

ISSUE 03, SPRING 2026



AGE
CONCERN
TAURANGA

He Manaakitanga
Kaumātua Aotearoa

Age Concern Tauranga

Keeping You Connected



www.ageconcerntauranga.org.nz

Contact Information

Phone: (07) 578 2631

Email: ageconcerntga@xtra.co.nz

Address: 177A Fraser Street, Tauranga 3112

Office Hours:

8.30am - 3.00pm Monday to Friday

Age Concern Tauranga Board

Chair: Anna Bones

Vice-Chair: Eddie Jackson

Treasurer: Eddie Jackson

Board: Angela Scott, Marilyn Shuker,
Adrienne von Tunzelmann and
Roger Goodman, Liz Spellacy

Staff

General Manager: Tanya Smith

Receptionist/ Administrator: Deb Nash

Visiting Service Coordinator: Ali Hill

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



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.

We care for **sight and hearing** at Specsavers Tauranga

Book a free 15-minute
Hearing Check* today

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

Scan to book
appointment



Specsavers Tauranga

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

Tauranga Crossing
(Opposite EB Games) Tel 543 5570

Specsavers

What's on..

Wednesday Walking Group

– Key Dates meet at 10am unless advised

2 September 2026	McFetridge Lane, Ohauiti
9 September 2026	Tay Street Café, Mount Maunganui
16 September 2026	Memorial Park (entrance by 7th Avenue, meet by fountain)
23 September 2026	Bosco Café Carpark, 1 Caslani Lane (The Lakes), Pyes Pa
30 September 2026	Waipuna Park, Welcome Bay (main carpark off Kaitemako Road)
7 October 2026	Kulim Park, Bureta
14 October 2026	Wylie Street (bottom of street), Greerton
21 October 2026	Carmichael Reserve (off Carmichael Road)
28 October 2026	Pacific Avenue (by the toilets), Mount Maunganui
4 November 2026	End of Sterling Gate Drive, Bethlehem
11 November 2026	Sunny Bay Road, Matua
18 November 2026	Miles Lane Reserve, Tauriko
25 November 2026	Briscoes, Chapel Street

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 – September – November 2026

Thursday 24 September 2026
Venue: Greerton Gardens Retirement Village, 45 Greerton Road, Greerton. \$4pp, refreshments provided.

Start: 10am – 11am

Speaker: Margaret Burt, Public Trust

Topic: EPA's and their importance and Personal Assist and what Public Trust can do to support.

Thursday 29 October 2026

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

Start: 10am – 11am

Speaker: Sinead Arts, Advanced Nurse Te Manu Toroa

Topic: Memory and brain health.

Thursday 26 November 2026

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

Start: 10am – 11am

Speaker: Sam Fleming, ASB Community Banker

Topic: Keeping yourself safe from scams and frauds.

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 – 12pm

Wednesday 2 September, 7 October and 4 November. St Stephen's Methodist Church Hall, 9 Brookfield Terrace, Brookfield \$3pp

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

Thursday 10 September, 8 October and 12 November. Greerton Senior Citizens Hall, 33 Maitland Street, Greerton \$3pp

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

Tuesday 8 September, 13 October and 10 November. Citizens RSA Te Puke, 179 Jellicoe Street, Te Puke \$5pp

Mini Bus Adventure

Saturday 19th September 2026

Fika Café and Bar, Bureta

\$15 plus lunch at own cost.

Phone the office to reserve your seat.

Saturday 17th October 2026

Pacific Garden Café, Papamoa

\$15 plus lunch at own cost.

Phone the office to reserve your seat.

Saturday 21st November 2026

Cider Factorie, Te Puna

\$15 plus lunch at own cost.

Phone the office to reserve your seat.

Friday, 11 December 2026

Transport to Christmas Lunch - Oaktree Restaurant

\$5 plus lunch at own cost.

Phone the office to reserve your seat.



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.



Call now
to book your
free initial
meeting!

