

SUMMER 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)



www.achc.org.nz

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Thursday 9am-12pm

Board Members:

Chair: Eddie Churton

Treasurer: Terri Churton

Members: Sara-Ann Howell
Anthony Hewitt
Christine Rogers
Val Tamaiparea

Staff:

Office Coordinator: Jude O'Connor

Health Promoter: Dr Francine Hills

Volunteer Counsellor: Vallanique Tamaiparea

Driver Refresher Contractor: MaryAnn Kerr

Age Concern Hauraki-Coromandel thanks the following sponsors:



What We Do

Loneliness is a key focus area for Age Concern Hauraki-Coromandel. Did you know that feeling lonely affects your wellbeing and self-esteem? Loneliness if not addressed, can lead to isolation and/or deteriorating health. The good news is, we are here to help. Read on to find out what we do:

Age Concern Visiting Service

A 'One on one' befriending service where a volunteer visitor is carefully matched to an older person who is isolated or lonely. Visits are generally weekly and involve a cup of tea and lots of chatting.

Age Concern Hauraki Coromandel Chinwag Café

Weekly get-togethers where older people can enjoy company, connections and conversations. It usually involves coffee and cake and lots of laughter. Held in Thames, Whitianga, Ngatea, Paeroa, Waihi, Turua and Kaiaua.

Steady As You Go

Weekly gentle exercise groups to help build strength & balance to reduce the risk of falling or fear of falling. These are very social groups that are led by trained volunteers. Held in Thames, Ngatea, Kaiaua, Waihi, Paeroa, Longridge and 2x groups in Coromandel.

Total Mobility

A door to door discounted taxi service for those with mobility limitations, so you can keep connected to the people and services you need at an affordable price. Currently only available for Thames residents. Contact us to find out more.

Staying Safe Driver Refresher

These courses help build knowledge and confidence to keep you safe on the road and

Disclaimer

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.



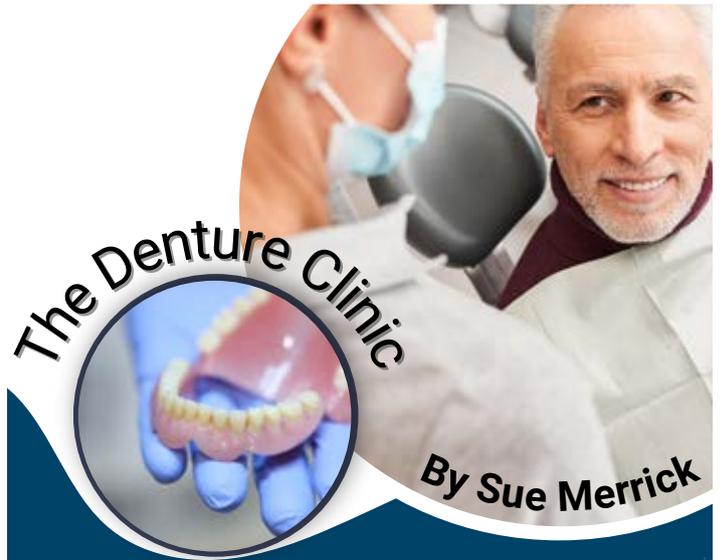
help you to retain your driver's licence. Call us to find a course near you or to go on the waitlist.

Information and Resources

Knowing where to go or what to do is confusing at times. We can point you in the right direction, keep you informed and included with our regular newsletters, information resources and links to other services such as the Elder Abuse & Response Service

You can find us at the Thames Civic Centre by the round-about.

We will be closing for Christmas to give staff a well-deserved break. Our Office closes on Wednesday 13th December at 2.30pm and reopens on Monday 15th January at 9am.



The Denture Clinic

By Sue Merrick

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**THE DENTURE CLINIC
BY SUE MERRICK**



We wish our members, supporters, volunteers and service users a very Merry Christmas and a Happy New Year.



