

# Active Retirees



## **CELEBRATION OF SPRING**

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Disney cruise**

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# Find Your Social Network



## Looking to get more out of retirement?

Social engagement is important for everyone's well-being but is particularly important as we enter our later years and leave the security and structure of the workforce behind. Having an active social life provides both mental and physical health benefits, warding off loneliness and depression and increasing longevity. Probus Clubs offer a wonderful opportunity to reinvent retirement for those who have left their work lives but still crave engagement, purpose and companionship.

Social clubs like Probus provide a vibrant community of like-minded people who come together for fun and friendship. Probus promotes mental and emotional well-being by fostering a sense of belonging and purpose. The shared experiences and mutual support within Clubs help retirees navigate the significant life transition with confidence and enthusiasm.

Members meet monthly and stay active and involved through a wide variety of activities that meet individual needs. From coffee catchups and cinema groups to day trips, walking groups and overnight tours, each Club offers various options to keep members engaged. What all Probus Clubs have in common, however, is the opportunity to meet with fellow retirees regularly, to maintain healthy minds and active bodies, to expand interests, and to enjoy the fellowship of new friends.

**So, if you are looking to turn your retirement into an adventure filled with learning, connection and growth, Probus offers a compelling path forward.**



## RETIRED OR SEMI - RETIRED?

**Want to make friends with retirees in your community?**

To find your local Club, scan the QR code, visit our website or call us:

**Website:** [www.probussouthpacific.org](http://www.probussouthpacific.org)

**Phone:** 0800 1477 6287



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# The Probus Community

Probus Chairman's Message, September 2025.

**WELCOME TO THE SPRING EDITION** of the Active Retirees magazine.

In this edition, I would like to discuss group activities in Probus Clubs. Our Clubs play a vital role in fostering friendship, mental stimulation, and active engagement among our members. One of the key factors contributing to the ongoing success and vibrancy of Probus Clubs is the provision of a wide variety of activities. Offering a wide range of activities is crucial for several reasons.

Firstly, members of Probus Clubs come from many different backgrounds, with varied interests and abilities. By providing a broad spectrum of activities, Clubs ensure that all members can find something that appeals to them, promoting inclusivity and sustained engagement. This diversity not only attracts new members but also keeps existing members enthusiastic and involved.

Secondly, a mix of activities encourages our members to try new things, which can enhance their sense of achievement and well-being. It also provides opportunities for members to share their own skills and passions, strengthening the sense of community within the Club.

As an example, I have always had an interest in photography, and so I convene a photography group in my own Club. Some members have expensive cameras, but many just use their mobile phones and have just as much fun. Also, we get to go to some fascinating locations, and they almost



always also have a coffee shop and lunch venue nearby.

Thirdly, activity groups give members opportunities for engagement outside the normal monthly meetings. All you need is a few members with interests who are prepared to organise activities whenever it suits them.

There are many other examples of popular Probus Club activities. Regular outings, such as visits to museums, gardens or historical sites, offer social interaction and the chance to explore new places. Interest groups – such as book clubs, walking groups, or craft sessions – cater to specific hobbies and foster closer friendships

among members with similar interests. Of course, trips away overnight are excellent ways for members to get to know each other better.

Ideas for activities are endless; I recall visiting one Club near the coast who were considering setting up a fishing group in their Club.

Activities can be very simple. Many Clubs have a weekly coffee morning at a local café, where members come if they are free. Just make sure there is someone present to keep a record of attendance in case of any possible insurance claims.

Weekend lunches are becoming more popular as well: many members are busy during the week with other activities such as child minding, but weekends can be lonely. A monthly Sunday lunch or picnic can be a very successful activity.

In conclusion, a diverse programme of activities is essential for Probus Clubs to remain relevant, engaging and supportive environments for members. By catering to a wide range of interests and abilities, Clubs can ensure that all members feel valued and involved, leading to a richer and more fulfilling Club experience for everyone.

I would be interested to hear what interest groups Clubs have. Particularly if you have any activities which might be a bit unusual, or you think might be of interest to other Clubs, please let me know. You can send details to me by email: [michaelransom@probussouthpacific.org](mailto:michaelransom@probussouthpacific.org) ■



# A celebration of our Spring gardens



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2025

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TaranakiFringeGardenFestival

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# Spring gardening

Spring is a good time to plan how to improve garden performance.

WORDS & PHOTOS: GILLIAN VINE

## HAVING A SMALLER GARDEN

means less work but limited space means fewer plants. Spring is a good time to assess what could be reduced.

In the vegetable garden, check what you have left from winter crops and consider whether to grow less of, say, beetroot and more carrots.

Many bulbs, such as tulips and Dutch irises, reproduce quickly, with lots of babies forming around the main bulbs. When you lift them in the autumn, keep the best bulbs for next spring's display and pot up the others to grow to flowering size – or

take them along for the sales table at your local garden club. Pot plants are always popular, too, especially flowering ones such as Cape primroses (*Streptocarpus*) or African violets (*Saintpaulia*) and in spring and early summer, vegetables are hot sellers.

Giving away plants is easier than culling, a hard task we tend to put off. First to go should be non-performers. In an easy decision, I recently took out and gave away a rose that didn't have the well-filled blooms and rich perfume the

catalogue promised. I am replacing it with a hybrid tea, "Cappuccino", which I spotted in a garden near me, so hopefully it will shine in mine, too.

Shrubs and trees that have outgrown their situation may be reshaped to take up less space. For example, rhododendrons and camellias can be "trunked up", taking off all lower branches so they serve as small trees. Others may be beyond salvation, like the butchered Tasmanian blackwood on my tiny section when I bought the property. It was taken out and replaced with a



(Above) Replacing a non-performing rose with "Cappuccino" was an easy decision. (Right) Rhododendrons lend themselves to being "trunked up" rather than moved.



(Above from top) Flowering pot plants, such as Cape primrose (*Streptocarpus*), are popular on sales tables. Dutch irises are among the bulbs that multiply quickly. Did you really need to grow all those carrots and beetroot? (Top right) Slender native horoeka (lancewood) is perfect for height in a small garden.

small weeping crab apple but a native horoeka/lancewood (*Pseudopanax crassifolium* or *P. ferox*) could have been even better.

Other unsatisfactory shrubs could have a wee ride in the wheelbarrow, not to the compost bin but to a spot that suits them – and you – better. The rule of thumb is to shift flowering ones like lilac just after they finish blooming and don't forget the fertiliser and/or mulch.

All this underlines the need to be selective when choosing new plants. Some are high-maintenance, such as bonsai specimens, so think whether you can give something the attention it needs before popping it into your trolley at the garden centre.

Keep weeds under control by remembering our grannies' mantra – "One year's seeding, 10 years weeding" – so if you have 10 minutes to spare, use it to cut flowers off dandelions and thistles. Dig them out later when time and ground conditions are favourable.

Over-65s often qualify for paid gardening help, an avenue worth investigating. Put another way, if you need help for heavy work, don't be too stubborn to get it. ■

# Plan your visit:

## Manawatū Garden Festival 2025

**TAKE A MOMENT** to smell the roses this November with the Manawatū Garden Festival. Over 20 gardens will open their gates for a lush week of wonder and delight. From gardens of national significance like Greenhaugh Garden, to the acres of rhododendrons you'll find at Heritage Park Rhododendron Gardens, to the short trip to Italy that Villa Candotti will send you on and more!

Journey down all the garden paths, and encounter gardens of all shapes and sizes. Whether you're taking notes for your own garden or simply bathing in the special glow of a beautiful garden (you didn't even have to weed!) – Manawatū Garden Festival will be a joyful jaunt in the fresh spring air that you won't want to miss!

As well as an at-your-own-pace exploration of the beautiful gardens of Manawatū, the five-day festival

also wraps around two key garden events happening in the region: Cross Hills Garden Country Fair, a popular country fair with 200+ stalls featuring art, crafts, clothing, food and more all set within the 18 acres of Cross Hills Garden. Hearts and Homes is a 28-year-old fundraising event that offers attendees access into 10 Manawatū homes and properties while raising money for Arohanui Hospice.

After indulging your green thumb in the region's gardens, why not get even more out of Manawatū? It's a region that rewards those who follow their nose and get off the beaten track to uncover its hidden gems. Sure, the food's to die for, there's world-class coffee, and enough shopping to get your heart pumping, but the special thing about Manawatū is your unique journey of discovery along the way.

Lift the lid on urban centre, Palmerston North City and you'll see that it's home to prominent art

galleries, cultural collections and colourful street art that lines the city walls. Visit the charming town of Feilding which has won the award for New Zealand's Most Beautiful Town no less than 16 times. Venture deeper into Manawatū along The Country Road driving routes to savour scenery, secluded stays and the convivial country charm along the way. Experience a nature lover's paradise, with walks and tramps all with a backdrop of beautiful bird song and scenic sights. Or, for the more adventurous, seek your next adrenaline fix in the adventure playground that is our backyard from cycling trails, river rafting to wind powered land sailing in a blokart.

Whatever your speed, plan your visit 12-16 November for the Manawatū Garden Festival.

Learn more and purchase your tickets to Manawatū Garden Festival today at [ManawatuNZ.co.nz/GardenFest](http://ManawatuNZ.co.nz/GardenFest) ■



Greenhaugh Gardens & Nursery and (right) Cross Hills Garden.

# Down the garden path.



**Garden  
Festival**  
Manawatū

**12 - 16  
Nov**



Visit [ManawatuNZ.co.nz/GardenFest](https://ManawatuNZ.co.nz/GardenFest)

# Blooming with soul

**THE TARANAKI FRINGE GARDEN FESTIVAL** is a true celebration of creativity, community, and a shared love for gardening. Featuring a diverse range of real gardens – each with its own charm – the festival invites people from all walks of life to explore and be inspired.

What makes this event so special isn't just the gardens – it's the people behind them. The hosts are warm, welcoming, and genuinely passionate about sharing their green spaces. As visitors wander through each garden, they're met with friendly smiles, helpful tips, and often a few lovely stories along the way.

As Festival Organiser Anne

## Taranaki Fringe Garden Festival

Clough warmly shares: "The passion and enthusiasm our gardeners bring, combined with the beautiful creativity in their gardens, is what truly makes this festival shine."

Like the plants themselves, the festival continues to grow and change. Each year brings new features and fresh ideas, offering surprises for long-time visitors and

newcomers alike.

We are thrilled to welcome eight new and returning gardens, along with exciting Places of Interest, to this year's festival, many beautifully rejuvenated to spark fresh ideas and delight visitors. Impressively, two dedicated past garden owners have bought new properties and poured their hearts into creating stunning gardens from scratch.

Organiser Anne Clough reflects, "Creating a garden from scratch takes real vision and courage – what they've achieved so far is nothing short of inspiring."

Their creativity adds vibrant new energy to the festival!





