



**14 – 20 October 2019**

### **Top Picks for the Week**

**2019 Travel Expo Wednesday 16 October 5:00pm – 8:00pm**

**Postmodern Jukebox 2019 Wednesday 16 October 8:00pm – 11:00pm**

**Greg Copeland and Steve 'Guitar' Gilles acoustic Blues Duo Friday 18 October 7:30pm – 10:00pm**

**Robertson Holden International Speedway Grand Opening Saturday 19 October 6:30pm – 10:00pm**

### **Diabetes Take Action Healthy Living Series - Free**

***Clevely Health Centre, 7 Duke Street, Feilding***

This "Healthy Living" with Diabetes Management Course is held over three sessions. While they recommend attending all modules, sessions can be completed individually. Tea, coffee and a snack are provided in sessions one and three. Module two involves a short education session before going on to a supermarket. Please register via the website or phone 06 3575992.

**Monday 14 October 5:30pm – 7:30pm**

### **Wave of Light - Free**

***The Square, Palmerston North***

Come along and join Sands Manawatu-Horowhenua for their annual "Wave of Light" lantern release in support of bereaved families and in honour of International Pregnancy and Infant Loss Awareness Day. Uplift your lantern from 5.30pm onwards and at 7:00pm they will light their candle to join in the Global Wave of Light. Then the Lantern release will happen around 7.30pm as evening falls.

**Tuesday 15 October 5:30pm – 8:30pm**

### **Beginner English Language Classes**

***Te Pātikitiki, Monrad Park, Highbury Avenue, Palmerston North***

Held by English Language Partners New Zealand working with former refugees and migrants. Free if you are a Permanent Resident or New Zealand Citizen. Babies and toddlers are welcome. Starting Wednesday October 16 for 8 weeks. Learn English about daily living in Palmerston North; going to the doctor, Plunket, shopping, Kiwi culture and school. To register phone 06 359 2332.

**Wednesday 16 October 10:00am – 12:00pm**

### **2019 Travel Expo - Free**

***Palmerston North Conference & Function Centre, 354 Main Street, Palmerston North***

Been dreaming of Europe? Immerse yourself in a travel event like no other. They will have 20+ travel partners present including airlines, cruise lines and tour and rail companies. Learn more about the UK, Europe and the Eastern Mediterranean. Don't miss out, this is the biggest travel event in the Manawatu. Added value 10-minute seminars start at 5.15pm, for in-depth supplier information.

**Wednesday 16 October 5:00pm – 8:00pm**

### **Massey MBA Information Evening - Free**

**Wharerata Function Centre, Tennent Drive, Palmerston North, Palmerston North**

Unlock your potential with New Zealand's most flexible MBA programmes. Come along to this upcoming information evening in Palmerston North. You'll have the chance to chat to alumni, current students and academic staff as well as enjoying a complimentary drink and nibbles. If you are a professional eager to become a senior leader or want to leverage your existing senior leadership experience more widely, then one of MBA offerings could be for you.

**Wednesday 16 October 6:00pm – 8:30pm**

### **Club Cabaret Part Deux!**

**Centrepoint Theatre, 280 Church Street, Palmerston North**

Club Cabaret explodes back onto the Centrepoint stage this spring with all new acts! Pierre, their long-suffering MC, has again assembled some of the most talented stars from around New Zealand (and his wife Darlene) to dazzle you with world-class performances. This legendary variety show is not to be missed! This is the last week of the show.

**Wednesday 16 October 6:30pm – 8:00pm**

**Thursday 17 October 7:30pm – 9:00pm**

**Friday 18 October 7:30pm – 9:00pm**

**Saturday 19 October 7:30pm – 9:00pm**

**Sunday 20 October 4:00pm – 5:30pm**

### **Postmodern Jukebox 2019**

**Regent on Broadway, 53 Broadway Avenue, Palmerston North**

The multi-talented collective will bring their re-imagined contemporary hits back to eagerly awaiting fans with a brand-new "Welcome to the Twenties 2.0" show. Postmodern Jukebox creator Scott Bradlee hopes this new decade will see a return to the style and craftsmanship that typified the music of past generations. Get your tickets from <https://www.tegdainty.com/>

**Wednesday 16 October 8:00pm – 11:00pm**

### **Feed Your Mind: Controlled Environment Lab - Free**

**Te Manawa Museum of Art, Science and History, 326 Main Street, Palmerston North**

Informative and relaxed lunchtime talks inspired by "Controlled Environment Laboratory", the exhibition by Melissa Laing now on display in the Art Gallery. This session is about young scientists from Plant & Food, who talk about their modern research and the links it has to NZCEL's work. Everyone is welcome!

