



**AGE CONCERN TARANAKI**  
**What's On**  
**NOVEMBER 2022**  
**New Plymouth – Bell Block**

**AQUA WALKING:** Tuesday 1<sup>st</sup>, 8<sup>th</sup>, 15, 22<sup>nd</sup> 29<sup>th</sup> 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 2<sup>nd</sup> November - We offer an exciting Bus Trip to Stratford. Please secure your seat at a cost of \$10 (prior to the date) and discuss transport arrangements with Pauline & Robyn. We will be enjoying a midday meal at Colonel Malone's café and bar and then if weather permits we are attending Windsor View Gardens in Inglewood. (cost \$2 entry) on our return back to NP.

**WARM UP WEDNESDAY:** Wednesday, November 9<sup>th</sup> and 23<sup>rd</sup> 10am – 12 noon  
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 fruit salad and refreshment served at 11.20 am and there are spot prizes to be won. Gold coin donation to assist with ACT's operational costs.

**DROP IN CAFÉ / SOCIAL MORNINGS** Each Thursday in November 9.30am - 11.30am  
Held in the ACT hall, 33 Liardet St New Plymouth

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| Thursday | 3 <sup>rd</sup>  | Drop in Café  |
| Thursday | 10 <sup>th</sup> | Social Morning – Guest Speaker Tadhg Stack, Hearing Therapist |
| Thursday | 17 <sup>th</sup> | Drop in Café  |
| Thursday | 24 <sup>th</sup> | Drop in Café  |

**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**

**KINDLY SUPPORTED BY:**

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