

Active Retirees



**SEABOURN SPLENDOUR
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72 HOURS IN SINGAPORE
TESTING SUPPLEMENTS
WHICH RETIREMENT VILLAGE?**



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The Probus Community

Michael Ransom looks at 50 years of changes to Probus in New Zealand and Australia, from its simple beginnings to staying meaningful today through thoughtful adaptation.

FOR MORE THAN FIFTY YEARS,

Probus has been a cornerstone of community life in Australia and New Zealand, enriching the lives of retirees and semi-retirees through friendship, fellowship, and shared experiences. What began as a simple idea by Rotary – to provide a social network for those leaving full-time work – has grown into a movement that has connected hundreds of thousands of Australians and New Zealanders. In city suburbs and regional towns alike, Probus clubs have fostered enduring friendships, stimulated curious minds, and offered a sense of purpose in a new stage of life.

Over the last few months, we have had wonderful celebrations in Government Houses all across Australia, and many celebrations with local governments. I was honoured personally to have the pleasure of attending the Government House events in Victoria and Tasmania.

As an organisation that has been operating for over 50 years, presents and an opportunity to look ahead. The Australia and New Zealand of today is markedly different from that of the mid-1970s. People are living longer, healthier lives and redefining what retirement looks like. Many continue to work part-time, volunteer extensively, or pursue new passions well into later life. At the same time, society has become more diverse, more mobile, and more digitally connected. These changes present both challenges and opportunities for Probus.

To remain relevant and vibrant, Probus must evolve while staying true to its founding spirit. Flexibility will be essential. Traditional monthly meetings will always have their



place, but clubs may need to diversify their offerings – introducing smaller interest groups, more frequent social outings, and activities that cater to a wider range of interests and fitness levels. Embracing technology is equally important. Simple steps such as maintaining engaging websites, using email and social media effectively, and offering hybrid or online participation options can make clubs more accessible and appealing to newer generations of retirees.

Inclusivity will also be key to the future. Modern Australia and New Zealand are culturally rich and diverse, and Probus has an

opportunity to reflect that diversity more fully in its membership and activities. Creating welcoming environments for people from varied backgrounds, as well as for those who may be newly retired or recently relocated, will strengthen clubs and communities alike.

As an organisation our legacy is clear: connection matters, and community enriches life at every age. By adapting thoughtfully to changing times, Probus can ensure that its next 50 years are just as meaningful – continuing to provide friendship, purpose, and belonging for generations to come. ■

CONTENTS

WINTER 2026 ISSUE

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Welcome to Issue 51 of *Active Retirees*.

For first time cruisers, there is no better way than to cruise around New Zealand on board a luxurious boutique ocean liner. Sophistication comes in many guises, but few shipping lines can match Seabourn's combination of opulence and extravagance which takes the best of both islands and wraps then up in less than a fortnight.

Forget floating cities with their thousands of passengers and neon-lit decks. This is something quite special, this is luxury at its absolute best, straight out of lifestyles of the rich and famous.



Of all the Fiji islands, the Yasawa Group is the most archetypically 'South Pacific.' Perhaps that is why both versions of Blue Lagoon were shot on location in the Yasawas. YASAWA means "heavenly" in Vosa Vakaviti, the indigenous Fijian language. An apt description for a place that feels almost dreamlike. And believe me, as we have been there!

This is a chain of around 20 volcanic islands, that started developing around 150 million years ago, they are an ancient geological formation. European exploration began in 1840. The indigenous Lapita people settled here 4000 years ago.

22 BEST WINE
Here is a real surprise A wine company almost unheard of comes out on top of them all. All we can say is that it must be worth a try.

28 SUPPLEMENTS TO TRY
Here are the facts. Great information provided to us by manufacturers, importers, distributors. BUT also some great advice from a well qualified naturopath.

36 RETIREMENT VILLAGES
This is mostly about NEW developments within NZ. A great read for those considering a move sometime in the future.

45 PROBUS CLUB NEWS

Seabourn splendour

Dennis and Rosamund Knill board a luxury ocean liner and discover a world of grandeur, adventure and impeccable hospitality.

WHITE BAY CRUISE TERMINAL, Sydney, and we're eager to board *Seabourn Quest*, an elegant 33,000 tonne cruise ship, 198 metres long, with a crew of 345 servicing 450-lucky passengers. Shuffling slowly, step by step through emigration and security seems to be moving at a slow pace. Finally, we're on our way, an obligatory smile for the photographer and with ID formalities completed, at long last, we are on board.

We are met with a warm welcome from James Templeton, Cruise Director and his energetic team who set the tone for the journey ahead. For the next 15 days we say yes to everything!

With everyone on board and the gangway removed there was a mingling of sea air as the tugs coaxed this magnificent luxury ocean liner away from the pier as though reluctant to let it go. We lingered at the railings, with flutes of chilled champagne catching the afternoon sun, with each bubble a tiny prism of promise.



Our luggage quickly followed us to our spacious suite, a comfortable living area filled with natural light and a private veranda, comfy plush mattress with light and fluffy large pillows, separate bath and shower, twin basins, walk in closet, fully

stocked mini-bar and flat screen TV with international news channels and on-demand movies. Other amenities included a make-up vanity with magnifying mirror, soft bath robes and towels with matching slippers and high end toiletries. An hour later we are unpacked in casual attire and sipping our first cocktail while perusing the day's activities sheet.

Outside facilities include a swimming pool, jacuzzis, deck and water sports, golf tee and putting green and a jogging track, while inside a coffee bar, card room, library, internet station with wifi, fitness studio, gym, casino, duty-free shopping and a medical centre.

We quickly feel like a guest, not a number. *Seabourn* is renowned for its intuitive, personalised and attentive service and we are astonished just how quickly the crew have learned our names and preferences.

Although our itinerary over Christmas and the New Year included nine ports from Sydney to Auckland with optional excursions,



the highlight for this deeply festive escape was the public spaces and atriums transformed into sparkling winter wonderlands with tastefully decorated Christmas trees, glittering garlands and fairy lights. On Christmas day we were served a gourmet feast of turkey and prime beef and other regional specialties from talented kitchen chefs which proved to be the real drawcard, a unique culinary experience that had everyone talking.

For first-time cruisers, there is no better way than to cruise around New Zealand on board a luxurious boutique ocean liner. Sophistication comes in many guises, but few shipping lines can match *Seabourn's* combination of opulence and extravagance which takes the best of both islands and wraps them up in less than a fortnight.

Forget floating cities with their thousands of passengers and neon-lit decks, this is something quite special,

this is luxury at its absolute best, straight out of *Lifestyles of the Rich and Famous*.

For the adventurous and body beautifuls a visit to the spectacular *Seabourn Spa and Wellness Centre* to relax, reflex and be invigorated promises participants a new lease of life. Facials, aromatherapy, body massage, herbal wraps and baths are a visit to fantasy land where soft hands are in tune with soft music.

One of *Seabourn's* many highlights and selling points is the exceptional international gourmet cuisine served from multiple restaurants. And what we enjoyed most was dining at our own pace, the changing menus, shared meals and the social interaction, themed dinners and no massive buffets, just exquisite dining. From poolside to formal dining, the options include *Solis*, an elegant and intimate restaurant serving Mediterranean dishes masterminded by two executive chefs.

For refined dining, *The Restaurant* has occasional breakfast and lunch on sea days and considered the main formal evening restaurant. And for those wanting something more casual *The Colonnade* has an alfresco dining patio for breakfast and lunch and nightly themed dinners. *The Sushi Club*, for the freshest seafood, and *Earth and Ocean* relaxed deskside dining and 24-hour room service, all with complimentary international wine lists to match. Service is razor-sharp and friendly making the whole dining experience a social and culinary standout.

Nightly entertainment shows are always a highlight adding glamour and excitement ranging from lively song and dance performances to live bands and comedy acts. The lights dim and the cabaret begins, tonight it's *Andre King* a renowned comedian from New Zealand, the audience responding with enthusiastic applause and laughter demanding





more. James, our energetic, charismatic entertainment officer, was a polished professional ensuring every show and event was executed flawlessly and the sheer variety meant you had the ability to be as engaged or relaxed as you wished.

High energy on board activities included a fun fair event that fostered friendly passenger competition with the winners celebrating exaggerated triumph. Other activities included trivia, enrichment lectures, behind the scene ship tours, meet and mingles, film screenings, dance lessons, mixology and cocktail events

and for that bit of extra fun there is the thrill of trying your luck mid-ocean in a small but intimate casino.

The social hub is poolside on deck 8 where you can lie back and relax in the sun with attentive crew on hand to deliver towels, chilled water and cocktails as well as snacks should all this hard work leave you hungry between meals.

Our last port of call is Auckland, our home county. As we disembark land feels odd. Fifteen days at sea have passed quickly. Everyone in their own way enjoyed the peace and tranquillity, the lavish suites,

spas and lounges, the exquisite food and matching wines, the world class cabaret acts and entertainment while others were content to lounge around the pool or relax in an uncrowded and sophisticated atmosphere.

Our arrival into Auckland came all too soon. Rising early and joining most of the passengers for breakfast we found ourselves feeling a little sad saying goodbye to our favourite crew members. Looking back, it was hard to criticise such an ultra luxury holiday experience for comfort and style on a small cruise ship. Unlike mega-ships carrying thousands of passengers, Seabourn's core identity epitomises the understated by raising the bar in the luxury all-inclusive cruising market.

Stepping ashore for the last time as we collected our luggage and cleared Customs, we overheard a middle-aged gent grumbling to his wife that he could no longer button up his jacket!

In all, a cruise on *Seabourn* is a selection of moments joined together by relaxation and connection – and the feeling of having escaped, even if for just a little while. ■

NEED TO KNOW

WHERE TO STAY: Planning to extend your time in Sydney, Hyatt Regency Sydney, is the ideal place to stay. Perfectly positioned in Darling Harbour you are only a few steps to some of the best restaurants, shopping hotspots, dining and world class entertainment. On offer are 878 spacious rooms, three stylish restaurants, a roof bar with stunning views across Darling Harbour and a 24/7 gym to shed unwanted kilos.

FURTHER INFORMATION: www.seabourn.com

BOOKINGS: Cruise World, telephone 0800 500 732, www.cruiseworld.co.nz

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Luxor temple, Egypt. PHOTO ON SHUTTERSTOCK

We also offer independent travel options for those who prefer a little more flexibility while still enjoying the reassurance of having everything organised in advance. The difference

is in the style of travel. Some guests choose to combine an escorted tour with independent travel, creating a journey that suits their interests and pace.

If you are thinking about where your next adventure might take you, there is still time to join us in 2026. We have space still available on Cities of South America, Egypt & Morocco, Western Australia and Springtime Tasmania tours. Whether

you are drawn to ancient history, spectacular scenery, vibrant cultures or unique wildlife, there is something to inspire every traveller.

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The unspoilt Yasawa islands

A brief history of the Yasawa Islands, following our recent visit, by Joan Gestro.

OF ALL THE FIJI ISLANDS, the Yasawa Group is the most archetypically South Pacific. In my opinion, having very recently returned, this is the most picturesque region of Fiji and, perhaps that is why both versions of the movie *Blue Lagoon* were shot on location in the Yasawas.

The Yasawa Island group is an ancient geological formation, a chain of around 20 volcanic islands, that started developing around 150 million years ago.

The indigenous Lapita people started arriving and settling here around 4000 years ago. European exploration began in 1840.

The islands stretch for 140km



north-west of Fiji's main island Viti Levu, and about 40km north-west of Lautoka.

The islands are precipitous, with long stretches of sandy beaches and liquid emerald waters. The

breathtaking beauty of the Yasawas, in recent times, has certainly lured the tourist dollar!

