



# Age Concern

## Palmerston North & Districts

Active Citizenship | Attic Players | Manchester House Senior Hub  
Volunteer Visiting Service | What's On? | Moneywise Manawatū



# Message from our Manager

Welcome to the Autumn magazine from Age Concern Palmerston North and Districts.

The year has begun with the announcement of the general election date on November 7, and 2026 promises to be a busy year for our community. There are also some current initiatives affecting older people that you may wish to be aware of:

- The NZ Transport Agency is consulting on various changes to lane use and everyday road-use rules. Among the proposed changes is allowing e-scooters in cycle lanes, and allowing children aged 12 years and under to ride bikes on footpaths. You can have your say on these proposals at <https://nzta.mysocialpinpoint.com/Consultation-on-lane-use-improvements> by 25 March.
- The Government has recently announced changes to the transport subsidy for taxis provided through the Total Mobility Scheme. Submissions are open until 23 March and you can find out how to have your say at <https://www.whaikaha.govt.nz/news/news/newsnewschanges-to-total-mobility-scheme>

Our local councils are also getting ready to consult the community about their annual plans. Look out for ways to contribute to their decision-making.

As part of Age Concern New Zealand, we will be helping develop 'position statements' for our future representatives to consider. No doubt this will include discussions about access to health services, transport, housing, the retirement age, and the cost of living. We certainly intend to highlight issues the wellbeing of older people for all political parties as they lobby for votes.

We are always interested in your feedback and to find out how you would like to connect with Age Concern. In the past five months I have made contact with a very long list of people and organisations, and I look forward to meeting more of the Age Concern community. Please feel free to email or phone to introduce yourself or have a chat. My email is [Julie.macdonald@ageconcernpn.org.nz](mailto:Julie.macdonald@ageconcernpn.org.nz) or phone 06 355 2832.



Julie Macdonald - Manager

## Age Concern Palmerston North & Districts

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**Office Hours:**

9am - 4pm, Monday to Friday

*Closed Public Holidays*

## Thank you to our funders & supporters



Supported by



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Grants Board



## Disclaimer

The views expressed in this magazine are not necessarily those of Age Concern Palmerston North & Districts. The inclusion of any product or service does not mean that Age Concern Palmerston North & Districts advocates or endorses it.

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## Cover Image

Pohangina Valley - ManawatuNZ.co.nz

# Meet the Board

In November we held our first AGM as a Charitable Trust. Ron Rowe (Board member) was our guest speaker, and he has kindly provided his presentation for publication in this magazine (pg 17). It was great to get together to look back over the year, to thank all our funders and supporters, and to look ahead to the challenges of 2026.

Our Board have been joined by three new members, Mayette Maling-Cope, Aleisha Rutherford, and Beth Tootell. We are also glad to welcome back Margaret Ryniker, who has previously served on our Board.

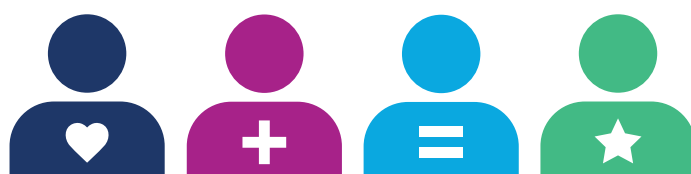
Between them, our Board members have immense knowledge and experience. They share an interest and enthusiasm for supporting the wellbeing of older people in our region.

We managed to gather most of our Board together for a Christmas morning tea with our staff.



**From left:** Libby Gosse, Margaret Ryniker, Monica Huisman, Mayette Maling-Cope, Jeff Rayner (Vice Chair and Finance Officer), Christina Brenton (Chair), Beth Tootell, and Aleisha Rutherford.

**Absent:** Ron Rowe and Nina Kirschbaum



## Tangi Utikere

MP for Palmerston North

**Proud to be working for our city**

- ✓ No toll on Te Ahu a Turanga
- ✓ Secured the Capital Connection
- ✓ Advocating for rural school buses

06 356 5958 | 53 Queen Street, Palmerston North  
palmerston.north@parliament.govt.nz | [f](#) /tangi.utikere.nz

Authorised by Tangi Utikere MP, Parliament Buildings, Wellington



**Labour**

# centrepoin**T**HEATRE

## Attic Players

Attic Players is an opportunity to try something new, meet fun people, or just have a laugh. This class is all about creativity and saying "yes" to whatever comes your way. Perfect for anyone 65 and older, you'll dive into playful improv and theatre games that spark joy, keep your mind sharp, and guarantee a good time.

No experience? No worries! There's no pressure, no physical requirements, and no way to get it wrong—just show up, have fun, and let the giggles flow. You'll be amazed at how much your quick thinking and imagination shine through. Workshops are altered to be accessible and accommodate attendees' needs. From improv to script work, from

characters to scene creating and even public speaking – the group will do a bit of everything!

No commitment is required for these casual drop-in sessions – just attend when you can. Attic Players is supported by an Innovation Fund grant through Age Concern NZ to our local organisation. It starts up for the year in February, and new members are always welcome.

**Time:** 1:30pm - 2:30pm Thursdays

**Term 1:** 12th February - 2nd April 2026

**Tutor:** Leona Revell

**Cost:** \$5 per session

**Location:** Centrepoin**T** Theatre, 280 Church Street, Palmerston North

To find out more please email [hello@centrepoin\*\*T\*\*.co.nz](mailto:hello@centrepoin<b>T</b>.co.nz) or phone 06 357 5740



## Our community - Who do we serve?

Age Concern Palmerston North and Districts serves Palmerston North City and Manawātū District, although we also offer some programmes and services further afield.

In the Summer magazine we took a look at our region's older population, who made up almost 17% of our usually-resident population at the 2023 Census. By 2040 older people (65+ years) will be 22% of our community, which is why we are hearing so much in the news about how services need to change (and grow) to accommodate our ageing population.

In this Autumn issue of the magazine, we are going to delve into some more of the detail revealed by the 2023 Census about our region's older population. Our focus is on home ownership and where older people live.