Welcome to all our new and returning members

It's a privilege to have your support and we hope you enjoy reading the newsletter. We love hearing from you so if you have any feedback, requests or articles for the newsletter, please contact us on 07 868 9790 or pop into the office during Monday-Wednesday 9-2pm or Thursday 9-12 (our usual opening hours).

What's been happening:

- Sadly, Margaretta has left us to focus on her family. We will miss her greatly and wish her well for whatever the future holds for her. Watch this space for an update once recruitment has been completed.
- We welcomed Dr Francine Hills to the team in October. Francine will initially be supporting our Steady As You Go peer leaders and has already attended a facilitator training held in Auckland.
- We have 2 new Board members full of motivation and ideas who are both itching to get stuck in and help. Already the changes are coming thick and fast.
- Our AGM was held on Thursday November 2nd and we thank all those who attended. With the AGM comes our Annual Report, so if you missed the AGM but would like a copy of the Annual Report, please contact us. It's a great read.
- We held our highly valuable Driver Refresher courses in Thames on 16th October and Paeroa on 17th November 2023. Participants tell us that these courses are a huge help when it's time to renew their driver's license. The facilitator makes it fun and its easy learning. Many thanks if you participated, we value your support.

What's coming up:

We are currently planning more Driver Refresher courses for 2024. Stay tuned for the dates and venues, or contact Age Concern to find out more.

- **Thames Christmas Lunch** "A Place at the Table Christmas Lunch". 11.30am-1.30pm Christmas Day, St James Union Parish Church Hall. Bookings preferred. Phone Judy 07 869 0101. Free transport provided to those in need. Come and join in a delicious community lunch with live entertainment...and even a visit from Santa!
- **Paeroa Christmas lunch** will be held at Paeroa Racecourse Lounge on 25th December. Phone 027 6818 610 for more information.

Purnell

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Val's Age Concern New Zealand Dignity Champion Award

In September we presented the wonderful Vallanique Tamaiparea (right) from Age Concern Hauraki Coromandel with a Dignity Champion Award.

Vallanique (Val) has volunteered for Age Concern Hauraki Coromandel for the last 7 years.

Val has a deep passion for assisting older people in her community. She supports two social connection "Chinwag" groups that meet weekly, provides office support every Thursday morning, and a free counselling service to older people. Val has never wanted payment of any kind and has diligently supported Age Concern Hauraki Coromandel's services over the years.

She is a wonderful asset to our team. Thank you Val for being such a wonderful advocate for older people.



Val's award came with a delicious box of meals from our generous partners at Tomorrow's Meals

PENINSULA OSTEOPATHS

Cranial, Structural and Visceral Techniques All Ages	<ul style="list-style-type: none"> • Neck and Back Pain • Headaches • Joint Pain • Arthritis Management
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or

Ph 07 8689225

Introducing Dr. Francine Hills

Hello and Kia Ora Hauraki-Coromandel community, My name is Francine, and I am thrilled to introduce myself as the newest member of the Age Concern Hauraki Coromandel team.

With a previous career in the UK in dance and health for older adults, and an academic background that spans four years of research at the University of Auckland, my focus has centred on the intersection of Dance, Health, and Falls. This field is not just my academic pursuit; it is most definitely my passion. As I now embark on this exciting journey as your Health Promoter, I'm eager to get acquainted with our wonderful communities in the not-too-distant future. What makes this introduction even more special is that this month's newsletter is dedicated to the vital topic of Strength and Balance, a subject close to my heart.

I am deeply committed to actively working with individuals in our community to establish "Steady As You Go" groups and "Chinwag

Cafes" across the Hauraki Coromandel peninsula. If this sounds like something you'd be interested in, please don't hesitate to reach out to me at Age Concern on 07 868 9790.



