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The MS Waikato Trust supports people affected with Multiple Sclerosis and allied neurological conditions; the MS Waikato Trust is affiliated with the MS Society of New Zealand. If you would like further information on our services, please contact us:

**Life Unlimited Building
20 Palmerston Street
PO Box 146, Hamilton 3240**

Ph: 07 834 4740

mswaikato@mswaikato.org.nz

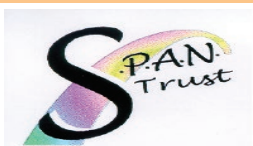
Liz - 07 834 4741

Karen - 07 834 4742

Tracey - 07 834 4745

Janet - 07 834 4740

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Avril – Proud of her Effort



Avril at Bluff



It's taken 14 years but in March this year Avril Proud has finally `been and gone and done it` and has the T-shirt to prove it – well 14 to be exact!

The `it` is The Great New Zealand Trek – a trek on horse- back, bicycle or foot from Cape Reinga at the top of the North Island to Slope Point at the bottom of the South Island. The event evolved from a local fundraiser organised by MS Auckland involving circular routes in the Coromandel. The Great New Zealand Trek route from top to bottom of New Zealand consisted of 14 (8 in the North, 6 in the South) seven day treks with one trek a year. Participants in the event paid a trek fee plus a donation that would go to the Malaghan Institute for Medical Research to find a cure for MS (around \$35,000 - \$40,000 was raised each stage). The first stage from Cape Reinga to Kohukohu took place in 2006.

We last spoke to Avril in 2013 at the completion of the North Island

leg of the Trek. Avril – a life-long horse enthusiast (she has an owner-trainer licence) travelled the North Island on horseback and rated the 4th stage from Port Waikato to Kawhia as her favourite for the whole journey as she rode her favourite horse – ex jumper `In Ore Out` (Alf).

Avril, who has relapsing/remitting MS says the South Island leg of the trek was quite an adventure having to cope with floods and “horrendous” frosts around Mt Cook. To be fair Avril says the last leg of the journey was near perfect weather. The logistics of shipping a horse to the South Island meant she completed the southern leg on foot – “although I may have hitched the odd ride on a horse along the way”. Just getting to the last stage from Tapanui to Slope Point was an adventure in itself. “I rescued a blown-up campervan and along with some friends we nursed it along to the starting point”.

With each stage of the trek, about 250 people took part with around

Avril – Proud of her Effort cont...

100 volunteers; over the 14 years over 1000 people were involved. “The volunteers were fantastic,” says Avril. “We wouldn’t have been able to do it without them”. “They would travel ahead of us and set up the campsite, do the cooking and pack up the next day and move on to the next site”. “In fact the whole organisation was great. We always felt safe and secure. Volunteers waited for the last participants to come through certain points and provided assistance where required.” And how did the MS affect you? “Fatigue and cramps were the worry for me. You had to make sure you stayed hydrated.”

Of course, after 14 years Avril made many friends. “Well they are more like family now,” she says. “We all supported each other and I probably wouldn’t

have finished without their help.” Avril was one of 55 people to complete all 14 stages and they were presented with a plaque commemorating the feat. So what now? Avril retired last year and runs an Airbnb on her property out the back of Te Kuiti. There is a trip down to Dunedin to see Elton John next year to look forward to and then there’s the Games. The Games? Avril likes to compete in the Masters Games (Discus / Shot Put). In fact, she won a gold medal in the Discus at this year’s event in Whanganui. She is planning to attend the World Masters Games in Japan in 2021 – her best result at the World Games is a 4th in the Discus in Auckland. No doubt, we will hear from Avril again!

Ian Maxwell



World MS Day Fundraisers



It was a busy World MS Day in the Waikato with an awareness stall at Chartwell Shopping Centre during the day and we screened Rocketman at the Lido in the evening.

We couldn’t hold events like these without the support of our wonderful volunteers and we would like to thank them for giving up their time to assist.

As in previous years, we had a great response to the movie night with a full house again. We would like to express our thanks and appreciation to Gavins for the donation of popcorn, the Lido, the Wellington Hospitality group, Gothenburg and Flagstaff Pharmacy for raffle prizes. Thank you to all who came along and supported the event too.

We raised a total of \$1,521 at these events.



We Are Life Keepers!

Liz, Karen and Tracey recently attended the Life Keepers National Suicide Prevention training. This entailed learning how to support those who are vulnerable, to seek help. Life matters but sometimes it can get hard when facing the challenges that illness brings, so if you or anyone in the family needs support, or just wants to talk, please remember we are here and give us a call.

