

REGULAR ACTIVITIES IN INGLEWOOD

Wednesday

Steady As You Go, strength and balance exercise class.
Inglewood United Church, 30 Brown Street, 10.30am, every Wednesday, \$3 per class.

Music and Movement, music, rhythm, movement, coordination and participation all stimulate memories, enjoyment and fun.
Marinoto Home and Hospital, 72 Matai Street, 1.30pm, first Wednesday each month.

Thursday

Social Afternoon, afternoon tea and activities, bingo, games, interaction and companionship for those in the Inglewood community.
Marinoto Home and Hospital, 72 Matai Street, 1.30pm, third Thursday each month.

