

Issue 76 – February 2023

Inside:

Steinlager 2 -
Oceans of Hope P1 - P2

MS Webinars &
events P3

MS and Intimacy P4

HD Research P5 - P6

Notice Board and
sponsors P7

Calendar P8

MS Waikato Trust supports people affected with Multiple Sclerosis and Huntington's Disease; MS Waikato Trust is affiliated with the MS Society of New Zealand. If you would like further information on our services, please contact us:

**Life Unlimited Building
20 Palmerston Street
PO Box 146, Hamilton 3240**

**Ph: 07 834 4740
mswaikato@mswaikato.org.nz**

**Liz - 07 834 4741
Karen - 07 834 4742
Janet - 07 834 4740**

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Steinlager 2 – Oceans of Hope

A When I first enquired about the MS Oceans of Hope on Steinlager 2, I was informed that the November 2022 sailing was fully booked. So as you can imagine I was super excited when Ingrid called to say there had been a cancellation 3 weeks before the sailing. Not only was I going sailing from Auckland to Opua - I was about to sail on Steinlager 2! A whirlwind of phone calls ensued, but with the arrangements already set up it made planning the getaway very easy.

The introductions over drinks the night before the sailing, and then dinner with the other MS crew members, calmed any nerves as we were all in this adventure together. There were people from England, Australia and New Zealand and some had sailed previously on an MS Oceans of Hope Challenge.

The sailing began in Auckland on the Monday and it soon became clear that we were all teaming up for a turn at steering the famous Steinlager 2 along with cleaning the yacht, helping prepare meals, washing dishes and navigating the ocean together. Of course, we had a team of professional sailors with us. Jo, Tony, Craig, Rod, Stef and Haley were more than just sailors, they guided, supported us and cared for us throughout the adventure.

After the initial sailing out of the Auckland harbour, I found myself steering the yacht. I never imagined I would be trusted with this New Zealand icon as I sailed out into the Pacific. We took turns steering and navigating, and when we were out of the harbour, the



sails came out. We sailed out to Kawau Island. After lunch, we went ashore and looked around or went for a walk. It was leisurely, warm and sunny; we moored there for the night in the bay by the Governor's House.

On Tuesday, we took turns sailing and I even got to sail into Smokehouse Bay on Great Barrier Island. Then I signalled to Jo, the skipper to take over and we moored in the bay overnight. On this leg of the sail, we saw a Bryde's Whale; they are only seen in the Hauraki Gulf. We had a BBQ on land and slowly made our way back to the yacht as night fell.

As we sailed up towards Opua we had a mix of weather with heavy seas and hours of extremes with sun and showers - on the Wednesday we even had a thunderstorm, which made some of us sea sick (o.k. I was one of them) the sea was wild and the

Steinlager 2 – Oceans of Hope Continued from page 1



Shivani and Sarah

wind directions challenging. It was a relief when we moored at Tutukaka. We stopped and moored overnight in different bays where the water was sheltered. After another night in Okie Bay, we sailed past the Poor Knights and Cape Brett, places that I would have loved to scuba dive in my younger years.

We got to know each other a little and watched movies, some of us had a swim when we were moored in the morning or the evening. We also walked on beaches together and chatted while making a conscious effort to pick up rubbish from the beaches on our travels. Deeper personal conversations and relationships were built. I made friends with Shivani, and also Mel, Ronnie and Karyn, and we had some good laughs. The food was great, Tony our chef, ensured

dietary requirements were carefully met for each of us and we had breakfast, morning tea, lunch, afternoon tea and dinner - even supper if we felt like it.

On the last day as we sailed into the Bay of Islands, we had a stop at Roberton Island, and a walk to a lookout. We returned to Steinlager 2 for lunch and the dolphins joined up with us as we motored to Opuia. One of the crew, Hayley, who loves dolphins, mustered the dolphins up with yelling and banging on the side of the yacht and it was a truly emotional experience, watching the dolphins and their calves, jumping and communicating with us.

One of the most peaceful moments in the evening was laying in my cot at night, lights out, in the silence and through the cabin hatch I could see the Southern Cross, it was perfectly framed.

Young Shivani summed up perfectly what the trip brought to us personally. When you talked to each other about life experiences, living with MS: when you say to someone, you



Sarah

know what I mean? You know the other person truly knows what you mean. That person truly understands. That was a gift I never expected to receive from the trip. I have new friends, I know I'll meet again - maybe even on another MS Oceans of Hope Challenge sailing!