There are a few stereotypes about older people and their homes – the first is that 'older people all own their own homes' and the second is that older people generally 'live in rest homes and retirement villages'. We're going to see if these stereotypes are based in reality!

### Where do older people live?

The Census asks individuals whether they own, or partly own, the home they live in. Home ownership includes situations where a home is held in a family trust. A 'licence to occupy' (for example in a retirement village) is considered a similar

situation to owning and is different from renting. The value of the licence to occupy is usually similar to the value of the dwelling, and so people in this situation are included as home owners.

Those who do not own their own home includes people who were renting, living in a home owned by other household members (for example, their children), living in housing provided to them on a rent-free basis, or living in residential care for older people, such as a rest home.

### Home ownership

Census responses show that older people are more likely to own (or partly own) their own home than are younger people. This makes sense, as they have had longer in the workforce, and more years to save. We also know that home ownership has become increasingly difficult for younger people over recent decades.

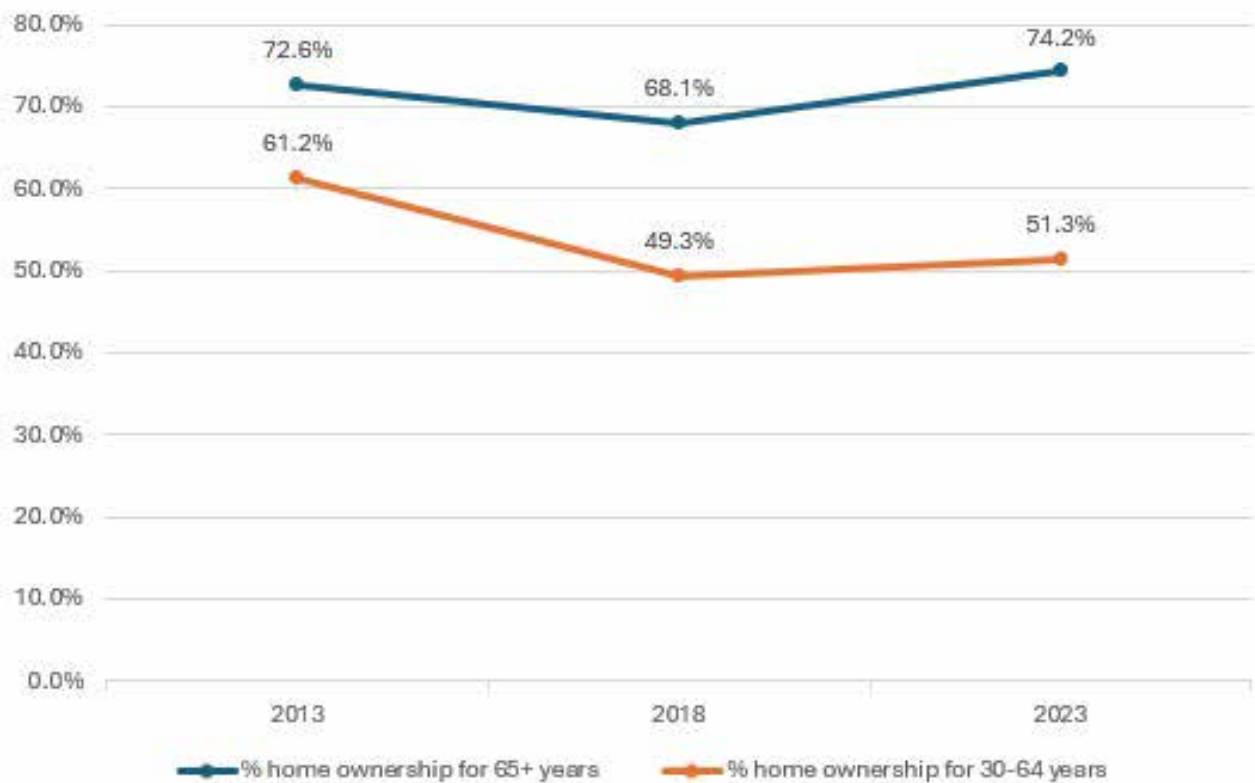
The first graph (opposite) shows that at the last Census in 2023, around three quarters of older people in our region either owned or partly owned their own home. Only half of adults aged 30-64 years were in the same position.

There are also variations in home ownership *within* the older persons' population. The second graph (opposite) shows that older people aged over 80 years are decreasingly likely to own or partly own their own home.