Choose the Premium Professional Organisers

Your trusted advisors helping you move into retirement living or clearing an estate

- Compassionate approach helping you make decisions to declutter to downsize
- Organise your move from start to finish including; pack, unpack and set up in your new home
- Handle your estate clear with care, respect and efficiency.

✉ info@taskmasters.co.nz

☎ 027 562 7006 or 027 450 5057

www.taskmasters.co.nz



Are you over 65 years and struggling to get food on the table?

SUPER SUPPORT
We got you

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 matou hei puma, awhina, mōu

Cognitive testing for senior drivers

What senior drivers can expect

- Older drivers can expect to see a shift away from routine screening for cognitive impairment when attending for assessment of fitness to drive.
- It is best to see a health professional from your usual practice, who knows you and your medical history well for your fitness to drive assessment.
- If the general practitioner or nurse practitioner providing your assessment doesn't know you well, they may screen for cognitive impairment if they don't have enough information available to be certain there is no impairment.
- If screening identifies cognitive impairment, then there will be further assessment to decide if this affects your driving, this might be an on-road safety test or an occupational therapy driving assessment.

www.nzta.govt.nz/assets/resources/on-road-safety-test/docs/guide-on-road-safety-test.pdf

www.nzta.govt.nz/driver-licences/getting-a-licence/medical-requirements/occupational-therapy-assessments

What health practitioners might discuss with older drivers

- Safe driving depends on many factors – memory, attention, vision, physical abilities, reaction time and overall health. We look at these areas all together, not just one test result.
- Tests of thinking and memory can help spot concerns, but they don't tell the whole story about your ability to drive safely. We also consider your medical history, vision, physical abilities, and feedback from family or support people.
- If there's uncertainty about your safety on the road based on the tests we do here at

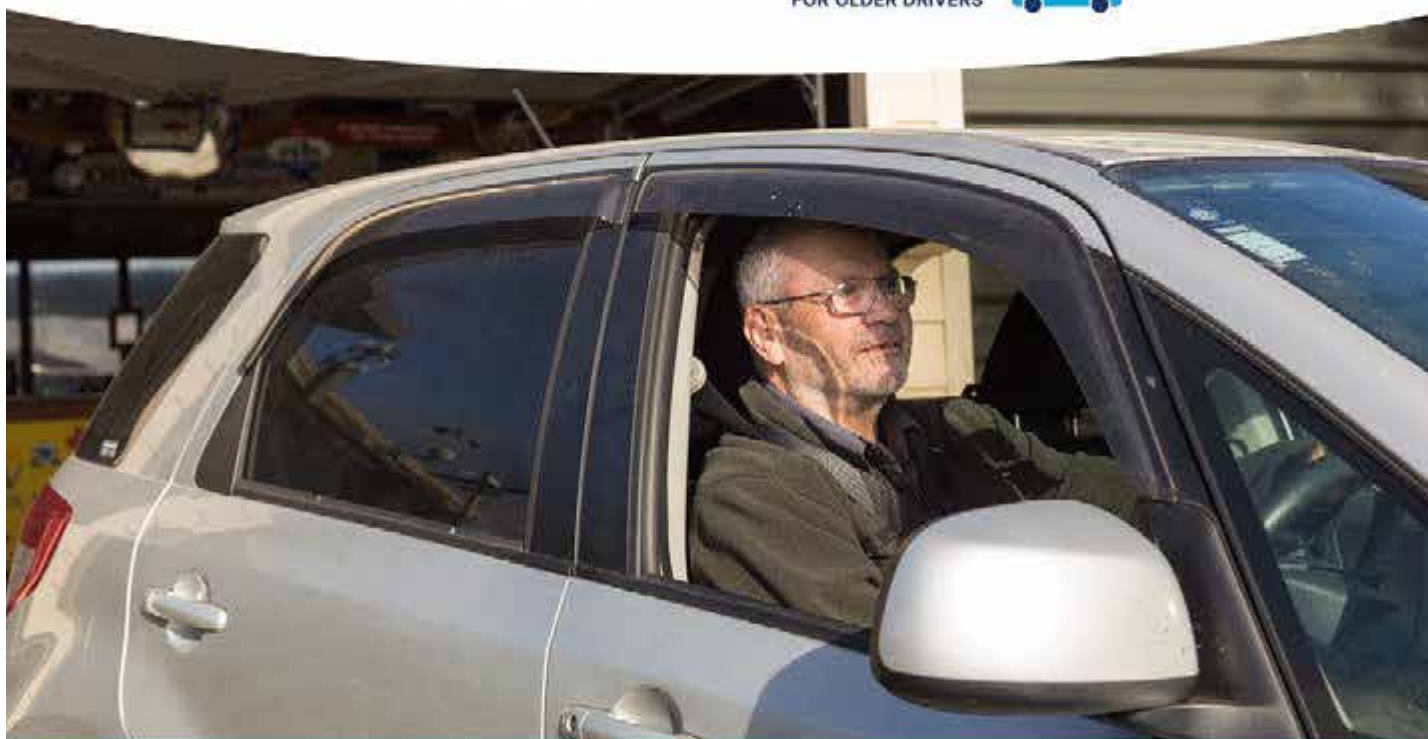
the clinic, an on-road safety test is the best way to check your current driving skills. This gives us the most accurate picture of your driving ability.

