

ISSUE 04, SUMMER 2025



AGE
CONCERN
TAURANGA

He Manaakitanga
Kaumātua Aotearoa

Age Concern Tauranga

Keeping You Connected



www.ageconcerntauranga.org.nz

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Office Hours:

8.30am - 3.00pm Monday to Friday

Age Concern Tauranga Board

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Staying Safe Facilitator: Jackie Ruebe

Total Mobility Assessor: Judi Steel

Social Connection Coordinator: Nikki
Moloney

Social Activities Coordinators:

Lesley Tong (Brookfield), Doreen Prime
(Te Puke), Mary Mullany (Greerton)

The views expressed in the magazine are not necessarily those expressed of Age Concern Tauranga Region. The inclusion or exclusion of any product does not mean that Age Concern advocates or rejects its use.

We are grateful to all our funders:



Health New Zealand
Te Whatu Ora



Tauranga District
Stamp Club

Community Support:

Our team has a wide knowledge of government and community services and are able to respond to enquiries on a number of subjects.

Age Concern Visiting Service:

Our Visitor Service provides companionship to people over 65 who are lonely/ socially isolated and would like a regular visit from a friendly volunteer. We aim to match people with volunteers who live in the same area and have similar interests.

If you're feeling lonely/ socially isolated or if you know someone who would like a visitor, phone our office to speak to our Visiting Service Coordinator.

Staying Safe Refresher Course for Older Drivers:

Staying Safe is a free classroom-based refresher workshop for senior road users. Age Concern delivers this programme in partnership with NZ Transport Agency Waka Kotahi. The workshop aims to maintain and improve safe driving practices and increase the knowledge of other transport options available to help senior road users remain safely mobile. Please call the office for upcoming course dates.

Total Mobility Scheme:

We are an assessing agency for the Bay of Plenty Regional Council to access subsidised taxi fares. An assessment fee applies.

Steady As You Go Exercise Classes:

Steady As You Go exercise classes are designed to improve strength and balance and help prevent a fall. Classes consist of a combination of sitting, standing, and walking exercises. Small fee applies. Please call the office for available classes in your area.

Ageing Well:

We deliver a range of programmes and activities that are fun and social. Workshops provide practical knowledge on topics such as health and wellbeing, legal matters, modern technology, and safe driving.

What's on..

Wednesday Walking Group

– Key Dates meet at 10am unless advised

4 February 2026	Countdown, Bureta
11 February 2026	Greerton Rugby Field (off Oropi Road)
18 February 2026	Waipuna Park, Welcome Bay (main carpark off Kaitemako Road)
25 February 2026	Bayfair carpark, Farm Street, Mount Maunganui
4 March 2026	Miles Lane Reserve, Tauriko
11 March 2026	Pak N Save, The Crossing Tauriko
18 March 2026	Chester Street, Judea
25 March 2026	McFetridge Lane, Ohauti
1 April 2026	Sunny Bay Road, Matua
8 April 2026	Pacific Avenue (by the toilets), Mount Maunganui
15 April 2026	Briscoes, Chapel Street
22 April 2026	Carmichael Reserve (off Carmichael Road)
29 April 2026	Kulim Park, Bureta

500 Card Group – Mondays except public holidays

Come along and learn with a friendly group from 9.30am to 11.30am, held at our office. Gold coin donation. Light refreshments provided. All welcome.

Monthly Meetings – February - April 2026

Thursday 26 February 2026

Venue: Greerton Gardens Retirement Village, 45 Greerton Road, Greerton.
\$4pp, refreshments provided.

Start: 10am – 11am

Speaker: Heather Scott, Hodgson House Care Home and Village Manager

Topic: Transitioning into residential care

Thursday 26 March 2026

Venue: Greerton Gardens Retirement Village, 45 Greerton Road, Greerton.
\$4pp, refreshments provided.

Start: 10am – 11am

Speaker: Sherilene Arkwright, Support Net Regional Team Leader

Topic: Accessing needs assessments and service coordination services (NASC) to ensure people live as independently as possible.

Thursday 30 April 2026

Venue: Greerton Gardens Retirement Village, 45 Greerton Road, Greerton.
\$4pp, refreshments provided.

Start: 10am – 11am

Speaker: Becky Hodgson, Sport Bay of Plenty, Keep on your Feet Coordinator

Topic: Live Stronger for Longer initiative - how to stay active and independent and reduce the risk of falls.

