



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

**AQUA WALKING:** Tuesday 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> December 10am – 11 am It's amazing !

**Following Class on Tues 19<sup>th</sup> Dec bring a plate of shared food for a pool party.**

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.  
(Aqua Exercise returns Tuesday 23rd January 2024)

**MONTHLY OUTING:** Wednesday 6<sup>th</sup> December - Christmas At The Fitz !

Join us today at 12.30 pm at The Fitz Restaurant and Bar ( 601  
Devon St East NP) for a Christmas Midday Meal. Cost \$30 pp. Please contact Pauline for  
further information and to secure your spot. Please note the later start time and  
understand parking will be limited due to other functions on the day.  
(First Outing in February 2024 7 Feb 2024 to be confirmed)

**CHRISTMAS PARTY NEW PLYMOUTH Wednesday 13<sup>th</sup> Dec 2023**

**Fun \* Food \* Christmas Carols \* Singing \* Spot Prizes \* Christmas Trivia and Treats \*  
Christmas Cake kindly donated by NPDC \* Santa \* So dress up in great Christmas Style  
and join us at 33 Liardet St New Plymouth. 9.30 am to 12 noon. Wishing you all a  
very Merry Christmas .**

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

Thursday 7<sup>th</sup> December Drop in Café

Thursday 14<sup>th</sup> December Last Drop in Café for 2023

(Our first Drop in ( Café will be on Thursday 25<sup>th</sup> January 2024)

Wishing you a safe and happy holiday time ... from Pauline

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