- Driving is important for independence. If changes are needed, clinicians will discuss alternative transport options and support you through any transitions. We understand how important driving is for you, and we'll help you explore other options if needed.
- The decision regarding fitness to drive is a clinical one, bound by statutory responsibilities. Your input and preferences matter in this process. We want to make decisions that are fair and safe.

Age Concern Tauranga offers free Staying Safe Refresher Courses for the Older Driver. See our advert for upcoming courses in your area.

Source: Age Concern New Zealand





Staying Safe

A REFRESHER COURSE
FOR OLDER DRIVERS

- Had your licence for decades but never refreshed your Road Code knowledge?
- Feeling unsettled because you have a medical coming up to renew your licence?
 - Curious about what all these changes to road layout and signs mean?

The **FREE** classroom – based Staying Safe course refreshes your knowledge and understanding of Give Way rules, Intersection rules, use of roundabouts, searching & scanning skills and much more. **No testing involved.**

Courses run from 9.45 am (for 10am start) to 2:15 pm.

Refreshments provided, bring your own lunch.

Registration is essential, phone 07 578 2631.

UPCOMING COURSES:

Friday 18 September	Tauranga Coastguard, 72 Keith Allen Drive, Sulphur Point
Monday 21 September	Arataki Community Centre, Zambuk Way, Mount Maunganui
Monday 19 October	Papamoa Community Centre, 15 Gravatt Road, Papamoa
Friday 23 October	Te Puke War Memorial Hall, 130 Jellicoe Street, Te Puke



Are you safe to drive?

Information for drivers taking medicines

Health New Zealand
Te Whatu Ora



MyMedicines Patient Medicines Information | mymedicines.nz

Many substances cause effects that may make you unsafe to drive. These include prescribed medicines, medicines you buy without a prescription, herbal products, alcohol and other recreational drugs. **Combining these increases your chances of having a crash that could hurt you or you could hurt someone else..**

Taking the following increases your chance of dying in a crash while driving:

Medicines that make you sleepy

5x



Alcohol*

8x



Medicines that make you sleepy with illegal drugs

19x



Medicines that make you sleepy or illegal drugs with alcohol

32x



*10 mg to 50 mg in 100 mL of blood. NZ legal limit for people 20 years old and over is 50 mg in 100 mL of blood. The risk gets higher with a higher amount of alcohol.

Medicines for the following health conditions may make you unsafe to drive:

- » Pain
- » Depression, anxiety or other mental health conditions
- » Heart or blood pressure problems
- » Allergies (antihistamines)
- » Sleep
- » Epilepsy (seizures)
- » Nausea or vomiting

Check for any of these symptoms:

- » Feeling drowsy, sleepy, dizzy or weak
- » Slowed reactions
- » Confused or unable to focus
- » Blurred vision
- » Trouble speaking or slurred speech
- » Headache
- » Feeling 'wired'

Talk to your doctor, pharmacist or nurse about all the medicines or substances you are taking, so they can help you stay safe on the road.

