

enliven

PRESBYTERIAN SUPPORT
SOUTH CANTERBURY

Te Pokapū (the Hub)

Mon – Fri

9:00am to 4:00pm



Over 65?

Enliven Te Pokapū

offers social connection,
companionship and fun
times.

Discover how **Te Pokapū**
can brighten up your day...

Contact Enliven Te Pokapū

P: (03) **687 1114**

E: TePokapu@pssc.co.nz

W: www.pssc.org.nz

Enliven Te Pokapū (the Hub)
Park Centre, Timaru Botanic Gardens,
20 Queen Street, Timaru

The Presbyterian Support South Canterbury Enliven Te Pokapū (the Hub) provides companionship, support and care for older people living in our community. In a friendly, relaxed and welcoming environment, **Te Pokapū** offers:

- a fun place to socialise with others, build new friendships and share old times
- group outings to interesting places
- a supportive, disability-friendly environment
- interesting and enjoyable recreational activities based on your interests
- personally tailored programmes to help you keep physically active
- time out for carers
- nutritious two-course meal (included)
- qualified, specialist staff
- a warm welcome to friends and family at any time.

Give Enliven Te Pokapū a try.

Subsidies may be available, private payers also welcome.

Saturday Club Day Activity Programme

Our Saturday Club Day Activity Programme, designed for clients diagnosed with dementia, is run by qualified and experienced staff. To find out more, please contact Caro Sexton-Phillips on 03 6871120 or Carolyn.Sexton-Phillips@pssc.co.nz