CLOSED TO THE WORLD

The story of how the Yasawas remained off limits, is one of protection and independence, due to a high chief who chose to hold his ground, to protect the people and their way of life. Cruise ships travelled through the area since the 1950s, but landing was forbidden and passengers were required to remain on board.

The result of a decade-long protection is the unspoilt Yasawa Islands you can visit and enjoy today.



Therefore, this is a place that still feels untouched by tourism, in all the ways that matter to its people; the respect for traditional chiefly authority remains deeply embedded in Yasawan culture. Visitors must always acknowledge and follow local protocols.

West of the Yasawas is an extensive area of unsurveyed water littered with reefs, and the only safe passage for ships is between the Yasawa Island and Round Island,

22km to the north-east. This was the route used by Captain Bligh, in 1789, when he sighted the Yasawa Islands. Considering that he was being warded off by war canoes, manned by warriors who were protecting their territory, he was lucky to get away unharmed.

Despite the maze of reefs lying between the islands and the open sea, the free flow of tidal water into the lagoon, creates favourable ecological conditions for the growth of coral. Fish of many colours and sizes are in abundance here; snorkelling is safe and can be enjoyed year-round.

Coconut crabs abound in the Yasawa Group – delectably sweet, nutty, coconut tasting meat, but as they are foragers, they can be toxic depending on their recent diet. Be aware folks, and do as the locals do, they know best!

THE CAVES THAT HID THE FIJIAN GODS

In the northern Yasawas Islands, lies one of Fiji's most extraordinary natural wonders hidden inside a



volcanic island, the Sawa-i-Lau Caves. The caves are completely concealed, like a hidden gem.

The caves' main entrance sits above the waterline, allowing easy access into to the main entrance. Once we were inside the first cave, eager swimmers, one by one, plunged into the waiting water, illuminated by shafts of golden light streaming through the cracks in the rock ceiling high above. But, wait, there's more! To enter further, you swim! What lies beyond is the second inner chamber; you dive in and after a short swim, you emerge, and voila! The space opens. This is the wow factor folks! You find yourself in impossibly clear, azure blue water that you could see through to the bottom, the cathedral-





like chamber is also illuminated by the brilliant light from the cracks in the cave's ceiling, creating a feeling of the surreal.

There is a viewing platform for those who wish to just observe the action, and 'play it safe'. Local Fijian legend adds that these caves are said to be the final resting place of the Fijian gods.

BLUE LAGOON CRUISES FIJI

Blue Lagoon Cruises has been showcasing the beauty of Fiji and the Yasawa Islands for over 75 years. Today it operates as part of the South Sea Cruises Group.

Blue Lagoon Cruises history could be traced back to the late 1940s when a young New Zealand stockbroker, Captain Trevor Withers, travelled to Fiji with his good friend Harold Gatty. They were originally thinking of setting up a business in tuna fishing, not cruising, as such.

The duo kick-started their venture seeking the blessings of traditional leaders, their first step was visiting



the chiefs of all the islands, with the help of a young villager, Epeli Voli, as an interpreter. With his help, Captain Withers gained a friendship with the Yasawa people and established firm friendships with all the chiefs of the Yasawas. After four years of negotiating, their hopes of establishing a tuna fishing industry proved non-viable. However, the duo, having fallen in love with Fiji, stayed in the islands.

Fiji, at the time, was under British rule, but had neither fishing nor tourism industries; the only international visitors passing through these islands were on ships bound for trans-Pacific voyages between North America and New Zealand or Australia.

With Captain Withers focussing his attention on establishing Fiji's

first cruise business, Blue Lagoon Cruises was born. The moniker 'Blue Lagoon' came from the title of a popular movie filmed in the Yasawa Group. His friend, Mr Gatty, looked towards Fiji's skies, and established what is known as Fiji Airways.

Blue Lagoon Cruise business came with its many challenges. However, being a young New Zealander with big dreams he persevered. The first cruise set sail in 1950 using a modified American fast boat, left over after World War II. However, Captain Withers had one small problem; finding passengers. Not to disappoint the villagers who were awaiting his arrival, he grabbed the first people he saw on the wharf, plus six Fijian men and set sail from Suva. He sailed every Monday for the next few weeks with only Fijians on board, providing passage to and from the Yasawas. But this was not financially viable; he was facing financial ruin.

He considered selling his cruise business, but his venture ended up a booming industry, following a sales trip to North America he funded by selling his worldly possessions. As a result of his sales efforts, tourists started to arrive, and Blue Lagoon Cruises first paying guests with it. In two years, a second vessel was purchased and the Blue Lagoon

Cruises product was well on its way. Blue Lagoon Cruises had established an international reputation and in 1966 it was sold to Captain Claude Millar, a well-known New Zealand shipowner, who carried on the legacy set by his fellow Kiwi countryman.

Today, Blue Lagoon Cruises is managed by South Sea Cruises, and continues the legacy established more than 75 years ago. Operating aboard the *MV Yasawa Princess II*, the company offers cruises through the Yasawa Islands. With 22 air-conditioned cabins and a maximum of 44 passengers, the vessel provides guests with an intimate cruising experience while maintaining the close connection with Yasawa communities that has been a part of the company's story since its earliest days.

THE STORY BEHIND WAYA ISLAND RESORT

The vision for Waya Island Resort began in 2005 with a simple yet powerful moment of inspiration.

While sailing from Liku Bay, two New Zealanders discovered a breathtaking stretch of white sand beach framed by crystal-clear waters and vibrant coral reefs teeming with marine life. It was a true 'Eureka' moment – the perfect setting for a resort unlike any other in the Yasawa Islands.

Inspired not only by the beauty of the location, but also by long-standing childhood connections to Fiji, they set out to create something meaningful: a resort that would celebrate the natural environment while contributing to the wellbeing of the Yalobi village community – the traditional custodians of Waya Island.

With the support of the men from the village, work soon began. Large groups arrived daily to help clear dense undergrowth and prepare the land for construction. Early on, one unexpected challenge arose when the wooden axe handles repeatedly broke



under the demanding conditions. Replacing them with steel-handled tools proved to be one of many practical solutions that kept the project moving forward through years of hard work and determination.

Gradually, the foundations of the resort began to take shape. Excavation works commenced for the swimming pool, followed by the construction of the dining and bar areas and the first bures. Every building material had to be transported from the mainland, often aboard traditional Fijian longboats – narrow fibreglass vessels that have long served the islands and remain an enduring part of Fiji's maritime culture.

The work was physically demanding. Heavy concrete blocks used to construct the original bures were carried by hand from the boats, across the beach, and over difficult terrain to the building sites. It was a monumental effort made possible through the strength, resilience, and dedication of the local workforce.

When the global pandemic delayed the resort's official opening, progress did not stop. With travel restrictions limiting movement throughout the islands, the workers continued wherever possible – focusing on landscaping, stonework, and construction using available materials.

Among the most striking features created during this time were the

stone pillars that line the resort pathways today. Built from locally sourced rock encased in heavy-duty gauge wire, these structures stand as both works of art and lasting tributes to the craftsmanship of the Yalobi villagers and traditional landowners.

Over time, creeping Ficus vines softened the original concrete structures, blending them seamlessly into the surrounding tropical landscape. Years of natural growth transformed the property into the lush and tranquil retreat it is today.

In 2016, Waya Island endured the devastating impact of tropical cyclone Winston, the category 5 cyclone that became the deadliest in Fiji's history, destroying more than 40,000 homes across the country. While the island suffered damage, Waya was afforded some protection by its dramatic volcanic peaks, which helped shield parts of the coastline from the full force of the storm.

After nearly two decades of vision, perseverance, and collaboration with the local community, Waya Island Resort officially opened on 8 February 2024.

Today, the adults-only resort offers intimate and uniquely designed accommodation for up to 50 guests across 25 villas, providing an unforgettable gateway to the natural beauty, culture, and adventure of the Yasawa Islands. ■



Your chance to win a cruise and a deluxe resort holiday



DISCOVER THE JOY of small-ship cruising with BLUE LAGOON CRUISES. Sail through the breathtaking Mamanuca and Yasawa Islands. Experience stunning scenery, warm Fijian hospitality, and a variety of exciting daily activities designed to create unforgettable memories.

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- Transfer from Blue Lagoon Cruises to Waya Island Resort.
- A 7-night stay for two in a deluxe oceanfront villa at Waya island resort.
- With all meals included.
- Visit an authentic Fijian village.
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PRIZE DRAWN MARCH 23 2027

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SINGAPORE

Seventy-two hours in Singapore

DENNIS and ROSAMUND KNILL travel to Singapore with a list of things to see and do that's as big as the city itself.

ONCE A TRANSIT STOPOVER, today, Singapore has evolved into a destination full of experiences where a week is simply not enough time to take it all in. Boasting 5-star hotels, sophisticated shopping and world class attractions, Singapore still bears a deep imprint of one man's personality. That man is Lee Kuan Yew, a Cambridge educated barrister and Singapore's first Prime Minister who engineered a framework of tightly controlled political freedom while achieving first world prosperity.

With a population of 6 million, Singapore, is about the same size as Lake Taupo and sits just one degree north of the equator. It is a melting pot of colours and cultures and where ancient rural ways meet modern tourism head-on. Teeming with a rich blend of cultures in a compact setting, Singapore is divided into four ethnicities made up of Chinese, Malay, Tamil and European, the mix of which is still rigidly managed and controlled by the Government's strict immigration policy

Since being invaded by the Japanese during WW2, Singapore has progressed into one of the world's

greatest trading centres and one of the world's wealthiest countries. Today's backdrop of mirrored office towers, embraced with modern development, glittering shopping malls and neon lit restaurants from which the city continues to draw definition.

Ultimately it is from the people that Singapore derives its unique flavour while still managing to preserve its cultural heritage. Yet for

all that, Lee's mania for law and order still continues with a democracy built on a structure of iron fist controls with laws where smoking is absolutely forbidden in public areas, e-cigarettes are banned, littering, eating and drinking on public transport, harsh penalties for selling chewing gum, protesting without a police permit and the death penalty for drug trafficking.

So, what is the real Singapore



anyway? After an uneventful 10-hour flight from Auckland, our arrival into Changi Airport, a destination in itself, was completely surpassed by a visit to the famous Jewel close by. Rising ten stories, the Jewel is a breathtaking architectural masterpiece and a world-class attraction built around a spectacular 40 meter rainwater vortex that plunges through the verdant Shiseido Forest Valley. Its multi-level garden that covers 22,000 square metres, exhibiting 3000 trees and 60,000 shrubs from across the globe. This is a world class attraction not to be missed.

Rising above Singapore's skyline, Marina Bay Sands stands as the city's ultimate modern icon.

Its extraordinary 240 metre sky park is also the largest rooftop in the world. Stretched across three towers overlooking a luxury mall and a wealth of dining options, since opening in 2010 the resort has captivated visitors with sweeping views from the 55th floor observation deck. Below, Singapore's most famous and exclusive shopping precinct showcases the great fashion houses of the world. Chanel, Louis Vuitton, Prada, Chanel, Tiffany, Gucci, they're all there.

Gardens by the Bay is a dazzling showcase of horticultural brilliance, redefining how the plant kingdom is experienced. This futuristic garden brings together an extraordinary

collection of flora rarely seen in this part of the world, creating a living museum of global ecosystems. From cool temperate species thriving in climate controlled conservatories to lush tropical forests and diverse natural habitats, every corner offers a journey through contrasting environments.

As one of Singapore's most celebrated tourist attractions, Gardens by the Bay blends science, artistry and nature into breathtaking landscape that captivates visitors and photographers alike.

