



Older people are not all the same

**A local example of initiatives to
promote resilience and wellbeing for
older people in our community**



Rev Dr Franco Vaccarino
City Missioner
29 September 2026





cousin CLAUDIO

music

father

**older
person**

travel

**grand-
father**

**eating
out**

aunty TERESA

**audio
books**

aunt

**older
person**

garden

**great
aunt**

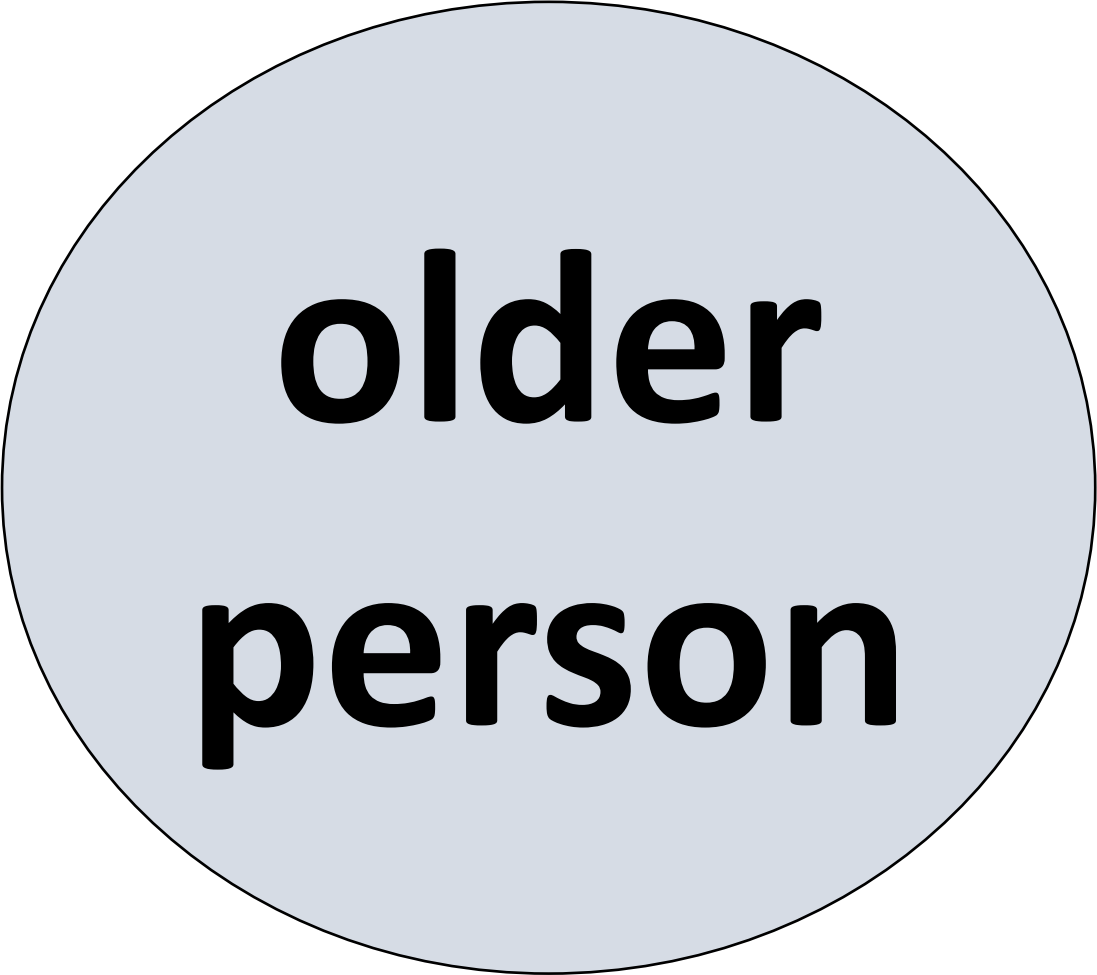
walking

Being an older person is one aspect of a person's identity, but it is not the whole of who they are.