This year, visitors can explore 40 festival listings, including unique private gardens full of character and charm. But there's more – artisan showcases of handcrafted jewellery, sculptures, and pottery, historic heritage sites, and even a nostalgic ride along a vintage railway line await.

At its heart, the Taranaki Fringe Garden Festival is about celebrating the love of gardening, sharing ideas, and encouraging everyone – no matter their skill level – to get involved. Whether you're looking for practical tips or simply a peaceful afternoon surrounded by beauty, there's something for everyone here. ■



(Facing page) Jim's Wayside Garden.  
(Clockwise from top left) two views of Gabots Garden; Camellia Cottage; Millfield; and Dondo. Photos on this page, except for Millfield, are by Kathy Keddle.



# Disney Wonder

Yes, your kids or grandkids will love a Disney cruise – but will you?

BY GREG FLEMING

**ALTHOUGH I'VE BEEN** on a fair few cruises, I truly had no idea what to expect as I boarded a four-night cruise on Disney Wonder in Auckland.

I'd certainly never experienced the sense of excitement from those waiting to embark on a humid summer morning – and not just the kids – the mums, dads and grandparents too, many of them already resplendent in Disney merch.

Awaiting them on board was a Disney world come to life, whether it be through the food, shows or decor, right down to the set sail funnel whistle which plays “When You Wish Upon A Star”.

If you're a Disney fan in this part of the world it's the next best thing to experiencing a Disney World theme park and it's certainly a lot cheaper than taking the family on a long-haul flight.

Few kids would pass up an opportunity like this: unlimited ice cream, pizza and soft drinks, a vast array of supervised age-appropriate kid activities and almost every Disney movie imaginable available on demand



in your stateroom (first run movies play in the theatre.)

Not forgetting there's a good chance the kids run into some of Disney's classic characters as they wander the ship. We bumped into Belle from Beauty and the Beast on a stairway.

While the ship, which launched in 1999, is getting on in age – it was refurbished in 2019 – and is in tip top shape. Our stateroom on deck 7 was well appointed with plenty of storage space, with a toilet in a separate room from the shower.

Food wise – the buffet area is a little smaller than many will be used to so arrive early. The good news is the food's really good.

One oddity to note is that the

buffet is not open for dinner and all guests must follow the rotational dining schedule – with the same servers each night in each of the three restaurants.

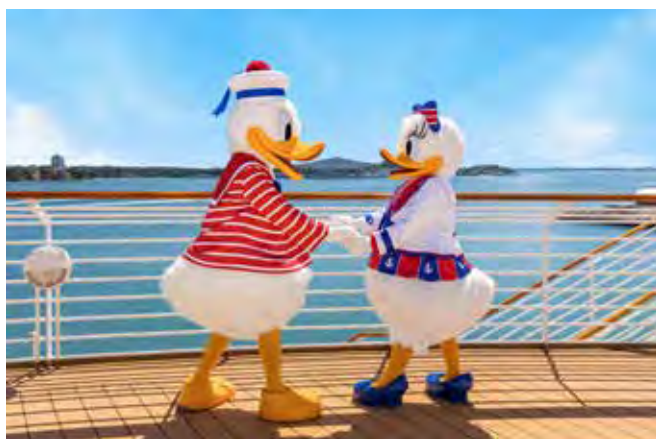
## ADULTS ONLY

My question was would we – as adults (I was travelling with my partner and our twenty-year-old daughter) – also enjoy the experience?

That's key of course, especially if you're travelling with young children – assuming you drop them at one of the kids' clubs for some of the time – you want to enjoy yourselves too.

Disney has clearly put some thought into this and provides a range of adult only areas around the ship where frazzled parents or grandparents can unwind, undisturbed by those under 18; and that rule is strictly enforced – a crew member approached our daughter thinking she was underage at one point.

Adults only facilities on Wonder include a pool, a poolside bar, a cute cafe with some tasty special coffees; a



night club, and an English style pub that screens all the latest sports broadcasts and hosts music trivia events.

There's also an American styled bar – the Cadillac Lounge with nightly live music where we spent a lot of time.

Cruise highlights for us included our dinner at Palo – a beautifully appointed Italian restaurant with superb food that wouldn't be out of place on an ultra-luxury line – and a raucous all ages musical evening of New Orleans style food and entertainment at Tiana's Place – a restaurant exclusive to Wonder.

When the daily hustle and bustle of excited kids got too much, I set out on a walk around the ship's lovely teak jogging track – a quiet and little used part of the ship, or hit the gym or sauna (there's a complimentary sauna in the men's and women's changing rooms).

Late at night after a day of swimming, eating and lounging



by the pool we made full use of the complimentary room service as we settled in for a movie – the chicken noodle soup comes highly recommended!

## WALT'S MAGIC

The live shows are a standout – among the best I've seen at sea. We

attended two – the Golden Mickeys – a faux awards ceremony with outstanding choreography and a lovely blend of film and live action – and Frozen the Musical – which was equally impressive.

Turns out you could – if you wanted to – spend much of your Disney cruise not seeing a kid – other than your own of course! – at all, but you'd be missing much of what makes this cruise so memorable. Walt Disney dedicated his life to bringing joy to audiences – and almost a century on, that ole Disney Magic still works. We saw kids – and often grown-up ones – whose faces radiated with delight as they met Goofy, Minnie and other Disney characters in the flesh.

Do you have to be a Disney fan to get the most out of a Disney cruise?

Not really – we weren't and still enjoyed it – but your kids, grandkids and maybe even that kid inside yourself – will love every second. ■



## Unveiling Vietnam

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Some opt for a boutique river boat cruise along the mighty Mekong River, while others enjoy touring the many highlights, staying a few days in each location to truly soak up the atmosphere. A new option



is the fabulous private luxury train, SJourney, which offers week-long journeys from Saigon (Ho Chi Minh City) to Hanoi (or vice versa). Enjoy gourmet meals and a luxury cabin, waking up each day in a new location

to explore by off-train excursions visiting scenic spots and ancient landmarks, connecting with local artisans striving to keep their traditions alive. This is how to really reach the heart of Vietnam.

World Journeys say their most popular itinerary combines the absolute highlights of Vietnam, with time in Cambodia to witness the phenomenal temples of Angkor Wat. For details of these options contact your travel agent, or World Journeys on 0800 117311, or find out more at [www.worldjourneys.co.nz](http://www.worldjourneys.co.nz) ■

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JOURNEYS

## The benefits of global travel for New Zealand seniors

**FOR MANY NEW ZEALAND SENIORS**, global travel offers far more than just a holiday – it provides enrichment, connection, and vitality. With longer life expectancy and better health in later years, increasing numbers of older Kiwis are choosing to explore the world. The benefits are wide-ranging, touching on physical wellbeing, mental stimulation, and emotional fulfilment.

Travel encourages seniors to remain active. Exploring historic cities, strolling through museums, or simply walking along European streets provides gentle exercise that supports mobility and overall fitness. Many destinations also cater to older travellers with accessible transport and accommodation, making the journey enjoyable and stress-free.

Global travel is equally valuable for mental stimulation. Visiting new places sharpens the mind, whether through learning snippets of another language, navigating different cultures, or exploring art, history, and architecture. These experiences foster curiosity and

keep the brain engaged – an important contributor to healthy ageing.

Cultural exchange is another rich benefit. Meeting people from diverse backgrounds encourages empathy and understanding, while reconnecting with overseas family or friends can strengthen important relationships. Many seniors find joy in guided tours or cruises, where companionship and shared experiences build lasting friendships.

On a personal level, travel offers renewal and inspiration. Whether it's tasting authentic Italian cuisine, seeing the wonders of the Great Wall, or cruising the Danube, global experiences provide memories that enrich later life. Travel also reinforces a sense of independence and confidence, showing seniors that age is no barrier to adventure.

Ultimately, for New Zealand seniors, global travel is not just about seeing the world – it's about embracing vitality, expanding horizons, and enjoying the rewards of a life well lived. ■



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### Discover Tasmania

22 February 2026

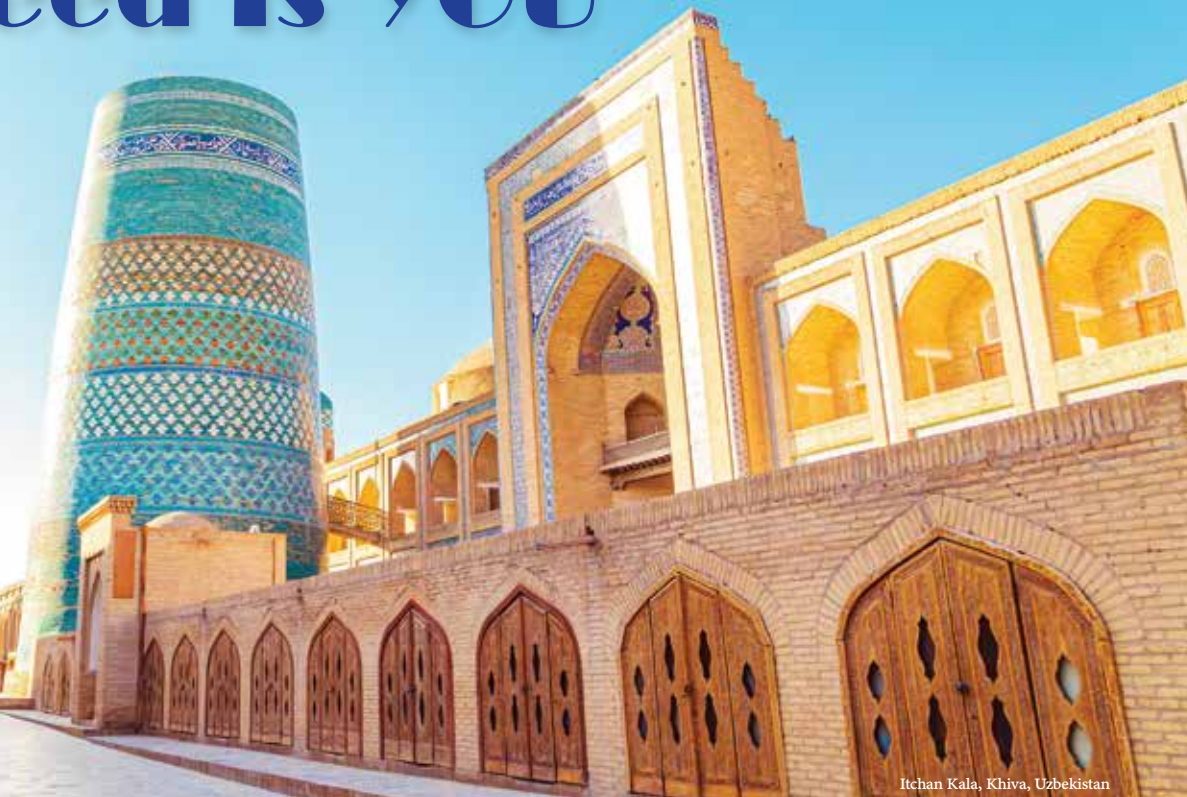
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# New Caledonia welcomes Kiwi travellers back as Safe Travel downgrades travel advice

**IN EXCITING NEWS FOR KIWIS** seeking a tropical escape this winter, the South Pacific destination of New Caledonia is again ready to welcome Kiwi travellers, as the official travel advisory website Safe Travel has downgraded its travel advice to the destination. After removing the curfew in late 2024 and the national carrier Aircalin increasing its flight capacity between Auckland and Noumea in March this year, the destination is more than ready to welcome Kiwi travellers with open arms.