Ask them how long the effects last.

Some medicines taken at night may affect you the next morning.

Check if it is okay to drink alcohol while you are taking the medicine.

It is important to check how you're feeling before you drive, especially if you have:

- » just started a new medicine
- » increased your dose

You need to make sure you feel safe to drive, **before you get in the car.**

Hels, T. et al. (2011). Risk of injury by driving with alcohol and other drugs. Project No. TREN-05-FP6TR-S07.61320-518404-DRUID

GENERAL ELECTIONS

Get ready



2026 is election year when we vote for the people and parties who will represent us in Parliament and form a government. Election day is 7 November 2026. Parliament has passed the Electoral Amendment Act 2025, bringing in some changes to enrolment and how elections are run.

You need to be enrolled before voting starts

- Enrolment will close 13 days before election day, on 25 October 2026.
- You must enrol or update your address if you've moved before voting starts on 26 October 2026.
- You won't be able to enrol at a voting place. If you are not enrolled, you won't be able to vote.

This is different to the last two elections when you could enrol and vote at the same time.

How to enrol

- You can enrol, check or update your details online at vote.nz using your NZ driver licence, NZ passport or RealMe verified identity.
- You can also call freephone 0800 36 76 56 to ask for an enrolment form to be sent to you.
- Or text your name and address to 3676 and we'll send you a form.

Check your enrolment details

- You can search for your enrolment details online at vote.nz/enrol
- For privacy reasons the details you enter need to be an exact match for the details we have on file. If they're not, the search may not find your enrolment.
- If you can't find your record, it doesn't

necessarily mean you're not enrolled – it means we couldn't match your details.

- If your address is not kept up to date and we receive returned mail from your old address, you may be placed on the dormant roll.
- This means you will not receive mail from us, and eventually could be removed from the electoral roll. We may text or email you to update your details if this happens.
- It's easy to correct by updating your address with us, and you'll be placed back on the main roll that you're enrolled on (Māori or general).

If you have any problems, call freephone 0800 36 76 56 and the team can check for you.

GOOD IN THE HOOD - GET READY TO VOTE!



Call into Z Bethlehem from 18 August to 14 September and vote for us. Every time you shop in store or purchase petrol, you will get an orange token. Your vote counts – vote Age Concern Tauranga.

this Summer

eat



All roasts, steaks and casseroles are cooked long and slow and should be very tender

Ak: 09 972 9316
Wn: 04 560 1960
0800 328 333
www.eat.co.nz

Up-size add \$1.50

MENU ONE

Delivery week starting
21 - 25 September
26 - 30 October (Labour Day)
30 Nov - 04 Dec

Pure NZ roast pork with caramelised apple, roast vegetables, peas and broccoli. **\$15.70**

Boneless chicken with a coriander and peanut pesto and roast vegetable salad. **\$15.40**

Tender NZ beef steak with mushroom sauce, roast vegetable medley and steamed baby beans **\$15.40**

Pan-fried NZ fish, lemon caper sauce, chunky roastie potatoes and stir fried vegetables. **\$15.20**

NZ beef bourginion mashed potato, sliced carrots and green medley. **\$15.40**

Delicious boneless golden chicken with a creamy potato au gratin and leek, spinach and pea trio. **\$15.40**

Beef rissole, peas, wedges and caramelised onion. **\$15.20**

Old fashioned devilled sausages with creamy potato mash and peas. **\$15.20**

Creamy leek and mushroom penne pasta. **\$14.00**

MENU TWO

Delivery week starting
28 Sep - 02 Oct
02 - 06 November
07 - 11 December

Pure NZ roast beef with cauliflower cheese and roast vegetables. **\$15.70**

Tuscan chicken with creamy sundried tomato sauce, vegetable gratin and steamed beans. **\$15.40**

Slow cooked braised Swiss steak, potato au gratin, carrots and steamed green beans. **\$15.40**

