Age Concern Wairarapa
Monthly Newsletter - August 2026

Message from Jacqs, our Manager

A wintery hello to you all. With August and frosts being here we are starting to see a few of the signs we associate with spring - lambs bouncing about and daffodils in bloom. These always put a grin on my face and make me feel so positive.
July was a busy month, carrying out all our end of year data reporting, which provides an opportunity to reflect on how much we are doing out in the community and the growth we are experiencing both in the traditional spaces and through outreach to the more rural areas. We ran our usual range of activities and had a morning tea to celebrate Matariki, a trip to the Greytown Mid-Winter Christmas and the Social Dance night (which went off with a bang and continues to grow with each bimonthly event).

Trip to Greytown Mid Winter Xmas Festival

SAVE THE DATE

We have a couple of dates for you to keep up your sleeve.
The first is our **AGM, which will be held on Monday 28th September from 10am at The Ranfurly Club**.
The other is our **Aging with Attitude Expo, which is on from 10am – 2pm on 14th October** and will have plenty of information regarding Aging, some demo activities, the café and some opportunities to try some activities out. We will have a shuttle from the car park beside Farriers to ease up the challenge of parking, and the café will be running as well.

Along with our Business as Usual activities, we have a **new Steady as You Go class in Solway**, we are hosting a **Staying Safe Driver Refresher, Carterton** this month, we are heading out to **Riversdale for our bimonthly coffee morning**, and we are hosting the **Seasons For Growth workshop** with its focus on dealing with the grief of change. Details are all below.

We are in huge need of Volunteer Visitors due to a big jump in referrals of people that are isolated and in need of a visitor for an hour each week. This wonderful service tends to provide as much benefit to the visitors as it does to the people that are visited. If you have an hour a week that you can spare and would be keen to visit someone for a chat, cuppa, board game, walk…whatever the two of you decide… please get in touch with Marina.

And something special to finish up with…that should delight older drivers… is changes to cognitive testing for senior drivers. Older drivers can expect a move away from routine screening for cognitive impairment during fitness-to-drive assessments. This reflects growing recognition that cognitive screening tests alone do not provide a

complete picture of a person's driving ability. Cognitive testing will now be used when a medical practitioner has concerns and does not have enough other information to assess possible impairment. If screening indicates cognitive impairment, further assessment will determine whether it affects the person's ability to drive safely. So, try to see the medical practitioner that knows you as they will have a greater understanding of any changes going on with you.

Hoping to see some of you at the Seasons For Growth Workshop on 27th August… please let us know if you are intending to come as we will be providing morning tea.
Go well and stay safe
Jacqs

Staying Safe - A Refresher Course for Older Drivers
27 August 2026 Carterton

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?

This FREE classroom-based course will help to re-familiarise yourself with traffic rules and safe driving practices. It will also increase your knowledge about other transport options and help you remain independent for longer.

The course includes current road rules and changes to local driving areas, what to expect at both Medical and driving refresher classes, which happens more often after the age of 75, as well as an opportunity for attendees to share experiences and thoughts that can feed back to a national level.

All in aid to support older drivers so they can continue to drive safely for as long as possible.

Come and join us for a morning of conversation, food and company.

Lunch provided – all you need to bring is yourself, and a friend (optional but encouraged)

DATE: Thursday 27 August 2026
TIME: 9.45am for a 10am start
Finishes 1.30pm
VENUE: Wairarapa Events Centre, 50 Holloway Street, Carterton

Enrolments essential: Only 30 spaces available
Phone 06 377 0066 to book or email Paige - health@acww.nz

Seasons for Growth Workshop
27 August 2026 Masterton

Healthy Lifestyle Programme
6 August 2026 Carterton

10.30 Club 4th Tuesday of the Month

Life After Stroke
Managing the Hidden Effects
25 August 2026 Martinborough

Our Scheduled Events for this Month

Masterton

When	Where	Day	Time

When	Where	Day	Time
Exercise Events			
Steady as You Go	Senior Citizens Hall	Mondays	1.30 PM
Steady as You Go	Senior Citizens Hall	Thursdays	9:30 AM
Steady as You Go Solway	St James Hall, 114 High Street	Thursdays	11 AM
Keep Fit	Senior Citizens Hall	Mondays	9:30 AM
Keep Fit	Senior Citizens Hall	Thursdays	10:30 AM
Line Dancing	Senior Citizens Hall	Mondays	10:30 AM
Walk & Talk	Outside Dish Cafe, First Street	Fridays	9.30 AM
Social Events			
Coffee Morning	Community Centre,41 Perry Street	Monday 10 August	10:00 AM
Kaumatua Lunch	Lighthouse Church	Tuesday 11 August - registration closed	100 AM
Books Alive	Age Concern 14B Queen Street	Tuesdays	11:00 AM
Women's Group	21 Queen Street	Tuesday 4 August & 18 August	1 PM
Men's Meeting	Age Concern 14B Queen Street	Tuesday 4 August	9:30 AM
Age Write Writing Group	Age Concern 14B Queen Street	Thursday 13 August	10:00 AM
Cribbage	Age Concern 14B Queen Street	Fridays	11.15 AM
Beginner Ukelele	Age Concern 14B Queen Street	Friday 7 August	3.00 PM
Beginner Ukelele	Age Concern 14B Queen Street	Fridays 14, 21, & 28 August	1.00 PM
U3A Ukelele	Age Concern 14B Queen Street	Fridays	10 AM
Buddy Up! Band	Panama Village Hall	Fridays	2.00 PM

Riversdale

When	Where	Day	Time
Coffee Morning	Riversdale Golf Club	Thursday 20 August	10:30 AM

Carterton

When	Where	Day	Time
Exercise Events			
Steady as You Go	Carterton Baptist Church	Mondays	1.30 PM
Steady as You Go	Carterton Baptist Church	Wednesdays	1.30 PM
Social Events			
Coffee Morning	Carterton Baptist Church	Wednesday 19 August	10:00 AM
Books Alive	Carterton Library	Wednesday 26 August	10:00 AM
Staying Safe Refresher	Register with Age Concern	Thursday 27 August	10:00 AM

Martinborough

When	Where	Day	Time
Exercise Events			
Steady as You Go	Wharekaka Village	Fridays	10.00 AM
Line Dancing	St Andrews Hall, 41 Dublin St	Fridays	2.00 PM
Social Events			
Coffee Morning	Heartland Services 39 Jellicoe Street	Wednesday 5 August	10:00 AM
Life After Stroke	Heartland Services 39 Jellicoe Street	Tuesday 25 August	10:30 AM

Featherston

When	Where	Day	Time
Exercise Events			
Steady as You Go	Featherston Community Centre	Mondays	9.30 AM

When	Where	Day	Time
Steady as You Go	Featherston Community Centre	Thursdays	9.30 AM
Social Events			
Coffee Morning	Featherston Community Centre	Wednesday 12 August	10:30 AM

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