



President's corner and chat room

Hello everyone, and welcome to the first newsletter of 2025. I hope everybody had a relaxing Christmas/new year break. It is hard to believe we are into February already. Time waits for no one. We wish to congratulate Grey Power members who took part in the Masters Games here in Whanganui. It is always so inspiring to see so many seniors taking part in these wonderful games and the way you all support each other. You are amazing.



President Nerrily Frith

Our new Grey Power website is almost complete and will be a lot easier to navigate. Watch this space.

Our Grey Power social get-together happens on the 2nd Friday of each month at Columbus Café, Mitre 10,

starting at 2pm. Love to see you there.

If we have any members or prospective members who have computer skills and would like to

help with the newsletter, events page etc. We would love to hear from you.

Until next time, take care. - Nerrily

- Kiwi Access Card -

The Kiwi Access card – formally known as the 18+ card – is a government-recognised form of photographic ID. It can be used as an alternative ID in place of a passport or driver's licence. It is valid for 10 years and is available to both New Zealand nationals and international visitors who are over the age of 18.

How to apply: You can pick up an application form at participating NZ Post Shops or AA Centres across New Zealand or apply online.

You will need:

Two identical passport-sized colour photos of yourself, taken within the last 12 months. Proof of a valid New Zealand address, e.g. a statement, letter or bill from a business or organisation. It doesn't need to have your name on it. The card costs \$60, but if you don't have a driver's licence or a passport, it has the potential to make a wide range of day-to-day transactions a lot easier and more convenient for you.



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Understanding eligibility for the Shingrix vaccine

Shingles can be a serious and painful condition, so it is important that you know how and when you are eligible for your free vaccinations.

The shingles vaccine is free for 12 months following your 65th birthday. To be effective, you will need two doses received between two and six months apart. Your second dose will be free, even if you have just turned 66.

If you're eligible for a free vaccine, you may get it from your nurse, doctor, or healthcare pro-

vider. It is also available from pharmacies.

What is shingles? Everyone who has had chickenpox is at risk of developing shingles later in life. One in every three people will get shingles during their lifetime.

Shingles is a painful rash that develops on one side of the face, body or head. Before the rash develops, people often

have pain, itching, or tingling in the area where the rash will develop. The most serious complications are nerve pain that can last for months or years and eye problems that can result in the loss of vision.

The best protection you can have against shingles to make sure you get vaccinated.

Digital Skills for Seniors classes

The Whanganui District Library is, once again, running another service of the Digital Skills for Seniors classes. They hope to start these classes in the last week of February. These free classes will focus on smartphone and tablet skills, including managing files and photos, online banking, online shopping, communication, apps, online safety, and more.

The series will consist of around 11 week-long one-hour classes for

small groups (4-6 people in each class). There will be a choice of time slots to cater for people's schedules. People can register their interest in these classes by emailing rachel@whanganuilibrary.com or phoning (027) 211 4261.

We are going to have another Grey Power Members meeting on Thursday, 27 February, at Club Metro, starting at 11am. As usual, we will have a cup of tea/coffee to start. Speakers this month will be the Fire Service and Warwick



from Chubb Medical Alarms; both are talking

about keeping you safe in your homes.



Grey Power Wanganui Inc MEMBERSHIP RENEWALS ARE DUE APRIL 1st

Please complete this form and return it with your payment IF PAYING BY CASH
Name/s \_\_\_\_\_
Membership Number \_\_\_\_\_ or New Member 
Address \_\_\_\_\_ Contact number \_\_\_\_\_

I/We enclose my/our subscription for the year 01/04/25 to 31/03/26
(Note: Separate cards with the same membership number are issued for couples)

\$25 Single  \$40 Double  Donation 
Please tick appropriate box/es above

Payments can also be made at our office at Club Metro, Ridgway Street. Tuesdays & Thursdays, 12noon - 2pm in person or in envelopes to our mailbox (foyer)

New & current members can sign up or renew online at www.greypowerwanganui.co.nz (click the membership tab)

Internet Banking: Bank account number: 38-9006-0435305-02 (Kiwibank). Important: Be careful to record your surname and initials in the CODE box and your membership number in the REFERENCE box. Your new membership card will confirm receipt of the subscription.

Grey Power Wanganui membership and renewals

Due 1 April for the current year. Grey Power office is open at Club Metro, 13 Ridgway Street Whanganui, every Tuesday and Thursday, 12noon - 2.00pm from February to mid-December.

Payment options: Cash or Direct Debit. Eftpos is not available. Payments by Direct Credit to the following KiwiBank account: Account name: Grey Power Wanganui Inc. Account number 38-9006-0435305-02 Please include your surname and Membership number in the reference/code fields. Subscription: Single \$25; cou-

ple: \$40.00. Email: greypowerwa@gmail.com If paying online, please send an email to greypowerwa@gmail.com advising the date and amount paid, including current address, phone number, and email. Grey Power Electricity (Pulse Energy) enquiries contact 0800 473 976 For payment of your POWER account, pay online to: Account Name: Pulse Energy Alliance LP. Account Number: BNZ 02-0108-0333798-02. Reference: Your Power Account Number. To set up a Direct Debit visit: greypowerelectricity.co.nz/directdebit