

WINTER 2025



SENIORITY

A Century of Stories | Pasifika Seniors' Programmes
A Surprising Key to Healthy Ageing



www.acwellington.org.nz



04 499 6646



A photograph of two senior women laughing and having tea on a balcony. One woman is holding a pink teacup and saucer, and the other is pointing towards the camera. They are sitting at a small table with a checkered cloth, which has a pink teapot and a tray of cookies. The balcony has a white railing and a large planter box filled with green plants and white flowers. The background shows a building with blue-framed windows. The overall atmosphere is joyful and relaxed.

**Dear diary,
laughter really
is the best
medicine**

Love the care around you.

At Summerset, there's always a helping hand when you need it. Alongside our neighbourly community, our villages are designed so that as your needs change, we have different levels of care and support across our villages (subject to availability and eligibility criteria). We call it our continuum of care...but really, it's about always being there.

Love the life you choose.

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Summerset
RETIREMENT VILLAGES

From the CEO

2025 is flying by, with winter knocking on the door already. While there are fewer opportunities to get out and about during the colder months, social connection remains just as important. Spending time with others really does help our wellbeing – there's plenty of global and local research to back that up. So if you're feeling a bit isolated or lonely, please do reach out to us. Our fantastic team would love to hear from you.



As you'll read in this issue, we've launched a very exciting new project to help celebrate 50 years of Age Concern work in the Wellington Region. We'll be talking with up to 30 centenarians from our Region and around the country, to hear about the stories and moments that shaped their lives. It's been a real privilege to sit down with three already. It's difficult to comprehend talking with someone born in, or before, 1925! The things they've seen, survived, learned, taught and experienced are extraordinary. Some remember the Napier earthquake of 1931 and the Polio epidemic of the 1930s. Some have links back to World War One and even the Titanic, and some recalled the incredible impact of the electric washing machine!

Everyone, including you, has a wonderful story to tell. Our vision is to see older people valued by our society, and telling stories is a big part of that.

Enjoy this issue of Seniority and do get in touch if you need us. Oh, and if you're 100+, we want to hear from you too!

Stephen Opie

Age Concern Wellington Region CEO

You can help us reach more lonely and isolated seniors.

Scan the code to visit our secure donation website.

Or navigate to acwellington.org.nz to make a donation.



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MENU ONE

Delivery week starting
17-21 March
21-25 April (Easter Mon + Anzac)
26-30 May
30 June - 04 July

Pure NZ roast pork with caramelised apple, roast vegetables, peas and broccoli. **\$15.20**

Swedish meatballs with creamy mash, carrots and steamed beans. **\$14.90**

Slow cooked beef and brandy potato au gratin, carrots and steamed green beans. **\$14.90**

Pan-fried NZ fish, lemon caper sauce, chunky roastie potatos & stir fried vegetables. **\$14.90**

Our ever popular Chicken Lasagne. **\$14.90**

NZ beef bourginion mashed potato, sliced carrots and green medley. **\$14.90**

Marmalade Chicken with potato gratin and steamed green beans. **\$14.90**

Devilled sausages with creamy mash and steamed broccoli. **\$14.90**

Creamy leek and mushroom penne pasta. **\$13.50**

MENU FOUR

Delivery week starting
7-11 April
12-16 May
16-20 June (Matariki)
21-25 July

Herb and butter roasted Chicken with whole cranberry sauce, roast vegetables and peas. **\$15.20**

Grilled ham steak with Cumberland sauce, roasted vegetables, caramelised pineapple and spinach. **\$14.90**

Tender NZ beef steak with herb butter medley of sautéed vegetables. **\$14.90**

Smoked Salmon and spinach penne pasta. **\$14.90**

Free range chicken and vegetable Pie with pastry top. **\$14.90**

Beef hotpot, slow cook beef and vegetables with a scalloped potato top. **\$14.90**

Miso Chicken (super delicious) with roasted carrot and potato chunks. **\$14.90**

Beef lasagne, premium beef mince ragu, bechamel sauce, pasta and cheese. **\$14.90**

Vegetable au gratin. **\$13.50**

MENU TWO

Delivery week starting
24-28 March
28 April - 2 May
2-6 June (Kings Birthday)
7-11 July

