



Te Wiki Kaumātua Seniors' Week 2022

Resilience of older persons in a changing world

Kāpiti Coast
Older Persons' Council
A Voice For Our Community


Kāpiti Coast
DISTRICT COUNCIL
Me Huri Whakamuri, Ka Titiro Whakamua

October 1st marks the International Day of Older Persons



This is celebrated around the world to acknowledge and honour the contribution that older persons have made and continue to make to communities.

To celebrate we have put together 2 weeks of events and activities for all older persons across Kāpiti.

In this booklet you will find special events, activities and special promotions, starting from the International Day of the Older Person.

Community Patrol information pop-in

Saturday 1 October | 12.30pm – 1.30pm | Paraparaumu Library | Free

Come join us to hear more about what has been happening in and around Kāpiti, what the Police and Community Patrols have been doing to prevent crime, why there have been so many car thefts, and what you can do to keep each other safe to ensure you don't fall victim to crime. Community Patrols of New Zealand (CPNZ) was formed in 2002 to support the NZ Police with local crime prevention, and to ensure every New Zealander feels safe in their local community.

Several times a week, our trained Patrollers volunteer their time and take to the streets of Kāpiti in our marked patrol car, to help build safer communities by using Police intelligence and observation training to prevent and report crime.

Kapiti Community Patrol – Nate Williams

E nate.williams@live.com **P** 020 420 4200



Age Concern & Volunteer Kāpiti open day!

Saturday 1 October | 10am – 1pm | Kāpiti Impact Hub, 6 Tongariro Street, Paraparaumu | Free

Celebrate, rejuvenate, reconnect. Come along and join in fun activities and celebrate the International Day of Older Persons.

You will discover the services, activities and opportunities provided by Age Concern Kāpiti and Volunteer Kāpiti such as Steady As You Go and volunteer opportunities.

Join the fun with yoga, line dancing, Ukulele Institute and more!! All activities are free as well as the food!!

Age Concern Kāpiti Coast Incorporated – Susan Church

E manager@ageconcernkapiti.co.nz **P** 04 298 8879



Retire Inspired – community workshop

Saturday 1 October | 10.30am – 12pm | Paraparaumu Library meeting room | Koha donation

In your 50s, 60s or 70s, are you planning ahead, newly retired, or considering fresh possibilities for the future? This new phase of your life can be the most creative, productive, and fulfilling part of your life depending on your mindset. In this 90-minute introductory workshop you will:

- develop a perspective on retirement in the 21st century
- discuss the 6 phases of retirement
- discover ways of finding meaning and purpose
- reflect on work and identity
- discuss ways of building and developing relationships in the community.

Regardless of your age and stage, retirement can be one of the most exciting and rewarding times of your life. You can take control of your destiny, create your future, and live the life you want. All you need is a notebook and pen.

Dr Angela Robertson

E kiaora@angelarobertson.nz (to register) **P** 027 633 2821



Manaaki Kai

Monday 3 October | 10am – 11am | 20 Tasman St, Ōtaki | Free

Help pack some manaaki kai boxes and make some frozen meals for our whānau in Ōtaki with our kaitūhono hapori / community connector – aroha mai, aroha atu.

Tu Puna Oranga

E katene@tepunaoranga-otaki.nz (restricted numbers please register)

AquaFit High Intensity

Monday 3 & 10 October | Wednesday 5 & 12 October |

Friday 7 & 14 October | 9.15am – 10am | Coastlands Aquatic Centre |

\$6.00 per class

A super fun high intensity, heart pumping workout to music. Increase your cardio fitness, gain strength and tone muscles during a session where all exercises can be scaled to suit your ability.

Join like-minded super sociable people for our classes that are so much fun you don't even realise you're exercising.

Kāpiti Coast District Council – Shelley Ashton

E shelley.ashton@kapiticoast.govt.nz **P** 027 5555 672

AquaFit Low Intensity

Monday 3 & 10 October | Wednesday 5 & 12 October |

Friday 7 & 14 October | 10:30am – 11:15am | Coastlands Aquatic Centre |

\$6.00 per class

A moderate intensity, minimal impact class designed with your joints in mind. Your knees will thank you as you enjoy the weightlessness and resistance of the water while improving fitness and toning muscles.

