

WINTER 2026



AGE
CONCERN
WAIKATO

He Manaakitanga
Kaumātua Aotearoa

Age Concern Waikato

Keeping You Connected



www.ageconcernwaikato.org.nz



The art of living well

At Te Awa Lifecare, life is centred around connection, nature, and the warmth of feeling truly at home. As a proudly 100% New Zealand family-owned community, we're grounded in care, tradition, and a genuine commitment to enhancing everyday living.

Nestled in the heart of Cambridge alongside the serene Waikato River, Te Awa Lifecare offers the perfect balance of peaceful rural charm and easy access to town. Our thoughtfully designed villas and beautifully landscaped grounds reflect the rich history of the land, creating inviting spaces to relax, unwind, and enjoy.

Whether you're embracing independent living in a villa or serviced cottage, or need additional support with 24-hour Registered Nursing care in our care centre or dementia homestead, Te Awa Lifecare is more than just somewhere to live—it's a place to flourish.

Family is at the heart of everything we do. Our residents enjoy sharing their lives with loved ones, whether hosting visits at home or making the most of our welcoming village facilities. With a variety of activities and amenities on offer, there's always something to be part of.

Come and discover what makes Te Awa Lifecare special. Call us to arrange your personal tour.



TE AWA
Lifecare Village

1866 Cambridge Road, Cambridge
Phone 07 827 6103
mandy@teawalifecare.nz
www.teawalifecare.nz

Where family matters, heritage lives, and lifestyle flourishes.

Contact Information

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Email: enquiries@ageconcernwaikato.org.nz

Address: 150 Grantham Street, Hamilton

Website: www.ageconcernwaikato.org.nz

Office Hours:

9am - 4pm Monday to Thursday

9am - 3pm Friday

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Community Navigator: Loryn Scanlan

Elder Abuse Support: Lian Buckett

Elder Abuse Practitioners: Mark Bartram,
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The views expressed in this newsletter are not necessarily those of Age Concern Waikato Region. The inclusion or exclusion of any product does not mean that Age Concern advocates or rejects its use.

We are grateful to all our funders:

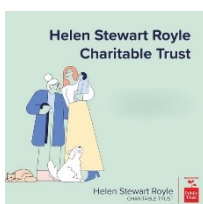
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Hamilton City Council
Te kaunihera o Kirikiriroa

Community Navigator:

Our team has a wide knowledge of government and community services and are able to respond to enquiries on a number of subjects.

Age Concern Visiting Service:

Our Visitor Service provides companionship to people over 65 who are lonely/socially isolated and would like a regular visit from a friendly volunteer. We aim to match people with volunteers who live in the same area and have similar interests.

If you're feeling lonely/socially isolated or if you know someone who would like a visitor, phone our office to speak to our Visiting Service Coordinators.

Staying Safe Refresher Driving Courses:

Staying Safe is a free classroom-based refresher workshop for senior road users. Age Concern delivers this programme in partnership with Waka Kotahi (NZTA). The workshop aims to maintain and improve safe driving practices and increase the knowledge of other transport options available to help senior road users remain safely mobile. Please call 07 838 2266 for upcoming course dates.

Total Mobility Scheme:

We are an assessing agency for the Waikato Regional Council to access subsidised taxi fares. An assessment fee applies.

Education sessions:

Community based information & education sessions every Wednesday 1-2pm. See schedule or website for locations and speakers.

Information & Advice:

Our team is available to offer information, advice and direction to services in the area. Please give us a call on 07 838 2266 or email enquiries@ageconcernwaikato.org.nz

100 Years Strong

Three Hamilton women share how staying active & connected supports ageing well

Hamilton may be quietly earning a reputation for longevity. In early 2026, three local women reached the remarkable milestone of turning 100, all three sharing a powerful common thread. Each attends a weekly movement class for strength and balance, proving that staying active, connected, and curious can support living well at any age.

