Parkinson’s Bay of Plenty - Exercise Classes and Group Meetings
For the Month of September, 2019

TAURANGA EXERCISE CLASSES
10.30am on Fridays at Tauranga Citizens’ Club, Corner Cameron Road and 13th Avenue, Tauranga. Class is run by a registered Physiotherapist.
Next Classes: 6th, 13th, 20th, 27th September
NB: NO EXERCISE CLASS 6th September because of the Seminar

PAPAMOA EXERCISE CLASSES
10.30am on Mondays at Papamoa Recreational centre, Alice Lane, off Parton Road, Papamoa. Class is run by a registered Physiotherapist.
Next Classes: 2nd, 9th, 16th, 23rd September
NB: NO EXERCISE CLASS 30th September (School Holidays)

KATIKATI EXERCISE CLASS
10.00am on Thursdays at Summerset by the Sea, 181 Park Road, Katikati. Class run by a fitness instructor. Cost $6-00 per session to help cover costs of fitness instructor.
Next Classes: 5th, 12th, 19th, 26th September

WHAKATANE WELNESS CLASS
10.00am on Wednesdays at Knox Presbyterian Church Hall, 80 Domain Road, Whakatane. Gold coin donation/koha to cover hall hire costs.
Next Classes: 11th, 18th, 25th September

CARERS MEETINGS
All carers are welcome to attend these meetings.
Tauranga – 10.30am on first Friday of the month, at Tauranga Citizens’ Club, Corner Cameron Rd and 13th Avenue, Tauranga.
Next Meeting: Friday 13th September
NB: Please note change of date
Papamoa – 10.30am on third Monday of the month at Pacifica Garden Centre, Tara Road, Papamoa.
Next Meeting: Monday 16th September

UPBEAT – UNDER 65’s MEETING
For those who have Parkinsonism and their spouse/partner under 65 years.
Carers only meeting
Next Meeting: 4th September, from 7.00pm to 9.00pm, Alzheimer’s Rooms, 116 13th Avenue, Tauranga

PWP only meeting
Next meeting: No meeting in September

Everyone together meeting
Next Meeting: No meeting in September

MEN ONLY GROUP
Next Meeting: October, 2019

KATIKATI BRAIN WAVES GROUP
2.00pm every second Tuesday in the dining room by the lift at Summerset by the Sea, 181 Park Road, Katikati. Everyone is welcome. Gold coin donation to cover afternoon tea costs.
Next Classes: 3rd, 17th September, 1st October

TAURANGA BRAIN WAVES GROUP
9.45am on Wednesdays at Greerton Senior Citizens’ Hall, Maitland Street, Maitland Street, Greerton, Tauranga.
Next Classes: 4th, 25th September
NB: NO CLASSES 11th, 18th September

TAURANGA RED TULIP MEETINGS
For all members, carers and interested persons. 1.30pm at Senior Citizens’ Club, Maitland Street, Tauranga.
Next Meeting: 8th October
NB: No meeting in September, because of Seminar on 6th September

KATIKATI RED TULIP MEETINGS
For all members, carers and interested persons. 10.00am at Summerset by the Sea, 181 Park Road, Katikati. Guest speaker will be from Katikati Library.
Next Meeting: Wednesday 18th September

WHAKATANE LUNCHEON
1st Wednesday of the month. Luncheon is at The White House 8B Thornton Road, Whakatane at 12 midday. Everyone is welcome.
Next Meeting: Wednesday 4th September

WHAKATANE RED TULIP MEETINGS
Next Meeting: To be arranged

Upcoming Events
1. Seminar, Friday 6th September, 2019
2. PAG meeting Monday 9th September
3. Walk for Parkinson’s, Sat 12th October
4. Christmas luncheon, 3rd December, at 12 noon, Oak Tree Restaurant, Tauranga RSA. Cost $21-00 per person. Contact Joeline 573 5668 to register attendance.

Community Educators
Glennis Best: 021 840 808
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North Western Bay of Plenty
Julie Meekel: 027 262 323
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