Brain Games to Boost MS Memory

Difficulty focusing and remembering information can be distressing multiple sclerosis symptoms. Engage your brain with these games that help improve cognitive impairment.

Get Cognitively Fit With MS If you have multiple sclerosis (MS) and are struggling with memory issues, you're not alone. According to the National Multiple Sclerosis Society (NMSS), there's a 50 percent chance you'll experience some type of cognitive deficit due to the condition. But whether or not you're experiencing problems with cognition right now, exercising your mind is an important part of staying healthy with MS.

Why are memory games so beneficial? In part, it's because people who participate in mind-stimulating tasks create a cognitive reserve that benefits them later in life. And if you are currently having specific cognitive problems, certain types of brain games can help. For example, games or exercises that involve rapidly taking in information may improve your mental speed if you have slowed information processing.

So talk with your MS doctor about your symptoms, and give the following games a try to stimulate your mind and help keep your edge.

Cognifit.com "Some common cognitive problems that can affect people with MS are impaired processing speed; short-term memory and attention problems; skills like problem solving, reasoning, and mental flexibility; visual perception problems; and difficulty remembering words," says Tracy Carrasco, OT/L, MSCS, an occupational therapist at the Orlando Health Multiple Sclerosis Comprehensive Care Center of Central Florida. The games at Cognifit.com work to improve memory and other cognitive impairment issues. You can also access MS-specific Cognifit brain training games on Bayer's Multiple Sclerosis (MS): Better Questions Lead to Better Answers page.

Lumosity.com Cognitive impairment complaints can vary with the stage of multiple sclerosis, some medications, and during MS attacks, says Laura Lacritz, PhD, professor of psychiatry and neurology & neurotherapeutics and associate director of neuropsychology at UT Southwestern Medical Center in Dallas. Memory problems are common MS symptoms, sometimes caused by difficulties with attention or processing speed — which can interfere with or slow down new learning, she says. Lumosity offers a variety of game options, many of which claim to improve memory, attention, and processing speed. You can play online or on your smartphone or tablet.

Brain Age Japanese research published in the journal PLOS One found that elderly participants who played Brain Age (for Nintendo Wii and DSi) for four weeks experienced improvements in executive functions, such as sequencing, problem solving, reasoning, mental flexibility, and processing speed. These are called executive functions because they oversee and manage other cognitive functions; for example, when you work to solve a problem, your brain comes up with strategies and then selects the best one. Mini-games included with Brain Age can also be used to target memory, attention, and visual-perceptual skills to help overcome MS symptoms associated with cognitive impairment, says Carrasco.

Big Brain Academy For avid gamers, Big Brain Academy (for Nintendo Wii and DSi) is another video game option that includes activities targeting memory, attention, visual-perceptual skills, and processing speed. When you begin the game, you're given a test to determine the appropriate difficulty level of activities. You can then choose from a variety of games in either "practice" mode, which is untimed, or "test" mode — either way, it's a fun way to keep MS symptoms in check.

Jigsaw Puzzles You don't need to go online to challenge your brain. If you enjoy the low-tech fun of piecing together puzzles, grab one and get started: This is a great activity for working on visual-perceptual skills, notes Carrasco. And if you use a timer to see how quickly you can complete the task, it can also be used to address processing speed. Keep a log of times so that you can compare one session to the next to measure your mastery over MS symptoms.

Sequencing Games Sudoku, solitaire, and dominoes are all games that involve some form of sequencing, which is great to target cognitive MS symptoms. These types of games also work on other executive skills, including problem solving, reasoning, and mental flexibility. Carrasco recommends keeping a record of your scores and noting the amount of time you spend playing on each occasion in order to keep track of progress.

Crossword Puzzles Love to curl up with a crossword on a Sunday afternoon? Try sitting with the newspaper and a pencil for a few minutes every day. Not only do crossword puzzles help to improve cognitive impairment problems related to problem solving, reasoning, mental flexibility, and sequencing, but they also have an added language component that can be beneficial for people who are experiencing problems with word retrieval.

Brain Games to Boost MS Memory cont...

Scrabble Similar to the benefits of filling out crossword puzzles, this classic board game helps with problem solving, mental flexibility, sequencing, and reasoning with a language component. Plus it has the added social benefit of being a game you can enjoy with others. With the smartphone app, you can have multiple games going on at once with friends and family.

