

AUTUMN 2023
QUARTERLY NEWSLETTER



AGE
CONCERN
HAURAKI
COROMANDEL

He Manaakitanga
Kaumātua Aotearoa

Age Concern Hauraki Coromandel

Covering Thames-Coromandel District and Hauraki District (Kaiaua, Ngatea, Paeroa and Waihi)



Leaves are supposed to Fall People aren't.

www.ageconcern.org.nz

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Age Concern Hauraki-Coromandel thanks the following sponsors:



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Disclaimer: The views expressed in this newsletter are not necessarily those of Age Concern Hauraki Coromandel. The inclusion or exclusion of any product does not mean that the publisher or Age Concern advocates or rejects its use.

Steady As You Go©

Steady As You Go©, began in Otago in 2003. The programme uses exercises designed by physiotherapists from the Otago Exercise Programme and based on the tai chi principles of mindfulness and controlled movement. Since 2003, New Zealand has approximately 245 Steady As You Go© groups with over 4500 people participating weekly.

The gentle Steady As You Go© exercises are designed to improve leg strength, balance and flexibility to reduce the risk of falling and falls injuries such as broken bones.

Steady AS You Go groups in Hauraki-Coromandel are run under the umbrella of Age Concern Hauraki-Coromandel with classes held in Thames, Ngatea, Paeroa, Waihi and Coromandel Town. Class leaders are trained volunteers and have years of experience under their belts.

Steady As You Go Coromandel started on 3 November 2019 “Yes, just before Covid struck”, says Vickie the group leader, “and numbers have gradually increased from the original 4 who are still attending today, up to the 14-20 regulars we have now”.

“We meet at CORO GYM in Pottery Lane on Tuesdays and Thursdays at 10am. The Tuesday class is usually fuller than the Thursday class, so if you need more space Thursday is the day for you. The cost is only \$2”, says Vickie.

“The exercises are simple, achievable and fun and because they were designed by Physiotherapists, we know they are effective”.



says Vickie. No experience is needed and no special clothes are required. All you need is the desire to keep moving as you age.

At the class, you work all the muscles and joints in your body, from your fingers to your toes, including your knees, shoulders and your brain. We follow the use it or lose it motto.

Participants have reported being able to pick up knitting needles or the crochet hook that was almost an impossibility prior to joining class. Some can now get under the bar at the Long Bay Motor Camp (road block bar not the drinking bar), others can walk on their tippy toes or get themselves up out of a chair, or off the loo with ease. All have better balance, better dexterity and better body awareness. The group goes for coffee after class and many good friendships have been made.

We welcome newbies and would love for you to come along and give-it-a-go. There is so much to gain.

Steady As You Go is currently held in:

Coromandel: Tuesdays and Thursdays at 10am in the Coromandel Gym Pottery Lane

Ngatea: Tuesdays at 10am in the Hockey Pavilion Orchard West Road

Paeroa: Wednesdays at 1.30pm in the St Johns Hall Belmont Road (Main St)

Paeroa: Thursdays at 10am in the Longridge Country Estate lounge, Residents only

Thames: Thursdays at 1.15pm in the St Georges Hall MacKay Street (by the hospital)

Waihi: Wednesdays at 10am in the Art Museum Kenny Street (next to Gull)

Cost: \$2—\$3

For more details contact: Age Concern Hauraki-Coromandel Phone: 07 868 9790 Or visit the group closest to you and chat to the leader.

Purnell

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Helping to prevent slips trips and broken hips

Falls are the main reason why older people lose their independence.

Slip, trips and falls can happen to us all. Many people think, "It won't happen to me" or that falls are not important. Some think falling is a natural part of ageing and there is nothing you can do. The good news is, most falls are preventable. Reducing your falls risks can reduce the likelihood of falls injuries such as broken bones (or worse).

Reduce YOUR risk of falling by:

1. Keeping your bones strong

Your bones need calcium to stay in good health. Calcium can come from many sources but the most common ones are milk and yoghurt.



2. Don't ignore Dizziness Balance is dependent on many factors. Good balance requires input from your vision, vestibular system (the balance system of the inner ear), and proprioceptors (sensors of position and movement in the feet and legs) as well as good muscle strength and

joint mobility.