Situated inside the misty wonders of the Cloud Forest lies another premier attraction Jurassic World. Here, life sized animatronic dinosaurs tower above visitors, led by an awe-inspiring 8.5-meter-tall Brachiosaurus and a pack of cunning Velociraptors lurking in the shadows. As we wandered through the lush pathways, it felt as though we had stepped straight into the Jurassic Park universe with imagination blurs of reality of the prehistoric giants that once roamed Earth.

A visit to Singapore is incomplete without a stopover at Raffles, whether for a legendary gin sling or a leisurely high tea. First opened in 1887 as a 10 room bungalow the original structure was eventually demolished giving way to what is now one of the world's greatest hospitality icons. Recently refurbished, the hotel remains a tranquil oasis, standing proudly in all its colonial grandeur amid a skyline of booming skyscrapers. Raffles, does not compete with modern



FACT FILE:

GETTING THERE: Air New Zealand and Singapore Airlines have direct flights from Auckland and Christchurch

WHERE TO STAY: InterContinental Robertson Quay, 0800 448 470
GETTING AROUND: Uber best option

OTHER PLACES OF INTEREST: Singapore River Cruise, Water Light Show, Singapore hop-on-hop-off Tour, Singapore Street Food by Night Tour, Sentosa Island, Singapore Flyer, Cable car, Universal Studios, Singapore Duck Tour, Singapore History Museum, High Tea at Raffles, Chinatown

BACKGROUND READING: *The story of Singapore* by Andrew Langley, *Memoirs of Lee Kuan Yew*, *Enchanting Singapore* by David Bowden, *Lion City* by Jeevan Vasagar, *Lonely Planet Singapore Travel Guide*

FURTHER INFORMATION: Singapore Tourism Board, www.stb.gov.sg

excess, it transcends it, oozing with atmosphere and timeless elegance at every turn. With more than a century of history, the polished verandas and whispering palms tell stories of travellers, writers and royalty.

Orchard Road, commonly known as Orchard, is 2.5km long world renowned shopping belt in central Singapore. This famous retail hub is described as a vibrant, upscale long boulevard devoted entirely to retail therapy. Lined with gleaming mega malls, elegant designer boutiques and a mix of high street fashion brands it delivers an unmatched shopping experience for visitors and locals alike. If you don't mind walking in the tropical heat, Orchard is best covered by foot.

And for gourmands, Singapore ranks among some of the world's great food destinations, celebrated for its diverse and affordable cuisine that blends Chinese, Malay and Indian influences into one unforgettable

culinary adventure.

Welcome to Singapore's community dining scene where an entire nation of food lovers gathers under open roofs and glowing lights. The air hums with the sound of clattering dishes and lively chatter while sizzling grills and the rich aroma of heavy spices awaken every sense. In the bustling hawker centres, iconic dishes such as famous chilli crab share space with countless other local delights, each stall offering its own signature flavours. Here, food is more than a meal, it's a shared experience, and one that no visitor should miss.

Boarding the aircraft at Changi Airport we reflected on our three short days in this sophisticated and vibrant city. We enjoyed the history, the sights, our leisurely walks along Orchard Road, to browse, shop and engage in some people watching. But, best of all, we enjoyed some of the best food on the planet. ■



RELAX INTO A TWILIGHT SPA.



HELL'S GATE

As the sun sets over Rotorua, indulge in mud and water heated by the earth below.

Hell's Gate is Rotorua's most active geothermal reserve and New Zealand's only mud spa.

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

To find out more, visit www.hellsgate.co.nz

or call us on 07 345 3151

The earth is heating up this winter

Hell's Gate Geothermal Reserve and Mud Spas.

AS WINTER APPROACHES and the temperature drops, mud boils and steam rises high over Hell's Gate – a visit to witness a land born of myth and legend, where Rūaumoko heats the Earth from a world below. Experience a landscape that excites with its geothermal activity and heals with its nutrient-rich mud and waters.

Located on the outskirts of Rotorua lies an awe-inspiring geothermal reserve, home to New Zealand's only mud spa. While the bubbling pools of acidic water, sulfurous springs and steaming fumaroles are only made more dramatic as they billow into the cold air that's not the only reason to visit this winter.

Be inspired by joining one of our guided tours, offering insights into the history, cultural and scientific significance of the area. These depart daily at 10.30am and 2.30pm, subject to availability.

After your geothermal walk join us in our interactive Carving House,

where our talented carvers will not only demonstrate their artistry but also guide you in creating your own taonga (treasure) to take home.

Hell's Gate doesn't just entertain and educate, it soothes too.

A treasured place of healing and revitalization for Māori for more than 500 years, we are home to New Zealand's only geothermal mud bath experience. Our geothermal mud is unique to this area, and renowned for its therapeutic benefits and rejuvenating properties.

This winter, as the sun sets, take the opportunity to soak under the stars in water heated by the earth below for a limited time only on Friday and Saturday evenings until 8pm.

Immerse yourself in an active geothermal reserve and connect with nature in its most primal form at Hell's Gate.

It's a Rotorua experience you'll never forget.

www.hellsgate.co.nz



'History through the Heartland'

STEAM INCORPORATED'S 'History through the Heartland' is shaping up to be one of New Zealand's most unique and immersive rail adventures – a spectacular 12-day journey combining heritage rail travel, iconic events, regional hospitality, and unforgettable scenery into one premium touring experience.

Departing Wellington in February 2027, this carefully curated tour takes guests deep into the heart of the North Island aboard beautifully restored heritage trains hauled by classic steam and diesel locomotives. From the vibrant atmosphere of Napier's world-famous Art Deco Festival to the rugged beauty of the Forgotten World rail corridor, every day offers something new, authentic, and distinctly Kiwi.



Passengers will experience a remarkable variety of destinations and attractions, including elegant high teas, exclusive dining experiences, scenic rail journeys through remote landscapes, cruises aboard the iconic PS *Waimarie* paddle steamer, and time exploring regional

towns rich in history and character. The tour also includes visits to New Plymouth during Americarna celebrations, adding even more colour and atmosphere to an already diverse itinerary.

What truly sets 'History through the Heartland' apart is the experience of travelling by heritage train itself. There is something timeless about relaxing in classic carriages, watching New Zealand's landscapes unfold beyond the window, and sharing the journey with fellow travellers who appreciate history, hospitality, and adventure.

For those seeking more than just a holiday, this is an opportunity to experience New Zealand differently – slowly, socially, and in true heritage style. ■

STEAM INCORPORATED'S 12 DAY STEAM & DIESEL RAIL TOUR SHOWCASING THE NORTH ISLAND'S HISTORICAL INFLUENCES

HISTORY THROUGH THE HEARTLAND



Following the success of the inaugural **History Through the Heartland Rail Tour** in 2026, Steam Incorporated is thrilled to bring this unique journey back in 2027. This multi-day adventure captivated rail enthusiasts and travellers alike, showcasing the North Island's most scenic routes, fascinating destinations, and rich heritage. Building on that momentum, the 2027 tour promises an even more memorable way to discover the heart of New Zealand by rail - with Steam Incorporated.

Featuring - Napier's Art Deco Festival | 3hr Cruise on Whanganui's PS *Waimarie* | A Journey through the Forgotten World | New Plymouth's Americarna | 5 Days of Heritage Train Travel with Steam Incorporated | Premium Accommodation | Carefully Selected Premium Food & Beverage | Coach Transfers

Per Person Twin Share \$7990 | Single Supplement \$1590

Interested and would like a brochure? Email us at admin@steaminc.org.nz for more!



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

DEPARTING WELLINGTON 18TH FEBRUARY 2027 - LIMITED SPACE!

Spirit of the Antipodes

Discover New Zealand in the Golden Age of Rail Travel.

IF YOU HAVE EVER LONGED to see more of New Zealand without the hassle of driving, or rushing from place to place, Spirit of the Antipodes offers a wonderfully relaxed alternative. This fully escorted North Island rail tour by Glenbrook Vintage Railway invites travellers to sit back, settle into beautifully restored heritage carriages, and enjoy the rare pleasure of discovering the country at a pace only the railways can provide. Travelling on GVR's exclusive private train, guests enjoy comfortable vintage surroundings, open-air viewing balconies, warm hosting, and access to lines seldom used by regular passenger services.

What makes this journey so appealing is that the train is not simply a means of getting from one place to another, it is the heart of the

experience, where your journey is the destination. From your window, the North Island reveals itself in all its variety: lush Waikato farmland, geothermal country around Rotorua, and idyllic coastal vistas in Tauranga.

The Central Plateau displays its deep bush clad valleys and rivers as the volcanic peaks come into view. Heading west the slopes of Mt Taranaki begin to dominate the skyline as the Tasman Sea meets the coast. The rolling open landscapes of the lower North Island gives way as Hawke's Bay brings its sculpted hills, ridges and orchards down to the Pacific Ocean. Along the way are some of New Zealand's great rail highlights, including the Kaimai Tunnel, towering viaducts, the famed Raurimu Spiral and the Manawatū Gorge, now accessible only by rail.

Equally enticing are the carefully curated experiences away from the train. Depending on the itinerary, guests can enjoy Rotorua's cultural and geothermal attractions, a RailCruisers journey on the former Rotorua branch line and the Redwoods Treewalk. Cruising the Whanganui river on the historic paddle steamer *P.S. Waimarie*, offers an experience of nostalgia on a unique piece of New Zealand's transport heritage. In conjunction with the Taranaki Garden Festival, enjoy a day among some of the most celebrated gardens of Taranaki. In the Hawke's Bay, take time exploring Napier's Art Deco character, and a visit to Cape Kidnappers to see its famous gannet colony. These excursions are designed to add interest and variety while preserving the easy rhythm of the tour.

All the practical details are taken care of, high quality, centrally located accommodation, meals, excursions, transfers and rail travel are included throughout, allowing guests to relax and enjoy the journey from beginning to end. For discerning travellers who appreciate comfort, heritage, scenery and good company, Spirit of the Antipodes offers a rare opportunity to experience the North Island in a thoughtful, unhurried and memorable way.

It is rail travel as it should be: scenic, sociable, and rich with discovery. ■



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 Glenbrook Vintage Railway — where rail travel is more than transport, it's part of the adventure. Since 1970, GVR has proudly operated heritage trains and escorted rail journeys, sharing the romance of the rails 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!

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DISCOVER NEW ZEALAND'S NORTH ISLAND BY PRIVATE TRAIN

Travel by private heritage train to iconic destinations including Tokoroa/Rotorua, Tauranga, Ohakune, New Plymouth, Napier and beyond.

Step aboard and discover New Zealand's North Island in a way few ever do. From the comfort of your private train, watch the landscape unfold, from rugged mountains to sweeping coastlines and rolling countryside as every detail is taken care of for you.

Stay in quality accommodation, enjoy superb dining, and experience a curated journey of off-train highlights, vibrant cities, charming towns, scenic river cruises, and remarkable wildlife encounters.

With our experienced team hosting every step of the way, this is effortless, immersive travel at its finest, a journey that captures the true spirit of New Zealand.

Join us - and discover the Spirit of the Antipodes

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31 October - 10 November 2026*
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- 2027 -
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16 - 26 April 2027
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AUSTRALIAN RAIL SAFARI - EXPERIENCE NORTH QUEENSLAND BY RAIL!

1 - 11 AUGUST 2026



6 SPACES LEFT! - MAX SIZE 28

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. **Spaces are limited so get in quick!**

SCAN ME





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Discover the heart and soul of Morocco on this enriching 19-day small group journey, where every moment invites connection, wonder, and discovery. From the timeless medinas of Fez and Marrakech to the blue-washed serenity of Chefchaouen, each destination reveals a different layer of Morocco's story.

Travel comfortably by high-speed train and stay in beautiful boutique accommodation, while immersing yourself in authentic local experiences, from hands-on cooking classes to guided walks through bustling souks. Venture into the Sahara for a sunset camel ride across golden dunes, before spending a magical night under the stars in a luxury desert camp, surrounded by music, warmth, and tradition.

