. If you have a slow cooker this can be cheaper to use than your oven and is great way to cook casseroles, stews, and curries.

### **5. Join a food co-op**

Find a local, bulk-buying group – they typically purchase large quantities of seasonal food and household items in bulk at a discounted price. You could pay a flat fee for a 'box'.

In Palmerston North there is the Awapuni Food Hub where you can get a box of fresh veggies for \$15. See below.

**Saving while you're at the supermarket:**

With a little planning, you may be able to reduce your food bills. Here are our tips.

**1. Shop around**

It's all too easy to dash into our nearest supermarket – but is it the cheapest? Keep your eye on prices, sales, and discounts.

**2. Buy supermarket own brands**

Home brand items are usually just as good as the name-brand versions, and they can be a lot cheaper. You can save a lot on items such as cereals, bread, baking items, frozen vegetables, and snacks.

**3. Buy in bulk**

If there's a special on non-perishable items (such as toilet paper, toothpaste, or canned goods) and you have the space and the money, consider stocking up – it can be a cost-effective way to save. If you can't afford to buy in bulk alone, consider going in with a friend or relative and splitting the cost and the bulk buy between you.

**4. Consider frozen foods**

We're often told that fresh is best, but frozen fruit and veg last longer, are quicker to prepare, have locked-in nutrients – and are a great way to slash your grocery bill. Frozen peas and beans are usually reasonably priced all year round.

**5. Head to local markets**

These markets often have seasonal, fresh produce that can be cheaper than what you'd find at the supermarket – and it'll often be better quality, too. In Palmerston North the Albert Street Farmers' Market

# Foodtogether AWAPUNI Vege Hub

**Sells boxes of 5-7 seasonal best buys of fruit and veg for \$15**

Phone: 06 355 2254

Email: foodtogetherawapuni@gmail.com

Boxes must be collected and can be picked up from:

- St Matthew's Anglican Church (MTS), 109 College St Awapuni, Palmerston North  
Thursdays 11am – 1pm phone (06) 355 2254
- Te Tihi Whanau Ora, 200 Broadway Ave., City Centre, Palmerston North  
Thursdays 1.30-4.30pm phone 06 360 3405
- Te Patikitiki Library 157 Highbury Ave., Monrad Park, Palmerston North Thursdays 11.30am – 4.30pm 06 357 2108
- The House Next Door, 127 Vogel St., Roslyn, Palmerston North, Thursdays 12.30 – 2.30 pm Phone 06 357 7336

has a reputation for selling fresh produce direct from the growers. It takes place every Saturday from 6am to 10 am at the Albert Sports Bar Car Park, Albert St, Palmerston North.



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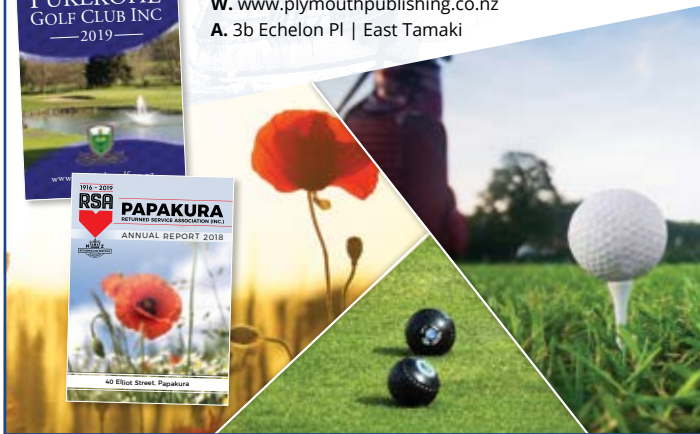
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[www.enlivencentral.org.nz](http://www.enlivencentral.org.nz)



## 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.*

# Christmas Parades, Concerts, Carnivals and Caves - Palmerston North



## **Ashhurst Christmas Parade and Market!** Sat 2 Dec 2023, 9:00am–12:00pm

Indulge in the festive magic at the Ashhurst Christmas Parade on Cambridge Ave from Pete's Way to the library! Immerse yourself in the heartwarming community spirit, explore the lively Kids Zone, join the Reindeer Competition, and witness the spectacle of the Best Float. Plus, treat yourself to the delights from our enticing market stalls and food trucks. Don't miss out on this unforgettable holiday celebration! The parade starts at 10 am and the market is on from 9am to 12 noon.