Because balance is a complex function, the cause of imbalance is hard to identify however, older adults with dizziness or imbalance are more likely to fall.

Symptoms of dizziness should not be dismissed, so discuss with your doctor or physiotherapist.

3. Choose Safe Footwear

Shoes need to be comfortable and provide good support. If the shoe is easy to slip on, you are more likely to slip off



it. Did you know: Your feet widen and flatten as you age and the fat padding on the sole of the foot wears down. Shoes with padding provide more comfort.

4. Reduce the risk of falling at HOME

Falls do not "just happen." They are often linked to risk factors. You may not be able to eliminate all falls, but it is possible to reduce

We are proud to be selling Goldfern Mobility Products. Goldfern is a 100% Kiwi family owned business who have been operating for over 30 years. Our other suppliers are Allied Medical and Cubro.

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Walking sticks | Walkers Continence Products



We will also do our best to source other products on request

Thames Valley Tangata Ora Trust
The People's Wellbeing Trust

"To foster an inclusive and empowered community"
607 Mackay Street, Thames (opposite Thames Hospital)

the risk factors.

The majority of falls happen around the home (inside or outside), so making changes around the home could prevent a fall. Nearly every room can be adapted or modified to create a safer environment.

Use the ACC Home Safety Checklist <https://www.acc.co.nz/assets/injury-prevention/acc7771-home-safety-checklist.pdf> Or call into the Age Concern office for a copy.

5. Keep muscles strong by keeping them active

Staying physically active is the single most important thing you can do to stay independent. Muscle strength is lost when we become inactive, as does your balance and this can lead to a fall. Staying active can also improve your overall health and wellbeing. **Steady As You Go** is a Strength and Balance exercise programme designed by Physiotherapists to help prevent falls and falls injuries.

Find a group near you at: <https://www.livestronger.org.nz/home/find-class/find-a-class-near-you/>

“Big Event in my life”

Waveney (on left) has been receiving weekly visits from her volunteer visitor Bev (on right) since October 2022. For both, the visiting is a big event in their lives. They meet every Wednesday and together they enjoy experiencing a different café in the Thames area. Both have become connoisseurs of the best coffee and food and both enjoy the weekly outings very much.



Waveney is a courageous and adventurous woman. At 17yrs old she cycled on her own from Auckland to Thames to visit her friends. This was before there was a bridge and she crossed the Waihou River by ferry. She later qualified as a school dental nurse working for 5 years in Northland until marriage and children came along. She was a dressmaker for many years and sewed wedding gowns, including those of her daughters. After her children grew up, Waveney worked in a variety of roles in the television and musical industry and as a nurse aid.

She is most proud of being part of an

embroidery group that undertook a project to make a display piece which now hangs in the Thames Public Library. The project took ten women 12 months to create. Check it out if you are in the library.

Bev, who has been a volunteer at Age Concern for the last 5 months, has recently moved here after retiring from her job. She volunteered to be a visitor because she wanted to get to know people in her new community. Volunteering has been perfect for her and Bev highly recommends it. So does Waveney. She said it is a big event in her life and it has added enjoyment and excitement.

Green mac and cheese

Time to make: 20 mins

Ingredients

250g cherry tomatoes
1x packet of wholemeal pasta
2x tablespoons olive oil
1x onion, roughly chopped
2x cloves garlic, crushed
2x teaspoons dried mixed herbs
400g spinach leaves, plus extra to garnish
1x cup mozzarella cheese, shredded

Instructions

Preheat oven to 200°C. Line a baking tray with baking paper. Place tomatoes on prepared tray and roast for 10 minutes or until softened.

Meanwhile, cook pasta according to packet instructions. Drain, reserving 1½ cups liquid.

Heat oil in a large saucepan over medium heat. Add onion, garlic, dried herbs and freshly ground black pepper and cook for 5 minutes or until onion is softened. Add spinach and cook for 3 minutes or until wilted. Add reserved pasta water. Using a handheld



blender, blend until combined and smooth.

Return pasta to pan, stirring well to coat in green sauce. Transfer pasta mixture to an ovenproof dish, top with cheese and roasted tomatoes, then bake for 5 minutes or until cheese is melted and golden. Serve green mac and cheese garnished with extra spinach.