Wander the coastal charm of Essaouira, take in the grandeur of Casablanca's Hassan II Mosque, and enjoy the ease of a fully hosted journey designed with care and thoughtful pacing throughout.

More than a holiday, it's a journey into the spirit of Morocco, where every encounter, flavour, and landscape leaves a lasting impression.

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.

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Perfect winter escape

WHEN THE NEW ZEALAND winter arrives, many retirees begin dreaming of warmer days, sunshine, and a change of scenery. That's exactly why so many Kiwis choose Broadbeach on Queensland's beautiful Gold Coast as their winter escape.

What makes Talisman Beachside a little different is that we're proudly owned and operated by a fellow Kiwi family. Having grown up in Templeton, Christchurch, we understand the appeal of swapping frosty mornings for sunny beach-front walks and temperatures that regularly sit between 20°C and 24°C throughout winter.

Located directly opposite the beach, Talisman Beachside offers spacious self-contained apartments with full kitchens, separate living areas, and private wraparound balconies with stunning ocean views. Many of our guests stay for several weeks or even months, enjoying the relaxed lifestyle that Broadbeach is renowned for.

Everything is within easy walking distance. Enjoy morning walks along the coastline, browse the



boutiques at Oasis Centre or Pacific Fair, meet friends for coffee at one of Broadbeach's many cafés, or simply relax by our heated year-round pool (32°C), spa (38°C) and sauna. For those wanting to explore further, public transport provides easy access to the wider Gold Coast.

One of the things our Kiwi guests appreciate most is the sense of familiarity and personal service. As a family-run business, we're passionate about helping guests make the most of their stay and are always happy

to share local recommendations and insider tips.

Whether you're planning a short winter getaway or an extended escape from the cold, Broadbeach offers the perfect combination of sunshine, convenience and relaxation.

We look forward to welcoming you to our little slice of paradise on the Gold Coast.

Please kindly book direct via +61 7 5592 0100 or online with your discount code, "SENIORS." ■

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Experience Taranaki's spring garden festival on a relaxed coach tour. Discover stunning private gardens and enjoy the beauty of the region in full bloom.

Host Tour includes Pukeiti, Pukekura Park and Hamilton Gardens.

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Discover the moody, rugged West Coast—wild, dramatic and endlessly beautiful. Southern Alps, rainforests, glaciers, Hokitika Gorge, and the rare kōtuku (white heron).

Join us on an unforgettable journey of the spectacular West Coast.

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Welcome the New Year at the Taranaki Festival of Lights. Enjoy a relaxed coach tour with gardens, coastal scenery, and a magical evening in Pukekura Park.

Join us on a hosted festive escape to welcome the year ahead.

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Bell Hill named The Real Review Winery of the Year New Zealand 2026

Canterbury's Bell Hill secures the top spot, with Felton Road, Prophets Rock, Bilancia and Quartz Reef rounding out the top five.

THE REAL REVIEW, one of Australasia's most trusted authorities on wine, has announced its prestigious ranking of its Top Wineries of New Zealand for 2026. After an extensive tasting of nearly 4000 wines, North Canterbury's Bell Hill has taken out the top spot.

Released annually to celebrate excellence in New Zealand wine, The Real Review Top Wineries of New Zealand recognises producers consistently crafting outstanding wines, independently assessed by its New Zealand team of Masters of Wine Stephen Wong and Jane Skilton. The awards serve as a national benchmark, showing how New Zealand's favourite wineries rank among their peers based on their performance over the past two years of releases.



BELL HILL JUMPS TO TOP OF THE LIST

Placing number 12 in 2025, Bell Hill has leapt to the top of the list, marking a significant rise for the North Canterbury producer. The small but increasingly influential region is gaining international reputation, particularly for crafting spectacular wines at the confluence of meticulous farming, detail-oriented

winemaking and innovative, open-minded philosophies. Previously holding the winning title for two consecutive years (2025/2024) Felton Road remains highly regarded as runner up on the Top Wineries list. Prophets Rock (#3), Bilancia (#4), and Quartz Reef (#5) complete the top five.

"The Real Review Top Wineries of New Zealand celebrates the standout wine producers across the motu. This year's selection continues to evolve, spanning both long-established favourites and exciting new entrants. The release of the stellar 2024 vintage across most regions heralds an exciting time for great quality in Aotearoa," says Stephen Wong.

winemaking and innovative, open-minded philosophies.

"Bell Hill has firmly established itself at the forefront of New Zealand winemaking with a series of releases that reflect both the precision of their site and the care taken at every stage of the process. Drawing on North Canterbury's exceptional limestone soils, their wines show remarkable depth, structure and finesse. The consistency and calibre across the range this year made them a clear standout," says Jane Skilton.



QUARTZ REEF TAKES OUT VIGNERON OF THE YEAR TITLE

Now in its second year, The Real Review's Vigneron of the Year Award continues to recognise excellence in viticulture. The 2026 title has been awarded to Rudi Bauer of Quartz Reef, widely considered a far-sighted pioneer of the Central Otago wine region, acknowledging his longstanding contribution to organic and biodynamic winegrowing.

Clos Henri's Damien Yvon and

Kumeu River's Michael Brajkovich MW were recognised as runners up in the category.

BEST IN CLASS CATEGORY WINNERS INTRODUCED

The Real Review's best in class category awards seek to highlight wines at the intersection of quality, character and also relative value. These wines are accessibly priced

and available to most drinkers. Cloudy Bay claimed Sparkling Wine of the Year for its Pelorus Vintage 2013, while Neudorf Home Block Moutere Chardonnay 2024 earned the title of White Wine of the Year. Red Wine of the Year went to Burn Cottage Sabines Selection Pinot Noir 2022, Chateau Garage Lulu Rosé 2025 secured the Rosé Wine of the Year spot. Greywacke Botrytis Pinot Gris 2023 won Sweet Wine of the Year.



In addition to these accolades, Jascha Oldham-Selak and Sanne Witteveen of Vilaura – a New Zealand méthode traditionnelle producer focused on single-vineyard, single-vintage, single-variety expressions – were honoured with the prestigious Rising Star of the Year award.

"Top Wineries continues to broaden its reach and coverage to celebrate great wine regardless of pedigree, history, price or origin. Our

mission is to encourage wine lovers to explore and discover the bounty of deliciousness which New Zealand's vineyards and its people have to offer. To this end, we are honoured to announce our Vigneron and Rising Star of the Year awards as well as our best in class categories," says Stephen Wong.

TOP 30 WINERIES OF NEW ZEALAND 2026

For the full list, visit The Real Review's website.

1. Bell Hill
2. Felton Road
3. Prophet's Rock
4. Bilancia
5. Quartz Reef
6. Destiny Bay
7. Te Whare Ra Wines
8. Neudorf
9. Rippon
10. Te Mata Estate
11. Dry River Wines
12. Pyramid Valley Vineyards
13. Kusuda Wines
14. Black Estate
15. Framingham
16. Kumeu River
17. A Thousand Gods
18. Terra Sancta
19. Poppies Martinborough
20. Wild Irishman
21. Pegasus Bay
22. Burn Cottage
23. Chateau Garage
24. Craggy Range
25. Ata Rangi
26. Te Motu
27. Cloudy Bay
28. Siren Wine
29. Blank Canvas
30. Elephant Hill Estate

EXPERIENCE THE BEST OF NEW ZEALAND WINE

Wine enthusiasts have an exclusive chance to try over 80 of this year's finest wines at Taste the Top Wineries event, while also meeting the talented winemakers behind them.

Where: Glasshouse, Morningside, Auckland

When: Saturday 15 August

Tickets: Start from \$109

In addition to the tasting event, The Real Review will hold its Top Wineries of New Zealand 2026 dinner on Thursday 13 August at Bistro Saine in Auckland. ■

Down tools, clean up – the Norsewear Paeroa takes you straight to dinner

THERE'S A TIME FOR HARD GRAFT and a time to call it a day. Norsewear's latest release, the Paeroa Quarter Zip, is designed for exactly that moment: when work is done and you're jumping in the car and heading out on date night.

A modern reissue of a classic from the Norsewear archives, the Paeroa revives a timeless style, making it relevant for today.

It's lighter in weight than Norsewear's usual workwear staples, so it's the jumper to reach for when the dress code calls for something tidy, but not too showy.

Crafted from 100% traceable New Zealand merino wool, manufactured by locals, and keeping Kiwis looking sharp, the Paeroa uses 23-micron fibre



sourced from the South Island and certified through Wool Integrity NZ – soft, warm, and durable.

The Paeroa is available in navy blue and black, and in a wide range of men's and women's sizing, making it a natural fit for corporate teams looking for excellent, New Zealand-made staples too. "This is the jersey for when outdoor people want to sharpen up," says Norsewear's Tim Deane. "It's ideal for business meetings, for seeing the bank manager, or meeting mates at the pub."

The quarter zip design is easy to layer and easy to wear for those who value high quality, style and traceability.

The Norsewear Paeroa Quarter Zip is available now for \$289.95 at www.norsewear.co.nz ■



ABOUT NORSEWEAR

Norsewear has been making the finest woollen socks, gloves, jumpers and beanies for outdoor people, right here in New Zealand, for over 60 years. The factory in Norsewood (pop. 150), at the foot of the Ruahine ranges, is a vital part of the local community. The design, manufacturing, quality control, packing and shipping is done there, using only the best merino, possum, and strong wool. Norsewear's senior design and technical team has over 100 years of experience between them and are amongst the most respected sock engineers in Australasia.

In 2023, the Norsewear brand and factory was bought by the Deane family, who share a passion for wool, a commitment to local manufacturing, and an unwavering belief that New Zealand can grow goodness and wealth for local rural communities by taking Norsewear to the world.

For more information or to request an interview, please contact:
 Fiona Fraser – Contentment PR & Communications
 027 501 3921
fiona@contentment.co.nz



Learning for life!

Education and tech entrepreneur Frances Valentine's new venture for those aged 60+.

YOU'RE NEVER TOO OLD to learn something new.

A lively learning community for older New Zealanders launches this week, focused on bringing insightful discussions, expert speakers and opportunities for connection to those with active minds and a sense of curiosity.

Love Heart is an innovative social enterprise founded by two education leaders who deeply understand the importance of human connection in a tech-first world. Educationalist and entrepreneur Frances Valentine CNZM and Fee Webby, who spent ten years running The Mind Lab, have come together again to co-found the venture, which launches in Hawke's Bay next month, before expanding to Auckland in June.

From six-week courses across a range of topics to "learning lunches" to one-day adventures, Love Heart aims to enrich minds and lives, driving discussion and fostering friendships within a primary cohort of over-60s.

Fee also notes that an active



mind and connecting with other people in real time are two of the most protective factors against the detrimental effects of aging - things like cognitive decline and stable mental health. "There has been a 34% increase in the number of people aged over 60 in the past decade, and within a few short years, New Zealand will have more people over 65 than under 20. Keeping the brain engaged and finding joy in human connection are critical in maintaining wellness as we grow older."

Love Heart offers 15 topics for learning and exploration includes Technological Impact, History, Creative Arts, Sports, The Human Mind, Scientific Advances, The Natural World, Culinary Experiences, Stories from around the World, Society and Us, The World of Music, Flora and Fauna, The Built World, Culture & Human Behaviour and The Need for Speed (which covers all things aeronautical and automotive).

"We hope people will come out of a Love Heart course, lunch or learning adventure and tell their family 'Not only did I learn something fascinating, I also made a new friend.'"

