

# Active Retirees



**NITMILUK ... KATHERINE GORGE,  
NORTHERN TERRITORY, AUSTRALIA**

**FINANCE BEYOND BANKS**

**LAITHWAITES – THE WINE PEOPLE**

**HELLS GATE, ROTORUA**



# The Probus Community

Michael Ransom toasts five decades of Probus in New Zealand: friendship, purpose and community.

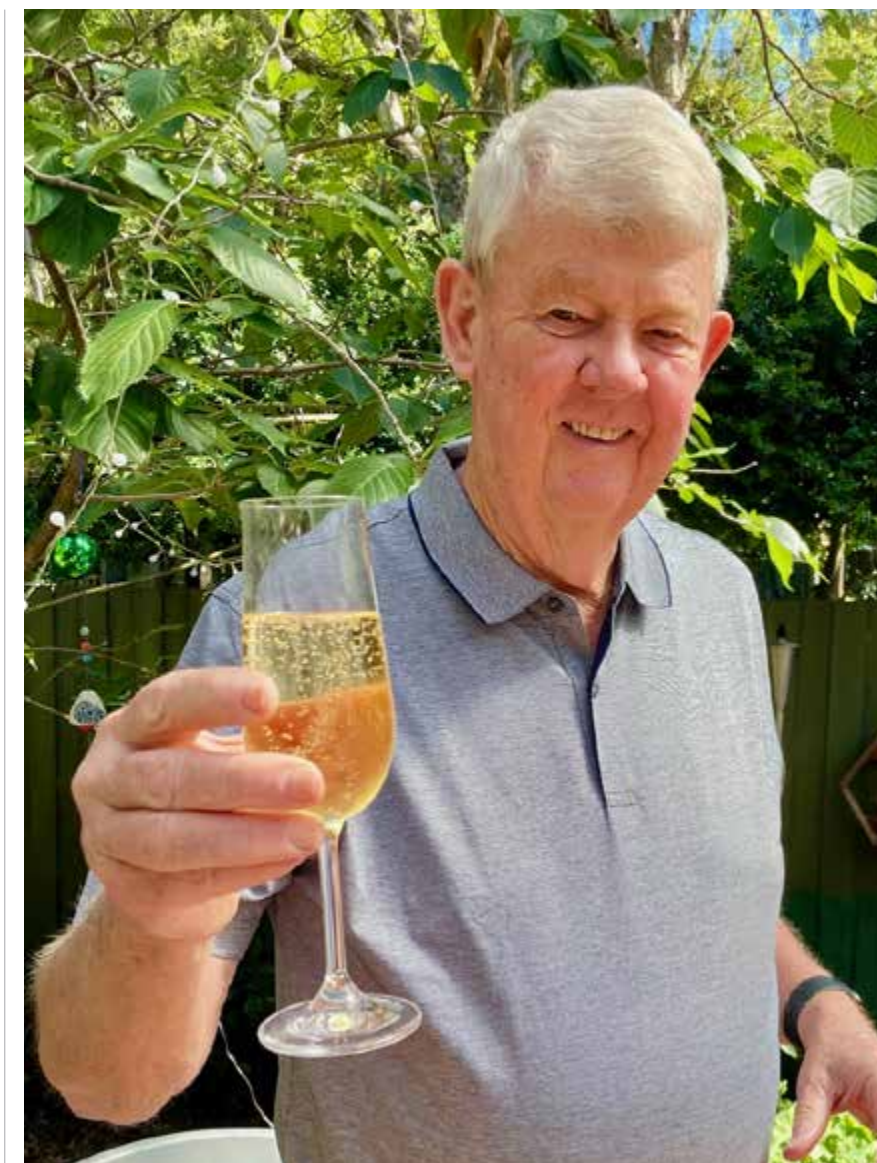
**IN 2024, PROBUS IN NEW ZEALAND** proudly celebrated its 50th anniversary – a significant milestone that recognises five decades of friendship, connection and community. Proudly this year the Hunter's Hill Probus Club in Sydney, Australia also celebrated their 50th anniversary in February 2026.

Since the first Probus club was established in New Zealand in 1974, the movement has grown into a vibrant network enriching the lives of retired and semi-retired people across New Zealand and Australia.

From its beginnings, Probus has been founded on a simple but powerful idea – that retirement should be a time of connection, curiosity and enjoyment. Originally sponsored by Rotary, Probus clubs were created to help people maintain friendships, interests and a sense of purpose beyond their working lives. Fifty years on, that vision continues to resonate strongly.

Across New Zealand today, Probus clubs offer far more than regular meetings. They provide welcoming spaces where friendships flourish, knowledge and experiences are shared, and new interests are discovered. Through guest speakers, outings, travel, interest groups and social activities, Probus supports lifelong learning and encourages members to stay active and engaged.

Equally important is the role Probus plays in supporting wellbeing. By fostering inclusion and reducing social isolation, clubs help members remain mentally, socially and physically connected. In communities throughout New Zealand – whether in cities, towns or rural areas – Probus contributes to a strong sense



of belonging and community spirit.

Reaching five decades is a testament to the dedication of the many volunteers who have contributed their time and energy to sustaining and growing Probus clubs across New Zealand. It reflects the strength of an organisation that continues to evolve while remaining true to its core values of fun, friendship, and fellowship.

As we welcome our new committees following the March AGMs, I encourage you to embrace the opportunities ahead and continue building a strong, vibrant Club. Your leadership plays a vital role in showing that life after retirement can be active, meaningful, and deeply connected – and I wish you every success in the year ahead. ■



## Love the resort-style feeling.

Imagine a place where you can feel completely at home, but always on holiday. Where the day's itinerary could include a round of croquet, relaxing in the spa, and a cappuccino in the café. It's time you chose the kind of life you deserve at Summerset.

## Love the life you choose.

0800 SUMMER  
summerset.co.nz



Dear diary,  
the spa pool  
might be our  
new best friend

# CONTENTS

AUTUMN 2026 ISSUE

## Publisher / Editor

Colin and Joan Gestro  
E. colin@affinityads.com  
E. Joanlucy42@gmail.com  
P. 027 256 8014  
Postal: Affinity Ads  
Box 13257 Tauranga 3141

## Editors at Large Travel and Wine

Dennis and Rosamund Knill

## Advertising

John Emmanuel  
P. 021 055 4635  
E. john@affinityads.com

## Graphic Design

David Faulls  
E. faulls@excom.co.nz  
W. www.excom.co.nz

## Print & Distribution

Inkwise  
E. info@inkwise.co.nz  
W. www.inkwise.co.nz  
This publication is published on behalf  
of Probus South Pacific Limited  
ACN 152 374 395

## PSPL Administration

PO Box 1294 Parramatta NSW 2124 AUS  
P. +61 2 9689 0200  
F. +61 2 9633 4799  
New Zealand 0800 14776 287  
Australia 1300 630 488  
E. editorial@probussouthpacific.org  
W. www.probussouthpacific.org

## Probus South Pacific Ltd

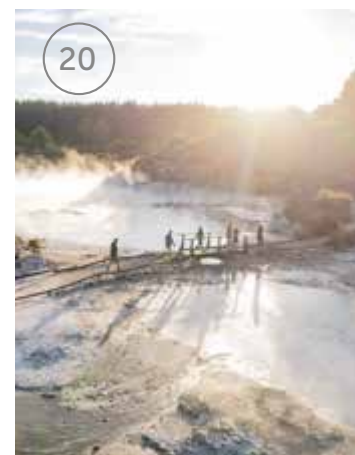
Directors 2025-2026  
Chairman: Michael Ransom  
Vice-Chairman: Jennifer Law  
Treasurer: David Ekert  
Directors: Margaret Drake, Peter Turner,  
Nicholas Erby, Brian Hoult, Judith Mastracci  
AM, and Caroline Nelson

**Disclaimer:** Please check all travel prices as they vary depending on time of year. Before booking any travel overseas, always check insurance options, especially health insurance. Every care is taken to ensure pricing, offers and content is correct at time of publishing. Please check with advertisers when making a purchase as the publisher cannot be held responsible for inaccuracies in this publication. Please note that some content is advertiser supplied. This is viewed and edited to ensure it is of value to most readers.



Welcome to Issue 50 of *Active Retirees*, our special Autumn edition — and a milestone worth celebrating. As the leaves begin to turn and the air takes on that crisp seasonal feel, this issue is packed with ideas, inspiration, and practical advice to help you make the most of the months ahead.

Inside, we take a light-hearted look at managing money in later life, with tips to stretch your dollars without missing out on the things you enjoy. We also explore health and wellbeing, including ways to stay active as temperatures drop, and expert insights into common concerns such as joint pain and sleep quality.



**28** **COMMUTING**  
Uber are out to impress the 60-plus. See their new offer.

**30** **WINE & MARKETING**  
Laithwaites the wine people, based in Australia offering some awesome shiraz, plus other varieties from all over the world.

**34** **SOUTHERN OFFERINGS**  
Breathe: an awesome Te Papa presentation, and Christchurch's impressive new buildings.

**36** **HEALTH**  
We look at cognitive health and diabetes.

**38** **INTERNATIONAL DAY FOR OLDER PERSONS**  
Enliven leading the way with this special day for older persons.

**42** **FINAL CHANCE TO WIN A RAROTONGA HOLIDAY**

**45** **PROBUS CLUB NEWS**

**04** **EXPLORING NORTHERN TERRITORY – PART 2**  
Continues our look into Northern Territory, Australia, exploring all that is natural.

**08** **TRAVEL**  
Travel destinations globally, including cruising The Med, and here at home in New Zealand.

**22** **FINANCE**  
Options explored outside of banks which continue showing poor returns on investments.

# An ancient land ... the Northern Territory

Part 2 of our journey, by Joan Gestro

## COOINDA IN KAKADU

Cooinda means “happy place”.

Kakadu National Park covers an area of 20,000 square kilometres and it's easy to see why it is a UNESCO World Heritage site. This living cultural landscape is not only beautiful, but has deep spiritual connections to the land dating back to Aboriginal creation stories.

We stayed at Aboriginal-owned and operated **Cooinda Lodge**, set in the north of Kakadu – a nice modern hotel offering us a big room, king bed, and great food in the restaurant.

The following day was our adventure on with **Yellow River Cruises on the Yellow River Billabong, a significant site for the local Bininj Munggyu people.**

Three boats were waiting to welcome passengers on board: all given a lunch pack, and bottles of water.

This tour showcases a rich ecosystem of native animals in their natural habitat. The skipper's information and commentary were

on the local Indigenous culture and the significance of the waterways.

Crocodiles abound here in significant numbers. With a wide variety of bird species, large and not so large, wild horses (brumbies) and water buffalo introduced in the late 19th century by the settlers. These unfortunately became a feral pest causing significant impact on the environment.

The cruise meandered through a unique landscape of wetlands, with bird life taking flight as we glided along, a sight to behold, birds of all sizes and colours.

Our sunset tour showed off the stunning and brilliant colours and sights of a magical place. We passed many buffalo and wild horses lazily minding their own business, and a small Australian kingfisher adorned in its vivid French ultramarine-blue coat, not so visible due to its size, but who could miss its brilliant colour. Gorgeous little creature, not unlike our own New Zealand Kingfisher, aqua blue in colour and I must add, just as gorgeous.

Throughout the cruise our skipper delighted us with information topped with humour, specifying the importance of the waterways to Traditional Owners, the Bininj Munggyu people, who have cared for this land for tens of thousands of years.

He also pointed out the existence of crocs in the billabong, and there were many! His advice was to keep arms and legs away from the railings, and not to be tempted to stand and

look over in search of a croc, as the croc will see you first! This was followed by a word of advice: “If you fall in, the skipper doesn't promise to jump in after you, but if he does, he'll haul aboard parts of you left floating about.” As you can imagine, all of us on board listened and took the advice in silence, firmly clutching onto our seats. But seriously, it was an amazing trip. We had a great time, with entertainment, information, and wondrous sights. All topped with humour.

The cruises run year-round from the Cooinda Lodge, making it an accessible activity in Kakadu National Park.

Cooinda also provides parking for motorhomes and caravans in close proximity to all amenities. It's a great place for a family with camping and three pools for children to delight in.

We had a great time in Cooinda, we do recommend it also as a family destination.

## NITMILUK (KATHERINE)

### Nitmiluk (Katherine Gorge)

Katherine Gorge takes its name from a Jawoyn (local Aboriginal people) creation story. There was a being Nabilil who camped beside the river and he heard cicadas singing their 'nit, nit, nit,' and named the place Nitmiluk, meaning the “Cicada Place.”

### Cicada Lodge

Located within Nitmiluk National Park, overlooking the Katherine River, this stylish accommodation also offers award-winning fine

dining at the Cicada Lodge Restaurant. The restaurant features local produce and traditional ingredients. Here, I was brave

enough to challenge my taste buds on kangaroo and I must say I enjoyed it: beautifully char-grilled on the barbeque, very tender meat

similar to venison. On another day, with a little more trepidation, I sampled crocodile which I found similar to chicken.

The next day we joined the **Nitmiluk Gorge Cruise** to learn so much from our knowledgeable skipper's commentary on the history of this fascinating place. Quite a spiritual feeling all around, I must say!

The traditional owners of the Nitmiluk (Katherine) Gorge area have a deep connection to country, and their cultural heritage. The community also has a history of perseverance as they managed to secure land rights for Nitmiluk National Park and establish joint management with the government.

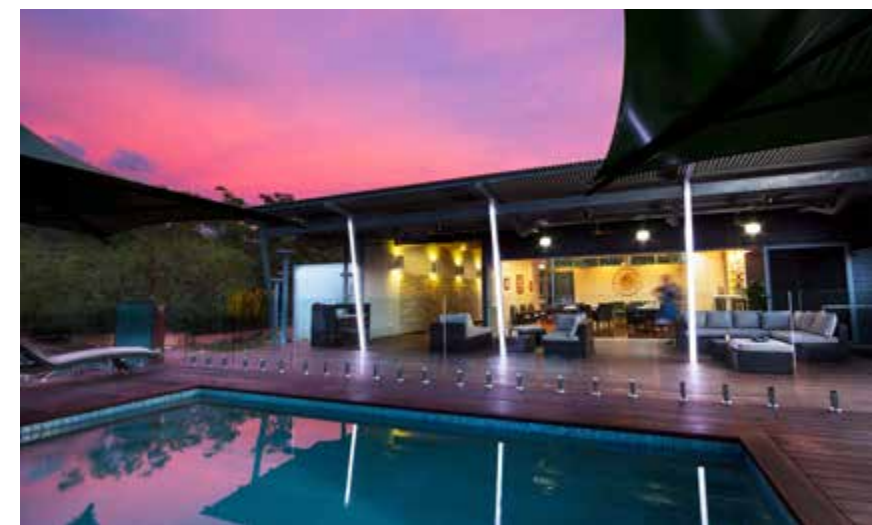
Nitmiluk has a history rooted in its ancient geological formation and modern, cultural, and social past.



