

The Golden Connection Programme

September to December 2025

All activities are at McFaddens Centre (64 McFaddens Rd)



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

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

Bring a towel.

Golden Connections Afternoon Programme

1st Sep 12:00pm	Movie ~ “Red, White and Brass”	\$2 plus	Have a toastie or two for lunch at 12:00pm. Cost is \$2 per toastie, and \$2 extra if you’d like an ice cream during the movie.
15th Sep 1:00pm	Board Games	\$2	Come and play a range of board games. Cuppa and afternoon tea to finish.
29th Sep 1:00pm	Speaker ~ Problem Gambling Foundation	\$2	A speaker from the Problem Gambling Foundation coming to chat about gambling harm. Cuppa and afternoon tea to finish.
13th Oct 12:00pm	Meal ~ Show your true colours.	\$15	Might be regional colours of where you come from, or a sports team you follow, or something else. Bookings are essential. RSVP by Monday 6th October.
3rd Nov 1:00pm	Quiz ~ Get ready for Christmas.	\$2	Yeah it is a bit early for Christmas, but it is our last quiz of the year so it’s a good opportunity to prepare for the season. Cuppa and afternoon tea to finish.
24th Nov 10:00am	Trip ~ ‘Uraidla’ home and garden tour	Koha for MND	We’ll visit the home of a local couple who will prepare a morning tea followed tour of their home & garden. Proceeds go to the Motor Neurone Disease charity. Maximum 14 people.
1st Dec 12:00pm	Movie ~ TBC	\$2 plus	Have a toastie or two for lunch at 12:00pm. Cost is \$2 per toastie, and \$2 extra if you’d like an ice cream during the movie.
15th Dec 1:00pm	Carols and afternoon tea	\$2	Warm up your vocal chords for some carol singing. Cuppa and afternoon tea to finish.

Contact Don – Goldens Coordinator, on **027 956 9202** or golden@nht.org.nz

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.