Join like-minded super sociable people for our classes that are so much fun you don't even realise you're exercising.

Kāpiti Coast District Council – Shelley Ashton

E shelley.ashton@kapiticoast.govt.nz **P** 027 5555 672



Waka Kori pop up play



Tuesday 4 October: Tasman Road playground, Ōtaki Beach

Thursday 6 October: Kaitawa Reserve, Paraparaumu

Tuesday 11 October: Matai Road playground, Raumati

Thursday 13 October: Waikanae Memorial Hall, Waikanae

10am – 12pm | Free

Waka Kori – Kāpiti's play trailer will be out and about. It's a treasure chest of loose parts and equipment designed to spark the imagination and inspire creative play. Bring the grandchildren and join the play. There are so many positive benefits from play for the young and the young at heart.

Kāpiti Coast District Council – Cat Wylde

E cat.wylde@kapiticoast.govt.nz **P** 027 555 4804



Gold card coffee & scone deal!



Tuesdays 4 & 11 October | Wednesdays 5 & 12 October |
Thursdays 6 & 13 October | 5 Beach Road, Paekākāriki | \$6.50

To celebrate Seniors Week, the lovely team at Beach Road Deli are doing a coffee and scone deal. Come down, relax and enjoy these delicious treats!

Beach Road Deli

E info@beachroaddeli.co.nz **P** 04 902 9029



Ōtaki Library open day experience!

Wednesday 5 October | 10am | Meeting at Ōtaki Library | Free

Nau mai, haere mai! Take a tour of Ōtaki Library and check out our wonderful spaces, do some Te Reo, sing some Waiata and then sit down for a nice Kai! All welcome!

Ōtaki Library – Watene Kaihau

E watene.kaihau@kapiticoast.govt.nz **P** 027 237 1097

Rummikub play or learn

Wednesday 5 & 12 October | 1pm – 3pm | Shop 5, Mahara Place, Waikanae | Free

Playing Rummikub is a great way to have fun but also so good for a healthy brain! Come down and play or enjoy learning something new.

Waikanae Cameo Society
P 04 905 8528

Life is better when you play Bridge

Wednesday 5 October & Monday 10 October | 1pm – 3pm | Paraparaumu Bridge Club, 1 Brett Ambler Way, Paraparaumu | Free | Wheelchair access, disability toilet, close to public transport.

Paraparaumu Bridge Club open day. Club members playing, demonstrating, and explaining the game of Bridge.

Paraparaumu Bridge Club – Alan Stevens
E astevens@xtra.co.nz P 027 433 1308

Celebrating Te Wiki Kaumātua, Seniors' Week 2022

28 September – 6 October | Roderick and Gillian Deane Community Art Space – Paraparaumu Library

Celebrating Te Wiki Kaumātua, Seniors' Week 2022: International Day of the Older Person.

Theme: Resilience of older persons in a changing world.

The Older Persons Council has put together a special visual and storytelling space, to celebrate the International Day of the Older Person.

Come and enjoy seeing stories of resilience of individuals of our local community.



Maintaining your brain health



Thursday 6 October | 1.30pm – 2.30pm |

Aquatic Centre meeting room | Free

Changes to your body and brain are normal as you age. However, there are some things you can do to help slow any decline in memory and lower your risk of developing Alzheimer's disease or other dementias. We will share tips on how to maintain a healthy brain with plenty of time for questions and discussion.

Dementia Wellington – Sheena Farquhar

E sheena@dementiawellington.org.nz



Ōtaki – Steady As You Go exercise classes

Thursday 6 October | 10am – 11am (for ten consecutive weeks) |

Ōtaki Memorial Hall, Main Road, Ōtaki | \$4 per class

Steady As You Go classes improve your balance and leg strength, flexibility, general fitness and wellbeing, and is a great way to meet new people!

