

MENS SHED Auckland East Inc.

Weekly Newsletter for the 21st October 2024

Our Purpose - To Sustain or Enhance Members' Mental Health and Wellbeing.

Tuesday Talk Oct 22nd

Sarah Thorne from Digital Seniors will talk about ways that technology can help you to enjoy a vibrant and empowered retirement.

She will also introduce The Digital Seniors Tech Expo. A one-stop shop for everything you need to live an empowered retirement with technology!

Try out the latest and best in products designed to support you to live an active, healthy, and connected lifestyle.

Go [HERE](#) to learn about the Digital Seniors Expo

Stonefields Market Day Sat Nov 23rd



We will have a stand selling wooden toys. Talk to Bernie about manning the stand on the day and making toys for stock to sell.

Halloween is coming Thu, 31 Oct 2024

Bernie is looking for some blokes to host our games at the Glendowie Community Centre.

Put your name down NOW!

Kohimarama Bowling Club



Come and join us at the Club for a sheddies day at the Bowling Club. They are looking for new members and offer their hospitality and free training to enjoy a few hours in the sunshine and make new friends. Bernie's the anchorman, let him know your interest and we'll organize a day to suit.

The Great Auckland Book Sale is Coming
Saturday 2nd Nov and Sunday 3rd
Barfoot and Thompson Stadium in Kohimarama



Be there to help with the setup on Friday and the breakdown on Sunday!
We share in the profits from this event so it is very worthwhile for the shed's coffers.
Talk to Bernie in the office to register.

Pinball Madness



Grant Sewell is taking a group to Pukekohe to play on a hundred Pinball machines on
Sunday 27th October.

Play for a couple of hours (or all day if you want). Just \$35.

If we get enough numbers we'll organize group transport.

Contact Grant (021) 455 748 or sewell.grant@gmail.com to register your interest.

Next Wellness Group Meeting
11 am Wednesday 30 Oct at Stonebake Cafe.

Next BBQ (Midday) Friday 25th October
Join Us!

P.S. The Barbecue will be preceded by a Shed Spruce-Up.

So come prepared to polish up your workplace.

So next time you work there, you can find things and get into your next project
without any hold-ups!

Latest News from Orakei Local Board [HERE](#)

Latest News from Eastern Bay Songbird [HERE](#)



Mal's Corner

**Did you know that termites are known for
eating plastic, wood, and Carpet?**

**To the person who stole my place in the queue –
I'm after you now!**

**Why is England the wettest country in the world –
because the queen reigned there for decades?**

10 Minutes of PURE ADRENALIN

[Just Click the pic](#)



ENJOY YOUR WEEK!

**Our Shed is OPEN Monday to Saturday 9 am to 12 pm
and on Tuesday Afternoon till 3pm.**

Kevin H

MENS SHED AUCKLAND EAST INC

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