Prior to temporarily pausing tourism last year, New Caledonia welcomed an increased number of visitors from New Zealand, where it

surpassed its pre-pandemic numbers, marking a significant boost in the destination's popularity among Kiwi travellers. This heightened interest among Kiwis underscores New Caledonia's appeal as a sought-after tropical getaway, especially during the winter months.

"After lifting the curfew in December, New Caledonians were eager to see international tourists return to the beautiful archipelago they call home. With the change in travel advisory in Australia earlier this year, we were excited to see Australian travellers returning to the destination, and now we're thrilled to welcome Kiwis back to this little slice of paradise," Julie Laronde,

CEO of New Caledonia Tourism, said about the announcement.

The news of the updated travel advice was the final stepping stone in the recovery process following the announcement of the curfew being lifted, increased flights by the national carrier Aircalin, and testimonies from suppliers of their readiness to welcome travellers again.

Earlier this year, the New Caledonia tourism board launched a new campaign, "New Caledonia, a new chapter awaits". The campaign represents a reinvigorated vision of New Caledonia as a destination that offers transformative, authentic, and meaningful travel experiences.





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**Culture, Colour & Cuisine – Say Xin Chào to Vietnam**

We are thrilled to unveil our **brand-new itinerary** for 2026's A Taste of Vietnam – a journey filled with bold flavours, cultural connection, and unforgettable moments.

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 <b>GRAND TOUR OF SOUTH AMERICA</b> 1 Sep 2026 <span style="background-color: #2e8b57; color: white; padding: 2px 5px;">36 DAYS</span>	 <b>FABLES OF THE SILK ROAD</b> 1 Sep 2026 <span style="background-color: #2e8b57; color: white; padding: 2px 5px;">29 DAYS</span>	 <b>EAST AFRICA SAFARI</b> 2 Sept 2026 <span style="background-color: #2e8b57; color: white; padding: 2px 5px;">17 DAYS</span>	 <b>TURKISH DELIGHTS</b> 5 Sept 2026 <span style="background-color: #2e8b57; color: white; padding: 2px 5px;">15 DAYS</span>
 <b>CATLINS, STEWART ISLAND</b> Oct 2026 <span style="background-color: #2e8b57; color: white; padding: 2px 5px;">8 DAYS</span>	 <b>SCINTILLATING SRI LANKA</b> 23 Oct 2026 <span style="background-color: #2e8b57; color: white; padding: 2px 5px;">17 DAYS</span>	 <b>IRRISISTIBLE INDIA</b> 10 Nov 2026 <span style="background-color: #2e8b57; color: white; padding: 2px 5px;">16 DAYS</span>	 <b>MOROCCO UNVEILED</b> 2 Apr 2027 <span style="background-color: #2e8b57; color: white; padding: 2px 5px;">19 DAYS</span>

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focusing on positioning New Caledonia as a destination for renewal and connection, embracing sustainability as a core value, and, most importantly, rebuilding confidence by redefining New Caledonia as a safe, welcoming and easily accessible destination.

Alongside the "New Chapter" campaign, the tourism board has also been running a digital initiative called "Eternal NewCal", in which local operators encourage tourists to return to the country via a series of video messages.

These efforts mark a pivotal step in the territory's recovery and growth as a premier South Pacific destination, offering unique and culturally rich experiences just a short flight from New Zealand.

To find out more about the campaign and the destination, visit: <https://nz.newcaledonia.travel/new-chapter/>



Natural pool, Ile des Pins.

## FULLY ESCORTED TOURS *Proudly New Zealand owned and operated*

### Southern Circle

*Featuring Tranz Alpine & Coastal Pacific Trains and Abel Tasman National Park*

**9 Days – Departs 11 Oct, 20 Nov 2025**  
**\$4895 pp twin share**

Fly to Christchurch (2 nights) including dinner onboard Tramcar Restaurant. Tranz Aline train to Greymouth then coach to Punakaiki for overnight staying right on the beach. Pancake Rocks and then to Charleston and Nile River Rainforest Railway Journey. Via Westport to Nelson (2 nights). Cruise Abel Tasman National Park with lunch, then to Blenheim (2 nights). Visit Omaka Aviation Heritage Centre. Lunch on the riverside. Cruise the Sounds to Lochmara Lodge for morning tea. Join scenic Coastal Pacific train along the stunning coastline via Kaikoura to Christchurch for overnight before flying home. Includes return airfares from AKL, WLG, Tauranga (ask about other centres). All breakfasts, dinner, quality accommodation, full size touring coach with experienced coach driver, all sightseeing and cruises, tour manager from AKL back to AKL.

### Taranaki Garden Festival

**5 Days – Departs 31 Oct 2025**

**\$2799 from Auckland,**  
**\$2999 from Tauranga pp share twin**  
*First 5 single rooms no extra supplement Prices available from other centres*

Travel by coach to New Plymouth (3 nights) Novotel Hobson. Take in a variety of Festival gardens, visit iconic Len Lye Gallery and enjoy views of Mt Taranaki. Visit Tawhiti Museum. Travel Forgotten Highway stop at Whangamomona for a light lunch. Overnight at Taupo. A visit to the stunning Hamilton Gardens. Includes full size touring coach, quality accommodation with private facilities, all breakfasts, dinners, entrance to festival gardens, tour manager from AKL back to AKL.

### Southern Explorer

*Featuring overnight Doubtful Sound Cruise*

**9 Days – Departs 8 Feb 2026 | \$5699 pp share twin**

Fly to Dunedin (2 nights), guided visit to Olveston House and sights of Dunedin. Travel through the spectacular Catlins to Invercargill (2 nights) including visit to Bluff. Entrance with Lunch at Bill Richardson Transport World. (Optional day trip to Stewart Island). Coach via Riverton, Te Hiko Museum featuring life size displays and engaging stories of how our Māori and European ancestors adapted to survive on nature's edge, on to Te Anau for overnight. Travel on to Manapouri and through Wilmot Pass to join our overnight cruise to the unspoiled, unforgettable Doubtful Sound. Twin share cabins with private bathrooms, stunning scenery, onboard nature Guide. Back on land we travel through to Queenstown (2 nights) including sights, TSS Earnslaw & Walter Peak dinner cruise. Includes return airfares from Auckland, Tauranga, Wellington or Christchurch, quality accommodation, sightseeing, full size touring coach, Overnight Cruise Doubtful Sound, ALL breakfasts, most dinners, and some lunches.

### Tasmanian Tempter

**13 Days – Departs 10 March 2026**  
**From \$8250pp share twin**

Fly direct from Auckland to Hobart (3 nights). Enjoy sights : Tasman Bridge, Battery Point, Salamanca Place, Port Arthur Convict Settlement. Travel thru Derwent Valley, Russell Falls, Tarraleah Gorge to Queenstown (2 nights). Cruise Gordon River into the heart of Tasmania's wilderness, Hells Gate, Strahan. Visit Cradle Mountain National park two nights at Smithton. Visit to Woolnorth Farm on the far North West tip of Tasmania and Stanley. Lunch Hellyer Road Whiskey Distillery. Stay Launceston (2 nights), Cruise magnificent Cataract Gorge and check out the Swiss style Grindelwald Village. We visit Legerwood to view the War Memorial Tree carvings, meet a Tasmanian Devil at the East Coast Nature world and visit Bicheno and Freycinet National park with its jagged pink granite peaks and crystal clear waters. We include return airfares from Auckland, Wellington or Christchurch quality accommodation, all breakfasts and dinners and several lunches, all entrances and sights as mentioned, 5 star luxury touring coach along with a professional tour driver, experienced Tour Director from New Zealand.

### Epic Ghan Rail journey – Darwin/Adelaide GOLD CLASS

**13 Days – Departs 14 Aug 2026**  
**\$12450 pp share twin**

Fly to Brisbane (2 nights), fly to Darwin (3 nights) including Litchfield Park, Sunset Cruise. Board the **GHAN** 3 night/4 day rail adventure from Darwin to Adelaide including private **GOLD CLASS** cabins, gourmet cuisine, premium wines and beverages, guided off-train excursions in Katherine, Alice Springs (dinner under the stars) and Coober Pedy. Spend two nights at largest safari park outside of Africa with a sunset wildlife tour, visit Hahndorf and Barossa Valley, lunch at Maggie Beer's acclaimed restaurant. Two nights in central Adelaide before flight home. Return economy airfares from Auckland/Wellington/ Christchurch.

### Queensland Coast Escape

**9 Days – Departs 22 July 2026**  
**\$5095pp share twin**

Includes flights to Brisbane, coach to beautiful Sunshine Coast where we spend a relaxing 4 nights at our resort style accommodation. Enjoy a seafood cruise in Mooloolaba, Devonshire tea at the botanical garden in Maleny and shopping in Montville. Visit the renowned Eumundi Markets. Travel to Gold Coast (4 nights). Enjoy local sights, a day trip to Mt Tamborine with lunch at St Bernards hotel-known for the St Bernard dogs that live at the property as well as the amazing views from the decks, visit Currumbin Wildlife Sanctuary and a sunset cruise around the multi million dollar homes on the canal before dinner at a waterfront restaurant. Including all breakfasts, most dinners and sights.

## COMING SOON

**Register your interest**

**March 2026:** Melbourne Flower Show  
**March 2026:** Sydney Opera on the Harbour  
**April 2026:** Warbirds over Wanaka  
**May 2026:** Exotic Japan  
**May 2026:** Canada & Alaska including Rocky Mountaineer  
**June 2026:** Cairns Winter Getaway  
**August 2026:** Singapore Flower Festival  
**August 2026:** England/Ireland/Scotland Country Lanes

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# New restaurants, bars, experiences, and hotel updates in New Caledonia

**KIWIS WHO ARE EAGER** to visit the South Pacific destination New Caledonia will be thrilled to know that the destination has welcomed an exciting mix of new restaurants, bars, cafes, and experiences, ready to make every visit feel like the first time.

Whether it's dining at a rooftop hotspot with breathtaking views of the capital of Noumea, sipping on signature cocktails at a quirky bar by the water, or exploring the capital in a highly Instagrammable pink car, there's never been a better time to visit and rediscover all that New Caledonia has to offer.

## NEW RESTAURANTS, BARS AND CAFES

### Elysium Restaurant

Located on the Promenade of one of the largest beaches in Noumea, Anse Vata is this Mediterranean-inspired restaurant with breathtaking views over the lagoon. Guests can enjoy tasty tapas and creative cocktails on the restaurant's terrace, perfect for

watching the sunset after a day of exploring the capital.