Nitmiluk Gorge, Katherine. TOURISM NT/LACHLAN GARDINER



Cooinda Lodge, Kakadu. TOURISM NT/KAKADU  
TOURISM COOINDA LODGE, KAKADU



Cicada Lodge, Nitmiluk Gorge. TOURISM NT/PETER EVE CICADA LODGE

## The Rainbow Serpent

For some Aboriginal cultures, the Rainbow Serpent is the source of life, with its association with water being fundamental to all living things. The serpent's journey created rivers, mountains, and other landforms as it moved across the dry, flat earth. There are many stories associated with the serpent, including that it established rules for creatures to follow: those who obeyed were transformed into humans, while those who disobeyed were turned to stone. The Rainbow Serpent remains a living and important part of Aboriginal spirituality and art and is seen in many Aboriginal paintings.

The gorge was carved from Kombolgie Sandstone over millions of years by the Katherine River. The landscape is central to Jawoyn Dreaming stories. The ancient rock art paintings can still



Darwin Street Art Festival 2019 - Rainbow Serpent by Jason Lee. TOURISM NT/DARWIN STREET ART FESTIVAL/JASON LEE

be seen on the sandstone walls after thousands of years that have gone by, visible high up the cliffs. The gorge is in the path of seasonal flooding and river systems were much higher than in modern times. With huge boulders to stand on,

the artists were able to create these paintings, and here we are in the 21st century able to enjoy and stand in awe at the culture of these ancient peoples.

Our tour was in the middle of the dry season and as the river



Nabilil Dreaming Sunset Dinner Tour. TOURISM NT/LACHLAN GARDINER



Wangi Falls, Litchfield. TOURISM NT/LOLA HUBNER

system was much lower, we had to disembark from one side, took a walk along the riverbank, gazing up at the amazing cliff formations surrounding us. We boarded the awaiting boat to carry on our journey further along the river, slowly gliding past magnificent cliffs towering over us.

The European history began with explorer John McDouall Stuart naming the river in 1862, hence its colonial name, Katherine Gorge. It was handed back to the Jawoyn people in 1989 and renamed Nitmiluk National Park.

In 1978, a land claim was lodged by the Jawoyn people and in 1989, then Prime Minister Bob Hawke handed the gorge back and it was officially renamed Nitmiluk National Park. A great experience that we highly recommend.

## LITCHFIELD NATIONAL PARK

Just 120km southwest of Darwin, Litchfield National Park is an accessible and stunning destination.

It covers approximately 1500km<sup>2</sup> and is near the township of Batchelor. There are plenty of parking and accommodation sites available for campervans and motorhomes, along with cabin and glamping accommodation options. There are also many campsite locations throughout the park – you can simply book online.

The park is an ancient landscape with numerous stunning waterfalls like Florence Falls cascading from the sandstone plateau of the Tabletop Range. There are small and large swimming holes, from wide-open Wangi Falls, to the smaller and much-

loved Buley Rockhole.

There are also rather large and amazing magnetic termite mounds – one stands at eight metres – which I had previously mentioned in my Cooida editorial, which are to be seen and admired for sure.

Refreshing shady monsoon forest walks, and safe, crocodile-free swimming areas are a welcoming delight in the heat of the day.

Litchfield National Park is different to Kakadu; the waterfalls of Litchfield have a constant water supply, showcasing their magnificence year-round.

There are a number of different tours you can enjoy ranging from a few hours through to several days off-road driving, each offering a special and unique take on this beautiful place. This is a must visit for sure. ■

# Cruising from Cape to Cape with Seabourn

FOR MANY TRAVELLERS, the world's most remote and remarkable places have long felt just out of reach – too distant, too complex, or too demanding to visit comfortably.

Seabourn's **120 day Cape to Cape World Cruise**, created to celebrate the line's **40th anniversary in 2028**, redefines that perception. This is expedition cruising at its most refined, opening extraordinary destinations with thoughtful planning, expert support, and seamless ease aboard Seabourn Quest.

From the pristine icefields of **Antarctica** to the sacred heights of **Machu Picchu**, the voyage connects places few ever see in a way that feels effortless rather than arduous. Expedition-style operations allow the ship to reach remote islands, glaciers, and polar regions that larger vessels simply cannot access – while advanced navigation, stabilised zodiac landings, and experienced expedition



teams ensure guests explore safely and comfortably.

One standout example is the multi-day inland journey to **Machu Picchu**. Rather than navigating logistics independently, guests travel by scenic rail through the **Sacred Valley**, ascend gently to the mountaintop citadel, and enjoy a guided visit designed for unhurried discovery. Every detail is managed, allowing travellers to focus on the meaning and wonder of the place itself.

Antarctica offers another compelling illustration of expedition cruising's advantages. Guided zodiac excursions bring guests close to



wildlife and towering icebergs, while those preferring a gentler pace can simply admire the scenery – or enjoy Champagne and caviar served on the ice. Participation is always optional, and comfort is never compromised.

Throughout the journey, rare overnight stays and maiden calls – from **Easter Island** to remote South Atlantic islands and Chile's glaciers – demonstrate how expedition cruising unlocks destinations once considered inaccessible.

Back on board, the experience remains reassuringly luxurious. **All oceanfront suites**, world-class dining, personalised service, and inclusive amenities create a private yacht-like atmosphere. This is not adventure for adventure's sake, but exploration made graceful – bringing the farthest corners of the world within easy, elegant reach. ■



## CRUISE WORLD

invites you to discover

# SEABOURN

Carefully curated cruises aboard Seabourn's ultra-luxury fleet

## Seabourn inclusions

Intimate ships with a private yacht-like atmosphere

All ocean-front suites luxuriously appointed, most with a private veranda

Intuitive, personalised service provided by a team passionate about exceeding guest's expectations

Complimentary premium spirits and fine wines available on board at all times

World-class dining and culinary experiences that rival the finest restaurants anywhere

All dining venues are complimentary, dine where, when and with whom you wish

Welcome Champagne and complimentary in-suite bar stocked with your preferences

Complimentary entertainment experiences, offering a variety of shows and live music

Complimentary Wi-Fi packages with unlimited minutes powered by SpaceX's Starlink



Christmas/New Year's Cruise

**THAILAND, CAMBODIA & VIETNAM**  
Seabourn Encore

**14 Days** 21 Dec 2026 – 04 Jan 2027  
Singapore to Hong Kong

From A\$17,699 pp share twin (V1, Veranda Suite)



**SOUTHEAST ASIA, TAIWAN & JAPAN**  
Seabourn Encore

**26 Days** 01 Feb – 27 Feb 2027  
Singapore to Tokyo

From A\$27,299 pp share twin (V1, Veranda Suite)



Cruise World Exclusive Fares LIMITED AVAILABILITY

**NEW ZEALAND EXPLORER**  
Seabourn Quest

**15 Days** 22 Feb – 09 Mar 2027  
Auckland to Sydney

From A\$17,039 pp share twin (V2, Veranda Suite)



**2028 CAPE TO CAPE WORLD CRUISE**  
Seabourn Quest

**120 Days** 07 Jan – 06 May 2028  
Miami to Dover (London)

From A\$124,199 pp share twin (V1, Veranda Suite)

See your travel agent or call Cruise World on 0800 500 732 • [www.cruiseworld.co.nz](http://www.cruiseworld.co.nz)

Terms & Conditions: Sales until 05 May 2026 unless sold out/withdrawn. 'From' fares are cruise only, AUD, per person share twin based on special promotional fares offered by Cruise World. Fares and offers are subject to availability at time of booking, are inventory controlled and can be changed or removed without notice. All passport, visas, required vaccinations and travel documentation are the responsibility of the travelling guest and must be secured prior to departure from New Zealand. Payment, cancellation, and other conditions apply. Cruises are subject to booking conditions and general conditions of carriage for Seabourn. Other special conditions apply. For full details contact Cruise World.



# Rediscover the joy of the journey with GVR Rail Tours

FOR MANY OF US, the best journeys were never rushed. They were savoured through a carriage window: landscapes unfolding, stories shared, time unhurried. That's the spirit at the heart of **Glenbrook Vintage Railway (GVR) Rail Tours**. Bespoke, fully hosted adventures designed for travellers who value comfort, camaraderie, and the romance of the rails.

As New Zealand's premier rail heritage operator, GVR brings decades of railway passion and care to every itinerary. Our tours are thoughtfully paced for senior travellers and active retirees, with seamless connections, hand-picked accommodation, and the pleasure of travelling in good company. Guided by rail-savvy hosts who handle the details, allowing you to relax, look out the window, and enjoy the journey.

## SPIRIT OF THE ANTIPODES

Our flagship 11-day tour, **Spirit of the Antipodes** (31 October–10 November 2026), celebrates the great railway traditions of New Zealand. It's a grand, multi-stop expedition that links treasured rail experiences with remarkable scenery, coastal vistas, welcoming towns, and rich heritage and curated experiences. Expect signature moments, including **two steam-hauled legs** between Palmerston North and Napier. Woven with experiences that bring each region to life: an immersive Māori cultural evening at Te Puia in Rotorua, Rail Cruisers, art deco Napier, the Cape Kidnappers gannet colony, the Taranaki Garden Festival and a cruise



aboard the historic *PS Waimarie* on the Whanganui River.

## AUSTRALIAN RAIL SAFARI: NORTH QUEENSLAND

Craving warm days and big sky country? Our 11-day North Queensland Safari (1–11 August 2026) threads together three legendary railway journeys, the **Gulflander**, **Savannahlander** and **Kuranda Scenic Railway**, with the **Skyrail Rainforest Cableway**, outback Cobbold Gorge, and time amid the ancient Daintree. It's a wonderfully varied rail adventure from gulf country, sweeping savannah, lush tablelands to reef and rainforest, a small group tour of no more than 30 travellers.

## AUSTRALIAN RAIL SAFARI: TASMANIA

Across the Tasman, our 14-day

Tasmania journey (28 September–11 October 2026) blends road, heritage rail and river showcasing the island's wild edges and gracious towns. Ride the West Coast Wilderness Railway on the Abt rack and pinion line, glide through ancient rainforest on the Gordon River Cruise, and discover Port Arthur's haunting history. Between alpine Cradle Mountain, coastal Freycinet/Wineglass Bay, and characterful Launceston and Devonport, this is a thoughtfully paced celebration of landscape, engineering and history.

Whichever journey calls, you'll find the hallmarks of GVR throughout: rail journeys with character, engaging commentary, smooth transfers, hand-picked stays and days that leave room to breathe ... a cup of tea with a view here, a museum browse there, and always the gentle rhythm of the rails. It's travel designed to be savoured. Calmly paced, carefully run, and brought to life by people who are devoted to rail heritage. ■

## TRAVEL BY TRAIN TOURS IN NZ AND ABROAD WITH THE GLENBROOK VINTAGE RAILWAY

Experience Timeless Rail Adventure with Glenbrook Vintage Railway



Step aboard a journey shaped by decades of experience with the Glenbrook Vintage Railway - where rail travel is more than transport, it's the heart of the adventure. Founded in 1970, GVR has a long and proud history of operating heritage trains and hosting escorted group journeys, sharing the romance and stories of rail travel with travellers for over 50 years.

In New Zealand, our rail tours travel aboard your own private train, exploring lines seldom used by regular passenger services. Overseas, we curate distinctive rail-focused journeys that showcase unique train travel experiences. Fully hosted and all-inclusive, our tours blend scenic routes, historic charm, expert leadership and thoughtfully selected activities - creating unforgettable journeys by rail.

### Why Book a GVR Rail Tour?

- All-Inclusive & Fully Hosted: Enjoy seamless travel with all rail journeys, activities, and expert hosting included - so you can relax and savour the experience.
- Unique Rail Experiences: Travel on iconic heritage and private trains across stunning terrain - from classic Kiwi countryside to historic mainlines and beyond.
- Support Railway Preservation: Your participation directly funds the restoration and upkeep of New Zealand's railway heritage.
- Community & Camaraderie: Join fellow rail lovers in small, friendly tour groups, sharing stories and memories on and off the rails.

### Join the Journey - and Make a Difference

Whether you crave the nostalgia of steam, the thrill of long-distance rail, or simply a remarkable travel experience, GVR's rail tours deliver. Your adventure fuels the future of NZ's railway heritage - ensuring that these living treasures continue to run, restored and roaring, for generations to come. Every dollar of profit goes directly back into NZ railway preservation.

Ready to ride? Discover more and book your rail adventure today!

[www.gvr.org.nz](http://www.gvr.org.nz) | [railtours@gvr.org.nz](mailto:railtours@gvr.org.nz) | +64 9 236 3546



## 31 OCT - 10 NOV 2026 | 11 DAY RAIL TOUR BY PRIVATE TRAIN

Travel by private train to locations such as Tokoroa/Rotorua, Tauranga, Ohakune, New Plymouth, Napier and much more!

Discover the magic of your own backyard aboard a private heritage train as it winds through New Zealand's stunning North Island. Sit back and watch the diverse landscapes roll by towering mountains, sparkling coastlines, and lush countryside, while we take care of every detail.

Enjoy comfortable accommodation, delicious meals, paired with thoughtfully planned off-train experiences, explore vibrant cities and historic towns, scenic river cruises and spectacular wildlife. With our friendly team ensuring every moment is effortless, immersive, and uniquely Kiwi. An unforgettable adventure through the heart of Aotearoa, where the journey is as important as the destination.

Join us - and discover the Spirit of the Antipodes



11 Day Rail Tour \$7890\* per person twin share

## FULLY ESCORTED RAIL TOUR OF THE NORTH ISLAND - INCL. ACTIVITIES, MEALS, 4 STAR PLUS ACCOMMODATION



## 1 - 11 AUGUST 2026 | AUSTRALIAN RAIL SAFARI: QUEENSLAND

Discover North Queensland, from outback and bush to reef and rails

Step aboard the Australian Rail Safari: North Queensland, an unforgettable 11-day rail adventure from 1–11 August 2026, hosted by the Glenbrook Vintage Railway. This carefully curated journey showcases some of Australia's most iconic and rarely experienced railways, including the legendary Gulflander, Savannahlander, and Kuranda Scenic Railway. Travel through tropical Cairns, the rugged Gulf Savannah and ancient World Heritage rainforest, enjoying spectacular scenery, fascinating rail history and warm outback hospitality. With premium accommodation, most meals, guided excursions and expert tour hosts included, this small-group tour offers a relaxed, immersive way to experience North Queensland. Limited places ensure a personalised experience - secure your seat and discover the romance of rail in Australia's far north.



