

NEWSLETTER

Helping you stay connected

Christmas Closure
Last Day 19th December 2024
Re Open 21st January 2025

Office Hours
Tuesday - Thursday
9am - 2pm
Phone 07-347 1539



**5 Tarewa Place,
Rotorua**

Manager

Rory O'Rourke
manager@acrotorua.nz

Administration & Maintenance

Coordinator

Kirsten Harman
admin@acrotorua.nz

Wellness Coordinator

Diana Walker
wellness@acrotorua.nz

Visiting Service & Staying

Safe Coordinator

Karyn Rogers
visiting@acrotorua.nz

Shopping Service

Coordinator

Katreece Lewis
coordinator@acrotorua.nz

Accounts

Julie East
accounts@acrotorua.nz

5 Tarewa Place,
Rotorua
Parkside House
Phone: 07 347-1539
Office Hours Tuesday - Thursday
9am - 2pm

Find us on 

<https://www.ageconcernrotorua.org.nz/>

Welcome to Age Concern Rotorua

Age Concern Rotorua is a not-for-profit charity dedicated to supporting the wellbeing of older people in the greater Rotorua region. We're here to provide guidance, expertise, and connections to help you navigate life's challenges.

Our Core Services:

1. Accredited Visiting Service: We match clients with trained volunteers for friendship, hobby, or interest-based companionship.
2. Out and Abouters: Weekly trips to local attractions, cinemas, eateries, and events to combat social isolation and foster friendships.
3. Shopping Service: Trained volunteers provide transport and companionship for weekly/fortnightly grocery shopping, promoting autonomy and independence.
4. Total Mobility: We're agents for the subsidised Total Mobility scheme, offering half-price taxi fares for those with permanent mobility impairment.

We can also help with Bus Card Applications.

•

Support Services:

Our experienced team responds to a wide range of enquiries, providing:

- Personalised support and guidance
- Home visits
- Referrals to relevant services through established networks

Get in Touch:

Call or email us to discuss concerns about yourself, a family member, or friend.

Our Promise:

We'll do our best to apply our knowledge and experience to address your concerns and point you in the right direction

Helpful Contacts

NAME	PH
Budget Advisory Service	346 3236
Citizens Advice Bureau	348 3936
Community Law	348 8060
Elder Abuse Rotorua (Family Focus)	346 2096 (Rarua)
Elder Abuse Tauranga (Whaioranga Trust)	(07) 544-9981
Elder Abuse Whakatane (Tipu Ora)	027 268 9291
Elder Abuse Free-phone	0800-3266-865
Grey Power	346 1739
Hairdresser (Zennie)	027 922 9952
Housing NZ	0800 801 601
Housing Assistance (Link)	0800-932-432
Lakes DHB	0800 -768-537
Lakes Dementia	349 0053
Meals on Wheels (DHB)	349 7975 (Elvie Solo)
NASC	343 1030
Retirement Commission	0800 268 269
Rotorua Hospital	348 1199
Rotorua Lakes Council	348 4199
Rotorua Library	348 4177
Rotorua Police	348 0099
St John Health Shuttle	349 7658
St John Medic Alarms	0800 50 23 23
St John General Information	0800 78 56 46
Victim Support	349 2471

Rotorua – Places to go for extra Kai

Rotorua Baptist Church

100 Malfroy Road, Victoria, Rotorua
11.30am – 1pm
Meals for \$8.00 Main/ Desert
Monday - Friday

Feeding Rotorua

Grand Treasurer Hotel
1130 Pukuatua Street , Rotorua
Hot food and take away.
Monday - Friday 5pm

Salvation Army office

phone 07 346 8113
10am - 12pm
1pm - 3pm
Monday, Tuesday, Thursday, Friday

St Vincent Ngongotaha

Kai parcels
Thursdays

Rotorua Whakaora Central free store

Ross rd.
Check face-book page for times and
Days

Final Newsletter for 2024

A Message of Gratitude and Celebration

As we close out 2024, we want to express heartfelt thanks to our dedicated members, volunteers, and supporters. It's been an incredible year, filled with achievements and connections.