Classes consist of a combination of sitting, standing and walking exercises and go for about an hour. They are ideal for beginners, are ongoing and you can see how much you have improved over your first 10 weeks.

For more information, please contact Age Concern Kāpiti. Bookings essential 04 298 8879.

Age Concern Kāpiti Coast Incorporated – Susan Church

E manager@ageconcernkapiti.co.nz **P** 04 298 8879



Healthy Ageing Together Group

Thursday 6 October | 10.30am – 12pm | Kāpiti Impact Hub,
6 Tongariro Street, Paraparaumu | \$3 members, \$5 non-members

Our monthly Healthy Ageing Together Group runs on the first Thursday of the month. Each meeting has a guest speaker, and we enjoy a shared morning tea.

Our guest speaker will talk on sled dog racing in New Zealand. Everyone is welcome!

Age Concern Kāpiti Coast Incorporated – Alison Miller

E avs@ageconcernkapiti.co.nz **P** 04 298 8879

Zumba Gold

Thursday 6 October | 1pm – 1.45pm | The Shed Project Kapiti | Koha |
Wheelchair access and toilet

Zumba Gold for older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.

Easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

Benefits: Class focuses on all elements of fitness including cardiovascular, muscular conditioning, flexibility and balance!

Shed Project – Jo Picot

E jopicot@shedproject.co.nz **P** 028 438 3396

Music session



Thursday 6 & 13 October | 1pm – 3pm | Shop 5, Mahara Place, Waikanae
| Free

Love music? Come listen or play with us down at the Waikanae Cameo Club, a fun time to unwind and make friends!

Waikanae Cameo Society

P 04 905 8528

Board game Fridays

Fridays 7 & 14 October | 10.30am – 12.30pm | Shop 5, Mahara Place, Waikanae | Free

Make Friday fun! Play some board games, meet new friends and see who can win!

Waikanae Cameo Society
P 04 905 8528

Whareroa Farm Wanders



Sunday 9 October | 10am – 12pm | Whareroa Farm, Mackays Crossing, Paekākāriki | Koha

Guided walks at Whareroa Farm – difficulty will be according to abilities of visitors but need to be able to walk at least 1km. Introduction to biodiversity of the reserve. See restoration progress over the last 15 years.

Bring your own “morning tea” to carry with you. Parking at entrance. Toilets 600m walk from entrance or at QE Park. Wear suitable footwear – tracks may be muddy and uneven. Stream crossings and/or steps on some walks.

Whareroa Guardians Community Trust – Ann Evans
E whareroa.sec@gmail.com P 021 162 3559

Kori kuki airani

Monday 10 October | 10am – 11am | 51 Main St, Ōtaki | Free

Get your sway on with an hour of fun traditional hula moves, great for all ages and abilities. Cuppa and kōrero to follow. Bikini tops optional!

Tu Puna Oranga

E osheanya@tepunaoranga-otaki.nz (registrations are essential)

Kori tinana “move your body”



Monday 10 October & Monday 17 October | 10am | 318 Gym, 20–24 Tongariro Street, Paraparaumu | Free

Come and join our FREE exercise and social group. We are a friendly social group that like to have fun together, we do an easy paced workout, then all head out to enjoy refreshments at a local cafe afterwards. New faces are welcome to join in. Wheelchair access, accessibility, ramp, disabled parking and toilets – with personal trainers and helpful staff close by.

HTP exercise & social group – Jude Stewart

E judy@horatepai.org.nz **P** 021 140 1245

Tuesday Te Reo tour with Watene!

Tuesday 11 October | 10am | Meeting at Paraparaumu Library | Free

Nau mai, haere mai! Join Watene as he takes you on a tour of Paraparaumu Library, Sing some waiata and learn Te Reo, finished off with a nice kai!

Paraparaumu Library – Watene Kaihau

E watene.kaihau@kapiticoast.govt.nz **P** 027 237 1097

Staying Safe – driver refresher course

Tuesday 11 October | 10am – 2pm | Kāpiti Impact Hub, 6 Tongariro Street, Paraparaumu | Free

This course covers four key themes:

- keeping safe: thinking about your driving safety
- being safe: driving skills
- safe journeys: managing road situations
- keep moving safely: safe alternatives to driving.