Registrations for a Learning Course, Learning Lunch or Learning Adventure are now open at www.heart.co.nz

For more information or to request an interview with Frances or Fee please contact:
Fiona Fraser
Contentment PR & Communications
fiona@contentment.co.nz
027 501 3921 ■

Lock up, leave, and live life

Motorhome enthusiasts John and Marion embrace life in, and out, of Bupa Foxbridge.

WHEN IT CAME to making the move to retirement village living, retired farmers John (79) and Marion (76) knew what they wanted. "We had thought about [moving to a retirement village] for a couple of years. Our criteria was a small village, with a care home in case it was needed in the future, and we also needed parking for our motorhome within the village," says John.



Bupa Foxbridge ticked all the boxes, and the couple moved to the village in 2025. "We love our villa, it is a warm, comfortable home and it also has a bowranda, which is like an extra room," says Marion.

The couple regularly travel in their motorhome to visit family. "We love the fact we can lock up and leave and head off - we don't have to worry

about our home as it is secure, and the lawns are taken care of."

"The village team are so helpful and make living here very easy. It is a totally different way of life for us - it's lovely to have friendly residents to chat to, we can join activities as we wish, plus enjoy time with family and friends outside the village."

To find out more, visit bupa.co.nz ■



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For more information phone 0800 60 80 99 or visit bupa.co.nz

Apartments
 Villas
 Care Homes

Health supplements for the over-60s

By Joan Gestro

THE INFORMATION I'm sharing with you comes from a highly qualified naturopath, Shanae Ahern. She explained to me the effects of supplements on the human body. But first, she says, "I cannot emphasise enough the importance of seeking guidance from a qualified naturopath or nutritionist when looking into supplements."

There's one thing that's really important, she says to make it clear – always focus on food-first, optimising

health through nutrition, focusing on what food is eaten every day!

However, there are ages, stages, and conditions in which supplementation is extremely beneficial. It is very important for it to be done right to improve overall health and quality of life.

Self-prescribing and self-selection of supplements, without any guidance from a qualified naturopath or nutritionist, is an ineffective and in the long run more costly exercise

than the alternative. Further to this, in aging populations there is a high likelihood of multiple pharmaceutical medications being part of the equation.

Herbs and supplements, can actually be quite dangerous too, as many people underestimate the power of natural supplements – particularly herbs – and don't realise how common it is for them to potentially contraindicate and interact with their pharmaceutical medications.



Choosing a supplement

Quality of the product itself and the individual ingredients contained within, the ingredients/mineral/nutrient and quantity of each ingredient used and therefore the dosage of the specific nutrient/s per serving size.

There is some crossover between the first two, in the sense that sometimes the form of the ingredient can give significant insight into the quality of it.

Advice for those who are new to this market

Their main health concerns or symptoms are firstly assessed and what supplement/s are they enquiring about? Was it by their own research, a Facebook ad popped up, or through a friend?

Once these questions are answered, a decision can be made as to whether the product or nutraceutical they are interested in is safe and appropriate for them based on their current health picture, including any health conditions, allergies, and pharmaceutical medications etc.

If the nutraceutical they are inquiring about is not suitable for one reason or another, then other alternatives are discussed on a deeper level: whether they should expect any specific effects or changes while taking the supplement, especially initially.

Important advice for those already using supplements

If someone is using a supplement which is safe long term, is having the desired therapeutic outcome, and is not negatively affecting or crossing over with any of their other pharmaceutical medications or supplements in the mix, then there would be no obvious reason to change or alter the regime.

If a client has been taking magnesium for many months, or years, and still gets leg cramps every



night, then this is where the quality, form, and quantity may be suspect. Or something else in the equation may be missing. The question is: what else needs to be added in or altered to increase the efficacy and bioavailability of the supplement. Shanae will have the answer!

Good advice for those with all the answers about supplements

One cannot help or change someone's mind who truly does not want to be helped. Some people do research on Dr Google, that does not count! Haha. But with an overwhelming amount of information at our fingertips, it can be hard to sift through what's relevant and worthwhile pursuing.

If people feel like they know best but do actually want help and advice, Shanae says, "I generally find that gentle curiosity and questioning is the best way to open up the conversation and see if there are any gaps in their knowledge or understanding.

"If there are, and I am able to help fill these gaps with my own knowledge, it can help to build trust and rapport and allow more room for discussion around which

nutraceuticals may be best suited to them, especially if they're not feeling like their current supplements are fulfilling their therapeutic needs."

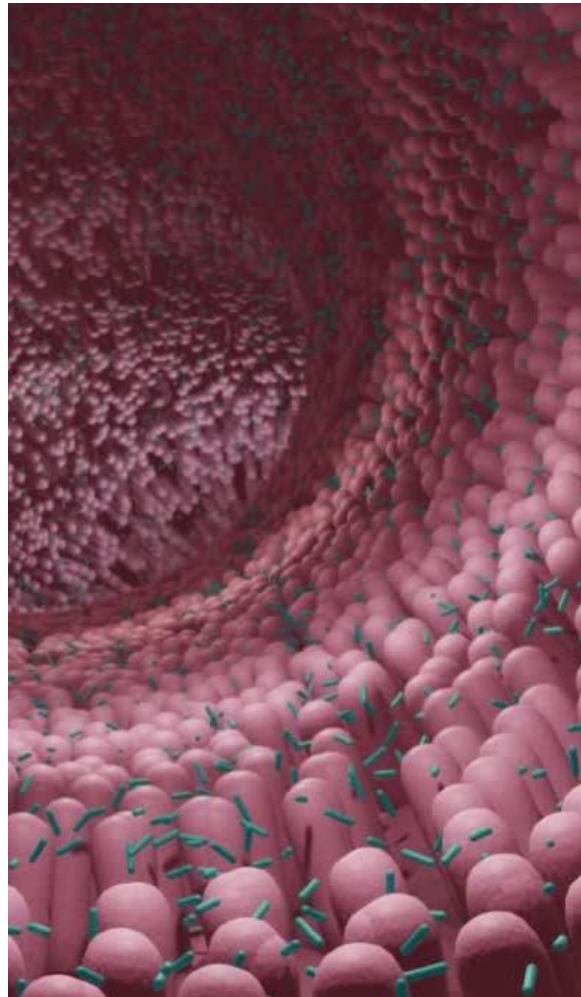
The most important thing is to try to have an open mind, even if your knowledge is broad.

As Socrates so aptly said: "The more we learn, the more we realise how much we don't know – and that's the essence of growth".

The amount of marketing is getting out of hand and can be very misleading. Therefore, why would you not make the most of a free service like the one John's Photo Pharmacy offers to the public? They offer expert supplements advice from qualified registered naturopaths, six days a week, with top quality and efficacious product recommendations; all the while ensuring there will be no contraindications with any of your pharmaceutical medications.

It's the sort of initiative that the community really needs!

Shanae Ahern is a qualified naturopath and medical herbalist BNHM, Member NMHNZ ■



What are probiotics?

- ✓ Probiotics support the growth of beneficial or "good" bacteria in your gut
- ✓ They help keep pathogens, such as unwelcome bacteria and viruses from dominating and upsetting your gut microbiome
- ✓ They help with healthy + effective digestion which influences the health of your skin, immune system, mood, weight and much more.

Probiotics 14 Strains

Contains 14 scientifically researched beneficial probiotic strains – selected specifically to support all year round health + wellbeing

Micro-encapsulated so that it

- Remains stable in the stomach's acidic conditions for true efficacy
- Doesn't need to be kept in the fridge

Supports the health of your gut, for healthy digestion, skin, immunity + more

Developed by doctors, including Dr. Natasha Campbell-McBride, who created the GAPS diet



Stay active, choose nourishment that feels natural

- Support digestion and gut health
- Improve circulation
- Balance immunity
- Boost energy



Lifestream



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Magnesium formula by SleepDrops

MAGNESIUM GLYCINATE 10 is New Zealand's most comprehensive magnesium formula, delivering 10 highly bioavailable forms of

magnesium in one intelligent daily supplement. Developed by SleepDrops, New Zealand's experts in magnesium research and product

HIGH STRENGTH
FORMULATED BY SLEEP SPECIALISTS
HIGH ABSORPTION



MAGNESIUM
GLYCINATE
10

10 bioavailable, researched forms of magnesium in one advanced high-strength multi-magnesium formulation delivering support for healthy sleep, nervous-system function, cardiovascular health, balanced mood and optimal muscle activity.

development, it provides the broad-spectrum magnesium nutrition the human body was designed to receive from food, but increasingly does not.

Many people believe they obtain sufficient magnesium from a healthy diet. Unfortunately, modern agricultural practices, food processing, storage methods and changing dietary patterns have significantly reduced magnesium intake compared with previous generations. Scientific evidence suggests many adults may be consuming up to 200mg less magnesium per day than optimal levels for supporting normal physiological function.

Magnesium participates in hundreds of enzymatic reactions throughout the body, influencing muscles, nerves, energy production, cardiovascular function and healthy sleep. Because magnesium works across so many systems, relying on a single form may not provide the diverse nutritional profile the body requires.

Magnesium Glycinate 10 combines ten complementary forms, including glycinate and threonate, creating an all-you-can-eat buffet of magnesium nutrition designed to support whole-body wellbeing.

Science also demonstrates that magnesium replenishment is not an overnight process. Magnesium has an approximate 42-day biological half-life and restoring depleted stores may take many months of consistent supplementation.

Available in both capsules and powder, Magnesium Glycinate 10 is the intelligent choice for comprehensive magnesium support. Plus, every purchase is backed by our Price Match Guarantee at www.sleepdrops.co.nz

Use code: **ACTIVS20%** for 20% off when applied in the shopping cart or call 0800345999 to place an order. ■

NZ natural formulas

THE 60-PLUS New Zealand market is not just important to us, it is central to our purpose. This is a generation that has spent decades prioritising family, work, and community, and is now rightfully focused on their own health and vitality. We believe that all New Zealanders deserve access to natural, high-quality supplements that genuinely support their wellbeing and that is precisely what NZ Natural Formulas was created to deliver.

We have made purchasing as simple and accessible as possible.



nznatural formulas

Visit www.nznaturalformulas.co.nz or Phone 0800 620 600 today.

Our range is available both online – directly through our website at www.nznaturalformulas.co.nz and through a growing network of select

pharmacies across New Zealand. Whether you prefer the convenience of shopping from home or the personal service of your local pharmacy, getting our products into your hands is straightforward.

Our formulations are underpinned by strong product credentials and a deep commitment to quality. Every product is crafted using carefully selected, premium natural ingredients, formulated right here

in New Zealand. With over 30 years in business, the quality and integrity of our formulations speak for themselves. ■

Sanderson healthy ageing combo

SANDERSON HAS FORMULATED two products to help you age healthily: Heart FX to support cardiovascular health including heart, circulation and cholesterol, plus Age FX to support NAD+ levels providing support for cellular health, energy levels and the other symptoms of ageing.

Sanderson Age FX contains nicotinamide, a member of the vitamin B3 family which is a precursor for nicotinamide adenine dinucleotide (NAD+). NAD+ levels may naturally decline with age affecting many aspects of physical and mental health. Age FX has been formulated to support healthy aging by maintaining energy levels, supporting body tissue repair and cellular health, and maintaining general health and well-being. The formula also contains antioxidants like resveratrol, saffron and camellia



sinensis, plus collagen, co-enzyme Q10 and Astragalus. Astragalus is a herb that supports white blood cell levels and immune resilience.

Sanderson Heart FX contains fish oil, magnesium and co-Q10 to support heart health plus hawthorn and vitamin K2 to support circulation; beeswax and sunflower oil provide

phytosterols and policosanols to support healthy cholesterol levels. It is a one-stop heart healthy supplement.

