



AGE CONCERN TARANAKI

What's On

NOVEMBER 2024

New Plymouth - Bell Block

AQUA WALKING Tuesday 5th, 12th, 19th 26th 10am - 11 am Held at The Methanex Aquatic Centre - 10 Murray St Bell Block. Come along for great fun, fitness and exercise to the BEST music. Good for maintaining strength and balance. Cost \$4 pp Ph Pauline to register prior to the class. Ph 06 759 9196

TUESDAY 5TH November THE MELBOURNE CUP Everyone Welcome
Entry to Raceday: Wear a HAT. Nibbles and refreshments from 4pm. Race time 5 pm, watch it on the big screen LIVE and LOUD on with the Age Concern Taranaki crowd. Sweepstake available.

SPOONS AND TUNES: Wednesday 13th and 27th November
9.30 - 11.30am Held at 33 Liardet St NP. "Chill" with us, to some great tunes, movement and fun, while you enjoy some yummy summer fruits and icecream. Gold coin donation appreciated.

MONTHLY OUTING Deluxe Diner 36 Leach St New Plymouth Join us for a delightful lunch on Wednesday 20th November at 12 noon. Menu of the day applies. (please note later dining time) Please contact Pauline ph 06 759 9196 to **express your interest prior Mon 18th Nov to book in.**

DROP IN CAFÉ /SOCIAL MORNINGS Thursday 7th, 14th, 21st, 28th 9.30 - 11.30 am held at 33 Liardet St New Plymouth
Socialise, connect, make friends and have fun over a delicious morning tea. We have Guest Speakers and great fun lined up for you.

MEN'S GROUP Monday 18th November Save the date!

Contact: Pauline Julian - Age Connect Service Coordinator North Taranaki
Office Hours: 9.30 am - 1.30 pm Mon - Fri 06 759 9196