Highlights of 2024:

- Our Out and About trips were consistently booked out, with more exciting adventures planned for 2025.
- The Positive Ageing Expo in October was a resounding success, featuring over 30 stalls and attracting a large crowd. Congratulations to our raffle winners!
- Rory's prestigious Huia Award recognition was well-deserved, nominated by staff and members.
- The Tiny Homes project is complete with our grand opening in October this year.

New Beginnings:

- At our AGM on October 24, we welcomed new committee trustees.
Look forward to meeting them in our next newsletter.
- Total Mobility assessments and membership have increased significantly, testament to our hardworking office team.

Successful Programs:

- Talking Tech sessions with Senior Net were highly successful. We're eager to continue these classes in 2025.
- Staying Safe , Steady As You Go classes, will resume next year.

Upcoming Events:

Car Boot Sale at Parksyde 16th November (Age Concern's stand is cancelled)
End-of-Year Age Concern Volunteers Celebration 5th December (members welcome)

Important Dates:

Last Day 19th December
Re-open 21st January 2025



Rory O'Rourke Manager Age Concern Rotorua

A few words from our manager....

We finally had our official opening of the Tiny Homes Project and the ribbon cutting ceremony was conducted by our local Member of Parliament, Todd McClay and he was supported by our mayor, Tania Tapsell.

Everyone that was present could see that the model for elderly housing was excellent and the tenants that spoke were very happy in their homes which were warm and safe. All the units have passed the Healthy Homes Standard for renting, and although they still have not got a CCC, which we require before they can be insured, they are very liveable.



We have had our final inspection but there are still up to eight areas that we need to address so the CCC is still a way off and of course we cannot insure non-compliant buildings which is also a major issue.

On the 24th of October we had our Annual General Meeting, and it resulted in several members putting themselves forward for the Trust. This was unusual as we normally have difficulty finding people to volunteer to be on our Trustees. A new Constitution was passed prior to the AGM, and we are going to renew, and stay as, an Incorporated Society. The Membership fee increase was also passed at the AGM and had not increased for several years. The new cost to join is \$20.00 with \$30.00 for a couple and extra if you want the newsletter posted out.

Also, at the recent AGM of Age Concern Rotorua District Inc a new Board of Trustees was elected following the resignation of the five members of the old Board. Under the old Constitution the Board of Trustees could be made up of nine people.

Word from the Manager continues.....

The new Board of Trustees are Justin Rogers, Faye Nathan, Gwynneth Hanson, Carolyn Mallon, Betty Gauldie, Barry and Wende Ryan, Diane Mitchell and Warwick Pryce. At a meeting following the AGM a Chairperson, Secretary and Treasurer were elected.

Your new Chairman is Barry Ryan, Treasurer is Faye Nathan, and the Secretary is Kirsten Harman.

On behalf of Age Concern, I would like to thank the outgoing Trustees for their governance over, what has been a difficult time with the Tiny Houses and look forward to their continued association with the organisation.

I was a guest Panellist at the Second New Zealand Hindu Elders Conference at the Hindu Heritage Centre in Rotorua and spoke about the variety of programmes that Age Concern have running at present. We are encouraging different ethnic groups to join us as members. I also met with the Ethnic Council of Rotorua to discuss how we could develop more of an on-going relationship and pool resources.

The different ethnicities were unaware of the many programmes they could access as members.

New programmes that we have started up recently with funding from National office are the Steady As You Go which is a balance class, Just Cook4 Healthy Ageing and Walkers With Walkers for Social Connection.

We were fortunate to get some funding from the Charity House Project at the Toi Ohomai Institute and we were able to produce and print a Cookbook with a difference. The recipes all have a story with them about why the recipe was chosen and the reasons for the selection are varied. The finished product is for sale for \$25.00 at our office and it is a limited addition as we only have 100 printed.

One of our main concerns at present, and something that is affecting most Charities and Not for Profits that rely on funding from outside sources, is that several funders are now reducing the amount of money they give out. Instead of funding wages and salaries for up to six months we are fortunate if we get funding for three months or even less. This means that we need to look for alternative sources of funding to stay afloat and maintain staffing and the variety of programmes we provide.

