



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

AQUA WALKING: Tuesday 7TH, 14TH, 21ST, 28TH 10am – 11 am

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: Thursday 2nd February (note change of regular day, this is a 1 off)

Today we are meeting at 33 Liardet St New Plymouth for a fun “fun fish & chip” lunch. We will purchase \$8 individual packs for those who are wanting on the day. In addition to this , we will have icecream n cone and or hot tea and coffee available. I invite you to attend from as early as 10 am for those wanting to play Bingo, prior to lunch which will then ordered and reaching us around midday. Please try to bring the correct money.

WARM UP WEDNESDAY: 9th and 23rd 10am – 12 noon

Held in the ACT hall, 33 Liardet St New Plymouth . Music, Instruments and singalong all adding to a magnificent morning of making music. Light refreshments fruit salad and icecream to conclude this morning.

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

Held in the ACT hall, 33 Liardet St New Plymouth

Thursday 2nd Bingo and Fish n Chips as above (This is our monthly luncheon for Feb)

Thursday 9th Drop in Cafe 9.30 - 11.30 am

Thursday 16th Drop in Café 9.30 - 11.30 am

Thursday 23rd AMERICARNA CAFE 2023 Street Party to beld at 28 Young St New Plymouth in conjunction with TDICT. Sausage Sizzle, Meet the Drivers and Go for a ride in those spectacular cars, dress up American Style and Rock around the Clock today. We are revving up at 9.30 am and our visitors arive at 10.15am. Come and welcome them to Taranaki. Please contact Pauline for further information. See You All There !

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