**Thursday 17 October 12:30pm – 1:20pm**

### **Low Carb Cooking Class**

**Freyberg High School, Freyberg Street, Palmerston North**

Trying to cut carbs but running out of meal ideas? Let them help you! Freyberg High School are excited to show you how to prepare low carb starters, mains, and desserts that will leave you satisfied and guilt free! Come along to a night of nourishing cooking! All of the food is refined sugar free, with no processed ingredients. Secure your spot now and they will flick you through your booking confirmation and payment details.

**Thursday 17 October 6:00pm – 8:00pm**

### **HOPENZ Quiz Night**

**The Chalet, Boatshed Catering, Centennial Drive, Palmerston North**

A night of fun and friendly rivalry. Raising funds for a great cause. Winning Prize, Spot Prizes and Auctions. Teams of four. Make up your own team or come along and they will put you in one. No better fun can be had on a Thursday night. Eight Rounds of 10 Questions. Get your tickets from the Palmerston North i-SITE.

For more information or advice on what to see and do in Palmerston North City & Manawatu, pop in and visit the team at the i-SITE in The Square. Open seven days.

This information was accurate at the time of printing and is sourced from [ManawatuNZ.co.nz/whats-on](https://www.ManawatuNZ.co.nz/whats-on).

Check out [eventfinda.co.nz](https://www.eventfinda.co.nz) for more details.



**Thursday 17 October 7:30pm – 9:30pm**

### **National Young Performer Awards 2019**

**Regent on Broadway, 53 Broadway Avenue, Palmerston North**

This year's event is for Soloists in Modern Dance, Highland Dance, Instrumental and Speech & Drama. Each Troupe and Solo performer represent a PACANZ member society, and undergoes a rigorous selection process, performing to the specific required standards of their chosen art form. Like their sporting peers, it is an honour for young performing artists to be selected to participate at a national award. Get your tickets from Ticket Direct!

**Friday 18 October 8:30am – 5:00pm**

**Saturday 19 October 8:30am – 9:30pm**

**Sunday 20 October 8:30am – 10:30pm**

### **Getting Started With Genealogy - Free**

**Palmerston North Central Library, 4 The Square, Palmerston North**

Come and learn about getting started with genealogy with members of the Palmerston North Branch of the New Zealand Society of Genealogists. Registration required: Email [heritage@pncc.govt.nz](mailto:heritage@pncc.govt.nz); phone 3514100 ext. 7377 or call in to the Second Floor of the Palmerston North Central Library.

**Friday 18 October 10:30am – 12:00pm**

### **TCOSY Sweet 21st Anniversary**

**Massey Events Centre, Orchard Road, Palmerston North**

What will they possibly be doing during such a long Local Area Network (LAN) you ask? Well, there's going to be all sorts of competitions for all of your favourite multiplayer games including Supreme Commander, Forged Alliance, Call of Duty 4, Counter Strike, Global Offensive, League of Legends and Rocket League. To gain entry for this great event, a pass will get you access for all three days for only \$40, a lot cheaper than many of the other bigger LANs out there.

**Friday 18 October – Sunday 20 October 12:00pm**

### **Greg Copeland and Steve 'Guitar' Gilles acoustic Blues Duo**

**Hokowhitu Bowling Club, 279 Albert Street, Hokowhitu, Palmerston North**

Greg pays his dues to the originals and forefathers of the Blues from deep down South, channelling the spirit into his own material and style. You'll hear warm embraces with Sister Soul and a tip of the hat to Brother Funk. Tickets available at the door at \$20 on the night unless sold out prior.

**Friday 18 October 7:30pm – 10:00pm**

### **NZ Roller Derby Top 10 Championships**

**Central Energy Trust Arena, 61 Pascal Street, Palmerston North**

Swamp City Roller Derby is proud to present the 2019 New Zealand Roller Derby Top 10 Championship! Entry to the event is through the Fly Palmy Arena, Gate 5. Get your tickets from Central Energy Trust Arena.