I wholeheartedly believe that connecting with others—whether through movement, conversation, or laughter, over a cup of tea or more—is necessary for enhancing our health and well-being. If you're curious about finding a group near you, please give us a call. We are here to support you. I am really looking forward to working with you all,

***All the best,
Dr. Francine Hills (PhD)***

A Big Shout Out from Age Concern Hauraki Coromandel to our fabulous volunteers for the work that they do visiting and supporting seniors in our local communities.

THANK YOU



Volunteers are vital to the work that we do. We have a pool of volunteers who regularly visit socially isolated older people throughout the Hauraki Coromandel. If you'd like to help out for an hour a week, please contact us.

T: 07 868 9790 | E: info@achc.org.nz | W: www.achc.org.nz

Falls Prevention

Falls among older adults are not just numbers on a chart; they are stories of real people, perhaps yourself or your friends and family. The recommendations and research on falls (which is that one in three people aged over 65 will fall each year) serve as a constant reminder that falls prevention is not just data or a topic for expert discussion; it's a matter of taking charge of our own lives and well-being.

Through my research, it became clear that there is no one-size-fits-all solution for falls prevention. Instead of searching for a universal prescription, I believe and work towards empowering individuals to take control of their own bodies and develop solutions that work for them. It's about understanding that there's no one "right way" to stay healthy for all of Aotearoa's diverse population. We need a variety of activities that are accessible, affordable, enjoyable, and align with our individual identities. Falls prevention doesn't mean adhering to a rigid set of rules; it means finding what works for you; it's about giving you the tools to lead your version of a healthy, fulfilling, and better later life

At Age Concern, we are embracing a more collaborative and community-based approach, where older adults like you are key stakeholders. It's about involving you in the decision-making process, and acknowledging the infinite potential for co-creating community-

based, locally crafted, and responsive solutions that support your individual needs. It's about finding the activities that bring you joy, fulfilment, and a sense of identity.

So, let's keep moving, stay engaged, and live life to the fullest, together! Whether it's dancing, bowling, gardening, swimming, chair exercise, playing with the grandkids or taking a walk, there's a world of options awaiting you. We invite you to reach out to Age Concern at 07 868 9790 so we can chat about what is (and isn't) happening in your community and how we can work together to create a more active, fulfilling, and vibrant later life for you and your peers. Your story is unique, and so are the solutions that can help you lead a life you love. Let's embark on this journey together.

By Dr. Francine Hills (PhD)



Preventing slips, trips and falls

In New Zealand, about 1 person in every 3, over the age of 65, will have a slip, trip or fall every year. Older adults are more likely to fall because of weaker legs, poor balance, eyesight problems, nutritional deficiencies, hazards in the environment, or side effects from medications. Falls can cause serious injury and can lead to loss of independence. The good news is that most falls can be prevented by reducing your falls risks.

Are you at risk of falling?

Use the checklist below to count your risks. The more YES answers, the more risks you have.

- Have you slipped, tripped or fallen in the last year?
- Do you need to use your hands to help you get out of a chair?
- Are you worried about falling?
- Do you sometimes feel unsteady when walking? Have you been told to use a walking aid?
- Do you steady yourself by holding onto furniture?
- Have you lost feeling in your feet?
- Does your medicine make you feel sleepy, light-headed, dizzy or drowsy? (Sleeping pills, blood pressure pills etc)
- Do you feel dizzy when you get out of bed, stand up, or bend over?
- Do you have clutter on the floor inside (or outside) your home?



- Has it been more than 2 years since your eyes or ears tested?

What can you do to reduce your risks?

Talk to your doctor or nurse first. They may be able to reduce some of your medications. Then join a ACC tick of approval strength and balance group. Steady As You Go® is a fun, weekly, and social exercise group for older adults. It will only cost \$2-3 which helps pay for the venue. If you are interested contact Age Concern Hauraki-Coromandel on 07 868 9790 to find a group near you or check out <https://www.livestronger.org.nz/>



Falling poem

OLD AGE I used to worry
about the mess
falling
head over heels
in love
would make

Now I worry
about

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Published with permission from Alison Carter from the book 'On our watch' - Poems by Alison Carter, Catherine Delahunty Julie Sargisson Lora Mountjoy

Allergy sufferers beware

This summer we are set to experience the strongest El Niño weather conditions in 80 years according to NIWA meteorologist Ben Noll. A windier, warmer and drier than usual summer means the amount of pollen in the air we breathe will increase.

