



**Walking Group - Tuesdays @ 10am.** (3rd, 10th, 17th & 24th November, 1st & 8th December) Meet at the Church, 64 McFaddens Rd. Gold coin donation.

Last walking group for 2020 is 8th December.

**Pathways - Wednesdays @ 10.30am.** (1st Weds of each month - 4 Nov, 2 Dec, none in January)  
Old familiar hymns, with a message and prayer followed by a cup of tea or coffee. At the Church, 64 McFaddens Rd.

### November Golden Programme - Mondays

- 2 Nov **Foot Clinic** by appointment. \$15. Bring a hand towel.  
9 Nov **Speaker** - Banking into the Future & how to avoid being taken in by scams.  
10.30am with a morning team before the speaker.  
16 Nov Soup & Rolls @ 12pm followed by **Games/Crafts** at 1pm. \$2 koha/donation  
23 Nov **Foot Clinic** by appointment. \$15. Bring a hand towel.  
30 Nov Toasties @12pm followed by **Movie** at 1pm. \$ 2 koha/donation

### December Golden Programme - Mondays

- 7 Dec **Christmas Meal @ 12pm** 2 course meal at the Church. \$20 Bookings essential.  
Come and join us in celebrating Christmas and all that happened during 2020.  
14 Dec **Foot Clinic** by appointment. \$15. Bring a hand towel.

**No programme after 14 December until 11 January**

### January 2020 Golden Programme - Mondays

- 11 Jan **Foot Clinic** by appointment. \$15. Bring a hand towel.  
18 Jan **New Year's picnic @ 12pm** at Abberley Park (If wet, indoor picnic at the Church, 64 McFaddens Rd. Bring own picnic lunch. RSVP to Dawn.  
25 Jan Toasties @ 12pm followed by **games/crafts**. Bring own craft. \$2 koha/donation

### Important information regarding Covid-19 levels

Over the next few months we are unsure what Covid-19 level we may be in any given week. In order to be able to respond to protect your safety and that of others, we ask the following:

- ◆ If you are sick please stay home.

If we are in **level 1** - activities will continue as normal, making sure we take note of attendances.

If we are in **level 2** - we can continue the programme with the following changes:

- ◆ We are unable to serve food, so no toasties, soup & rolls, biscuits, sandwiches etc, however we can still serve tea and coffee. The meal will still go ahead.
- ◆ Must stay 1 metre apart, or mitigate the risks by wearing a mask. This means that everyone who comes to the foot clinic, or travels in the bus or van will need to wear a mask.
- ◆ Games will need to look a bit different so we are not all handling the same equipment.

If we are in **level 3** - **There will be no programme operating.** Please contact me if you require any assistance to get shopping etc.

Contact Information for Dawn Hastings:

Phone: 355 6522 ext 112

Mobile: 027 7100022

Email: [cdw@nht.org.nz](mailto:cdw@nht.org.nz)