



MANCHESTER HOUSE  
TE WHARE O MANCHESTER

SENIOR HUB  
06 323 2410

# What's on November 2024



## Manchester House Senior Hub

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Feilding

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#manchesterhouseseniorhub

*Sponsored by*

**Alexander  
House**

REST HOME

To Make Their Day Everyday

Ph. 06 323 9326

# Feilding Senior Hub November

**Tuesday Morning:** 9.15am Make-a-move aerobics class 10.30am Low Impact exercise class. Coffee afterwards. 11am – 2pm Senior-net, tech help. Bookings required.

**Tuesday Afternoon:** 12.30pm Art & craft afternoons. \$3pp

**Wednesday Morning:** Every wed 11.30am- Seated Body Balance exercise class \$3pp 6th Nov at 9.30am – Bingo \$3per card. 13th Nov at 9.30am – Gardening group meeting \$3pp. 20th Nov at 9.30am – Monthly Quiz! \$5pp Coffee & nibbles supplied. 27th Nov at 9.45am– Seniors Movie morning at Focal point cinema

**Thursday Morning:** 9.15am Make-a-move aerobics class \$3pp 10.30am Low impact Exercise Class. Coffee & chat afterwards \$3pp.

## Seniors Seated Body Balance.

A mix of Breathing, stretching & light muscle work.

Wednesdays 11.30am  
\$3pp

## Seniors Movie Morning & coffee

"Thelma"

Focal Point Feilding

Only 40 places available  
please book with us.

27th Nov 9.45am

**\$17 per ticket**

Includes - coffee &  
morning tea

## LAST QUIZ for the year!

20th November

9.30am Start

\$5pp

Great fun, coffee and nibbles provided.

## Gardening Group

13th November 9.30am  
\$3pp

Last meeting for the year!

Only \$3 per card

## BINGO!

Wed 6th 9.30am  
Lots of fun and prizes  
Come Join us!

## Exercise Classes!

Make-a-move aerobics class 9.15am Tues & Thurs

Low Impact 10.30am Tues & Thurs