In response to this, Asthma and Respiratory Foundation NZ says that "...asthma and allergy sufferers should ensure they have enough non-expired medication for the Christmas and New Year break, and always carry it with them."

Top Tips For Summer Here are some tips to help keep your allergies under control this season.

- Avoid going outside when the pollen count is very high (midday is usually peak)
- Keep windows closed, at home and in the car, to avoid pollen coming in with the breeze
- Dry your clothes indoors because pollen will stick to them if they are outside
- Invest in an air purifier with a HEPA (High-Efficiency Particulate Air) filter
- Keep your medication to hand in case of an emergency
- Do a spring clean using allergy friendly products
- Take a shower at night to wash the pollen off

To read more about this visit: <https://www.asthmafoundation.org.nz/news-events/2023/el-ni%C3%B1o-amplifies-pollen-triggers-for-asthma-sufferers>



Know your Bones

As we age, so do our bodies. Wrinkles appear. Aches and pains pop up. Hair starts to grow in strange places and falls out in others. We begin noticing we're not as energetic or strong as we once were.

Internal changes are happening too – and one of the most important ones concerns our bones. We lose bone strength as we age, and this puts us at risk of developing osteoporosis. And with osteoporosis comes serious injuries if you fall.

Often called the 'silent disease', osteoporosis occurs without any symptoms. In fact, many people only become aware that there's an issue with their bones when they break one. One in three women and one in five men will suffer from an osteoporotic fracture (broken bone) in their lifetime.

Hip fractures are of particular concern, and every year almost 3,700 New Zealanders suffer from a broken hip.

Fortunately, it's never too early (or too late) to know your bones. Your bones are made up of active, living tissue, and whether you're 2 or 92 you replace almost your entire skeleton every 8-10 years. This means that building healthy bones early in life can reduce the serious risks associated with osteoporosis in later years.

If you want to identify your personal risk of osteoporosis, use the Bone Health Risk Factor test, and learn the simple steps you can take to improve your bone health. It's available online at www.knowyourbones.org.nz or call into the office for a copy.



OSTEOPOROSIS NEW ZEALAND
Prevention. Support. Education.

Broken a bone since you turned 50?

It's time to Know Your Bones™

If you've broken a bone following a simple trip or fall since you turned 50, you're twice as likely to break another bone in the future.

Make your first fracture your last.

Take a proactive approach to maintaining a healthy skeleton.

BONE HEALTH NEW ZEALAND

Visit bones.org.nz
Take the Know Your Bones Test™
and discuss the results with your healthcare professional.



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

Bone Health Risk Factor Test

*Are your bones at risk?
Take this test to find out.*

Personal History

Are you over 50 years old?	Yes <input type="radio"/> No <input type="radio"/>
Have you ever broken a bone after a minor fall, as an adult?	Yes <input type="radio"/> No <input type="radio"/>
Do you fall frequently (more than once in the last year) or do you have a fear of falling because you are frail?	Yes <input type="radio"/> No <input type="radio"/>
After the age of 40, have you lost more than 3 cm in height (just over an inch)?	Yes <input type="radio"/> No <input type="radio"/>
Are you underweight? (Is your BMI less than 20?)	Yes <input type="radio"/> No <input type="radio"/>
Have you ever taken corticosteroid tablets (prednisone, dexamethasone etc.) for more than three consecutive months?	Yes <input type="radio"/> No <input type="radio"/>
Have you ever been diagnosed with rheumatoid arthritis?	Yes <input type="radio"/> No <input type="radio"/>
Have you ever been diagnosed with an overactive thyroid or over active parathyroid glands?	Yes <input type="radio"/> No <input type="radio"/>