The free four-hour course involves a PowerPoint presentation and a lot of class interaction.

The course talks about keeping ourselves safe on the road and thinking about the routes we travel in our daily lives to get to our destinations safely. It also covers knowing what is expected of us and feeling confident when we get behind the wheel.

Age Concern Kāpiti Coast Incorporated – Alison Miller

E avs@ageconcernkapiti.co.nz **P** 04 298 8879



MenzShed open day!

Tuesday 11 October & Tuesday 18 October | 10.45am – 12pm |

Down the drive beside 24 Rangihiroa Street, Waikanae Beach | \$2

Meet the men at MenzShed! Join us for a cuppa and we will show you what we are all about! MenzShed brings men together in one community space to share their skills, have a laugh, and work on practical tasks individually (personal projects) or as a group (for the shed or community). At this time our membership is only open to men although wives/partners would be welcome to attend the open days.

MenzShed Kapiti – Togimanu (Tony) Annandale

E tonymenzshed@gmail.com **P** 020 417 45 745

Check out Probus!

Tuesday 11 October | 10am | Coast Community Church, 57 Hinemoa Street Paraparaumu | Free | Morning tea followed by a speaker

Probus is all about fun, friendship and fellowship in retirement.

Kapiti Central Combined Probus Club – Neil Milestone

P 021 234 6473



SeniorNet Kāpiti open days

Tuesday 11 October | Saturday 8 October | Between 11am – 2pm |
SeniorNet Kapiti Learning Centre, 200 Matai Road Raumati Beach | Free

SeniorNet Kapiti runs courses and workshops for those aged 50 and over to help them use and enjoy their electronic devices in their daily lives. Call into our open days between 11am and 2pm to meet our friendly tutors and learn how we can help you to understand and get the most out of technology, including computers, laptops, tablets and smartphones. Tea and coffee provided.

SeniorNet Kapiti – Valerie Jeal

E thepassingshow@xtra.co.nz **P** 027 220 1355



Pick your lunch

Wednesday 12 October | 10.30am – 11.30am | Hunga rangatahi,
84C Mill Road | Free

Choose some vege and flower seedlings and plant a container of kai to take home. Have a cuppa and kōrero with our rangatahi and learn more about our life skills course and what we are learning.

Hunga Rangatahi – Moko Morris

E moko@tepunaoranga-otaki.nz (to register)



Love Your Compost – introduction to composting



Friday 14 October 2022 | 10am – 11am | Paraparaumu Library | Free |
Wheelchair accessible. Disability toilet. Assistance dog friendly.

Composting is a great way to stop food and garden waste going to landfill, to create great fertiliser for your garden, and even to help protect our climate. There are many different ways to compost and this workshop is designed to help you find the right method for your household.

Learn about traditional composting, worm farms and Bokashi bins with an opportunity to ask any composting questions.

Kāpiti Coast District Council – Eilish Andrews

E Eilish.Andrews@kapiticoast.govt.nz **P** 027 555 6658

Waikanae – Steady As You Go exercise classes



Friday 14 October | 1.30pm – 2.30pm | Baptist Church Hall,
Te Moana Road, Waikanae | \$4 per class

Steady As You Go classes improve your balance and leg strength, flexibility, general fitness and wellbeing, and is a great way to meet new people!

Classes consist of a combination of sitting, standing and walking exercises and go for about an hour. They are ideal for beginners, are ongoing and you can see how much you have improved over your first 10 weeks.

For more information, please contact Age Concern Kāpiti. Bookings essential 04 298 8879.

Age Concern Kāpiti Coast Incorporated – Alison Miller

E avs@ageconcernkapiti.co.nz **P** 04 298 8879

Paraparaumu – Steady As You Go exercise classes

Friday 14 October | 9.30am – 10.30am | Kāpiti Impact Hub,
6 Tongariro Street, Paraparaumu | \$4 per class

Steady As You Go classes improve your balance and leg strength, flexibility, general fitness and wellbeing, and is a great way to meet new people!