11 Day Tour \$9490\* per person twin share

## 11 DAY FULLY ESCORTED TOUR OF NORTH QUEENSLAND - INCL. ACTIVITIES, MEALS, 4 STAR PLUS ACCOMMODATION



## 28 SEP - 11 OCT 2026 | AUSTRALIAN RAIL SAFARI: TASMANIA

Travelling by road, rail and river, we wind through Tasmania's hidden rail routes.

Reveal dramatic coastlines, alpine highlands, and historic towns along the way. This fully escorted journey takes in the very best of the Australia's 'Holiday State' with exclusive experiences and handpicked stays that showcase the island's natural wonders and rich heritage.

Highlights include the untamed beauty of the West Coast, a magical Gordon River Cruise through ancient rainforest and mirrored waterways. Marvel at the dramatic alpine scenery of Cradle Mountain, relax in the coastal charm of Devonport, and soak in the heritage and elegance of Launceston. Our journey continues along the spectacular East Coast, where we unwind amidst the white sands and turquoise waters of Freycinet a perfect base to explore the world-famous Wineglass Bay.



14 Day Tour \$7990\* per person twin share

## 14 DAY FULLY ESCORTED TOUR OF TASMANIA - INCL. ACTIVITIES, MEALS, 4 STAR PLUS ACCOMMODATION

FIND OUT MORE [WWW.GVR.ORG.NZ](http://WWW.GVR.ORG.NZ) | [RAILTOURS@GVR.ORG.NZ](mailto:RAILTOURS@GVR.ORG.NZ) | 09 236 3546



Eiffel Tower, Paris, France



A Tour isn't about being "looked after" — it's about finally letting go. From the moment you book to your return home, we take care of all the logistics.

### ENCHANTING FRANCE

With optional Viking Cruise

Departs: 25 August, 2026 | 22 Days

The magic of Paris, Provence, Loire Valley, Normandy & Champagne, discovering history, vineyards, châteaux, cuisine, and French elegance.



### BALKANS EXPLORER

With Adriatic Cruise

Departs: 18 August, 2026 | 30 Days

Explore Bosnia, Serbia, Romania, Bulgaria, Montenegro, and Croatia. Medieval castles, UNESCO World Heritage sites, embark on a 7-night cruise through the Adriatic waters.



### SPAIN & PORTUGAL

With Douro River Cruise

Departs: 03 September, 2026 | 33 Days

From the grandeur of the Alhambra Palace to Bilbao's modern Guggenheim Museum. Explore Basque country, before embarking on a 7-night cruise through the spectacular Douro River Valley.



#### What's Included In Our TOUR COST

Escorted from NZ with Maher Tour Leader | International Economy Flights | Superior-Quality Accommodation | Air-Conditioned Transport | Exceptional Meals | Entrance Fees & Gratuities Covered



Scan To Find Out More  
Call Maher on 0800 500 518  
www.mahertours.co.nz



# CANADA & ALASKA MOTORHOME & CRUISE TOUR

EARLY BIRD  
PRICING FROM  
\$13,050 PP

BOOK YOUR ADVENTURE TODAY

### An unforgettable North American adventure

Kiwi Travel Club is proud to offer an exclusive 42 day self guided group tour exploring the spectacular landscapes of Canada and Alaska.

Travel by fully self-contained motorhome along the famous Alaskan Highway to Fairbanks, before returning through iconic destinations including Jasper, Lake Louise and Banff.

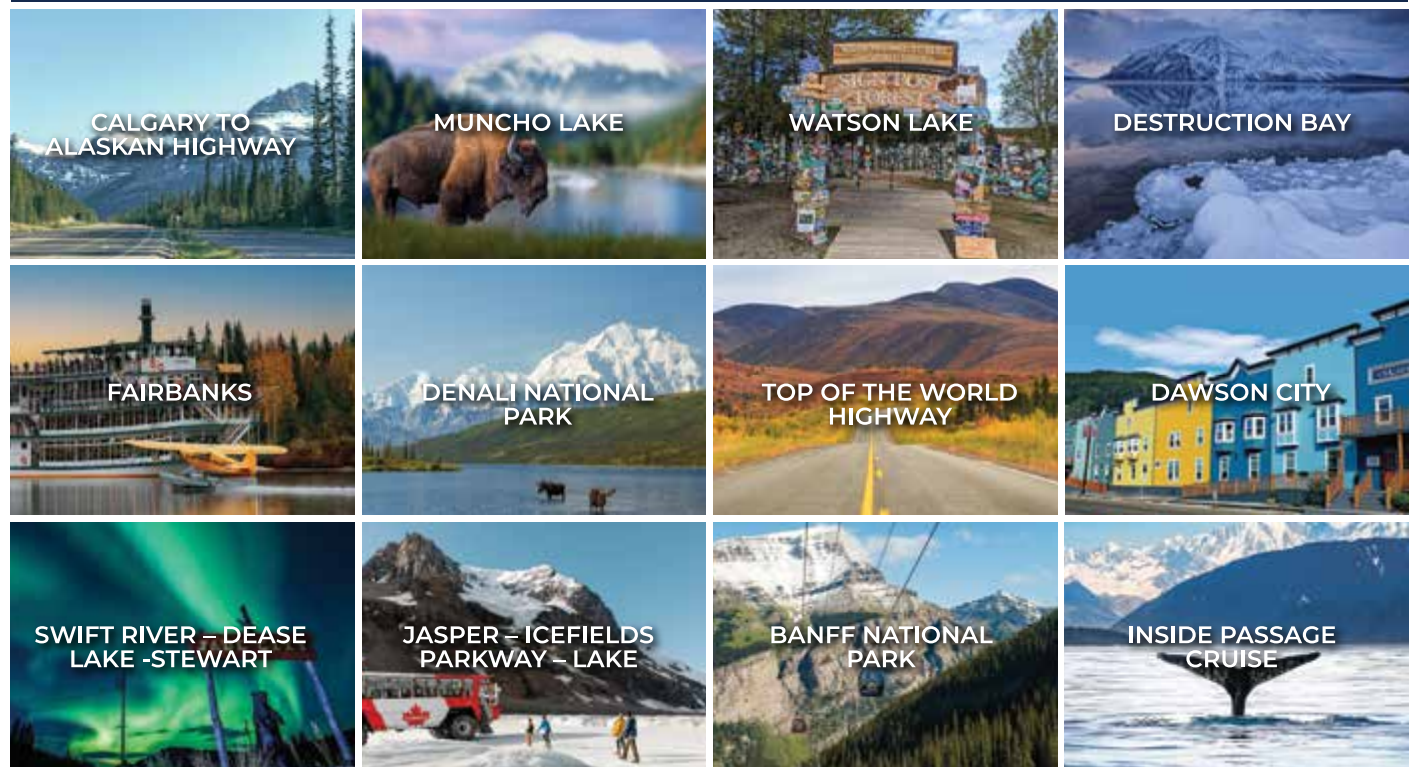
Finish the adventure with a 7 day Inside Passage cruise from Vancouver, experiencing glaciers, fjords and breathtaking coastal scenery.

Tour includes motorhome rental, hotel stays in Calgary and Vancouver, campground fees, and selected attractions.

- 25 May 2027
- 22-26 travellers on a small group tour
- 33 day motorhome journey + 7 day cruise
- Motorhome rental, hotels, cruise, RV parks, national park entry & selected activities included

- admin@ktctours.com
- NZ 0800 895 194
- www.kiwitravelclub.co.nz

### TRIP HIGHLIGHTS



WHEN THE JOURNEY IS AS IMPORTANT AS THE DESTINATION

Fully Inclusive Journeys - All meals, luxury accommodation, touring with expert local guides, entrance fees, portorage, taxes and the services of a dedicated Journey Director.

6 DAYS - PEARLS OF PERTH & BROOME SOJOURN



Kings Park | Perth | Swan Valley | 'Giant Tides' Cruise Broome | Dampier Peninsula 'Flightseeing' | Cygnet Bay

Explore Western Australia's jewels; Perth's golden elegance and Broome's pearling heritage. Discover vibrant city highlights, coastal beauty, fine wine and gold. Then journey north to the Kimberley's wonders - Horizontal Waterfalls, turquoise seas, & rare pearls.

10 DAYS - GULF TO GULF AIR TOUR



Adelaide | Innamincka | Birdsville | Mount Isa | Burketown | Nelson | Groote Eylandt | Uluru | Coober Pedy | Flinders Ranges

Join Bill Peach Journeys on an Outback Aircruising odyssey. Fly over Uluru, The Olgas, Lake Eyre in once in a generation flood, and the Flinders Ranges. Explore Coober Pedy and Groote Eylandt, and experience the heart of Australia's remote, iconic landscapes.

5 DAYS - RED CENTRE & FIELD OF LIGHT SOJOURN



Field of Light | Uluru | Mount Conner | Wintjiri Wiru | Kata Tjuta | Kings Canyon | Red Centre 'Flightseeing'

Discover Australia's Red Centre in style. Journey by 4WD to Mount Conner, fly over Uluru, Kata Tjuta, Kings Canyon and Lake Amadeus, walk creek beds, and indulge in luxury, starlit dining and unforgettable outback experiences.

6 DAYS - LAKE EYRE & FLINDERS RANGES AIR TOUR



Adelaide | Flinders Ranges | Birdsville | Lake Eyre (Kati Thanda) filling in a once in a generation flood | Port Augusta

Fly the Outback from the Flinders Ranges to Birdsville. Marvel at Marree Man, Wilpena Pound, and Lake Eyre's once-in-a-generation flood. Explore Channel Country, Simpson Desert, and remote frontier towns on an unforgettable Bill Peach Journeys adventure.

12 DAYS - GREAT SOUTHERN AIR TOUR



Sydney | Broken Hill | Coober Pedy | Kalgoorlie | Perth Busselton | Margaret River | Albany | Esperance | Port Lincoln | Sorrento | Mornington Peninsula

Discover Australia's Great Southern land on a 12-day private Air Tour with Bill Peach Journeys. Experience stunning aerial vistas, iconic landmarks, coastal beauty, Outback charm, luxury accommodation and exceptional touring.

A small selection of our inspiring journeys with the Leaders in Small Group Luxury Travel for over 40 years throughout Australia, New Zealand & Beyond.

PLEASE CALL TO CLAIM YOUR MEMBER SAVING

0800 445 700 (New Zealand)

billpeachjourneys.com.au



Travel Memories Made Easy



Up to 45 Domestic & International Tours



FREE

carry on luggage with all bookings made before May 15, 2026. Must mention 'Active Seniors & Retirees'. T&Cs apply

Rarotonga 13 Aug 26

7 nights in paradise, a blend of culture, relaxation and adventure

Canada 15 Aug 26

Vancouver, Victoria, Banff, Rocky-Mountaineer Rail, Alaska cruise

Croatia 18 Aug 26

Zagreb to Dubrovnik: Lakes, Islands, Coast and Culture

Perth 17 Sep 26

Discover Western Australia's Wildflowers, Coast, Wildlife and gourmet delights



Travelwise Holidays

0800 11 60 60

www.travelwiseholidays.co.nz

Wairarapa - Lonely Planet Best in Travel 2026 FAQs

WAIRARAPA'S STARGAZING, FOOD, AND WINE have been named one of the world's Top 25 Experiences for 2026 by Lonely Planet's Best in Travel. It is the only New Zealand experience to make this global list.

What is Lonely Planet's Best in Travel?

Best in Travel is Lonely Planet's annual guide highlighting the top places and experiences for the year ahead. The 2026 edition features 50 essential picks worldwide: 25 destinations and 25 unmissable experiences.

When and where was this accolade announced?

- The 2026 edition launched on October 22, 2025 with the selection announced here.
- A best in Travel 2026 website was also launched.
- A global launch event and award presentation will be held at London's National Portrait Gallery on November 5, 2025.

Why was Wairarapa recognised?

Lonely Planet highlights Wairarapa as not "just an after-hours destination." The region offers:

- Daytime experiences: award-winning food and wine, boutique shopping, outdoor adventures, and charming towns.
- Night time experiences: breathtaking stargazing, including guided tours led by expert local astronomers.

What makes Wairarapa special for stargazing?

Wairarapa is one of only 22 International Dark Sky Reserves worldwide.



- The Wairarapa Dark Sky Reserve is accessible and visitor-friendly, with accommodation and facilities nearby.
- Visitors can experience pristine night skies, the Milky Way, and southern constellations in one of the clearest and darkest regions of New Zealand.
- Visitors can take part in guided stargazing experiences.

Where is Wairarapa and how do people get there?

- Just over an hour's drive from Wellington, with a scenic route along State Highway 2.
- Daily train service connects Wellington with Featherston, Greytown, Carterton, and Masterton.
- Convenient connections from Wellington International Airport and inter-island ferries.

What else can visitors do in Wairarapa?

Explore the Classic New Zealand Wine Trail, featuring top wineries across Wairarapa, Hawke's Bay,

Marlborough, and connecting into Wellington.

- Enjoy rugged coastlines, rolling hills, charming villages, outdoor adventures, and local cuisine. Curated three-day itineraries to cater for different audiences.
- Lonely Planet have created this bookable 11-night Dark Skies and Natural Skylines itinerary.

Why is this recognition important?

- Positions Wairarapa among world-class experiences alongside attractions such as rafting the Grand Canyon or tracking elephants in Namibia.
- Highlights Wairarapa's unique combination of day and night experiences and boosts tourism, local business, and international profile.

Tell me about Lonely Planet?

For more than 50 years Lonely Planet has been at the forefront of the rapidly changing world of travel. Today Lonely Planet is the world's leading travel publisher, with over 800 titles in print, iconic guidebooks spanning the entire globe as well as best-selling gift and illustrated titles to inspire and empower travelers, as well as inform.