Pure NZ roast beef with cauliflower cheese and roast vegetables. **\$15.20**

Braised pork and maple with potato colcannon and carrot. **\$14.90**

Corned beef with mustard sauce, mash potato, buttered silverbeet, cabbage and carrot. **\$14.90**

Fish Provencal with steamed greens and buttered potatoes. **\$14.90**

Sweet and sour Chicken with stir fry vegetables and steamed rice. **\$14.50**

Melt in your mouth' beef stew, carrot and potato mash, buttered spinach. **\$14.90**

Chicken Coq au vin with potato gratin and broccoli. **\$14.90**

Beef ragu with penne pasta. **\$14.90**

Pumpkin, spinach and chickpea coconut curry with steamed rice. **\$13.50**

MENU THREE

Delivery week starting
31 March - 04 April
05-09 May
09-13 June
14-18 July

NZ lamb shank braised in red wine with creamy mash, carrot sticks, baby beans. **\$16.00**

NZ braised pork steak, with creamy apple cider sauce with mash potato and baby beans. **\$14.90**

Tender NZ beef steak with fried onion ring creamy potato, pumpkin, broccoli. **\$14.90**

Classic white fish pie (potato top). **\$14.90**

Beef madras curry with steamed rice. **\$14.50**

Beef and Beer casserole, potato roasties and green beans. **\$14.90**

Creamy boneless Dijon chicken with pommes boulangerie and broccoli florets. **\$14.90**

Traditional Pork sausages, a balsamic onion gravy and bubble and squeak. **\$14.90**

Pasta Pomodorro. **\$13.50**

MENU FIVE

Delivery week starting
14-18 April (Good Friday)
19-23 May
23-27 June
28 July - 1 August

Roast Lamb with Pea and mint pesto, roast vegetables and creamed spinach. **\$15.50**

Pork Florentine with creamy mash and a medley of steamed (broccoli, carrot and cauliflower) vegetables. **\$14.90**

NZ beef steak with béarnaise sauce, sauté potatoes, pumpkin and baby beans. **\$14.90**

Cheesy Fish Mornay with creamy mash, peas and carrots. **\$14.90**

Classic mild chicken curry with steamed rice. **\$14.50**

Braised beef and vegetable casserole with potato colcannon. **\$14.90**

Free range Cider chicken with spinach, onion & potato gratin **\$14.90**

Traditional cottage pie (premium NZ beef) with creamy mash top. **\$14.90**

Macaroni cheese. **\$13.50**

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

EXTRAS

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

SOUPS \$6.00

- Chicken Veg & Noodle
- Carrot and Lentil
- Leek, bacon and potato soup

PUDDINGS \$6.00

- Apple, pear and cinnamon crumble
- Rice pudding with rhubarb and strawberry compote
- Sticky date pudding
- Upside down Apricot pudding
- Berry Cheesecake



BAKING \$8.00

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

DELIVERIES

Wellington

(Tuesday set day) \$16.00

Hutt Valley

(Wednesday set day) \$16.00

Kapiti - Pukerua Bay

- Waikanae (Tuesday set day) \$16.00

Manawatu - Otaki

- Palmerston (Tuesday set day) \$18.00

Wairarapa

(Tuesday set day) \$18.00

North Island next day

\$18.00

South Island next day

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Disclaimer

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

Can You Help?

You can help us reach more lonely and isolated seniors. Do you have time to volunteer a few hours of your time? Or are you able to make a donation? Call 04 499 6646 for more information.

Thank you to the lovely people who already helped us! We are still in need of a reliable car, as well as sponsors for our 50-year anniversary project. Maybe you or someone you know can help?



A Surprising Key to Healthy Ageing: Strong Social Connections



A recent article by the Mayo Clinic in the US pointed to social connections being one of the main keys to healthy ageing.

They have concluded that “there is no healthy ageing ‘magic bullet’ — no single exercise, food or pill that can guarantee a long, healthy life. But there may be something that comes close: strong social connections”. An extensive list of academic literature shows there is a strong correlation between social contact and health benefits.

