



AGE CONCERN TARANAKI
What's On
AUGUST 2024
New Plymouth – Bell Block

AQUA WALKING: Tuesday 6th, 13th, 20th, 27th 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 \$4 pay at reception.
Please register with Pauline PRIOR to entering the class by calling 06 759 9196.

MONTHLY OUTING: (please note change of week) **Wednesday 21ST August 2024**

Venue: Waitara Services & Citizens Club Inc - 16 Queen St Waitara

Time: 11.30 am

Menu: Set by Restaurant \$28 pp

Expressions of interest and transport arrangements to Pauline ph 06 759 9196

WARM UP WEDNESDAY: 14th and 28th August 9.30 am - 11.30 am 33 Liardet St NP

Warm up with hot soup and toast, movement and music. Keep warm and well this winter.
Gold coin donation. Winter Wellness, Music and More.

DROP IN CAFÉ: Thursday 1st, 15th, 22nd August 9.30 - 11.30 am 33 Liardet St NP

Socialise, connect, make friends and have fun over a delicious morning tea.

15th August – We welcome a Fire Service Education Speaker

22nd August – We welcome Wood Training, Health & Safety Matt Ries

SOCIAL MORNING: Thursday 8th August 9.30 am - 11.30 am

We welcome Guest Speaker - Stacey Te Awa speaking on her new service EMPOWER YOU bringing quality healthcare support services to our community. Morning tea at 10 am.

DAFFODIL DAY: Thursday 29th August 9.30 – 11.30 am Join us on Daffodil Day and help

support family and whanau affected by cancer. All donations to Cancer Society NZ.
Brighten up your day in yellow and donate to a worthy cause. Held at 33 Liardet St
Morning Tea provided. For further info contact Robyn 06 759 9196

Contact: Pauline Julian - Age Connect Service Coordinator North Taranaki

Office Hours: 9.30 am - 1.30 pm Mon - Fri 06 7599196