For Women

For women over 45: Did you go through menopause before the age of 45?	Yes <input type="radio"/> No <input type="radio"/>
Have your periods ever stopped for 12 consecutive months or more (other than because of pregnancy or hysterectomy)?	Yes <input type="radio"/> No <input type="radio"/>
Were your ovaries removed before age 50, without taking Hormone Replacement Therapy?	Yes <input type="radio"/> No <input type="radio"/>

For Men

Have you ever suffered from symptoms of low testosterone levels such as impotence or lack of libido?	Yes <input type="radio"/> No <input type="radio"/>
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Family History

Have either of your parents been diagnosed with osteoporosis or broken a bone after a minor fall?	Yes <input type="radio"/> No <input type="radio"/>
Do either of your parents have a stooped back?	Yes <input type="radio"/> No <input type="radio"/>

Lifestyle Factors

Do you exercise for less than 30 minutes per day (e.g. walking briskly, jogging, tennis)?	Yes <input type="radio"/> No <input type="radio"/>
Do you usually drink more than two units of alcohol per day without having two 'alcohol free' days per week?	Yes <input type="radio"/> No <input type="radio"/>
Are you (or have you ever been) a regular smoker?	Yes <input type="radio"/> No <input type="radio"/>
Do you spend less than 15 minutes at a time, 4-6 times per week, outside with face, arms and hands in the sun?	Yes <input type="radio"/> No <input type="radio"/>

Understanding your answers

If you answered "yes" to any of these questions it does not mean that you have osteoporosis. Positive answers simply mean that you have 'risk factors' that can make you more likely to develop osteoporosis and/or suffer a fracture.

Please show this test to your doctor or healthcare provider who can make a clinical assessment and determine the next step. It is essential that fracture risk is evaluated and treatment considered to prevent further fractures.

For more information see our brochure **All about Osteoporosis** or visit our website www.osteoporosis.org.nz



Four-Ingredient Christmas Cake

This cake is super moist, super easy and very yummy! You could use any juice in place of the orange juice.

Ingredients

- 1 kg dried mixed fruit
- 2 cups orange juice
- 2 cups self-raising flour
- 1 teaspoon ground cinnamon

Method

- Place fruit into a large glass or ceramic mixing bowl. Pour over the orange juice and stir to combine. Cover with plastic wrap and place into the fridge to soak overnight.



- Preheat oven to 150°C (130°C fan forced). Line the base of a 20cm round cake pan with 2 layers of baking paper and spray sides with cooking spray. Remove fruit from fridge and add the flour and cinnamon, mixing until well combined. Spoon into pan and smooth the surface.
- Bake for 1 hr 30 min until cooked when tested with a skewer. Remove and cool completely in the tin. Spread with apricot jam, top with toasted almonds and dust with icing sugar if desired.

What do you do to reduce your food waste / save money on food?

Leftovers Vege Frittatta

Use whatever you have to make a healthy & tasty meal by adding eggs & grated cheese: In an oven proof pan sauté a finely sliced onion, add crushed garlic then finely sliced raw veges such as carrot, broccoli, cauliflower, mushrooms, leeks – whatever you have. Add sliced leftover cooked potato, kumara, pumpkin etc. When all are tender & heated through pour on 4 – 6 beaten eggs and sprinkle generously with grated cheese. Heat gently until the egg is nearly cooked then put under grill to brown & puff up the top. If you have it, bacon, ham or cooked meat can also be added.

Brown Bananas

When Bananas are going brown it's the best

time to turn them into a delicious banana bread, cake or ice cream. If I don't have time they can be frozen once peeled. I like them best blended up and turned into delicious ice-cream base: just add some vanilla essence, chocolate chips (or honey), berries or roasted nuts to your liking. Then freeze and eat.