Leaving some money in your will for Age Concern is one way you can support us and ensure our on-going viability or just a straight donation, if you are able, would also be gratefully accepted.

Rory O'Rourke
Manager



Kirsten Harman
Administration
Maintenance Service Coordinator

Kia Ora and warm greetings to our members.
My name is Kirsten, and I'm honored to be part of the Age Concern Rotorua team.

Every day, I have the privilege of connecting with our community, addressing daily enquiries. I've had the humbling experience of supporting elder abuse cases over the phone, making referrals, and linking vulnerable individuals with life-changing services. It's a reminder that our work goes beyond our roles; it's about transforming lives. As Administration, my responsibilities are diverse and rewarding. I oversee and contribute to event planning, including our popular Garden Party, technology courses, and various group activities that foster social connections and community engagement.

I would like to introduce our incredible office staff,

- **Karyn Rogers**, our Visiting Coordinator, runs our Safe Driving Course and Balance Classes. She's also our Total Mobility expert. Karyn's connections bring valuable supplies, and her organisational skills made our expo raffle a huge success.
- **Katreece Lewis**, our Social Connection Coordinator, orchestrates enjoyable trips and catering. Her warm personality makes our members feel valued, and she's exceptional at connecting with seniors.
- **Diana Walker**, our Wellness Coordinator and Total Mobility Assessor, links vulnerable seniors with vital services. Her expertise in retirement and NASC referrals is invaluable.
- **Julie East**, our new Accounts person, has seamlessly joined our team, bringing order and efficiency to our finances.
- **Rory O'Rourke** our manager and leader who oversees all activities, ensuring seamless operations, applying for funding to sustain our services, guiding our team and advocating for seniors' rights.

The Importance of Our Work

Every day our staff connect with our community, address enquiries, and support each other. It's not just about keeping wheels turning – it's about being a listening ear. We've supported elder abuse cases, made referrals, and linked vulnerable individuals with life-changing services. Our work transforms lives.

As a team, we:

- Answer phones, providing a supportive voice
- Share stories and experience and knowledge supporting seniors, fostering connections
- Organise Events
- Create friendships, building trust and community
- Offer support, guidance, and compassion.

Acknowledging Leadership

I would like to take a moment to express heartfelt gratitude to our Boss, Rory.

Your unwavering support and trust in your staff have created a work environment that thrives on teamwork, empathy, and excellence.

On a special note, congratulations, Rory, on receiving the prestigious Huia Award! This well-deserved recognition is a testament to your tireless dedication to our community and seniors.

Appreciation and Welcome

To our committee, volunteers, Funders and members. We thank you for your ongoing support.

And finally thank you to our seniors, who remind us every day of the importance of our work.

Tiny Homes Opening Day



A Heartfelt Thank You...

We would like to extend our deepest gratitude to Lyn, our incredible volunteer and former Age Concern office team member. Lyn has generously dedicated countless hours to compiling our magnificent cookbook to help us raise funds. Your tireless efforts, expertise, and ongoing support mean the world to us, Lyn. Your commitment to Age Concern Rotorua's mission is truly inspiring.

To purchase a copy of our "Tried & True" Cook Book please call our office 07 347 1539

**Photo: Lyn Rasmussen &
Kirsten Harman**

Lyn's Story: Bringing the Cookbook to Life

In late Summer 2024 I put my hand up to compile a recipe book for Age Concern. I decided Mothers Day would be my deadline for the finished project.

Rory emailed me the eight or so dishes that had been contributed at that point. I figured we'd need more. The call went out. I cajoled, pleaded, bribed and flattered any number of people to submit their favourite recipes or those remembered from earlier days. I trawled through my own family recipes, extracting faded handwritten notes from old folders and cardboard boxes.

