

Active Ageing Week 4 - 10 November 2019

Activities Programme for Waihi Beach

Have a go activities provided by: A Friends Place, Waihi Beach Community Centre and Library, 106 Beach Road, Waihi Beach.

Phone Trudy (07) 863 1215 for more information or visit A Friends Place Facebook Page. Sessions are \$5 each which includes free transport within the Waihi Beach area.

Tuesdays (Library open all day)

- 10.00am - 12.30pm: Discussion group, news and views
- 1.00pm - 3.00pm: Board games.

Wednesdays

- 10.00am - 12.30pm: Arts / Craft Group
- 12.30pm - 3.00pm: Music club.

Thursdays

- 10.00am - 12.30pm: Music workshop
- 1.00pm - 3.00pm: Card club (500).

Fridays (Library open all day)

- 1.00pm - 3.00pm: Manicures and pampering.

Have a go activities provided by: Sport Bay of Plenty. Bookings are essential. Some sessions have costs involved.

Wednesdays Community Tai Chi:

9.30am - 10.30am (weekly in school terms)

Come and meet Trish, as she takes you through a flow of gentle exercise movements, promoting lower body strength and balance. Beneficial to everyone as movements can be adapted for individual circumstances or health ability.

Contact Trish for more details 021 482 842. Classes held at Waihi Beach RSA, 99 Beach Road, Waihi Beach. \$5 per session or \$40 for the term.

Have a go activities provided by: Waihi Beach Library and Service Centre, 106 Beach Road, Waihi Beach. No bookings required. Sessions are free.

Tuesdays Drop-in Tech: 10.00am - 12.00noon (2nd Tuesday of the month)

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