Lonely Planet has always been more than just a publisher; through their books they impact the lives of millions of travelers every day. Reaching beyond, they are revolutionising their digital presence to remake Lonely Planet as a true community of like-minded travelers. Lonely Planet can be found on lonelyplanet.com ■

# The Islands of Tahiti

From award-winning lobster burgers, all-business class flights new expedition tours, and a new hotel, all the updates you need from for 2026

**SPANNING 118 ISLANDS**, The Islands of Tahiti are defined by breathtaking beaches, crystal-clear lagoons rich with marine life, and striking mountain landscapes, which is already more than enough reason to visit in their own right. The Islands of Tahiti are offering elevated experiences in 2026, welcoming a range of exciting new offerings – from a stylish new hotel, a buzz-worthy burger place, to a new all-business class flight – reinforcing the destination's dynamic appeal and making now an especially exciting time to visit.



## BRAND-NEW EXPEDITION EXPERIENCE IN THE TUAMOTU ARCHIPELAGO

The beautiful, remote group of islands in the Tuamotu Islands is now available through a new expedition tour designed for travellers seeking authenticity, remoteness and untouched natural beauty. The tour is guided by local Denis Grosmaire, a deep freediver, marine conservationist, Air Tahiti Nui ambassador and documentary collaborator, who's been based on the island of Tikehau for over 20 years.

He is also the author of the *Respirer comme l'océan*, where he shares his breathing techniques, drawing on his experience as a deep freediver, techniques that restore



clarity, inner calm, and self-confidence. Tuamotu Expeditions offers 6 nights and 5 days of full-day expeditions, featuring snorkelling the passes, drop-offs, reefs and lagoons surrounding the Tuamotu islands. This personalised adventure is the ultimate way to enjoy a genuine experience in the destination.

## AIR TAHITI LAUNCHES AN ALL-BUSINESS FLIGHT SERVICE

In a world first, Air Tahiti has announced the upcoming launch of an ATR aircraft entirely dedicated to Business Class, which will service flights to Bora Bora

## FULLY ESCORTED TOURS Proudly New Zealand owned and operated

### Exotic Japan

12 days | \$11499 per person share twin | Departs 4 May 2026 (limited amount of single rooms available – supplement applies)

Discover the wonders of Japan on this unforgettable small-group tour. Fly direct to Tokyo with your NZ Tour Manager and be welcomed by expert local guides who bring each destination to life. Tokyo – 3 nights Soak up the energy and elegance of Japan's capital. Visit the magnificent Tokyo Tower, wander through the historic Asakusa Kannon Temple and lively Nakamise Arcade, stroll the enchanting Bamboo Road, enjoy a traditional Tea Ceremony, and experience the excitement of a live Sumo wrestling show. Dine near the iconic Shibuya Crossing before travelling to the Mt Fuji region for an overnight stay. Cruise on serene Lake Ashi and glide up the Komagatake Ropeway for breathtaking panoramic views. Travel in style aboard the famous Bullet Train to Kyoto – 3 nights. Explore the peaceful Nara Deer Park, admire the Zen beauty of Ryuanji Temple, and savour the flavours of Nishiki Market. Enjoy free time to discover Kyoto's charming streets, gardens, and cultural treasures at your own pace. Continue by Bullet Train to Osaka – 2 nights. Visit Hiroshima and the moving Peace Memorial area, then journey to Miyajima Island to see the iconic Itsukushima Shrine. Back in Osaka, tour the impressive Osaka Castle and enjoy a relaxing cruise, with time for your own sightseeing and shopping. Return by Bullet Train to Tokyo for a final night before your flight home. Your tour includes: - Return airfares from Auckland - All sightseeing and entrance fees - Daily breakfasts, selected lunches and dinners - Professional New Zealand Tour Manager and knowledgeable local guides - FREE home pick-up and return within the greater Auckland, Wellington, and Christchurch areas (25kms from airport). Maximum of just 20 passengers – a more personal, relaxed touring experience. Spaces are limited, so secure your place early.

### Queensland Coast Escape

9 days – Departs 22 July 2026 \$5195pp share twin

Keep the summer feeling going with return air fares to Brisbane from Auckland/Wellington or Christchurch. Coach to Sunshine Coast and spend a relaxing 4 nights at our resort style accommodation. Enjoy a seafood lunch cruise in Mooloolaba, Devonshire Tea at the Botanical Garden in Maleny, shopping at Montville. Visit the renowned Eumundi markets and the Ginger Factory. We coach to Gold Coast (Broadbeach) – 4 nights with local sites, day trip to Mt Tamborine with lunch at St Bernards Hotel with amazing views and time to pat the to St Bernard dogs. Visit Currumbin Wildlife Sanctuary and take a sunset cruise around the multi-million dollar homes on the canal before dinner at a waterfront restaurant. Includes all breakfasts, most dinners, all sights.

### Wearable Art 2026

Dep: 17 Sept, 21 Sept, 24 Sept and 01 Oct 4 days from \$2799pp share twin from AKL, WLG or CHC \$2899pp share twin from Tauranga

Fly from Auckland/Tauranga or Christchurch to Wellington for 3 nights at the fabulous Hovotel hotel. All breakfasts and dinners (including SPECIAL WOW THEMED DINNER), Platinum seats to the show with a souvenir programme. Just ask anyone who has been with us how good our seats are!! Approx 100 minutes of non-stop entertainment which will take your breath away!! A free day in Wellington for our own sightseeing choices (perhaps a visit to Te Papa or Zealandia). Day trip to the Scenic Wairarapa with time for some retail therapy in Greytown and a light lunch at Martinborough. Fly back home or return to Auckland onboard the Northern Explorer Train – (\$60 surcharge applies to train). (Train option not available on 21 Sept tour)

### Vivid Sydney 2026

5 Days – departs 25 May 2026 From \$4299 person share twin  
Join us for one of the highlights of Sydney's event calendar – VIVID SYDNEY. We include return flights and 4 nights at the fabulous Sydney Harbour Marriott Hotel at Circular Quay. All breakfasts and dinners with a dinner cruise on the harbour to see the lights from the water. Your tour manager will guide you on walks through Sydney to see the light installations which are different each year. We also include a day trip to the Blue Mountains with Scenic World Katoomba Cable Car & Rail and a devonshire tea in Leura. If you haven't seen this lighting spectacular, then put this on your list for 2026. You won't be disappointed.

### Cairns Tropical North Queensland

8 days – departs 13 June 2026 \$5995 per person share twin  
Fly direct to Cairns to our centrally located hotel. All breakfasts included, selected lunches and dinners, and return airfares from Auckland. Enjoy City Sights – a perfect introduction to this vibrant tropical hub. Experience Kuranda Skyrail & Cable Car, gliding above the rainforest canopy and returning on the Kuranda Railway. World War II Aquaduck Experience – a quirky, fun ride through rainforest and waterways. Hartley's Crocodile adventures with Atherton Tablelands – explore lush highlands, cruise serene Lake Barrine and see the iconic Curtain Fig Tree. Twilight Tour & Dinner at Cairns Aquarium – a magical evening surrounded by marine life. Dinner on Cairns Harbour was sunset waterfront views. Plenty of free time to enjoy Cairns your way – sightseeing, shopping or relaxing in the tropical sunshine. Travel in quality touring coaches and accompanied by our Supreme Tour Manager from NZ.

### Singapore Garden Festival

9 days, departs 1 July 2026 \$7550 per person share twin limited seats  
A world celebration of colour, creativity and horticultural brilliance at the iconic Gardens by the Bay. Includes return economy airfares from Auckland, plus 7 nights at the 4-star Oasia Downtown with daily breakfasts and most dinners. Enjoy two full days at Gardens by the Bay and the spectacular Floral Festival, a half-day city tour and entry to the breathtaking National Orchid Garden, home to more than 60,000 orchids. We've included memorable experiences to make this tour special: a guided visit to HORT park, Singapore's gardening and lifestyle hub, high tea at the historic Fullerton Hotel, a spice garden tour, and a charming Bumboot cruise along the Singapore River, ending with a seafood dinner. Free home pick up and return to Auckland/Wellington/Tauranga/Christchurch (25 kilometres from airport). Seats are limited – secure your place soon.

FREE home pick up & return from Auckland/Wellington/Christchurch within 25km of airport. (Check for other areas.)

**SUPREME TOURS & TRAVEL LTD** Level 2, 110 Symonds St, Grafton  
Freephone: 0800 809 300 • Email: statltd@xtra.co.nz • www.supremetoursandtravel.com

TAANZ bonded for your protection and member of IATA



**YOUR TOURS**  
From Your Front Door & Back Again

## HOSTED SMALL GROUP TOURS

### MALAYSIA FOR CHRISTMAS

14 Dec 2026 15 DAYS

Celebrate a Tropical Christmas in Malaysia!

Step into a festive wonderland like no other, where the magic of the holidays meets the vibrant charm of Southeast Asia. Malaysia, a dazzling tapestry of cultures and landscapes, offers a perfect blend of modern cities, historic towns, and breathtaking natural beauty.

Our festive journey begins in Kuala Lumpur, exploring vibrant neighbourhoods beautifully enhanced by seasonal decorations and celebrations that reflect Malaysia's rich cultural diversity.

In the Cameron Highlands, we find rolling tea plantations, manicured gardens, and cascading waterfalls creating a festive atmosphere set amid nature's splendour.

Christmas unfolds in Penang, a captivating island where heritage, creativity, and modern sophistication come together. Here we explore cultural landmarks, wander colourful streets all brought to life with festive decor and celebrations. With plenty of leisure time for relaxation at our beach side resort.

Celebrate the holidays in a warm, welcoming country where festive lights sparkle under tropical skies and traditions blend with modernity.

Our guests join us for our tours from all corners of New Zealand and you can be rest assured your tour host will always be one of our friendly well-experienced YOURTours team members, ensuring everything is looked after from start to finish, allowing you to relax and just enjoy your holiday.

**ENCHANTING FAR NORTH**  
9 June 2026 8 DAYS

**ENCHANTING VIETNAM**  
14 Sept 2026 15 DAYS

**JEWELS OF JAPAN**  
11 Oct 2026 12 DAYS

**CATLINS, STEWART ISLAND**  
17 Oct 2026 8 DAYS

**SCINTILLATING SRI LANKA**  
23 Oct 2026 17 DAYS

**IRRESISTIBLE INDIA**  
10 Nov 2026 16 DAYS

**FORGOTTEN WORLD & BRIDGE TO NOWHERE**  
1 Dec 2026 4 DAYS

**PHILIPPINES ADVENTURE**  
12 Feb 2027 13 DAYS

**MOROCCO UNVEILED**  
2 Apr 2027 19 DAYS

**THREE STANS**  
7 May 2027 14 DAYS

**GEMS OF CHINA**  
2 June 2027 17 DAYS

**EGYPT & SAUDI ARABIA DISCOVERY**  
Oct 2027 18 DAYS

Contact us today for our full touring schedule 0800 470 005

tours@yourtours.co.nz

17a Maclean Street . Paraparamu Beach . Kapiti 04 297 1392

www.yourtours.co.nz



and Raiatea-Tahaa from Tahiti. Starting on 8 December, 2026, the domestic Tahitian airline will launch its refitted aircrafts combining premium comfort with environmental performance, delivering 45% lower CO<sub>2</sub> emissions than an equivalent jet aircraft.

The cabin has been designed to offer maximum privacy, featuring 26 seats in a 1-1 configuration, generous personal space, wide seat recline, and in-flight entertainment accessible on passengers' own devices. The experience is also deeply inspired by Polynesian culture, with refined design and high-quality materials. It extends

well beyond the flight itself, with personalised service, priority ground services, and dedicated lounges in Tahiti and Bora Bora.

### AWARD-WINNING RESTAURANT OPENS IN COOK'S BAY, MOOREA

The best burger in The Islands of Tahiti can be found hidden in Cook's Bay Shopping Centre in Moorea,



where chef Nahema Charles invites guests to his new restaurant, Pura Vida, to discover the popular Heke Burger. Winner of the Tahiti Burger Week, the Heke Burger is a true love letter to the ocean: coconut hun, breaded octopus, smoked lobster, mango pickles and fresh arugula. It's a surprising and delicate combination, 100% local, where every bite tells the story of Moorea and its laid-back island lifestyle.

### TRIBECA TAHITI: A NEW NEW YORK-STYLE BRASSERIE IN PAPEETE

The bustling capital of Tahiti has welcomed a new New York-style brasserie located just across from the cruise terminal. Inspired by Manhattan's iconic neighbourhood, the Tribeca Tahiti team blends the flavours of New York with warm Tahitian hospitality in the heart of Papeete. Guests can choose from artisanal pizzas, grilled meats, and New York-style burgers, with fresh draft beers and creative cocktails, all offered in a vibrant, urban atmosphere. The Tribeca Tahiti is a great spot for cruise travellers looking for a quick and easy bite before exploring the capital.



### HOTEL REVA TAHITI IS OFFICIALLY OPEN

Located at the intersection of Avenue Prince Hinoï and Avenue des Remparts, opposite the Essor store, this urban hotel blends tropical and contemporary style. Just steps away from restaurants, shops and the Papeete Market, and only a five-minute walk from the



ferry terminal to Moorea, Hôtel Reva Tahiti places you right at the centre of the action. With modern amenities

and a strategic location, it is the ideal choice for a practical and comfortable stay in Papeete. **Explore Tahiti Tourism:** Online <https://www.tahititourisme.nz/> On Facebook <https://www.facebook.com/TahitiTourismeAUNZ> ■

*Let the Scenery Unravel with Twilight Travel*



## Wild West


Colours of the West Coast  
4 - 14 December 2026

From Haast to Westport, discover lush rainforests, the majestic Alps and glaciers, the vivid blue waters of the Hokitika Gorge, and encounter the rare Kotuku –white heron near Okarito.



Wild, dramatic, and endlessly beautiful – join us on an unforgettable journey of the spectacular West Coast.

**CONTACT US: 0800 999 887**  
[bookings@twilighttravel.co.nz](mailto:bookings@twilighttravel.co.nz)  
[www.twilighttravel.co.nz](http://www.twilighttravel.co.nz)

THE TALISMAN BEACHSIDE



YOUR SANCTUARY BY THE SEA  
Hosted by fellow kiwi's!  
↓ Enjoy an exclusive discount for Broadbeach Accomodation ↓

# WHERE THE EARTH SOOTHES.



HELL'S GATE

Hell's Gate is Rotorua's most active geothermal reserve and New Zealand's only Mud Spa complex. Enjoy this thermal wonderland with our interactive guided or self-guided tour before relaxing in our geothermal mud and sulphur-rich waters.

Present your SuperGold Card to receive a 15% discount on any Hell's Gate experience.