### Bar en Mer

Located near the ferry terminal in Port Moselle is this nautical-inspired restaurant and bar, highlighting the fresh produce from the Pacific Ocean, enhanced by local flavours from New Caledonia. Guests can sample a range of dishes, such as various fish from the lagoon, Pacific marlin, or a venison charcuterie board, perfect for cruise travellers who want to stay nearby.

### Le Surf Greens & Coffee

To break up the day while shopping in Noumea's many boutiques, visitors can enjoy a coffee or fresh smoothie with a delicious brunch at this adorable cafe located on the Promenade of Anse Vata. For a bit more of a filling lunch option, guests can opt for a beef tartare, tuna tataki or a vegetarian poke bowl.

### La Cocotte

For evening drinks, this quirky new

bar has two separate sections with different atmospheres depending on the mood of the evening. Visitors can either opt for the sophisticated lounge bar with refined cocktails, comfortable armchairs and chill electro-house music, or they can choose to spend the night in the festive guinguette (French for tavern) with crazy decor, a view over the sea and a dance floor for a boogie in the night. Whatever the vibe they're after, guests are guaranteed a fun night!

### Le Rendez-Vous du Faubourg

Located in the heart of the historic quarter of Noumea, in Faubourg Blanchot, lies this familial tapas restaurant and tropical cocktail bar. Guests can sit under the fairy lights in the garden and sip on creative-looking cocktails and mocktails while sampling the menu mixed with seafood, French cheese and a range of meat dishes.

### Panorama Cafe

Located on a hilltop in the capital is this laid-back cafe with some of the best panoramic views of Noumea! With homemade-style dishes for both breakfast, lunch and dinner, such as burgers, lasagna and eggs benedict, visitors are guaranteed deliciousness with a view.

## NEW EXPERIENCES AND ACTIVITIES

**Noumea Beach Car** (website currently being updated)

The popular car rental service, with its cute pink electric mini moke cars, shut down during the pandemic and has now returned in partnership with Budget. These adorable cars offer visitors the opportunity to explore



Elysium Restaurant, Noumea



Electric Nosmoke (mini moke).

the capital in a convenient and eco-friendly way while also doing it in style. Visitors can choose between an electric Nosmoke (mini moke), an electric scooter and a beach buggy to discover Noumea.

### **Bourail Shuttle Service – electric motorbike rentals in Bourail**

The transport company that welcomes travellers to New Caledonia and offers various shuttle services on the main island is now located at the Sheraton Deva Resort in Bourail, where guests can rent electric motorbikes and buggies. These vehicle rentals are perfect for guests wanting to explore the rolling countryside on the West Coast.

### **Tree climbing in the Giant Ferns Park, Farino**

Nature enthusiasts will be thrilled to hear that a new tree climbing track has been installed in the tropical rainforest of the Giant Ferns Park in Farino, approximately two hours from Noumea. Visitors of all ages can enjoy exploring the treetops of this forest filled with endemic species.

### **Nautilus 360 Immersive Lagoon Catamaran Tour**

Led by Bastien Preuss, a doctor in

marine biology, this new catamaran tour was developed in collaboration with Underwater Earth, to invite visitors to discover the riches of the New Caledonian lagoons. The big catamaran is ideal for events and bigger groups of people, and you even have your private chef onboard.

### **Casa Charter**

Another new catamaran tour company has opened up in Noumea, where visitors have the opportunity to embark on both a relaxing and thrilling adventure that combines premium comfort for a day of lagoon discovery. Leave the bustling Noumea behind, sail the turquoise waters and immerse yourself in the beauty of the New Caledonian lagoon.

## **HOTEL UPDATES**

### **Hotel Beaurivage**

Just 20 metres from the popular Baie des Citrons beach and its vibrant restaurant strip, Hôtel Beaurivage offers breathtaking views of the lagoon from your room. While the hotel isn't completely new, it recently underwent a soft renovation and now rates as three stars and serves as a great budget hotel option in Noumea.

Ideal for a long weekend getaway, a family vacation, or a business trip, this authentic establishment is located on the Baie des Citrons promenade, in the heart of Nouméa. Its prime location allows guests to enjoy the beach, stunning sunsets,

and the many shops and restaurants along the lively Roger Laroque promenade at the heart of New Caledonian life.

### **Hilton Noumea La Promenade Residences**

One of the most central locations to stay in Noumea while on holiday is the Hilton Noumea self-catering apartments, just a short walk from Anse Vata beach. The hotel recently refurbished its apartments, giving the hotel a fresh look and feel, and making visitors feel like it's a home away from home.

## **NEW HOMESTAYS/ GÎTES**

Embracing the local culture by staying on a tribe or in a homestay is a great way to experience New Caledonia, and there are now three new homestays that travellers can explore. Visitors can explore the Boulouparis plains at the Lodge of Black Wood, the Wild West of New Caledonia at Le Coupe d'Ouest, or in the middle of the Farino forest at Gîte de la Petite Cascade.

These new offerings in the destination will encourage travellers to book a trip to the destination this year, and be reminded of the natural beauty and welcoming culture of New Caledonia.

**To find out more about the destination, visit:**

**<https://nz.newcaledonia.travel>** ■



Double Tree by Hilton.

# The benefits of retirement village living in New Zealand

**RETIREMENT VILLAGES** have become an increasingly popular lifestyle choice for older New Zealanders seeking security, companionship, and peace of mind during their later years. With more than 45,000 residents now calling a retirement village home, the model offers a unique blend of independence and support. The benefits extend beyond just housing, providing a holistic lifestyle that suits the changing needs of people over 65.

One of the main advantages is community and companionship. Retirement villages bring people of a similar age together, helping to reduce loneliness and social isolation, which can be common as people age. With organised activities,

shared spaces, and recreational opportunities, residents can maintain an active social life. From coffee groups and exercise classes to hobby clubs and cultural outings, villages make it easy to form friendships and stay engaged.

Another significant benefit is safety and peace of mind. Most villages have secure environments with monitored entry, staff support, and emergency call systems in each unit. Families can take comfort in knowing their loved ones are living in a safe place where help is readily available. This is particularly important for seniors living alone, as it provides reassurance and reduces the risks associated with independent living in the wider community.

Maintenance-free living is also a strong drawcard. In a retirement village, residents don't need to worry about mowing lawns, fixing roofs, or maintaining large properties. Staff take care of these responsibilities, freeing up time and energy for residents to focus on enjoying life rather than managing chores. This can also reduce financial uncertainty, as many villages provide clarity around ongoing costs and services.

Healthcare and future support needs are another key benefit. Many retirement villages in New Zealand now operate on a "continuum of care" model, meaning residents can start out living independently and, if their health changes, transition to assisted living or rest home care within the same community. This allows couples to stay close, even if one partner requires more care, and offers residents confidence that they won't need to relocate as their needs evolve.

Finally, there is the benefit of location and lifestyle. Villages are often situated in desirable areas close to shops, medical services, and recreational facilities. Many also feature modern amenities such as swimming pools, gyms, libraries, and cafés, providing residents with a resort-style lifestyle.

In summary, retirement village living in New Zealand provides older adults with a safe, supportive, and socially rich environment. By combining independence with access to care, minimising daily burdens, and fostering community connections, retirement villages have become a highly attractive option for seniors seeking a fulfilling lifestyle in their later years. ■



# Dear diary, all packed and ready for our little trip



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RETIREMENT VILLAGES

# Raewyn Lovett appointed inaugural Chair of Selwyn Village

**THE SELWYN FOUNDATION** has announced the appointment of respected governance leader Raewyn Lovett ONZM as the inaugural Chair of Selwyn Village Limited – a new entity being established to lead Selwyn Village operations.

Raewyn Lovett brings a wealth of experience in the retirement village and aged care sector, as well as commercial and not-for-profit governance. She is currently Chair of CHT Healthcare Trust and has been on the board of CHT since 2013. She is currently Chair at Sport New Zealand Ihi Aotearoa and High Performance Sport New Zealand Limited, and is Co-Chair of the International Working Group on Women and Sport. Outside of her governance roles, Raewyn specialises in commercial, corporate and property law at respected national firm Duncan Cotterill.

“Raewyn is a highly respected and experienced leader who brings deep sector knowledge and a strong values alignment to Selwyn. Her appointment signals our ongoing commitment to excellence in care, governance and community life at Selwyn Village.

“As we strengthen our structure to meet the changing needs of older New Zealanders, Raewyn’s leadership will ensure Selwyn Village remains a place of manaaki, purpose and belonging. We are delighted to welcome her to the Selwyn whānau,” said David Cunliffe, Chair of The Selwyn Foundation.

“Selwyn Village is a thriving, inclusive and vibrant community,



and it’s a privilege to join the Board. It’s an organisation that closely reflects my own values, and I look forward to contributing to its future. My hope is to help ensure Selwyn Village remains a special place – supporting today’s and tomorrow’s residents to live their best lives,” said Raewyn.

The appointment follows a governance review by The Selwyn Foundation Board to ensure strong, focused oversight of both its social impact and mission and the operations of Selwyn Village.

Selwyn Village Limited will take on full operational responsibility for Selwyn Village from 1 July 2025, with its own Board and Jason More, former Chief Operating Officer at The Selwyn Foundation, as Chief Executive. This change reflects The Foundation’s commitment to strengthen both operational governance and its social impact and mission work among vulnerable older people.

Raewyn Lovett will be formally welcomed at a mihi whakatau at Selwyn Village on 24 June 2025. ■

# Walks and weekly adventures

Walking is a big part of retirement village living for Jean at Bupa in New Lynn.

**HAVING LIVED** in West Auckland all her life, Glenburn Retirement Village resident Jean says her transition to retirement village living was as simple as “moving a couple of streets up.” Bupa Glenburn was a natural choice, she says, buoyed by its excellent facilities and welcoming community.

It wasn't simply the location that swayed Jean to make the move; another key factor was the peace of mind knowing her home maintenance would be taken care of, with “no need to hire a handyman!”

“My unit needed work, my mother had passed away and my brothers were living out of Auckland,” says Jean. “I needed



Jean embraces an active lifestyle in retirement.

company, and to feel safe. I've made many new friends here, one of whom I walk with each morning,

accompanied by Molly the dog.”

Walking is something Jean is passionate about; she and her fellow Glenburn walking enthusiasts head off on weekly adventures to places such as Auckland Botanical Gardens, Oakley Creek in Carrington, Takapuna, Parnell, and Western Springs.

Life inside the village is also full of opportunities. “Activities I look forward to most are our group fitness sessions, bingo, bowls, Rummikub and – most importantly – happy hour!” says Jean.

Her advice to those thinking about making the move to a retirement village is simple; “Just don't leave it too late!”

