



16 – 22 September 2019

Top Picks for the Week

Stan Walker - Springboard Tour 2019 Tuesday 17 September 7:30pm – Late

James Reid Songbook Tour - From the Feelers to Solo Thursday 19 September 8:00pm - Late

9th New Zealand National Orchid Expo Friday, Saturday, Sunday 10:00am – 5:00pm

Club Cabaret Part Deux! Saturday 21 September 7:30pm – 9:00pm Running Until October

Diabetes Take Action Food Label Reading

Central PHO, 575 Main Street, Palmerston North

This is a one-and-a-half-hour education session where participants will learn how healthy food choices impact on body weight, diabetes management and heart health and how to identify healthy food choices and plan meals. Please register by calling 06 357 5992.

Monday 16 September 12:00pm – 1:30pm

Tessa Duder - First Map Tour - Free

Palmerston North Central Library, 4 The Square, Palmerston North

Meet Tessa Duder, and hear the story of how James Cook charted the first map of Aotearoa New Zealand 250 years ago. This talk is based on Tessa's new book, *First Map*, illustrated by David Elliot. The focus was to be on how the famous chart was created during those six months, and at what cost to him, his crew and ship. During the two years this book has been in preparation, she says there has been increasing debate around James Cook's place in New Zealand history.

Monday 16 September 5:30pm – 7:30pm

Newbury School: Robin and The Sherwood Hoodies

Regent on Broadway, 53 Broadway Avenue, Palmerston North

When the evil Sheriff of Nottingham and his gormless guards threaten the villagers of Sherwood, feisty Maid Marion hires a band of freedom fighters for protection. But when Robin and his Merry Men arrive, she soon discovers they're not exactly what she'd ordered! With no time to lose, she persuades these hapless heroes to take centre stage for the performance of their lives - if only they could stick to the script! Get your tickets from the Regent on Broadway now!

Monday 16 September 6:00pm – 8:00pm

Stan Walker - Springboard Tour 2019

Regent on Broadway, 53 Broadway Avenue, Palmerston North

Hitting a massive nine centres on his regional tour this September, Stan will take the stage to perform songs from his impressive catalogue plus his brand-new pop smash single 'Give' for his beloved fans. Get your tickets from The Regent on Broadway now!

Tuesday 17 September 7:30pm – Late

Overcoming Overwhelm - Getting to The Heart of Stress

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

Come and spend the evening with Dr Libby as she shares a brand-new perspective on overwhelm and stress. Stress and overwhelm are often the root cause for so many health challenges and it doesn't need to be this way. Pre-purchase your tickets from www.drlibby.com to guarantee a seat and get the early bird rate.

Wednesday 18 September 6:15pm – 9:00pm

Dr Julie National Cookbook Tour - Palmerston North

Copthorne Hotel Palmerston North, 110 Fitzherbert Avenue, Palmerston North

Dr. Julie is an internationally renowned family wellbeing and nutrition expert published author (this is her 7th book) will be holding a fun evening event for the launch of her latest book. As part of this evening, Dr Julie will do cooking demos, give important nutrition tips on starting solids and toddler feeding and answer your questions live. This is perfect for mums, and babies are very welcome! So, grab your friends and save with a double ticket (just \$20 for 2 or \$15 for 1).

Wednesday 18 September 7:00pm – 9:00pm

Rongotea Horticultural Society Spring Show

Te Kawau Memorial Recreation Centre, Wye Street, Rongotea

Bring the family along to the annual Rongotea Horticultural Society Spring Show where there will be exhibitions of flowers, plants, arts & crafts and home baking. Have a browse amongst the varied stalls, take part in the raffle and treat yourselves to either lunch or afternoon tea, a perfect way to spend an afternoon in Springtime!

Thursday 19 September 1:00pm – 4:00pm

Manawatu Investors Evening

Property Brokers, 234 Broadway Avenue, Palmerston North

With numerous changes within the industry, this evening provides an opportunity to share information and insights from industry leaders from around New Zealand. Join in for drinks, nibbles and amazing spot prizes (including a heat pump!) followed by presentations from various people. Be quick to register for this event as numbers are limited.