Sarah Pretty



MS Webinars

Managing your MS when things heat up - Webinar recording

The effect of heat on Multiple Sclerosis (MS) symptoms is real. Physiologically, the nerve conduction speed can slow down which can exacerbate a whole range of symptoms. This varies between individuals. However, the good news is that research has shown a range of techniques that can help manage this physiological response.

If you missed the recent webinar by Gilly Davy this is now available online - <https://www.msnz.org.nz/webinar-managing-your-ms-symptoms-when-things-heat-up/>

Other webinars you may find beneficial are:

Nutrition and MS with Kaytee Boyd - <https://www.msakl.org.nz/our-resources/webinars/nutrition/>

What is foot drop and how to treat it - Informative webinar on causes of foot drop and understanding how to treat it, with Gilly Davy - <https://www.msakl.org.nz/our-resources/webinars/what-is-foot-drop/>

Global webcasts on progressive MS by the MS International Federation - <https://www.msif.org/progressiveMSwebcast/>

The New Zealand MS Research Trust has put together a series of webinars - <https://msresearch.org.nz/events-webinars/webinar-videos/> these include:

- Looking after our bodies inside and out
- Hot topic – Epstein Barr virus
- Celebrating NZ researchers
- Progression in MS
- MS and Pregnancy

If you would like any of the above links emailed to you please contact Janet – janet@mswaikato.org.nz

Comedy Hypnotist Fundraiser Show

A huge thank you to Karyn Jones and the Whangamata RSA for their support with fundraising. On 3rd December Karyn organised another Comedy Hypnotist show at the Whangamata RSA club with Rob Young. Thank you too to the Blake Court Motel who provided free accommodation to Rob. The show raised \$1,000. Karen has also raised an additional \$205 by selling calendars.

Dates for your diary - upcoming events

AGM

The AGM will be taking place on Thursday 16 March, 5.15pm in the Life Unlimited Board room (20 Palmerston Street), there will also be a zoom link.

Financial members will be entitled to vote. To attend in person or to receive the zoom link please email janet@mswaikato.org.nz by Tuesday 14th March.

Bangers to Bluff

The 'Bangers to Bluff' Rally is an annual charity event organised by the Rotary Club of Half Moon Bay (Inc). The event sees teams travel from Auckland to Bluff, on a carefully crafted route through spectacular New Zealand on 'roads less travelled'. The challenge is to drive a vehicle costing less than \$2000 from Auckland to Bluff and finish at Invercargill. The rally will pass through Raglan on Tuesday 21st March and is raising funds for MS New Zealand and Hopeworks NZ. Further details to follow.

The Michael Ford Charity Golf Tournament

Michael Ford, a client affected by MS, originally established our tournament over 20 years ago.

The tournament is taking place again at Ngahinepouri Golf course on Friday 24th March and we are seeking sponsors for the event.

We offer a wide range of sponsorship to suit different organisations or individuals. All funds raised remain in our region to assist with the provision of support services.

For more information, please email janet@mswaikato.org.nz

Oceans of Hope Challenge NZ 2023

Are you ready for a life changing sailing adventure?

Oceans of Hope's aim is to help you gain self-confidence and a renewed sense of empowerment.

The camaraderie of sailing a boat with people who have similar experiences creates an environment where people can comfortably share their hopes and fears. The Oceans of Hope experience is a catalyst for creating lasting friendships and a sense of community.

There will be crew to help you learn and ensure you get everything you want from this experience. These fabulous boats are easy and safe to sail so you can learn to sail or learn new sailing skills. If you come alone, you will certainly have some fun and make life-long friends. Whether you have sailed before or not, this is an opportunity not to be missed!

Board: 9th September after 5pm. William Gunn Jetty, Wyvernleigh Close Manly QLD

Depart: 10th September 8am. William Gunn Jetty, Wyvernleigh Close Manly QLD

Return: 14th September 4pm. William Gunn Jetty, Wyvernleigh Close Manly QLD

COST: \$1,350 (Aus\$)

For an **application form**, email: oceansofhopechallenge@gmail.com

MS and intimacy – a partner's perspective

A diagnosis of MS often occurs at an age when sexual activity is peaking and is of particular importance in both established and emerging relationships. The profound impact that the diagnosis has, raises many questions for the person with MS and their partner.

Will our relationship change?

Will symptoms of MS affect the quality of our sexual relationship?

Research has demonstrated that around half of partners, in a relationship with someone with relapsing MS, report that the disease has impacted on their sex life. Depression and fatigue can impact on willingness to participate in sexual activity. Physical problems such as erectile dysfunction, vaginal dryness and decreased sensation can occur.