To find out more, visit [bupa.co.nz](http://bupa.co.nz) ■



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that's right  
for you,  
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At Bupa, we understand making the move to a retirement village or care home can feel a little daunting – and we're here to support you along the way.

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## Historic train The Southerner coming back due to popular demand

**AFTER A SUCCESSFUL** four-day revival of The Southerner rail route, Great Journeys New Zealand is adding another round of dates so more guests can relive the nostalgic journey.

Originally operating from December 1, 1970 to February 10, 2002, The Southerner was a premier passenger express train that once connected Christchurch and Invercargill via Dunedin, travelling along the Main South Line.

It was revived for four days this week from Saturday, tracing part of the historic rail route.

As the dates sold out with a long waiting list, Great Journeys New Zealand will bring The Southerner back for daily return trips on October 25, 26 and 27.

This time, passengers will get the chance to combine The Southerner with a short break in Christchurch on the new Christchurch Explorer option. Travellers will depart Dunedin on October 25, returning October 27

with two nights' accommodation in a central Christchurch hotel.

The package includes the opportunity to visit Banks Peninsula, Lyttelton, and the beachside town of Sumner on a fully guided tour.

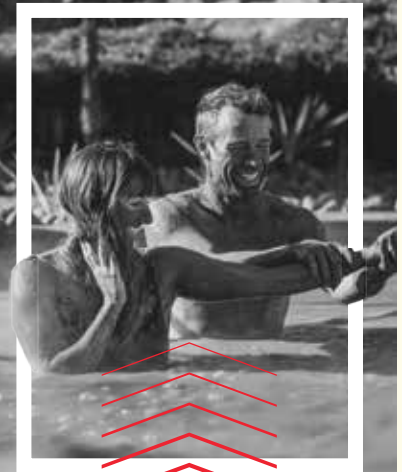
Executive general manager of passenger Tracey Goodall said they were excited by the strong interest in 'The Southerner Returns'.

"The Southerner was renowned for offering a comfortable and scenic journey, making Invercargill the southernmost passenger station in the world. Its legacy as one of New Zealand's most beloved train services endures, and now it is returning to offer a new generation the chance to experience part of this historic route once again."

Goodall said passengers will still get the same fantastic views of the original journey, but now in new Scenic and premium Scenic Plus carriages.

Tickets can be purchased for the October journeys on the Great Journeys New Zealand website. ■

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# A unique rail travel experience in New Zealand

**EMBARK ON** an extraordinary journey with the Glenbrook Vintage Railway as we traverse the North Island, immersing ourselves in history, breathtaking scenery, and the charm of lesser-travelled railway lines. Our adventure begins aboard GVR's private diesel-hauled heritage train, featuring vintage carriages complete with open-air viewing balconies, offering a unique perspective of the picturesque landscapes.

As we journey across the North Island, we'll traverse the scenic central plateau, renowned for its rich railway history, adorned with mighty viaducts and the iconic Raurimu Spiral. Enroute to New Plymouth, we'll ascend the steep Westmere Bank, and are treated to unparalleled views of the majestic Mt Taranaki.

Venturing further, we'll navigate the impressive Manawātū Gorge, a natural wonder accessible only by rail, before following the eastern



coastline to the Art Deco city of Napier. Throughout our adventure, we'll enjoy overnight stays in captivating destinations such as Ohakune, New Plymouth, Napier, Masterton, and Palmerston North each offering its own unique setting and charm.

In addition to our scenic railway journey, we've curated specially selected activities, including exclusive bus tours, allowing you to

delve deeper into the culture and history of each destination.

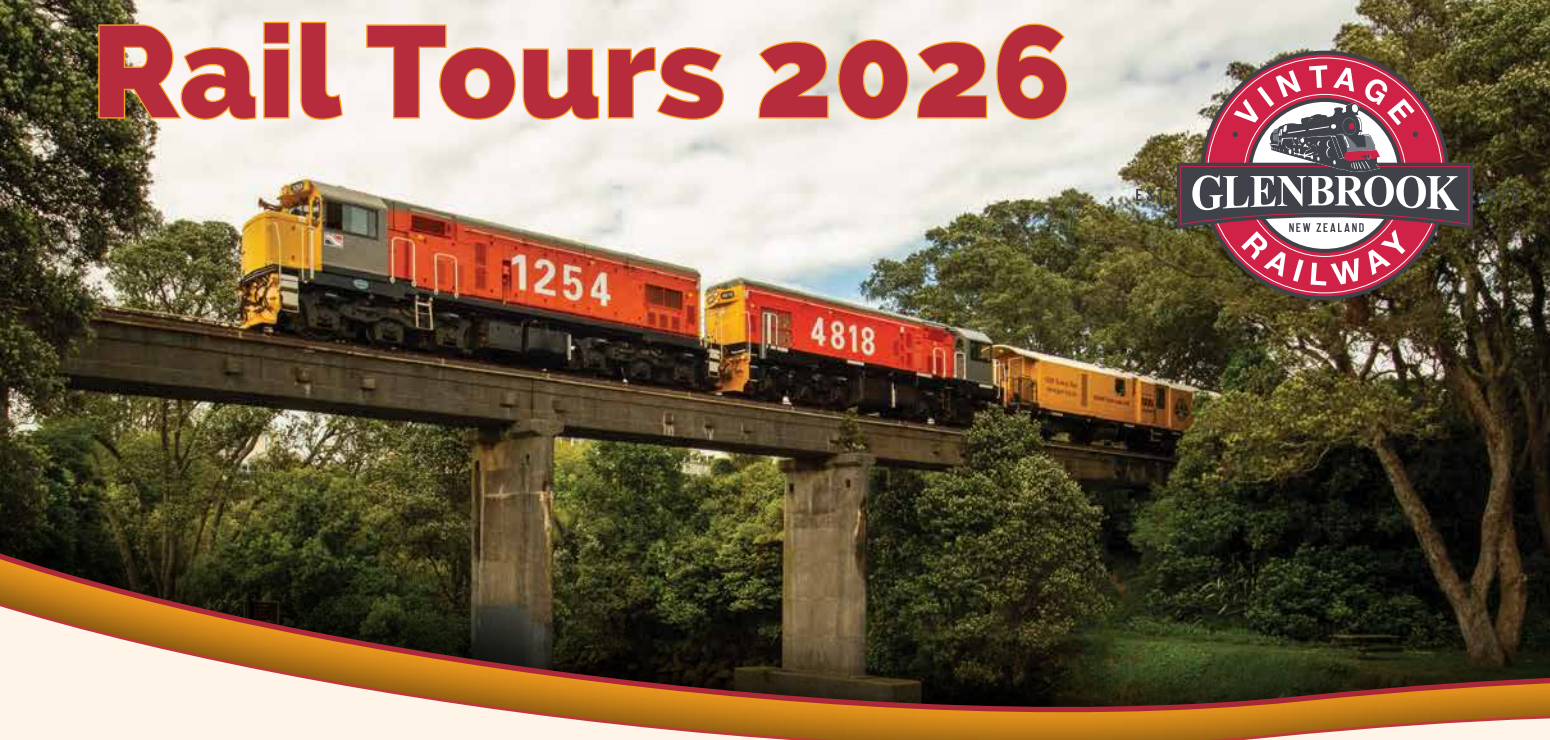
Our tour in November intersects the award-winning Taranaki Garden Festival, the organisers of which have collated an exclusive day of travel around Taranaki and its best gardens. In Napier our day takes us to Cape Sanctuary, New Zealand's largest private eco-sanctuary sitting atop Cape Kidnappers and its famous Gannet Colony.

Throughout the journey, our charismatic and knowledgeable tour leader will provide extensive commentary, sharing insights into local history, landmarks, and points of interest, enriching your experience and deepening your connection to the places we visit.

Join us for an unforgettable adventure across the North Island, where every moment promises discovery, wonder, and the enduring satisfaction of railway travel. Whether you're a history enthusiast, nature lover, or simply seeking a memorable escape, the Glenbrook Vintage Railway invites you to embark on a journey and experience the romance of rail travel. ■



# Rail Tours 2026



## Spirit of the Antipodes

North Island by Private Train - 7 Days of Rail Travel

25th March - 3rd April 2026

25th October - 7th November 2026

**More rail travel than any other NZ Rail Tour.** Embark on an extraordinary adventure with us aboard our private diesel-hauled heritage train. Journeying through the North Island's less-traveled railway routes, offering stunning scenery and showcasing some of New Zealand's famous locations.

Experience rail travel as it used to be on board Glenbrook Vintage Railway's exclusive private train. Step aboard our lovingly restored carriages and relax in the comfort only rail travel can provide. All the while being treated to the best hospitality on the rails. Access railway lines no longer traversed by regular passenger trains, and see sights that are only accessible by rail.

Experience landmarks like the Central Plateau, **Raurimu Spiral Mawatu Gorge** and **Mt Taranaki**, alongside charming destinations such as **Rotorua, Ohakune, New Plymouth, Napier**, Pamerston North.

Handpicked activities and exclusive tours enrich your exploration, Rotorua **Rail Carts**, Redwoods and Skyline Gondola. Cruise the Whanganui River aboard the **PS Waimarei**. The April Tour provides a chance to see the sights around Taranaki, visiting **Waitara Railway, Tawhiti Museum** as well as several private gardens. The November Tour coincides with the award winning **Taranaki Garden Festival** with a guided tour of the best gardens. In Napier discover the **Gannet Colony** at cape Kidnappers, visit a local winery, and take a tour of **Napier's Art Deco** cityscape in vintage cars.

**Fully escorted.** 3.5-4.5 Star accommodation through out. **All breakfasts, all lunches & 4 dinners.**

## Australian Rail Tours 2026

Queensland

New South Wales

Tasmania

Embark on an Australian adventure. Travel through Out Back Far North Queensland by rail on the Savannahlander, Kuranda Scenic Railway and Sky Rail Gondola.

Explore New South Wales by Rail including the Blue Mountains, Hunter Valley wine region, Murray River and more.

Discover the scenic splendor of Tasmania. Back by popular demand we are again visiting the Island State. Visiting the West Coast Wilderness Railway, Cradle Mountain, Gordon River, Wine Glass Bay.

Contact us for more details

11 Day  
Tour by  
Private  
Train!

Tour From  
\*\$6690  
Per Person  
Twin Share



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\*All prices \$NZD Per Person twin share. PSingle supplement may apply. Optional pre-tour packages at additional cost. Terms and Conditions (see website). Travel Insurance recommended. Operated by Glenbrook Vintage Railway Charitable Trust - Charity No. CC10348. New Zealand's Premier Heritage Railway.

# Savour Northland 2025 launches first events – a month-long celebration of culinary creativity

**SAVOUR NORTHLAND** is back this October – and the first events are now live! From long, lazy lunches and unique wine tastings, to chorizo making workshops and exquisite feasts, Northland's signature food and beverage festival is set to return with flavour, flair and unmistakable regional pride.