Bits of sauces

Use ice cube trays to freeze small amounts of sauce such as pasta sauce (use for pizza) or gravy (use for a hot meat sandwich with any leftover roast meat that you have frozen). Also small amounts of cheese sauce can be used to mix into a jacket potato with a



Cinnamon Brioche

If you have a cake mixer with a dough hook then it is ideal for mixing the brioche. You could also use a bread maker on the dough setting. Makes 8.

Ingredients

- 1/2 cup milk, heated until lukewarm
- 1 1/2 teaspoons active yeast granules
- 1 tablespoon sugar
- 2 egg yolks
- 1 egg
- 2 1/2 cups High-grade flour (you may need a little more)
- 75g butter, softened
- 1 teaspoon cinnamon
- 3/4 cup brown sugar

Method

- Combine milk, yeast and sugar in a small bowl and leave until the yeast froths – approximately 5 minutes. Lightly whisk egg yolks and egg and stir into milk mixture.
- Place the flour in a bowl and make a well in the centre. Pour in the liquid along with the butter and mix well until mixture forms a dough.



- Tip the dough out onto a lightly floured board and knead for 10 minutes until smooth and elastic, I use a cake mixer with a dough hook (the dough is soft in texture and will be a little stickier than bread dough). Place dough in a bowl, cover and sit in a warm spot for 1 1/2 – 2 hours until doubled in bulk.
- Preheat the oven to 180 C.
- Turn the dough out and roll into a rectangle approximately 20 cm x 40 cm. Sprinkle dough with combined cinnamon and brown sugar.
- Starting from the longest side roll dough into a log and then slice into 4 cm pieces. Place the dough with cut side facing up into non stick muffin or brioche moulds.
- Brush with egg (for a glossier crust) and bake for 20 minutes until golden.

spoonful of chutney or pickle.

Blended banana peel rose food

Blend banana peels with plenty of water to feed your roses.

Cauliflower stems and leaves

Finely slice cauliflower stalks and add in stews, soups, or pies. Use the leaves in stir fries

Use for broccoli stalks and leaves

Save broccoli stalks and freeze them. When it comes time to make a large pot of soup, partially defrost the stems then grate into the soup. Or cut them up into match sticks for stir fries.

Re-heating hot chips

If you have chips leftover from fish and chips, they can be successfully reheated in a frying pan (as reheating in the microwave makes them taste awful!). Place the chips in a dry frying pan (no extra oil) and heat over a low heat. Turn frequently to prevent burning.

www.lovefoodhatewaste.co.nz





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

Email: info@achc.org.nz

Christmas close-down dates for CHINWAG:

Thames

Last day - December 11th

Resuming - January 22nd

Ngatea

Last day - December 19th

Resuming - January 30th

Whitianga

Last day - December 15th

Resuming - January 12th

Waihi

Last day - December 15th

Resuming - January 12th

Paeroa

Last day - December 6th

Resuming - January 7th

Kaiaua

Last day - December 12th

Resuming - January 16th

Turua

Last day - December 15th

Resuming - January 26th

Chinwag café is held at:

Thames

Mondays at 10.30am

Thames Community Centre,
609 Mackay St

Ngatea

Tuesdays at 10am

Combined Parishes Hall,
Darlington St

Whitianga

Fridays at 10am

Whitianga Social Services,
2 Cook Drive

Waihi

Fridays at 10.30am

Waihi Resource Centre,
4 Mueller St

Paeroa

Wednesdays at 10.30am

Cooperating Parish Hall,
2 Mackay St

Kaiaua

Tuesdays at 11am at the Kaiaua Hall,
Lipscombe Road, Kaiaua

Turua

Fridays at 10am Turua Hall,
52 Hauraki Road



'What's On' in our community

If you have an item or update for this section, please email them to: info@achc.org.nz