According to Amit A. Shah, M.D., a geriatrician, internist, and palliative care specialist at Mayo Clinic, “it’s the quality, duration and nature of your relationships that seem to matter most,” he says. “Interacting with others is exercise for your brain — it’s one of the best ways to improve your cognitive flexibility. It’s likely more beneficial than doing crossword puzzles or other brain games.”

Conversely, loneliness and social isolation can be just as much of a health risk as obesity and smoking as it can lead to depression, anxiety, increased risk of suicide and other chronic health conditions.

So, how do you establish, and maintain, social connections as you age?

This is important as your circle of friends and acquaintances can diminish over the years. So, you need to develop new contacts as well as maintaining relations with the survivors.

The advice from various sources, including the Mayo Clinic and Eldernet NZ, is remarkably similar.

Here are a few of their tips for older adults to establish and maintain strong social connections:

- Stay in touch with family and friends: stay connected with your friends and relatives — schedule time to email, call, send a card or interact on social media.
- Join a club or organisation: look for local clubs or organisations that align with your interests, such as a book club, gardening club, chess club or community group are examples of groups that may offer free, fun social opportunities.

- Volunteer: find out which local charities could use volunteers and share your time and talents. Being part of a worthy cause can help you feel connected, and you may make new friends, too.
- Attend community events: attend local events and activities if you're able to, such as community park clean-up, a parade or a concert can help you meet new friendly faces and connect with people in your community.
- Take a class: learning a new skill or hobby can provide opportunities to meet new people and build connections. See what groups are available at the library or community centre. Get moving — go walking with a friend or try a Steady As You Go class.
- Senior centres or Community Hubs: Many communities and Age Concern have senior centres that host games and activities geared toward older adults.

If you need more social connections, don't wait to ask for help. Explore the possibilities on social networks or take a look at the various activities run by Age Concern Wellington Region as listed in this magazine. If you feel ready, try a community activity. You deserve to have connections with others, and with help from your health provider or Age Concern, we think you can get there.

"I tell my patients: action is important," says Dr. Shah. "It can be hard, and sometimes intimidating to be in social situations, but you have to do it.

"It takes effort to learn about a new person or make a new connection, but it's very important to cognition," he continues. "Think of it as a workout for your soul, your happiness and your brain health."

MICK CALDER

Office Support Volunteer

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Omai Fa'atasi in the Hutt Valley

Omai Fa'atasi (Come Together) is a regular social connection event for Pasifika Seniors. The programme is a collaboration between Atamu and Age Concern Wellington Region, and it started in Porirua. We are happy to announce that we've now expanded the programme to the Hutt Valley!

Enjoy morning tea, making new friends, great presentations, lots of laughs and good music at this free monthly event. We'd love to see you there.

To find out more about when Omai Fa'asti takes place, check out the information on the next pages or visit our website: www.acwellington.org.nz

**Bula Mālō ni Fakaalofa lahi atu Tālofa
Kia Orana Mālō e lelei Noa'ia Mauri**



**HUTT VALLEY
OMAI FA'ATASI - COME TOGETHER
A FREE fun gathering for Pasifika seniors**

Enjoy morning tea, making new friends, great presentations, lots of laughs and good music.

**Walter Nash Centre - Hutt Valley
22 Taine Street, Taita**

**May 8
June 12
July 10
August 14**



**September 11
October 9
November 13
December 11**

Free to join or www.omaifaatasi.nz 027 248 0335 for details

**Bula Mālō ni Fakaalofa lahi atu Tālofa
Kia Orana Mālō e lelei Noa'ia Mauri**



**OMAI FA'ATASI - COME TOGETHER
A FREE fun gathering for Pasifika seniors**

Enjoy lunch, making new friends, great presentations, lots of laughs and good music.

**Salvation Army
89 Warspite Ave
Canons Creek, Porirua**

**May 6
June 3
July 1
August 5
September 2
October 7
November 4
December 2**

&

**EFKS Hall
2 Louisa Grove Waitangirua,
Porirua**

**May 20
June 17
July 15
August 19
September 16
October 21
November 18
December 16**

**TUESDAYS
10AM**

Free to join or www.omaifaatasi.nz 027 248 0335 for details



Celebrating 50 Years of Age Concern Wellington Region – Project Sneak Peak

Age Concern Wellington Region was founded as an Incorporated Society in 1976. In 2026, we will celebrate our 50th anniversary. To celebrate this significant milestone, we are working on a project to capture the rich history and experiences of Wellington and New Zealand through the eyes of centenarians.