Smoked salmon and spinach penne pasta. **\$15.20**

NZ pork steak with creamy peppercorn sauce, baby beans and rosemary roast pumpkin and potato. **\$15.40**

Teriyaki beef with stir fry vegetables on Hoikken noodles, **\$15.40**

Beef hotpot, tender braised beef with a scallop potato top. **\$15.40**

Good ole pork sausages with bubble and squeak and tomato gravy. **\$15.20**

Pasta pomodoro. **\$14.00**

MENU THREE

Delivery week starting
05 - 09 October
09 - 13 November
14 - 18 December

NZ lamb shank braised in red wine with creamy mash, carrot sticks, baby beans. **\$16.70**

Our famous meatloaf with our own relish, creamy mash, carrots, cabbage and silverbeet. **\$15.40**

Tender NZ steak with fried onion ring creamy potato, pumpkin, broccoli. **\$15.40**

Fish Puttanesca with parmesan roasted baby potatoes and creamed spinach. **\$15.20**

Chicken baked with lemon and leek. Comes with garlic buttered potato, carrot and beans. **\$15.40**

Deliciously tender Beef madras curry with steamed rice. **\$15.40**

Melt in your mouth' beef stew, carrot and potato mash, buttered spinach. **\$15.40**

Creamy bacon, leek and pea pasta. **\$15.20**

Vegetable gratin. **\$14.00**

MENU FOUR

Delivery week starting
12 - 16 October
16 - 20 November
21 - 23 Dec (XMAS MENU)

Herb and butter basted Roast chicken with whole cranberry sauce, roast vegetables and peas. **\$15.70**

Corned beef with mustard sauce, mash potato, buttered silverbeet and cabbage. **\$15.40**

BBQ Beef brisket with creamy mash and steamed beans and glazed carrots. **\$15.40**

Delicious cheesy fish mornay with creamy mash, peas and carrots **\$15.20**

Hoisin NZ Pork, with Asian vegetables and steamed rice **\$15.40**

Delicious Moroccan Beef tagine with couscous. (contains nuts) **\$15.40**

Marmalade chicken with potato gratin and steamed green beans. **\$15.40**

Italian meatballs in a traditional tomato sauce and spaghetti pasta **\$15.20**

Pumpkin, spinach, chickpea and coconut curry with steamed rice. **\$14.00**

MENU FIVE

Delivery week starting
19 - 23 October
23 - 27 November
28 December - CLOSED

Roast Lamb with pea and mint pesto (contains nuts), roast vegetables and cream spinach. **\$15.70**

Hunters tomato and mushroom chicken with potato gratin and steamed beans. **\$15.40**

NZ beef steak with béarnaise sauce, sauté potatoes, pump and baby beans. **\$15.40**

Traditional white fish pie w potato top. **\$15.20**

Classic mild chicken curry w steamed rice. **\$15.40**

Pickled Pork with parsley sauce, creamy mash, beans carrot. **\$15.40**

Beef braised with red wine rosemary. Comes with baked potato, spinach and beans. **\$15.40**

Cottage pie (NZ beef) with creamy mash top. **\$15.20**

Macaroni cheese. **\$14.00**



EXTRAS ♥ ♥ ♥

This full range of yummy soups, desserts and home baking is available on all menus

SOUPS \$6.50

- Chicken veg and noodle
- Split pea and ham

PUDDINGS \$6.50

- Apple and peach crumble
- Rice pudding with strawberry and rhubarb
- Pineapple upside down
- Lemon self saucing
- Passionfruit cheesecake



BAKING \$8.50

- Boiled sultana cake
- Carrot cake with cream cheese icing
- Chocolate caramel slice
- Ginger slice

DAILY DEALS!

Fresh Meal Deals
(applies only to eat fresh standard meals)

6+6 Deal - \$123
6 different meals and a choice of 6 from the soup and dessert menu

5+5 Deal - \$103
5 different meals and a choice of 5 from the soup and dessert menu

7 meals for the price of 6 Deal
Buy 6 different meals and we will give you a vegetarian meal for FREE!