Search and Find Games Hidden pictures, word searches, number searches, and mazes are all

types of search and find games that work on visual-perceptual skills, another area that MS affects. If you make time a component, these games could also address processing speed, adds Carrasco. Look at bookstores, dollar stores, or even online for oversized books with these games that can help cognitive impairment.

By Mikel Theobald

Medically Reviewed by Farrokh Sohrabi, MD
<https://www.everydayhealth.com>

Travelling with the TravelScoot



Julie and I usually travel to Melbourne once or twice a year to visit our daughter and her family. Usually we either take my wheelchair or use an airline wheelchair. Either way, the wheelchair solution means a lot of extra work for Julie, particularly when we have the suitcases.

I have progressive MS; however, I am fortunate in that I am only effected from the waist down. I can only walk very short distances, have the usual bladder issues and of course suffer from chronic fatigue.

This year we planned a visit to Melbourne in May and we were fortunate enough to see a small notice in the February issue of Manuscript, advising that MS Waikato now have a TravelScoot for loan. I use a Mobility scooter every day and I am familiar with the TravelScoot and what it is designed for, so I couldn't believe it when we read the notice. We phoned up Liz and yes, we could have it for a small donation. She was keen to have me use it in order to make sure it worked as it should.

We practiced at home with it, particularly packing it into its bag and unfolding it again. We also tested that the battery was up to scratch and it was so off we go!

On May 5 we arrive at Auckland airport unpack the scooter, unfold it and Julie grabs a trolley for our cases. We put all our hand luggage in the canvas

tray at the bottom of the scooter and proceed to the check-in area. We were immediately aware of just how easy it was to manoeuvre it through the normal bustle of a busy airport. This thing made what was usually a daunting exercise into an easy and enjoyable experience! The Air NZ check-in staff were wonderful and made sure that the gate staff knew that it needed to be collected from the gate and stowed in the airplane hold, minus the lithium battery, which is taken on board as hand luggage. At our destination, the airline staff were so helpful once again and everything was a breeze in Melbourne.

Some useful tips when using a TravelScoot:

- Make sure you become confident with folding and unfolding it.
- Although a very lightweight mobility scooter, it is still reasonably heavy (approx. 20kg), therefore you really need someone travelling with you to help.
- Make sure the airline you are travelling with knows you are travelling with one of these and provide the relevant details when you check in. The battery specifications are now permanently attached to the battery on MS Waikato's loan one. The biggest issue for airlines is the lithium battery. Full details of its compliance are in the bag with the scooter. When we had a domestic flight, Qantas were nowhere near as obliging as Air NZ.

We travelled everywhere with it and it performed fantastically. Unlike a wheelchair, it frees up your caregiver to be totally independent and allows you to do what you want. Part of our holiday was a week in Tasmania. For this, we hired a medium sized SUV and the TravelScoot was easily lifted into the back by us both, without having to fold it up.

A big thank you to Liz and her team for the use of it. It was invaluable! Terry Sosich

Mobility Scooters

With the “Baby Boomer” generation becoming older and living longer, mobility scooters are incredibly liberating. Whether you are disabled or your body is simply slowing down, battery-powered scooters can transform your life.

Instead of relying on lifts from others, or worrying about car parks, the scooter gives you back your independence. Go for it! Modern mobility scooters can travel significant distances before requiring charging.

Types of Scooters

Mobility scooters come in three basic sizes: small “travel” scooters which easily fit into the boot of the car; mid-size scooters, which are more popular and cope with users’ needs and large size scooters which offer greater travel distances and faster speeds.

Buying a Scooter

Anyone looking for a scooter should purchase it from a reputable dealer. Most dealers specializing in mobility equipment will offer some sort of “try before you buy” deal. They also offer a comprehensive manufacturer’s warranty, a service plan and training.

Beware of ‘cheap’ direct imports on Trade Me. Usually these scooters are imported by “backyard” dealers, are often assembled incorrectly, and rarely do they have an extensive spares range available locally.

A used scooter can sometimes be a viable option, however make sure you either buy it from a reputable dealer who will offer some sort of warranty with it. If buying it privately, have it checked by a reputable dealer. Most older scooters will almost certainly need new batteries. These can cost anywhere between \$300 and \$900, so beware!

Mobility scooters provide independence, fun and enjoyment of being out in the fresh air. However, they offer little protection to their riders, so you need to take steps to ensure your safety when using them.