This initiative will spotlight 20-30 individuals aged 100 years or older, encompassing both influential figures and “everyday” people from our Region and New Zealand. **Their stories will form a commemorative book, accompanied by striking portraits and audio and video recordings forming a touring exposition and short films (funding dependent).**

Thanks to Age Concern New Zealand, we've secured seed funding to start work on this exciting project, and we're looking forward to

sharing it with you!

If you know someone who is 100 or older and you think they would like to be part of this project, we'd love to hear from them on 022 599 2303 or comms@acwellington.org.nz

We're also keen to partner with businesses and individuals who would be interested in sponsoring this project. Please contact us if you'd like to discuss a potential collaboration: comms@acwellington.org.nz or call 022 599 2303.



Hilda, 100 years old, with project coordinator and Age Concern staff member Lorna Harvey.

A CENTURY OF STORIES



MARGARET GUTHRIE
100 YEARS OLD



MOLLY TOOTELL
103 YEARS OLD



HILDA ROLESTON
100 YEARS OLD

You can help us preserve and share the rich history of Kiwi centenarians...

- We need more people 100 years old or older to take part
- We need sponsors to help fund the project

Call 04 499 6646 or email comms@acwellington.org.nz if you can help

COMING SEPTEMBER 2026



Who knows what You Want?

You might have already thought of the music and readings you'd like to have at your funeral - but does anyone else know?

To help you with the many choices available, Gee and Hickton Funeral Directors are offering, free of charge, a kit - My Life, My Funeral. For our free information kit, or to discuss how to make the right choices for you, please phone at any time.

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Community Service Star

The spark that changes a life can come from the most unexpected places. For Vanessa Trompetter, it happened 15 years ago while watching Breakfast TV. An older woman was being interviewed about funding cuts to home help. The woman described how exhausted and overwhelmed she felt. Vanessa's heart was moved – not just for this woman, but for seniors everywhere. She knew she had to help.

She reached out to the local health organisations multiple times but received no response. Where others may have given up, Vanessa continued to look for ways she could help. Her search led her to Volunteer Hutt, who then connected her with Age Concern Wellington Region. That's when she discovered the Visiting Service, which matches trained volunteers with isolated older people.

"It was perfect," Vanessa says. She was matched with her first client.

"Janice was absolutely lovely. She was just lonely. We became really good friends. I was working part time then, and sometimes my kids would meet me at Janice's house after school. One day, her son visited from overseas and asked why I kept coming. I said, 'Because I love your mum' – and I realised I really did."

Sadly, Janice passed away after a couple of years, but the experience had left a lasting impact on Vanessa.

After a short break, Vanessa was matched with Emmy, who had early dementia and some speech difficulties. "She was lovely. She'd often repeat stories, but each time I heard more and understood more. It helped us connect even more deeply." Unfortunately, during the pandemic, in-person visits had

to pause, and Emmy's family felt her condition had progressed too far to resume them later.

Next came Kim. She lived further away and struggled with mobility. Although her family were present, they sometimes spoke around her, rather than with her. "She couldn't talk to them about some things – like her old stories because they had heard them before. But we connected. We had a lot in common." When Kim was diagnosed with cancer and hospitalised, Vanessa visited. "She said, 'What am I going to do? It's awful!' I told her, 'Just make the best of it and live every moment you have left fully.'" Kim passed away shortly after.

Vanessa continued to be matched over the years. Her fourth client, Mary, reminded her of her father. They spent quality time together until Mary passed away from pneumonia after a hospital stay.

Though all these friendships were different, each one was deeply meaningful. Vanessa carries the hope that every new match might become another "Janice." She's recently started visiting a new client, and though they've only had a couple of visits, she already sees the impact her visits are making.

"You can tell straight away. Their eyes light up. They really enjoy the visit – and you come out feeling good. It's no effort – just an hour a week."