A high-contrast, abstract image featuring a central vortex or whirlpool. The vortex is composed of concentric, swirling bands of light blue and white, creating a sense of motion and depth. The surrounding area is a dark, textured blue, resembling water or a night sky. The overall effect is one of a powerful, swirling force.

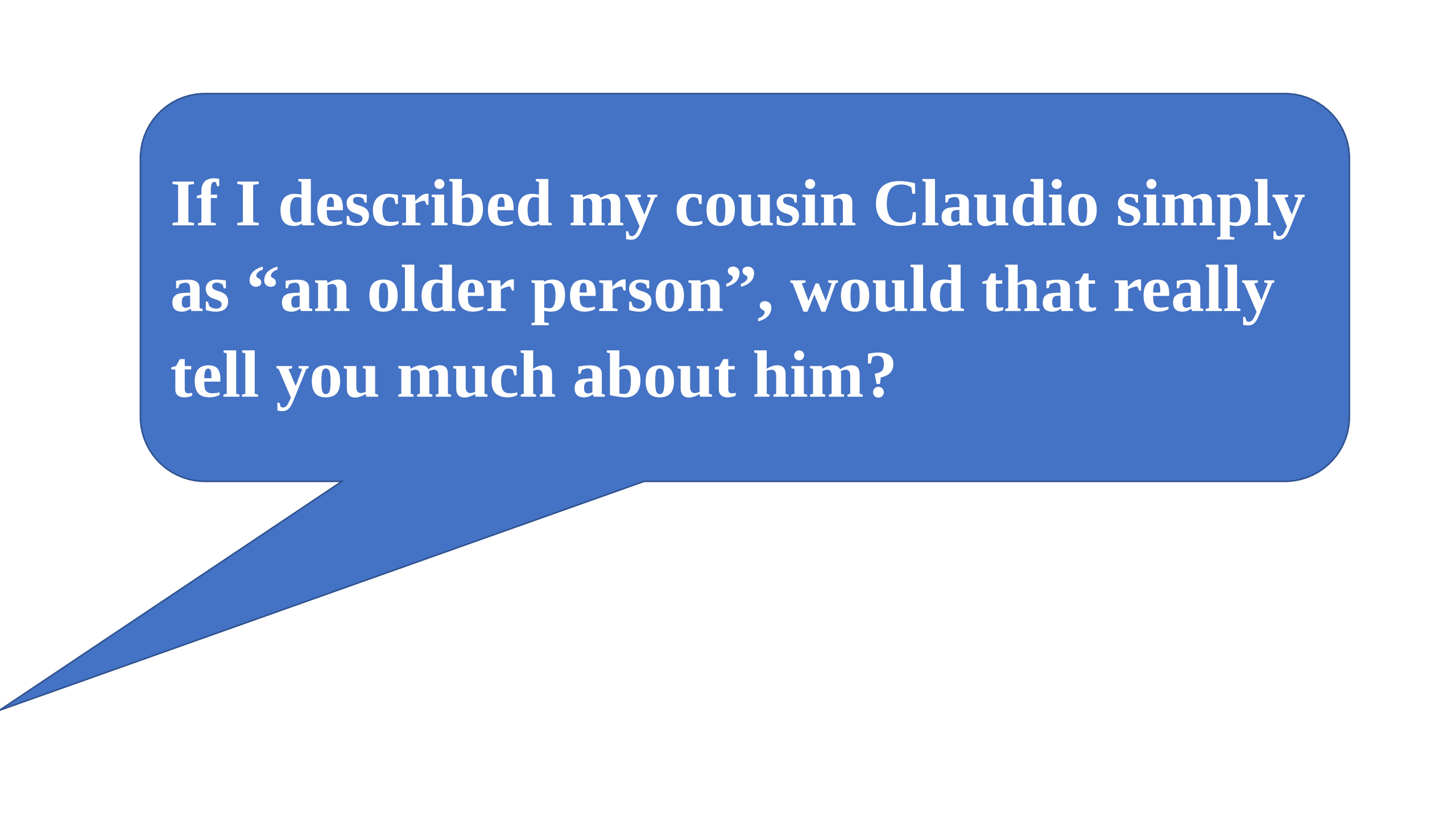
**OLDER
PERSON**

Age tells us something about a person, but it doesn't tell us everything



**older
person**



A blue speech bubble with a white question inside. The bubble has a rounded rectangular body and a long, sharp tail pointing towards the bottom-left corner of the frame. The text is written in a white, bold, serif font.

If I described my cousin Claudio simply as “an older person”, would that really tell you much about him?

Resilience and wellbeing are not about treating all older people the same, but about creating opportunities for them:

- **to connect with others**
- **to remain active**
- **to learn new things**
- **to share their experiences**
- **to have fun, and**
- **to continue to contribute to their community.**





FRIENDSHIP CENTRE
*A warm &
Friendly place*
EVERYONE WELCOME
TUESDAYS & FRIDAYS
9.30 - 12.00 NOON
**OVER-SIXTIES
SPECIALS**
MONDAYS & WEDNESDAYS
2.00 - 3.30 P.M.
Enquiries Ph. 355-1204

**BARGAIN
SHOPPE
OPEN**

FRI. 10 AM - 3 PM



Friendship Centre



Friendship Centre





Friendship Centre











GROOVY MOVES

DANCE & FITNESS



TUESDAYS 1.30 - 2.30PM

- ✓ Simple dance cardio exercise
- ✓ Increase coordination & strength
- ✓ Build balance & agility



BALANCE 4 LIFE

STRETCH & STRENGTHEN



THURSDAYS 1.30 - 2.30PM

- ✓ Boost your balance
- ✓ Increase strength & mobility
- ✓ Fun & welcoming environment





THY KINGDOM
COME

TOILETS
→

mainly
babies
→





English classes for senior former-refugees



New Group
for MEN

PALMY MEN!



FREE!