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

or call us on 07 345 3151

## Hell's Gate – therapeutic on one hand, fearsome on the other!

COME AS A GROUP, with your partner, even on your own – but do make sure you come to be educated in this geothermal wonderland encompassing Māori culture and lore. We were excited to receive an invitation to the Hell's Gate Geothermal Reserve & Mud Spa on the outskirts of Rotorua.

Our escort for the day was the highly experienced and knowledgeable guide Mark – who knows this area like the back of his hand and showed extreme pride in his work, with more than 20 years' experience as a guide here.

We passed cooking pools and steaming cliffs, walking through native flora, teeming with bird life, to see the largest hot waterfall in the Southern Hemisphere, Kakahi Falls.

We took in the steaming fumaroles, boiling mud pools and the sight of the park's most acidic pool, like a giant bath of bubbling battery acid.

New Zealand's most active geothermal reserve is an artist's palette of sulphurous water springs and nutrient-dense mud of many colours.

Hell's Gate is operated by the Ngāti Rangiteaorere tribe who settled in the area more than 600 years ago.

They believe Ruamoko, god of earthquakes, volcanoes and seasons is to blame for the abundant geological resources in the area.

The gift of fire, which he brings to the land below Tikitere, provided therapeutic waters and muds where warriors would bathe to cleanse themselves of the blood spilt during tribal battles.

Mark took us through thermal features that had very aptly descriptive names for sure, such as Devil's Bath,

Sodom and Gomorrah and Devil's Cauldron.

The whole area consists of volcanic sandstone and rhyolite, containing silica, magnesium and large mineral crystals.

Thanks to the geothermal activity in the area the bushland we stroll through is also unique to anywhere else, as the nutrient-rich soil gives life to trees like the New Zealand silver fern and rare mosses you won't find elsewhere.

Visiting Hell's Gate now, we were able to see first hand just how it got its modern name, but despite that we also witnessed firsthand how it has become a therapeutic environment.

At the end of our walk, we looked at the Māori carving tent.

Here visitors bent their heads over work benches in concentration, following the advice from experienced carvers to create their own taonga to take home.

Following this, one can relax and rejuvenate in thermal mud pools, soak in sulphur-rich spas or revitalise with a plunge in the cold pool.

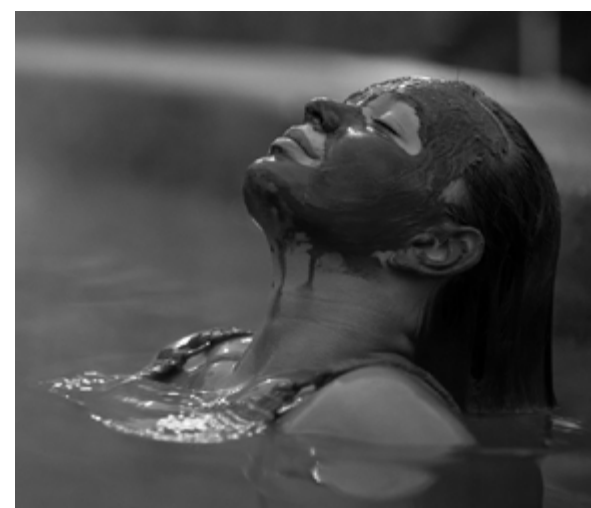
There are multiple new additions on the horizon for Hell's Gate, with private mud pools and the new glamping accommodation being developed on site.

The management are also able to organise steam cooked hangi for groups, as well as evening gatherings to sit under the stars with refreshments and take in the night sky.

Bliss! You must try this for sure; we'll be back.

**Location:** 351 State Highway 30, Tikitere, Rotorua

**Hours:** Daily from 10am to 6pm, except for Christmas. ■



## SEE WHAT'S TUCKED AWAY IN OUR BASEMENT

Our Secret Museum tour is your chance to go where few people are allowed. With our knowledgeable tour guide, you'll explore incredible objects not on display and find out how we look after these priceless collections at Auckland Museum.

### SECRET MUSEUM TOUR

4 MAY-27 SEPT 2026

10.15AM DAILY (EXCEPT WEDNESDAYS)

\$30 PER PERSON, \$27 PER MEMBER

### BOOKINGS ESSENTIAL

To book, scan the QR, or visit [aucklandmuseum.com](http://aucklandmuseum.com)



# Why seniors should consider investing with non-bank providers in New Zealand

**TRADITIONAL BANKS** have long been the go-to choice for New Zealand seniors looking to secure their retirement savings. However, the investment landscape has expanded significantly in recent years, and non-bank financial providers now offer compelling opportunities that may be more aligned with senior investors' financial goals. With proper due diligence and an understanding of personal risk tolerance, non-bank institutions can play a valuable role in a retirement investment strategy.

One of the key advantages of investing with non-bank providers is the potential for higher returns. Many non-bank finance companies, managed funds, property funds, and investment platforms offer

more competitive interest rates or growth prospects than standard bank term deposits. As living costs rise and retirement periods lengthen, achieving strong investment returns becomes essential for maintaining financial independence and quality of life. Non-bank providers often specialise in income-generating assets such as corporate bonds, property syndicates, and diversified managed funds, which can deliver steady cash flow for retirees.

Another benefit is the wider range of investment choices available. Non-bank institutions give seniors access to diversified portfolios, property investments, peer-to-peer lending, and a mix of conservative and growth-focused funds. This flexibility allows retirees to tailor

their investment approach – whether prioritising capital preservation, income, or long-term growth for estate planning. In some cases, non-bank products may also offer more flexible withdrawal terms than traditional bank term investments.

Personalised service is another factor attracting seniors to non-bank institutions. Many non-bank firms place strong emphasis on investor relationships, providing guidance, educational resources, and accessible adviser support. This focus can make investing feel more transparent and empowering, especially for those seeking clear communication and understanding of their investment choices.

Diversification is also an important consideration. Limiting investments to banks may restrict returns and concentrate risk. Including reputable, well-regulated non-bank investments alongside traditional bank products can enhance financial resilience and help balance risk across multiple sectors. Seniors should always ensure providers are licensed by the Financial Markets Authority, understand the investment structure, and seek financial advice where appropriate.

In summary, non-bank investments offer attractive benefits such as higher return potential, broader investment choice, personalised support, and stronger diversification options. For New Zealand seniors aiming to protect and grow their retirement savings, exploring reliable non-bank options can be a smart and rewarding financial strategy. ■

# Navigating the rising tide of inflation

By Shamubeel Eaquib, Chief Economist of Simplicity



**TERM DEPOSITS** are familiar, safe and may no longer be enough to fund a comfortable retirement. Many retirees are thinking more about alternative investments that match their needs in an increasingly inflationary environment.

For generations, term deposits have provided a good way to manage one's retirement savings. This muscle memory continues. In 2024, retirees aged 65-74 had an average of \$85,000 in cash and term deposits according to Statistics NZ. Historically, this made sense. Deposit rates were high compared to other safe investments, and they comfortably beat inflation.

In recent decades, term deposit rates have unfortunately become less attractive. And more recently, inflation has accelerated, especially for retirees. This is because retirees spend more of their income on items that are increasing fast but are unavoidable: rates, insurance, electricity, and food.

There are several reasons why inflation has accelerated, and why the types of costs that are rising fast particularly affect retirees more.

New Zealand (and the world) recently went through a long period of low and stable inflation. Independent monetary policy focused on inflation, and the industrialization of Asia (China in particular) exported low or falling prices for many goods and services. This was all helped by a backdrop of growing globalisation, which spread the benefits of these lower prices around the world. However, it also came with costs to local jobs, especially blue collar, in advanced economies.

This has been a core driver of why there is now a fracture in the global consensus on globalisation and global co-operation. Tariffs, trade barriers, wars – trade and hot – are now adversely

affecting trade and prices of goods and services. The rise of globalisation, industrialisation and importing falling prices are no longer a given. We have relied on low or falling import prices to balance out relatively high inflation at home. Much of the domestic stuff we buy is driven by wage costs, which tend to rise faster than inflation.

Not only can we not rely on falling import prices reliably due to changing geopolitics, we also have two new sources of inflation: climate change and local government.

Climate change is adding more volatility and cost to insurance and food. This is likely to become an unwelcome feature over the next decade, with increasing frequency of storms, floods, droughts and fires. The impact on food prices will be uneven. The impact on insurance is more structural. Costs will rise while availability will reduce.

Local government costs will also rise substantially. Either through rates or user charges. This is because rates had been held artificially low for decades, by deferring maintenance and new investments, and borrowing more to fund the deficits. Those bills are now due, especially for water infrastructure. These costs will be substantial, and most councils cannot borrow much more. There will inevitably be political shenanigans to try and label these cost increases as not "rates" increases. Perhaps water will become metered

and charged on top of rates, there will be levies, fees and user charges. The impact will be the same – someone must pay, and it will be the residents of the community. Residents, rates payers and taxpayers are all the same people – there is no magic money tree and the road for can kicking has run out.

The inflation story is important for retirees because many rely on NZ Super, supplemented by investment income to fund their retirement lifestyle. With the rising cost of living, retirement income will not stretch as far as we have thus far seen. This may lead to a need to diversify away from safe but low-yielding term deposits, to make sure one's investment dollars are working harder.

As to how to navigate this, Simplicity does not provide financial advice, so it can be worth seeking professional advice for a solution tailored to your needs. A commonly discussed framework is to bucket savings into those that you need in the next 1-2 years in term deposits or other low-risk investments, those that you need in 3-5 years in a low-cost balanced fund, and money you need later in a low-cost growth fund. This is just one example of how some people think about time horizons. Of course, individual risk appetite and investment choices will differ; importantly, returns from funds aren't guaranteed and can fall in value – making them less appropriate for short-term needs depending on the risk level.

Whatever your strategy is, it's worth considering whether it is set up to help you ride out the inevitable rising tide of inflation.

The information provided and personal opinions expressed in this article are intended for general guidance only and not personalised to you. These materials do not take into account your particular financial situation or goals and are not financial advice or a recommendation. ■



# Protect and grow your nest egg

**IN TODAY'S SHIFTING ECONOMIC CLIMATE**, it's becoming increasingly difficult for savers and retirees to maintain the returns they've come to rely on. Rising living costs, high inflation, and low interest rates are creating new challenges.

For the past few years, higher interest rates made bank term deposits a relatively attractive investment choice. However, with low interest rates, investors are looking for alternative options for their hard-earned savings. This is where FMT offers a compelling option. We've been delivering steady, consistent returns for 30 years, and our approach has proven resilient across a range of market conditions.

For the 31 March 2026 quarter, we achieved an annualised after fees pre-tax return of 5.32%. One-year term deposit rates at New Zealand's big four

banks – ANZ, ASB, BNZ and Westpac - are averaging around 3.50%.

Another one of our strengths is that your investment is indirectly spread across more than 1150 first mortgages, offering greater diversification compared to less varied portfolios. This broad exposure helps mitigate risk, while our carefully maintained reserve fund serves as an additional layer of protection against any loan defaults.

Importantly, we've never lost a cent of investor capital – a track record we're committed to upholding. In addition to our consistent returns and diversification strategy, we pride ourselves on our exceptional customer service. While many businesses and financial services are moving to fully digital platforms, we believe in keeping personal connections at the heart of what we do. Our team is always just a

phone call away, ready to answer any questions you might have.

We also host investor meetings for our investors and those wanting to learn more about us, giving you the chance to meet our team, ask questions, and stay informed about your investment.

If you're looking for an investment that prioritises the protection of your capital while delivering steady and reliable returns, consider joining the more than 7500 Kiwis who have already chosen FMT. Our proven strategy, combined with a commitment to transparency and personal customer service, makes FMT a great choice for your nest egg.

**Take the next step in protecting and growing your wealth with FMT – talk to our friendly, nest egg-nurturing team today. ■**

# Retirement should give you freedom – your money could too

**MANY RETIREES WANT** steady, reliable returns without the time, cost, or hassle that comes with owning a rental property. Maintenance, rates and dealing with tenants can turn a so-called 'passive' investment into ongoing work.

Instead, retirees can invest in loans backed by New Zealand property and secured by first mortgages, providing added reassurance for retirees who want clarity and confidence in how their investment is protected.

These loans help fund construction, refinancing or property purchases, and each one is supported by thorough lending checks and conservative assessment processes.



With tangible property security behind every loan, many people appreciate knowing exactly what their money is supporting.

Southern Cross Partners (SCP) specialises in short-term, property-secured investments that pay monthly\* interest. These returns could help retirees supplement their income in a steady, reliable way. With nearly three decades of experience, SCP focuses on high-quality lending

to give investors confidence and flexibility while they enjoy their retirement.

For more information visit [southerncrosspartners.co.nz](https://southerncrosspartners.co.nz) or call 0800 00 58 43.

**DISCLAIMER**

Southern Cross Partners is licensed to provide peer-to-peer 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.\*Compounding interest may be available. ■

## Is your nest egg precious to you?

Invest with us.

We'll protect and grow it, like it's our own.

Talk to our friendly team today

0800 321 113 ▶▶ [fmt.co.nz](https://fmt.co.nz)

Annualised pre-tax return for the quarter ending 31 March 2026

# 5.32

% p.a.

Group Investment Fund and PIE Fund

First Mortgage Managers Ltd is the issuer of the First Mortgage Trust Group Investment Fund and the First Mortgage PIE Trust. Past performance is not a reliable indicator of future performance. Returns are not guaranteed. Product Disclosure Statements are available at [fmt.co.nz](https://fmt.co.nz)

## How are you funding your retirement?

## Regular, enhanced returns, backed by property.

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

\*Southern Cross Partners Ltd is licensed to provide peer-to-peer lending services under the Financial Markets Conduct Act 2013.

# Lower fees, more **Simplicity**

We're a NZ owned, nonprofit KiwiSaver & Investment Fund manager, with a range of low fee funds to suit investor needs:



**UNHEDGED  
GLOBAL  
SHARE FUND**

**0.15% Fee** | Investment Fund

A low fee index fund with over 850 investments in more than 20 countries. Not hedged against NZD.



**HEDGED  
GLOBAL  
BOND FUND**

**0.15% Fee** | Investment Fund

A low fee bond fund invested in over 3,500 investment grade bonds in more than 20 countries.



**NZ CASH  
FUND**

**0.10% Fee** | Investment Fund

A fund invested in cash, short term bonds & other debt securities. Aims to provide stable returns over all periods.



**NZ SHARE  
FUND**

**0.10% Fee** | Investment Fund


A fund invested in shares listed on the NZ stock exchange, providing exposure to the local market.



