

# The Golden Connection Programme

June, July August 2023

All activities are at McFaddens Centre (64 McFaddens Rd)



## Key messages:

- Many thanks to all those who attended our planning session in April. What a fun afternoon that was for me discovering what you enjoyed most about Golden's and what you would like see in the future months. Hopefully you will see that I have taken your ideas on board and have started adding them into our schedule.

## Foot Clinics (By appointment) Cost \$15 - Monday mornings

We have fortnightly foot clinics, so if you would like to make an appointment or are unable to make your appointment, please give Maree a call so that we can book you into the next clinic. Please don't forget your hand towel - we do have some spares to lend to people, but it does increase our washing load if too many people forget.



## Strength & Balance - Fridays - 1.00pm at McFaddens Centre.

Low impact, circuit class designed to improve your balance, strength and mobility, whilst having fun. Followed by a cuppa & time to chat. If you haven't been, come along and join in a friendly group of people. Donation \$2.

For more information contact Sarah on 027 710 0042.



## 19 June—Pot luck Mid Winter Christmas 12.30pm

Cost \$2

Bring along a small plate of something to share and enjoy the festivities of the Season



## Movie & Toasties - July 3rd

@ 12pm for toasties, with movie / program starting at 1pm. Another request of a program will be shown. Which will it be this time??? Cost \$2 per toastie & \$2 Donation for movie



## Sing-a-Long - July 17

Cost—\$2

Come along & join in singing some good old songs, Afternoon tea to follow



## GAMES GAMES GAMES - July 31st

Cost \$2

Come along and enjoy an afternoon of fun. Many games on offer. Play an old favorite or learn a new one. Afternoon tea to follow



## Quiz Afternoon -14 August

Donation \$2

What will the subject matter be this time, and will you know the answers to some obscure puzzles. Come and join in with others for a time of fun and laughter



## Book Swap (something new)

August 28th 1pm Cost \$2

Come along with your books that you want to sell for \$1 each and purchase some new treasures from others. Maximum books to be brought by each person is 10. Come along even if you have no books to sell.



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