

2019 SENIOR REGIONAL GAMES

SEPTEMBER EVENTS

MONDAY RĀHINA	TUESDAY RĀTŪ	WEDNESDAY RĀAPA	THURSDAY RĀPARE	FRIDAY RĀMERE	SATURDAY RĀHOROI	SUNDAY RĀTAPU
• Social Badminton 30	 REMEMBER TO BOOK BY EMAIL OR PHONE FOR SELECTED EVENTS!					• Walking & Tramping Club 1
• Social Badminton 2	• Social Indoor 'Have A Go' 3 • Forest and Bird Planting Sessions	• Diabetes Exercise Class 4 • Indoor Bowls	• Senior Preparedness Session 5	• Parkinsons Exercise Class 6 • It's Write Easy • Dog Training Club Open Day	7	• Paint and Pour 8 • Walking & Tramping Club
• Rāranga - Maori Weaving 9 • Social Badminton	• Social Indoor 'Have A Go' 10 • Forest and Bird Planting Sessions	• Diabetes Exercise Class 11 • Indoor Bowls	• Downton Abbey 12	• Parkinsons Exercise Class 13 • It's Write Easy	• GOLD: 4 Wheel Drive Tour 14	• Walking & Tramping Club 15
• Social Badminton 16	• Social Indoor 'Have A Go' 17 • Forest and Bird Planting Sessions	• Diabetes Exercise Class 18 • Indoor Bowls	• Stitch In 19	• Beginners Tai Chi Class 20 • Parkinsons Exercise Class • It's Write Easy • Dog Training Club Open Day	21	• Walking & Tramping Club 22 • 500 Card Club
• Social Badminton 23	• Social Indoor 'Have A Go' 24 • Forest and Bird Planting Sessions	• Diabetes Exercise Class 25 • Indoor Bowls	• Pedal Ready Cycle Confidence 26	• Parkinsons Exercise Class 27 • It's Write Easy • Trivia Master Quiz	28	• Walking & Tramping Club 29

REGULAR EVENTS

- **Arthritis Exercise Class**, 1pm, Mondays at The Exercise Studio
- **Y's Fit**, 9.30am, Tuesdays and Thursdays at YMCA Upper Hutt
- **Petanque**, 10.15am Tuesdays and 1.15pm Fridays and Sundays at Maidstone Park
- **Expressions Live**, 1pm, second Tuesday of the month at Expressions Whirinaki
- **Unscripted**, 1.30pm, second and fourth Tuesday of the month at Upper Hutt Central Library
- **Everactive**, 10.45am, Tuesdays and Thursdays at Lifestyle Gym
- **Knit and Knatter**, 10am, Thursdays at Upper Hutt Central Library
- **Upper Hutt Ukes**, 5pm, Thursdays at Upper Hutt Central Library
- **Nordic Walking**, 12.30pm, Mondays at Maidstone Rugby Clubrooms
- **Late Night Sound Bite**, 7pm, last Thursday of the month at Expressions Whirinaki
- **Darts**, 7pm, Thursdays at Upper Hutt Darts Club
- **Seniors Hydro Classes**, 10.30am, Mondays and Wednesdays at H₂O Xtream

For more information go to upperhuttcity.com/SRG or contact the Activation team at activation@uhcc.govt.nz or on (04) 527 2857