



## AGE CONCERN TARANAKI

What's On

MAY 2023

### New Plymouth – Bell Block

**AQUA WALKING: Tuesday 2<sup>ND</sup>, 9<sup>TH</sup>, 16<sup>TH</sup>, 23<sup>RD</sup>, 30<sup>TH</sup> 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: Wednesday 3<sup>RD</sup> MAY 2023** Today we are meeting at Cobb & Co Restaurant, Courtenay St New Plymouth. The “seniors” priced menu and /or lunch menu will be available for all to enjoy. Restaurant opens 12 noon (**please note the change of usual time**). Please forward your interest and or attendance to Pauline Ph 06 759 9196.

**WARM UP WEDNESDAY: 10<sup>th</sup> and 24<sup>th</sup> MAY 10am – 12 noon**

Held in the ACT hall, 33 Liardet Street, New Plymouth. Music, Instruments and Singalong all adding to a magnificent morning of making music. Light refreshments to conclude this morning.

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

Held in the ACT hall, 33 Liardet St New Plymouth

Thursday	4 <sup>th</sup>	Drop in Café	9.30	11.30 am
Thursday	11 <sup>th</sup>	Social Morning	9.30	11.30 am (Mother's Day Theme)
Thursday	18 <sup>th</sup>	Drop in Café	9.30	11.30 am
Thursday	25 <sup>th</sup>	Drop in Café	9.30	11.30 am

ACT Mother's Day Raffle. Sales from Thursday 27<sup>th</sup> April, Drawn 11<sup>h</sup> May

Tickets available at the office and or social connection programmes North Taranaki.

**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**