Coffee and Conversation

Do you like having someone to chat with over a relaxing cuppa? Then come and join our Coffee and Conversation group to meet others who are friendly and like-minded.

Brookfield – 1st Wednesday of each month, 10.30am to 12pm

Wednesday 6 February, 4 March and 1 April. St Stephen's Methodist Church Hall, 9 Brookfield Terrace, Brookfield \$3pp

Greerton – 2nd Thursday of each month, 10.30am to 12pm

Thursday 12 February, 12 March and 15 April. Greerton Senior Citizens Hall, 33 Maitland Street, Greerton \$3pp

Te Puke – 2nd Tuesday of each month, 10am – 11.30am

Tuesday 10 February, 10 March and 14 April. Citizens RSA Te Puke, 179 Jellicoe Street, Te Puke \$5pp

Minibus Adventures

Saturday 28 February 2026

Whakatane Sportfishing Club
Koha \$25 plus lunch at own cost.
Phone the office to reserve your seat.

Saturday 28 March 2026

The Trading Post, Paengaroa
Koha \$20 plus lunch at own cost.
Phone the office to reserve your seat.

Saturday 18 April 2026

Clarke Road Kitchen, Te Puna
Koha \$10 plus lunch at own cost.
Phone the office to reserve your seat.

Let's Talk About the Hard Stuff

Because some things are hard to talk about –
but we should anyway

ADVANCED CARE PLANNING

What is an advanced care plan?

An advance care plan is a way of letting people know what matters to you if you ever become seriously ill and are unable to make decisions for yourself. You might not need it, but if you do, it is really helpful to have.

Why do we all need an Advance Care Plan?

Because life is unpredictable! It is not just for older people or those who are sick. Accidents and sudden illness can happen to anyone at any time. Having a plan means your voice is heard, your family will not have to guess or make tough decisions without knowing what you would want. Also, your care can truly reflect who you are.

What does it include?

What kind of care do you want, or do you not want. Where would you prefer to be etc. Who do you want to make decisions on your behalf

How do I start?

Reflect – What matters most to me? What is quality of life to me? Start talking with family, close friends, your GP, and an end-of-life doula. I recommend reviewing your advanced care plan yearly on your birthday, as a birthday present to yourself.

Bottom line:

Advance care planning is for anyone, at any age. Planning ahead is one of the kindest things you can do for yourself and the people you love.



Helpful Resources:

We have an Advanced Care Plan resource available at our office - please ask at reception.

www.myacp.org.nz includes an online form or where to request hard copies.

Love is not enough YouTube video -
Advanced care planning

*Source: Gaylene Delaney,
Dementia Navigator, Registered Nurse*

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Super Support is a free service offering pre-cooked meals and pantry supplies direct to your door during difficult times.







It's easy to access. Fill out a request for help form at heretohelpu.nz or leave a detailed message at

0800 568 273

Here to help

Kei konei mātou hei pūna āwhina mōu



PERIA HOUSE

Peria Village consists of 13 independent villas. Private and peaceful, with a rural outlook, residents instantly feel at home in the well-appointed one and two bedroom spacious villas. The villas provide the best of retirement living.








Why not take advantage of joining a caring community where the monthly fees take care of exterior maintenance, rates, building insurance, lawns, and security.

Peria Village has one and two bedroom villas from \$252,000.

This lifestyle could be yours with brick-and-tile villas available now. Enquiries are most welcome.

PLEASE CONTACT DEBORAH AT PERIA HOUSE ON 07 3156444.

These one-bedroom units are suitable for elderly couples or singles.

Affordable rent from
\$340-400 per week

Centrally located at
43 Richard Street Opotiki

To discuss your retirement options contact Deborah at Peria House.

Mobility Scooter Safety

Yay. It's time to head out again ... but please do a quick check before you go.

With the fine weather comes the desire to get out on your mobility scooter and explore the community again. Whilst there's no warrant of fitness for a mobility scooter (unlike a car), there are some things we encourage users to do before heading out. Here are some:



1. **Tyres** – check your tyre pressure is around 34 psi as this impacts on the steering and performance of your scooter, especially the range you can travel.
2. **Battery** – keep your battery charged. Unlike some old-style batteries there's no need to let your batteries drain right down and then top them back up. These days you can top them up even if you've only been on a short journey.
3. **Clean** – give your scooter a wipe over. Clean all the surfaces with detergent and a cloth to remove any built-up dust or dirt.
4. **Check** – as with a car it pays to regularly get your scooter checked by a service technician to ensure everything is working fine and there are no issues which might emerge. As they say, "a stitch in time saves nine", so have your scooter checked thoroughly by a professional to keep you moving.
5. **You** – take the time to do short trips and get the feel for your mobility scooter again.