The fish oil in Heart FX is concentrated so you are getting the same Omega 3 essential fatty acids found in a normal 1000mg fish oil capsule.

Together these products make a potent healthy ageing combo. Sanderson products are available nationwide from Chemist Warehouse, Bargain Chemist, Woolworths Pharmacies and leading independent pharmacies and health shops.

Sanderson is a proudly 100% New Zealand-owned family business. ■

Always remember supplements are not a replacement for a healthy diet. Always read the label and take as directed. If symptoms persist see your health professional. If taking medicines always check before taking a supplement for possible interactions. Real Vitamins Limited, Auckland.

Retirement village development in New Zealand

Market slowdown no barrier.

METLIFECARE FACES HOUSING MARKET headwinds with \$400m investment.

A significant demand and supply mismatch of retirement units throughout New Zealand is growing every year, Earl Gasparich, CEO of retirement village operator Metlifecare says.

Having done the numbers, Gasparich says “data shows a supply shortfall in the next 20 years could climb as high as 23,000 units, as an ageing population heightens demand for quality retirement living accommodation and lifestyles.”

This level of conviction in the growth of the market has led Metlifecare to continue developing and opening new villages despite the housing market slow-down.

“We’re building and delivering new units throughout the country. While the residential property market – which underpins our customer pipeline by enabling prospective

residents to sell their homes and move into a village – remains sluggish, this is not impacting the long-term demand for retirement village living,” Gasparich says.

Metlifecare is certainly not backing off. A massive \$400m investment in three new retirement villages in Wānaka, Mangawhai and Rototuna in Hamilton will see the completion of the first stage at each village in the coming weeks.

At the same time, the company has plans to construct villages at a further four greenfield sites in Havelock North, Pukekohe, Napier and Whenuapai in coming years.

“These villages will not only provide much-needed independent living homes and care suites, they also reflect our confidence in the future of retirement living in New Zealand,” Gasparich says

“Despite slowed development across other parts of the retirement village sector, we believe the outlook

is very strong and that these market headwinds are temporary. That’s why we’re continuing to take a long-term view, progressing both construction and investment at scale.

“We have been operating for almost 40 years and have successfully navigated market volatility during a number of interest rate cycles.”

Gasparich says the estimate of a 23,000 shortfall over the next two decades is based on the statistics that the number of Kiwis aged over 75 will more than double in that time.

“It also assumes that the same proportion of this population chooses retirement village living as today (15%), and that current operators maintain their existing build rates.”

“However, if those penetration rates increase with more people seeking retirement village living, there will be an even greater supply shortfall,” he says.

Between them the three new villages will ultimately add 332 single-level independent living units and 62 premium care suites (at rest home and hospital level) to Metlifecare’s portfolio.

Gasparich says the company’s strategy is firmly focused on building a proven, high-performing portfolio with a clear pathway for growth.

“We are deliberately targeting and selectively acquiring attractive locations, particularly in regions with high population growth, ageing demographics and hence future demand for retirement living – and Wānaka, Mangawhai and Hamilton are, we think, regions that show great potential.”

He says the three villages are examples of Metlifecare’s data-led

approach to purchasing greenfield sites, underpinned by the analysis of future demographic trends, local housing markets and detailed customer research

Metlifecare was founded in the regions of Auckland, Waikato and the Bay of Plenty and Gasparich says compared to other large operators, it has the largest proportion of its portfolio in these areas.

While these regions are expected to experience some of the strongest population growth over the coming decades, the company is also focused on geographically diversifying to ensure it is well-placed to meet demand across different regions as it emerges.

Gasparich says the next generation of residents (largely the Baby Boomer cohort) with their high levels of home ownership and a greater focus on lifestyle in retirement are well-positioned to make the transition into village living.

He says the three new villages have been in planning since their sites were acquired between 2021 and 2023. Since then, each project has progressed through a rigorous development process including design, planning and consenting to ensure the delivery of high-quality communities that meet the evolving needs of future residents.

“Retirement villages also play an important role in supporting the broader health system, providing safe, well-supported environments that help residents maintain independence while reducing pressure on public services – particularly when our residents require higher acuity care.”

Metlifecare currently operates 36 villages throughout the country along

with 25 co-located care homes. It has around 7300 residents and the three new complexes will bring the total to 39 villages by June 2026.

The projects also have an impact on job creation. Gasparich says during the construction phase, a typical village supports around 140 jobs and, once operational, each employs approximately 150 people in a diverse mix of jobs ranging from clinical and care teams to management, maintenance and hospitality. ■

THE THREE NEW VILLAGES AT A GLANCE

Wānaka – Wānaka Peaks

A \$200m investment it will, when completed, have 95 independent living units and 20 care suites. Stage 1 will deliver 28 villas.

Mangawhai – The Tides

A total investment of \$110m, it will contain 160 independent living units and 20 care suites on completion. Stage 1 will deliver 32 villas.

Rototuna (Hamilton) – North Ridge Village

From an investment of \$90m, the village will have 77 independent living units and 22 care suites. Stage 1 will deliver 29 villas.



Mt Iron overlooking Wānaka Peaks villas. (Right) North Ridge villa exterior patio and garden. ARTIST’S IMPRESSION



Wānaka Peaks show home villa patio. AI ENHANCED IMAGE



The Tides, main facilities building. AI ENHANCED RENDER

Bupa invests in the future of retirement living

BUPA IS CONTINUING TO INVEST in modern, connected communities for older New Zealanders, with more than 370 new homes either recently

completed, under construction, or progressing through development across the country. The developments reflect growing

demand for contemporary retirement living, offering older New Zealanders greater choice, independence and access to high-quality amenities designed to support wellbeing and healthy ageing.

At Whitby in the Wellington region, Bupa is planning 133 new villas and 18 apartments, creating 151 new homes within a vibrant village environment. Bupa Riverstone in Palmerston North will welcome 44 new villas alongside a new residents' pavilion and pool, providing additional opportunities for connection, recreation and community life.

In Christchurch, Bupa Parkstone has recently completed 27 new apartments and 12 townhouses, expanding housing options in one of New Zealand's fastest-growing retirement living markets. Meanwhile, Bupa Te Puke has added 10 new villas, supporting growing demand in the Bay of Plenty region.

Looking ahead, Bupa is also progressing plans for a significant new retirement village development in Mangawhai, with more than 100 homes anticipated as part of the project.

These investments are part of Bupa's ongoing commitment to creating modern retirement communities that meet the changing expectations of today's older New Zealanders. From contemporary homes and shared community spaces to integrated wellbeing and care services, Bupa is focused on helping residents live independently, stay connected and enjoy the lifestyle they choose for longer.

For more information visit bupa.co.nz ■



(Top) Bupa Parkstone new three-bed apartment. (Above) Bupa Parkstone townhouses.

Quail Ridge Country Club

Most retirement villages ask you to imagine living there. We invite you to try it.

AT QUAIL RIDGE COUNTRY CLUB – a luxury retirement village on the water's edge of the Bay of Islands – you can book an overnight stay in the guest villa, join a round of golf, sit down for lunch, and simply see how the days feel. Before you sign anything. Before you commit to anything. That single offer sets Quail Ridge apart from almost every other retirement village in New Zealand.

The offer most villages won't make

There is a well-worn script in retirement village sales. You receive a brochure. You attend a show home. A consultant describes how good life will be. You imagine yourself there. And then, on the strength of that imagination, you make one of the largest financial and lifestyle decisions of your life.

Quail Ridge does something different. Stay overnight in the guest villa. Wake up and walk the grounds. Join a morning on the golf course, or simply sit on the deck and watch what a day looks like here. Have lunch. Talk to people who live here.

Then decide.

It is a confident offer – the kind only made by those who know what they have.

Live where others holiday

Quail Ridge Country Club brings the Bay of Islands lifestyle home. Enjoy a heated indoor

pool and gym complex, lawn bowls, snooker, native bush walks, and a welcoming community, centred on connection, leisure, and wellbeing.

To experience it for yourself, we invite you to stay in one of our magnificent homes for a very reasonable tariff and enjoy full



use of the village amenities, plus a complimentary round of golf at the Kerikeri Golf Club (includes clubs, golf buggy, and a bar tab).

Exciting new additions are also on the horizon. A beautiful new community pavilion, featuring a bar, library, snooker room, cinema, wellness centre, and craft spaces will soon commence construction. A pedestrian bridge will place the Bay of Islands Golf Club just a short golf cart ride from your front door.

Future proofing includes a purpose-built care residence that will provide hospital-level and dementia care support when needed, thoughtfully designed to blend seamlessly with the surrounding homes.

Future proofing for the future, a purpose-built care residence will provide hospital-level and dementia care support when needed, thoughtfully designed to blend seamlessly with the surrounding homes. **This is what you've been working towards.**

Homes start from \$849,000. Weekly fees from around \$165. And unlike almost anywhere else, you can come and try it before you decide. **Book a stay or request an information pack: quailridgecc.co.nz 0800 782 457** ■



Growing communities and great living: what's new and coming at Summerset

SUMMERSET IS CONTINUING to grow welcoming retirement communities across New Zealand – places where people can enjoy independence, companionship, and the reassurance of support on hand if needs change.

Earlier this year we opened new village centre facilities at Summerset Cambridge and Summerset Waikanae, creating lively hubs with spaces to meet friends, keep active, and take part in village life. We also completed the Whangārei village centre at Summerset Mount Denby,

also with shared indoor leisure areas, social spaces and a range of serviced apartment and care options designed to help residents feel secure and well



supported. Across these villages, we're seeing strong interest from people who value low maintenance living, a sense of community, and the freedom

to spend more time doing what they love in resort-style surroundings.

Looking ahead, two new villages – Summerset Kelvin Grove (Palmerston North) and Summerset Half Moon Bay (East Auckland) – are set to begin selling off the plans later this year, with first residents expected to move in during 2027. In early 2027, village centre buildings are also planned to open at Summerset Milldale, Blenheim and Prebbleton, adding more shared facilities and care services as these communities continue to develop.

Wherever we build, our focus remains the same: quality homes, friendly neighbours, and well-designed spaces that make it easy to feel at home. ■

(Top) Cambridge Village centre. (Left) Outdoor kitchen BBQ, Summerset Cambridge.



Freedom to flourish

John and Lynley Chadwick loved life in the beautiful coastal town of Whangamatā, close to family and the sea. But when loved ones moved away and home upkeep became a burden, the couple knew they were ready for a change.

“We only wanted to make one more move, so we looked for somewhere that would offer care for the rest of our lives,” said Lynley. “We visited Summerset, loved the villas and spaciousness, and didn’t look anywhere else. It ticked all the boxes.”

A village of possibilities

Moving into a Summerset village is more than a change of address - it’s the start of something extraordinary. You join a welcoming community and leave behind the chore of home maintenance, freeing you up to make the most of retirement. Surrounded by people who inspire creativity and connection, friendships flourish, passions are rediscovered, and life becomes a canvas for new adventures.

“One of the biggest advantages of moving into the village is that at our stage of life now in our 80s, we’ve suddenly got a whole new group of friends, and we just have so much fun and laughter,” said Lynley.

“Not being afraid to meet new people is important as you mature, or age, get old,” chuckled John.

“It’s very easy to become isolated, but in an environment like this, you don’t withdraw into yourself. Don’t be afraid to make new friends, it reinvigorates you.”

Freedom with peace of mind

John and Lynley love the freedom that village life brings. With care and support on site, they enjoy peace of mind and the confidence to make the most of every day. “It just makes life easier knowing that now we are settled here, we’ve got the continuum of care if we need it. We have both had an occasion when we have needed hospital care and there was help here immediately,” said Lynley.

“You don’t realise when you make the decision to move into a facility such as this, how important the continuum of care could become. Our experience pointed out a huge advantage of living here,” added John.

