

The Golden Connection Programme
late May to August 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

18th May 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 for an ice cream during the movie. Movie starts 1:00pm
8th Jun 1:00pm	Quiz ~ General knowledge	\$2	Let's keep those brains ticking with another 10 rounds of 10 questions. Finish with a cuppa and some afternoon tea.
22nd Jun 12:00pm	Meal ~ Mid-winter Christmas theme.	\$15	Enjoy a meal together with the theme of Mid-Winter Christmas. Get dressed all Christmassy if you wish. RSVP by Monday 15th June.
13th Jul 1:00pm	Board Games	\$2	Choose from a range of board games, followed with a cuppa and afternoon tea
Fri 24th Jul 11:00am	Trip ~ Kate Sheppard House & Garden tour	\$15 or \$20	Note this is a Friday, not a Monday. \$15 if you have a Gold Card, otherwise \$20. Maximum of 20. Gold coin if coming in van. RSVP by Friday 17th July. No bookings after this date.
10th Aug 1:00pm	Speaker ~ Adam Mace	\$2	Come and hear Adam, a hearing therapist from Your Way Kia Roha. Followed by a cuppa and afternoon tea.
24th Aug 12:00pm	Toasties & Movie 'Suffragette'	\$2 plus	Have a toastie or two for lunch at 12:00pm. Cost is \$2 per toastie, and \$2 extra for an ice cream during the movie. Movie starts 1:00pm
31st Aug 1:00pm	Quiz ~ General Knowledge	\$2	Another 10 rounds of 10 questions to keep your brains sharp. 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.