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A message from Prime Minister Chris Hipkins



When I took on the job of Prime Minister, I made a commitment to focus on the bread and butter issues that matter most to New Zealanders. That's why, in my first few weeks in the role, we put in place extra cost of living support and raised wages.

The steps we've taken to help smaller budgets stretch further, like extending the fuel tax cut, are already making a difference for many. However, at a time when global factors like inflation are pushing up prices here at home, we need to do more to support New Zealanders.

As part of this work, I recently announced that recipients of Superannuation will receive an inflation increase of 7.22% from 1 April. This will see a couple who are both aged over 65 receive \$102.84 more in total a fortnight and a single person living alone receive an extra \$66.86 each payment. This builds on the increases that we've made to Superannuation since taking office in 2017.

While this boost to Superannuation alone won't solve everything, it will ease some pressure - and right now, I know every bit helps.

On top of this, our Winter Energy Payment will help older New Zealanders heat their homes over winter. This annual support restarts from 1 May, helping with power bills through the colder months so people can stay warm and healthy, with less financial stress. A single person will receive more than \$80 a month and couples will receive more than \$125 per month.

Advertorial



Measures like these sit alongside a range of programmes that support older New Zealanders. For example, we've made doctors' visits cheaper for hundreds of thousands of people, and we've taken steps to improve the health system and cancer care, including through record investments in Pharmac's medicines budget.

Right now, we also need to make sure people feel safe and supported as we continue to respond to some of the most significant weather events in our history.

My back to basics approach means a greater focus on the issues that matter most to New Zealanders, here and now. As I've signalled, the cost of living and cyclone recovery will continue to be our top priorities, and you will see this reflected in our upcoming Budget.

*Authorised by Rt Hon Chris Hipkins MP,
Parliament Buildings, Wellington*

Paeroa Chinwag Café

Paeroa Chinwag Café was launched at the Cooperating Parish in Paeroa late last year. Chinwag is a group that meets weekly where older people can enjoy companionship, connections and lots of conversations. It usually involves coffee and cake as well. Groups are held in Thames, Ngatea, Waihi, Whitianga, Kaiaua and now Paeroa.

Lucy, the Age Concern Hauraki-Coromandel volunteer who runs Paeroa Chinwag Café brought along her dog Coco to help. Coco was a good talking point and dogs are welcome at the Paeroa Cooperating Parish. Coco put a smile on everyone's faces and stories were shared of their own beloved dogs or pets.

We asked Lucy why volunteering is important to her: "Back home in Brazil where I grew up, we were always surrounded by many different life challenges such as corruption, poverty, discrimination, to name a few. I have lived in many countries and experienced their cultures, so from a young age I found kindness, empathy, and respect to be the



Paeroa Chinwag Cafe Lucy Balint with her dog Coco. most valuable qualities one can offer to society", says Lucy.

"Receiving and giving community support is very important for our wellbeing", says Lucy.

"So I want to offer my support and give something to this new community that I love. I hope my involvement in Chinwag allows me to share kindness, empathy and respect so I can make an older persons day a bit happier" says Lucy.

One of Lucy's favourite quotes is: "*Be the change that you want to see in the world*" by Joseph Ranseth
The Paeroa Chinwag Café is held every Wednesday at 10.30am at the Cooperating Parish Hall on the Corner of Willoughby and Mackay Street (Opposite the Library).

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Chinwag Café

A social get-together of older adults who enjoy a 'cuppa' and a good old chinwag in the company of like-minded people.

Chinwag helps you to connect with others, which can reduce feelings of loneliness or isolation.

All welcome!