At Sovereign Isles Village, Valmai McMahon has been a familiar face in two weekly classes: *Be Strong, Be Fit & Be Stable* with Jenny Tulloch, and *Steady As You Go*, Age Concern's prerecorded class. Held in the village hall, the sessions are as much about companionship, as exercise. Val says the class "keeps me active, moving, and socially connected", adding simply, "you have to keep moving." Her centenary celebration reflected a life well lived, complete with a display of her 75 year old wedding dress and surrounded by friends and family. Val encourages newcomers with gentle advice: "Go at your own pace and enjoy."

Across the city at Forest Lake Gardens, Ellen Jarvis has been the peer leader for Age Concern's *Steady As You Go* class for eight years. Known for her warmth, humour, and organisational skills, Ellen has helped turn the group into a vibrant community affectionately nicknamed *Up n Go*. Since moving to Hamilton in 2018, she has continued a lifelong habit of regular exercise, including Tai Chi, which she practised for 16 years in Blenheim. "The exercise class helps keep me mobile and helped me get to know people," she says. For Ellen, the combination of movement and laughter is key: "We have lots of laughs and encourage each other."

At St Aidan's Hall in Claudelands, Esther Kelly attends weekly *Tai Chi* with Rob Van Kalken, where she is a valued and inspiring front row participant. Esther began Tai Chi at the age of 82 and has practiced ever since, following her group through several venues and teachers over the last 18 years. "It's never too late to start Tai Chi" says Esther, crediting her vitality





Esther Kelly, 100: an inspiring presence at her weekly Tai Chi class

to staying active, being social, and continuing to learn new things. Esther's life has been rich with movement and curiosity. She played golf for decades, plays mahjong, and embraces technology and learning. Every day she plays sudoku & freecell. Travel has also been an important part of her life, with adventurous trips well into her nineties. She believes keeping the mind engaged and maintaining strong social connections are just as important as physical fitness.



Centenarian Valmai McMahon at her birthday celebration

Together, these three centenarians offer a powerful reminder that ageing well is not about slowing down – it is about adapting,

staying connected, and continuing to participate. Strength and balance classes provide physical benefits like improved mobility and confidence, as well as creating vital opportunities for friendship, laughter, and belonging.

A big thank you to Val, Ellen & Esther for agreeing to share their enthusiasm for strength and balance classes. You are a real motivation for everyone in your classes and people of all ages to keep moving.

In the Waikato, strength and balance classes are coordinated by Midland Community Pharmacy Group as part of the nationwide *Live Stronger For Longer* initiative, visit livestronger.org.nz to find a class near you. For more information, call **Steph 027 419 0068** or **Kasha 027 227 9151** and they can help you find a class that is nearby and best suits your needs. Get in soon as classes are becoming very popular! For example, Sovereign Isles classes are not currently taking new members.

For information about Age Concern Waikato's Steady As You Go classes, **contact Kirsty on 07 838 2266.**



Ellen Jarvis (2nd from right) with her Steady As You Go class



Hints for Economising

Reading about the difficulties that many older people experience, with the cost of living going up significantly, reminded me of the work I did for the Retirement Commission in 2009. The aim was to find out how retired people spent their incomes. I first looked at the most recent Household Economic Survey, which records how much people spend in various areas.

The broad findings included differences based on age, gender, housing tenure, and household composition. For example, households of people aged 75 plus had, on average, lower expenditure than those in the 65-74 group. This was especially the case for one-person households. Men tended to spend less on food, especially fruit, and vegetables, but more than women on alcohol. Men spent more on recreation and private transport. Women spent more on clothing and personal care.

Based on what I found in the statistics I developed a range of “model” budgets. These were presented for discussion to focus groups of older people from Wellington/Kapiti/Wairarapa communities. They were asked to consider how realistic were they in their own experience. I then created seven “case studies” of how older people, in different circumstances, were managing their expenditure. I don’t look at these here because a lot has changed over the years. But here are some suggestions for economising strategies suggested by focus group participants.

Power

- Where gas usage is low it is cheaper to use gas bottles, although these must be changed and refilled regularly. Many older people cannot lift the bottles, so they need to be delivered.