Anyone who enjoys cooking knows it's usually the pictures that prompt the effort at the kitchen bench, but very few contributions came with photographs. I knew the book wouldn't be particularly interesting without pics so I found myself gathering ingredients, preparing and cooking dishes as diverse as leek and broccoli sides, to chocolate slices and feijoa chutney. My phone camera went into overdrive. Some days I felt like both Julie and Julia (if you haven't seen the movie, you really should).

But in the Autumn, my friend and companion, my partner of some 25 years, died. The kitchen stopped buzzing, the computer stopped humming, the pages stopped turning. The Mothers Day deadline might as well have been in some far-off Dystopian future.

I'm not sure when I returned to the cookbook, but once I did it was a gift - something to keep me both physically and mentally centred in those weeks and months as I navigated the lonely landscape death leaves in its wake.

The Winter months were eaten up by boiling pots, greasing pans, slicing knives, mornings and evenings at the kitchen bench, little vignettes set up on the dining table for photographs, hours spent at the computer. And now it's Spring and the Tried & True Age Concern Cookbook has passed its final, final, final draft and is ready to collect from the printers.

Ngā mihi nui for your patience Age Concern, thank you to everyone who contributed recipes, and blessings to you, my dear friends, neighbours and whanau for being your own Tried and True and wrapping me with aroha over these sorrowful months.

PS: My favourite recipes? Ursula Prince's 'Impossible-to-fail' Quiche (it really doesn't); Lyndsay Campbell's Shepherdess Pie (my introduction to vegetarian cooking). I've happily cooked both those dishes several times. And for sweets Jean Taylor's Caramel Cake and Sharon Wallace's Rotorua Intermediate American Crunch are so easy and delicious. Enjoy.

If you're interested in putting together a family cookbook, please do contact me:

lynrasmussen@xtra.co.nz

AGE CONCERN
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TRIED & TRUE

♥ *cooking with love* ♥

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* POSTAGE WITHIN NZ FROM \$9.50

To Purchase a copy of this
cookbook please call
07 347-1539 or Email
admin@acrotorua.nz

Age Concern Rotorua
5 Tarewa Place
Rotorua





Diana Walker **Wellness Coordinator**

Greetings and thank you to all our members and financial donors for supporting our Rotorua branch. We are to GO TO HUB for advice and information to the general public and ours is an essential service for older people

During the week we are all very busy, we field phone calls, emails, some people just walk-in and we are receiving a steady stream of referrals from community and health related professionals as they reach out to us to connect people with the community and support them with advice and information.

Increasingly we are getting more and more desperate questions regarding help with accommodation and Elder abuse reporting – it's bad that it's happening – But it's good that they can turn to us for help.

I'm proud that all of our team here Rory, Kirsten, Karyn, Katreece and myself have extensive community experience and our combined knowledge base means we can usually support all the different people who reach out to us.

We have resources to provide information about how to get the answers around new technology, Wills, Retirement options, property maintenance and recommended tradespersons, Driving confidence courses and we can all assess for Total mobility cards where usually I have the opportunity to recruit new members by spreading to word about what Age Concern does in the community.

Additionally, My role as wellness and social connection coordinator involves finding meaningful and fun activities for new and existing members who are reaching out and want to have more outings, meet new friends and get out and about rather than staying at home.

Increasingly this becomes more challenging sourcing social connection and activities for people with increasingly diverse needs and this means I'm looking harder into how I can connect people and support them so that they don't lose the motivation to stay connected.

This is what Age concern does – and I enjoy my role very much!!!

Once again thank you to our member supporters we are here for you and for older persons in our community to reach out for support.

Kindest Regards Diana.



Introducing Julie East - Accounts

I'm the new accountant at Age Concern Rotorua, and I'm loving it. With years of experience in accounting and bookkeeping, I've had the pleasure of running my own accountancy business from home for quite a few years. It was an exciting journey that allowed me to grow both personally and professionally.

In November 2022, my husband and I made the big move from Auckland to Rotorua (he still commutes back to Auckland for work). The move was a bit of a life reset, and I decided it was time to downsize, which meant stepping back from my business to make more space for the things I truly love. The part-time accountant role at Age Concern is the perfect fit for me – it lets me stay connected with great people and use my skills in a meaningful way while supporting an organisation that makes a real difference.

