What's On?

Age Concern Palmerston North & Districts
P: 06 355 2832 | **E:** info@ageconcernpn.org.nz
4/251 Broadway Ave, Palmerston North
www.ageconcernpn.org.nz

AGE CONCERN PALMERSTON NORTH & DISTRICTS
He Manaakitanga Kaumātua Aotearoa

Social Connection in Manawatū

In Knit Together
1pm - 3pm | Every 1st & 3rd Wednesday of the month
Relaxed knitting/craft group. Bring your own projects or use our supplies.



Tea & Talks
1pm - 3pm | Every 2nd & 4th Tuesday of the month
Join us for a hot cuppa and hear from one of our guest speakers.

Men's Group
1.30pm - 3.30pm | Every 1st & 3rd Tuesday of the month
Make friends, share ideas and have the occasional pub feed.

Kōrero & Kai - Halcombe
12pm - 1.30pm | Every Monday at Halcombe Memorial Hall
Gather to share a meal and talk about what's relevant to you and your community.

Health Promotion Programmes

Shake Rattle 'n' Roll
1.30pm - 2.30pm | Every Tuesday & Wednesday
Community Leisure Centre, 569 Ferguson St, Palmerston North
A fun, dance-based fitness class for strength and balance. $3 koha per class.

Steady As You Go
11 Weekly Classes | Turn over for all times and locations
Chair-based exercise class for falls prevention. $3 koha per class.



Tech drop-in
9.30am - 12pm | Fortnightly on Thursdays at Age Concern
Drop-in digital literacy sessions for one-on-one tech support.

Staying Safe - Driver Refresher Course
Please enquire to register for our next course
Driver education to build confidence and gain knowledge on safe driving practices.

Steady As You Go©

ACC accredited, gentle exercise classes to improve your balance, strength and flexibilty. Specifically designed for kaumātua for falls prevention. No booking required, just show up on the day.

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AGE CONCERN PALMERSTON NORTH & DISTRICTS
He Manaakitanga Kaumātua Aotearoa

LIVE STRONGER FOR LONGER
PREVENT FALLS & FRACTURES

MONDAY
11am - 12pm | Halcombe
Halcombe Memorial Hall, 77 Willoughby St

TUESDAY
10am - 11am | Rongotea
Te Kawau Memorial Recreation Centre, 1 Wye St

10:30am - 11:30am | Feilding
St John Community Hall, 33 Bowen St

11am - 12pm | Square Edge
Level 1: Evelyn Rawlins Room, 47 The Square, Palmerston North

WEDNESDAY
10:30am - 11:30am | Rangiora Community Centre
102 Rangiora Ave, Palmerston North

$3 koha per class

THURSDAY
9:30am - 10:30am | Awapuni Community Centre
22 Newbury St, Palmerston North

10am - 11am | Baptist Church
190 Church St, Palmerston North

10am - 11am | Ashhurst
Otangaki Lodge, 69 Oxford St

1:30pm - 2:30pm | St Albans Church
339 Albert St, Palmerston North



FRIDAY
10am - 11am | Senior Citizens Hall
309 Main St, Palmerston North

10:30am - 11:30am | Manawatu Multicultural Council
Hancock House, 77-85 King St, Palmerston North

Contact us for more info
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Palmerston North

What's on at Age Concern?