- Carrying and chopping wood may be too much for older people.
- Heat pumps are easy to use and effective, but they are expensive, and people must consider if they are worth the expense of purchase and installation.
- If you move to a smaller house or unit, it will be easier and cheaper to heat.
- You can cut down on heating costs by using electric blankets and hot water bottles for personal heating. Keeping warmer may save money on doctors’ bills.

Communication

- Shop around to find cheaper telephone, internet, and pay TV rates and packages.
- Ring when special rates are available or get people to ring you.
- An internet connection is important for entertainment and education and for contact with commercial and public sector services.



Housing (mainly relating to homeownership)

- Unexpected costs (e.g. replacing a water tank) may need urgent attention and are very expensive. Use capital if you have it or take out a loan/mortgage or an equity release scheme (reverse mortgage).
- If you can, budget for one major piece of house maintenance per year.
- Cheaper and reliable tradespeople can be found through community organisations

This Winter

eat



All roasts, steaks and casseroles are cooked long and slow and should be very tender

Ak: 09 972 9316
Wn: 04 560 1960
0800 328 333
www.eat.co.nz

Up-size add \$1.50

MENU ONE

Delivery week starting
 04-08 May 2026
 08-12 June
 13-17 July
 17-21 August

Pure NZ roast pork with caramelised apple, roast vegetables, peas and broccoli. **\$15.50**

Our famous meatloaf with our own relish, roast potatoes, pumpkin and buttered cabbage. **\$15.10**

Slow cooked **beef and brandy** potato au gratin, carrots and steamed green beans. **\$15.10**

Traditional **smoked fish pie** topped with creamy mash. **\$15.10**

Miso Chicken (super delicious) with roasted carrot and potato chunks. **\$15.10**

NZ beef bourginion mashed potato, sliced carrots and green medley. **\$15.10**

Our ever popular Chicken Lasagne. **\$15.10**

Asian Inspired gingered beef and Broccoli with Rice. **\$15.10**

Spinach, silverbeet three cheese pie. **\$13.50**

MENU TWO

Delivery week starting
 11-15 May
 15-19 June
 20-24 July
 24-28 August

Pure NZ roast beef with cauliflower cheese and roast vegetables. **\$15.50**

Traditional **pickled pork** with **parsley sauce**, creamy mash, carrot and buttered cabbage. **\$15.10**

Slow cooked **beef steak with red wine jus**, potato au gratin, carrots and steamed green beans. **\$15.10**

Smoked salmon and spinach penne pasta. **\$15.10**

Chicken stroganoff with steamed rice and broccoli. **\$15.10**

Melt in your mouth' beef stew, carrot and potato mash, buttered spinach. **\$15.10**

Creamy boneless Dijon chicken with pommes boulangere and broccoli florets. **\$15.10**

Steak and kidney pie (pastry top) carrot and potato mash, buttered spinach. **\$15.10**

Pumpkin, spinach and chickpea coconut curry with steamed rice. **\$13.50**

MENU THREE

Delivery week starting
 18-22 May
 22-26 June
 27-31 July
 31 August-04 September

NZ lamb shank braised in red wine with creamy mash, carrot sticks, baby beans. **\$16.50**

NZ braised pork steak, with **creamy apple cider sauce** with mash potato and baby beans. **\$15.10**

Tender **NZ beef steak with fried onion**, creamy potato, pumpkin, broccoli. **\$15.10**

Cheesy **fish mornay** with creamy mash, carrots and peas. **\$15.10**

Butter chicken with steamed rice. **\$15.10**

Beef and bacon casserole with vegetable au gratin and steamed broccoli. **\$15.10**

Cider chicken with roasted carrot & potato chunks and creamed spinach. **\$15.10**

Traditional Pork sausages, balsamic onion gravy and bubble and squeak. **\$15.10**

Vegetarian Shepherds pie. **\$13.50**



MENU FOUR

Delivery week starting
 25-29 May
 29 June-03 July
 03-07 August
 07-11 September