Pesto and cheese Christmas tree



Recipe <https://www.bbc.co.uk>

Ingredients

2 x 320g/11½oz packets ready-rolled puff pastry
50g/1¾oz pesto
80g/3oz cheddar, grated
1 free-range egg, beaten
2 tsp sesame seeds, optional
salt and freshly ground black pepper, to taste

Method

Preheat the oven to 180C/160C Fan/Gas 4 and line a baking tray with greaseproof paper. Lay the two sheets of puff pastry one on top of the other on the lined baking tray, taking care not to allow them to stick together. Cut into a long triangle shape. Cut a little stump for the end of your tree at the wider end, remove and reserve any scraps of pastry covered in the fridge.

Carefully peel the top layer of pastry off the 'tree' and set to one side.

Spread the pesto over the base and sprinkle with the cheese before sandwiching the base with the reserved layer of pastry to cover.

Starting at the pointed end, using a sharp knife, cut evenly spaced lines on each side that get longer towards the base of the tree. Make sure to leave a gap running up the middle as the trunk of the tree.

Starting on one side, take two of the strips and twist them together. Repeat on both sides. Remove any scraps from the fridge and, using a cutter (or just with a knife freehand) cut decorative stars, placing a large one at the top of the tree and smaller ones along the middle. Brush with beaten egg all over, season to taste with salt and pepper and sprinkle with the sesame seeds, if using.

Bake in the oven for 20 minutes. Allow to cool slightly before serving.

Recipe Tips

If you don't like pesto, you could use sun-dried tomato paste or yeast extract instead.

You can also make sweet puff pastry Christmas trees in the same style but with chocolate spread inside. Dust with icing sugar for a festive touch.

Senior-Friendly Christmas Jokes

1. Why did Santa bring a ladder to the party? He heard the drinks were on the house!
2. What do you call a reindeer with bad manners? Rude-olph!
3. Why did the senior citizen bring a magnet to the Christmas party? To attract some attention!
4. What did the grape say when it got stepped on at the Christmas party? Nothing, it just let out a little wine!
5. Why did the senior go to the Christmas party dressed as a chicken? He wanted to have an egg-cellent time!
6. What do you call a group of cows singing Christmas carols? A moo-sical choir!
7. Why did the senior bring his dog to the Christmas party? Because he wanted to have a paws-itive time!
8. What did the Christmas tree say to the senior? "I'm branching out and meeting new people!"
9. Why did the senior go to the doctor before Christmas? He had a bad case of holiday spirit!
10. What do you call a senior who loves Christmas? Claus-trophobic!



Karyn Rogers

Staying Safe & Volunteer Coordinator

As the year comes to a close, I reflect on the accomplishments and challenges we've faced. Our office has worked tirelessly to learn a new system and we are still learning, I'm proud of our team's resilience. Our focus remains on meeting the needs of our valued members.

We're grateful for our incredible volunteers, who dedicate their time and energy to support our community. Special Acknowledgments: - Kat, our Thursday office helper, thank you for your dedication! Looking ahead to next year I'm excited to continue coordinating Staying Safe Driving program and Steady As You Go. Get Involved in 2025!

Meri Kirihimete! (Merry Christmas!)



Steady as you go

After a few days in Wellington training I am very excited to be able to bring "Steady as you go" to Rotorua Age concern.

Let our classes help you keep your balance by enrolling in one of our classes. You will be surprised what a difference it will make. It's a free program, put your name down for the one starting next year. (see our poster in our latest newsletter)

Staying safe

We only have one staying safe course left for this year so if you haven't been to a class this year please put your name down so you don't miss out.

Have your certificate ready for your Doctor visit. Call Karyn at office to register.

Next course 28th of November.

