

AUGUST 2019

# THE ONE PAGER

News and current events bulletin • Age Concern Hamilton & Celebrating Age Centre



## MEMBER LOUNGE UPDATE

A wonderful morning of drumming was enjoyed by almost 20 members thanks to Nathan and Amanda from African Drumming. They entertained us as well as got everyone learning 'base' and 'tone' on drums provided. There was much laughter and frivolity, lack of coordination, however in the end, great sounds were made.

Join us in the Members Lounge on Friday 30th August at 11.30am to learn more about where we come from.

'NZ Society of Genealogists' Christine Barbour and Maureen Cassey, will show us practical ways on how to find our family roots in New Zealand and overseas.

### Waikato Regional Council's **TOTAL MOBILITY SCHEME**

We are an agent for the Total Mobility Scheme. TMS provides subsidised taxi and Driving Miss Daisy fares. For \$25, we can arrange for one of our qualified assessors to come to your home within the Hamilton or Waipa areas to do an assessment. Call 07 838 2266 for more information.

## FRIDAY SEMINARS

9.30-11am every Friday

- 16 Aug – Visit the Hamilton Zoo
- 23 Aug – Day in the Life of a Café Owner
- 30 Aug – Momentum Waikato
- 6 Sept – Intergenerational Event – Hamilton Library
- 13 Sept – Day in the Life of a Funeral Director
- 20 Sept – St John services
- 27 Sept – Age Concern AGM with Ellie Wilkinson, Multicultural services

## WEEKLY FIXTURES

### MON

- 9.30-10.15: Zumba Gold
- 10.00-11.30: Greypower Seminar (no charge)
- 10.30-12.00: Tai Chi

### TUE

- 9.30-10.30: Strong and Stable

### WED

- Chinese Golden Age Society

### THURS

- 10.00-11.00: Upright and Active
- 1.00-2.30: Tai Chi
- 1.00-3.00: U3A French

### FRI

- 9.30-11.00: Friday Seminar
- Most activities have a small cost component*



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