Classes consist of a combination of sitting, standing and walking exercises and go for about an hour. They are ideal for beginners, are ongoing and you can see how much you have improved over your first 10 weeks.

For more information, please contact Age Concern Kāpiti. Bookings essential 04 298 8879.

Age Concern Kāpiti Coast Incorporated – Alison Miller
E avs@ageconcernkapiti.co.nz **P** 04 298 8879

Digital Drop-In

Paraparaumu Library: Monday to Friday |
10am – 11am | Free

Ōtaki Library: Tuesdays, Wednesdays, and
Thursdays | 2pm – 3pm | Free

Need some help with your device, an app, or a download? Visit us with your question or problem at our Digital Drop-In service. Bookings are not required for this free service; you'll be helped on a first-in-first-served basis.

Kāpiti Coast District Council Libraries
– Rachel Hadfield

E rachelannhadfield@gmail.com
P 027 262 9335



Cuppa and chat



Monday – Friday | 10.30am – 12.30pm | Shop 5, Mahara Place, Waikanae
| Free

Pop in, have a cuppa and make friends.

Waikanae Cameo Society

P 04 905 8528

Gold card Fridays – half price coffees

Every Friday | Coastlands Aquatic Centre

Come down on Fridays and get a half price coffee.

Just show us your gold card!

Plunge Cafe

E plunge.cafe@kapiticoast.govt.nz P 04 296 4746

Check out these upcoming events later in the month:

Crows Feet Dance Collective concert

Saturday 29 October | 3pm | Te Raukura ki Kāpiti | \$25, \$20, \$15

Crows Feet Dance Collective

E janbolwell@gmail.com

Probus showcase

Monday 19 October | All day | Coastlands Mall | Free

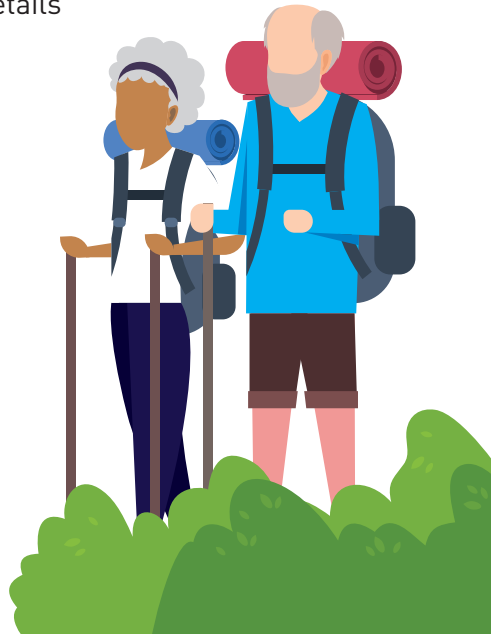
Come and meet the friendly people at Probus and find out what probus can offer retirees and the semi-retired.