Fresh From the Freezer
Pot Luck Boxes
(excellent variety no more than two of anything)
12 meals \$155, 8 meals \$105

Eat Tiddly
(Goldilocks sized meals, not too big, not too small but just right)
16 meals \$145
(box contents change weekly)

TIDDLY eats



This is the dinner Goldilocks was looking for when she ventured into the kitchen of the three bears. Not too big, not too small but just right.

Our frozen variety box of delicious has 16 x 260gm meals. These are made up of eight different meals packaged as 'twin packs' so you get two of every delicious dish.

The meals are 'Potluck' and have no relation to the current week's fresh menu.

For the best and tastiest results thaw meals first.. before heating.

EAT's Ready-to-Heat-And-Eat meals are delivered nationwide. Just pop them in the microwave or oven for a quick and delicious chef-made dinner.

eatPuree

THE PURE FOOD Co

Texture-modified meals fortified with protein

PUREE MENU

- Beef Bolognese with creamy broccoli and glazed carrot. \$11.50
- Butter chicken with rice and peas. \$11.50
- Salmon with herbed beetroot and creamy broccoli. \$11.50
- Omelette with beans, spinach and baked beans. \$11.50
- Devilled beef with cauliflower gratin, roast pumpkin and glazed carrots. \$12.50
- Slow cooked lamb with minted peas, cauliflower gratin and roasted vegetables. \$12.50
- Hickory pork with glazed carrots, cauliflower gratin and roasted vegetables. \$12.50
- Creamy fish with herbed beetroot, minted peas and roast vegetables. \$12.50
- Golden chicken with creamy broccoli, roast pumpkin and braised cabbage. \$12.50
- Pork sausage with omelette and baked beans. \$12.50



DELIVERIES

Wellington (Set day) \$18.00
Kapiti - Pukerua Bay- Waikanae (Set day) \$18.00
Manawatu - Otaki - Palmerston (Set day) \$20.00
Wairarapa (Set day) \$20.00

Hutt Valley (Set day) \$18.00
North Island next day \$20.00
South Island next day \$35.00
Sorry - No rural delivery

- Menu only available until stock sold out
- Standard meal NOT less than 400gm
- Up size to 500gms+ for \$1.50

Payment info: Payment by debit card, credit card, or bank transfer. Bank Details: Fresh is best 2006 Limited. 030502 0575744 00

GOODNESS
GUARANTEED

International Day of Older People

1 October 2026



The International Day of Older Persons is a global observance designated by the United Nations to honor the role of older people in society. It aims to raise awareness about the opportunities and challenges of aging populations and advocates for policies that improve the well-being and inclusion of older individuals.

The Young at Heart Festival, 1- 8 October, is a week of community-led events that celebrates the older people in our community – parents, grandparents, friends and neighbours.

The festival wraps around the official International Day of Older Persons on Thursday, 1 October 2026. Pop into The Atrium Cafe & Conference Centre, 252 Otumoetai Road, Thursday 1st October 1pm to 4pm to celebrate the launch of the Young at Heart Festival.

Enjoy a range of fun and engaging activities, including fitness classes, a hangi 'n' hoedown, and practical workshops on topics such as downsizing and genealogy. The festival is designed to bring people together, helping attendees make new friends, connect with their community, and enjoy a week of uplifting and entertaining events.

Many of the activities offer free tasters just for the festival and are regularly running throughout the year. You never know, you might discover a new activity you absolutely love.

The Young at Heart Festival programme will soon be available to download or pick up from any of our Tauranga City libraries. www.whatsontauranga.co.nz/young-at-heart



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www.baycremationcare.kiwi.nz



Daylight Saving Time Starts

Sunday, 27 September 2026, **2am** clocks are turned **forward 1 hour to 3am.**



follow us

facebook®

Age Concern Tauranga

September is Wills Month

Leaving a bequest to Age Concern Tauranga

Have you ever considered leaving a bequest to Age Concern Tauranga?