Thursday 19 September 5:00pm – 7:30pm

Russell Street School: Blast to the Past

Regent on Broadway, 53 Broadway Avenue, Palmerston North

If you found a time machine abandoned in a chicken coop at school, you'd just leave it and carry on your business, right? For four kids at Russell Street School, the opportunity for adventure (AHEM... Learning) proves too tempting. But their actions have some serious consequences. Join Russell Street School for one night only on a journey through time. Music, dance, comedy, doubtful physics and school history has never been so much fun!

Thursday 19 September 6:00pm – 8:00pm

James Reid Songbook Tour - From the Feelers to Solo

Globe Theatre, 312 Main Street, Palmerston North

Fans can look forward to hearing stripped back, acoustic versions of classic kiwi gems like 'Venus', 'Stand Up', 'Larger Than Life', 'Pressure Man', 'As Good As It Gets' and just some of the amazing twelve Top 20 charting singles. The set will include favourites from all six Feelers albums and his acclaimed solo album Saint.

Thursday 19 September 8:00pm - Late

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.
Check out eventfinda.co.nz for more details.



FIA

The Royal, 44 Rangitikei Street, Palmerston North

The Artist FIA took out all four nominated categories at "The Island Music Awards in Hawaii" this year. Be sure to follow him on Facebook & Instagram to keep up to date on new music & tour dates. Get your tickets from www.ticketSPACE.co.nz.

Thursday 19 September 8:30pm – Late

9th New Zealand National Orchid Expo

Central Energy Trust Arena, 61 Pascal Street, Palmerston North

Hosted by the Orchid Council of New Zealand, this is a National Orchid Exhibition and Seminar featuring dramatic displays of orchids by orchid societies and growers from throughout New Zealand. The expo will include discussions on culture and potting demonstrations. There will be a number of orchid and garden related stalls by local and overseas vendors. For registrants, there will be a lecture programme with several national and international speakers.

Friday 20 September 10:00am – 5:00pm

Saturday 21 September 10:00am – 5:00pm

Sunday 22 September 10:00am – 4:00pm

Feilding Memory Walk - Free

Senior Centre, Bowen Street, Feilding

Join in the memory walk in Feilding, one of many walks happening around New Zealand to raise awareness for people affected by dementia. Open to all Feilding and District residents - young and old!

Friday 20 September 11:30am – 1:30pm

DanceNZmade – Interschool Duo & Trios

Regent on Broadway, 53 Broadway Avenue, Palmerston North

Dancers from around the country compete representing their schools in duos and trios. Who will take out the title? Go grab your tickets from the Regent on Broadway now!

Friday 20 September 6:00pm – 8:00pm

MUDS: Ax of Murder

Sir Geoffrey Peren Building, Massey University, Tiritea Road, Palmerston North

Massey University Drama Society is back with their Semester 2 show - 'Ax of Murder' a delightfully comedic murder mystery that is sure to have you dying of laughter! Come along for a dysfunctional cast, a frazzled director, a haunted script and a theatre load of chaos and comedy as the hunt for a killer brings old secrets to light.

Friday 20 September 7:00pm – 9:00pm

Saturday 21 September 7:00pm – 9:00pm

Sunday 22 September 2:00pm – 4:00pm

Fish Passages In the Shannon Area - Free

Railway Land, Church Street, Palmerston North

This is a freshwater Conservation Week-themed walk. Meet on Church Street opposite Centrepont Theatre & Salvation Army Shop. You will be guided to view a couple of fish passages near Shannon and then you will have the option to view them from the bank or grab your gumboots and get down to the streams. It is shallow water, so have a closer look at the construction and look for crawlies. For more info & register with Jorinna Prinz on Manawatu.Branch@forestandbird.org.nz.

Saturday 21 September 9:00am – 4:30pm

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.
Check out eventfinda.co.nz for more details.