Now in its second year, Savour Northland 2025 will run from 1–31 October and feature a diverse, evolving lineup of events that hero the region's food, drink, landscapes and manaakitanga. Whether you're sipping wine by the sea, dining under the stars, or sampling Northland's finest produce, this year's programme invites you to savour Northland your way.

Following a hugely successful debut in 2024 – with **126 events** and **49 entries into the Savour Northland Challenge** – the festival once again celebrates local producers, chefs, venues, and artisans across all corners of the region.

"The 2024 response from industry and community exceeded all expectations," says Jackie Sanders, Creative Director of Savour Northland. "There's real momentum, innovation and pride in Northland's food scene, and 2025 will take that even further with fresh event formats, new collaborations, and some delicious surprises."



Northland Inc continues their major support of the event and are also confirmed as naming rights sponsor for the Savour Northland Challenge, which invites eateries to create the ultimate expression of Northland using local ingredients.

Tania Burt, Head of Destination at Northland Inc says:

"After the incredible energy of last year, we're thrilled to support the return of Savour Northland in October and give our producers, venues and communities another stage to shine. Savour Northland is fast becoming a drawcard for visitors who want to experience our kai, culture and creativity in an authentic way. This festival is a

platform to tell our Northland food stories with pride, and Northland Inc is committed to walking alongside our food, beverage and producer industries so that they thrive, collaborate and continue growing stronger into the future."

Northland Winegrowers also return as a Gold Sponsor, with their vineyards, winemakers and award-winning drops featured in many events across the month.

"Savour Northland puts our wines where they belong – front and centre," says Peter Jones, Northland Winegrowers. "This October, we look forward to welcoming guests to our cellar doors, joining our winemakers for tastings and pairings, and celebrating what makes Northland wine truly unique."

Over 25 venues have joined the first wave of the 2025 programme, with 40 unique events already confirmed across the region, from Mangawhai to Awanui. The key programme includes experiences on islands, vintage trains, catamarans and stunning gardens as well as in restaurants, bars, vineyards, theatres and luxury lodges. More events will be added in the coming weeks, and the Northland Inc Savour Northland Challenge entries will be announced early September.

Head to [www.savournorthland.com](http://www.savournorthland.com) for the latest updates. ■



## EVENT DETAILS

When: 1–31 October, 2025

Where: Across Taitokerau Northland

Website: [www.savournorthland.com](http://www.savournorthland.com)



# DECO DELIGHTS

STEAM INCORPORATED'S 5 DAY STEAM & DIESEL RAIL TOUR

19<sup>TH</sup> - 23<sup>RD</sup> FEBRUARY 2026

Pricing from \$3990 per person, with Single Supplement available!  
Experience Napier's world-famous Art Deco Festival!

STEAM INCORPORATED'S 6 DAY DIESEL RAIL TOUR

WELLINGTON - WHANGANUI - NEW PLYMOUTH - WELLINGTON

# RAILS TO THE WEST

24<sup>TH</sup> FEBRUARY - 1<sup>ST</sup> MARCH 2026



Pricing from \$3990 per person, with Single Supplement available!

Experience Whanganui's best kept secrets and explore New Plymouth's INCREDIBLE Americana Celebrations!

STEAM INCORPORATED'S 11 DAY STEAM & DIESEL RAIL TOUR SHOWCASING...

# HISTORY THROUGH THE HEARTLAND



**TOUR HIGHLIGHTS INCLUDE:**

- Steam & Diesel-hauled heritage train travel across the North Island!
- Exclusive stays at iconic locations through the heart of the North Island!
- All breakfasts & dinners included, and most lunches whilst on Tour!
- Premium Coach travel to connect your rail journeys when not on rails!
- Immersive experiences, and guided tours in all visiting locations!
- Visits to historic homesteads, wineries, and cultural landmarks!
- Immerse yourself in Napier's FAMOUS Art Deco Festival!
- Experience New Plymouth's INCREDIBLE AmeriCARna Celebrations!

Pricing from \$6990 per person, with limited Single Supplement available!

WELLINGTON - NAPIER - HOROWHENUA - WHANGANUI - NEW PLYMOUTH - WELLINGTON

DEPARTING 19TH FEBRUARY 2026



# Helping Kiwis hear better – one check at a time

WITH 63 CLINICS across New Zealand, Triton Hearing is on a mission to make hearing care more accessible, personalised, and life-changing than ever before.

Every day, Triton Hearing helps thousands of Kiwis reconnect with the sounds they love – from laughter and conversation to the music, birdsong, and everyday moments that make life richer. Whether it's noticing the TV volume creeping up or struggling to follow conversations in noisy environments, changes in hearing can happen gradually – and often go unnoticed.

That's why Triton Hearing offers **free 15-minute hearing checks** across all of its clinics, making it easy and convenient to take the first step toward better hearing. These no-obligation appointments are quick, painless, and could make a world of difference.



Modern, discreet hearing aids make it easy to stay connected to the sounds that matter most.

With a national network stretching from Kerikeri to Invercargill, Triton Hearing is committed to delivering expert care

and the latest hearing technology in a warm, welcoming environment – no matter where you live.

The team's experienced audiologists and clinicians take the time to understand your lifestyle and needs, offering personalised solutions that suit your budget and preferences.

They also offer **the latest hearing aids**, many of which are **virtually invisible, Bluetooth-enabled**, and designed for all-day comfort. And with **technology demonstrations**, community events, and extended trial periods, Triton Hearing makes it easier than ever to explore what modern hearing support can do.

If you've been putting off getting your hearing checked – or if you've noticed subtle changes in your hearing – now is the perfect time to act.

**Book your free 15-minute hearing check today at [tritonhearing.co.nz](http://tritonhearing.co.nz) or call 0800 45 45 49 ■**



A Triton Hearing client enjoying a chat with their audiologist at one of 63 clinics across Aotearoa.



# Don't accept a year. Enjoy *Lifetime Free Care*\*

Enjoy free care and support from our audiology experts in-clinic or in the comfort of your home with virtual services, ensuring you always hear your best.\*

Enjoy free care and support from our audiology experts in-clinic or in the comfort of your home with virtual services, ensuring you always hear your best.\*

\* Lifetime Free Care for the life of the device up to six years.

Discover the difference with lifetime free care.  
Call us on 0800 45 45 49 to learn more.

**TRITON**  
HEARING

*Give it  
a go!*

# An easier way to stay informed and connected.

*The trusted resource that meets you where you are.*

**The Eldernet Group has been New Zealand's leading information provider for older Kiwi's since 1997. With a handbook, website, email newsletter, and even a support phone service - we meet you where you want, on your terms. Here are some of the highlights of our website:**

## **Knowledge Lab**

Find answers to questions you may not have thought to ask in our extensive online library, full of independent and unbiased information on the ageing journey. As the saying goes, 'you don't know what you don't know'!

## **Making Life Easier at Home**

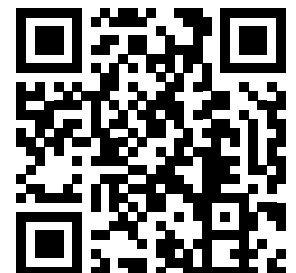
Can't be bothered doing the vacuuming anymore? Need some expert financial or legal advice? We have a nationwide directory covering a wide range of services that help make your life easier, meaning you can keep living independently.

## **Retirement Villages**

Wanting to live in a community of likeminded people while still maintaining your independence? We're home to New Zealand's largest catalogue of retirement villages. Explore vibrant, inclusive communities that offer a wide range of social and recreational amenities.



**Discover more on our website, and stay informed by subscribing to Empowered, our newsletter full of valuable guidance for your future.**



# The art of eating when you live alone

**OF ALL THE SINGLE HOUSEHOLDS** in New Zealand, women in the 65-69 year old bracket make up the greatest proportion (there are almost 25,000 of them). There are almost as many women in the 70-74-year-old age bracket, who live alone. And tens of thousands of older men are in the same situation.

Given one of the ways human beings most often connect, is over food, how can folk who live alone make their mealtime experiences more sociable and enjoyable? We have some tips to make it happen:

## Busy breakfast

Time your breakfast for the most active part of the morning (when workers are heading for the bus, and children are on their way to school), and move your breakfast table to a window where you can see it all happening. Turn on breakfast radio, pop the toast, pour your cuppa, and gaze out at the world while you crunch on your cereal. After a few days, you'll come to recognise the same faces. Those same faces may even come to recognise you, and give you a wave!

## Lunch with feathered friends

Set up a bird feeding table outside a window where you like to eat lunch. Before you sit down with your midday snack, top up the bird feeder, and enjoy watching your feathered friends fly in for their own lunch. The movement of wings, and the antics the birds get up to, will liven up your lunchtime.

## Dinner date at a distance

During the long Covid lockdowns, friendship groups regularly met up on Zoom for pre-dinner drinks and a social catch-up. You can do the same over dinner whenever you want to. Just contact a friend or relative who also lives alone, and arrange to WhatsApp or Message each other (use the video connection to make it more 'live') while you chat over your respective dinners. Make sure you have a glass of something special to toast each other with. If you want to liven up the dinner date, prearrange to cook the same recipe, and compare the results. Winner gets bragging rights!

## Invite a child

Children love to be spoiled, and there's

no better way than to spoil them with your time. If you have a child in your life – whether it's a grandie or a little neighbour you babysit for at time, plan an early evening meal occasionally, and arrange with their parent for the child to join you, on their own, for a special dinner. Be sure to check what they do and don't like to eat, and include a favourite desert!

## Pets are company, too

Train your moggy or dog to expect their dinner at the same time as you eat yours. It will bring them into the house at the very time you want their company.

## Desert night!

We're all allowed a treat now and again. Make yours a once-a-week ice-cream desert from a shop within walking distance (a neighbour who lives alone may welcome the opportunity to join you). After you've finished your meal, head out the door for the treat. Enjoy chatting to anyone you meet on the way, and be sure to make some conversation with whoever is serving you. ■

## Retaining your independence.

The TM7 with the 'All Weather Canopy' is here to protect you from the elements. Hassle-free ownership with no licence, no registration and almost no maintenance. Plus, have peace of mind with fantastic personal local support, local repair, and local parts from EV Bikes. Order yours today and get your very own TM7 Trike for only \$6,500 tested and delivered right to your door. Buy online or call us and retain your independence today!



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Bunnythorpe Road, Palmerston North

# ON AGAIN NEXT MARCH BAYPARK, BAY OF PLENTY



**SENIORS  
& TRAVEL  
EXPO**



## ALSO AUCKLAND

Go to [www.seniorsandtravelexpo.com](http://www.seniorsandtravelexpo.com)  
to see more and purchase tickets

# Body Mechanix brings whole-body wellness to Papamoa

IF YOU'RE IN BAY OF PLENTY and looking for professional, down-to-earth healthcare that blends clinical expertise with holistic care, there's good news: Body Mechanix, a well-established wellness clinic in Tauranga, has now opened a brand-new location on 1 Tara Road, Papamoa.

