

The Golden Connection Programme

March, April, May 2024

All activities are at McFaddens Centre (64 McFaddens Rd)



Foot Clinics (By appointment) Cost \$18- Monday Morning. Appointments essential

\$2 extra surcharge if you forget your towel -starting April.

Foot spa, toenail cut and foot massage with Morning tea.

Golden Connections Afternoon Programme

4 March	Quiz	\$2	What is your general knowledge like. Come and join a quiz team. Afternoon tea to follow Starting time 1pm
18 March	St Patrick's Day High Tea	\$5	Celebrate St. Patrick's Day with us. Wear something Green and enjoy some Yummy afternoon tea Start time 1pm
15 April	Games afternoon	\$2	Come Join us for a game of Scrabble, Rummikub or Cards, always followed by a Cuppa and something to eat. Start time 1pm
29 April	Fun with Color	\$2	Zelda will bring some colour into our day. Discover your talents. Start time 1pm
13 May	Toastie/Movie	\$2 + \$2	Come for lunch at 12pm for a toastie or two. Stay for the movie and Ice cream.
27 May	Wheel of Fortune	\$2	Have you seen this on TV. Come and join a team playing for chocolate

Contract – Maree – Goldens Coordinator 022 195 2589 if you have any questions

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