Using Your Mobility Scooter

The NZTA requirements of how we should use them are:

- on the road, you must keep as close as possible to the edge of the roadway
- on the footpath:

- you must ride carefully and be considerate of others
- you must not ride at speeds that put other footpath users at risk.

Keeping Yourself Safe

Mobility vehicles are light and offer you no protection. This makes you vulnerable if you go onto the road. If a footpath is available, you should use it. If no footpath is available and you must use the road:

- wear bright clothing.
- make your vehicle more visible, for example by attaching a flag.
- Wear a bicycle helmet.
- Use indicators if fitted, if not, use hand signals.

Caring for your Mobility Scooter In order to get good service from your scooter there are some basic tips:

Read the Manual. You might be surprised at how much you can learn if you take the time to read the manual that came along with your scooter. Reading it may save you a great deal of time and probably money!

Simple cleaning. Clean the outside of your scooter with a damp soft cloth and occasionally polish it. Do not spray water over it or under it as moisture could enter the electrics, or even worse, the controller, resulting in expensive repairs!

Avoid Moisture. For the reasons above, do not use your scooter in the rain unless it is designed to work in all weathers.

Check the tires. If your scooter has pneumatic tires, regularly check the air pressure in them. The correct air pressure will not only give you a smoother ride but also help prevent problems that could lead to early replacement.

Batteries. Make sure you recharge your batteries after every use. This will ensure you get maximum service from them. Failure to recharge often, will result in having to replace your batteries earlier than usual. Batteries are expensive!

Servicing. A qualified service agent for the brand of scooter you are using should service your scooter at least once per year.

Our thanks to Terry Sosich for sourcing this information.

HD CLINICAL TRIAL COMING TO NZ!

HD CLINICAL TRIAL COMING TO NZ!

HDYO-NZ members attended an update of the clinical trial which is testing the safety and effectiveness of drug RG6042 (Genentech/Roche) for patients with Huntington's disease. Associate Professor Richard Roxburgh provided a summary of what the trial would look like for New Zealand, and what it means to be involved in this ground-breaking trial. To learn more about this international trial, please check out the following link <https://en.hdbuzz.net/265>.

In a public meeting at Auckland Hospital, Associate Prof Roxburgh summarised the Kiwi-arm of the international study:

21 HD patients showing symptoms in New Zealand will be selected as candidates to be part of an international trial of 660 patients. 9 candidates will come from Auckland, 3 from Wellington and 9 from Christchurch.

The trial will involve clinic visits every 8 weeks for 25 months, with lumbar punctures (spinal tap) at each visit (13 lumbar punctures).

Out of the 660 patients in the study, 220 will receive placebo (an injection of saline) every 8 weeks, 220 will receive RG6042 every 8 weeks, and 220 visit the clinic every 8 weeks but will receive RG6042 every 16 weeks, alternated with placebo at the other visits.

In addition to the lumbar punctures, other measurements including neurological tests, MRI scans, daily activity monitoring (using smartwatch technology) will be carried out.

To be eligible for the trial, there are several criteria which need to be met based on neurological assessment.

- 1 Patients need to be between the ages of 25 – 65 at the start of the study
- 2 Have a stable medical, psychiatric, and neurological status for at least 12 weeks prior to the trial screening and enrolment.
- 3 Have a CAP score greater than 400.

What is a CAP score? CAP stands for CAG Age Product, a very basic mathematical formula that can be used in part to estimate a person's age of HD onset, based on how long they have lived with their mutation. CAP score = (length of CAG repeat – 33.66) x age at the start of the study. The purpose of the CAP score limit is to make it more likely that a difference between the active drug and placebo is measurable.

The participants in this study ARE UNLIKELY TO be eligible for other clinical trials that emerge.

This trial is a huge commitment! In the words of Associate Prof Roxburgh, the chosen participants will be the "All Blacks" of HD patients because they will be the best possible candidates for the trial and just like the All Blacks, the time investment is considerable.

