



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

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

There is no Aqua Class on Tues 7th as pool is being used for school sports.

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 March 2023 Today we are meeting at Sunworld Restaurant, 250 Devon St East NP. The “seniors” priced buffet for all to enjoy. Please pay on entry to Sunworld. 11.30 am. The van is not being utilised on this occasion. Please forward your interest and or attendance to Pauline.

WARM UP WEDNESDAY: 8th and 22nd 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 March 9.30am - 11.30am

Held in the ACT hall, 33 Liardet St New Plymouth

Thursday 2 nd	Drop in Café	9.30 - 11.30 am
Thursday 9 th	Social Morning	9.30 - 11.30 am
Thursday 16 th	Drop in Café	9.30 - 11.30 am
Thursday 23 rd	Drop in Café	9.30 - 11.30 am
Thursday 30 th	Drop in Café	9.30 - 11.30 am

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