



It's time to celebrate 2025

Here are the details for the 'Christmas Lunches' in North and South Taranaki...
...book in NOW, we'd love to see you there!

You are invited to our CHRISTMAS Lunch

17TH DECEMBER 2025

11.30am

Ngamotu Golf Club
24 Golf Course Lane
Waiwakaiho

\$35

Please pay at our office if you wish to attend, this will secure your spot as spaces are limited.

Registration closes on 4th December
06 759 9196

info@ageconcerntaranaki.org.nz



Join us... we welcome your subscription for year ending 2025

Please complete the following and either pay online, or drop it in to our office.

Name _____

Address _____

Ph _____

Email _____

Ethnicity origin/race (please tick)

- NZ European
- NZ Maori
- Pasifika
- Other Ethnicity
- Please specify _____

Subscription (please tick)

- New Membership
- Renewal
- Single \$15
- Couple \$15
- Corporate \$45

Bank Ac: 15-3953-0717362-00
Ref: (Your name)



**Powerful reminder
of unity, respect,
and shared purpose**



**AGE
CONCERN
TARANAKI**
He Manaakitanga
Kaumātua Aotearoa

Contact us

06 759 9196 or 0800 65 2 105
info@ageconcerntaranaki.org.nz
PO Box 15 - Taranaki Mail Centre
New Plymouth 4340

Visit us

NEW PLYMOUTH - 33 Liardet Street
9.30am - 1.30pm Monday to Friday
HAWERA - 35 Argyle Street
By appointment

Tena Koutou Hello to everyone

Can I just say it is a delight to work for and with Age Concern Taranaki. The people, the staff and our Board are full of joy and positivity and are focussed every day on Taranaki Older People living valued and meaningful lives in an inclusive society.

Many of you will have seen our Paul Rangiwahia inspired art "Age is Just a Number" 46 statements illustrated celebrating ageing in a positive and constructive way. Acknowledging that ageing is tough at times but with a great out look and well considered actions we can live in our beautiful province as thrivers not just survivors. Over the next 6 magazines I will choose my favourite statements from the 46 we have in the art work and summarise why I love it and how I live it.

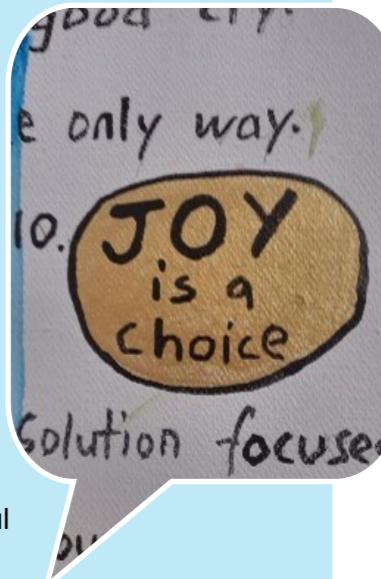
Number 10 "Joy is a choice" Every situation in our daily lives gives us an element of control. If we are glass half full life is ALWAYS better. The old-fashioned saying "If life gives you lemons; make lemonade," rings true here. As we age people will judge us on appearance lets let them judge us positively on our actions and behaviours. Happiness and joy are infectious smiling and laughing is infectious. Let's spread the joy by being deliberately joyful. Surround yourself with joyful positive people. Let's all today go and make one other person happy with our words and actions. A neighbour, a friend, a workmate, a family member. Send a gratitude text, buy a friend a coffee, do some baking for someone.

The gesture may be small but the impact will be big: for them but also for us.

Joy is a choice ...
let's choose it every day.

Richard

Executive Officer
Age Concern Taranaki



'Intergenerational March' Bringing Community Together Despite the Weather



**lively music, dancing,
and good company**



**powerful reminder of unity,
respect, and shared purpose**



On Tuesday, 1st October, Age Concern Taranaki proudly hosted our Intergenerational March to celebrate International Day of Older Persons – and what a wonderful day it turned out to be!

Although the morning began with a mix of rain, wind, and grey skies, our spirits were anything but dampened. We kept everyone warm and smiling with lively music, dancing, and good company as we waited for the weather to turn.

The atmosphere was full of laughter and energy as people of all ages came together, reminding us what community connection truly looks like.

Our sausage sizzle was a huge hit, offering the perfect comfort food while everyone mingled and enjoyed the morning's entertainment. Then, as if on cue, the skies cleared just in time for the march itself.

With around 230 participants joining in, the streets were filled with colour, movement, and joy as we walked side by side – young and old – in celebration of the positive contributions older people make to our communities every day.

The Intergenerational March was more than just a walk; it was a powerful reminder of unity, respect, and shared purpose. Thank you to everyone who came along, braved the weather, and helped make the event such a success. Your enthusiasm and support truly made the day shine!



over 230 participants

A special thank you goes out to all those who helped make the event possible:

McDonald Real Estate
for their generous sponsorship

Tasman Toyota
for the use of the wonderful BBQ

Tegel
for donating 200 sizzling sausages for lunch

Anna Richardson
for being our fantastic MC,

Gumboot Tango
for the lively music that kept us warm and entertained

City of New Plymouth Caledonian Pipe Band
for proudly leading us through the march

We also extend our thanks to the **Inglewood High School leaders** who joined in with great enthusiasm, and to **Kate and Millie from the East End Surf Club** for their support and energy on the day.

Together, we all helped create a memorable and heart warming celebration of community, connection, and the joy of ageing well.