1ST & 3RD THURSDAY of the Month

🕒 10:00am – 11:30am

All Saints Community Centre
338 Church Street, Palmerston North
ALL MEN WELCOME

Contact Jim 027244-4446 or Emma 020454-8870



@PALMYMEN
WWW.PALMYMEN.CO.NZ





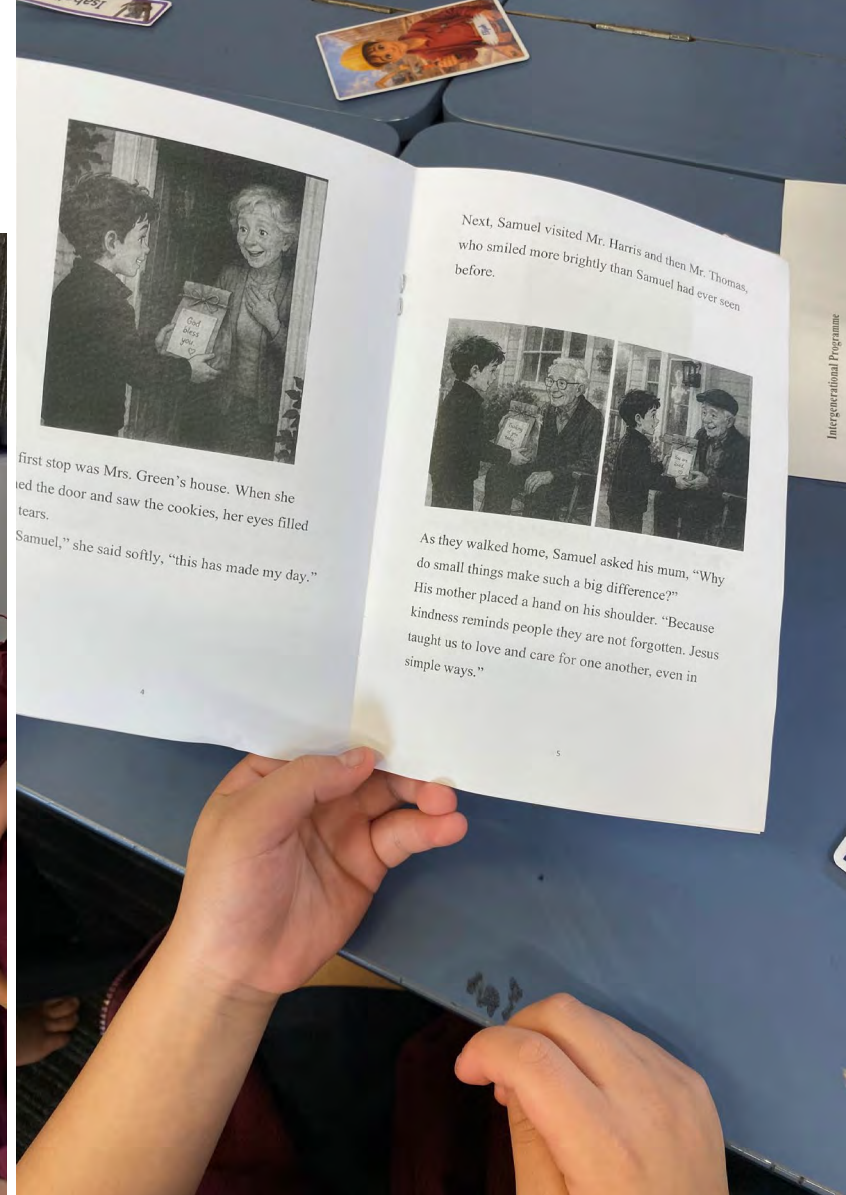
Intergenerational Connection Programme

Together, we create connections,
share stories, and build community.



Aims to support wellbeing, encourage learning, and reduce social isolation,
while creating meaningful opportunities for participants to
share experiences, skills, & stories.







“This was my second-best day at school ever” (Year 4 pupil)





Growing older does not mean that we stop growing, contributing, connecting or enjoying life



Older people should have the choices and opportunities to decide what that looks like for them

Because older people are not all the same, our role at City Mission is to provide different pathways to wellbeing — different opportunities for older people to connect, participate, contribute, learn, stay active and enjoy life in ways that are meaningful to them.

THE LABYRINTH OF LONELINESS AND ISOLATION



THE PATHWAYS OF CONNECTION



A personal perspective:

as an older person in our community, what is one age-friendly action you would like to see from decision-makers?

A photograph of four older adults—two men and two women—standing behind a large, light blue rectangular sign. They are all smiling and looking towards the camera. The man on the far left is wearing a white long-sleeved shirt and a patterned scarf. The man next to him is wearing a light blue button-down shirt. The woman next to him is wearing a light-colored top and glasses. The woman on the far right is wearing a light-colored turtleneck and glasses. The background is a plain, light color.

**I would like to see more
older people involved in
designing the services,
spaces and decisions that
affect their lives.**

Decision-makers can help create pathways to wellbeing by listening to us and giving us a genuine voice in shaping the communities in which we live.

An age-friendly community should not simply be designed for older people. It should be designed with older people.



**Thank
you**

**Ngā
mihi nui**

Images

<https://www.dreamstime.com/international-happy-old-people-elderly-afroamericans-muslims-caucasians-vector-illustration-arab-islam-muslim-grandmother-image151403518>

[https://ssir.org/articles/entry/how communities around the world are connecting social isolation and health](https://ssir.org/articles/entry/how_communities_around_the_world_are_connecting_social_isolation_and_health)

<https://www.istockphoto.com/photo/four-senior-man-and-women-holding-placard-gm146955029-8819251>