Many scooter retailers also offer group mobility scooter safety courses. This is a good way to ensure your skills are still sharp, and that you haven't accidentally picked up any bad habits. It's also worth thinking about medications you take which might affect you when you're out. Have you started new blood pressure medications for example. If unsure, check in with your doctor as you need to be safe.

6. **Be Seen** – are you and your scooter visible to others? Be sure that both you and your scooter are visible. Does your scooter have a safety flag? Do you have some high visibility clothing on? Always remember that just because you've seen someone it doesn't mean they've seen you.
7. **Dress Safe** – while we encourage you to dress for the conditions, please take into consideration whether your clothing could impact on your ability to safely use the scooter. Does the hood of your jacket restrict what you can see? Could your scarf get caught in the wheels? Do gloves impact on your ability to use the controls?

This could also be a good time to think about whether your mobility scooter needs replacing.

If it's starting to prove unreliable, not going as far without losing battery power or costing a lot of money to repair, then you might want to ask a service technician to do a service check on your scooter so that you get an expert opinion.

For even more peace of mind, you could purchase AA Roadside Assistance. A roadside assistant can uplift your scooter as well as help you get home if you break down in a metropolitan area. It's comforting for you and your family, to know that you are covered.

Enjoy your mobility adventures and keep safe.

Source: Grey Power

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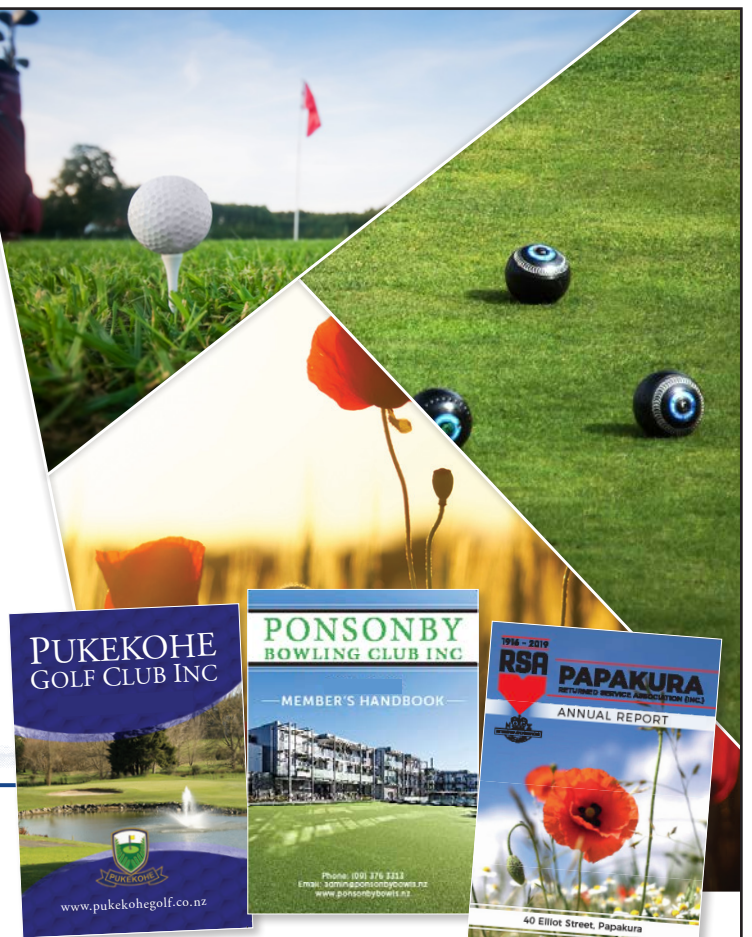
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Stuck Waiting for Aged Care Funding? Help Might Be Closer Than You Think

Many families find themselves stuck in limbo - their parent needs support at home, but they don't qualify for government funding, or the system simply takes too long to respond. Weeks can turn into months waiting for assessments or services to begin, leaving loved ones at risk of burnout or injury.

That's where Home Carers can step in. For over 10 years, we've been helping older New Zealanders stay safe and comfortable at home with flexible, private support - from companionship and meal preparation to overnight care. Our carers are known for their kindness, reliability, and consistency, giving families real peace of mind.

As one client shared, "It is a truly wonderful service and I would not be able to keep my husband at home if it weren't for this service."