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 – Tuesdays from 11am, Kaiaua Hall, Lipscombe Road

Turua – Fridays from 10am, Turua Hall, 52 Hauraki Road, Turua

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

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

Thames – Thursdays 1.15pm at the St Georges Hall (by the hospital)

Waihi – Wednesdays 10am at the Waihi Museum Hall

Kaiaua – Tuesdays 11am at the Kaiaua Hall, Lipscombe Road, Kaiaua

Thames

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. Facebook Bright Smile Thames or drop in at the garden Thurs after 9am

Thames Qi Gong classes Every Monday 10.30-11.30am, Thames Civic Centre \$5.00 per session. Contact Jo Wood 027 888 316

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

Ulysses Motorcycle Club Rides leave from the Bottle in Paeroa every Thursday. Those who ride are young at heart senior citizens who love motorbike riding and friendship. Phone Trevor 021701466

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

Waihi Beach MENZ Shed Meet Fridays behind Waihi Beach Community Centre for coffee and chats. For further information call: Brian Baynes 020 4128 0576, Bob Firth 027 710 0771

Ngatea

Hauraki RSA 14 Pipiroa Rd Ngatea – A small volunteer run RSA open to members and guests every Friday night for cheap meals. Open 2nd and 4th Wednesday per month at 1:00pm for company, Majong, Snooker or Bowls. Cost \$2.00 per person. All welcome. Phone 021701466 E: t.d.birchall@gmail.com

Whitianga

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 Services

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 in the Care House, 21 Willoughby Street, Paeroa 07 862 9129 Mon-Thurs 9am - 4pm

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

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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

Thames Library 'Need a Nerd' Service - offers one-on-one help supporting people with their digital literacy e.g.. (Keeping in touch with friends & family with social media apps e.g. Snapchat, Facebook Messenger and WhatsApp; Setting up and using e-books; Designing and formatting CVs and job applications; Setting up your new phone or device; Any particular tech issues that you need help with). Contact Thames Library to make a booking.

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.

Genealogy Support - free Sessions for anyone wanting help with their family history research. These run from 10am to 12pm in Waihi on the 2nd Wednesday and in Paeroa on the last Saturday of each month.

Hauraki Book Chat - meets once a month at Waihi on the 1st Thursday of the month 10:30am at the Memorial Hall, Paeroa on the 2nd Wednesday of the month 10:30am at the Paeroa Library and in Ngatea on the 3rd Monday of the month.

Free Seniors' Film Session - on the last Friday of the month. Paeroa sessions are from 11am-1pm and in Waihi sessions run from 1pm-3pm. All are welcome to join us for a free movie.

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

Age Concern Steady as You Go groups throughout Hauraki Coromandel district.

Thames Chinwag Xmas lunch





Age Concern Hauraki-Coromandel

Thames Civic Centre

P O Box 466 Thames 3540

Phone: 07 868 9790

Email: info@achc.org.nz

Age Concern Hauraki-Coromandel Inc MEMBERSHIP FORM

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
- \$0 for ACHC Volunteers

NAME _____

POSTAL ADDRESS _____

Post Code _____ Telephone _____

Email: _____

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

Membership Fee Paid:

Couple [\$20] Single / Part Year [\$15] ACHC Volunteer [Free] I am also donating []

Please pay by internet banking to 03-0458-0655711-000 (use your name as a reference and specify membership type)

Scan or photograph this completed form and send to: info@achc.org.nz or
PO Box 466 Thames 3540



LIVING THE LIFESTYLE,
loving the choice...

A LIFESTYLE VILLAGE IN THAMES
ON THE COROMANDEL

All apartments and villas 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
Come and experience the difference



STAGE 1 IS NOW COMPLETE
- ENQUIRIES FOR
STAGE 2 ARE WELCOME!



AVAILABLE NOW

- Two Bedroom Villas
- One Bedroom Apartment on Level 3
- One Bedroom Apartment on Level 2

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.

