



- ◆ Private well equipped gym available to all Octagon Club and Age Concern Otago members.
- ◆ Room hire available for small or large groups, ideal for seminars, meetings & private functions.

*Age Concern Otago promotes wellbeing, rights, respect, and dignity for older people*

**Advocacy, Education, Information,  
Resources and Services available at  
Age Concern Otago**

**Active Ageing Centres**

- Octagon Club
- Mosgiel Seniors
- South Dunedin Seniors

**Accredited Volunteer Visitor Service**

**Falls Prevention programmes**

**Elder Abuse Response Service &**

**Health Promotion programmes & projects**

**ORC Total Mobility Scheme**

**Meals on Wheels delivery**

**Information Hub** - A library of information, and experienced staff to help with questions about ageing.

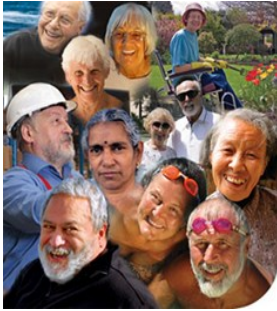
**Call or visit us for further information or  
Visit our website at [ageconcernotago.com](http://ageconcernotago.com)**



**The Octagon Club**  
**Ph 03 479 3057**  
**E: [agecon@ageconcernotago.co.nz](mailto:agecon@ageconcernotago.co.nz)**  
**9 The Octagon, Dunedin 9016**  
**PO Box 5355 DUNEDIN 9058**



The Octagon Club provides people over 55 an opportunity to remain active, have fun and attend activity groups of interest.



Promotes an opportunity for members to remain connected and for friendships to grow.

PLEASE CHECK THE NOTICEBOARD AT THE CLUB FOR DETAILS OF EXTRA ACTIVITIES OR THE WHAT'S ON ON AGE CONCERN OTAGO'S WEBSITE

Monthly Book Chat is an opportunity to share a loved book, discuss and chat about what you have read recently.

Variety concert, 3rd Wednesday of each month by local entertainers. Afternoon tea and raffles included.

The Octagon Club social group have monthly outings which may include attending live theatre or films, social dining and shopping trips that include lunch. For more details contact **Dorothy Ph 488 1395**

**Regular bus trips and annual 5 day holiday adventure**

## Everybody is welcome at the Octagon Club

### Octagon Club scheduled activities for 2018

Monday	Time	Contact	Phone
Gym Class	10.30 am – 11.30 am	Margaret Wooffindin	482 2058
Ukulele Choir	1.00 pm – 2 pm	Kristen	479 3054
Walking Group	1.00 pm – 4.00 pm	Rose Hines	454 5236
Tuesday			
Social Art & Crafts	10.00 am – 12 noon	Esther Bartosh	477 6026
Bowls	10.30 am – 12.00 noon	Merilyn Mutch	489 0306
Line Dancing - Beginners	1.15 pm – 1.30 pm	Eleanor Edington	476 2720
Line Dancing	1.30 pm – 2.30 pm	Eleanor Edington	476 2720
Lunch & Food Share	12 noon - confirm order & if attending by 11 am		
Wednesday			
Gym Class	10.30 am – 11.30am	Margaret Wooffindin	482 2058
Steady As You Go®	10.30 am – 11.30 am	Margaret Dando	47903052
Concerts (3rd Wednesday of month)	1.30 pm - 3.00pm	Rose Hines	454 5236
Friday			
Bowls	10.30 am - 12.00 noon	Merilyn Mutch	489 0306
Body-Beat	10.30 am - 11.30 am	Jean Russell	456 2458
Tai Chi	2.30 pm – 3.30 pm	Gwen Wilson	455 6046
Lunch & Food Share	12 Noon - confirm order & if attending by 11 am		

Annual Octagon Club subscription \$25.00 or Age Concern Otago & Octagon Club subscription of \$30

