



Swing Your Poi – poi movement for seniors

Come along and join our FREE poi sessions

A fun gentle group activity with light refreshments

**Dates: Monday 01 Oct, Thursday 04 Oct
Monday 08 Oct, Thursday 11 Oct
Monday 15 Oct, Thursday 18 Oct**

Time: 12pm – 1.30pm

Where: Ranui Community Centre

To register:

Phone: 09 8326048

Email: housecoord@ranui.org.nz

**Or call into our office: Ranui Action Project
476 Swanson Road
Ranui**