



AGE CONCERN TARANAKI

What's On

DECEMBER 2022

New Plymouth – Bell Block

AQUA WALKING: Tuesday 6TH, 13TH, 20TH December 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.

(Aqua Exercise returns on Tuesday 31 January 2023)

MONTHLY OUTING: Wednesday 7th December - Today we are meeting at The Plymouth International Hotel located at 220 Courtenay St New Plymouth at 11:30 am for a

Christmas Themed luncheon. A set menu includes a choice of main meal, dessert, tea or coffee for \$29. Please contact Pauline at our Office to confirm your attendance. Ph 06 759 9196

(The next Outing is Wednesday 1st Feb 2023, venue to be confirmed)

WARM UP WEDNESDAY: Wednesday 14th December 2022 10am – 12 noon

Held in the ACT hall, 33 Liardet St New Plymouth

“MUSIC is an essential ingredient for life”. Today we are preparing for our Christmas Party, so join us for a cuppa and sing some Christmas Carols.

(Warm up Wednesday returns Wednesday 8th February 2023)

DROP IN CAFÉ / SOCIAL MORNINGS Each Thursday in December 9.30am - 11.30am

Held in the ACT hall, 33 Liardet St New Plymouth

Thursday 1st and 8th Dec Drop in Cafe 9.30 am – 11.30 am

Thursday 15 Dec ACT Christmas Party 10 am start – 12 noon

Christmas Party fun & festivities at 33 Liardet St NP

We have a Christmas Raffle, Christmas carols, entertainment & delicious food

Dress Code: Christmas Colours

(Thursday Drop in Café returns Thursday 26 January 2023)

TOMORROW'S MEALS - Convenient Frozen Healthy Meals are available to purchase daily.
(please phone our Office for Delivery times over the Christmas/Holiday period)

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

KINDLY SUPPORTED BY:

TARANAKI ELECTRICITY TRUST, TOI FOUNDATION, TAURIMA REST HOME
BIN INN WAITARA, DRIVING MISS DAISY COMPANION DRIVING, VOLUNTEERING NP