\$2 donation welcomed but not essential

For more details contact

Age Concern Hauraki-Coromandel

Phone: 07 868 9790

or 0273 401 785

Email: thamesmanager@ageconcern.gen.nz



**AGE
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Kaumātua Aotearoa

Chinwag café is held at:

Thames

Monday's at 10.30am

Thames Community Centre, 609
Mackay St

Ngatea

Tuesday's at 10am Combined Parishes
Hall, Darlington St

Whitianga

Friday's at 10am Whitianga Social
Services, 2 Cook Drive

Waihi

Friday's at 10.30am Waihi Resource
Centre, 4 Mueller St

Paeroa

Wednesday's at 10.30am Cooperating
Parish Hall, 2 Mackay St

Kaiaua

Wednesdays at 10.30am at the Pink
Shop East Coast Road

Enduring Power of Attorney (EPA)



An enduring power of attorney gives peace of mind for the future – you’ve decided ahead of time who you trust to make decisions for you if you can’t decide for yourself.

How it works

An enduring power of attorney, also known as an EPA, is a legal document that gives someone else the authority to make decisions for you if you are no longer able to make decisions for yourself.

If you have an EPA, someone you trust – called your “attorney” – will legally be able to make decisions about your finances, your

property, and your care and welfare if you are not able to.

Why you need an EPA

If something happens to you and you do not have an EPA, your family – including your spouse or partner – would have to go to court to be able to act on your behalf. This process can be stressful and expensive.

Having an EPA helps to protect you from financial abuse and means your wishes are respected because you have chosen people you trust.

There are two types of EPAs - Property and Personal care and welfare EPAs.

A property attorney (the person you appoint) can make decisions relating to financial assets, e.g.: arranging benefits, paying bills, buying and selling assets or taking care of bank accounts.

A property EPA can come into effect before you lose mental capacity, for example, if you are moving into assisted living and need your attorney to sell your house on your behalf. You can choose more than one attorney for this EPA.

A personal care and welfare attorney makes decisions about your care, health and living arrangements, e.g.: healthcare, accommodation or associated care decisions. A personal care and welfare EPA only comes into effect if a medical professional or the Family Court decides you have become “mentally incapable”. You may have only one attorney for this EPA.



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Choosing your attorneys

People often choose a family member or close friend as an attorney, but you can choose anyone who knows you well and you trust to make decisions for you. They also need to be over 20 years old. You can choose different attorneys for the two different types of EPA. Legally, your attorneys are required to: always act in your best interests, consult with anyone else you have named in the EPA, and with you when possible and keep records of any financial transactions.

They must not make decisions that benefit themselves or anyone other than you.

Setting up your EPA

There are forms you must fill out to set up an EPA. These can be found at: <https://officeforseniors.govt.nz/our-work/promoting-enduring-power-of-attorney>

Once you've completed your forms, you will need to arrange a lawyer, or a legal representative to be your witness. Before you talk to your legal adviser:

- decide who you want your attorneys to be
- make a list of the main things you own, any money owed or any debts
- think about who you want to give a copy of the EPA to e.g. your doctor, your bank, or family members
- decide when you want your property EPA to come into effect – this can be a date, after a period in time, or when you are determined mentally incapable
- think about how your attorneys might be monitored, e.g. by appointing a second person to oversee your financial records, get copies of bank statements, or be informed of certain decisions
- decide whether you want to appoint other people to step in as attorneys if something happens to your first choice

For more information visit: <https://officeforseniors.govt.nz/our-work/promoting-enduring-power-of-attorney/>

Or call into the Age Concern office and collect an information brochure.



Better Digital Futures

Age Concern Hauraki-Coromandel has a new programme which supports those over 65 to get online. There are four options available to help you learn (at your own pace) and build confidence with all things digital. You can choose from:

1. Digital Introductory

Pursuing Hobbies
Finding the Right Device
Communicating with Family
Reducing Dependence on Others

2. Digital Safety

Online Bullying & Abuse
Staying Safe Online
Social Networking
Digital Information

3. Digital Apps

Learn the basics of smartphone navigation, learn how to download and use apps to help with communication, online shopping and banking, using maps and so much more.

Digital Mix 'n Match

This option is tailored to the needs of the participants, so what you want to learn is what will be covered.

Give us a call to discuss your needs and Margaretta can guide you at a pace that's right for you. Contact: Margaretta at Age Concern Hauraki-Coromandel Ph: 07 868 9790 / 027 324 0249 or email: ThamesAVS@ageconcern.gen.nz

'Take A Sec To Check' Say Banks In Scam Awareness Campaign

From the NZ Bankers' Association 9 January 2023

Banks are asking people to 'take a sec to check' before they part with their money or personal information, in a campaign aimed at raising scam awareness over summer.