“As you age, you don’t want a complicated life. You’ve got to keep an open mind and yes, you may have lived in a house for 20 years and have all that stuff around you, but you’ve got to think ahead. Don’t be afraid to make the move. You’re not going to regret it.”

If you’d like to know more about the Summerset life, or find a village near you, visit summerset.co.nz



Retirement village operators in New Zealand (outside the “Big 6”)

THE NEW ZEALAND retirement village sector is dominated by six major operators. However, there are many smaller and mid-tier providers offering excellent alternatives. Below is a nationwide overview of these operators.

NOT-FOR-PROFIT & COMMUNITY-BASED PROVIDERS

- **Enliven** – Community-focused villages mainly in the lower North Island.
- **Presbyterian Support** – Regional organisations operating various villages.
- **Selwyn Foundation** – Faith-based provider with well-established Auckland villages.

PRIVATE NZ OPERATORS (SMALLER CHAINS)

- **Heritage Lifecare** – Around 20 villages nationwide offering independent living and care.
- **Ultimate Care Group** – Operates villages alongside care homes.
- **Radius Care** – Growing provider with some village-style living.
- **Promisia Healthcare** – Smaller but expanding operator.

REGIONAL/BOUTIQUE OPERATORS

- **Qestral Corporation** – Develops premium lifestyle villages.
- **Sanderson Group** – High-end lifestyle-focused villages.
- **Genus Living Group** – Modern, mid-sized village developments.
- **Stellar Lifestyle** – Boutique lifestyle village provider.

INDEPENDENT/ SINGLE-VILLAGE OPERATORS

There are hundreds of independently owned villages across New Zealand. These include:

- Masonic Villages Trust.
- Abbeyfield New Zealand.
- Habitat for Humanity (senior housing initiatives).
- Numerous locally owned single-site villages.

KEY TAKEAWAYS

- Smaller operators often provide a more personal, community-focused environment.
- Entry costs can sometimes be lower than the large corporate providers.
- Services and facilities may vary more widely, so careful comparison is important. ■



New strategic investment to accelerate Freedom Lifestyle Villages’ nationwide growth

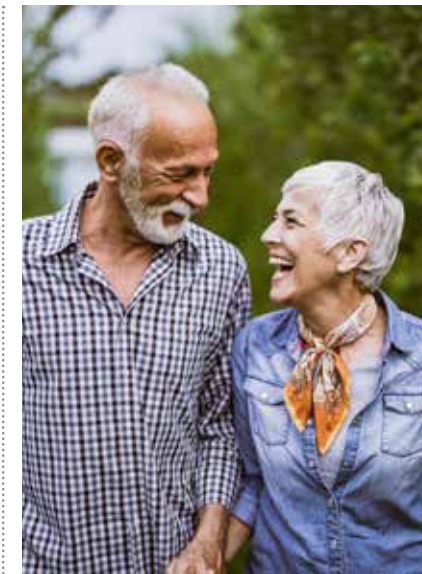
AUCKLAND, NEW ZEALAND – 8 October 2024: Freedom Lifestyle Villages is pleased to announce a strategic investment from Assetz ANZ, a member of the AGP Sustainable Real Assets group.

The strategic investment from Assetz ANZ marks a significant step forward in Freedom’s mission to provide affordable, equitable homes for older New Zealanders. In partnership with Assetz ANZ, Freedom plans to expand its footprint across New Zealand, leveraging Assetz ANZ’s expertise in sustainable infrastructure and capital management to further enhance the quality and reach of its villages.

Freedom Lifestyle Villages started ten years ago and is now home to more than 1,000 residents in five villages across New Zealand, including Papamoa, Matamata, Cambridge, Rotorua and Ravenswood (near Christchurch).

Freedom Lifestyle Villages enjoys strong demand from people wanting to downsize and free up cash to live and enjoy the Freedom lifestyle. Freedom is distinct in that it offers 50-plus New Zealanders homes starting from \$345,000. Importantly, owners share in capital gains when they decide to sell their home.

Freedom Lifestyle Villages’ purpose-driven approach to retirement aligns seamlessly with Assetz NZ’s values, making this strategic investment a natural fit. The investment underpins the growth of sustainable, community-driven lifestyle villages across New Zealand, empowering more Kiwis to retain their financial independence while enjoying vibrant, purpose-built communities.



“We’re thrilled to have Assetz ANZ on board. We believe this strategic investment will strengthen equity in the retirement sector, and support Freedom’s growth, helping address housing shortages while meeting the needs of older New Zealanders,” said Bill McDonald, Chair and Acting Chief Executive at Freedom Lifestyle Villages.

“Assetz ANZ is very excited about our partnership with Freedom, and the opportunity to contribute to the development of affordable, high-quality housing in New Zealand,” said Adrian Banks, Partner, Assetz ANZ.

“With Assetz ANZ’s backing, Freedom is well-positioned to both grow, and improve the experiences of our residents by creating vibrant, connected and secure communities that support their wellbeing.”

“This partnership will allow us to continue redefining retirement in New Zealand, creating spaces where residents can thrive and maintain

their financial independence,” added Bill.

ABOUT FREEDOM GROUP HOLDINGS

Freedom Group Holdings is home to more than 1,000 residents in five villages across New Zealand, including Papamoa, Matamata, Cambridge, Rotorua and Ravenswood (near Christchurch). Freedom Lifestyle Villages is distinct in that it offers 50-plus New Zealanders’ homes at an affordable entry price and owners share in capital gains when they decide to sell their home.

Freedom Group Holdings is about giving everyday people the opportunity to live well, retain their financial freedom, and enjoy life to the fullest. Freedom Lifestyle Villages is excited about what the future holds and is committed to staying true to its potential – continuing to innovate, expand, and improve the lives of New Zealanders as the business grows.

ABOUT ASSETZ ANZ

Assetz ANZ is a sustainability-focused property developer with a growing portfolio of residential assets across Australia and New Zealand. Focused on the urban and regional build-to-rent, student accommodation, and lifestyle leisure living (over-55s) markets, Assetz ANZ develops value-driven properties that cater to diverse needs and lifestyles through smart, sustainable design solutions. Assetz ANZ is a part of AGP Sustainable Real Assets, a global investor in sustainable infrastructure assets that generate positive impact for people and the environment. ■



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Through our website, articles and guidebook, Eldernet helps you make informed decisions and navigate later life with confidence.



Explore Retirement Villages

Discover villages across New Zealand, compare options and view available properties.



Understand Care Options

Learn about residential care and view real-time care home vacancies.



Support at Home

Find home support, health services, equipment and community organisations to help you stay independent.



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www.eldernet.co.nz

Have your say in NZ's Best 2026/27 Awards

CHOOSING A RETIREMENT VILLAGE or care home is one of the most important decisions older New Zealanders and their families can make. Brochures and websites can help, but nothing is more valuable than hearing from people who have lived in, visited, or experienced these communities first-hand.

That is why voting is now open for the **NZ's Best 2026/27 Awards – Retirement Villages and Care Homes**.

The awards give residents, families, visitors and supporters the chance to recognise the villages and care homes that are doing things well – whether that is through kindness,



Residents, friends and family can vote in this year's NZ's Best Village & Care Awards.

care, lifestyle, food, activities, communication, facilities, or simply the feeling of being welcomed and respected.

Your vote helps highlight excellence across the sector and

gives others useful insight when they are considering their own options. It also encourages providers to keep listening, improving and celebrating the people who make their communities special.

Voting is simple and open to anyone who lives in, has recently visited, or has genuine experience with a retirement village or care home.

To take part, visit villageadvisor.co.nz/vote before voting closes on **20 July**.

Every vote received also goes into the draw for one of 5 x \$50 prezzy card vouchers. Vote today and help make a difference. ■



Vote Now for NZ's Best 2026/27 Awards - Retirement Villages and Care Homes.



If you live in, or have recently visited a village or care home - then we need your voice.

villageadvisor.co.nz/vote
 Closes 20th July 2026

Read what's on for us Seniors, in the latest 2026 Seniors and NZ's Best Magazine



Order yours today & save \$5.00

USE CODE: AS2026



New friends, new experiences, and plenty of laughs – all in a safe, welcoming environment

SUPREME TOURS & TRAVEL has been proudly family-run since 1994, building a loyal community of travellers who love exploring the world with us. We're passionate about creating fully inclusive, great-value tours where everything is taken care of, so you can simply relax and enjoy the journey.

Our tours are known for their fun, friendly atmosphere. New friendships form easily, shared experiences bring everyone together, and there's always lots of laughter along the way. We also offer SPECIAL deals, including discounted single rooms on selected tours.

You'll travel in comfort with experienced drivers who provide informative commentary, while our wonderful tour managers ensure



everything runs smoothly – from hotel check-ins and meals to happy hour at the bar.

Your peace of mind matters. As a bonded member of the Travel Agents Association of New Zealand, all client funds are securely held in a separate trust account. We're also delighted to continue offering FREE return home transfers within 25km of Auckland, Wellington, and Christchurch airports.

NOW is the perfect time to tick that dream destination off your bucket list with a company that looks after you every step of the way.

Visit supremetoursandtravel.com, find us on Facebook at Supreme Tours and Travel, or call 0800 809 300 to start your next adventure. ■



Probus Club News

Out and about with the Probus Community.

The first anniversary

Motueka Probus recently celebrated its first anniversary, reflecting on a year of enjoyable activities, engaging guest speakers, and the friendships formed along the way. The milestone was marked with a special event at the home of the club's vice president at Split Apple Rock, where members gathered to celebrate the occasion together.



The mysterious bus trip

Around thirty Boulcott Probus members boarded a bus at Avalon Park for a Mystery Bus Trip. Travelling towards Wellington along SH2, they enjoyed views of the new Te Ara Tupua before continuing along

Oriental Parade to the Mount Victoria Lookout. Despite the windy conditions, members took the opportunity to explore the area before heading to the Pukeahu National War Memorial Park, where they wandered through



the grounds and viewed memorials representing Australia, Britain, France, the Pacific Islands, Germany and Türkiye. With bus driver Ola expertly navigating the coach through

Wellington, the group then travelled to Lambton Quay and rode the Cable Car to the top using their Gold Cards. Members visited the Cable Car Museum and Victoria Perfumery before continuing to Zealandia for lunch. After an enjoyable day of sightseeing and fellowship, the group returned to the Hutt Valley and disembarked back at Avalon Park.



FULLY ESCORTED TOURS *Proudly New Zealand owned and operated*

Queenstown Winter Delight

4 days – Departs 19 July 2026 \$3099 per person share twin AKL/WLG/CHC \$3199 per person share twin Tauranga

Single room supplement only \$299 (limited availability)

Join us for the short flight to one of New Zealand's most picturesque winter regions. We stay 3 nights right on the lakeside. All breakfast and dinners and one lunch. Enjoy a day trip with magnificent mountain views on our way to Wanaka. Visit "That Wanaka Tree" growing directly out of Lake Wanaka. Lunch at iconic Cardrona Pub. Free morning to explore Queenstown itself before heading to historic Arrowtown and then its Ayrburn and its Winter wonderland of Christmas lights where we enjoy dinner before returning to hotel. Including airfares, sightseeing, meals mentioned, Supreme Tour Manager throughout.

Taranaki Garden Festival 2026

5 days – Departs 30 October \$2999 per person twin share from Auckland \$3299 per person twin share from Tauranga. (ask for costs to join from other centres)

Single room Supplement only \$299 per person

Join this popular tour to the stunning Taranaki where we spend 3 nights at our central Novotel Hotel in New Plymouth. Visit a variety of wonderful gardens featuring Rhododendrons, peonies, roses with sculptures and surprises around every corner to thrill us. Room on the coach to bring back some plants for the home garden too. Visit the incredible and renowned Tawhiti Museum and be enthralled by the depictions of early settler life. Travel via the Forgotten Highway and Whangamomona and overnight in Taupo on our way home. Those joining outside Auckland can fly direct to New Plymouth and return to Auckland for a flight home. (ask for costs on booking).