## **A Very Palmy Christmas Concert!**

**Saturday 2 December 2023 5:00pm – 9:00pm**

This will take place at Te Marae o Hine, Te Marae o Hine, The Square, Palmerston North

Come along to this free concert. A variety of food options will be available to purchase on the night or you can pack a picnic beforehand to enjoy with your whanau or friends.

## **A Very Palmy Christmas Parade: Santa is coming to Palmy!**

**Sunday, 03 December 2023 02:00 PM to 03:00 PM**

Palmerston North will be buzzing with Christmas spirit, so come and join the hundreds of people who participate in this annual event. There will be lots of activities in Te Marae o Hine, The Square. The parade will start at 2pm, at the corner of Church and Pitt Streets. It will then make its way up Church Street and around The Square, before going up Rangitīkei Street and heading down Main Street (south). Float entries will assemble at Railway Land Reserve.







*Nola Taylor meets Santa in Santa's Cave at Te Manawa 2022*

### **Santa's Cave, Te Manawa**

**Open from 11 November 2023. Te Manawa is open 7 days a week from 10am to 5pm**

Santa's Cave is a much-loved Palmy institution, a favourite holiday treasure that's been enchanting generations for more than 100 years! For some, it is a magical trip down memory lane. Others find its kitsch-factor totally endearing. There are those who even find it curiously creepy... but all agree, it wouldn't be Christmas in Palmerston North without the Cave. Since 1918 its sparkle and joy has put a smile on the faces of thousands of visitors every year. Last year Age Concern's Tea and Talk group made a special visit. All agreed that age is no barrier to enjoying the Cave and meeting Santa.



## **Manawatu District**

### **Feilding Christmas Carnival and Parade! Sunday 10th December 10am to 4pm**

This iconic Christmas event attracts over 10,000 people from the wider region into Feilding's CBD which will be closed to all traffic and transformed for the Christmas Carnival where the streets will be lined with hundreds of non-food and food stalls, activities, and entertainment for everyone.

### **Rongotea & Districts Lions Christmas Parade!**

**Sunday 19 November 2023 12:00pm – 2:00pm**

Rongotea Village Square, Wye Street, Rongotea, Feilding and District

There will be lots of fun and entertainment for all the family with floats, stalls, decorated bikes, and live music to be enjoyed.

Various food available including sausage sizzle, hot chips, ice cream, tea, and coffee. The Christmas Parade starts at 1.00pm with Father Christmas.

**Come along and Enjoy the Fun of Day.**



# Notice To Members - Age Concern Palmerston North & Districts

## Annual General Meeting followed by Special General Meeting Wednesday 22 November 12 noon. 4/251, Broadway Ave., Palmerston North

Members are invited to lunch on 22 November at 12 noon to be followed by the Annual General Meeting and Special General Meeting. RSVP for catering purposes by Friday 17 November.

### Annual General Meeting 12.30pm Agenda

- Welcome by Chairperson Christina Brenton
- Apologies
- Confirmation of minutes of Annual General Meeting 14 November 2022
- Business arising from minutes of AGM 14 November 2022
- Correspondence
- Chairperson's Report
- Finance Officer, Jeff Rayner's Report, and presentation of audited financial statement 1 July 2022 to 30 June 2023
- Manager's Report
- General Business

## Special General Meeting 1pm

Members are hereby given notice that a Special General Meeting will be held following the Annual General Meeting being held at 12 noon on Wednesday 22 November 2023 at the Age Concern Palmerston North & Districts offices 4/251, Broadway Ave., Palmerston North.

A quorum of 15 members is required at the Special General Meeting.

At the Special General Meeting the members will be asked to pass a resolution that:

1. The Incorporated Society shall be wound up by 30 June 2024; and
2. The charity's legal structure will be changed from Incorporated Society to Charitable Trust; and
3. The assets, liabilities and business of the Society shall be transferred to the charitable trust by 30 June 2024.



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

*Thank  
you!*

# Meri Kirihimete: Merry Christmas & best wishes for 2024

From all of us at Age Concern Palmerston North and Districts

Thank you to our Board of Trustees, our volunteers, our donors, and funders, and to everyone who supports us. We cannot provide services to the older people in our communities without you. We look forward to continuing to serve you in 2024.