Herb and butter basted roast chicken with whole cranberry sauce, roast vegetables & peas. **\$15.50**

Grilled ham steak with Cumberland sauce, roasted vegetables, caramelised pineapple and spinach. **\$15.10**

Slow cooked beef brisket, with creamy mash, honey roasted carrots and steamed green beans. **\$15.10**

Big favourite ... Keralan fish curry with steamed coconut rice. **\$15.10**

Winter chicken and vegetable pot pie with pastry top. **\$15.10**

Irish beef stew with potato colcannon **\$15.10**

Retro style **pork steak with apricot.** Comes with a potato and spinach au gratin. **\$15.10**

Beef lasagne, premium beef mince ragu, bechamel sauce, pasta and cheese. **\$15.10**

Creamy leek and mushroom penne pasta. **\$13.50**

MENU FIVE

Delivery week starting
 02-05 June (Kings Birthday)
 06-09 July (Matariki)
 10-14 August
 14-18 September

Roast Lamb, with pea and mint pesto, roast vegetables and creamed spinach. **\$15.70**

Corned beef with mustard sauce, mash potato, buttered silverbeet /cabbage and carrot. **\$15.10**

NZ beef steak with béarnaise sauce, sauté potatoes, pumpkin and baby beans. **\$15.10**

Pan-fried NZ fish, lemon caper sauce, chunky roastie potato's and stir fried vegetables. **\$15.10**

Classic mild chicken curry with steamed rice. **\$15.10**

Beef and Beer casserole, potato roasties and green beans. **\$15.10**

Chicken coq au vin with potato au gratin and baby beans. **\$15.10**

Cottage pie (NZ beef) with a creamy mash top. **\$15.10**

Always good **macaroni cheese.** **\$13.50**

EXTRAS

This full range of yummy soups, desserts and home baking is available on all menus

SOUPS \$6.50

- Chicken veg and noodle
- Roasted pumpkin soup

PUDDINGS \$6.50

- Apple, pear and cinnamon crumble
- Rice pudding with stewed plum
- Sticky date pudding
- Blueberry sponge
- Winter berry cheesecake



BAKING \$8.50

- Boiled sultana cake
- Carrot cake with cream cheese icing
- Chocolate caramel slice
- Ginger slice

DAILY DEALS!

Fresh Meal Deals

(applies only to eat fresh standard meals)

6+6 Deal - \$123

6 different meals and a choice of 6 from the soup and dessert menu

5+5 Deal - \$103

5 different meals and a choice of 5 from the soup and dessert menu

7 meals for the price of 6 Deal

Buy 6 different meals and we will give you a vegetarian meal for FREE!

Fresh From the Freezer Pot Luck Boxes

(excellent variety no more than two of anything)
 12 meals \$150, 8 meals \$100

Eat Tiddly

(Goldilocks sized meals, not too big, not too small but just right)
 16 meals \$145
 (box contents change weekly)

TIDDLY eats

TIDDLY MEALS FOR TIDDLY EATERS



This is the dinner Goldilocks was looking for when she ventured into the kitchen of the three bears. Not too big, not too small but just right.

Our frozen variety box of delicious has 16 x 260gm meals. These are made up of eight different meals packaged as 'twin packs' so you get two of every delicious dish.

The meals are 'Potluck' and have no relation to the current week's fresh menu.

For the best and tastiest results thaw meals first.. before heating.

EAT's Ready-to-Heat-And-Eat meals are delivered nationwide. Just pop them in the microwave or oven for a quick and delicious chef-made dinner.

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SAMPLEPUREE MENU

Pricing from \$11.50



- Beef Bolognese with creamy broccoli and glazed carrot.
- Butter chicken with rice and peas.
- Salmon with herbed beetroot and creamy broccoli.
- Omelette with beans, spinach and baked beans.
- Devilled beef with cauliflower gratin, roast pumpkin and glazed carrots.
- Slow cooked lamb with minted peas, cauliflower gratin and roasted vegetables.
- Hickory pork with glazed carrots, cauliflower gratin and roasted vegetables.
- Creamy fish with herbed beetroot, minted peas and roast vegetables.
- Golden chicken with creamy broccoli, roast pumpkin and braised cabbage.
- Pork sausage with omelette and baked beans.

