



RGM Classes

Wednesdays 10.30am - Merrilands Domain Hall



Christmas Closure

Last Session - 10 December 2025

Sessions Resume - 14 January 2026



AGE CONCERN TARANAKI
He Manaakitanga
Kaumātua Aotearoa

Steady As You Go ©
Fall Prevention Exercise Classes
Summer 2025/2026 Close Down Dates

LIVE STRONGER FOR LONGER
PREVENT FALLS & FRACTURES

Time	Monday	Tuesday	Wednesday	Thursday	Friday
09:15					Senior Citizens Hall 53 Juliet Street Stratford Final Session: 15th Dec Return: 23rd Jan 2026
09:30	Hempton Hall 72 Cuthbert Street Ōkato Final Session: 3rd Nov Return: 19th Jan 2026				
10:00	The Barnabas Centre 141 Tasman Street Ōpūnake Final Session: 15th Dec Return: 19th Jan 2026			All Saints Anglican Church 88 King Edward Street Eitham Final Session: 18th Dec Return: 12th Feb 2026	
10:15		Presbyterian Church Hall 35 Argyle Street Hāwera Final Session: 16th Dec Return: 13th Jan 2026	Gibson Memorial Hall 48 Tauhuri Street Manaih Final Session: 10th Dec Return: 14th Jan 2026		
10:30	Northpoint Baptist Church 116 Mangatū Road Bell Block Final Session: 15th Dec Return: 19th Jan 2026	St Mary's Peace Lounge 37 Vivian Street New Plymouth Final Session: 9th Dec Return: 26th Jan 2026	Inglewood United Church 30 Brown Street Inglewood Final Session: 17th Dec Return: 14th Jan 2026		Disabled Citizens Craft Centre 83 Hine Street New Plymouth Final Session: 5th Dec Return: 13th Feb 2026
11:00					

Newcomers Welcome!

Contact Age Concern Taranaki on 06 759 9196 Or free phone 0800 65 2 105 to find out more www.ageconcerntaranaki.org.nz

Join us... we welcome your subscription for year 2025/26

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

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Ethnicity origin/race (please tick)
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Ref: (Your name)



AGE CONCERN TARANAKI

He Manaakitanga
Kaumātua Aotearoa

December 2025

Contact us

06 759 9196
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

ACT Board

Sam Bennett - Chair
Peter Ertel - Vice Chair
Alison Brown Bobbi Milne
David Gibson Annabel Dent
Denise Loveridge
Raana Solomon
Diana Coles



***Merry Christmas
from us all...***



Richard's special morning
Drop in Cafe

***Pop in to enjoy
a cuppa and some
Christmas cake!***

Tuesday 23rd Dec 9.30-11.30
Tuesday 30th Dec 9.30-11.30



OFFICE HOURS

Closing

Friday 19 December

Opening

Monday 12 January

Tena Koutou

Hello to everyone

Christmas is a time for reflection, for family, and for many of us faith as well. Reflection is an awesome activity especially if it is associated with being thankful and grateful. For some of us it is also time to set new goals and a new direction.

The latest Psychological research has discovered that as we age routines

are great, but only when they are associated with trying new things.

If we engage our brain and also our body in new experiences, then the pathways in our brain are ignited and become more active. We are never too late to try something new: reading at the library, jigsaw puzzles, pickleball, exercising, a new language... It doesn't matter what is, as long it is the opposite of stagnation.

Looking at our Age is Just a Number artwork, number 28 "Adapt or Fizzle Out" supports this theory. Life isn't the same as we age, but with adaptation and a positive attitude it will be exciting I promise you. What will your new activity be. Feel free to share your story with us

richard@ageconcerntaranaki.org.nz

The best email before Christmas will win our art on a tea towel.

Richard

Executive Officer
Age Concern Taranaki

SCAM AWARENESS TIPS FOR THE CHRISTMAS SEASON



WATCH OUT FOR FAKE SHOPPING WEBSITES

Stick to well-known retailers or verify unfamiliar sites before purchasing. Check for HTTPS in the true, it probably is—go directly to retailer's official site.



BE CAREFUL WITH HOLIDAY DEALS

If a deal looks too good to be true, it probably is.. Avoid clicking on links in emails or social media ads—go directly to the retailer's official site.



