

The Golden Connection Programme

September to December 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

Fri 25th Sep 10:30am	Trip ~ Village Arts Centre	FREE	Note this is a Friday, not a Monday. Bring gold coin if coming in our van. Van numbers limited to 9. RSVP by Fri 18th Sept.
5th Oct 1:00pm	Speaker ~ Natalie Wiki Arapeta	\$2	Come and hear Natalie, manager of SuperGrans SuperSkills. Finish with a cuppa and some afternoon tea.
12th Oct 12:00pm	Meal ~ 'Favourite Hat' theme.	\$15	Enjoy a meal together and come with a favourite hat if you wish. Could have a story or memory behind it, or just be something bright, beautiful or whacky. RSVP by Mon 5th Oct.
2nd Nov 12:00pm	Toasties & Movie 'Beautifully Broken'	\$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.
23rd Nov 10:30am	Trip ~ Paris for the Weekend – Café in Kaiapoi	\$10 - \$30	Enjoy a trip to this Kaiapoi Café by the river. Cost will depend on what you decide to buy in the café. Bring extra gold coin if coming in our van. Van numbers limited to 9. RSVP by Monday 16th November.
7th Dec 1:00pm	Speaker ~ Jackie Foulkes	\$2	Come and hear Jackie from Hato Hone St John talk about their services. Followed by a cuppa and afternoon tea.
14th Dec 1:00pm	Carols and afternoon tea	\$2	Finish the year with some carol singing and afternoon tea to follow.

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.