



AGE CONCERN TARANAKI What's On in AUGUST 2022 New Plymouth – Bell Block

We welcome you to attend our exciting programmes and activities

AQUA WALKING: Tuesday 2ND, 9TH, 16TH, 23RD, 30TH August 10am – 11 am

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 3RD August - Due to popular demand - We are meeting at The Good Home again this month. We meet at Ariki St New Plymouth for a set lunch menu at 12 MIDDAY (note – change of time) The Venue only opens at 12 midday.

Please phone our office to confirm your attendance and your transport arrangements with Pauline as numbers are limited. The van is not being used on this occasion. Please allow for normal parking costs within the NP CBD.

WARM UP WEDNESDAY: 10th and 24th August 10am – 12:30pm

Held in the ACT hall, 33 Liardet St New Plymouth

“MUSIC is an essential ingredient for life”

A fun, interactive singing and music programme for everyone. The morning includes morning tea and a light lunch of soup and toast served at 11.20 am and there are spot prizes to be won. Entry a gold coin donation to assist with ACT's operational costs.

DROP IN CAFÉ / SOCIAL MORNINGS Each Thursday in August 9.30am – 11.30am

Held in the ACT hall, 33 Liardet St New Plymouth

Thursday 4 TH	Drop in Café	Meet friends and mix and mingle this morning
Thursday 11 TH	Social Morning	Improving Nutrition for Healthy Ageing with Belinda
Thursday 18 TH	Drop in Café	An interactive activity for everyone
Thursday 25 TH	Drop in Café	A great place to be with great company

TOMORROW'S MEALS - Convenient Frozen Healthy Meals are available to purchase daily. Deliveries on Friday's and by arrangement , \$5 delivery fee applies.

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