PROTECT YOUR PERSONAL INFORMATION

Never to share sensitive details (like passwords or banking info via email or text. Always track packages through the official courier website.



BEWARE OF FAKE DELIVERY NOTIFICATIONS

Scammers send texts or emails claiming your package is delayed or needs extra payment. Always track packages through the official courier site.



CHARITY SCAMS

Verify charities before donating. Use official websites or trusted platforms. Avoid giving through links in unsolicited emails or social media posts.



SOCIAL MEDIA & PHISHING

Be cautious of messages offering free gifts or contests. Do not click suspicious links or share personal info.

2026

'start up' dates to remember!

Meals delivery

Last delivery 16th December and resumes 9th January

New Plymouth

Drop in Café - 22nd January
Warm Up Wednesday - 28th January
Aqua - 20th January
Waitara - 23rd January
Inglewood - 12th February
Okato - 3rd February

South Taranaki

Camelia Café - 15th January
Music and Movement - 14th January
Games Morning - 16th January
Manai - 4th February
Opunake - 2nd February
Waverley - 19th February
Patea - 26th February
Stratford Aqua - 5th February
Chirpy Fridays - 23rd January

MERRY Christmas

MERI KIRIHIMETE FROM THE TEAM AT AGE CONCERN TARANAKI!

AS WE WRAP UP ANOTHER BUSY YEAR, WE HOPE YOUR SUMMER IS FILLED WITH JOY, CONNECTION, AND PLENTY OF SUNSHINE. TO HELP YOU STAY WELL AND ENJOY THE FESTIVE SEASON TO THE FULLEST, HERE ARE A FEW SIMPLE SUMMER WELLNESS TIPS TO KEEP YOU FEELING GREAT. ☀️

STAY HYDRATED
LONG HOT DAYS = EASY DEHYDRATION! KEEP YOUR WATER BOTTLE CLOSE AND SIP OFTEN. INFUSED WATER OR HERBAL TEAS MAKE IT EXTRA REFRESHING.

PACE YOURSELF
THE HOLIDAY RUSH CAN BE FULL-ON. GIVE YOURSELF PERMISSION TO SLOW DOWN, REST, AND SAY "NO" WHEN YOU NEED TO. YOUR ENERGY MATTERS.

STAY GENTLY ACTIVE
OUR REGULAR EXERCISE CLASSES MAY BE TAKING A BREAK, BUT YOU DON'T HAVE TO! TRY SUMMER-FRIENDLY MOVEMENT—MORNING WALKS, STRETCHING, OR EVEN A DIP FOR SOME LIGHT WATER AEROBICS. WANT TO JOIN OUR CLASSES IN TARANAKI? GET IN TOUCH!

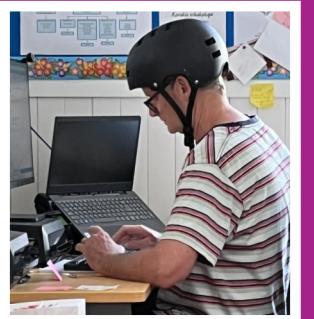
ENJOY TREATS MINDFULLY
FESTIVE GOODIES ARE DELICIOUS—ENJOY THEM! BUT BALANCE THEM WITH LIGHT, FRESH OPTIONS LIKE SUMMER FRUIT, SALADS, AND NUTS SO YOU CAN FEEL GREAT ALL SEASON.

CONNECT & REFLECT
THE HOLIDAYS BRING JOY, MEMORIES, AND EVERYTHING IN BETWEEN. MAKE TIME FOR THE PEOPLE AND MOMENTS THAT LIFT YOU UP—SHARE A MEAL, CALL A FRIEND, JOIN A COMMUNITY EVENT. CONNECTION IS POWERFUL.

HERE'S TO A HAPPY, HEALTHY, SUN-SOAKED SUMMER!

Workplace Safety?

Richard demonstrating how to wear your cycle helmet while working at your desk... hmmm?



DISCLAIMER:

The information contained in this newsletter is not necessarily the view of Age Concern Taranaki. While it is believed to be correct, readers should consult their own advisers.