"We're encouraging everyone to take a moment before making a payment or giving away personal information, just to be sure it's not a scam," says New Zealand Bankers' Association chief executive Roger Beaumont.

"Scams are a form of financial crime. They are constantly evolving and increasingly sophisticated. Scams tend to involve criminals pretending to be a trusted person or organisation who then persuade people to make payments to them or hand over personal information to access their bank accounts.

"We know there's no silver bullet when it comes to fighting financial crime. We also know it pays to be alert, know what to look out for, and how to deal with it. If you take a sec, you might save yourself from being scammed.

Tips to help you stay safe:

Stay alert

- Be alert to texts or emails. Never click on links in unsolicited emails or text messages. Report and delete suspicious messages.
- Be wary of cold calls asking for personal details or money. If an unexpected phone call seems suspicious, hang up and call the business back using its publicly available phone number.
- Keep up to date with the latest scams to help recognise the warning signs.

Be proactive

- Use unique, long passwords and change these regularly. Keep all passwords and security codes secure – don't disclose these to anyone.
- Never give a stranger remote access to your computer or device.
- Safeguard your devices by keeping operating systems and apps up to date.

Take your time

- If someone is pressuring you to do something, it may be a sign they're trying to scam you. Take your time and check out who you're dealing with before providing your details or sending any money.

Report it

- Report any suspected scams to your bank.

To learn more about keeping safe from scammers, contact Age Concern Hauraki-Coromandel on (07) 868 9790 or 'drop in' to our Digital Drop-in sessions every Thursday at the Age Concern office, 200 Mary Street, Thames.

Thames Library Justice of the Peace

If you are looking for a Justice of the Peace the Thames Library can help. Every Thursday between 12.30pm and 2.30pm a Justice of the Peace (JP) is available free of charge. Duties performed by JPs include witnessing signatures on documents, certifying copies of documents, and completing declarations (including statutory declarations), affidavits or affirmations.

Stop by the Carnegie Room in the Library any time between 12.30pm and 2.30pm - there's no need to book.

'What's On' in our community

If you have an item or update for this section, please email them to:
thamesmanager@ageconcern.gn.nz

COVID-19 Screening:

If you are unwell, self-isolating, have a positive Covid test result or have symptoms of Covid, please do not attend any of these options until you are 'all good to go'.

Age Concern Chinwag Café

A weekly gathering for companionship, conversations and connections over a cup of tea (and cake). Held at:

Thames – Mondays from 10.30am, Thames Community Centre, MacKay Street

Ngatea – Tuesdays from 10am, Hauraki Co-Op Parish Hall, Darlington Street

Whitianga - Fridays from 10am, Whitianga Social Services, 2 Cook Drive

Waihi – Fridays from 10.30am, Waihi Community Resource Centre, Mueller Street

Paeroa – Wednesdays from 10.30am, Cooperating Parish, Cnr Willoughby & Mackay Street

Kaiaua – Wednesdays from 10.30am, The Pink Shop Kaiaua

Age Concern Steady As You Go - Falls Prevention groups (with the ACC 'Tick of Approval')

Gentle exercise groups to help improve strength and balance and reduce the risk of falling over.

Coromandel – Tuesdays & Thursdays 10am at the Coromandel Gym

Ngatea – Tuesdays 10am at the Hockey Pavilion

Paeroa – Wednesdays 1.30pm at the St John Hall

– Thursdays 10am Longridge Country Estate Paeroa (residents only)

Thames – Thursdays 1.15pm at the St

Georges Hall (by the hospital)

Waihi – Wednesdays 10am at the Waihi Museum Hall

Thames

Digital Drop-in Every Thursday at Age Concern office, Mary Street, Thames. For support to connect to all things 'on-line'. Phone 07 868 9790 to make an appointment.

60 Not Out at the Thames Elim Church. Meets on 1st Tuesday of every month at 11am to share a hot meal and fellowship.

60's Up Movement Meets on 3rd Tuesday of the month at 10am, Thames Bowling Club. For outings and guest speakers. Contact 022 139 9414 Email: p60sup@gmail.com

Thames Community Club Meets on Tuesday's at St Georges Hall (by the hospital) for companionship, entertainment and guest speakers. Transport can be arranged. Contact Peter on 021 115 0543.