Scenic Southern Splendour

9 Days – Departs 11 October, 16 November 2026 \$4999pp share twin

Fly to Dunedin, full of Scottish Heritage (3 nights). Visit the Albatross Colony, Botanic Gardens. Visit Larnach Castle with a guided tour and a high tea. Coach through the Southern Scenic Route – the Catlins. Through rural heartland and rugged coastlines. Views from Nugget Point and the Petrified Forest at Curio Bay. Overnight Invercargill. Fly to Stewart Island (2 nights) Explore Oban, enjoy a leisurely cruise of Paterson Inlet and visit Ulva Island, a renowned birdlife sanctuary. Try the local Blue Cod as we dine at the South Sea Hotel. Fly back to Invercargill and coach to Queenstown (2 nights) Novotel Lakeside Hotel. Visit Arrowtown, Step aboard the historic TSS Earnslaw for a farewell dinner cruise to Walter Peak. Return airfares from Auckland/Tauranga, Wellington or Christchurch, quality accommodation, sightseeing & full size touring coach. ALL breakfasts, most dinners, and some lunches.

Sydney Stayput

Featuring 70th Anniversary "My Fair Lady" at the Sydney Opera House 5 Days – Departs 10 October 2026 \$4250pp twin share

SPECIAL Single room supplement only \$399 (limited availability)

Including return airfares to Sydney, 4 nights at the central Marriott Sydney Circular Quay Hotel, all breakfasts, most dinners, lunch cruise on glittering Sydney Harbour, Sydney Sightseeing tour, pre-opera dinner at the Opera House, PREMIUM ticket to My Fair Lady at the Joan Sutherland Theatre in the iconic Sydney Opera House. Celebrate 70 years since its glorious Broadway debut. Enjoy the amazing sets and costumes and the stunning score including "Wouldn't it be lovely" and "I could have danced all night". LIMITED SEATS SO BOOK NOW.

Wearable Art – Booking Now Open

4 Days – Departs 17 Sept, 21 Sept, 24 Sept, 2 Oct 2026 \$2799pp share twin from AKL or CHC \$2899pp share twin from Tauranga

Fly from Auckland/Tauranga or Christchurch to Wellington for three nights at the fabulous Novotel 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 s how good our seats are! Approx two hours 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).

Tasmanian Tempter

13 Days – Departs 3 November 2026 From \$8999pp share twin

Fly direct from Auckland to Hobart (3 nights). Sights Tasman Bridge, Battery Point, Salamanca Place, Port Arthur Convict Settlement. Visit Mount Nelson Signal Station, historic village of Richmond, Bomorong Wildlife Sanctuary where we see wombats and Tasmanian Devils. Travel to picturesque Coles Bay & Freycinet National Park with its jagged pink granite peaks and crystal clear waters to Scamader. Legerwood War Memorial tree carvings. Launceston (2 nights) including a cruise Cataract Gorge & Beaconsfield Gold Mine. Cheese tasting, chocolate tasting & guided tour & tasting at Heiligers Road Distillery. Stanley (2 nights). Visit Woolnorth Farm on the far northwest tip of Tasmania. Stanley Nut, the little penguins of Stanley. Visit Cradle Mountain National Park then to the historic mining town of Queenstown (2 nights). Cruise Gordon River into the heart of Tasmania's wilderness, Hell's Gate, Strahan. Iconic Russell Falls and back to Hobart for overnight. Including return airfares from Auckland, Wellington or Christchurch, quality accommodation and touring coach. All breakfasts and dinners with several lunches, all entrances and sights mentioned. Experienced tour manager from New Zealand.

Toowoomba Floral Festival

7 Days – Departs 16 Sept 2026 \$5195pp twin share

Fly to Brisbane where we overnight before joining our coach for the scenic drive to Toowoomba. We stay 4 nights here at our centrally located hotel. We include breakfasts and dinners (including dinners at local restaurants and Tourist Railway and Museum) as well as some lunches. Enjoy sights of Scenic Rim and maybe try a Violet ice cream – only available over Carnival. Visit Summerland Camels, Japanese Garden, Cobb and Co Museum, and a variety of exhibition gardens. Watch the fabulous floral floats from 'Reserved' seats at the Grand Central Floral Parade as it winds its way through the city centre. We visit the Highland village of Highfields. A visit to Glengallan Homestead and Allora, home of the Mary Poppins House. We spend our last night in Brisbane before our flight back to New Zealand. If you love gardens and flowers this tour will enthrall you!

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The mad hatters tea party

A spirited group of Kaiapoi Combined Probus members embraced their inner eccentricity, arriving in a spectacular array of fantastical hats and creative outfits for a mad hatters tea party at a charming lakeside property. The event featured a relaxed atmosphere, plenty of sunshine, and a range of activities that kept members entertained throughout the afternoon. Guests were welcomed with a glass of bubbles or punch before taking their seats at beautifully decorated tables that perfectly captured the whimsical theme. The afternoon tea was a highlight, with a delicious selection of savouries and sandwiches followed by freshly



baked scones with jam and cream, and an impressive assortment of sweet treats. Tea and coffee flowed freely as members enjoyed lively conversation and fellowship. To

conclude the memorable occasion, each member received a delightful party bag gift, ensuring everyone left with fond memories of a wonderful day.

The southern scenic tour

Thirty-six Russley Probus members gathered in Invercargill for their annual seven-day tour of Southland, enjoying a journey filled with stunning scenery and memorable experiences. Highlights included visits to Riverton, Gemstone Beach, the historic Clifden Suspension Bridge, and the beautiful lakes of



Manapouri and Te Anau. A high-speed cruise across Lake Manapouri and over Wilmot Pass led to the breathtaking Doubtful Sound, where members enjoyed magnificent waterfalls, tranquil fiords, and colonies of seals basking on the rocks. The tour continued with visits to glow worms, a bird sanctuary, the Fiordland Cinema's Ata Whenua, the iconic Kingston Flyer, and the

Croydon Aviation Heritage Centre. Members also explored the Owaka Museum, Nugget Point Lighthouse, Purakaunui Falls, Papatowai, and the quirky Lost Gypsy Gallery. St Patrick's Day celebrations at Sandy's Café, along with visits to Matai Falls and Lake Wilkie, rounded out the adventure before a final meal at the Niagara Falls Café. The tour was a resounding success and thoroughly enjoyed by all who took part.



The Wellington walking group

Members of Wellington Combined Probus enjoyed several interesting walks. One took the group from Elizabeth Street to Pukeahu National War Memorial Park and Webb Street to learn some history about the area, before visiting St Peter's Church and meeting a lady who has been organising a Food Bank for 15 years. Members also checked out Willis Street Village before enjoying refreshments at Urban on Manners. Another outing involved travelling by train to Porirua

Station and walking alongside the railway line and Porirua Stream through to Linden and Grasslees Reserve, finishing with refreshments at the New World Tawa café. On a bitterly cold day, members met at the Hotel Catalina and opted for an inland walk through Rongotai and Lyall Bay instead of Houghton Bay. Another walk began at Wellington Railway Station on a glorious autumn morning and followed the waterfront



and Taranaki Street to Newtown, with a detour through the peaceful Mercy Park, before refreshments at Mediterranean Food Trattoria.

The history museum outing

Twenty Thames Probus members enjoyed an informative outing to the Thames Museum on 21 May 2026, where local historian Ted Egan and museum volunteers shared fascinating stories about the early days of Thames. Over many years, Ted has meticulously crafted wooden models of many of the town's historic buildings, carefully capturing their unique features and history. Now housed in the museum, these remarkable models provide a lasting



legacy for future generations. Following an engaging and stimulating presentation from Ted and his wife, members gathered at a local café for lunch and fellowship. The outing proved to be both educational and enjoyable, providing a memorable day for all who attended.

The mayor's visit

Members of Wellington Central Probus enjoyed a well-attended meeting on the twenty-seventh of February, where His Worship Mayor Andrew addressed the club to an



appreciative audience. Following the meeting, twenty-five members stayed on for a hearty lunch, with a total of thirty-three having registered and paid, ensuring a generous and convivial shared meal.

Parliament trip

Mid City-Palmerston North Probus members travelled by bus to Wellington to attend Parliament's question time at the Beehive. After passing through security, the group was welcomed by Greg O'Connor, MP for Ōhāriu, who shared insights into his political career and current role as Deputy Speaker while local MP Tangi Utikere was overseas. Members were then escorted to the public gallery in time for the 2pm sitting, where large screens provided a clear view of the proceedings. Question time focused largely on the recently released COVID report, with Health Minister Simeon Brown facing questions from leaders across the political spectrum. Members watched as many familiar MPs contributed to the lively debate, making an engaging and entertaining afternoon of parliamentary discussion in the nation's capital. ■



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.



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13 days \$7,200

23 Sep 2026, 10 Oct, 18 Nov,
08 Feb 2027, 29 Mar, 26 Apr

Highlights: TranzAlpine Train, Christchurch, Fox Glacier, Queenstown, TSS Earnslaw Cruise + Walter Peak Dinner, Arrowtown, Kingston Flyer Steam Train, Fiordland, Milford Sound Cruise, The Catlins, Dunedin, Olveston House, exclusive Larnach Castle Dinner, Oamaru historic precinct & vintage railway, Mt Cook

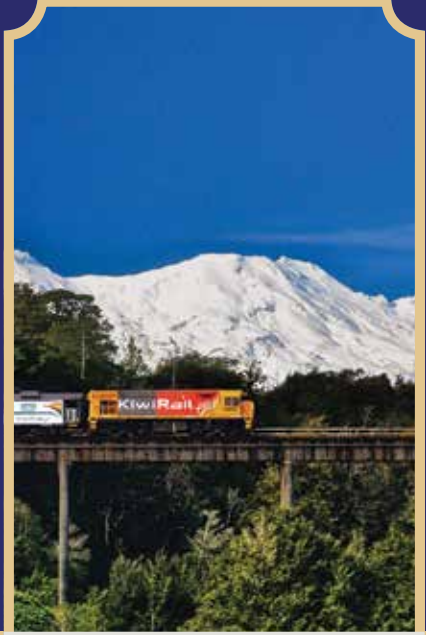


New Zealand Gold Rail Odyssey

17 days \$9,500

17 Sep 2026, 15 Oct, 07 Nov
11 Feb 2027, 04 Mar, 08 Apr

Highlights: Hobbiton, Rotorua, Te Puia - geysers & boiling mud, Te Pa Tu special dinner, Northern Explorer Train, Coastal Pacific Train, Christchurch, TranzAlpine Train, Fox Glacier, Queenstown, TSS Earnslaw Cruise + Walter Peak dinner, Arrowtown, Kingston Flyer Steam Train, Milford Sound cruise, The Catlins, exclusive Larnach Castle dinner, Olveston House, Oamaru historic precinct & vintage railway, Mt Cook



New Zealand Best of Rail

15 days \$8,200

03 Oct 2026, 05 Nov, 14 Nov,
04 Feb 2027, 04 Mar, 05 Apr

Highlights: Northern Explorer Train, Te Papa & Gallipoli Exhibit, Coastal Pacific Train, Christchurch, TranzAlpine Train, Fox Glacier, Queenstown, TSS Earnslaw Cruise + Walter Peak dinner, Arrowtown, Kingston Flyer Steam Train, Fiordland Milford Sound cruise, The Catlins, Olveston House, exclusive Larnach Castle dinner, Oamaru historic precinct & vintage railway, Mt Cook

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