



KADAP Inc.

Kawerau and Districts Ageing in Place

Newsletter

SEPTEMBER 2026

KADAP Office hours:

9am to 3pm Mon to Fri

(closed on public holidays)

Email: office@kadap.org.nz or

coordinator@kadap.org.nz

Phone: 07 219 3940 (Office) or

Mobile: 027 503 8125 (Coordinator)

Hi everyone

It's a shorter newsletter this month as I've been off with the flu. I know it's affected lots of our members too, so I hope everyone is on the mend.

Unfortunately I had to cancel our tech help group last month as I was unwell. I've rescheduled this for Friday 18 September. Please feel welcome to bring along laptops or tablets that you need help with, as well as your smart phone.

I'm keeping the advice about scams brief this month with a quick reminder. If something seems "too good to be true", then it probably is. And if a text or email makes you feel stressed or panicked it's likely to be a scammer tactic to make you react. Call the office or pop in if you're not sure about a text or email and want some help. Or come along to our monthly meeting to hear Al Fenwick talk about online safety.

Warmest regards

Karen



September Meetings



Monthly Meeting - Monday 14 September at 1pm, Concert Chambers

We will be joined by Al Fenwick. Please bring something to share for afternoon tea. And don't forget about our bring, take, swap table - books, excess produce and useful items are most welcome.

We appreciate help with setting up, serving teas and clearing away.

Afternoon Tea - Monday 28 September at 1.30pm, Bert Hamilton Hall

Join us for a cuppa and a biscuit. This is an informal get together and everyone welcome to come along. No need to bring anything.

If you would like transport to be able to attend either meeting please call the office on 07 2193940 and we will arrange for someone to bring you.

Are you registered to vote?

You need to be registered by 25 October to vote in this year's General Election.

You can register at vote.nz or pop into the office if you need some help with this or other online services.

Walking Group

Every Monday starting from the Kawerau Pools at 9.30am
Contact Phoenix for more information
021 857 443



Senior Citizens Club You're Invited!

If you're aged 55 or over we would like to welcome you to play indoor bowls or cards

Tea and coffee provided! All welcome!

Names in by 12.45pm

When: Every Tuesday at 1.00pm

Where: Bert Hamilton Hall



Visiting Programme

Would you like a visit from a volunteer? We can match you with a visitor who can pop in for a chat and a cuppa. And we've still got some tea, coffee and biscuit packs for you to share. Call the office to find out more.

News From the Office

There seems to be a few illnesses doing the rounds at moment, so I thought it would be a good time to remind our members to get in touch with the office if you are unwell and could use some help.

We've heard some people have been in hospital, but we didn't know until they had already come home. Please let us know so we can offer support during this time, whether it's visiting, getting things you need or helping to settle back home.

We have had positive feedback from our members who have been on a few outings, such as the Movie Day and trips organised by Waka Eastern Bay. If you see something in this newsletter that you are interested in attending, please call the lovely ladies in the office and we will put your name down. We can arrange for members to be picked up from home if needed. Social events and get togethers can help people get through the colder months and stay connected.

The days are getting a bit longer, so I'm planning on spending a bit more time in my garden tidying and planting.

Hope you all keep well 😊

Maria



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Do you know? flu edition



1. What year did the worst flu epidemic in human history start?
2. What date is the flu vaccine available from each year in New Zealand?
3. Who was the ancient Greek god of medicine?
4. Hyperhidrosis is the medical term for what?
5. Which medical tool was developed by Sanctorius in 1612?
6. What is a Leukocyte



I came down with the peekaboo virus.
They sent me to the ICU.

How can you tell if a vampire has a cold?
He starts coffin!

I only seem to get sick on weekdays.
I must have a weekend immune system.

What do you call a pony with a cough?
A little horse.

Help with technology



We'll be running another group for phone, tablet and laptop help:

- Friday 18 September
- 1pm until 3pm
- Eastbay REAP in the KEA building



You can bring along your device and list of things you'd like some help with. There's WiFi available plus a cuppa and a biscuit.

RSVP is appreciated but not essential. Call the office to register or if you have any questions 07 2193940.

Do you know? Answers: 1. 1918 2. 1 April 3. Asclepius 4. Excessive sweating 5. The thermometer 6. A white blood cell

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