

Luncheon Group

12pm - 2pm
2nd Thursday of the
Month

Eat your packed lunch with us, and enjoy a range of musicians & entertainers.

There is a trading table where you can buy books, preserves and all sorts of things and take part in raffles, celebrating birthdays and general chat.

Donation is a gold coin
Contact Raewyn Henderson
raewynhenderson1@gmail.com
Ph 410 4423

Activities Morning

10am - 12pm
3rd Tuesday of the
Month

Come along once a month to play boardgames, cards, rummikub.

Bring a friend and meet some new ones. Morning tea is provided.

Donation is Gold coin
Contact Margaret Pont
Ph 489 3176 or
027 2258893.

Dees Dementia Social Group

10am-2pm
Thursdays

Dees Group is a small friendly safe group for people with early to moderate dementia living in the community. The group offers a break for the family members & carers for 4 hours. The activities are indoor bowls, board games, bingo, & singing. Members bring a packed lunch but drinks are provided. We work hard to find the right solutions and activities for each member.

We recognise that our members and their carers need a supportive and understanding environment.

For further information contact
Please contact Margaret Pont
Ph 489 3176 or 027 225 8893 for
more details.

Born Again Bodies

**1-2pm
Wednesdays**

Regular physical activity promotes general good health, reduces the risk of developing many diseases, and helps you live a longer and healthier life. For many of us, “exercise” means walking, bowling, and other activities that give us a bit more huff and puff than we generally get. Often overlooked is the value of strength-building exercises. Once you reach your 50s and beyond, strength (or resistance) training is critical to preserving the ability to perform the most ordinary activities of daily living - even just getting up from a chair or toilet — far less maintaining an active and independent lifestyle. The low key exercise group which meets on Wednesdays helps keep those abilities. Charge \$7.00

*For further information contact
Gary Syme aandgsyme@xtra.co.nz
Ph 479 2212*

Conversations In The English Language

**1-2.30pm
Wednesdays**

Do you want to get better at speaking and understanding English? If yes, we invite you to join us to come and talk in English with a small friendly group of New Zealanders over a cup of tea.

Come and connect with us. We are a very informal and friendly group with a lot of good humour. We have people join us who have come to New Zealand from many different countries including China, Korea and Japan. All Welcome

Just turn up or ring Grace Liu 021 048 7978 or Stewart Milne 027 293 8499

Suffering from Cabin Fever and need to be with people?

Join in any of these
activities.

All Welcome

**Mairangi & Castor Bay
Presbyterian Church**

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Email office@bayspc.nz

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Margaret Pont:
027 225 8893