

The Golden Connection Programme
September, October, November 2023
All activities are at McFaddens Centre (64 McFaddens Rd)



Key messages: A great few months have passed

- The pot Luck mid winter Christmas: What an awesome afternoon of fun and so much food
- The sing-along with Aroha, what an amazing afternoon that was, a high light for me seeing so much enjoyment that was had.

Foot Clinics (By appointment) Cost \$15 - Monday mornings once a fortnight
Are you struggling to cut your toe nails and care for you feet. Make an appointment with me for a time of having your feet pampered by the wonderful friendly team in our Monday morning Clinic.



Strength & Balance - Fridays - 1.00pm at McFadden's Centre.

Don't lose your independence by lack of mobility. Come along and join in our Low impact, circuit class designed to improve your balance, strength and mobility, in a fun supportive environment. Having a cuppa & time to chat follows.
For more information contact Sarah on 027 710 0042.



Movie & Toasties - 11 September

@ 12pm for toasties, with movie starting at 1pm.
either come along for a surprise or contact Maree the week before to find out what the movie will be. Cost \$2 per toastie & \$2 for movie. Bring a

Bingo/Housie Afternoon—25 September 1pm

@1pm Cost \$2. Come along and win some delicious delights

Delicious Desserts— 9 October @ 1pm Cost \$5

Bookings essential—Come and enjoy an afternoon of fun and yummy food. Bring a Friend but don't forget to register for this event

Quiz 6th November –1pm Cost \$2

What is your trivia knowledge like?
Come along for an afternoon of fun and laughter followed by afternoon tea

Games Afternoon – 20 November 1pm Cost \$2

Come join us for an afternoon of fun and games. Rummikub is very popular at the moment. If you don't know it, we can teach you or you could choose another game from our selection.
Afternoon tea to follow

Don't forget to ensure that you have your New Newsletter for the Christmas and Holiday Season

Contact Information for Maree Tomsett: Phone: 355 6522 Mobile: 022 195 2589
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