DELIVERIES

Wellington (Set day) \$18.00
 Kapiti - Pukerua Bay- Waikanae (Set day) \$18.00
 Manawatu - Otaki - Palmerston (Set day) \$20.00
 Wairarapa (Set day) \$20.00

Hutt Valley (Set day) \$18.00
 North Island next day \$20.00
 South Island next day \$35.00
 Sorry - No rural delivery

- Menu only available until stock sold out
- Standard meal NOT less than 400gm
- Up size to 500gms+ for \$1.50



Payment info: Payment by debit card, credit card, or bank transfer. Bank Details: Fresh is best 2006 Limited. 030502 0575744 00

(Grey Power and for example), but often what is needed is a handyman to do small things like changing light bulbs. A relative, friend, or neighbour may be able to help.

- Help in the garden can sometimes be covered by a Disability Allowance.

Furnishing and Appliances

- It is often uneconomic to repair appliances. Try to look after them and extend their lives. Reconditioned appliances can be good buys. Discount stores and sales are good for buying small appliances.
- Small bench-top ovens, separate grills,



and slow cookers are good for older people living alone and are economical on power.

- Sell off surplus furniture items and use the money to buy special chairs and beds and gadgets to help if disabilities develop.

Food and Groceries

- Grow food if you have a garden and can manage the work.
- Make economies by buying food in bulk and going for “specials”. This may need freezer space.
- Supermarket shopping is cheaper than using local shops. Pre-prepared and delivered meals have greatly increased in availability since 2009.

Transport

- Free public transport with the Gold Card is much appreciated. Lobby to extend the afternoon free period. In rural areas, it may be difficult to fit trips into the current free period.
- Cutting down on car use can have advantages in terms of health (getting exercise), environmental protection, and economy (given car and license-related costs).
- Older people often stay at home more and cut down on travel, as it is often difficult to ask family or friends to provide lifts.
- Community transport is often available for medical appointments. Ask local service groups about this.
- Total Mobility vouchers cover half the cost of taxis for those who are eligible.

Entertainment and Fun

- Find out which cafes in shopping centres give pensioner discounts. Meals out can be combined with going to the cinema and doing shopping.
- Take advantage of cheaper fares – older people can travel at less popular times.
- Holidays can be visits to relatives or to the holiday homes of friends and family.
- Club subscriptions can be costly, but some provide meals at reasonable prices and then visitors can be taken there, sometimes using group rates.
- Excursions with clubs can provide holidays for older people, e.g. bridge, and bowls tournaments.
- “It’s amazing what you can live without.” But cutting down on entertainment and socialising is a major cause of isolation and loneliness, which are clearly linked to mental and physical health deficits.

Clothing and Footwear

- Many older people are not averse to buying clothes in “op-shops” or using “hand-me-downs” within families.
- Good shoes– not second-hand – are essential if you have bad feet.

Medical

- Find out what subsidies are available – dentures, glasses, hearing aids. (There are now no-cost prescriptions in some pharmacy outlets).
- Dentists try to preserve natural teeth, but some older people prefer extraction because of the cost. People said it was hard to be assertive against the advice of a dentist.
- Some medical practices have cheaper fees, but many people prefer to stay with a “family doctor” even when they move house.
- Podiatry is important for older people who have difficulty cutting toenails or have diabetes, but expensive. (It would be helpful if organisations for older people could negotiate discount rates.)
- Many people must decide between being on a long hospital waiting list or paying for private treatment if they have no insurance. Such a decision requires

consideration of pain/suffering and priorities for the use of savings/options for borrowing, or equity release.