Greenwood Discovery - Free

Manawatū River Walkway Bells Road Linton or He Ara Kotahi, Ruha Street, Palmerston North

A Conservation Week walk, talk and work with local botanical guru, Jill Rapson. Meet up at Farm Viaduct along the cycleway and then walk to the scarp to look out over the military land. Then you will walk down the scarp and boardwalk through the Greenwood and Scarp Plantings. Then through the gate onto the farm track to walk up to the Link area and overview the main bush. Then into the Link for a bit of a visit, a spot of planting of flax fans, and some traddy weeding. They will provide all the gear, but bring a drink and nibbles, and suitable footwear. For more information please contact G.Rapson@massey.ac.nz.

Saturday 21 September 9:30am – 12:00pm

Conservation Week Sizzle and Sausages - Free

Ahimate Reserve, Buick Crescent, Palmerston North

Help the community plant trees! Learn smart-phone technology for recording and identifying nature using i-naturalist and Bird Atlas online. Learn about tui feeders, weta-houses and local conservation work by Rangitāne, Dept of Conservation, Horizons, Manawatū River Framework. And of course, enjoy a sausage or two!

Saturday 21 September 10:00am – 1:00pm

Contemplating Colin: What's All the Fuss About? - Free

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

Have you ever wondered why there is such a fuss made about Colin McCahon? Programme developer Imogen Stockwell has been contemplating the artist's fame and status as an icon of modern art in New Zealand. Join her for this free gallery talk and learn just what exactly the big deal is.

Saturday 21 September 12:30pm – 1:30pm

Arts and Craft Workshop by Upcycling Club 1 - Free

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

This is a free hands-on arts and craft workshop for everyone! No bookings required. Activities include: flax weaving, dream catchers, fun with acorns, pinecones and playdough making ornaments and bird feeders. Paper craft for Christmas with gift tags, cards and more. You can take home what you create! Surprise yourself, family and friends with your artistic talent.

Saturday 21 September 1:00pm – 3:00pm

DanceNZmade – Nationals 'She Shines On' Solos

Regent on Broadway, 53 Broadway Avenue, Palmerston North

The Regions send their best dance soloists to see who will take out the New Zealand title. One incredible dancer will win a "She Shines On LA Tour". Get your tickets from The Regent on Broadway now!

Saturday 21 September 3:00pm – 5:00pm

Tofiga - Sorry Bout It

Globe Theatre, 312 Main Street, Palmerston North

You'll be "Sorry 'Bout It" if you miss the Pacific's most popular entertainer Tofiga Fepulea'i and his new show Sorry Bout It. Don't miss this amazing show filled with musical excellence, explosive laughs, and something new for everyone!

Saturday 21 September 7:00pm – Late

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.
Check out eventfinda.co.nz for more details.

Club Cabaret Part Deux!

Centrepont Theatre, 280 Church Street, Palmerston North

Club Cabaret explodes back onto the Centrepont 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! Running until 20 October.

Saturday 21 September 7:30pm – 9:00pm

CET Wildbase Recovery Conservation Week Guided Tours - Free

Central Energy Trust Wildbase Recovery, 20 Victoria Esplanade Drive, Palmerston North

Three, one hour long guided tours are being offered around the Central Energy Trust Wildbase Recovery facility during the last Sunday of Conservation Week. Numbers limited. Please book on educator@wildbaserecovery.co.nz stating your name(s), number of people in your group and what time you would like to do the tour.

Sunday 22 September 11:00am – 2:00pm

Manawatu Spinners & Weavers Guild - Free

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

With wheel and spindle, loom and dye, needles and hook, Spinners and Weavers Guild members turn fibre into thread, fabric and felt in amazing variety. These crafts, both old and new, are meditative and fascinating. See them on the fourth Sunday of every month!

Sunday 22 September 1:00pm – 3:00pm

A Rocha Open Day - Free

Longburn Adventist College, 100 Walkers Road, Longburn, Palmerston North

All welcome to come and see what A Rocha volunteers get up to at a regular working bee where they will be propagating native plants from seed. You'll be able to have a go at planting seeds, or potting up seedlings, and you'll be able to take a plant home too! You can find the A Rocha Plant Propagation Unit on the Longburn Adventist College grounds, out the back behind the playing fields.

Sunday 22 September 1:30pm – 3:30pm

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.
Check out eventfinda.co.nz for more details.