Visiting

We are lucky to have a fantastic group of people who regularly visits our elderly if you are interested in being one of these people please contact Karyn at the office or if you need someone to visit you, again give Karyn a call at the office. This only takes an hour a week or if need be a call to check in with them. This means the world to people stuck at home and have no family in Rotorua

Shopping

We are desperate for volunteers to take someone shopping only once a fortnight, Many of our clients need help reaching, seeing products and helping bring food inside. Do you have time to be one of those angels, please give Karyn or Katress a call at our office 07 347-1539.

Congratulations

I will finish off with saying how proud I am of our boss Rory for receiving the Huia award. He really did deserve it and has worked so very hard over the last 3 years to house some of our elderly. Which is a lot more than anyone else has done for our Elderly. Congratulations Rory We are all super proud.





Katreece Shopping Service & Out & Abouters Coordinator

As the year comes to a close, I want to express my sincere gratitude to each and every one of you for making our Out & Abouters trips so special. It's been an absolute privilege to connect with you, hear your stories, and witness the joy these outings bring to your lives. This year, we've explored some amazing destinations together!

Some highlights include: - Relaxing at Secret Spot Hot Tubs - Savouring fish & chips in Maketu and Matata - Op shopping adventures - sweet treats at Julain's Berry Farm strawberry picking - Exploring Te Puna Quarry - Beer tasting - Discovering the art of cheese making - Soaring through history at the Aviation Museum - Stepping back in time at Tauranga Historic Village - Marvelling at Okere Falls - Visiting Tirau and many more exciting destinations!

Our van has been a blessing, enabling us to bring seniors together, socially connect, and identify additional support services. I cherish our conversations and learning more about your interests.

Although I won't be leading trips for the remainder of the year, I'm thrilled to celebrate with you at our Volunteers and Members Christmas Function at The Storybook Nook! Let's recapture our childhood magic and create an enchanting experience together!

Take time to rest, recharge, and prioritize self-care during the holiday season. Merry Christmas Wishes To our amazing members, volunteers, and supporters: May your holiday season be filled with love, laughter, and cherished moments. May the New Year bring renewed energy, happiness, and exciting adventures.

Thank you for being part of the Age Concern Rotorua family.

Warmest regards,
Katreece xx

Stay Connected Follow us on Facebook for updates and news. Happy Holidays!



Christmas Tips for Seniors Stay Connected, Engaged, and Merry this Holiday Season!

1. Reach out to loved ones: Schedule video calls or phone chats with family and friends.
2. Attend community events: Join local Christmas celebrations, concerts, or church services.
3. Volunteer: Help at a local food bank, soup kitchen, or toy drive.
4. Host a gathering: Invite neighbours, friends, or family for a festive meal or game night.
5. Get creative: Paint, knit, or bake holiday treats.
6. Take a trip: Join Age Concern's Christmas outing or plan a short getaway.
7. Stay active: Participate in gentle exercises, like yoga or walking, practice steady as you go exercises.
8. Connect with nature: Take a summer stroll.
9. Practice self-care: prioritize rest, hydration, and healthy eating.
10. Seek support: Reach out to friends, neighbours or family.

Christmas Safety Reminders

- Check medications and medical appointments.
- Stay cool and safe at home. Ventilate and open windows for fresh air.
- Keep hydrated, with a cool bottle of water at your bedside table at night.
- Be sure to have emergency contact numbers at hand.
- If you have someone you would normally rely on for transport and help, they might not be available over the holidays, put in plan for items and extra groceries you may need at this time and if you are struggling, please reach out.
- Get that total mobility card if eligible for reduced taxi fares. that way you are not relying on family and friends around the busy silly season. Ask our team for information on this.
- Keep sun smart and wear sunblock and a hat, stay out of the heat normally in the middle of the day. Check that expiry on your sunblock it doesn't last forever and can effect the protection if its out of date.
- Be mindful of scams and financial security, and when online Christmas shopping. Avoid clicking on links from adds and check website address especially during black Friday deals and never save your credit card details on sites or give information over the phone to scammers.

Foodtogether Rotorua KAI CO-OP



\$20 fresh fruit and vegetable boxes (produce varies weekly)

Order before 12pm Tuesdays at www.foodtogether.co.nz

Choose your pick-up location when you order either Age Concern or The Salvation Army

Pick up your box on Thursday at your selected location during the pick up time



 Foodtogether Rotorua | Facebook



CHRISTMAS FOOD DRIVE

Spread Christmas Cheer to Seniors In Need.