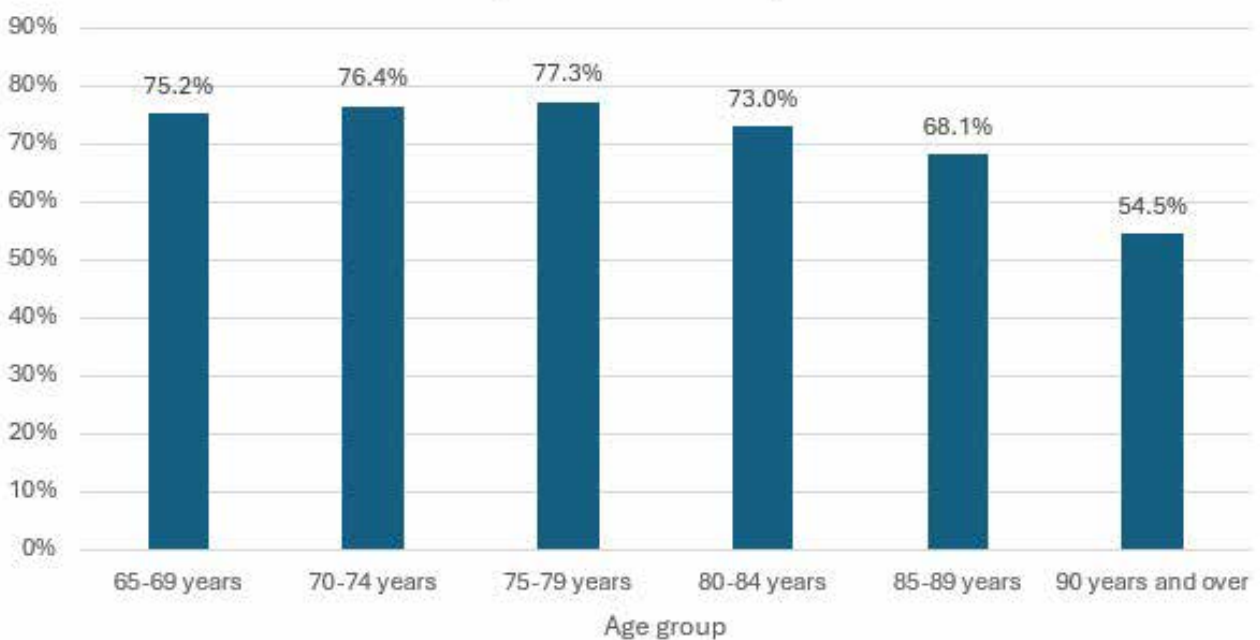
### Private rentals and social housing

Most of the older people in our region who do not own, or partly own, their own home are renting in the private market. Some live in supported accommodation or social housing provided by Kainga Ora,

Percentage of people in Palmerston North and Manawātū District who own or partly own their home (including in a trust) at the 2013, 2018, and 2023 Census



Percentage of people who own or partly own their own home in Palmerston North and Manawātū District (as at 2023 Census)



Palmerston North City Council, Manawātū Community Trust, or other community providers.

The local waiting list for social housing (called the 'housing register') had 735 people at September 2025 (or around 3% of the national housing register). Of those on the national register at September 2025, around 8% were aged 65+ years, and a further 12% were aged 55-64 years. If the age group composition of the national housing register holds for our local region, then this suggests that at the end of last year there were around 150 people aged 55+ years (of whom 60 were aged 65+ years) waiting for suitable social housing to become available.

### Retirement villages

There has been steady growth in the number of retirement villages and the number of retirement village homes in New Zealand. The national average size of retirement villages is 117 units.

There are six large retirement village providers in New Zealand – Ryman Healthcare, Metlifecare, Summerset Group, Bupa New Zealand, Oceania Healthcare, and Arvida Group. All but one of these companies (Oceania) is represented in our region. These six companies provide around two thirds of all retirement village units nationally.

In Palmerston North and the wider



Manawātū there are 11 retirement villages. Only one of these providers does not have other forms of aged care accommodation. Combined, these 11 villages have almost 900 units, with more in development.

### Aged care homes

Most care homes for older people are private businesses. The fees collected to operate them are both private (i.e., you pay) and public (i.e., subsidised by the Government).

There are 23 aged care homes in Feilding and Palmerston North. Ten of these are located alongside retirement village complexes. Together, these aged care homes provide homes for 1,235 residents, with 781 aged care places in Palmerston North and 454 in Feilding.

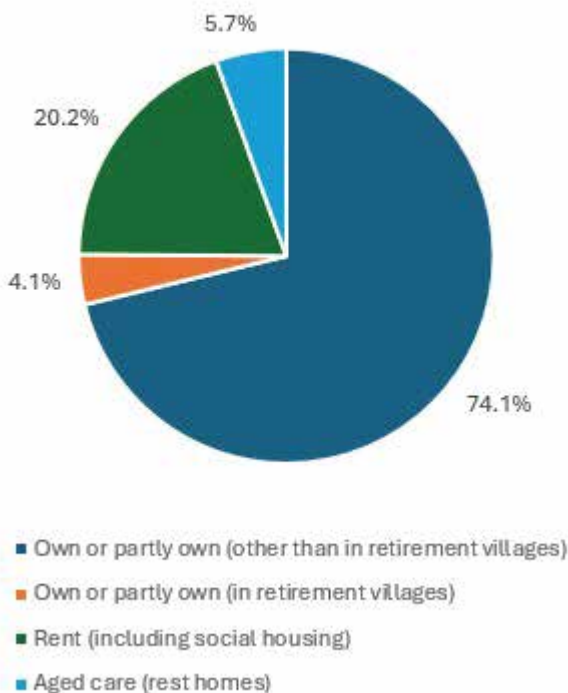
### Conclusion

Going back to those stereotypes then, older people *are* more likely to own their own home than people in other age groups, and an increasing number of people are choosing to buy into retirement villages. However, almost a quarter of the older people in our region do not own their own home and are most likely to be renting in the private rental market. Only a small proportion of our region's older population (just over 6%) live in aged care homes.

The final graph (opposite) shows the breakdown in living arrangements for those aged 65+ years in Palmerston North and the Manawātū District.



The type of housing of older people (65+ years) in Palmerston North and Manawātū District



If there is something you're interested in finding out about the more than 20,000 older people in our wider Palmerston North and Districts Age Concern community then please let me know (email [Julie.macdonald@ageconcernpn.org.nz](mailto:Julie.macdonald@ageconcernpn.org.nz) or phone 355 2832).

#### Sources:

JLL (December 2025) *Perspectives on New Zealand's retirement villages* (Based on New Zealand Retirement Village Database (NZRVD) for the year ending December 2024).

Ministry of Health for information about certified rest home providers

Stats New Zealand Census 2023

The region's retirement villages for information about housing numbers.

## Suze Redmayne MP for Rangitīkei

*Working hard for the mighty Rangitīkei – the best of rural and provincial New Zealand.*

### How I can help

Please contact me for advocacy services, individual assistance, or access to the parliamentary process.

#### Connect with me:

51 Fergusson Street, Feilding

06 323 7253

[Suze.RedmayneMP@parliament.govt.nz](mailto:Suze.RedmayneMP@parliament.govt.nz)

[f suzeredmaynemp](https://www.facebook.com/suzeredmaynemp) [@ suzeredmaynerangitikei](https://www.instagram.com/suzeredmaynerangitikei)



Authorised by S Redmayne,  
Parliament Buildings, Wellington.