The good news today is that much can be done to keep people newly diagnosed with MS well and prevent the onset of symptoms that impact on a sexual relationship. There are also strategies to manage problems should they emerge.

Intimacy in a relationship has an essential emotional component, as well as physical sexuality. The desire to be loved is a key human characteristic. Both the person with MS and their partner need the emotional closeness, the feeling of mutual caring and the trust as core components of a successful relationship. As roles change both partners need the reassurance that the core relationship is strong and enduring.

Your partner can aim to remain well and avoid the onset of symptoms affecting sexuality by embracing the lifestyle changes that have been shown to reduce progression of the disease and also by taking medication when advised by their neurologist. A partner's support for significant dietary changes, regular exercise, and daily meditation practice will create the sense of partnership on the MS journey and be greatly valued.

MS can cause a loss of confidence and self-worth. Building self-esteem by words and actions can help both partners feel comfort and love. Unexpected gifts, flowers, short breaks and nights out all help sustain and enhance intimacy. Making love can be a time when a person with MS feels normal again. Couples who address the challenges together can grow closer than ever before.

Communication is so important. Couples are encouraged to share what they most enjoy in a sexual relationship, and also what they don't like, in order to meet each other's needs. Sexual intimacy can be achieved by kissing, cuddling, stroking sensitive areas, genital stimulation as well as orgasm. Experiment with new positions. Non-penetration activities can be satisfying, it's doesn't have to be all about orgasm!

Where fatigue is a problem, be aware that this is often worse in the afternoons and evenings. This will vary with individuals but targeting times of less fatigue for both partners is a good idea.

Depression can affect both people with MS and result in lack of sexual interest and fatigue. Unfortunately, some medications to treat depression can also cause sexual dysfunction especially difficulty maintaining an erection. Depression can also be managed with psychological therapies and result in the need for less medication. Pay attention to your own mood. It is natural for carers to experience symptoms of depression and fatigue at times. Don't allow yourself to become overwhelmed by the carer role. Should these issues arise you are encouraged to raise them with your GP, MS nurse or neurologist. There are medications that can be very helpful for erectile dysfunction, so please don't feel embarrassed to discuss these with your GP. Medications such as Viagra, Cialis and Levitra are generally effective and well-tolerated and can be prescribed by your GP.

People with MS can experience changes in sensation in sexually sensitive areas. This may reduce the response from being touched in certain areas such as the breasts, nipples or genital areas or your partner may prefer a more vigorous stimulation to achieve the same effect. Again, communication is the key to understanding changes that could otherwise be interpreted as loss of interest. Dryness of skin and vagina can be corrected by use of massage oils and lubricants. Massage can enhance the sexual experience and there are many lovely massage oils to choose from. Oestrogen creams can also help dryness around the time of the menopause.

There are many sex aids that can help overcome difficulties. Local sex shops and on-line stores have a range of toys that can be fun to use and enhance the experience particularly if penile penetration has become difficult. Don't be embarrassed to visit one.

As with all sexual relationships, lack of privacy, haste, intoxication and aggression can all impair the experience. Creating the right environment at the right time pays dividends.

Obesity and cigarette smoking can impair sexual performance. Seek help with managing these risk factors. People with MS should not smoke, actively or passively.

For specific problems that you are unable to overcome, raise the issue with your GP who can also refer you to a sexual health physician, if the issues are beyond their own expertise.

<https://www.msaustralia.org.au/news/ms-and-intimacy-a-partners-perspective/>

Focusing in on fibrils

Focusing in on fibrils; scientists give us a glimpse of huntingtin protein clumps

Scientists have used powerful microscopes to look at sticky fragments of the Huntington's disease protein, shedding light on these structures which are thought to drive the disease

A group of scientists from the EPFL in Lausanne, Switzerland have published a paper in the Journal of the American Chemical Society, describing clumps made up of a fragment of the huntingtin protein. A word that's commonly used to describe these is "aggregates." Using very powerful microscopes, the team was able to zoom in and look closely at the details of the 3D structures of these samples. The build-up of huntingtin protein aggregates is thought to be an important feature of Huntington's disease (HD), contributing to the progression of the disease. But until recently we knew very little about what they looked like. With these exciting new glimpses of aggregates under the microscope, scientists hope to build tools to visualize them in the brains of people with HD, or even send harmful aggregates to the trash can in brain cells.

Aggregates, amyloids and fibres – what does this all mean?