**HOMES &  
INCOME FUND**

**0.24% Fee** | Investment Fund

A fund providing exposure to NZ's residential property sector, with a mix of growth & income assets.

 To see the full range, scan here



Simplicity NZ Ltd is the issuer of the Simplicity KiwiSaver Scheme & Investment Funds. For Product Disclosure Statements, visit our website [simplicity.kiwi](https://simplicity.kiwi). For more on our fees go to [simplicity.kiwi/fees](https://simplicity.kiwi/fees).

## A light-hearted look at money for seniors

**MONEY TAKES ON** a slightly different personality as we get older. In our younger years, it tends to come and go with alarming speed – mortgages, school fees, car payments, and the occasional “treat yourself” moment that somehow ends up on the credit card. But for seniors, money often becomes less about chasing and more about managing, stretching, and occasionally chuckling at how priorities have changed.

For starters, spending habits evolve. Where once it might have been the latest gadgets or fashion, now it's more likely to be comfort, convenience, and the occasional well-earned indulgence. A good chair suddenly seems like a brilliant investment, and don't underestimate the joy of a quality pair of walking shoes. It's not about being frugal – it's about being selective.

Then there's the curious relationship with “a good deal.” Seniors often develop a sixth sense for value. Whether it's spotting a supermarket special, using a gold card discount, or knowing exactly which day the local café offers cheaper coffee, there's a quiet satisfaction in



making money go further. It becomes something of a game – one where experience usually wins.

Of course, budgeting also becomes a bit more front-of-mind. With a fixed income for many, there's a balancing act between enjoying life now and ensuring there's enough for tomorrow. But this doesn't mean life becomes dull. In fact, many seniors become experts at having fun without overspending – potluck dinners, community events, and travel deals

that younger people often overlook.

One of the lighter aspects of money in later life is the perspective it brings. After decades of earning, saving, and spending, there's often a clearer understanding of what truly matters. It's less about the size of the bank balance and more about what that money allows – time with family, a comfortable home, and the freedom to enjoy simple pleasures.

There's also a certain humour that creeps in. Many seniors will tell you they finally have time to do what they want – just not always the same budget they once had. But that's part of the charm. Priorities shift, expectations adjust, and suddenly a quiet afternoon, a good book, or a catch-up with friends feels like real wealth.

In the end, money for seniors isn't just about dollars and cents. It's about making the most of what you have, appreciating the journey that got you there, and perhaps smiling at the realisation that some of life's best things were never that expensive to begin with. ■



Select an e-bike to keep physically fit and as a good investment for the mind.

# Are you a SuperGold cardholder? Now's your chance to snatch up savings on Uber and Uber Eats

**FOR MANY OLDER NEW ZEALANDERS**, having an easy and convenient way to stay connected to their communities is not always the case. Whether it's attending appointments, visiting family or heading out for a coffee, transport plays a central role in maintaining independence – and as more Kiwis look for flexible ways to move around their communities, even small conveniences can have a meaningful impact day to day.

Recently, Uber has joined the Ministry of Social Development's SuperGold programme, giving eligible cardholders greater access to both transport and food delivery options.

Eligible SuperGold cardholders who are new to Uber can now access discounted rides, alongside introductory offers on Uber Eats. This means older Kiwis can now use Uber to get around easier, and use Uber Eats for last minute grocery top ups, or a nice meal in



the comfort of their own home.

Some may be nervous about using technology, but it doesn't have to be complicated at all. Simple, user-friendly features, such as Senior Accounts and Simple mode, can make the Uber app easier to navigate, with larger text, fewer buttons, and easy-to-follow screens. Your favourite places – like home, a local cafe, or the beach – can even be saved to make booking easier, while family members can also step in to help organise rides or check in along the way.

There's also Uber Caregiver, which allows family members or carers to lend a hand by booking rides when needed, using their preferred way to pay. They can keep an eye on the trip as it happens, and stay in touch with the rider and driver – helping older Kiwis feel more confident and supported getting where they need to go.

As part of the partnership, eligible SuperGold cardholders can access a range of offers including:

- **New to Uber:** 50% off their first five rides (up to \$15 per trip). After completing the first five trips, all cardholders can also redeem an ongoing 5% off the fare on all rides (up to \$5 per trip).\*
- **New to Uber Eats:** \$20 off their first restaurant or grocery order over \$30 (excluding fees).\*
- **Existing Uber riders:** 5% (up to \$5 per trip) off the fare on all Uber rides.\*

The offer is available in cities and towns across Aotearoa New Zealand where Uber and Uber Eats operate.

Further details are available through the SuperGold programme.

\*Eligible cardholders only. Excludes alcohol orders. T&Cs and Fees apply. ■



## Exclusive savings on Uber for SuperGold card holders

New riders get 50% off (up to \$15) first five rides\*

Existing riders get 5% off (up to \$5) all rides ongoing\*

New Uber Eats users get \$20 off first order over \$30\*

Scan the QR code to find out more  
or visit: <https://p.uber.com/SuperGold>



\*Eligible card holders only. T&Cs and fees apply.



# Laithwaites, the wine people

By Gillian Vine

**LAITHWAITES WINE** was one of the pioneers of mail-order wine that offered home delivery.

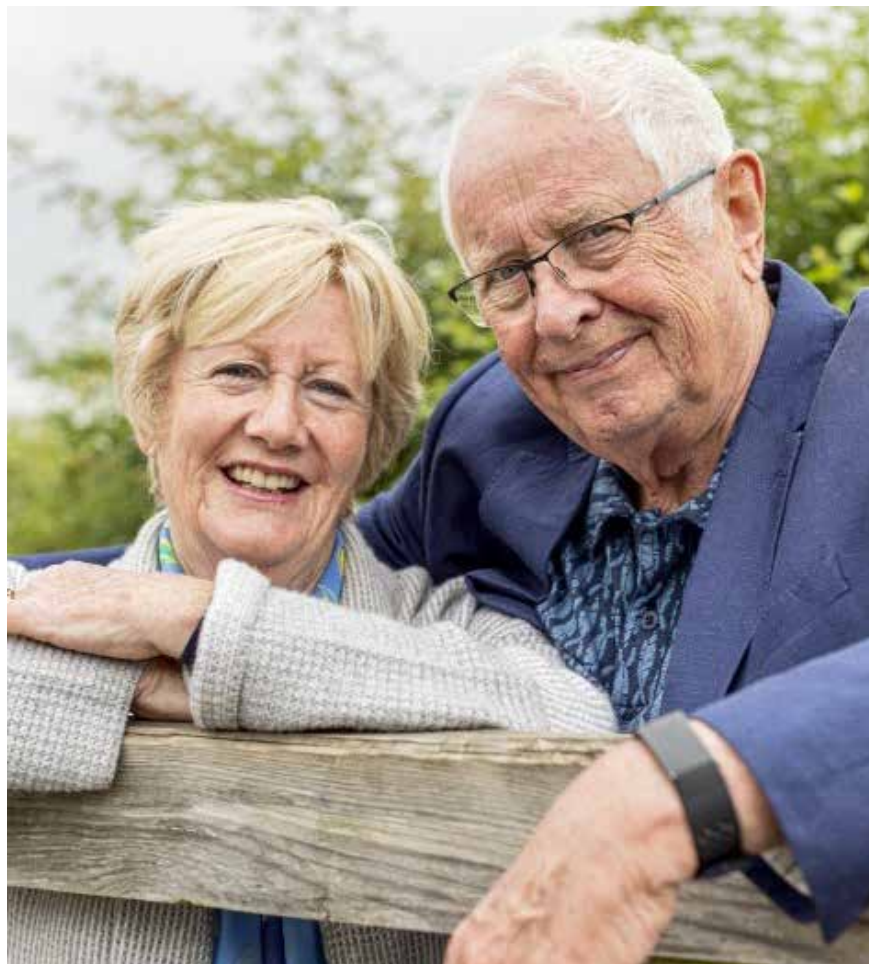
The first New Zealand sales were in 2015 and in the 11 years since then, the company has been expanding, not just here but worldwide.

Yet this successful business venture, founded in 1969 by Tony Laithwaite was almost by accident.

As a student, he went on a geography field trip in Bordeaux to help excavate Roman ruins. While there, Tony took a part-time job washing bottles at a winery in Saint-Émilion. That experience introduced him not only to wine but to the people behind it, sparking a lifelong love for both.

Back in England, Tony began importing crates of wines that appealed to him. With a little financial help from his grandmother, he bought a van and started exploring more of France, then Spain's Rioja region and beyond.

The operation became more sophisticated: Tony wrote booklets describing the wines and winemakers



Tony and Barbara Laithwaite. ALL PHOTOS: LAITHWAITES

he encountered, inviting people to place orders for home delivery. A tasting shop under a railway arch in Windsor followed, where customers could sample wines before buying.

His wife Barbara, a brilliant business mind, soon joined him, and the team grew.

A pivotal moment came when Tony wrote to *The Sunday Times* about the importance of estate-

bottled wines. This led to the creation of the Sunday Times Wine Club, in partnership with celebrated wine writer Hugh Johnson, marking the beginning of Laithwaites' long-standing tradition of working with media partners.

As the business expanded – and with three sons in tow – Tony continued to explore wine regions that were then unfamiliar to British



Tony's first van took wine from French vineyards to England. (Right) Celebrating 50 years of the company ... Tony, Barbara and their three sons.



drinkers. Thus, Bulgaria, Moldova, Chile, Argentina, South Africa, Portugal, Australia and New Zealand, whose wines he championed early on, were added to the Laithwaites list.

New Zealand had been exporting wine since the early 1960s but by 1970 the value of sales was a mere \$41,000.

In 1984, when Tony was invited by the New Zealand government to assess its wine industry, exports had risen to \$2 million. His recommendations included planting varieties that would produce more premium wines.

Tony was one of the first to introduce Marlborough sauvignon

blanc to the UK in 1986, a move that stunned British palates and helped put New Zealand wine on the global map. NZ wine exports rose to \$25 million in 1991 and Tony's promotion of our wines was clearly a factor, as the UK became NZ's top importer of wine, a position it held for more than a decade.

In 2024, the United States was in top slot, taking 37% of NZ's exports of wine (\$787 million worth of the total of \$2.1 billion).

Exploring new markets is part of Laithwaites' DNA. With Tony's affinity for New Zealand and its wines and maintaining close relationships with local producers, expanding into New Zealand was a natural step. Strong infrastructure in Australia hinted at how successful the Kiwi venture would be.

Tony also pioneered the concept of Flying Winemakers, taking New World winemakers to Europe to share techniques and gain experience, an idea that was to be widely imitated.

These days, Laithwaites' reputation is such that the company attracts inquiries from wine producers keen to collaborate. Laithwaites' dedication to quality ensures that there are always exciting new wines in the pipeline, continuing the tradition of connecting passionate winemakers with enthusiastic wine drinkers.

While Tony and Barbara have stepped back from active board roles, the business remains proudly family-owned and operated. Their three

sons – Henry, Will, and Tom – now rotate the role of chairman. Barbara manages her Wyfold Vineyard, in Oxfordshire, while Tony continues to travel, including a visit to Australia in November 2024, and pet labrador Jack is a member of the team, too.

Delivering nationwide to a varied clientele, whose tastes are as varied as they are, means Laithwaites always has hundreds of wines on offer. Overall, reds tend to be the biggest sellers, though preferences shift with the seasons.

Buying decisions may vary, but the passion for wine is universal, as Tony Laithwaite first demonstrated more than 55 years ago. ■

## EARLY HIGHLIGHTS AND CHALLENGES

The first Australian wine sold in the UK by Laithwaites was in 1974.

In 1986, Tony introduced Hunter's Wines to the UK, including a stunning oak-aged Sauvignon Blanc that won the *Sunday Times* Vintage Festival. It was the first time UK audiences experienced the explosive aromatics of Marlborough sauvignon blanc.

Ernie and Jane Hunter became close collaborators, and their wines repeatedly won top awards, helping to catapult Marlborough on to the world stage.



Checking wine in the early days.



An early promotional pic in a warehouse.

# A new way to cruise the Mediterranean

Greg Fleming

**THE MEDITERRANEAN** will always captivate, but for travellers who have already visited the iconic ports of Rome, Barcelona, and Venice – cruising on a smaller ship offers a whole new world of possibilities.

That includes longer stays, a wider variety of ports, and slower, richer itineraries.

For the older traveller a small ship cruise promises the best of both worlds: enhanced comfort, a higher crew-to-guest ratio, and a more immersive on-the-ground experience.

Those longer port calls – sometimes late into the evening – means there's time to savour your experience, whether it be an evening glass of wine in St-Tropez, exploring Corsica's wild coastline or taking a twilight stroll through Dubrovnik's old town.

Smaller ships, accommodating 450 to 1300 guests, are redefining Mediterranean cruising. Their rising popularity reflects a desire shared by many cruisers for a calmer, more immersive Mediterranean experience – one without the long lines and crowded excursions common on larger ships where you tick off the ports but feel stressed and rushed.

Indeed, the luxury cruise market is expected to increase by 12.6% this season.

On a recent Mediterranean cruise on a large premium line ship my long-awaited shore excursion to Florence ended with me spending just three

hours in the renaissance capital, after I experienced delays disembarking and then had to travel almost two hours from Livorno, the closest cruise ship port to Florence.

While the cost of a small ship cruise will be more than that of the larger ships, remember that more is included in the fare; that may include shore excursions, spa access, specialty dining and gratuities. Small ships also offer an elevated onboard experience, with spacious suites, attentive service, and a more relaxed atmosphere.

Consider too that a 12-day Mediterranean cruise on a bigger ship will, on average, spend just 75 hours in port and is unlikely to have any overnight stays, while one on a smaller ship will spend 30 more hours in ports and will often have at least one overnight stay.

## CHOICES

With more than 34 million people taking cruises in the region annually, there're plenty of options to choose from. Luxury line Oceania's Mediterranean season has over 50 distinct itineraries ranging from 7–14 nights – aboard five ships: Allura, Insignia, Marina, Sirena and Nautica.

Oceania's ships cater to no more than 1250 guests and offer guests a diverse collection of specialty tours focused on food and wine, culture and history, with selected ships



offering hands-on cooking classes.

Itineraries include a 10-day cruise in the Eastern Mediterranean from Istanbul, Turkey to Trieste, Italy on the brand new Allura which stops at Ephesus in Turkey – home to one of the world's best-preserved ancient cities – and the colourful resort town of Bozcaada which blends Greek heritage with Turkish charm – and is famous for its distinctive tomato jam.

