



Kaumatua Health Days 2025

Kaumatua Health Days are held
every second Wednesday
at Hokonui Rūnanga, Charlton Rd, Gore.

January: **Wednesday 22nd** ✂

February: Wednesday 5th and 19th

March: **Wednesday 5th** ✂ and 19th

April: Wednesday 2nd, **16th** ✂ and 30th

May: Wednesday 14th and **28th** ✂

June: Wednesday 11th and 25th

July: **Wednesday 9th** ✂ and 23rd

August: Wednesday 6th and **20th** ✂

September: Wednesday 3rd and 17th

October: **Wednesday 1st** ✂, 15th and 29th

November: **Wednesday 12th** ✂ and 26th

December: **Wednesday 10th** ✂

✂ = hairdresser days