Donate Non-Perishable Food Items
Help us create Christmas food parcels for seniors struggling this holiday season.
Please drop off any donations to our office during working hours.
Thank you.



 **AGE CONCERN ROTORUA**
5 Tarewa Place
Open Tue Wed Thurs 9am-2pm
Ph 07 3471539

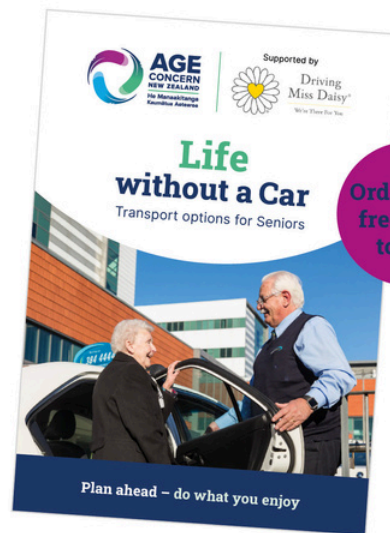
Donations

Plan ahead

Keep doing what you enjoy when you no longer drive.

Age Concern has a new booklet full of great ways to help you stay connected in your community.

Collect your free copy from Age Concern Rotorua



Order your free copy today!

Call 0800 65 2 105 | www.ageconcern.org.nz

SEMINARS FOR HEALTHY AGING



For 2024 Age Concern and The Parksyde Trust have teamed up to deliver FREE seminars for the over 55's, designed to inform and assist healthy aging.



SEMINAR 8

What?

CITIZENS ADVICE BUREAU

- What is CAB?
- What services do we offer?

Presented by Jane Eynon-Richards
Manager CAB Rotorua



When?

Monday 18 November 2024
10:00am to 11:00am
11:00am tea/coffee station
In the Café \$5pp

Where?

Parksyde - 9 Tarewa Place

Registration?

Drop in or phone Parksyde between 9am and 3pm weekdays phone 348 9892

STEADY AS YOU GO



Join our exercise class to help prevent falls

Steady as you go can improve

- Balance
- Fitness and Wellbeing
- Flexibility
- Meet new people

Free to Attend
Location
Day and Time

Contact Karyn



Donate your car to Age Concern Charity
Are you no longer driving?
Perhaps you have a little run around vehicle that you no longer need?
Have you thought about donating this to Age Concern Rotorua?
We need a tidy and reliable car/van for our staff so we can visit and connect with elderly members within our community.

Handy Man Services

Reasonable Rates & Great Service.

Gordon 021 086 77 912 (Handy Man)

Richard on 027 423 6867
(Handy Man, Lawns & Maintenance)

Jennie Woods 0274 368 670
(Gardening)

Carol Taylor 027 203 8634
(Light Gardening & Cleaning)



5 Ti Street, Rotorua, 3010
Phone: 07 349 5494

Opening Hours

Mon 10-12
Wed 8-1 Club Day
Fri 10-12
or by arrangement.

office@kiwicoffinclub.co.nz
www.kiwicoffinclub.co.nz
www.facebook.com/KiwiCoffinClub

Volunteer your time,
Make coffins that cost less.
Customise your coffin your way.
Ready made coffins available.
Storage available.

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1209 Hinemaru Street
ROTORUA

We are opposite the Government Gardens and behind the Council building.

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Services offered: Gold Card \$55

- Micro-suction of ear wax and debris.
- Management of ear infections.
- Removal of foreign objects from the ear canal.
- ACC and War Pension approved.
- Rest Home and home visits available.

Hon Todd McClay MP for Rotorua

Delivering for Rotorua

If we can help, please give me a call: 07 348 5871

1301 Amohau Street
rotorua.mp@parliament.govt.nz



Authorised by Todd McClay, Parliament Buildings, Wgtn.