# Enrol. Vote. Be heard.

**vote.nz**  
0800 36 76 56



**ELECTORAL  
COMMISSION**  
TE KAITIAKI TAKE KŌWHIRI

## MANCHESTER HOUSE

14 Bowen Street, Feilding

# SENIOR HUB



Keeping our Seniors - Independent • Engaged • Connected

### Who we are

The Senior Hub has been active in the Feilding and Districts community since 2009 and supports several hundred older persons by offering a place of belonging, purpose and social connection. Our aim is to provide seniors with the tools they need to feel independent, engaged and connected.

### Our amazing staff and volunteers



### What we offer

We offer a wide variety of activities and opportunities including an exercise programme, computer literacy in collaboration with SeniorNet, Arts for Seniors classes, entertainment and the chance to connect with others.

Held on Wednesdays, we have a variety of monthly programmes to suit everyone. Garden group, share your crafts with others, play bingo or test your knowledge with our quiz morning!

**Sandra Hirst** - Centre Manager

**Lee Bryan** - Programmes Facilitator

**Jackie Graham** - Programmes Assistant

**Carolyn Hagger** - Exercise Assistant

### Volunteers

Lyn Eades

Gayle Clinton

Marian Robertson

## Meet our programme facilitator, Lee

With a background in sport and exercise science and her bubbly personality, Lee facilitates and runs our amazing exercise classes with passion and fun. She is always emphasising correct technique and making your body work better for you. To do this effectively, Lee provides a variety of fun programmes and classes to suit all needs and abilities.

We would love you to come on in, meet the team, and have a chat to us about what class or programme might suit you.



## Exercise Classes

\$5 per class

### Make-a-move Aerobics

A 45 minute exercise class aimed at keeping you fit and healthy while having fun! Improve balance and coordination.

### Low Impact

Designed to improve balance, strengthen muscles while supporting joints. A fun social class using equipment and no equipment exercises.

### Seated Body Balance

A 45 minute seated stretch and breathing class. Help bring back flexibility, coordination and movement in the body.

## SENIOR HUB TIMETABLE

*Available monthly from our reception*

### Tuesday

- 9:15am** Make-a-move Aerobics - \$5
- 10:30am** Low impact - \$5
- 11:00am** Tech Help with Senior Net  
*Please phone for bookings*
- 12:30pm** Body Balance - \$5

### Wednesday

*All Wednesday classes start at 10am*

- 1st Wed** Bingo - \$4 per card
- 2nd Wed** Garden Group - \$4
- 3rd Wed** Quiz - \$5
- 4th Wed** Coffee & Craft Group - \$4

### Thursday

- 9:15am** Make-a-move Aerobics - \$5
- 10:30am** Low impact - \$5
- 12:30pm** Body Balance - \$5

## MANCHESTER HOUSE SENIOR HUB

14 Bowen Street, Feilding

**P:** 06 323 2410

**E:** [seniorhub@mhss.org.nz](mailto:seniorhub@mhss.org.nz)

 [manchesterhouseseniorhub](https://www.facebook.com/manchesterhouseseniorhub)

[www.manchesterhouse.co.nz/senior-hub/](http://www.manchesterhouse.co.nz/senior-hub/)

### Office Hours

Monday to Thursday

9:00am - 2:30pm

## In Knit Together

Held every 1st & 3rd Wednesday of the month we host our knitting group in the Age Concern meeting room. Drop in from 1pm - 3pm for some casual crafting, a hot cuppa and good conversation.

We have an abundance of beautiful blankets that our wonderful knitters have worked on together. If you would like one for yourself or to gift to a friend, please pop in to have a look at them. We ask for a donation in return to help fund further supplies.



The blankets come in a variety of sizes, from knee warmers to bed covers.

See page 14 for our full 'What's On' timetable

## Tea & Talks

A popular event in our timetable is our Tea & Talks group that meet every 2nd and 4th Tuesday of the month.

The first guest speakers for the year were our friends Leslie and Kate from EASIE Living. They shared information with us about hand therapy and had a wide variety of tools and equipment to demonstrate. We are always so impressed with how they wheel their mobile stands in and set up shop.

EASIE Living are located at 585 Main St, Palmerston North. They hold regular events providing advice and information and their retail shop is extensively stocked. EASIE Living also offer mobile services, equipment hire, and a sensory space for children.

Will we see you at our next Tea & Talks?



## Move • Play • Connect

A fun, social afternoon for older adults (65+)

### Join us for our first Fun Day Friday!

A community engagement event combining fun, social activities with Community Strength & Balance taster sessions to promote falls – prevention and ongoing participation in Live Stronger for Longer programmes. The focus is on enjoyment, social connection, and gentle movement rather than structured exercise. It's a great opportunity to try new activities, meet others, and enjoy moving in a supportive, low-pressure environment.

#### You'll Get to Enjoy:

- Bocce
- Shake Rattle 'n' Roll ACC accredited taster class

These activities are designed to be safe, enjoyable, and suitable for all ability levels. No experience or fitness required.

#### Event Details:

- **Date:** Friday 13<sup>th</sup> March 2026
- **Time:** 1:00pm – 2:15pm
- **Location:** Register for Details
- **Cost:** Free!

Come along, tell a friend, and discover how easy it can be to Live Stronger for Longer!