Many diseases affecting the brain, including neurodegenerative diseases like Parkinson's, Alzheimer's and Huntington's, are characterised by the build up of clumps of protein molecules in brain cells. In HD, it is a small and sticky fragment of the huntingtin protein itself that forms these clumps, which scientists often refer to as huntingtin aggregates.

"Aggregate" is a fancy word for when lots of copies of the same protein molecule stick together to make much larger three-dimensional structures. Sometimes these aggregates are a jumbled mess of lots of protein molecules all higgledy piggledy. But other times, the molecules are much more organised and form repetitive structures. Some of these more organised structures look like fibres and are called amyloids or fibrils.

You can think of these different organisations of protein molecules like a tower of Jenga bricks. Each brick represents a single protein molecule. When the bricks are all stacked neatly together into a tower, this looks a bit like protein amyloids or fibrils. But when the bricks eventually fall down into a messy pile, this is more similar to what we think a disorganised protein aggregate might look like.

Scientists are generally (and annoyingly) lovers of jargon so you will see that they often use all these words interchangeably. But for the purposes of this article, we are going to be focussed on huntingtin fibrils; organised three-dimensional fibres made up of lots and lots of copies of a small and sticky fragment of the huntingtin protein.

Of mice and men... and bacteria

Aggregation of the huntingtin protein is a long-documented feature of Huntington's disease. In brains from people who have passed from HD, we can use dyes and other nifty chemical labels to see these aggregates under the microscope in different types of nerve cells. In animal models of HD, which are genetically engineered to make the small sticky fragment of the huntingtin protein, scientists have shown that these aggregates accumulate over time. In many HD model animals, the level of aggregates in different parts of the brain are associated with the severity of HD-like symptoms.

"Bacteria are engineered by the scientists to be huntingtin protein factories, making lots and lots of copies of this molecule".

One of the problems with looking at the aggregates in the brain is that there are lots of other molecules in the cells where we find aggregates, so we generally have to use special stains which stick to the aggregates to see them. However, this approach doesn't give us very detailed insight into the types of aggregates present or their 3D structures.

To overcome this problem, scientists look at highly pure samples of aggregates which they make synthetically in the lab. Harmless bacteria are engineered by the scientists to be huntingtin protein factories, making lots and lots of copies of this molecule. The scientists can then fish out huntingtin from the bacteria and use these samples to make fibrils in a test tube which look similar to those we see in people. The fibrils can be made with unexpanded huntingtin protein or expanded huntingtin, corresponding to the huntingtin protein with and without the HD mutation. This means that scientists can investigate the effects of the HD mutation on the fibrils.

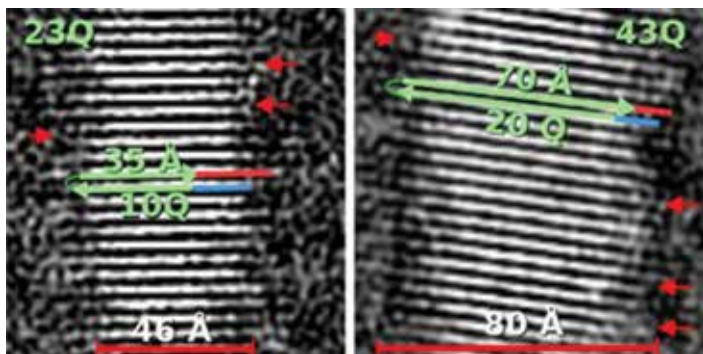
What can mighty microscopes reveal about these aggregates?

After making these synthetic huntingtin fibril samples, the team of researchers from Switzerland looked at them using a fancy piece of equipment

Focusing in on fibrils; *Continued from page 5*

called a cryogenic electron microscope. This type of microscope allows you to really zoom in and see the fibrils in lots of detail. The fibrils are extremely small – only 3-10 nanometers across, about 100,000 times smaller than the thickness of your fingernails – but are easily visible under this type of microscope.

In this study, the scientists took lots of pictures of the fibrils using the microscope and then used special software to average together similar looking images. This averaging process improves the quality of the image, which makes the features of the fibrils easier to see – a bit like changing the contrast or brightness on your phone screen to see the display more clearly.



The researchers found that the HD mutation led to changes in the dimensions of the huntingtin protein fibrils - the HD mutation makes the fibrils wider, shown on the right hand side of the image. Image shared with permission from Prof. Hilal Lashuel.

