

News and Current Events Bulletin

Age Concern Hamilton & Celebrating Age Centre July 2019

FRIDAY SEMINARS

10.00-11.30am every Friday

July 5: Day in life of Antique Dealer

July 12: Day in life of a Florist

July 19: Public Speaking

July 26: Inter-generational morning

Rice paper rolls are a great way to include raw veges in your diet.

Serve with your favourite dipping sauce.

Recipe from

www.seniorchef.co.nz



RECIPE: RICE PAPER ROLLS

Add variety to your kitchen fare with rice paper!

Prepare seasonal fillings such as chicken, prawns, lettuce, carrots, cucumber by grating or thinly slicing and arrange on the bench.

Dip rice paper into hot water until rice paper is soft, then lay out onto plate.

Arrange toppings in centre of rice paper, taking care not to overfill. Add chopped coriander and sweet chilli sauce if desired.

Roll by pulling the edge closest to you over the ingredients, pull in sides, and roll completely.



MEMBER LOUNGE UPDATE

Join us, 11am
last Friday of
every month.

On Friday 28 June we hosted a life story workshop facilitated by Judy Macdonald. There are many benefits to putting your life story into words - it can be a cathartic process and the reflective practice it requires, can cause you to feel cleansed and have a new perspective on your own life and the people you have known. A memoir is a chance to leave your voice.

To mark World Elder Abuse Awareness week we held a morning of seminars on topics related to this serious issue. Sincere thanks to Perpetual Guardian for sharing their knowledge on wills and powers of attorney. Other talks covered what is Elder Abuse keeping your money safe. [Monday 17 June].

WEEKLY FIXTURES

MON

9.30-10.15: Zumba Gold

10.00-11.30: Greypower Seminar (no charge)

10.30-12.00: Tai Chi

TUE

9.30-10.30: Strong and Stable

WED

Chinese Golden Age Society

THURS

10.00-11.00: Upright and Active

1.00-2.30: Tai Chi

1.00-3.00: U3A French

FRI

9.30-11.00 Friday Seminar

9.30-10.30: Restorative Yoga

Active Age On Air Radio Show



Sponsored By Seasons Magazine

seasons
magazine
Waikato Bay of Plenty *Life Beyond 50*

Seasons is the lifestyle magazine for people 50 + and loving it. Read news and stories that will have you inspired and motivated to travel, participate in sports, get out in the garden, cook or start that project you keep putting off.

Pick up a copy from a retailer near you or head to the website seasonsmag.co.nz

Tune in every Monday morning at 11.00 for an hour of good music and funny stories, upcoming events and a 'seniors in the news' section. The show focuses on positive aging and not only lets you know what Age Concern can offer you but also promotes other services older people may be interested in. If you have any suggestions for new topics to be included in the programme, please call Margrit on 07 838 2266. We would love to hear your ideas.

We broadcast Mondays at 11.00a.m. Freefm 89 FM across the Waikato.

You can also stream the show online via FreeFM On Demand - listen to a podcast at [this link](#).



*The space on this page is available to sponsors of this newsletter, talk to us today
– enquiries@ageconcern.gen.nz*

