



## AGE CONCERN TARANAKI What's On in MAY 2022

**We welcome you to attend our exciting programmes and activities**

**AQUA WALKING: Tuesday 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup> May. 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 or email [pauline@ageconcerntaranaki.org.nz](mailto:pauline@ageconcerntaranaki.org.nz) or call in to Office at 33 Liardet St.

**MONTHLY OUTING: Wednesday 4<sup>th</sup> May includes a drive 'out the coast' to Butlers Reef Hotel for a set menu luncheon. Enjoy the spacious conservatory setting and the great company on the day. Meet at 11.30 am. Please phone our Office to confirm your attendance and transport arrangements with Pauline. Ph 06 759 9196**

**WARM UP WEDNESDAY: 11<sup>th</sup> and 25<sup>th</sup> May 10am – 12:30pm**

Held in the ACT hall, 33 Liardet St New Plymouth

**"Songs are memories you can always go back to"**

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: Every Thursday 9.30am – 11.30am**

Held in the ACT hall, 33 Liardet St New Plymouth

Thursday 5<sup>th</sup> Drop in Café, we will be drawing Our Mother's Day Hamper Raffles

Thursday 12<sup>th</sup> Social Morning, Guest Speaker- Colleen from Taranaki Geological Society

Thursday 19<sup>th</sup> Drop in Café Conversation and great company

Thursday 26<sup>th</sup> Drop in Café Chit Chat and Cracker

MUM's the word in May. Our beautiful Mother's Day Hamper Raffle consisting of 4 fabulous prizes will be on sale up until Thur 5 May and drawn that morning at 11 am. Please buy your tickets soon. Happy Mother's Day to all Mothers.

'A Mothers Love endures through all'

**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 243 625**