Meanwhile Viking has introduced a new Mediterranean Explorer itinerary in the 2026-2028 seasons. It sails from Athens to Rome with overnights in four cities, including stops in Corfu, Greece and Montenegro's picturesque capital, Kotor – long considered one of the most beautiful Mediterranean ports to sail into.

Viking, which has again been voted the number one cruise option for ocean cruising by *Condé Nast Traveler* in the 2025 Readers' Choice Awards, offers an all-inclusive experience, with complimentary shore excursions in each port. With just 930 guests, Viking ships, all exactly alike, feel personal yet polished, their sleek Scandinavian design emphasising space and light; and their daily afternoon teas are not to be missed.

Those wanting a small ship itinerary which explores the iconic western Mediterranean ports should consider Viking's 8-day cruise from Barcelona to Rome (and vice-versa) with calls at Sète, France, known as the "Venice of Languedoc" and an overnight stay at Livorno giving

guests plenty of time to explore both Pisa and Florence.

If your budget is larger, or you have an extra special anniversary to celebrate, consider a cruise on an ultra-luxury line like Regent Seven Seas which accommodates 490-850 guests.

Regent will introduce six new ports in the 27/28 season – including hidden gems like Rovinj, Croatia; Milos, Greece; Savona, Italy; and Canakkale, Turkey which enables passengers to explore the ancient city of Troy – made famous in Homer's *Iliad*. Canakkale is also a short ferry ride from Gallipoli and key sites such as Anzac Cove, Shrapnel Valley, and the Lone Pine Cemetery, where over 30,000 British and Commonwealth troops gave their lives.

Life onboard a Regent Seven Seas ship is like staying in an elegant boutique hotel at sea – with spacious all-suite accommodation, attentive white-glove service, and fine dining in multiple specialty restaurants. It truly is the experience of a lifetime.

## WHEN TO GO

The best times to cruise the Mediterranean are late spring (April-June) and early autumn (September-October), when the weather is mild and the crowds less. Summer (July-August) brings ideal swimming conditions but also peak prices, high temperatures and busy ports. Winter (November-March) offers peaceful sightseeing with lower fares, though temperatures are cooler. ■

# One summer, up and down country

Editorial by Joan Gestro

**FROM TAURANGA** we travelled by car, seeking the places of interest, from the lower North Island to the upper South Island. A long journey, full of surprises, inspirational, natural wonders, educational, great food, long and lost friends and relatives, with memories flooding back. Oh, what fun!

A two-week trip in our hybrid, at the return cost of \$1500, plus Bluebridge car ferry at \$1200 for the return trip.

Our all-in-one journey, began with a stop at Lava Glass Caffe, and a browse through the glass blowing studio and sculpture garden, very creative with an array of gorgeous blown glass creations to purchase for a special gift, or to spoil yourself. Overnight in Taihape, with a breakfast stop at the cute Brown

Sugar Café, 1 Huia Street, with their adjacent shop offering anything an intrepid traveller would need. We highly recommend a stop for a hearty breakfast, or lunch.

## WELLINGTON: EVERY BREATH WE TAKE

At Wellington's Te Papa, we were delighted to immerse ourselves into the show *Breathe*. This show is a multi-sensory and digital art experience never seen in New Zealand. This is an "Immersive Journey into Nature," by a London-based art collective The Marshmallow Laser Feast, whose work has appeared everywhere from the Saatchi Gallery to the Sundance Film Festival.

Their project celebrates the

wonder of being alive. It traces the journey of breath, from the oxygen flowing through forest canopies to the cells within the human body, and even to stardust in the cosmos.

Creating this group of artworks involved scanning trees in the Amazon, listening in on black holes, and mapping the human body in microscopic detail, to explore the life forces that connect us, the natural world and the universe.

ACMI. Australia's National Museum Director and CEO Seb Chan says: "I'm thrilled New Zealanders will now have the chance to experience it too – Te Papa is the perfect home for *Breathe*. This exhibition is a must-see!"

Relaxing in our comfortable armchairs on the Bluebridge car ferry, the three-and-a-half hour crossing



New builds in downtown Christchurch.



of the Cook Strait and through the sounds allowed us plenty of time to read, walk around, stop for a drink, and take a look at the passing scenery. Great coffee and good selection of food is available; also canned drinks or wine if you prefer.

## TOP OF THE SOUTH

We arrived in Picton, refreshed and ready for the next step of our journey.

The Picton to Nelson drive was a little arduous due to the windy road, but it was worth it; connecting with friends, with seafood aplenty in Nelson.

We had great fun at Mapua. 26 kilometres from Nelson, browsing through a Sunday market, licking our fresh fruit ice creams in this quaint beach town full of quirky shops, cute cafes, and tasty restaurants.

In addition, Mapua has great access to outdoor adventures. A ferry service connects Mapua to Nelson, a 10-minute trip and also the only ferry crossing in New Zealand's Cycle Trail. But, of course, I can't forget to mention that one of the main draws of Mapua is its extensive winery and brewery trail.

The Blue Lake is a one-hour drive from Nelson. This lake offers stunning blue-violet waters and is renowned for its clear, fresh water. Fed by glacial Lake Constance, it features water visibility up to 80m. A must-see, time permitting.

Heading south down the east coast, our next stop is Kaikoura. This saw us eating crayfish from the crayfish shop on the beach, expensive at \$100 for a small cray. As Colin munched through his half, he commented that we should have ordered one each. I thought he was joking, but he wasn't! Well, I suppose you don't indulge in crayfish every day, do you?

We recommend Kaikoura's Pier Hotel, Restaurant and Bar, with seafood on the menu and great accommodation. Whale Watch is also a must-do.

## CHRISTCHURCH: NEW BUILDS

Christmas in Christchurch was spent with friends and family. Great weather, we enjoyed time outdoors under the umbrellas, spent the time eating, drinking and socializing, exchanging Secret Santa gifts – such fun had by all!

We took a look around the city. We were interested in what was afoot with the rebuild and developments since the devastating earthquakes that had changed the cityscape.

At the cost of \$683 million, the stadium is now open, with 30,000 seats, and capacity for 36,000 at large concerts all under the cover of a roof.

It can cater for conferences, expos,

gala dinner or cocktail events. It has continuous concourses, 23 suites, a large function lounge and terraces. Ōtautahi Lounge hosts 900 guests. It will host rugby union, football, rugby league, E-sports, concerts, motorsports, tennis, boxing, exhibitions, business events, with acoustics would rival the best arenas globally.

The Christchurch Cathedral, 20 years on from the earthquakes, is to reopen in 2030 with seating for up to 700 people. It has a rich history: it's 150 years since its initial 1881 opening. The cathedral will be as it was before, a hub that hosts important events for the city.

Other recently completed builds include:

- The Central Christchurch's long-delayed \$500 million multisport aquatic complex – has a 50-metre competition pool, a dive pool, five hydro slides, a large recreational pool and a sensory aqua centre, as well as nine courts and a High-Performance Sport New Zealand training base. Opened 5 December 2025.
- Te Pākau Maru, The Sheltering Wing, Residential Development Stage One: 25 new homes at 55 Beresford Street, Brighton, were completed in early 2025. Christchurch City's developers, are certainly achieving all they have planned for, for the Garden City. ■



Te Papa "Breathe" display.



## A light-hearted look at forgetfulness after 60

**IF YOU'VE EVER** walked into a room and stood there wondering why you went in, congratulations – you're officially a member of the 60-plus club! It's a club full of friendly faces, good stories, and the occasional "where did I put my glasses?" moment – often while those very glasses are perched proudly on your head.

Cognitive changes as we age are as natural as grey hairs and knee

creaks. The brain, much like an old computer, sometimes takes a little longer to "load the page." That's not necessarily cognitive impairment – it's more like running life on "senior wi-fi." The signal's still strong, but the connection takes its sweet time.

Of course, some forgetfulness can make life entertaining. We've all put the milk in the pantry, tried to use the TV remote as a phone, or called the grandkids by the dog's name. But

there's comfort in knowing we're all in it together. Shared laughter about our mental "blips" is often the best medicine.

That said, cognitive decline does come in degrees. While mild forgetfulness is common, more serious impairment – such as trouble with daily tasks, language, or problem-solving – deserves attention. But even then, it's not all doom and gloom. Science keeps offering reasons for optimism. Exercise, puzzles, laughter, and social engagement have all been shown to help keep the brain in working order. In short: use it or lose it (and if you lose it, check the fridge – it might be there next to your car keys).

Many over-60s actually surprise themselves with how mentally agile they remain. The decades of life experience, problem-solving, and wisdom don't just vanish; they evolve. Sure, remembering what you had for lunch yesterday might be tricky, but you can recall what you wore to your first dance in 1967 with perfect clarity. That's selective memory – and it's a talent!

There's also something freeing about not sweating the small stuff anymore. Forgetting names at parties? No problem – everyone else has forgotten them too. Losing your train of thought mid-sentence? Just smile knowingly and say, "That'll come to me at 3am." It probably will.

So, while cognitive changes are part of aging, they don't have to define it. A good laugh, a crossword, a daily walk, and a chat with friends do wonders for keeping the mind sharp – and the spirits even sharper. After all, wisdom may be timeless, but car keys? Those are anyone's guess. ■



## A light-hearted look at Type 2 diabetes after 60

**LET'S BE HONEST** – turning 60 doesn't suddenly make you fragile, but it does come with a few "bonus features" the warranty never mentioned. One of the most common is Type 2 diabetes, often sneaking into the lives of older adults with the stealth of a cat and the persistence of a telemarketer. The good news? With the right mindset – and a bit of humour – it's entirely manageable.

Type 2 diabetes is basically your body's way of saying, "I've been processing sugar for six decades, and I could use a break." It means your body isn't using insulin as efficiently as it once did, causing higher blood sugar levels. But before you panic, remember this: millions of people live full, active, happy lives with it – some even using it as an excuse to finally read food labels or buy that fancy fitness tracker.

The early warning signs can be subtle – feeling extra thirsty, needing

more bathroom breaks, or having less energy than usual. But let's face it, many of those sound suspiciously like a normal Saturday after gardening. That's why regular check-ups matter. Your GP can catch changes before they turn into real trouble.

Managing Type 2 diabetes doesn't mean a life sentence of boiled cabbage and sadness. Modern diets for diabetics are colourful, flexible, and flavourful. You can still enjoy a piece of birthday cake – just maybe not the whole cake. It's about balance, not deprivation. Swapping sugary drinks for sparkling water with lemon, or trading white bread for wholegrain, can make a surprising difference.

Exercise is another secret weapon. No need for marathon running – brisk walking, swimming, dancing, or even enthusiastic gardening count. The aim is to keep moving and keep laughing while you do it. Many people find

walking groups or community classes a fun way to stay active and social. After all, a little banter makes those extra steps feel a lot shorter.

Medication may play a role too, but today's options are simpler and more effective than ever. Combine that with a sensible diet and a dash of self-discipline, and most people manage their diabetes without too much fuss.

The real trick is attitude. Type 2 diabetes isn't a punishment – it's more of a nudge to take better care of yourself. Think of it as your body's way of saying, "Let's make the next 20 years really good ones."

So, if you're over 60 and living with Type 2 diabetes, take heart. Keep your sense of humour, make friends with your salad, and remember: you're not alone. With the right care – and a few good laughs along the way – you can still live sweetly, just in a slightly less sugary way. ■



# International Day for Older Persons

IN A WORLD where artificial intelligence can generate answers in seconds and information is always at our fingertips, it's easy to forget that some things simply can't be rushed – like life experience.

Wisdom, resilience, and insight are earned through years of living, learning, and adapting. This **International Day for Older Persons**, celebrated, Enliven, a health and disability service run by Presbyterian Support, is inviting New Zealanders to pause and reflect on how we can better support and value older people in our communities, even in small yet meaningful ways.

Enliven is a recognised industry leader in New Zealand's for-purpose, not-for-profit sector, supporting more than 14,200 older people nationwide through a wide range of aged-care and community-based services. Support is provided by more than 3000 Enliven staff and about 365 volunteers.

To mark **International Day for Older Persons**, Enliven is also launching a nationwide online survey asking Kiwis to share their views on ageing and how society can better respect and support older New Zealanders.

"Older New Zealanders carry an



irreplaceable wealth of knowledge," says Enliven national spokesperson Dr Prudence Stone.

"They've raised families, built communities, adapted to huge social and technological changes, and they continue to contribute in countless ways. Respecting their preferences, supporting independence, and focusing on wellness rather than illness isn't just good care, it's good for society," she says.

Enliven provides support to older people and those living with disabilities across Aotearoa New Zealand, helping them maintain

independence and live fulfilling lives. Services include in-home practical support, engaging day programmes, short-term respite and health recovery services, as well as residential aged care and retirement village communities – all tailored to meet the specific needs of local communities.

Aotearoa New Zealand's population is ageing at a steady pace, driven by declining fertility rates and increased life expectancy. According to Stats NZ, by 2040 it is projected that one in four New Zealanders will be over the age of 65.

"The contribution of older New

Zealanders is often undervalued, despite their lifelong efforts. This is despite older people contributing to society and the economy as employees, business owners, volunteers, and carers," says Dr Stone.

"Others have spent their lives contributing to society and we have much to learn and admire from them. However, we are exposed to negative messages about older people, so our brains are wired to form judgements about people based on their age.

"Although New Zealand fares better than many countries, negative stereotypes – like seeing older people

as frail or dependent still persist, and can negatively affect health outcomes, including causing older people to feel isolated and lonely.

"Moving to a model of wellness rather than illness and treating people with respect and dignity is hugely beneficial for society overall," she says.

Enliven's national survey launches on Wednesday 1 October and is open to people of all ages. It's an opportunity to share ideas on how we can foster a more inclusive, respectful society for older people. Visit <https://www.surveymonkey.com/r/>



LM7W8K6 to take the survey and show your support this International Day for Older Persons.

Four meaningful ways we can show how we appreciate older people as we celebrate **International Day for Older Persons**:

**Mentorship**

Older people are excellent mentors for others. Our older people have so much to teach us. Let's find ways of connecting with them so that this can happen.

**Visits**

Loneliness is a growing issue, and connection makes a big difference. A simple phone call or visit can turn someone's whole day around.

**Storytelling**

Take time to hear older people's stories. Encourage them to record them so future generations can have a valuable insight into what it "used to be like" back in the day.

**Connection**

Find ways of connecting people of

all generations with each other. This fosters mutual learning, joy and laughter between young and old.

To find out about Enliven services in your region, or to arrange an interview, contact Vicky Prout at Presbyterian Support NZ, vicky.prout@ps.org.nz, 027 286 8282.