We know it's hard to ask for help, regardless Age Concern Tauranga is a registered charity and relies on the generosity of our community to raise funding required to deliver some of our essential services, education and support. Any bequest left to us, no matter how small or large, has a lasting impact and helps ensure that we can continue supporting all those older people needing our help. A bequest to Age Concern Tauranga allows you to leave a legacy long after you have gone. It is the ultimate act of kindness and care you can show towards your community.

Leaving a bequest is easy. After taking care of your loved ones, the simple way to leave a gift to Age Concern Tauranga in your Will is to speak with your solicitor, who can ensure that your estate is distributed in a way that honours your wishes. You have the option of leaving a specific amount, an item or a percentage of your estate to Age Concern Tauranga. We recommend the wording:

"I give Age Concern Tauranga Incorporated

the sum of \$ XXX (of the residue of my estate, or a percentage of my estate) for its general purposes. I declare that the official receipt of Age Concern Tauranga will be sufficient receipt and discharge for my trustees".

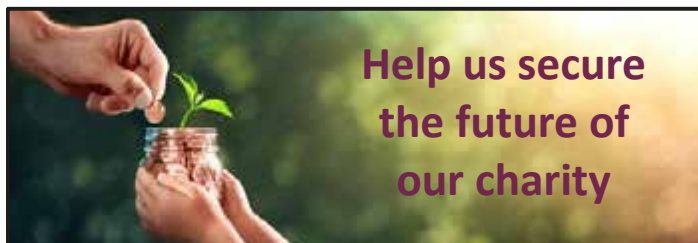
If you would like to leave us a bequest in your Will, these are the official details you will need:

Legal Charity Name: Age Concern Tauranga Incorporated.

Registration Number: CC25758

We would love to hear from you, or your lawyer, if you are thinking about leaving a gift in your Will to Age Concern Tauranga and answer any questions you may have.

Please email us at: ageconcerntga@xtra.co.nz or call us on (07) 578 2631.



**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



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**AGE
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Get 20% off online wills and enduring powers of attorney

Age Concern is working with Public Trust to help make key life planning documents more accessible.

Will

Making a will is the best way to ensure that the people and things you love are looked after when you're gone. Every new will includes a free update each year, so you can keep it up to date as your life changes.

With discount, starting from

\$55.20 Was ~~\$69~~

Enduring power of attorney

Planning ahead allows you to choose people you trust to make important decisions on your behalf. An attorney appointed through an EPA can act for you when an injury or illness means you're unable to make decisions or manage your own affairs – or if managing your financial affairs is simply all too much. You can decide what kinds of decisions your attorney can make.

With discount

\$175.20 Was ~~\$219~~

Our online platform

Write your will and EPA using our secure, step-by-step online platform, designed to make the process clear and simple. Access your profile anytime from the comfort of your home, with chat support available seven days a week and an expert available during business hours.



Take the next step with confidence — get started today at publictrustonline.co.nz and use code **AGEC20** at checkout.

*Or **booking an appointment** with one of our experts at publictrust.co.nz/locations.

**Note the Age Concern discount only applies to our online wills and EPAs.*

publictrust.co.nz | 0800 371 471



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.

Name: _____

Address: _____

Post Code: _____

Phone: _____

Mobile: _____

D.O.B: _____

Email: _____

☐ New Member ☐ Existing Member

☐ Receive Magazine by email

☐ Pakeha (NZ European) ☐ NZ Maori

☐ European (incl British) ☐ Pacifika

☐ Other.....

Subscription per household \$30.00
(1st April to 31st March)

Donation: \$5 / \$10 / \$20 / \$30 / \$40 / \$50

\$..... other **EFTPOS available. Sorry no credit cards payments accepted.**

☐ **Receipt & membership card required**

Internet Banking: 03-0445-0172665-00
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Donations help us to continue to promote the welfare of older people in Tauranga and are welcomed.

Thank you for your support

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

2026 / 2027 Subscription

Age Concern Tauranga's Membership period is from
1st April 2026 to 31st March 2027.

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.

Please note: 2026/2027 subscription fee has increased to \$30 per household.

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



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