Palmerston North & Districts

AGE CONCERN PALMERSTON NORTH & DISTRICTS
He Manaakitanga Kaumātua Aotearoa

September

01 TUE — **Men's Group**
1.30pm - 3.30pm | Age Concern Meeting Rooms

02 WED — **In Knit Together - Knitting/craft group**
1pm - 3pm | Age Concern Meeting Rooms

04 FRI — **Fun Day Friday - Live Stronger for Longer**
1pm - 2:15pm | Barber Hall

08 TUE — **Tea & Talks**
1pm - 3pm | Age Concern Meeting Rooms

10 THU — **Tech drop-in - Digital literacy sessions**
9.30am - 12pm | Age Concern Meeting Rooms

10 THU — **Staying Safe Driver Refresher - Feilding**
10am - 2pm | Call or email to register

15 TUE — **Men's Group**
1.30pm - 3.30pm | Age Concern Meeting Rooms

16 WED — **In Knit Together - Knitting/craft group**
1pm - 3pm | Age Concern Meeting Rooms

22 TUE — **Tea & Talks**
1pm - 3pm | Age Concern Meeting Rooms

24 THU — **Tech drop-in - Digital literacy sessions**
9.30am - 12pm | Age Concern Meeting Rooms

WEEKLY MONDAY — **Kōrero & Kai - Social connection in Halcombe**
11am - 1.30pm | Halcombe Community Hall

WEEKLY TUE & WED — **Shake, Rattle 'n' Roll - Dance exercise class**
1.30pm - 2.30pm | Community Leisure Centre, PN

WEEKLY MON - FRI — **Steady As You Go - Strength & Balance classes**
See back page for all times and locations

October

01 THU — **International Day For Older Persons**
The Age of Longevity: Rethinking systems for Longer Lives

06 TUE — **Men's Group - Pub Lunch**
1.30pm - 3.30pm | The Hilltop, Palmerston North

07 WED — **In Knit Together - Knitting/craft group**
1pm - 3pm | Age Concern Meeting Rooms

08 THU — **Tech drop-in - Digital literacy sessions**
9.30am - 12pm | Age Concern Meeting Rooms

13 TUE — **Tea & Talks**
1pm - 3pm | Age Concern Meeting Rooms

20 TUE — **Men's Group**
1.30pm - 3.30pm | Age Concern Meeting Rooms

21 WED — **In Knit Together - Knitting/craft group**
1pm - 3pm | Age Concern Meeting Rooms

22 THU — **Tech drop-in - Digital literacy sessions**
9.30am - 12pm | Age Concern Meeting Rooms

22 THU — **Staying Safe Driver Refresher - Ashhurst**
10am - 2pm | Call or email to register

27 TUE — **Tea & Talks**
1pm - 3pm | Age Concern Meeting Rooms

WEEKLY MONDAY — **Kōrero & Kai - Social connection in Halcombe**
11am - 1.30pm | Halcombe Community Hall

WEEKLY TUE & WED — **Shake, Rattle 'n' Roll - Dance exercise class**
1.30pm - 2.30pm | Community Leisure Centre, PN

WEEKLY MON - FRI — **Steady As You Go - Strength & Balance classes**
See back page for all times and locations

November

03 TUE — **Men's Group**
1.30pm - 3.30pm | Age Concern Meeting Rooms

04 WED — **In Knit Together - Knitting/craft group**
1pm - 3pm | Age Concern Meeting Rooms

05 THU — **Tech drop-in - Digital literacy sessions**
9.30am - 12pm | Age Concern Meeting Rooms

10 TUE — **Tea & Talks**
1pm - 3pm | Age Concern Meeting Rooms

17 TUE — **Men's Group**
1.30pm - 3.30pm | Age Concern Meeting Rooms

18 WED — **In Knit Together - Knitting/craft group**
1pm - 3pm | Age Concern Meeting Rooms

19 THU — **Tech drop-in - Digital literacy sessions**
9.30am - 12pm | Age Concern Meeting Rooms

24 TUE — **Tea & Talks**
1pm - 3pm | Age Concern Meeting Rooms

27 FRI — **Fun Day Friday - Live Stronger for Longer**
1pm - 2:15pm | Lido Aquatic Centre

WEEKLY MONDAY — **Kōrero & Kai - Social connection in Halcombe**
11am - 1.30pm | Halcombe Community Hall

WEEKLY TUE & WED — **Shake, Rattle 'n' Roll - Dance exercise class**
1.30pm - 2.30pm | Community Leisure Centre, PN

WEEKLY MON - FRI — **Steady As You Go - Strength & Balance classes**
See back page for all times and locations

