

The Golden Connection Programme

January to May 2026



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

2nd Feb 1:00pm	Quiz ~ General knowledge	\$2	Let's get those brains ticking by kicking off the year's program with a quiz. 10 rounds of 10 questions. Finish with a cuppa and some afternoon tea.
16th Feb 10:00am	Trip ~ Cockayne Garden	\$5	Cockayne Garden is a native garden in the Botanical Gardens. We will have a guide take us around the Cockayne Garden, which is a native plant area. It costs \$5 for the tour. If you wish to come in our van (max 10 people in the van), then bring a gold coin to help with transport.
9th Mar 12:00pm	Toasties & Movie 'Goodbye Christopher Robin'	\$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. We'll be showing Goodbye Christopher Robin.
23rd Mar 12:00pm	Meal ~ St Patrick's theme.	\$15	Enjoy a meal together with the theme of St Patrick's Day. Wear the colours if you wish. RSVP by Monday 16th March.
20th Apr 1:00pm	Speaker ~ Eldernet	\$2	Come and hear Esther Perriam talk about Eldernet – a group who work on providing essential information for older people. Followed by a cuppa and afternoon tea.
11th May 1:00pm	Board Games	\$2	Come and play a range of board games. 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.