



AGE CONCERN TARANAKI

Whats On in November in New Plymouth

AQUA WALKING - This is temporarily on hold until we are permitted to return. All regular attendees will be contacted by Pauline for updates, information and a chat.

OUTING - Wednesday 3rd Nov Meet at Pikopiko Eatery at 11.30 am . situated at 532 Mangorei Road New Plymouth , set menu applies, all Covid level 2 restrictions. Please contact Pauline at the Office to express your interest and discuss transport.

WEDNESDAY 10th and 24th Nov MUSIC/ SINGING - in New Plymouth, has temporarily turned into Music Trivia contactless quiz, or other similar interactive activity, guest speakers and shared information, with single serve refreshments. 10 am – 12 noon

Thursday 4th, 18th, 25th DROP IN CAFÉ - This is held regularly on a Thursday morning in New Plymouth 9.30 am – 11.30 am. All level 2 guidelines apply, wear a mask , great to catch up with everyone. Contactless activities , fun and making friends.

Thursday 11th Nov Guest Speaker - Matire Ropiha - Diabetes New Zealand Community Coordinator is visiting us to present on Care of feet and living with Diabetes. Join us from 9.30 am – 11.30 am November is Diabetes Awareness month We are happy to be delivering informative and valuable health education to everyone.

Guidelines:

Sign in or use QR code

Wear a face covering or mask

Hand Sanitize

Physical Distancing

Please do not attend if you are unwell

TOMORROW'S MEALS - Convenient Frozen Healthy Meals are available to purchase daily. Deliveries on Friday's and by arrangement with Pauline, \$5 delivery fee applies .

Pauline Julian - Social Programme Coordinator

Office Hours – 9.30 am- 1.30 pm Mon – Fri ph 06 759 9196 0800 243 625