



## **AGE CONCERN TARANAKI**

### **WHAT'S ON in OCTOBER 2020 - NEW PLYMOUTH**

**MONDAY 12<sup>TH</sup>, 19<sup>TH</sup>, 26<sup>TH</sup> - AQUA EXERCISE** - Fun exercises in the pool which improve stability, balance and keep you fit. Meet at the Aquatic Centre at 10 am and class begins at 10.15. Please register with Pauline at our Office. NO Aqua on 5<sup>th</sup> Oct - School Holidays

**TUESDAY 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> 27<sup>th</sup> Steady As You Go Exercise Class** held at St Mary's Peace Hall Lounge 37 Vivian St NP. Commencing at 10.30 am \$3 per class.

**WEDNESDAY 7<sup>th</sup> OCT** Our Outing to PIKOPIKO EATERY 532 Mangorei Road NP. Set Senior Menu @ \$22.50 pp. Meet at 11.30 am. Please phone Pauline to express your interest and transport arrangements.

**WEDNESDAY 14<sup>th</sup> OCT - WARM UP WEDNESDAY Singalong and Social Occasion.** Now held at **33 Liardet Street New Plymouth**, starting with morning tea at **10 am** and concludes with Hot Soup and Toast served at 11.30 am. A gold coin donation is appreciated. ( Please note this is only held once in the month of October due to Age Concern Taranaki AGM

**WEDNESDAY 28<sup>th</sup> OCT 11. AM AGE CONCERN TARANAKI A G M**  
held at **33 Liardet St , New Plymouth "Everyone Welcome"**

**THURSDAY 1<sup>st</sup> OCTOBER INTERNATIONAL DAY FOR OLDER PERSON "Welcome to Our World"** themed celebrations 10 am – 12.30 pm. Guest Presenter – Marlaina Curtis . So come along and join us, dress in bright colours and let us spice up your day. It will be fun for everyone. Members, guests, friends, family/whanau **ALL WELCOME**

**THURSDAY 8<sup>TH</sup> OCTOBER Social Morning – Guest Speaker - Mary Robertson from TDHB** sharing information on Advanced Care Plans ACP - 9.30 am – 11.30 am.

**THURSDAY 15<sup>TH</sup> OCTOBER "SPECIAL DROP IN CAFÉ"** with visiting Hearing Dog - "RUBY" from 9.30 am – 11.30 am . A gold donation to Hearing Dogs appreciated on this occasion.

**22<sup>nd</sup> , 29<sup>th</sup> usual group gathering continues at Drop in Café @ 33 Liardet St ( 9.30 – 11.30)**

**FRIDAY 2<sup>ND</sup>, 9<sup>TH</sup>, 16<sup>TH</sup>, 23<sup>RD</sup> , 30<sup>th</sup> SAYGo** Steady as you Go Falls Prevention Exercises held at 83 Hine Street. 11 am. Cost - \$3 pp. Great for improving strength and balance.

**TOMORROW'S MEALS** - Convenient Frozen Healthy Meals are available to purchase at our Office 33 Liardet St New Plymouth. Office Hours Mon – Friday 10 am – 2 pm Ph 06 759 9196 (delivery \$5 on Friday within NP or as arranged)

**Office Hours - 10 am- 2pm Mon – Fri ph 06 759 9196 0800 243 625**