



RGM Classes

Wednesdays 10.30am - Merrilands Domain Hall

Christmas Closure

Last Session - 10 December 2025
Sessions Resume - 14 January 2026



Steady As You Go ©

Fall Prevention Exercise Classes
Summer 2025/2026 Close Down Dates



LIVE FOR STRONGER LONGER
PREVENT FALLS & FRACTURES

Time	Monday	Tuesday	Wednesday	Thursday	Friday
09:15					Senior Citizens Hall 53 Juliet Street Stratford Final Session: 15th Dec Return: 23 rd Jan 2026
09:30	Hempton Hall 72 Carthew Street Ōkato Final Session: 3 rd Nov Return: 19 th Jan 2026				
10:00	The Barnabus Centre 141 Tasman Street Ōpunake Final Session: 15th Dec Return: 19 th Jan 2026			All Saints Anglican Church 88 King Edward Street Eltham Final Session: 18th Dec Return: 12 th Feb 2026	
10:15		Presbyterian Church Hall 35 Argyle Street Hāwera Final Session: 16th Dec Return: 13 th Jan 2026	Gibson Memorial Hall 48 Tauhuri Street Manaia Final Session: 10th Dec Return: 14 th Jan 2026		
10:30	Northpoint Baptist Church 116 Mangati Road Bell Block Final Session: 15th Dec Return: 19 th Jan 2026	St Mary's Peace Lounge 37 Vivian Street New Plymouth Final Session: 9th Dec Return: 26 th Jan 2026	Inglewood United Church 30 Brown Street Inglewood Final Session: 17th Dec Return: 14 th Jan 2026		
11:00					Disabled Citizens Craft Centre 83 Hine Street New Plymouth Final Session: 5th Dec Return: 13 th Feb 2026

Newcomers Welcome!

Contact Age Concern Taranaki on 06 759 9196 Or free phone 0800 65 2 105 to find out more www.ageconcerntaranaki.org.nz

Join us... we welcome your subscription for year 2025/26

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AGE CONCERN TARANAKI

He Manaakitanga
Kaumātua Aotearoa

December 2025

Contact us

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0800 65 2 105

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Taranaki Mail Centre
New Plymouth 4340

Visit us

NEW PLYMOUTH
33 Liardet Street
9.30am - 1.30pm
Monday to Friday

HAWERA
35 Argyle Street
By appointment

ACT Board

Sam Bennett - Chair
Peter Ertel - Vice Chair
Alison Brown Bobbi Milne
David Gibson Annabel Dent
Denise Loveridge
Raana Solomon
Diana Coles



"Merry Christmas from us all..."



Richard's special morning
Drop in Cafe

*"Pop in to enjoy
a cuppa and some
Christmas cake!"*

Tuesday 23rd Dec 9.30-11.30
Tuesday 30th Dec 9.30-11.30



OFFICE HOURS

Closing

Friday 19 December

Opening

Monday 12 January