To learn more about the trial and further eligibility criteria in New Zealand, please email Christina Buchanan, study coordinator CBuchanan@adhb.govt.nz

Information sourced from HDYO NZ

ME/CFS & Fibromyalgia

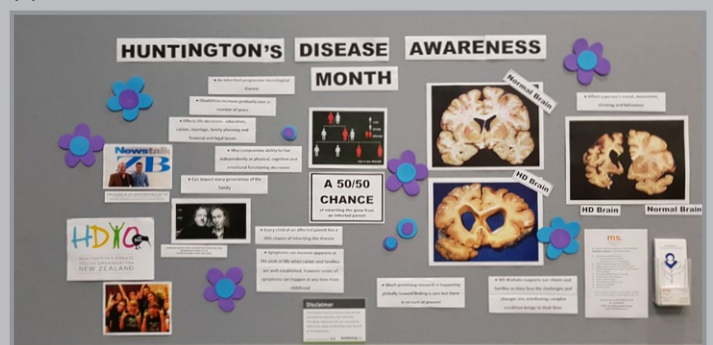
MS Waikato also provides support services for people affected by ME/CFS and Fibromyalgia. We employ a qualified Field Worker and our services include the provision of information and education, advocacy and monthly support groups.

The ME/CFS and Fibromyalgia group have their own quarterly newsletter, Koru, which is written specifically to provide information and support to this client group.

If you would like to receive an electronic copy of this please notify Tracey by emailing tracey@mswaikato.org.nz.

HD Awareness Month

May is HD awareness month and this year we held an information stall at Chartwell Shopping centre and held a display at the Hamilton Central Library. Many thanks to the volunteers who helped on the stall at Chartwell. Your support is always greatly appreciated.



NOTICE BOARD

HD Family Day Out

Totara Springs Matamata
22nd February 2020
Circle the calendar - Further details will follow

Subscriptions

Please note 2019 subscriptions are now due. The cost for subscriptions is \$40 or \$20 if you hold a Community Services Card. A subscription form is enclosed if subscriptions have not been received. Thank you for your support.

Payments

If you wish to make any payments directly to MSWT please pay into account number 02 0316 0488196 000. Please remember to include your name and what the payment is for eg Subs.

Entertainment Book

MS Waikato are selling the Waikato / Bay of Plenty Entertainment books again this year. For \$65 you will receive thousands of dollars worth of vouchers in our region. Books are also available for other regions. MS Waikato will receive \$13 from each book sold. A sample book is available in the office to view.

To order online go to www.entbook.co.nz/1b54128 or call into the office to purchase a book.

Vitamin D3

If you are interested in purchasing a quantity of Vitamin D3 please contact Carole Stark on 07 827 7695 or email carolestark22@gmail.com

MS AWARENESS WEEK

MS Awareness week takes place from the 15th to the 21st September, this is a national awareness week and an opportune time for us to try to raise public awareness and understanding of MS. We will have awareness stalls around the region and need volunteers to assist with these. If you are able to help, please phone Janet on 8344740 or email janet@mswaikato.org.nz.

MS Family Camp 20-22 March 2020

Register interest with Liz now, details to follow.

Blue Springs Walk Saturday 9th November

Contact Liz for details

Dogs in Homes

For the safety of our staff please ensure all dogs are secured when staff visit.

Wheelchairs

MS Waikato has wheelchairs available for loan, for all enquiries phone 07 834 4740.

TravelScoot

We now have a TravelScoot available for short term loan for a donation.

For more information contact Liz, Tracey or Karen.

Donations and Bequests

Donations to MS Waikato can be made at anytime through our website www.mswaikato.org.nz, please click the link 'Donate now' and it will take you to the Spark Foundations give a little website. Alternatively a direct link to this site is through www.givealittle.co.nz/org/MSWT.

A bequest is a gift to charity and is made through your will, please talk with a solicitor if you wish to make a bequest.

Kawhia Cruise

Join us for Adam Muirs annual Kawhia Cruise fundraiser on Sunday 10th November. The day begins with breakfast at the Jukebox Diner, 11 Railside Place from 8.00 am, departing at 9.30 am. Proceeds are donated to MS Waikato

Alinkers

MSWT has 2 Alinkers which are for client use. If you are interested in trialling an Alinker please contact Liz for further information. This is open to all MS clients within our region.



Thanks to our Sponsors and Supporters



WDFK Karamu Trust • Waipa District Council • COGS- Hamilton City, South Waikato & Waikato West • Glenice & John Gallagher Foundation and Rehabilitation Welfare Trust • Anytime Fitness - Hamilton Central • Stockbridge Trust • Len Reynolds Trust • The Norah Howell Charitable Trust • Waikato Lyceum Charitable Trust

