

# SUMMER ACTIVITY PROGRAMME FOR SENIORS

18 February - 27 March 2019

## Come join us for FREE!

The Summer Activities Series for Seniors kicks off on 18 February. Over the course of the following six weeks there is a range of activities in a number of locations across the region, including Nelson, Stoke, Richmond, Motueka and Golden Bay. Bookings are not required, simply turn up and enjoy. Full details are listed below:

Date	Time	Activity	Location	Meeting Point
Mon 18 Feb	10am – 11am	Tai Chi	Victory Square, Nelson	Meet near the playground
Wed 20 Feb	10-11.30am	Guided Walk	Maitai Walkway, Nelson	Meet at Miller's Acre Car Park
Thu 21 Feb	10-11.30am	Sing-a-long in the Park	Washbourn Gardens, Richmond	Meet at the Fuchia House
Fri 22 Feb	10-11.30am	Guided Walk	Inlet Walkway, Motueka	Meet at the Motueka Community Gardens
Mon 25 Feb	10am – 11am	Tai Chi	Broadgreen Gardens, Stoke	Meet Outside Broadgreen House
Wed 27 Feb	10-11.30am	Heritage Walk	Miyazu Gardens, Nelson	Meet at the carpark off Atawhai Drive
Fri 1 Mar	10-11.30am	Edible Walk	Orphanage Stream Walk	Saxton Road East by Covent Drive - where walkway commences
Mon 4 Mar	10-11am	Tai Chi	Miyazu Gardens, Nelson	Meet at the carpark off Atawhai Drive
Wed 6 Mar	10-11.30am	Guided Bike Trail	Richmond Estuary Trail, Richmond	Meet with bikes at carpark just before ASB Aquatic Centre
Fri 8 Mar	10-11.30am	Mobility Scooter Guided Trail	Stoke Railway Reserve, Stoke	Meet at entrance almost opposite Bunnings
Mon 11 Mar	10am – 11am	Tai Chi	Washbourn Gardens, Richmond	Meet at Fuchsia House
Wed 13 Mar	10-11.30am	Heritage Walk	Isel Park Tree Walk	Meet in front of Isel House
Fri 15 Mar	10-11.30am	Guided Bike Trail	Monaco Loop Bike Trail	Meet at Humpback Bridge by Nelson Airport
Mon 18 Mar	10-11am	Tai Chi	Founders Park, Nelson	Meet at the Village Green in the centre
Wed 20 Mar	10-11.30am	Guided Walk	Te Waikoropupu Springs, Golden Bay	Meet at the Carpark
Fri 22 Mar	10-11.30am	Edible Walk	Stoke Railway Reserve, Stoke	Meet at Standish Place, off Main Road Stoke
Mon 25 Mar	10-11am	Tai Chi	Botanical Reserve, Nelson	Meet at Milton Street next to clubhouse
Wed 27 Mar	10-11.30am	Sing-a-long in the Park	Anzac Park, Nelson	Meet in the centre of the park

For more information or cancellations see [www.facebook.com/ageconcernnelsontasman](http://www.facebook.com/ageconcernnelsontasman) or phone Age Concern Nelson Tasman on (03) 544 7624 or email [community@ageconcernnt.org.nz](mailto:community@ageconcernnt.org.nz)