Thames Stroke Group Meets monthly on Thursdays at St George's Hall (by the hospital). Phone 021 962 381 or email: coromandel@stroke.org.nz

Thames Bright Smile Organic Community Garden Every Thursday 9-12noon at 714 MacKay St Thames. Contact Marjolijn on 021 2301623 or facebook 'Bright Smile Thames'.

Paeroa

Paeroa 'Drop-in' for a cuppa and a chat. Tuesdays at 9.30am, St Johns Hall, Belmont Road, Paeroa

Blood Pressure and Blood Sugar testing Every Friday 9-2pm at St Johns Hall Paeroa. Donation of \$2.

Community Support Trust and Hauraki Resource Centre provides a Community Bus for door to door service Tuesdays & Fridays for Paeroa or Thames shopping. Contact Val on 07 862 7346. They also provide Senior Outings, Furniture bank, Foodbank, Meals

on Wheels, Grocery Shopping Service, Life Unlimited hearing services and a whole lot more, at 2 Mackay Street, Paeroa. Phone 07 862 6110

Waihi

Waihi Community Resource Centre provides Senior Connect Services, Shopping Service, Transport Service, Baywide Community Law, Narcotics Anonymous, Waihi Meditation, Family/Whānau Support, Family Harm Services and Counselling, at 4 Mueller Street Waihi. Ph: 07 863 7555 / 027 537 3996

Waihi Women`s Institute Meets on 2nd Thursday at the Waihi Community Resource Centre, Mueller Street Waihi. Phone Maxine Burke on 021 1788 345

Whitianga Social Services - 2 Cook Drive Whitianga. Provides Senior Connect Services, budget advice, counselling, food bank, volunteer drivers and much more. Phone: 07 866 4476 or email reception@wcst.org.nz.

Budget Advice

for free confidential financial services in; **Waihi** located in Haszard Street, Mon – Fri 8.30-2.30pm. Phone 07 863 7793 or txt 027 775 5443

Thames located at 415 Pollen Street, Mon-Fri 9-2pm. Phone 07 868 5964 or txt 027 8707 076

Paeroa located Cnr Mackay & Willoughby Street, Mon-Fri 10-2pm. Phone 07 862 6110

Citizen Advice Bureau

free confidential services

Thames: Queen Street (by the warehouse) Monday, Wednesdays and Fridays 10am to 1pm

Hauraki: The Information Hub Paeroa, Tuesday and Thursdays 10am-1pm

Grey Power Groups:

Coromandel - Contact Patricia Whimp on 0274 985 227 or email patricia@prosystems.co.nz

Paeroa - Contact Gail on 07 862 6256 or email David Fleming redbadge99@gmail.com

Thames - Contact Barry or Carolyn Young on 07 868 6353 or email barry.carolyn@xtra.co.nz

Waihi - Contact Maureen on 021 0299 7300 or email maureengreypower@gmail.com

Whangamata – Contact Cushla on 07 865 7111 or email bruges@xtra.co.nz

Dementia Waikato

– Thames-Coromandel-Hauraki Service

For free advice, support, home visits, information, family education, support groups, community awareness talks and more.

Contact Janine Appleby, Dementia Advisor on 07 282 1372 / 027 808 4837 or Email: janine@dementiawaikato.org.nz.

Stroke Foundation Community Advisor for Thames-Coromandel-Hauraki-Tauranga

Lily can support the rehabilitation and adaption to the new normal for those impacted by Stroke. Contact 07 571 3050 / 021 962 381 or email coromandel@stroke.org.nz

District Libraries:

Housebound Service - available at the Thames and Hauraki Libraries. Phone Thames library on 07 868 6616 or Hauraki Library on 0800 734 834 for more info.