Vanessa's father lives in Tauranga, and she visits when she can. Her mother passed



Cossie Club Charity of the Year

away nearly two decades ago. Now, with her children older and more independent, Vanessa works full time. Her employer, GNS Science, offers a day of service leave each year and supports flexible work hours, making it possible for her to continue volunteering.

"I grew up really close to my grandparents," Vanessa reflects. "Now that I don't have many older people in my life – other than my dad – it just made sense to volunteer this way."

Over the past nine years, Vanessa has become an essential part of the Age Concern Wellington Region volunteer whānau. Tania Fleming, Social Connection Coordinator, says:

"Vanessa makes volunteering a consistent and meaningful part of her life, even with full-time work. She's been matched many times and always returns with positivity and warmth. When she meets a new client, she'll always ask, 'Can I give you a hug?' and the joy on their faces is priceless. Sometimes, it's the first hug they've had in years.

She brings professionalism, empathy, and a contagious smile. Vanessa's presence enhances the wellbeing of every client she visits and strengthens our entire community."

Thank you, Vanessa, for your extraordinary dedication and compassion. You truly embody the spirit of community service.

* Some names have been changed to protect privacy.

Lorna Harvey

Team Leader, Communications & Events



The Team at Age Concern Wellington Region is thrilled to have been selected as Charity of the Year for the Upper Hutt Cossie Club. Thank you Upper Hutt Cosmopolitan Club! The Club provides top class leisure facilities, entertainment and activities in a safe and friendly environment. You can find out more about the Upper Hutt Cossie Club on www.cossieclubs.org.nz or by visiting them at 11 Logan Street in Upper Hutt.

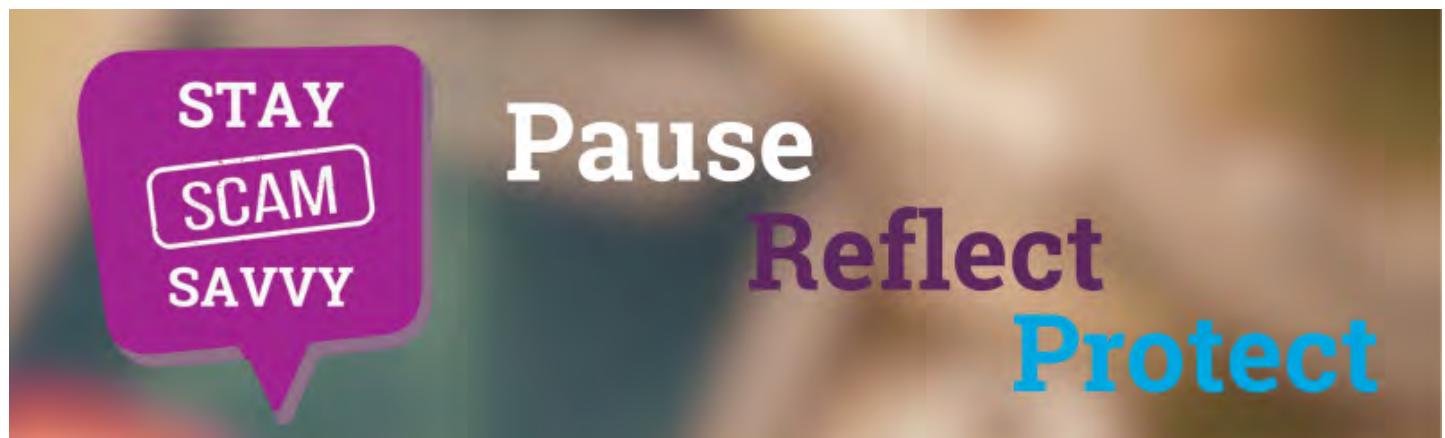
NZ Highwaymen – Tour 25

The NZ Highwaymen, are embarking on a new tour in 2025. After two sold out tours in 2023 and 2024, these legendary musicians are ready to once again captivate audiences with their timeless music. Brendan Dugan, Gray Bartlett, Dennis Marsh, and Frankie Stevens, collectively known as the "New Zealand Highwaymen", are coming to Upper Hutt Cossie Club with a special 'Monday Matinee'. You can go to lunch and then enjoy the show at 2:30pm on Monday 26th of May. Price \$85 per person – including lunch.