MSWT EVENTS CALENDAR

September 2019

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|---|---|---|--|---|--|
| 1 | 2 MS Exercise Class 10.30am – 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton | 3 MS Support Group Dawn to Dusk Cafe Te Awamutu 10.00am | 4 MS Support Group Dawn to Dusk Cafe Te Awamutu 10.00am MS Exercise Class | 5 MS Support Group Hamilton Cafe at Summerset Down Lane 206 Dixon Rd 10.30am | 6 | 7 MS Walking group 9am The Veranda Cafe Hamilton Lake |
| 8 | 9 MS Exercise Class 10.30am – 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton | 10 | 11 MS Exercise Class 10.30am – 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton | 12 ME/CFS Social Group at Agora Cafe, Kent St, Frankton 10.30am | 13 | 14 MS Walking group 9am The Veranda Cafe Hamilton Lake |
| 15 | 16 MS Exercise Class 10.30am – 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton | 17 MS Awareness week | 18 MS Exercise Class 10.30am – 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton | 19 Mometewa MS Support Group 10.30am Te Aroha | 20 MS Awareness week | 21 MS Walking group 9am The Veranda Cafe Hamilton Lake |
| 22 | 23 MS Exercise Class 10.30am – 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton | 24 MS Mums Cafe Fresca, Alison St | 25 MS Exercise Class 10.30am – 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton | 26 | 27 | 28 MS Walking group 9am The Veranda Cafe Hamilton Lake |
| 29 | 30 MS Exercise Class 10.30am – 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton | | MS Exercise Class 10.30am – 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton | | | MS Walking group 9am The Veranda Cafe Hamilton Lake |

October 2019

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|---|---|---|--|-----|--|
| | | 1 MS Support Group Dawn to Dusk Cafe Te Awamutu 10.00am | 2 MS Exercise Class 10.30am – 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton | 3 MS Support Group Hamilton Cafe at Summerset Down Lane 206 Dixon Rd 10.30am | 4 | 5 MS Walking group 9am The Veranda Cafe Hamilton Lake |
| 6 | 7 MS Exercise Class 10.30am – 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton | 8 | 9 MS Exercise Class 10.30am – 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton | 10 ME/CFS Dr Valling's talk Melville Methodist Church Bader St, Hamilton 10.30am | 11 | 12 MS Walking group 9am The Veranda Cafe Hamilton Lake |
| 13 | 14 MS Exercise Class 10.30am – 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton | 15 | 16 MS Exercise Class 10.30am – 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton | 17 Mometewa MS Support Group 10.30am Morrinsville | 18 | 19 MS Walking group 9am The Veranda Cafe Hamilton Lake |
| 20 | 21 MS Exercise Class 10.30am – 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton | 22 MS Mums Cafe Fresca, Alison St | 23 MS Exercise Class 10.30am – 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton | 24 | 25 | 26 MS Walking group 9am The Veranda Cafe Hamilton Lake |
| 27 | 28 Labour Day | 29 | 30 MS Exercise Class 10.30am – 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton | 31 | | MS Walking group 9am The Veranda Cafe Hamilton Lake |

November 2019

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|---|---|---|--|-----|--|
| | | | | | 1 | 2 MS Walking group 9am The Veranda Cafe Hamilton Lake |
| 3 | 4 MS Exercise Class 10.30am – 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton | 5 MS Support Group Dawn to Dusk Cafe Te Awamutu 10.00am | 6 MS Exercise Class 10.30am – 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton | 7 MS Support Group Hamilton Cafe at Summerset Down Lane 206 Dixon Rd 10.30am | 8 | 9 MS Walking group 9am The Veranda Cafe Hamilton Lake |
| 10 Kawhia Cruise Jukebox diner, 11 Railside Place from 8 am | 11 MS Exercise Class 10.30am – 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton | 12 | 13 MS Exercise Class 10.30am – 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton | 14 MS Social Group Agora Cafe Kent St, Frankton 10.30am | 15 | 16 MS Walking group 9am The Veranda Cafe Hamilton Lake |
| 17 | 18 MS Exercise Class 10.30am – 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton | 19 | 20 MS Exercise Class 10.30am – 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton | 21 MS Support Group Mometewa Matamata 10.30am | 22 | 23 MS Walking group 9am The Veranda Cafe Hamilton Lake |
| 24 | 25 MS Exercise Class 10.30am – 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton | 26 | 27 MS Exercise Class 10.30am – 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton | 28 | 29 | 30 MS Walking group 9am The Veranda Cafe Hamilton Lake |

MS Waikato Trust, Life Unlimited Building, 20 Palmerston Street, PO Box 146, Hamilton 3240
Tel 07 834 4740, Email mswaikato@mswaikato.org.nz, Website www.mswaikato.org.nz

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