If your loved one needs help now, don't wait.

Call **0800 227 686** or visit **homecarers.co.nz**
Mention "**Age Concern**" to receive your first visit **FREE**.



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At **Home Carers**, we believe routine and relationships matter. The same trusted carer visits at the same time, every time — offering companionship, help around the home, and peace of mind for families near and far.

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 **0800 227 686**

www.homecarers.co.nz

Mention
"**Age Concern**"
to get your first
visit **FREE**

A message from the team...

We wish all our members, volunteers, families and supporters a very Merry Christmas and Happy New Year. During this time, some people will have their families around them and some may not – we can all be mindful of this and look out for those who may be on their own and pay them a visit.

OFFICE HOURS OVER THE HOLIDAYS

Monday 22nd/Tuesday 23rd December - **OPEN**

Monday 29th/Tuesday 30th December - **OPEN**

Wednesday 24th December/Wednesday 31st December - **CLOSED**

Monday 5th January – Thursday 8th January - **OPEN**

Office CLOSED Friday 9th January and will RE-OPEN Monday 19th January

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*If further testing is required, a fee may apply.

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Specsavers Tauranga

Tauranga CBD 58A Devonport Rd
(Next to Med Café) Tel 571 1902

Tauranga Crossing
(Opposite EB Games) Tel 543 5570

Specsavers

Free Staying Safe refresher course for older drivers



The Staying Safe Course is a theory-based refresher course for seniors facilitated by local Age Concerns.

During the course participants will re-familiarise themselves with traffic rules and safe driving practices as well as increase their knowledge about other transport options available to help keep them mobile for as long as possible, whether behind the wheel or when they stop driving.

We want to keep our seniors in New Zealand safe and connected, so if you are interested in doing the driving course, please phone the office and we will book you in, 07 578 2631. Alternatively, if you have already put your name down for the course.

We will be in contact soon!



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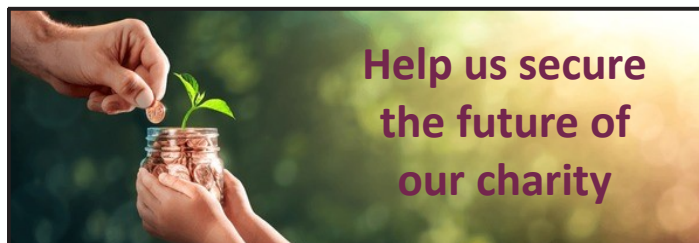
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Look for the Blue Bubble...

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MOUNT TAXIS™

www.taurangataxis.co.nz



Help us secure
the future of
our charity

We've teamed up with the **Acorn Foundation** to create a perpetual Endowment fund so that we can have a bigger impact in our community.

The investment returns generated by this fund will provide an annual income stream for Age Concern Tauranga — **forever!**

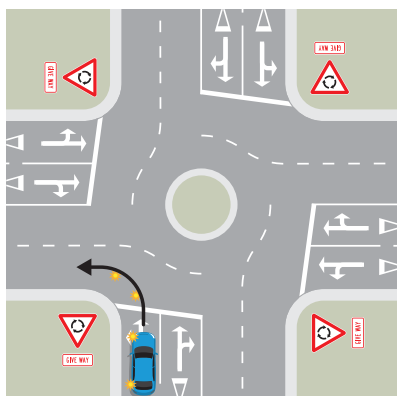
You can help us grow our Acorn Fund by leaving us a gift in your will,
or donate to our fund today at:

acornfoundation.org.nz/give/donate



July 2023

Know your way around roundabouts

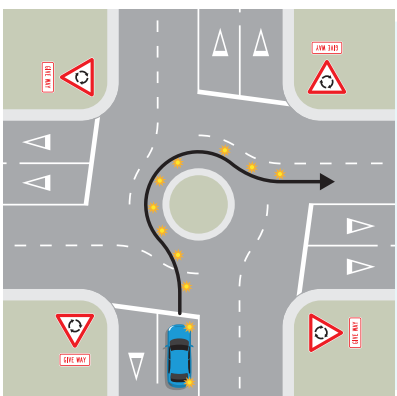
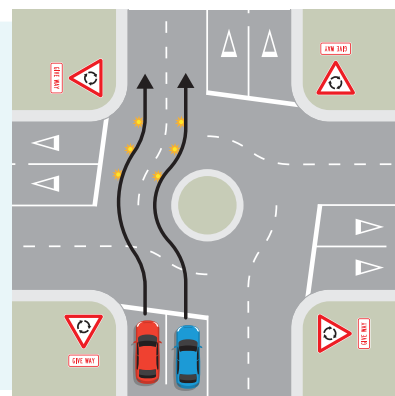


If you're turning left at the first exit:

- slow down as you come up to the roundabout
- be prepared to give way
- use the left-hand lane, or any lane with a left arrow
- **signal left** for 3 seconds as you come up to the roundabout
- give way to all vehicles coming from your right
- **keep indicating left** until you've exited the roundabout.