Gifts and Donations

- Despite much reduced incomes, many older people feel they should continue to give to charities, out of duty or conscience, or because people close to them have used their services. But charity-giving may have to be selective, or help may be provided in other ways, e.g., volunteering, or fundraising.
- Family members must understand that expectations of marking birthdays and Christmas with gifts may be embarrassing for older people. An outing with grandchildren to the cinema in school holidays can cost a sizeable chunk of a weekly income.

By Judith Davey

HOME FOR LIFE



An Age Concern Waikato Seminar, proudly hosted and sponsored by Gemma Lewell of Lodge Real Estate.

Join us on the 15th of October at 1 PM to cover a range of topics from:

- FINANCIAL CONSIDERATIONS
- HEALTH & WELLBEING
- HOUSE SUSTAINABILITY
- PREPARING YOUR PROPERTY
- RETIREMENT VILLAGES
- THINKING OF SELLING



To find out more and register your attendance please contact Kirsty at Age Concern Waikato on **07 838 2266** or email education@ageconcernwaikato.org.nz



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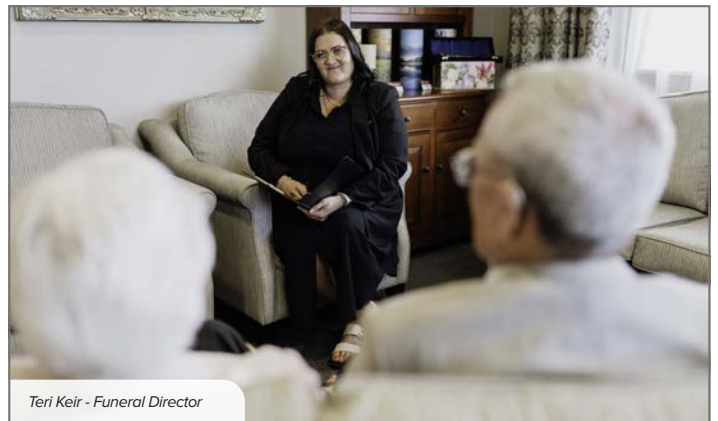


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Teri Keir - Funeral Director

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WHAT'S ON at Age Concern Waikato?

Welcome to New Friends wof Age Concern

We hope you enjoy our magazine and we love hearing your feedback, please do not hesitate to contact our team on **07 838 2266**.



JUNE 2026

Tuesday, 3rd
Info & Education 1-2pm
Western Community Centre, 46 Hyde Ave, Nawton
Speaker: TMS, Waikato Regional Council

Friday, 5th
Staying Safe, Hamilton 9.45am -2pm
Refresher for older drivers workshop
Bookings essential via Age Concern Waikato 07 838 2266

Wednesday, 10th
Info & Education 1-2pm
Waimarie House, 53, Wellington St, Hamilton East
Speaker: Age Concern Waikato Board

Thursday, 11th
65 Alive Lunch meet up 12 noon
Contact Age Concern Waikato office for details

Wednesday, 17th
Info & Education 1-2pm
Glenview Community Centre, 12 Tomin Rd, Glenview
Speaker: ACW Volunteering week

Friday, 19th
Coffee & Conversation Cambridge 1-2pm
Salvation Army Community Room, 27 Williamson St, Cambridge

Wednesday, 24th
Info & Education 1-2pm
Rototuna Library, 40 North City Rd, Rototuna North
Speaker: Neighbourhood Support

Friday, 26th
Coffee & Conversation Hamilton 1-2pm
Age Concern Waikato office, 150 Grantham St, Hamilton Central



JULY 2026

Wednesday, 1st
Info & Education 1-2pm
Western Community Centre, 46 Hyde Ave, Nawton
Speaker: Hamilton City Safe

Wednesday, 8th
Info & Education 1-2pm
Waimarie House, 53 Wellington St, Hamilton East
Speaker: Seniorwise – Vicky Phillips

Thursday, 9th
65 Alive Lunch meet up 12 noon
Bookings essential via Age Concern Waikato 07 838 2266