Known for its integrated approach to health – offering podiatry, physiotherapy, massage therapy, acupuncture, and beauty services under one roof – Body Mechanix is a one-stop destination for anyone wanting to move, feel, and live better.

A local clinic with a holistic philosophy

Whether you are managing recurring injuries, someone dealing with

chronic pain, or simply in need of a little self-care, Body Mechanix takes a personalised and collaborative approach. Their expert team of physiotherapists, podiatrists, massage therapists, and beauty professionals tailor treatments to your specific needs – ensuring you're not just patched up, but actually supported on your journey to long-term wellness.

"People love that they don't have to jump between clinics," says one team member. "We collaborate across disciplines to give our clients the best outcomes – from pain relief to posture, mobility, and even confidence."

The new Papamoa clinic offers all the services Body Mechanix is known for:

- **Podiatry:** From nail surgery and

orthotics to diabetic foot care and gait analysis

- **Physiotherapy:** Rehab, realignment, injury recovery, and sports performance
- **Massage therapy:** Hot stone, therapeutic, deep tissue, and reflexology
- **Acupuncture:** Traditional Chinese methods supporting stress relief, pain, digestion, and more.

The clinic is ACC-accredited and Southern Cross affiliated, and appointments are available throughout the week.

To celebrate the Papamoa opening, Body Mechanix is giving one lucky local the chance to win a luxurious one-hour hot stone massage. See our ad below. ■

## PAPAMOA & TAURANGA

### NOW OPEN 07 578 6080

PHYSIOTHERAPY  
PODIATRY  
ACUPUNCTURE  
MASSAGE THERAPY



#### OPENING OFFER – WIN A HOT STONE MASSAGE (VALUED AT \$120)

To celebrate the Papamoa opening, Body Mechanix is giving one lucky local the chance to win a luxurious one-hour hot stone massage – a deeply relaxing treatment designed to melt muscle tension and restore calm. To enter, simply email the team at [info@bodymechanix.co.nz](mailto:info@bodymechanix.co.nz) with the subject line: "Papamoa Giveaway". Entries close 31 October, and the winner will be drawn shortly after.

1 Tara Road, Papamoa, or  
923 Cameron Road, Tauranga  
Call: 07 578 6080  
Book online:  
[www.bodymechanix.co.nz](http://www.bodymechanix.co.nz)

# Kay's kindness, their refuge

"I SAW THE SUFFERING of people on TV each night and it made a deep impact on me," says Kay, a retiree from Nelson.

Kay was only a child at the time, but images from the war in Vietnam and famine in Bangladesh stayed with her.

Soon after Kay got her first paycheck at age 16, she began to support causes she cared about.

When Kay kept seeing the UNHCR logo in news stories about crises and conflict, she wanted to know more. She did some research and was inspired as she learned more about UNHCR's work. She wanted to continue supporting people in need – even beyond her own lifetime.

"I have decided to leave a gift to Aotearoa New Zealand for UNHCR in my Will to make a difference to those in need in the future," Kay says.



Thanks to New Zealanders like Kay, there will always be help for refugees like Sanna from South Sudan.

Kay is happy that her compassion will continue to bring safety and hope to refugees, and that the humanitarian values she holds so deeply will live on.

**Gifts in Wills allow retirees like Kay to protect their savings now but still make a meaningful impact in the future. Learn more about a gift in your Will to UNHCR. ■**



# Your Will

CAN BE THEIR REFUGE

As long as there are people in the world who are forced from their homes by conflict and crisis, the world will need people like you to help provide safety, security, and hope.



Sudanese refugees, Hawida & her son

© UNHCR/Eugene SIBOMANA

Leave a gift in your Will to NZ for UNHCR

Find out how:

UN Refugees



# From Romania with hope: how Kiwi support is changing lives

by Barry Raeburn, National Director, Mission Without Borders.

**EARLIER THIS YEAR**, I travelled with my colleague, Church and Philanthropy Manager Julian Browne, to visit Mission Without Borders projects in Romania, Albania, and Moldova. We met families and young people whose lives are being transformed through the generosity of supporters here in New Zealand.

One moment in Romania stands out. In the remote hills of Vurpur, we visited Dimitri and his seven children. Three of the younger boys had just returned from collecting water – cold, wet, and shivering. Their single-room home was heated by a poorly vented stove, filling the air with smoke.




Julian and the three boys.

Yet in the midst of such hardship, there was joy. The boys welcomed us with bright smiles, and Dimitri shared his story with quiet dignity. Thanks to a local Mission Without

Borders after-school programme, some of the children now receive hot meals and tutoring.


We also met scholarship students – young men and women from rural poverty now studying medicine, theology, psychology, and accounting. Their hope and determination were inspiring reminders that change is possible.

Your support brings light into situations like these – offering not just practical help, but dignity, opportunity, and faith for the future. For more information about our work, please visit our website [www.missionwithoutborders.org.nz](http://www.missionwithoutborders.org.nz) ■



## TRANSFORM

A FAMILY'S FUTURE TODAY




Right now, families trapped in extreme poverty are struggling to survive. Parents go without food so their children can eat. Homes are crumbling, and hope feels out of reach. But you can make a difference.

**SPONSOR A FAMILY IN EASTERN EUROPE AND HELP PROVIDE:**


- FOOD AID
- HYGIENE PRODUCTS
- CLOTHING AND BLANKETS

**WILL YOU BE THAT PERSON?**

Call us today on  
0800 469 269  
or scan here 

For just \$45 a month, you can sponsor a family—It's not just a handout; it's a hand up, helping families living in poverty find stability and a path to a brighter future.

[www.missionwithoutborders.org.nz](http://www.missionwithoutborders.org.nz)



# Check out the winemaker hour..

## WAIHEKE ISLAND, NEW ZEALAND

– just 35 minutes from Auckland by ferry, Cable Bay Vineyards is a destination that redefines the vineyard experience. With panoramic views of the Hauraki Gulf and Auckland skyline, award-winning wines, on-site luxury accommodation, and a permanent collection of contemporary Aotearoa art, Cable Bay offers an immersive escape where nature, creativity, and craftsmanship meet.

## WINEMAKER'S HOUR: STEP INTO THE WORLD OF WINEMAKING

Every Friday at 2pm, visitors are invited to join Winemaker's Hour at the Cable Bay Cellar Door, hosted by Ashton Henriks, the talent



behind Cable Bay's wine programme. This weekly drop-in session offers a behind-the-scenes look

at winemaking, including limited pours and stories behind Cable Bay's small-batch innovations. Ashton might explain why cooler ferments enhance the aromatics in their iconic sauvignon blanc, or what makes a botrytised vintage so special.

No booking is required, but it is recommended to secure a spot. Ashton's insights are also shared across Cable Bay's social media channels for those who can't make it to Waiheke.

## A LIVING GALLERY AMONG THE VINES

Cable Bay is the only vineyard on Waiheke Island with a permanent contemporary New Zealand art collection. Outdoor sculptures by Phil Price, Virginia King, Con Dimopoulos,





replanted vines and advanced, water-efficient irrigation. These efforts and regenerative viticulture and organic kitchen gardens underscore Cable Bay's sustainability ethos. The estate has also achieved zero food waste through on-site composting methods.

## GOURMET DINING AND BOUTIQUE LUXURY

The Verandah Restaurant serves seasonal, Mediterranean-inspired dishes that pair seamlessly with Cable Bay wines. Guests can also stay in an exclusive villa or studio nestled within olive groves and vines, just minutes from Oneroa Village. [www.cablebay.nz](http://www.cablebay.nz) ■

and Anton Forde frame the landscape. At the same time, indoor works from artists like Alan Pearson and Linda Holloway add a refined cultural layer to the estate's modern design. As a partner of the Sculpture on the Gulf festival, the vineyard continues to champion Aotearoa's creative voices.

## WINE AND SUSTAINABILITY

Cable Bay's wines reflect the distinct terroirs of Waiheke Island and Marlborough's Awatere Valley. The Rocky Vineyard's recent \$1 million redevelopment includes 29,000

# How to invest with property without being a landlord

**NEW ZEALAND INVESTORS** have had a love affair with owning and investing in property for many years and there are whole industries that have evolved around property investing.

However there are many responsibilities involved with being a landlord including the new Healthy Homes minimum standards could put financial pressure on residential landlords to make sure their houses are compliant.

There are property investors that still want to be involved with property but don't want to have the hassles of tenants, maintenance, management fees or the plumbing emergency at 2am in the morning.



Property backed peer-to-peer investing has risen in popularity since Southern Cross Partners gained its license from the FMA in December 2016.

Many of our investors have had investment portfolios but are now at a stage in their life where they are thinking more about travel and lifestyle rather than maintenance and tenants.

Owning investment property can have possible capital gains but could also result in capital losses. Property

backed peer-to-peer investments, whilst not enjoying capital gains, could provide a monthly income which most investors tell us is important to them.

Every investment has risks, and peer to peer is no different so it's important to understand the risks associated with any investment product. To download our free Guide to Investing with Property visit [www.southerncrosspartners.co.nz](http://www.southerncrosspartners.co.nz).

Disclaimer: Southern Cross Partners is licenced to provide peer to peer lender lending services under the Financial Markets Conduct Act 2013. This article is general in nature only and has not taken into account any particular person's objectives or circumstances. We recommend you speak with a financial adviser before making any investment decisions. ■

## Secured investments, backed by property.

### Invest from 6.75% p.a.\*

Download your free copy of Southern Cross Partners' guide to investing in your retirement.

[southerncrosspartners.co.nz](http://southerncrosspartners.co.nz)



**Southern Cross  
Partners**  
Loans & Investments

\*Rates subject to change. Minimum investment \$10,000. Southern Cross Partners is licenced to provide peer to peer lending services under the Financial Markets Conduct Act 2013.

# Probate threshold rises to \$40K, but every New Zealander still needs a will

**PUBLIC TRUST** says the recent announcement that probate thresholds are rising to \$40,000 on 24 September will be welcome news for New Zealand families – and says the change does not alter the essential need for every New Zealander to have a will.

Chief Executive Glenys Talivai says: “When it comes to estate administration, we know that New Zealand families just want to do the right thing. Many people feel a weight of responsibility when it comes to sorting out their loved one’s affairs and they don’t want to make a mistake.

“By lifting the threshold to adjust for inflation, many families will avoid the need to go through the formal probate process to validate a will for smaller estates, saving time, money and effort. As well as reducing the administrative burden on families, it will free up the Court’s valuable time.

“Even with the threshold rising, every New Zealander should have a will. Our experience tells us that regardless of the value of your assets, leaving behind clear wishes is one of the greatest gifts you can give your loved ones. And with the average KiwiSaver balance being \$37,079, many people may have more assets than they realise.

“A will is the best way to help ensure that the things that matter go to the people that matter. It provides clarity about your wishes for your assets and other special items, and it’s how you can appoint someone you trust to help take care of your kids when you’re no longer around.

