

25 January 2024

Gary Ruane
President – Victoria Bowling Club
125 Pirie Street
Mount Victoria
Wellington 6011

Dear Gary,

Re: Seniors Exercise Class

I wanted to thank you and the Victoria Bowling Club for your generosity and support of our **Aligned to Go** exercise programme for seniors. It has been wonderful to be able to offer this class to seniors in and around Mt Victoria.

This class is a special one in that it is more lively and physically challenging than our other exercise classes. Over the past few years, we have had considerable demand for a 'next level' class for seniors, and so launching Aligned to Go at the Bowling Club has been an exciting development for us. We are so pleased with the response and attendance, and the relationship we have with your Club.

Our goal is to see seniors thriving and ageing well. For many, mobility can lead to reduced social connection, which adversely impacts mental health. This is where our exercise classes can really make a difference – not only do they help seniors improve their physical fitness, but they create social connection opportunities where seniors can build friendships and networks, and support each other.

Thanks again for helping us in this important mission. We are looking forward to working with the Victoria Bowling Club in 2024.

Kind regards,



Stephen Opie
CEO