#### To Register:

Email: [info@ageconcernpn.org.nz](mailto:info@ageconcernpn.org.nz)  
Phone: (06) 355 2832

Contact us for more info  
P: 06 355 2832  
E: [info@ageconcernpn.org.nz](mailto:info@ageconcernpn.org.nz)  
4/251 Broadway Ave  
Palmerston North

# What's on at Age Concern?

## Palmerston North & Districts



### March

- 03 TUE** **Men's Group**  
1.30pm - 3.30pm | Age Concern Meeting Rooms
- 04 WED** **In Knit Together - Casual knitting/craft group**  
1pm - 3pm | Age Concern Meeting Rooms
- 05 THU** **Tech drop-in - Digital literacy sessions**  
9.30am - 12pm | Age Concern Meeting Rooms
- 10 TUE** **Tea & Talks - Moneywise Manawatū**  
1pm - 3pm | Age Concern Meeting Rooms
- 13 FRI** **Fun Day Friday - Live Stronger For Longer**  
1pm - 2.15pm | Barber Hall, Waldegrave St, PN
- 17 TUE** **Men's Group**  
1.30pm - 3.30pm | Age Concern Meeting Rooms
- 18 WED** **In Knit Together - Casual knitting/craft group**  
1pm - 3pm | Age Concern Meeting Rooms
- 19 THU** **Tech drop-in - Digital literacy sessions**  
9.30am - 12pm | Age Concern Meeting Rooms
- 24 TUE** **Tea & Talks - Scam Awareness**  
1pm - 3pm | Age Concern Meeting Rooms
- 26 THU** **Staying Safe Driver Refresher - Rongotea**  
10am - 2pm | Call or email to register
- WEEKLY TUESDAY** **Kōrero & Kai - Social connection in Halcombe**  
11am - 1.30pm | Halcombe Community Hall
- WEEKLY TUE & WED** **Shake, Rattle 'n' Roll - Dance exercise class**  
1.30pm - 2.30pm | Community Leisure Centre, PN
- WEEKLY TUE - FRI** **Steady As You Go - Strength & Balance classes**  
See back page for all times and locations

### April

- 01 WED** **In Knit Together - Casual knitting/craft group**  
1pm - 3pm | Age Concern Meeting Rooms
- 07 TUE** **Men's Group - Pub Lunch**  
1.30pm - 3.30pm | The Hilltop, Palmerston North
- 09 THU** **Tech drop-in - Digital literacy sessions**  
9.30am - 12pm | Age Concern Meeting Rooms
- 14 TUE** **Tea & Talks**  
1pm - 3pm | Age Concern Meeting Rooms
- 15 WED** **In Knit Together - Casual knitting/craft group**  
1pm - 3pm | Age Concern Meeting Rooms
- 17 FRI** **Staying Safe Driver Refresher - Dannevirke**  
10am - 2pm | Call or email to register
- 21 TUE** **Men's Group - Jono van Klink, THINK Hauora**  
1.30pm - 3.30pm | Age Concern Meeting Rooms
- 23 THU** **Tech drop-in - Digital literacy sessions**  
9.30am - 12pm | Age Concern Meeting Rooms
- 28 TUE** **Tea & Talks**  
1pm - 3pm | Age Concern Meeting Rooms
- WEEKLY TUESDAY** **Kōrero & Kai - Social connection in Halcombe**  
11am - 1.30pm | Halcombe Community Hall
- WEEKLY TUE & WED** **Shake, Rattle 'n' Roll - Dance exercise class**  
1.30pm - 2.30pm | Community Leisure Centre, PN
- WEEKLY TUE - FRI** **Steady As You Go - Strength & Balance classes**  
See back page for all times and locations

### May

- 05 TUE** **Men's Group**  
1.30pm - 3.30pm | Age Concern Meeting Rooms
- 06 WED** **In Knit Together - Casual knitting/craft group**  
1pm - 3pm | Age Concern Meeting Rooms
- 07 THU** **Tech drop-in - Digital literacy sessions**  
9.30am - 12pm | Age Concern Meeting Rooms
- 12 TUE** **Tea & Talks**  
1pm - 3pm | Age Concern Meeting Rooms
- 19 TUE** **Men's Group**  
1.30pm - 3.30pm | Age Concern Meeting Rooms
- 20 WED** **In Knit Together - Casual knitting/craft group**  
1pm - 3pm | Age Concern Meeting Rooms
- 21 THU** **Tech drop-in - Digital literacy sessions**  
9.30am - 12pm | Age Concern Meeting Rooms
- 26 TUE** **Tea & Talks**  
1pm - 3pm | Age Concern Meeting Rooms
- 29 FRI** **Fun Day Friday - Live Stronger For Longer**  
1pm - 2.15pm | Massey Rec Centre, PN
- WEEKLY TUESDAY** **Kōrero & Kai - Social connection in Halcombe**  
11am - 1.30pm | Halcombe Community Hall
- WEEKLY TUE & WED** **Shake, Rattle 'n' Roll - Dance exercise class**  
1.30pm - 2.30pm | Community Leisure Centre, PN
- WEEKLY TUE - FRI** **Steady As You Go - Strength & Balance classes**  
See back page for all times and locations



# Tech drop-in

Thursday  
5th & 19th March  
9th & 23rd April  
7th & 21st May

Call in anytime between  
9:30am - 12:00pm

## Digital literacy sessions



Come along to our  
casual drop-in sessions  
for one-on-one support  
with your mobile phone,  
laptop, or tablet.

No booking required.



**AGE  
CONCERN  
PALMERSTON  
NORTH & DISTRICTS**  
He Manaakitanga  
Kaumātua Aotearoa

Age Concern Meeting Room  
4/251 Broadway Ave  
Palmerston North

P: 06 355 2832  
E: [info@ageconcernpn.org.nz](mailto:info@ageconcernpn.org.nz)



## **'Active citizenship - The indispensable character of society':**

***The call to restore unsettled societies through those working in, and those volunteering in the social sectors.***

My recent and continuing research clearly shows that the indispensable character of society has been, and continues to be, badly frayed in many ways. Social dilemmas are affecting everyone in some form or another.

My research and findings began as a result of various local, national, and international Zoom meetings I've been involved in, where many divisive factors are increasingly causing significant upset in so many ways. In a nutshell – these many and very destabilising factors can be, and are, overcome hour by hour, day by day, by those who work professionally in the social sectors, and those who support them, together with the volunteers who also carry out vital support to the clients. All these vital people are in effect 'Active Citizens' and 'Leaders'.

The actual genesis for this research was being asked to speak at the AGM of Volunteering NZ, who next year celebrate their silver jubilee year. VNZ was formed in 2001 to celebrate the United Nations Year of the Volunteer, and where I had the privilege of presenting a paper called 'Servant Leadership' based on Robert Greenleaf's work.

