



## AGE CONCERN TARANAKI

What's On

July 2025

New Plymouth - Bell Block

### **AQUA WALKING Tuesday Dates : 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> July**

The Methanex Aquatic Centre - 10 Murray St Bell Block. Come along for great fun, fitness & exercise to the BEST music. Good for strength and balance. Cost \$4 pp. 10 am - 11 am  
For registration and interest please contact Pauline ph 06 759 9196

### **WARM UP WEDNESDAY 9<sup>th</sup> and 23<sup>rd</sup> July 9.30 - 11.30 am**

Held at 33 Liardet St NP. "Warm up "with us to some great tunes, movement and fun, while you enjoy some delicious hot soup and toast at 33 Liardet Street New Plymouth. Gold coin donation.

### **DROP IN CAFÉ /SOCIAL MORNINGS Thursday 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup> July**

All held from 9.30 am – 11.30 am at 33 Liardet St New Plymouth. This is a wonderful opportunity to meet people, make friends, connect with other over morning tea.

Special Dates from the above:

Mid Winter Olympics 33 Liardet Street NP 9.30 am - 11.30 am 17<sup>th</sup> July

Kara - Financial Consultant . How to save money in retirement 9.30 - 11.30 am 31<sup>st</sup> July

### **OUTING IN JULY Wednesday 16<sup>th</sup> July 2025 " Kiwiana Theme "**

Arrive at 11.00 am " mix and mingle " **Lunch at 12 noon**

Due to popular demand we are hosting another "Fish n Chip" day at our premises 33 Liardet Street New Plymouth. There will also be an icecream/cone and cold drinks available. Total Cost : \$20 pp

Please express your interest to Pauline or Robyn and pay in advance (cash only) to secure your spot before Friday 11 July or Ph 06 759 9196 for further information.

### **MENS GROUP 21<sup>st</sup> July 2025 Watch this Space**

Contact: Pauline Julian - Age Connect Service Coordinator North Taranaki  
Office Hours: 9.30 am - 1.30 pm Mon - Fri 06 759 9196  
Events calendar [www.ageconcerntaranaki.org.nz](http://www.ageconcerntaranaki.org.nz)