Please call the Upper Hutt Cossie Club to book.

SPECIAL OFFER: Age Concern Seniority Club Members: call Aly on 027 556 6113 to reserve your tickets, say you are from Age Concern, and she will reserve seats in the front rows for you.

Stay Scam Savvy



Have you been scammed?

- If you think you've been scammed and someone has stolen your money, call your bank immediately.
- STOP communicating with the scammer. Block their phone number or email address if you are able.
- If you think your card details are compromised, block or cancel your card. Many online banking apps allow you to do this, or call your bank.
- Change your passwords. Use a different device to do this if you can.
- Talk to a family member or another trusted person – it's OK to ask for help.

How to report a scam:

- Reporting a scam may help others know about it and avoid being scammed themselves.
- Report a scam to your bank or other financial provider.
- Report it to NetSafe on their website (report.netsafe.org.nz) or by calling them: 0508 638 723. NetSafe will get back to you with advice and may also pass your report to another agency, such as the police or Consumer Protection.

Protecting your money:

- Be sceptical; if something doesn't seem right, take a moment to think about it and talk to a trusted friend or family member.

- Be suspicious of unexpected phone calls. Sometimes scammers pretend to be calling from a real organisation. If you feel at all unsure, hang up and call the organisation to check. Use the phone book or Google to find their number.
- Double check any invoices that you receive. If in doubt, contact the organisation on a known publicly listed number to confirm they sent the invoice and that the bank details are correct.
- NEVER access your internet banking by clicking a link. Always type the full address into your search bar.
- NEVER share passwords, credit card details, internet banking or banking app details in response to an unexpected phone call or through a link in an email or text.
- NEVER give someone remote access to your devices or let them convince you to download or install software on your device.

Cold call scams:

- Be very weary of unexpected phone calls from people asking for your personal details.
- Common signs of a scam are when a caller says to keep your money safe, you'll need to take one or more of the following actions:
 - Transfer money to another account.
 - Give them personal or bank information.

- Verify a suspicious transaction on your account.
- Have cash, cards and PINs ready for them to pick up from your home.
- Help catch scammers or bank staff involved in fraudulent activity by transferring funds to another bank account.
- NEVER do any of these things if someone asks you to on the phone.
- Hang up if unknown callers ask for personal information.
- Double check by phoning the organisation on a publicly listed number.
- ALWAYS say NO if you're asked to buy pre-loaded debit cards, gift cards, iTunes cards, cryptocurrency or third-party money transfer agencies.

For more information on scams including remote access scams, phishing scams, card fraud, romance and friendship scams and investment scams, please visit www.acwellington.org.nz/scam-prevention or read the next issue of Seniority magazine. Remember, if it sounds too good to be true, it probably is!

You have the right to be suspicious, ask questions and hang up if something doesn't feel right.



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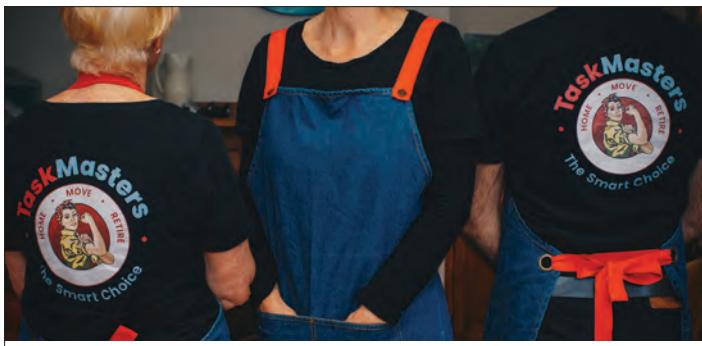


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or call **04 499 6646** to pay with a Credit Card.