***Being a Servant Leader is not something you do, it's something you are.***

'Leadership' for those making a difference in the social sectors, alongside volunteers, is almost entirely about influence, and empathy; influence is a primary function of relationships.

This year is the UN International Volunteer Year (IVY26). The organisers worldwide have called for considerations in relation to volunteering in the world of today, and into the future.

To offer considerations of value I really wanted to confirm what I was seeing and learning from many quarters in regard to significant, important, and necessary sociological factors that are gravely affecting society today. I wanted to think about what might bring about the change's society needs to rebuild social cohesion, turn around distrust, and recognise the gravity of the ageing demographic and what that means for all of us.

The convenience of technology culture allows people to commune with their devices, and this is exacerbated by the evidence of networked uncertainty which is, unfortunately, all about us. No one in any walk of life, or in any field, is immune to the turbulent societal factors that are with us, and which, in some cases, are serving to derail clear thinking and the vital element of 'trust'.

Since Ngaire and I began our journey in the volunteer sector in 1966 when I left my leadership roles in the Navy, we have both been immersed in volunteering and in leading many local, regional, national and international projects and events. We have never witnessed the distrust there is now, and which is unfortunately rupturing

our society.

I am quite sure that those I've mentioned along with volunteering can be easily recognised as the community face of citizenship as a result of the Trust shown over time, through the selflessness, authenticity, empathy and their myriad contributions. They include noted economist Krzysztof Pater, former Polish Minister for Social Policy, and Vice-President for Budget to the European Economic and Social Committee, who championed recognition of the immense social and economic value of volunteering. Mr Pater declared: "It is time to open our eyes and say that the future will not be built by decision-makers, politicians or civil society organisations, but by active citizens and volunteers – by people who devote their free time to the benefit of society".

Active citizenship means community resilience, social engagement promoting shared responsibilities, and trust. Selflessness is cemented through community. Bringing our individual and collective humanness to the fore could really turn the tide to lead a much-needed enabling way forward. Using a well-known phrase, a rising tide lifts all the boats' I suggest that 'a rising tide of belief/trust in Active Citizenship, will over time, raise/enhance the wellbeing of society. Dream big!!!

Over several decades leading to the 1980s citizenship was relatively strong. Using a metaphor that of a strong citizenship Kauri Tree becoming lost in the forest of a challenging, changing nation and world. This loss was exacerbated from the turn of the millennium by the increasingly rapid introduction of commercial and personal

technology and social media. With every click we are able to identify much of any person or organisation, thereby deforming citizenship as we knew it. One of the best ways to cultivate and sustain human flourishing and well-being is by helping others, which all here today, your colleagues, and fellow volunteers, do so well.

Whilst the centre piece of my recent project centres on volunteers I once again wish to most warmly acknowledge our professional team here at Age Concern Palmerston North and Districts and of course those who support and sustain them along with our 60 Volunteers, and with much appreciation for all volunteers and their organisations.

The famous English Poet John Donne (1572 – 1631) who among his many significant challenging quotations, said – "You cannot claim a person is an alchemist and fail to lay out the gold". The quotation is, I feel, so very timely. Volunteers, and the many organisations who support their critical work and service gifted to communities and society, can lay claim to laying out the gold, through the collective enduring gifts of volunteers, time, talents, abilities, skills, knowledge, expertise and positive attitudes – our 'volunteer legacy': 'Active Citizens building the future of New Zealand - Aotearoa'.

### ***Ron Rowe QSM JP(Rtd)***

*Trustee – Age Concern Palmerston North and Districts*

This is a summarised excerpt from Ron's presentation at our 2025 AGM.

## Bupa Riverstone Retirement Village



### Live the life that's right for you at Bupa Riverstone Retirement Village.

Enjoy the space to be yourself at Bupa Riverstone Retirement Village, a modern, welcoming village that offers both independence and a sense of belonging.

Our new development is under construction and will feature one, two, and three bedroom villas, with excellent community facilities and beautifully landscaped grounds.

- Fixed or variable weekly fees available
- 24/7 emergency alarm system (monitored off site)
- Care Home located on site (subject to availability)

**Contact Laura on 06 927 1527 or visit [bupa.co.nz/riverstone](https://bupa.co.nz/riverstone) for more information.**  
Bupa Riverstone Retirement Village | 243 Napier Road, Kelvin Grove, Palmerston North

Disclaimer: Images taken from a similar Bupa site.



# MiLife

## Enjoy a life of unrivalled simplicity

MiLife Kelvin Grove provides a range of affordable villas in a friendly community.

Enquire at [milife.co.nz](https://milife.co.nz)

# VOLUNTEERING

## Celebrating our volunteers



At the end of the year we rang in the holiday season by hosting a marvellous party for our incredible volunteers. We could not manage all the good work that we do without our trusted group of volunteers, so we wanted to make sure they felt thanked and celebrated. It was the perfect day to enjoy an incredible spread for afternoon tea at Cafe Esplanade, wander around the beautiful rose gardens, and the highlight of it all was the train ride. What an amazing sight: a children's train packed to the brim with our young at heart volunteers. Thank you volunteers for all that you do!



## Volunteer visiting service

I would like to tell you about the visiting that I do through the Age Concern Visiting Service.

My name is Colleen and I have been involved with visiting for about nine years, I live in Feilding. I usually visit on a Friday, spending about one hour with a client. At the moment I am visiting two lovely ladies, one in the morning and the other in the afternoon.

We sit and chatter about all sorts of general things, and I can sometimes be the only person they see on a regular basis who is not involved with their health needs etc.



Visiting is such an easy but most rewarding experience for me. Fern occasionally has meetings throughout the year, which I enjoy attending, if possible. We usually have a guest speaker, followed by a cuppa.

*Thank you for your contribution Colleen!*

# Volunteers wanted

Make a difference in an older persons  
life and join our Visiting Service



Do you have an hour to  
give once a week?

Our focus is to keep  
older people in contact  
with their community  
through company and  
friendship.