“Public Trust has been advocating for an increase to the threshold for some time, and we’re pleased to see it moving forward.”



Glenys Talivai.

## WHAT IS PROBATE?

Probate is part of the estate administration process and involves an application to the High Court for a will to be recognised and approved legally. It gives someone the authority to administer an estate – paying bills, closing accounts, and distributing assets. Obtaining probate can take up to couple of months.

Currently, probate is required if someone dies with more than \$15,000 in assets in their sole name. With the changes coming to effect on 24 September, this will now be required for estates with more than \$40,000 in assets.

**Learn more at [publictrust.co.nz](https://publictrust.co.nz)**

## ABOUT PUBLIC TRUST

When most people think of making a will, they often think of Public Trust. Public Trust is an autonomous Crown entity and New Zealand’s largest provider of trustee and estate administration services.

We’re here for New Zealanders at every age and stage of life. We support families taking care of a loved ones’ last wishes and parents appointing a guardian for their young children. We’re also one of New Zealand’s largest charitable trust administrators. ■

# More than 50% of avoidable house fire deaths are people over 65

**IN THE LAST** 12 months, 17 people have died in avoidable residential house fires. This makes it the worst year for house fire fatalities in 10 years. Over half of the people killed in these fires were over 65 years of age.

Fire can kill in less than three minutes so it's crucial you have working smoke alarms on each level, and a way to get out of the house quickly, and safely.

- Install a smoke alarm on each level, in every bedroom, hallway and living area.
- Check your smoke alarms every month by pressing the button.
- For the Deaf or hard of hearing, install specialised smoke alarm systems which have features



such as extra loud or lower pitch alarm sounds, flashing strobe lights or vibrating devices.

For more information about smoke

alarms for the Deaf or hard of hearing, contact one of the below organisations:

- Your Way Kia Rooha: call 0800 008 011 or email [info@yourwaykiaroha.nz](mailto:info@yourwaykiaroha.nz)
- Deaf Aotearoa New Zealand: call 0800 332 322 or email [hello@deaf.org.nz](mailto:hello@deaf.org.nz)

### Need help?

Request a free Home Fire Safety Visit for yourself or someone you know at [fireandemergency.nz/hfsv](http://fireandemergency.nz/hfsv) or by calling 0800 693 473. At a Home Fire Safety Visit, our team will talk to you about escape planning, help find fire risks in your home, check smoke alarms, and install new ones where needed. ■

## ***FIRE ESCAPE PLAN FOR THE WHARE***

- 1 INSTALL SMOKE ALARMS IN EVERY BEDROOM, HALLWAY AND LIVING AREA**
- 2 PLAN TWO WAYS OUT**
- 3 AGREE ON A SAFE MEETING PLACE**



**YOUR WHĀNAU  
ARE NOW  
PREPARED  
TO SURVIVE  
A FIRE IN  
YOUR WHARE**

***FIREANDEMERGENCY.NZ/ESCAPE***



# Probus Club News

Out and about with the Probus Community.

## A glimpse into the legacy and future of Hillside Railway

Dunedin South Probus Club had a pleasant morning recently when they gathered at KiwiRail's newly established premises on Hillside Road.

Welcomed into a conference room, their visit kicked off with a health and safety briefing from Mike, their guide for the day. Fluorescent vests, safety caps, and orange visibility gear were distributed, marking the

beginning of an insightful journey through a site rich in history and industry.

The group learnt that Hillside has been an integral part of New Zealand's railway heritage since the 1870s, originally thriving as a heavy industry hub.

The redevelopment of Hillside includes extensive landscaping, artificial grass installations, and designated recreational spaces to enhance workplace well-being. The Club thoroughly enjoyed the tour as they saw first-hand how there is a thriving future for rail transportation in New Zealand.



## Exploring the art fair sculpture trail

Newmarket Probus Club recently went out to explore the Viaduct sculptures across Auckland's harbour.

As the group walked, they saw a giant 15m inflatable octopus resting on the water. The octopus draws from the powerful Māori myth of Kupe. Another highlight was viewing the lighthouse symbol which is constructed from pohutukawa, steel, copper and bronze.

The Club had a wonderful time and enjoyed exploring the fascinating art fair.



## 35th anniversary for Thames Club

Thames Probus Club recently enjoyed smiles, laughter, and friendship at their 35th anniversary. Over three hours of happy reunions amidst Spring daffodils and blue and gold balloon decorations marked the special day.

A varied programme included the cutting and sharing of the anniversary cake by the Clubs three life members, Pat, Gordon, and June. In addition to this, the Club inducted a new member and granted an honorary member as well. Over 50 attendees enjoyed half-an-hour of musical entertainment (including an action song) from Marian and Brian and several lucky prize draws followed. All attendees then enjoyed a delicious two-course lunch appropriately marking this special occasion.



## Exploring the Teece Museum

Rolleston Central Probus Club recently visited the Teece Museum of Classical Antiquities.

The museum houses the biggest collection of Roman and Greek antiquities in New Zealand.

Curator, Terri Elder, gave the group a very informative talk about life in Pompeii before the eruption in 79AD. Life was hard back then as good food was scarce, and the average age was roughly only up to 30 years old.

The group really enjoyed their visit and learnt a lot about human history through the amazing collection of artefacts.

## Happy 100th birthday to Daphne!

Alexandra 14 Probus Club recently celebrated the 100th birthday of its member Daphne.

Daphne joined the Club in 2009 and was an active member until she became partially blind.

Born in Matura, Daphne married Fred in 1951 and moved to the



family farm in the Waikerikeri Valley. During this time, she was involved in the Clyde community through her involvement in the church, school committees, and sport.

Daphne moved to Alexandra in 1998 and has since continued to be involved in church, as well as new activities including Scottish country dancing and volunteering at Ranui Hospital for 10 years.

She has been keeping active through her daily walks, reading the newspaper, completing crosswords, and enjoying people who come to visit her.

On behalf of the Probus South Pacific team, we wish Daphne a very happy 100th birthday!



## A presentation by the mayor

Levin Combined Probus Club are grateful to have recently hosted the Horowhenua Mayor as a guest speaker.

The mayor gave them an insight into the main objectives of the Levin Town Centre transformation, including supporting and encouraging a range of transport options that serve the community's needs.

In addition to this, he spoke about improving the commercial offering and overall experience of Oxford Street. This is closely tied to the development on the eastern and western side of the street.

It was an interesting presentation and Club members are looking forward to how the future of Levin will look.



## Twenty and thriving

Rolleston Combined Probus Club recently celebrated their 20th birthday.

Approximately 70 members gathered for a catered luncheon, cake cutting and the lighting of three candles to represent past, present and future Probus members.

Foundation member and initiator

of the Club, Esme, states that back in 2005 she could see a need for a Club of this nature to be formed in Rolleston as there were many retired people moving into the town back then. Esme stated that when she advertised for the inaugural meeting she was blown away when 56 people turned up.

The Club currently boasts 116 members from as far afield as Christchurch, Templeton, Prebbleton, Leeston and Halswell.



## Wine group catchup

Probus Club of Kapiti Coast recently enjoyed lunch at Relish Café in Waikanae.

The 'Late Afternoon Wine Group' (LAWG) has a lot of fun and frequently go on outings to enjoy new wines.

Here they are pictured waiting expectantly for their wine orders to be delivered.

## Visiting the Airport Fire & Rescue Station

Boulcott Probus Club recently visited the Wellington Airport Fire & Rescue station.

The hospitality of the airport staff and the interesting nature of their facilities and work was exceptional. The group had the opportunity to have a photo in front of one of the \$1.5M fire/foam trucks. It carries nine tons of water but will only last two minutes in a rescue requiring foam.

The Club was invited to return next year to inspect their new state-of-the-art fire station, with works



commencing soon on the other side of the airport.

After their visit, the group then enjoyed lunch at the lovely Loose

Goose cafe. They spent a couple of hours chatting after their meal and agreed that a return would be great.

## Overlooking the waters of Lyall Bay

Wellington Combined Probus Club recently enjoyed a lovely lunch overlooking the waters of Lyall Bay.

The café was situated at the gateway to Wellington Airport which provided a premium spot for the group to view the runway.

The group thoroughly enjoyed their lunch and the amazing water views that came with it. ■





# Find Your Social Network

## *Looking to get more out of retirement?*

Social engagement is important for everyone's well-being but is particularly important as we enter our later years and leave the security and structure of the workforce behind. Having an active social life provides both mental and physical health benefits, warding off loneliness and depression and increasing longevity. Probus Clubs offer a wonderful opportunity to reinvent retirement for those who have left their work lives but still crave engagement, purpose and companionship.

Social clubs like Probus provide a vibrant community of like-minded people who come together for fun and friendship. Probus promotes mental and emotional well-being by fostering a sense of belonging and purpose. The shared experiences and mutual support within Clubs help retirees navigate the significant life transition with confidence and enthusiasm.

Members meet monthly and stay active and involved through a wide variety of activities that meet individual needs. From coffee catchups and cinema groups to day trips, walking groups and overnight tours, each Club offers various options to keep members engaged. What all Probus Clubs have in common, however, is the opportunity to meet with fellow retirees regularly, to maintain healthy minds and active bodies, to expand interests, and to enjoy the fellowship of new friends.

**So, if you are looking to turn your retirement into an adventure filled with learning, connection and growth, Probus offers a compelling path forward.**



## RETIRED OR SEMI - RETIRED?

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To find your local Club, scan the QR code, visit our website or call us:

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**11 Oct 2025 SOLD OUT! 08 Nov SOLD OUT! 10 Nov EXTRA DATE!**

**09 Feb 2026, 16 Feb, 02 Mar SOLD OUT! 16 Mar, 30 Mar, 11 Apr HALF FULL! 20 Apr SOLD OUT!**

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Day 1: Home pickup, transfer to airport, fly to Christchurch, on arrival met and transferred to hotel. Christchurch (2 nts) 2: CHC at Leisure 3: Join Tranz Alpine Train, Arthurs Pass, Greymouth, Shantytown & Steam Train Ride, Hokitika (1 nt). 4: Fox Glacier (1 nt). 5: Haast Pass, Wanaka to Queenstown (2 nts). 6: Arrowtown. Evening cruise Lake Wakatipu on TSS Earnslaw Steam on Lake Wakatipu + Dinner & Show Walter Peak. 7: Scenic Cruise Milford Sound, Te Anau. (1 nt). 8: Invercargill, Bluff, Optional: Stewart Island. (1 nt) 9: The Catlins, Dunedin. (2 nts). 10: Taieri Gorge Railway, Olveston House, Larnach Castle & Dinner (Exclusive to Gold Club Tours only!) 11: Travel to Oamaru, Oamaru Vintage Railway & historic precinct, Omarama (1 nt). 12: Mt Cook, Christchurch (1 nt). 13: Day at leisure until transfer to join return flight, met & returned home.

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