



## AGE CONCERN TARANAKI

### “ WHAT’S ON” in APRIL 2021 - NEW PLYMOUTH

**MONDAY 12<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 ph our Office for New Registrations **There will be no Aqua Exercise on Monday 5<sup>th</sup>, (Easter Monday) and 19<sup>TH</sup>, 26<sup>TH</sup> (school holidays) & (Anzac Day Public Holiday)**

**TUESDAY 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> SAYGo Exercise Class** held at St Mary’s Peace Hall Lounge 37 Vivian St NP . Commencing at 10.30 am \$3 per class. Improves your balance.

**TUESDAY 6<sup>TH</sup>, 13<sup>TH</sup>, 20<sup>th</sup>, 27<sup>th</sup> SAYGo Exercise Class** held at Fred Tucker Memorial Hall 132 Parklands Ave Bell Block. 9.30 am \$3pp, new class, new participants all welcome.

**WEDNESDAY 7<sup>th</sup> April - Outing to The Fitz Restaurant , Fitzroy .** We will meet at this lovely venue at 11:30 am. A \$20 Set Menu applies on the day. Then a visit to Palmers Garden Centre. Please contact Pauline regarding transport plans and cost. Ph 06 759 9196

**WEDNESDAY - WARM UP WEDNESDAY Singalong and Social Occasion 14<sup>th</sup> and 28<sup>th</sup>** Held at **33 Liardet Street New Plymouth**, starting with morning tea at **10 am** and concludes with a light lunch at 11..30 am. Singing is so good for you . It is fun.

**THURSDAY 1<sup>st</sup>, 22<sup>nd</sup> 29<sup>th</sup> Drop in Café** This cosy, café is where you can drop in and make friends, socialise , enjoy a cup of tea or coffee and biscuits. 9.30 am – 11.30 am held at our premises at 33 Liardet Street New Plymouth.

**THURSDAY 8<sup>TH</sup> April Social Morning 33 Liardet St NP** - Today we have an inspirational **Guest Speaker – Alan** sharing his New Zealand wide Cycling Adventures. 9.30 – 11.30

**THURSDAY 15<sup>TH</sup> April Life Without A Car** Today we will look at ways to keep mobile when we can no longer drive, so we can retain our independence and a social connections activities in our community. Held at 33 Liardet Street from 9.30 am. Morning Tea provided.

**FRIDAY 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. Improves 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 9.30 am – 1.30 pm Ph 759 9196 **(delivery \$5 on Friday within NP or as arranged)**

**Pauline Julian - Social Programme Coordinator**

**Office Hours – 9.30 am- 1.30 pm Mon – Fri ph 06 759 9196 0800 243 625**