For more details call  
**06 355 2832** or email  
[info@ageconcernpn.org.nz](mailto:info@ageconcernpn.org.nz)



**AGE  
CONCERN  
PALMERSTON  
NORTH & DISTRICTS**

He Manaakitanga  
Kaumātua Aotearoa



## Who we are

**Moneywise Manawātū** works with individuals, whānau, and families to educate, support, and empower them on their financial journey toward improved financial capability and resilience.

When you meet with one of our **Financial Mentors**, you can discuss your financial situation in complete confidence, **free of charge and without judgement**.

We understand that money problems and stresses can occur at any stage of life—often due to changes in circumstances or despite our best intentions. **Our services are available to anyone in need.**

## One on one financial mentoring

Whether you have a specific financial problem or crisis or simply want to feel more confident managing your money, we can support you to reach your financial goals.

Our one on one Financial Mentoring can help with:

- general financial literacy support
- creating a sustainable budget
- goal setting and developing a personalised financial plan
- exploring options to manage your debt, including repayment plans
- advocacy and negotiation with creditors
- creating a savings plan you can stick to
- support and/or advocacy tailored to your situation



**Back row:** Matt, Brian, Giuseppe, Paula (Financial Mentors) and Rosita (Admin)

**Front row:** Chianti (FM) and Jeanette (Manager)

**Absent:** Peter & Leith (Financial Mentors)

## Moneymates Courses

**Moneymates** is a free, six-week course designed to help build your confidence and skills with money. It provides a safe, supportive, and judgement free space where we discuss practical money topics and learn from each other's experiences. Sessions are facilitated by our trained Financial Mentors.

Moneymates is even more beneficial when you attend with a friend, partner, or whānau member—so you can continue supporting one another after the course ends.

Topics include:

- your attitude toward money
- needs vs. wants
- setting achievable financial goals
- keeping track of your money
- creating a sustainable budget
- borrowing sensibly
- dealing with debt
- understanding insurance

## Contact Us

To make an appointment with a Financial Mentor or to register your interest in a Moneymates course:

- **Phone:** 0800 228 343
- **Email:**  
info@moneywisemanawatu.org.nz
- **Website:**  
www.moneywisemanawatu.org.nz
- **Visit us:** Upstairs in Hancock Community House, 77–85 King Street, Palmerston North
- **Referral:** Ask Age Concern or another agency you are connected with to refer you

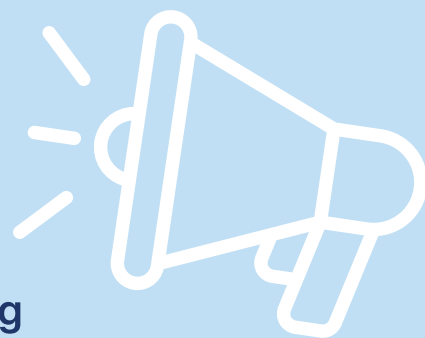
We also run weekly appointments at:

- **Te Wakahuia**, 54A Pembroke Street, Highbury
- **Ashhurst Library**, Cnr Cambridge & Bamfield Streets, Ashhurst

If you live in these areas, let us know—we can arrange an appointment closer to you.

## Advertise your business or organisation here!

Help support us getting this magazine in front of more people in Palmerston North and surrounding districts. Annual and community service rates available.



**Phone:** 06 355 2832 | **Email:** admin@ageconcernpn.org.nz

## Memory and ability to think

*This article is by Healthify He Puna Waiora. It is the first in a series about 'normal' ageing and when you should seek medical advice.*

As you get older your body changes, which affects your body systems and organs.

These changes happen because of damage to your cells which builds up over time. Gradually your ability to do things mentally and physically slows down and your risk of illnesses gets higher. These changes are not only to do with your age in years, but also the places you've lived and the people and events in your life. As your brain gets older you may find your memory isn't as good as it was (eg, you forget names or words) or you can't think as clearly.

These types of memory are expected to get worse when you get older

- **Working memory** – short term storage and processing of information over seconds or minutes, such as a person's name or phone number, or directions.
- **Prospective memory** – remembering to do something in the future, such as taking your medicines at the same time each day.
- **Episodic memory** – remembering events and the situation they happened in. You may be able to learn new information and recall recently

learned information, but the memories might be less accurate and detailed, and older memories will likely stay longer than newer ones.

These types of memory are usually held longest

- **Semantic memory** – your lifetime of knowledge, ideas and concepts, such as historical knowledge and vocabulary.
- **Procedural memory** – learned skills needed to do things, such as how to ride a bike and how to unlock a door.

It will help if you:

- stay physically active every day
- stay mentally active with activities and 'thinking' games such as Scrabble or Sudoku
- learn new things
- stay socially active to improve your mental wellbeing
- eat a healthy diet and limit alcohol as it can add to confusion
- don't smoke
- wear hearing aids and glasses if you need them
- treat cardiovascular risk factors (eg, **high blood pressure, high cholesterol and diabetes**) as they may increase loss of cognitive abilities.

### Is my forgetfulness normal?

It's normal for memory and other thinking skills to get a little bit worse as you get older. However it's not part of normal ageing for this to make it hard to live your

life independently.

Dementia is not the only cause of memory loss. Most people who sometimes forget things don't have dementia. Other causes for memory problems include ageing, physical and mental health problems, stress, medicines and mild cognitive impairment (MCI).

Unless your forgetfulness is affecting your day to day life and getting worse over time it's not likely to be a sign of dementia.

However, it may be more than just forgetfulness if you find your loss of memory or thinking processes is affecting your ability to:

- work
- live independently
- do hobbies
- keep up your social life.

If you have any concerns about your memory, talk to your healthcare provider.

More information about this topic and other aspects of ageing can be found at <https://healthify.nz/health-a-z/a/ageing-what-is-normal>



The Eldernet Group is New Zealand's most trusted provider of information for older people and their support networks.

Our aim is to empower older kiwis to make decisions that are right for them, by allowing them to access a wealth of information for free via our suite of online services and our hardcopy **Where from here He ara whakamua** handbook.

As we are entirely independent, the information we offer is unbiased and impartial.