If you're going straight through:

- slow down as you come up to the roundabout
- be prepared to give way
- use a lane with a straight arrow
- **don't signal** as you come up to the roundabout
- give way to all vehicles coming from your right
- **signal left** as you pass the exit **before** the one you'll take.



If you're going more than halfway around:

- slow down as you come up to the roundabout
- be prepared to give way
- use the right-hand lane, or any lane with a right arrow
- **signal right** for 3 seconds as you come up to the roundabout
- give way to all vehicles coming from your right
- **keep signalling right** as you go around the roundabout
- then **signal left** as you pass the exit **before** the one you'll take.

Remember to look out for:

- cyclists, who may find it hard to keep signalling on a roundabout
- vehicles that may have to change lanes to exit
- vehicles that may not be able to stay in their lane because they're large (like a bus) or travelling too fast.



For more information, visit
nzta.govt.nz/using-roundabouts

Retirement Village Living:

Weighing the pros and cons

As New Zealand's population ages, the demand for retirement villages is steadily increasing. This means advising on retirement village agreements has become a core part of the work by elder law specialists.

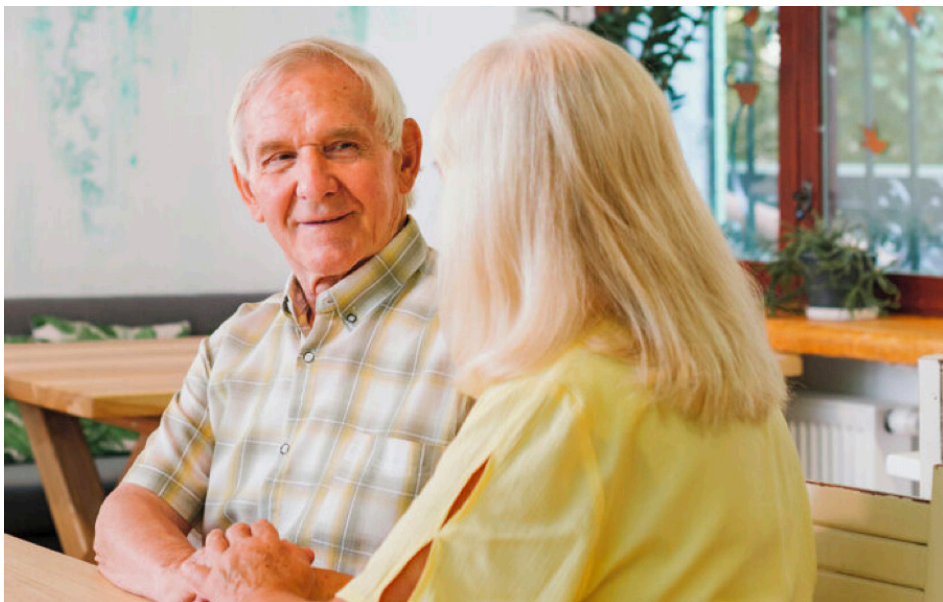
Because communities offer a blend of independent living choices with the added benefits of support and healthcare, they are an attractive option for many. However, like any major decision, moving into a retirement village has its pros and cons.

GOOD THINGS:

Security and safety: Retirement villages often provide a secure environment, usually with things such as CCTV (surveillance cameras) and on-site staff. This can be particularly reassuring for older individuals who may feel vulnerable living alone. Knowing that help is available at all times is a significant comfort.

Maintenance-Free: The village invariably handles all maintenance tasks, from gardening to repairs, allowing residents to enjoy a hassle-free lifestyle. This can be a considerable relief for those who no longer wish to manage the upkeep of a home.

Healthcare: Many villages offer healthcare services, either on-site or through partnerships with local providers. This means residents have easy access to medical and other care. Some villages even provide specialised care units for residents with higher needs, such as dementia care.



Amenities: They often come equipped with a range of amenities designed to enhance quality of life. These may include a swimming pool, gym, library, cafe and bowling green.