**Editor's notes**

- The Enliven national online survey <https://www.surveymonkey.com/r/LM7W8K6> will be open until the end of October. Survey results will be collated, publicised, and shared within the Enliven community, Presbyterian Support, and with relevant government agencies and stakeholders.
- Enliven has a strong presence in seven Presbyterian Support regions (Northern, East Coast, Central, Upper South Island, South Canterbury, Otago and Southland), each with differing services and community stories.
- Services provided by Enliven

throughout New Zealand include in-home practical support, engaging day programmes, individualised funding, short-term respite and health recovery services, as well as residential aged-care and retirement village communities. All services are tailored to meet the specific needs of local communities.

- The principles of caring, enabling and supporting underpin all Enliven services. We believe it is important to recognise emotional, cultural and social needs, as well as meeting practical day-to-day care requirements.
- Ageism is the stereotypes (how we think), prejudice (how we feel) and discrimination (how we act) towards others and ourselves based on age.
- According to Stats NZ projections, the share of people aged 65+ is expected to rise to 21-25 % by 2048, and possibly 24-32 % by 2073. ■

# Dealing with vision loss caused by macular degeneration

**MACULAR DEGENERATION (MD)** is an age-related eye disease and the most common cause of vision loss in older people in NZ. One in seven people over the age of 50 have some evidence of it.

**What is MD?**

The macula is part of the retina at the back of the eye and is responsible for your central vision. Symptoms of MD include blurred vision, lines appearing wavy or bent, reduced contrast, missing patches in your vision, and difficulty reading. MD can happen gradually or quickly and can lead to blindness.

**What are the risk factors?**

Smoking greatly increases the risk of



Vision loss from MD.

developing MD. A family history of MD will increase your risk too.

**How do I know I have got it?**

An eye check at the optometrist will

identify any signs of MD. Everyone over 50 years of age, should have an eye check every two years.

**How can I look after my eyes?**

Steps to prevent the progression of the disease include ceasing smoking, eating a mediterranean diet with oily fish and green leafy vegetables, monitoring your eyes using an Amsler Grid, and visiting your optometrist without delay if you notice any changes in your vision.

Contact Macular Degeneration NZ (MDNZ) to get a free Amsler Grid or receive more information about MD. MDNZ is a charitable trust that provides awareness, information and support for people living with the disease. ■

**MACULAR DEGENERATION NEW ZEALAND**

This simple test could save your sight  
Take it now at [www.mdnz.org.nz](http://www.mdnz.org.nz)

For more information and support contact **Macular Degeneration NZ**

**0800 622 852 [mdnz.org.nz](http://mdnz.org.nz)**

# Last chance for you to win!

The Cook Islands' boutique adults-only resort, Sanctuary Rarotonga-on the beach Adults Only, in conjunction with Seniors Magazine + EXPO, congratulates you on your fabulous RELAXING RAROTONGA COUPLE'S ESCAPE Prize Package!

**YOU RECEIVE:** FREE 7-Nights in a Beachfront Suite at Sanctuary Rarotonga-on the beach [www.SanctuaryRarotonga.com](http://www.SanctuaryRarotonga.com). Enjoy stepping from your absolute Beachfront Suite onto the white sands of Aroa Beach and into the sparkling crystal blue waters of Aroa Lagoonarium marine sanctuary, right here in the heart of the South Pacific! • FREE Daily Full Cooked Breakfast Buffet • FREE Signature "Island Goddess" Cocktail for Two • FREE "Legends of Polynesia" Island Night Umu Feast \* Drum Dance Show (Monday nights only) • FREE Unlimited Wi-Fi • FREE Snorkelling Equipment, SUP & Kayaks • FREE Print Your Own Pareu (Island Sarong) to enjoy wearing on your tropical holiday • FREE Explore our fascinating Polynesian culture! Learn to make an 'ei (lei) from fresh tropical flowers, dance the 'ura (hula), husk a coconut, weave a sunhat from coconut palm leaves, and play the ukulele and island log drums with our friendly Activities Team • FREE Return Airport-Resort Transfers on Rarotonga.

**LAST CHANCE TO WIN!**

## Canterbury's Most Spacious Retirement Village



Amberley Country Estate, just north of Christchurch, is uniquely designed for people who want space that feels more like home. Like a residential subdivision in look and feel, here you'll find spacious yards with individually landscaped gardens, wide roads and luxurious, well spread out, generously-sized, north-facing, energy-efficient Villas; many with private yards. We also have social gatherings, group events, exercise classes and regular outings, complimented by our 350m<sup>2</sup> Residents' Clubhouse. A much larger 1,350m<sup>2</sup> resort-style is being built now and modern care facilities are planned as well. If you seek an active independent lifestyle with laid-back country living, call today to find out more about a retirement village with space to live a life you'll love. Visit our website, call 0800 573 573 or come to our **Special Open Day**, May 1st and 2nd!



2 Bedroom, single garage villas available now from \$589,000

- Low weekly fees, and living costs.
- 2 & 3 bedroom villas from 94-200+m<sup>2</sup>
- Single and Double Garages available
- New 1,350m<sup>2</sup> Clubhouse coming soon!
- Full Medical and Care Facilities planned



Space to live a life you'll love

10 Teviotview Place, Amberley • [www.amberleycountryestate.co.nz](http://www.amberleycountryestate.co.nz) • Call Free: 0800 573 573

### TERMS & CONDITIONS

To redeem your awesome RELAXING RAROTONGA COUPLE'S ESCAPE Prize Package for 2, please contact The Rarotongan Resort Group's Director of Sales & Marketing, Liz Raizis [Liz.Raizis@TheRarotongan.com](mailto:Liz.Raizis@TheRarotongan.com) and we will be pleased to make arrangements for you.

RELAXING RAROTONGA COUPLE'S ESCAPE Prize Package is for up to 2 adults aged 16 and over, valid for travel dates as shown, subject to availability at time of booking. Island Night Feast & Dance Show is available on Mondays only (subject to availability at time of arrival). Prize is non-refundable, non-transferable and not redeemable for cash. Includes all items as shown. Any other expenses are the responsibility of the prize package recipient. Travel insurance is not included, and is winner's responsibility. Travel insurance for both adults is mandatory prior to winner being able to take up their Prize Package. Congratulations once again on your RELAXING RAROTONGA COUPLE'S ESCAPE PRIZE!

### Here's how to enter...

Simply email your name address and phone number to [colin@affinityads.com](mailto:colin@affinityads.com) to enter.

**SUPERGOLD MEMBERS SAVE EVERYDAY WITH MY CHALLENGE**

Join My Challenge and receive minimum 8c off per litre on fuel everyday and earn Points that can be redeemed for rewards in store. Some South Island stores offer up to 12c off per litre.

Pick up a card and register in store today. Terms and conditions apply.

Real Service STATIONS

# We need your password to give you a refund



Inland Revenue will never ask for your password. Don't take the bait!

Discover our tips to stay secure online

[ird.govt.nz/avoid-scams](http://ird.govt.nz/avoid-scams)



# ON AGAIN NEXT MARCH BAYPARK, BAY OF PLENTY, AND AUCKLAND



**SENIORS  
& TRAVEL  
EXPO**



# Probus Club News

Out and about with the Probus Community.

## A different kind of Probus morning

To celebrate Probus Month, things were done just a wee bit differently at the Rolleston Probus October meeting last year.

When members arrived at the venue, they were surprised to find the seating arranged in a circular fashion of small groupings instead of the usual rows. What was happening? In lieu of the usual mini speaker, groups of members were asked the ice breaker question, "Where did you go to school?" This was followed by asking them if they had any suggestions about the ongoing successful running of the club,

including any other subgroups they would like to see established to add to the usual groups of craft, mahjong, Sunday lunch, bowling and the two walking groups. The answers will be discussed at the next Committee meeting with a view to keeping the Rolleston Probus Club vibrant and meaningful for its members. Certificates of appreciation were handed out and the monthly lucky door prizes were wrapped in newspapers to create that feeling of mystery. The usual meat packs, always the first to go, were that much harder to identify. All the winners were happy with their choices. All in all, a very happy, if different, morning was had by everyone.



## A trip to Furneaux Lodge

On a beautiful morning, 53 members of the Blenheim Probus met on the Picton waterfront to board the Cougar Line boat to Furneaux Lodge. The trip down Totaranui (Queen Charlotte Sound) took 90 minutes, during which members enjoyed the beautiful scenery and informative commentary along the journey. On arrival at Furneaux Lodge, they enjoyed drinks and a lovely lunch at long tables on the veranda. After lunch, members were able to leisurely explore the grounds around Furneaux before returning by boat to Picton in the late afternoon. It was a very enjoyable day out.



## The Waimakariri Older Person's Expo

The Combined Probus Club of Kaiapoi fully embraced Probus Month – Reinvent Your Retirement – by taking part in the Waimakariri Older Person's Expo at the Rangiora



RSA. Members of the committee, dressed appropriately in blue and yellow, had a fun morning chatting with attendees of the expo and handed out over 100 information leaflets. Their new promotional

banners enhanced the visual symphony of their space. The club has already received a positive response and gained some new members from this promotional opportunity.



## Christchurch Central Fire Station visit

Rolleston Central Probus members visited the Christchurch Central Fire Station, where they were met by Mike. He introduced the group to Station Officer Nick and Hayden, who gave a very comprehensive rundown of the Christchurch Fire Service and the FENZ organisation.



Everybody enjoyed the visit very much and thought it was very worthwhile.

Lunch afterwards was enjoyed at Armadillos at Templeton.

## Christmas lunch at Paraparaumu Bowling Club

Kapiti Coast Probus members enjoyed a lovely Christmas lunch at the Paraparaumu Bowling Club. A wonderful variety of Christmas-themed hats were entered into the Christmas Hat Competition. There were lights, baubles, stickers, moving hats, hedgerows and garden hats, and some that simply defied description. Thank you to everyone who took part,



and congratulations to the winner on the day, Craig, who wore a marvelous

top hat creation complete with Father Christmas, lights, and tinsel.

## A morning with the big boys' toys

On a wet and windy morning, a small group from Dunedin South Probus travelled out to Momona Airport for a fascinating visit to Dunedin Airport Fire & Emergency. The morning began with a short but informative presentation from the airport's Project Manager, outlining the history of the airport and sharing plans for its future, including the proposed terminal redevelopment and runway upgrades. From there, the group moved on to the fire station, where the officers on shift proudly introduced their impressive fleet of emergency vehicles. The station is home to three fire trucks: two



modern Rosenbauer Panthers and an older Stryker truck that continues to serve as a reliable backup. The visit was thoroughly enjoyed

by everyone who attended, and the group came away with a much greater appreciation of the vital role played by the airport fire service.

## The Mighty Ukes

There was no guest speaker for the pre-Christmas meeting, but Wellington Combined Probus members were instead entertained by nine performers from The Mighty Ukes of Newtown, led by founder Sophia Tara. The performance included a unique ukulele version of "Haere Mai," along with a wide range of songs spanning Abba's "Waterloo," Christmas carols, Fijian folk songs, whaling shanties, and many others. ■



# 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, Club activities are as varied as the more than 1,400 Probus Clubs themselves.

What they all 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.probusouthpacific.org](http://www.probusouthpacific.org)

**Phone:** 0800 1477 6287



# Retirement living that ticks all the boxes

**AFTER LIVING IN AUSTRALIA** for many years, Brenda and her husband Jim wanted to return to New Zealand. "We were thinking about the future, and decided we'd like a lifestyle that was as stress free as possible, without the hassles of day-to-day maintenance, so we could focus on ourselves and what we wanted to do," says Brenda.

The couple did their research



and returned with a list of villages to view. A Bupa retirement village in Auckland was the first they visited. "We knew, pretty much as soon as we came in through the front doors, that it was the one," says Brenda. "We didn't look at anything else, it ticked all the boxes."

"We loved the intimacy of the village – it was smaller than some of the others we'd seen online, and we felt there was no risk of getting lost in the crowd."

"I fill my days easily and get involved with many activities. Jim often prefers to do his own thing, which is equally liberating – nobody is forcing you to do anything you don't want to do."



"What I value most about living at a Bupa retirement village is that we have maintained our independence. We can leave our unit, knowing it is secure and safe and that everything will be the same when we get back. It gives you an immense sense of freedom."

**For more information about Bupa retirement villages, visit [bupa.co.nz](http://bupa.co.nz)**



**Live the life that's right for you, at Bupa.**



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.

With 35 retirement villages and 40 care homes across New Zealand, we offer independent living in modern, welcoming retirement villages, as well as care and support when you need it most.

Welcome to Bupa, where you can be you.

**For more information phone 0800 60 80 99 or visit [bupa.co.nz](http://bupa.co.nz)**



# GOLD CLUB TOURS

FAMOUS DOOR-TO-DOOR SERVICE



## Queensland Gold Outback, Rail & Reef 15 days

**LIMITED SEATS** Departs: **23 June 2026**

**QUALITY ACCOMMODATION, ALL DINNERS & COOKED BREAKFASTS,  
ALL SIGHTS & ADMISSIONS, FULLY ESCORTED**

**Includes:** Stay **Outback Pioneers in Longreach**, Cobb & Co Stagecoach ride and Old Time Tent Show, Thomson River Captain Starlight's Cruise Experience with dinner & show, Winton Discovery Day including Dinosaur Canyon and Waltzing Matilda Centre, Qantas Founders Museum & Australian Stockman's Hall of Fame, Spirit of Outback Train, **Airlie Beach**, Cruise Whitsundays & Hamilton Island, Spirit of Queensland Train, **Cairns**, Kuranda Scenic Railway, Cruise to Great Barrier Reef & Pontoon Experience, **Port Douglas**, Daintree Rainforest

**Return Airfares and Famous Door to Door Service - Options from:**

Auckland, Whangarei, Kerikeri, Hamilton, Tauranga, Rotorua, Whakatane, Napier, Gisborne, Palmerston North, New Plymouth, Whanganui, Wellington, Nelson, Blenheim, Christchurch, Dunedin, Invercargill, Queenstown + MORE

**For Free Full Brochures & Bookings | Call: 0800 465 350 | [goldclubtours.com](http://goldclubtours.com)**

Solo Traveller? Guaranteed matched twin, no extra cost. Door to door service from extensive range of locations! Prices pp share twin, \$NZD. Optional tours at additional cost. Terms & conditions apply (on website). Travel Insurance recommended. \* Door to Door service + flights availability vary by tour package & home location.