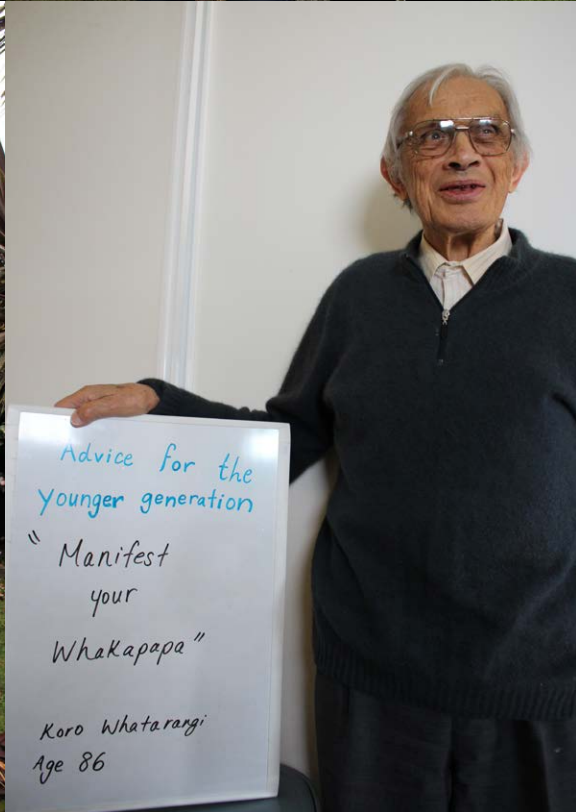
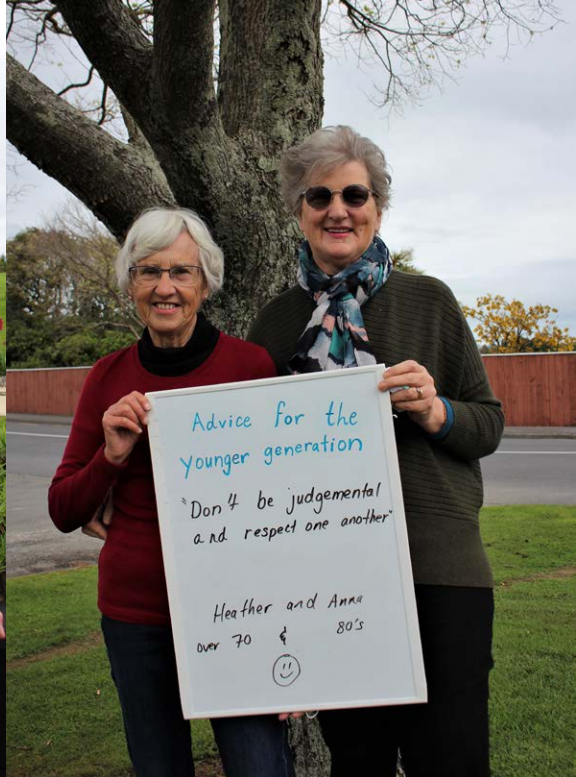
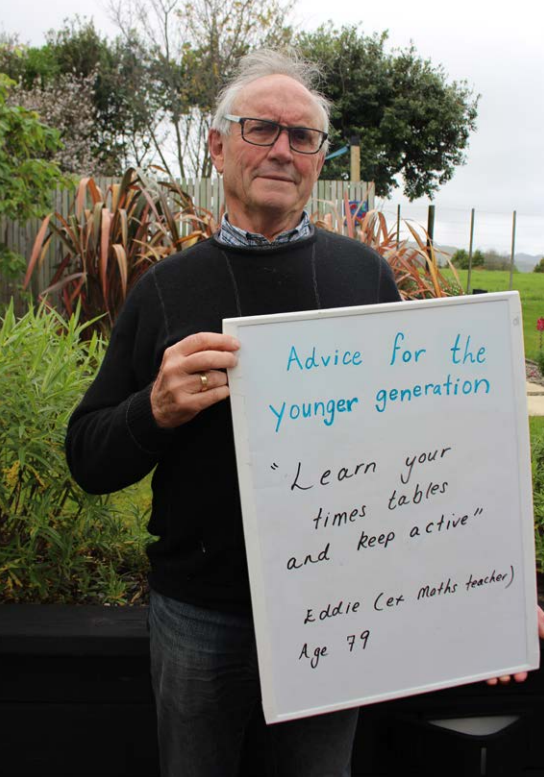
Paekākāriki Pride Festival

Labour weekend | Paekākāriki Village

Check out their Facebook page for more details

facebook.com/PaekakarikiPride







**Naku te rourou
nau te rourou ka
ora ai te haporī**

**With your basket
and my basket
our community
will thrive**





For more information visit
kapiticoast.govt.nz/older-persons-council

Kāpiti Coast
Older Persons' Council
A Voice For Our Community


Kāpiti Coast
DISTRICT COUNCIL
Me Huri Whakamuri, Ka Titiro Whakamua

Disclaimer: This booklet has been put together with the information shared to us by the groups/clubs/organisations mentioned in this booklet. We are not responsible for any changes that happen around pricing or cancelled events.