



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

AQUA WALKING: Tuesday 7th, 14th, 21st, 28th 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 \$3 pay at reception.
Please register with Pauline PRIOR to entering the class by calling 06 759 9196.

MONTHLY OUTING: Wednesday May 1st 2024

Venue: The Tasman Club 35 Octavius Pl NP (entry via Croquet Club)

Time: 11.30 am

Menu: Buffet Cost \$25 pp

Expressions of interest to Pauline ph 06 759 9196

WARM UP WEDNESDAY: May 8th and 22nd 9.30 - 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.

DROP IN CAFÉ: 9.30 - 11.30 am Thursday 2nd, 9th, 16th and 30th

Socialise , connect and make friends over delicious morning tea.

(May 16th Thursday General Meeting to approve our Age Concern Taranaki Constitution to be held in conjunction with Drop in Café)

SOCIAL MORNING: Thursday 23rd May 2024 9.30 am - 11.30 am

Pink Ribbon Breakfast. Join us for a Pink Ribbon Breakfast. Help raise awareness and support for Breast Cancer. All donations to NZ Breast Cancer Foundation. Dress - PINK

Special: Monday May 6th HEALTHY AGEING FORUM TSB STADIUM 10.30 - 12.30 pm

Sunday May 12th HAPPY MOTHERS DAY – “Mum’s the word”

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