2024 Rotorua Christmas Parade

Rotorua Government Gardens - Roadside Stories, Queens Drive, Rotorua

Saturday 30 November
2024 11:00am - 12:00pm

Shopping around could save you thousands

When you're quoted on hearing aids, it pays to compare your pair. At Specsavers Audiology, you'll have a range of options to choose from, including top tech, all at our famously everyday low and transparent prices. Now doesn't that sound good?

View our range and prices at
specsavers.co.nz/hearing

Specsavers Rotorua
1211 Eruera Street Tel 07 349 2020



Get your free Copy from Age Concern Office



IMPORTANT UPDATE

Christmas Car Boot Sale CANCELLED

Unfortunately, due to lack of interest, we've made the difficult decision to cancel our Christmas Car Boot Sale. We appreciate your understanding and look forward to trying again next year!

BUT, the festive fun doesn't stop here!

Support Local Crafters at Parksyde's Craft Fair!

Thank you for your continued support.

Stay updated on future events



Christmas Closure

Last Day 19th December 2024

Re Open 21st January 2025



A huge thank you to all our sponsors/ funders



Aotearoa Trust

Charity House

Te Rakau Tu Pakari

Lakes Disability Support

Department Internal Affairs

Grassroots Trust

TOI-OHOMAI Institute of Technology

Volunteer Appreciation Christmas Picnic

Join us for a magical afternoon at The Enchanted StoryBook Nook as we celebrate our incredible volunteers.

The Enchanted Storybook Nook is a place for whimsy lovers of all ages to escape the real world, through the wardrobe, along the yellow brick road and down the rabbit hole into childhood wonderment again.



Thursday 5th December 2024

- **Venue:** The Enchanted Storybook Nook
350 Oturoa Road, Hamurana
(approx 15mins from town)
- **Time:** 11:00am - 1:00pm
- **Dress Code:** Fairy Tail Inspired (optional)
- **Entry**
Volunteers: FREE
Members: \$10 per person
- **What to Bring**
A Plate of picnic food to share
Fold out chairs (if you have any)

*Please let us know if you can help with transport.
We hope to car pool members who no longer drive.*

RSVP BY: 28TH NOVEMBER
PHONE: 07 347-1539

www.enchantedstorybooknook.com



MEMBERSHIP FORM

AGE CONCERN ROTORUA

Charities Commission Number CC2693

PERSONAL INFORMATION

Full Name/s

Date: _____

Mr/Mrs/Miss/Ms

D.O.B / /

Mr/Mrs/Miss/Ms

D.O.B / /

Address:

City: Email: Phone

Post Code:

Number: Emergency

Contact:

Landline:

Mobile:

Name:

Relationship:

Emergency Contact Phone:

Previous Employment(Optional)

(This is helpful to us to possibly utilise your knowledge and expertise!!)

TYPE OF MEMBERSHIP

\$15 Single

\$20 Couple

New

Renewal

Receive our quarterly newsletter? Y / N

Email

Post \$20.00

I would like to donate \$_____to support Age Concern services in Rotorua

TOTAL \$ _____

If you wish to pay via internet banking, our account details are: 38-9012-0590627-00

Please use your surname and initials as a reference and email your contact details or form to admin@acrotorua.nz

Or Cash, Eftpos & Credit Cards at the office. Sorry but **No** Paywave

*Please select any services that may be of interest

Wellness Visit

Total Mobility

Social Connection

Staying Safe Driving

Van Trips (Out & Abouters)

Free Seminars

Become a Volunteer

Terms & Conditions

Our membership runs July 1 to June 30. You must be a current paid member with Age Concern Rotorua to access our services within our region.

By filling in this form you are giving Age Concern consent to personal information onto our database. This private information will not be shared with anyone outside our organisation with out YOUR prior consent.

Receipts are issued and donations over \$5.00 are tax deductible.

Office Open: Tue-Thur
9am - 2pm

Age Concern Rotorua: Parksyde House, 5 Tarewa Place(next to Parksyde)
PO Box 1605, Rotorua 3040 Ph: 07 3471539 admin@acrotorua.nz