Our office will close on Friday 22nd December at 2.30 pm We reopen on Monday 8th January 2024 at 8.30 am.

Visit us at 4/ 251 Broadway Ave. (corner of Vivian St & Broadway)  
Palmerston North, Entrance on Vivian St.

# 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



# 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.



## Education

- **Staying Safe refresher driving workshops.** Enables participants to upskill in the road code and maintain their driving confidence. (Workshop developed by Waka Kota, 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.
- **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.
- Charge is \$20 with a year's free membership to Age Concern Palmerston North and Districts.

**GEEKS ON WHEELS**  
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**0800 424 335**  
geeksonwheels.co.nz



### 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](mailto: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.

- **In Knit Together : Wednesdays (knitting group)**  
1st and 15th November | 13th December | 24th January | 1-3pm
- **Men's Afternoon Tea : Tuesdays**  
21st November | 5th December | 16th January | 1.30-3pm
- **Tea and Talks : Tuesdays**  
14th and 28th November | 12th December | 23rd January | 1-3pm

## Activities in Manawatu District

- **Kai and Korero : Mondays**  
12 - 1.30pm - Halcombe Hall, 75 Willoughby St, Halcombe  
**Please note** Korero & Kai finishes for the year on Dec 11th 2023 & will start back on 15th Jan 2024
- **Shake Rattle "N" Roll - A fun strength & balance dance fitness class.**  
Donation of \$3 applies per class  
Nov, Dec & Jan 24  
**Every Friday - 1.00pm-2pm**  
The Loft – Square Edge Arts & Craft Centre, 47 The Square, Palmerston North  
**Please note** Shake Rattle n Roll finishes for the year on Dec 15th 2023 & will start back on 2nd Feb 2024

- **Steady as You Go Palmerston North - Falls prevention exercise class.**  
Donation of \$2 or \$3 applies per class  
Nov, Dec & Jan 24  
**Monday 11am-12noon**  
Halcombe Hall, 75 Willoughby St, Halcombe  
**Tuesday 11am-12noon**  
Square Edge, Level 1 Evelyn Rawlins Rm, PN  
**Wednesday 10.30-11.30am**  
Rangiora Community Centre, 102 Rangiora Ave, PN  
**Thursday 9.30am-10.30am**  
Awapuni Community Centre, 22 Newbury St, PN  
**Thursday 10am-11am**  
Baptist Church 190 Church St, PN  
**Thursday 10am-11am**  
Ashhurst - Otangaki Lodge 69 Oxford Street  
**Friday 10am-11am**  
Senior Citizens Hall, 309 Main St, PN  
**Please note** finish & Start dates for Dec 23 & Jan 24 may vary depending on the venue, please phone 355 2832 for confirmation of dates..
- **Staying Safe Driving Refresher Course**  
**Wednesday 9.15am-1pm**  
29th Nov, 33 Amsbury St, PN
- **Kaumātua Connect- Learn how to connect online.**  
**Every Thursday 11am- 2pm**  
5-6 Week Course. Learn useful Apps to get you connected. Samsung Tablets Supplied. Age Concern Palmerston North & Districts offices 4/251 Broadway Ave  
Phone 06 355 2832 to book  
**Please note** starting back on the 18th Jan 2024
- **Please phone 06 355 2835 for more information.**

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

*Become a Friend. This is a great way of supporting Age Concern Palmerston North & Districts, and at the same time keeping up with what we are doing. It costs \$20 per person or \$30 per couple. In return for your support 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.*

## Website for Age Concern Palmerston North and Districts

Age Concern Palmerston North and Districts is growing rapidly, and we need to be able to get our information out to the public.

We have had a Facebook page for a number of years <https://www.facebook.com/ageconcernpalmerstonnorth/>

Our website address:  
<https://www.ageconcernpn.org.nz>

**follow us** **facebook**<sup>®</sup>

**Age Concern Palmerston North and Districts**

## Age Concern Palmerston North & Districts

(Registered charity no. CC57368)

### Become A Friend

Mr / Mrs/ Miss / Ms

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_

Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

### Donation for 4 quarterly magazines:

\$20 individual \_\_\_\_\_

\$30 per couple \_\_\_\_\_

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](mailto: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



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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



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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](mailto:village.ranfurly@promisia.co.nz)



**Promisia**