[www.eldernet.co.nz](http://www.eldernet.co.nz)

## HE ARA WHAKAMUA **Where from here** Essential information for older people

### Lower North Island

### 2025-2026

### out now!



Ask us  
about your  
**FREE** copy  
today

Scan the QR code  
for more information  
and resources.



THE **eldernet**  
GROUP  
[www.eldernet.co.nz](http://www.eldernet.co.nz)

## We'd love to hear from you - please share your feedback with us.

We want to learn more about our Age Concern community and hope you can take the time to email **info@ageconcernpn.org.nz** with your feedback, or fill in this form and return to us (either in person or through the post).

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

How would you like to receive this magazine?

☐ By email (please provide your email address)

☐ In the post (please provide your postal address)

What sorts of things would you like to be included in our future magazines?

**Post to:** Age Concern Palmerston North & Districts, PO Box 5063, Palmerston North 4441

**Drop in to:** 4/251 Broadway Ave,  
Palmerston North 4414  
(Entrance on Vivian Street)

## Health checks

### Free and confidential For all People

Hato Hone St John are partnering with LUCK Venue, offering a free and confidential health check to all local friends and whānau (blood pressure and blood sugar levels).

This initiative has been set up to enable ease of access to appropriate medical care and promoting healthier communities.



LUCK Venue  
80 Berrymans Lane, Palmerston North



10:00am -  
12:00pm



Thursday  
26th March 2026



For further information contact  
pauline.cooper@stjohn.org.nz



## Yarn Donations Needed

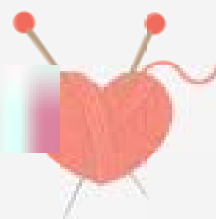
Our In Knit Together group have been busy bees and we're running low on supplies.

Perhaps you have a stash in your cupboard that could be rehomed?

Donations of quality yarn would be much appreciated. Natural fibres are preferred for baby hats and blankets.

Please drop off to our office at Age Concern, entrance on Vivian St.

Thank you!



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

In 2024 our organization changed from being an Incorporated Society to a Charitable Trust. This means supporters are no longer required to join as 'Members', but instead can choose to support our activities through a donation. If you would like to be a 'Friend' of Age Concern in this way, then we would appreciate your donation in support of our activities.

We are a registered charity and donations of \$5 and over are eligible for a tax credit through myIR or by submitting a Tax credit claim form (IR526) to Inland Revenue.



**AGE**  
CONCERN  
PALMERSTON  
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He Manaakitanga  
Kaumātua Aotearoa

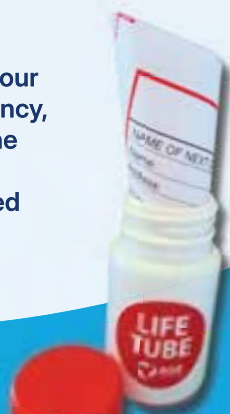
**\$5**  
per tube



## Life Tubes

A Life Tube is a small plastic container that holds your vital health information.

The Life Tube is kept on the inside of your refrigerator door. In case of an emergency, the first responder will be alerted by the bright red sticker on the outside of the fridge that vital information is contained within a Life Tube inside.



For enquiries and to order  
P: 06 355 2832 or 0800 652 105  
E: [info@ageconcernpn.org.nz](mailto:info@ageconcernpn.org.nz)

# Age Concern Palmerston North & Districts

(Registered charity no. CC57368)

*Yes, I'd like to become a friend of Age Concern Palmerston North & Districts!*

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

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

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

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

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

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

## My contribution:

\$20 ☐ \$30 ☐ \$ \_\_\_\_\_ ☐

## How to make payment:

You can pay by internet banking online or cash payment will be accepted at our office at 4/251 Broadway Ave.

## Online Banking:

Age Concern Palmerston North & Districts  
Charitable Trust Ltd  
03-1522-0158520-00  
Particulars: Your name  
Ref: Friend

**Postal Address:** Age Concern  
Palmerston North & Districts, PO Box  
5063, Palmerston North 4441

For more information, please contact us.

**P:** 06 355 2832 or 0800 652 105

**E:** [info@ageconcernpn.org.nz](mailto:info@ageconcernpn.org.nz)

**Thank you for your generous support.**

# Steady As You Go<sup>©</sup>

ACC accredited, gentle exercise classes to improve your balance, strength and flexibility. Specifically designed for kaumātua for falls prevention. No booking required, just show up on the day.

**Phone:** 06 355 2832 **Email:** [info@ageconcernpn.org.nz](mailto:info@ageconcernpn.org.nz)

## TUESDAY

**10am - 11am | Rongotea**

Te Kawau Memorial Recreation Centre, 1 Wye St

**10am - 11am | Whakapai Hauora Chapel**

140 - 148 Maxwells Line, Awapuni, Palmerston North

**10:30am - 11:30am | Feilding**

St John Community Hall, 33 Bowen St

**11am - 12pm | Square Edge**

Level 1: Evelyn Rawlins Room, 47 The Square, Palmerston North

**11am - 12pm | Halcombe**

Halcombe Memorial Hall, 77 Willoughby St

## WEDNESDAY

**10:30am - 11:30am | Rangiora Community Centre**

102 Rangiora Ave, Palmerston North

## THURSDAY

**9:30am - 10:30am | Awapuni Community Centre**

22 Newbury St, Palmerston North

**10am - 11am | Baptist Church**

190 Church St, Palmerston North

**10am - 11am | Ashhurst**

Otangaki Lodge, 69 Oxford St

**1:30pm - 2:30pm | St Albans Church**

339 Albert St, Palmerston North

## FRIDAY

**10am - 11am | Senior Citizens Hall**

309 Main St, Palmerston North

**10:30am - 11:30am | Manawatu Multicultural Council**

Hancock House, 77-85 King St, Palmerston North



**AGE  
CONCERN**  
PALMERSTON  
NORTH & DISTRICTS

He Manaakitanga  
Kaumātua Aotearoa

**LIVE STRONGER  
FOR LONGER**  
PREVENT FALLS & FRACTURES

**\$3 koha  
per class**

