



AGE CONCERN TARANAKI

What's On

JULY 2024

New Plymouth – Bell Block

AQUA WALKING: Tuesday 2ND, 9TH, 16TH, 23RD, 30TH July 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: Wednesday 3rd July 2024

Venue: Sunworld Restaurant 250 Devon St East New Plymouth

Time: 11.30 am

Menu: Buffet Lunch Menu

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

WARM UP WEDNESDAY: 10th and 24th July 9.30 am - 11.30 am 33 Liardet Street 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 4th, 18th, 25th July 9.30 - 11.30 am 33 Liardet St NP

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

SOCIAL MORNING: Thursday 11th July 2024 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.
Everyone Welcome.

Contact: Pauline Julian - Age Connect Service Coordinator North Taranaki

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