**Saturday 19 October 8:00am – 5:00pm**

**Sunday 20 October 8:00am – 6:00pm**

### **Arts and Craft Workshop - Free**

**Te Manawa Museum of Art, Science and History, 326 Main Street, Palmerston North**

Free hands-on arts and craft workshop. Activities include making decorations for your Christmas tree, Halloween characters and flax weaving. Everyone is welcome and no bookings are required. All materials provided. Children under 12 must be accompanied by adults.

**Saturday 19 October 1:00pm – 3:00pm**

For more information or advice on what to see and do in Palmerston North City & Manawatu, pop in and visit the team at the i-SITE in The Square. Open seven days.  
This information was accurate at the time of printing and is sourced from [ManawatuNZ.co.nz/whats-on](http://ManawatuNZ.co.nz/whats-on).  
Check out [eventfinda.co.nz](http://eventfinda.co.nz) for more details.



### **TKKMOM - Twilight Gala - Free**

***Te Kura Kaupapa Maori o Manawatū, 88 Rhodes Drive, Kelvin Grove, Palmerston North***

Te Kura Kaupapa Maori o Manawatu is having a Twilight Gala and you're invited! There will be a bouncy castle, food stalls, auctions and raffles, entertainment and more! Cash only.

**Saturday 19 October 4:30pm – 7:30pm**

### **Robertson Holden International Speedway Grand Opening**

***Central Energy Trust Arena, 61 Pascal Street, Palmerston North***

New Zealand's multi-award-winning Speedway track bursts into life at the start of a new season. New cars, new drivers and all the favourites will be back out on the track. There's plenty of exciting wheel to wheel racing with SuperStocks, Stockcars Minisprints, Sidecars, Youth & Adult Ministocks all on the programme, great entertainment fit for the whole family.

**Saturday 19 October 6:30pm – 10:00pm**

### **Lit Bike Night Ride - Free**

***The Square, Palmerston North***

Light up your bike or any non-polluting wheeled device and join in for a spectacular but easy ride around our city. Meeting from 7:00pm under the Clocktower in the Square, with departure from 7.30pm. Bling your bike or bring a lantern to add to the fiesta in this family friendly outing to celebrate the bike path and He Ara Kotahi.

**Saturday 19 October 7:00pm**

### **Hokowhitu Village Farmers Market - Free**

***Hokowhitu Village Centre, 356 Albert Street, Palmerston North***

This is a market for locals offering a range of artisan and local produce to tease your taste buds. Street food and live music by local talent will be there, including artisan food stalls.

**Sunday 20 October 9:00am – 1:00pm**

### **St James Catholic School Gala - Free**

***St James Catholic School, 304 Albert Street, Palmerston North***

Come along and visit the craft, baking and garage sale stalls. Enjoy dining from the wide array of food vendors in the outdoor dining area while listening to local musicians share their talents. The spinning wheel will be running as well as various bouncy castles, pie face, sandpit digs and some fun new activities for the kids.

**Sunday 20 October 11:00am – 2:00pm**

### **Open Afternoons - Free**

***Caccia Birch House, 130 Te Awe Awe Street, Palmerston North***

Historic Caccia Birch House is open for viewing on Sunday afternoons. Explore the house and gardens, learn about the past owners and how the house was rescued from dereliction and destruction in the eighties. The Coach House Archive will be open with displays about the history throughout the old stables. The grounds are home to many protected notable trees and memorial trees – pick up a map and work your way around whilst listening to the birds and enjoying the spring blossoms. Last day is Sunday 27 October.

**Sunday 20 October 1:00pm – 4:00pm**

Don't miss out on our **FREE monthly What's On Newsletter** – sign up [here!](#)

For more information or advice on what to see and do in Palmerston North City & Manawatu, pop in and visit the team at the i-SITE in The Square. Open seven days.  
*This information was accurate at the time of printing and is sourced from [ManawatuNZ.co.nz/whats-on](http://ManawatuNZ.co.nz/whats-on).  
Check out [eventfinda.co.nz](http://eventfinda.co.nz) for more details.*