THE DOWNSIDE:

Costs: The financial aspect of moving into a retirement village is significant. Residents typically pay a large entry fee which is held in trust during their time at the village. A portion of this fee is retained by the village when the resident leaves or passes away. There are also weekly or monthly fees.

No Ownership Rights: These days, residents usually purchase a 'right to occupy' rather than an ownership stake in the property. This means they do not benefit from capital gains, and the unit cannot be freely sold or rented out.

Loss of Autonomy: Villages have rules and regulations, and some individuals may feel a loss of autonomy and independence as a result. The structured environment might not suit everyone, particularly those who

value complete control over their living arrangements.

MAKING THE DECISION:

Choosing to move into a retirement village is a significant decision that should be made after careful consideration of both the benefits and potential drawbacks. Here are a few tips to help you in this process:

Research: Visit multiple villages to compare what each offers you. Pay attention to facilities, services, and overall atmosphere. Speak with current residents to hear their perspective on village life.

Finances: Make sure you fully understand the financial commitments involved, including entry fees, ongoing charges, and the eventual exit fee structure.

Legal Advice: Retirement village contracts are complex. Obtaining legal advice from

somebody who knows what to look for is crucial.

Involving Family: Consulting with family members in the decision-making can provide additional support and perspective.

The bottom line is that entering a retirement village should be viewed as a form of 'consumption decision' rather than an investment. The costs involved are significant and what you are purchasing is not an asset which will appreciate over time, but rather a lifestyle tailored to provide comfort, security and convenience in your golden years.

Accordingly, it is crucial to ensure the lifestyle offered aligns with your personal preferences and needs so that what you are "buying" is worth the financial outlay.

Source: Grey Power

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Shop smart this Christmas

As the holiday season approaches, it's important to be aware of common tactics that businesses may use to persuade you to buy.

Under the Fair Trading Act, businesses must not give false or misleading information or create a misleading impression about the products they sell. Claims made about products must be true and easy to understand.

Here are some top tips:

Compare prices

When shopping this festive season, pause and shop around before rushing into a purchase. Don't just rely on advertised discounts and sale claims. Check multiple stores and track prices over time to find the best deals for you.

Read the fine print

Pay attention to terms and conditions, including location of stock, return policies, shipping costs, and warranty information.

Question extended warranties

Some businesses may try to persuade you to buy an extended warranty on the product you are purchasing. Under the Consumer Guarantees Act (CGA) all products sold in New Zealand must be fit for purpose and of acceptable quality. Retailers selling extended warranties must provide you with a clear comparison between the relevant CGA guarantees, and the extra protections offered. This way you can make an informed decision if you want to pay extra.

If you are shopping online, there are additional things to consider:



Verify the seller

Before making a purchase online, ensure you're buying from a reputable seller. Look at multiple online reviews and feedback. Ask your family and friends about their experiences. Remember that it can be hard to confirm if reviews are authentic and unbiased – a seller could pay for good reviews or select only positive reviews to display on their website, which is why it is good to look at different review sites.

Beware of scarcity tactics

Retailers sometimes use countdown timers, stock indicators and queues that give the impression that offers have limited availability to create a sense of urgency. Take your time, and don't rush into a purchase.

Check delivery times

If you're shopping for presents online, be mindful of delivery times to ensure they arrive before the big day. December is a busy time for online shopping, and many parcel delivery companies have cutoff dates in place.

Source: Office for Seniors

follow us **facebook**

Age Concern Tauranga



FORM OF BEQUEST

Take or send to your Legal Advisor
for incorporation in your Will.

"I give and bequeath the sum of

\$_____ (or)

_____ % of my estate,
(or) residue of my estate, (or) property
or assets as follows:

free of all charges, to Age Concern Tauranga.
The official receipt of the General Manager or
other authorised officer of the Board shall be a
sufficient discharge to my executors".



YOUR MEMBERSHIP MATTERS

2025 / 2026 Subscription

Age Concern Tauranga's
Membership period is from
1st April 2025 to 31st March 2026.

To renew your membership or join as a
new member, complete the Membership
Application, and post to the address
provided, email the form or
call into the office.

Thank you for your support and
welcome to our new members.



Age Concern Tauranga Membership Form

Please forward your subscription with this form to: Age Concern Tauranga, 177a Fraser St, Tauranga 3112.

Age Concern Tauranga is a registered charitable entity (CC25758) and appreciates the generosity of the community by way of subscriptions, donations and legacies. Donations are tax deductible over \$5.00.

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Thank you for your support

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