Tech Support - Free 'Stepping Up' classes available in Ngatea, Paeroa and Waihi Libraries and cover internet safety, online banking, computer basics and choosing the right device. You do not have to be a library member but registration is essential. Contact hdc-library@hauraki-dc.govt.nz or phone 07 862 8609 / 0800 734 834

Hauraki Digital Drop-in sessions - at Waihi and Paeroa Libraries on Friday's 10-12noon. No appointment needed and you don't have to be a library member.

Hauraki Book Chat

Meets once a month at Waihi on the 1st Thursday of the month 10:30am at the Memorial Hall and in Paeroa on the 2nd Wednesday of the month 10:30am at the Paeroa Library.

PROBUS Clubs:

Paeroa- Meets on 4th Wednesday at 10am, Paeroa Bible Chapel, Wharf Street. Contact 0272 795 854

Hauraki Plains – Meets on 3rd Wednesday at 10am, Ngatea Memorial Hall. Contact 021 1818 735

Thames- Meets on 2nd Tuesday at 10am, Richmond Villas, 89 Richmond St, Thames. Contact 07 868 3260

Whangamata – Meets on 3rd Wednesday at 7pm, Whangamata Club. Contact 0276 765 005 or 0272 821 982

Strong & Stable Strength & Balance Falls Prevention Classes:

Gentle exercise groups with the ACC ‘Tick of Approval’. Groups are held at:

Strong & Stable **Thames** Elim Church, Mondays & Thursdays 9.30am \$3

Strong & Stable Richmond Villas **Thames**, Mondays 11.15am \$3

Dancing for Health, Grahamstown Hall **Thames**, Tuesdays 11.30am

Dancing for Health, **Te Puru** Hall, Tuesdays 9.30am

Strong & Stable **Whangamata**, Take a Breath Studio DJ Plaza, Wednesdays 12.30pm \$5

60+ Strength, Balance & Mobility, Anglican Church **Whitianga**, Thursdays 10am \$2

Tai Chi **Waihi**, Memorial Hall (Main street) Tuesday and Thursdays 9.30am

Danzit Strength & Balance, Co Op Parish Hall **Paeroa**, Wednesday 9.15am



Age Concern Hauraki-Coromandel Membership Form



Age Concern Hauraki-Coromandel
Thames Civic Centre
P O Box 466 Thames 3540
Phone: 07 868 9790
Email: thamesmanager@ageconcern.gen.nz

What are the benefits of membership?

Age Concern Hauraki-Coromandel is a charity, working to support the well-being of older adults who are often vulnerable, lonely or isolated. Your membership and donation helps us to help others.

We provide valuable and valued services such as our Volunteer Visiting Service, Chinwag Café, Steady As You Go, Driver Refresher, Total Mobility, Digital Drop-in, quarterly newsletters and we are the ‘go-to’ for information.

Exclusive benefits of membership include:

- Receiving the quarterly newsletter in the post. Or you can choose to have this emailed.
- Receiving email updates and information on local events or news that may be of interest
- As a financial member, your voice can be heard at our Volunteer Board Meetings. You can meet with one or all of our Board members and/or present your case at a full Board meeting.
- You will be invited to our AGM and have voting and nomination rights.

What will it cost?

- \$20 per couple from 1 July to 30 June (financial year)
- \$15 for a single person or part year

Name: _____

Address: _____

Phone: _____

Email: _____

Would you like to receive our newsletter by: email [] or posted []

Membership Fee Paid:

Couple [\$20] Single / Part Year [\$15]

I am also donating [_____]

Please pay by internet banking to

03-0458-0655711-000

(use your name as a reference and specify membership) Scan or photograph this completed form and send to:

thamesmanager@ageconcern.gen.nz
or PO Box 466 Thames 3540





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loving the choice...

A LIFESTYLE VILLAGE IN THAMES
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All apartments are within walking distance to Thames' shops, cafes, and walkways. The perfect location to enjoy your fun-filled retirement.

PHONE US to view by appointment
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- ENQUIRIES FOR
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- One Bedroom Apartment on Level 3
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Our open plan, single level apartments feature covered balconies with fantastic views of the sea, Kauaeranga River and mountains. Each unit's elegantly finished kitchen, lounge and bedroom offer stylish warmth and light. All residents enjoy scenic views from each level's shared lounges, use of the Village Community Lodge and participation in all activities and amenities at your leisure.

