



AGE CONCERN TARANAKI
What's On
November 2023
New Plymouth – Bell Block

AQUA WALKING: Tuesday 7th, 14th, 21st, 28th 10am – 11 am It's amazing !

Exercises in the water to awesome music, great for improving stability and fitness.
Held at Methanex Pool Complex, 10 Murray St Bell Block. Cost \$3 pay at reception.
Please register with Pauline PRIOR to entering the class by calling 06 759 9196.

MONTHLY OUTING: Wednesday 1st November Bus Trip to Café 487 , 487 Mokau Road , north of Urenui. A \$10 (subsidised by ACT) bus fare is payable to Robyn at Reception, to secure your seat. Cost per meal as per menu on the day. Expressions of interest and further details on departure time please ph 06 759 9196 and speak to Robyn or Pauline.

WARM UP WEDNESDAY: 8th and 22nd November 9.30am – 11.30 am

Tunes & Toasted Sandwiches. What a great way to warm up your Wednesday.

Held in the ACT premises 33 Liardet Street, New Plymouth. Music, Instruments and Singalong, Rock n Chairs movement to music, all adding to a magnificent morning of making music. Light refreshments served. Gold coin donation appreciated.

DROP IN CAFÉ / SOCIAL MORNINGS Each Thursday in October - 9.30am - 11.30am

Thursday 2nd November Drop in Café

Thursday 9th November Socialising and Activities

Thursday 16th November Social Morning Guest Speaker from NZ Police 9 .am START

Thursday 23rd November Drop in Café

Thursday 30th November Drop in Café

TOMORROW'S MEALS - Convenient Frozen Healthy Meals are available to purchase daily. Deliveries Friday morning or by arrangement \$5 fee. Mobile Eftpos is available or come in and purchase from us during Office Hours

Contact: Pauline Julian - Age Connect Service Coordinator North Taranaki Office Hours:
9.30 am - 1.30 pm Mon - Fri 06 759 9196 or 0800 65 2 105