COURTENAY Hearing Centre

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For independent professional advice

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WELLINGTON

Level 2, 15 Courtenay Place | (04) 385 9144

WAIKANAE

In the mall 10/2 Mahara Place, Waikanae | (04) 293 4170

PARAPARAUMU

8A Ihakara Street | (04) 385 9144

LEVIN

SeeHear, 174 Oxford Street | (06) 368 0130

info@courtenayhearing.co.nz
[www.courtenayhearing.co.nz](http://courtenayhearing.co.nz)

Upcoming Events

Seatoun Hub for Seniors

4 Jun, 2 Jul, 6 Aug, 3 Sept, 10.30 - 11.30am

Upper Hutt Hub for Seniors

11 Jun, 9 Jul, 13 Aug, 10 Sept, 12pm

Manners Street Coffee Group

26 Jun, 31 Jul, 28 Aug, 25 Sept, 10.30am

Linden Hub for Seniors

10 Jun, 8 Jul, 12 Aug, 10 Sep, 1pm

Omai Fa'atasi Pasifika Seniors, Hutt Valley

12 Jun, 10 Jul, 14 Aug, 11 Sept, 9 Oct, 10am

Omai Fa'atasi Pasifika Seniors, Porirua

3 & 17 Jun, 1 & 15 Jul, 5 & 19 Aug, 2 & 16 Sept, 7 & 21 Oct, 4 & 18 Nov, 10am

Staying Safe course for older drivers

21 May, Taita

3 June, Porirua

Tea & Tech, and Scam Prevention

11 June, Upper Hutt

Pukeahu Tours

27 May, 1pm

29 Jul, 10am

Services

Visitor Service/Phone Friend Service

Community Support

Connect Programme

Companion Walking Service

Falls Prevention exercise classes

Staying Safe courses for older drivers

Technology and Scam Prevention

Read more about the impact our services are having in articles throughout this magazine.

Visit www.acwellington.org.nz
or call 04 499 6646 for more information.



Steady As You Go Falls Prevention Exercise Classes

DAY	TIME	LOCATION
Monday	10.30 am	Karori Community Centre, 7 Beauchamp St, Karori
Monday	11 am	Quaker Meeting Rooms, 7 Moncrieff St, Mt Victoria
Monday	12 pm	St Peters Church, Garden Room, 170 Victoria St, Te Aro
Tuesday	11 am	St Barnabas Church, 35 Box Hill, Khandallah
Tuesday	11 am	Koraunui Stokes Valley Hub, 184 Stokes Valley Rd, Stokes Valley
Tuesday	11 am	Wainuiomata Library, 1 Queen Street, Wainuiomata
Tuesday	11 am	Maidstone Park, 11 Railway Ave, Upper Hutt
Tuesday	12 pm	Newtown Community Centre, Corner of Rintoul and Colombo Streets, Newtown
Tuesday	1 pm	Vogelmorn Hall, Mornington Rd, Brooklyn
Tuesday	1 pm	Kilbirnie-Lyall Bay Community Centre, 56-58 Bay Road, Kilbirnie
Tuesday	1 pm	Johnsonville Uniting Church, 16 Dr Taylor Terrace, Johnsonville
Tuesday	1.30 pm	Walter Nash Centre, 20/22 Taine Street, Taita
Wednesday	9.30 am	Live Online Class, Zoom
Wednesday	12 pm	All Saints Church, Hataitai, 90 Hamilton Road, Hataitai
Wednesday	12 pm	Eastbourne Community Hall, Tuatoru St, Eastbourne, Lower Hutt
Wednesday	12.30 pm	Te Tūhunga Rau – Strathmore Community Centre, 108 Strathmore Ave, Strathmore Park
Wednesday	1.30 pm	Island Bay Community Centre, 137 The Parade, Island Bay
Thursday	1 pm	Koraunui Stokes Valley, 184 Stokes Valley Rd, Stokes Valley
Thursday	1 pm	Tawa Community Centre, 5 Cambridge Street, Tawa
Thursday	1.30 pm	Walter Nash Centre, 20/22 Taine Street, Taita
Friday	11 am	St Mary's Church Hall, 69D Discovery Drive, Whitby
Friday	1 pm	Loaves & Fishes, Wellington Cathedral of St Paul, 2 Hill Street, Thorndon

**Call 04 499 6646 for more information or
check website for update events www.acwellington.org.nz**



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