

The Golden Connection Programme

June to August 2025

All activities are at McFaddens Centre (64 McFaddens Rd)



Foot Clinics (By appointment only – contact details below) Cost \$20- Monday Morning.

Bring a towel.

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

Golden Connections Afternoon Programme

9th Jun 1:00pm	Quiz	\$2	This month there are a couple of public holidays: King's Birthday (2 nd) and Matariki (20 th). Come along for a general knowledge quiz related to these themes. Cuppa and afternoon tea to finish.
23rd Jun 1:00pm	Board Games	\$2	Come and play a range of board games. There's Rummikub, Scrabble, Bananagrams, and a bunch of other games if you're feeling adventurous. Cuppa and afternoon tea to finish.
7th Jul 12:00pm	Meal – mid-winter Christmas	Cost \$15	Come in from the cold of winter and enjoy a heart-warming meal with a Christmassy theme. Dress up if you like. Numbers will be limited so you will need to book. Bookings close 3rd July.
21st Jul 1:00pm	Speaker ~ Lauren Moulton (The Loft)	\$2	Lauren is a Community Connector from The Loft at Eastgate, Christchurch. The Loft is a collaborative hub where agencies work together to remove barriers, ensuring people can easily access the care and support they need. Cuppa and afternoon tea to finish.
4th Aug 1:00pm	Quiz	\$2	Today's quiz theme is 'A for August'. A general knowledge quiz on all things August, or things starting with the letter A. Cuppa and afternoon tea to finish.
18th Aug 10:00am	Trip – Air Force Museum	\$5	\$5 is to join the 'Behind the Scenes' tour of the museum. You might like to bring some extra \$\$ for a cuppa in the café afterwards.

Contact – Don – Goldens Coordinator **027 956 9202** 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.