



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

AQUA WALKING: Tuesday 3rd, 10th, 17, 24th 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 attending.

Note: The facility will be closed for 1 month for maintenance from 28/09/2024 so an alternative get together will be coordinated for the attendees. To be confirmed by Pauline. We will be returning to our Aqua Exercise Class on Tuesday 29 October 2024.

WEDNESDAY 18th SEPTEMBER A G M 11.30 am
Age Concern Taranaki invites you to attend our **A G M** held at **33 Liardet Street NP**. As this coincides with our monthly outing date, we would like you to attend. A light luncheon will be provided. For further info ph 06 759 9196

WARM UP WEDNESDAY: 11th and 25th September 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 /SOCIAL MORNINGS: Thursday 5th, 12th, 19th September 9.30 - 11.30 am 33 Liardet St NP
Socialise, connect, make friends and have fun over a delicious morning tea. This will not be held on Thursday 26th September due to Staff Training.
19TH September - Blue September Prostate Awareness

Contact: Pauline Julian - Age Connect Service Coordinator North Taranaki

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