Wednesday, 15th
Info & Education 1-2pm
Glenview Community Centre, 12 Tomin Rd, Glenview
Speaker: Public Trust

Friday, 17th
Coffee & Conversation Cambridge 1-2pm
Salvation Army Community Room, 27 Williamson St, Cambridge

Wednesday, 22nd Info & Education	1-2pm Rototuna Library, 40 North City Rd, Rototuna north
Speaker:	Forsyth Barr
Friday, 24th Coffee & Conversation Hamilton	1-2pm Age Concern Waikato office, 150 Grantham St, Hamilton Central
Wednesday, 29th Info & Education	1-2pm Gallagher Academy of Performing Arts Gallery Contact Age Concern office for details

Wednesday, 24th Info & Education	1-2pm Rototuna Library, 40 North City Rd, Rototuna North
Speaker:	TBC
Friday, 28th Coffee & Conversation Hamilton	1-2pm Age Concern Waikato office, 150 Grantham St, Hamilton Central

 **AUGUST 2026**

Wednesday, 5th Info & Education	1-2pm Western Community Centre, 46 Hyde Ave, Nawton
Speaker:	TBC
Wednesday, 12th Info & Education	1-2pm Waimarie House, 53 Wellington St, Hamilton East
Speaker:	TBC
Thursday, 13th 65 Alive Lunch meet up	12 noon Bookings essential via Age Concern Waikato 07 838 2266
Wednesday, 19th Info & Education	1-2pm Glenview Community Centre, 12 Tomin Rd, Glenview
Speaker:	TBC
Friday, 21st Coffee & Conversation Cambridge	1-2pm Salvation Army Community Room, 27 Williamson St, Cambridge

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Age Concern Waikato

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New Friend Existing Friend

Friends of Age Concern:
(Annually 1st July to 30th June)

\$20 Single \$30 Couple

Donation: \$5 / \$10 / \$20 / \$50 /
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Internet Banking:
Age Concern Waikato - 03 0318 0087628 00
- Please use Surname & Initial as reference

Eftpos and cash payments available

Donations help us to continue to promote the welfare of older people across Waikato and are welcomed.

Thank you for your support

FRIENDS OF AGE CONCERN

2026 / 2027 Subscription

Age Concern Waikato
Subscription period is from
1st July 2026 to 30th June 2027.

To renew your subscription or join as a new Friend, complete the subscription application and post to the the address provided, email the form or call into the office.

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A New Home for Disability and Aged Care



Te Whare Manaaki o Tamahere is now open in Tamahere, Hamilton, offering a purpose-built home for young people living with disabilities as well as aged care residents.

For families seeking the right care for a loved one, this is an important step forward for our community. Te Whare Manaaki offers a thoughtfully designed environment where both older people and younger people living with disabilities can feel supported and genuinely cared for. It also marks an important milestone as the sixth home of Sound Care Group.

This new chapter responds to a genuine need within the community, with growing demand for more dedicated disability support. Te Whare Manaaki has been developed to provide an inclusive space built around individual needs, with a commitment to care that families can trust, grounded in dignity and understanding.

Our team has been carefully selected for their skills and compassion, ensuring each resident receives the right level of care in a thoughtful and respectful way.

Set in a quiet and spacious environment, each room includes a private ensuite, a small pantry, and direct

outdoor access. Wide, open areas create a calm and welcoming atmosphere, while shared spaces and secure gardens provide places to relax and spend time with friends and whānau.

Founded by Owner and Director Carly Mangulabnan, a nurse by profession, Sound Care Group has grown from one home into a trusted and well-established network across New Zealand, including Taranaki, Dunedin, the Bay of Plenty, and

Te Whare Manaaki is more than just a place to receive care; it is a place where people are supported to achieve a meaningful and fulfilling quality of life.

Visit us and see what makes our home special



NOW OPEN We welcome you to experience our Culture of Care

54 Clearway Rise, Rukuhia, Hamilton
tina.twmt@soundcare.co.nz
027 770 0883
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