From these images of the fibrils, the scientists were able to measure their dimensions and work out how all the huntingtin protein molecules were organised. They could see that they were stacked together and lined up into flat ribbons, looking a bit like if you took lots of Jenga bricks and lined them all up next to each other to make a thin, single layer of bricks. Many ribbons of huntingtin are layered on top of each other in the fibrils, which would be as though you added more and more layers of lined up Jenga bricks on top of the first.

Interestingly, the researchers found that the HD mutation led to changes in the dimensions of the huntingtin protein fibrils, as well as changes in the number of ribbons of huntingtin stacked on top of each other. The scientists also made fibrils from an even smaller fragment of the huntingtin protein which is missing a region right at the beginning of the molecule. They showed that these fibrils were much more disorganised and were made up of a mixture of different organisations of the huntingtin protein molecules.

These findings are important because they show that the Huntington's Disease mutation and other regions of the huntingtin gene affect the 3D structure and organization of huntingtin protein fibrils. Fibrils which are uniform or more disorganised, might gum up the works in different ways so this is important to understand.

How will this work help people affected by Huntington's disease?

Our in-depth understanding of the structure of aggregates in the Huntington's disease brain is still somewhat in its infancy but we can look to work in other disease areas to see what promise this type of study can hold (beyond generating really cool images of the fibrils of course).

"The Huntington's Disease mutation affects the 3D structure and organization of huntingtin protein fibrils".

In the field of Alzheimer's disease research, this type of approach is now being used to look at fibrils from the brains of patients who have passed. This work has revealed an astonishing level of detail of the fibril structures, showing precisely where each atom is located. Comparing fibrils from people with different forms of Alzheimer's disease, scientists could see subtle differences in their organisation and showed that there are differences among patients, animal models of Alzheimer's disease, and the synthetic fibrils generated in the lab. For other types of fibrils scientists have examined, the variation from patient to patient is significant, although it is not yet clear how this relates to symptoms or disease severity.

Other studies show how brain imaging molecules called PET ligands bind to the fibrils. The Huntington's field has a PET ligand which binds to fibrils (we wrote about this recently on HDBuzz) but we don't yet know exactly where it binds on these structures, so maybe one day scientists will be able to use this approach to better understand the PET ligand.

Overall, the work by the researchers at the EPFL is an exciting step forward as we begin to understand more about huntingtin fibrils and has laid a foundation for future studies where we might glean more information about this important feature of HD.

By Dr Rachel Harding September 08, 2022 Edited by Dr Leora Fox

<https://en.hdbuzz.net/334>

NOTICE BOARD

TravelScoot

We have a TravelScoot available for short term loan for a donation. For more information contact Liz or Karen.

Scooter Batteries

If you need to replace the batteries in your scooter we may be able to assist, please contact Liz on 07 834 4741 or email liz@mswaikato.org.nz

St John's Caring Caller

Caring Caller is a service that St John provides for people who live alone or are housebound due to an illness or disability. Volunteers phone clients regularly to check that everything is ok. The service is free, if you wish to enquire about receiving a regular call from a Caring Caller phone 0800 000 606.

Bequest

A bequest is a gift made through your will. A gift to MS Waikato is very easy to leave in your will and is a gift that makes a difference and lives on in memory. If you would like to include a gift to MS Waikato it will help future generations living with the effects of MS and HD.

A bequest to MS Waikato can be made through writing a will or making an amendment (Codicil) to your existing will. Please ensure your will states the donation is for MS Waikato, naming our organisation ensures the donation is received by MS Waikato and remains in our region. Making a will ensures that your estate is distributed according to your wishes. We recommend talking to your family to ensure they are aware of your wishes.

Dogs in Homes

For the safety of our staff please ensure all dogs are secured when staff visit.

Wheelchairs

MS Waikato has wheelchairs available for loan, for all enquiries phone 07 834 4740.

Subscriptions

Please note 2023 subscriptions are now due. The cost for subscriptions is \$40 or \$20 if you hold a Community Services Card. A subscription form is enclosed if subscriptions have not been received. Thank you for your support.

Alinkers

MS Waikato has an Alinker which is for client use. If you are interested in trialling this for about 6 weeks please contact Liz for further information.

Library Books

Please remember we maintain a library of books. With books to support MS and HD, a list of titles is available on our website www.mswaikato.org.nz. Please contact us if you would like to borrow a book.

Payments

If you wish to make any payments or donations directly to MS Waikato the account number is 02 0316 0488196 000. Please remember to include your name and what the payment is for eg Subs.

Cooling Vests

Hydro cool are again, very generously offering a 20% discount on all orders to our clients. Please visit <https://www.hydrocool.nz/>

After selecting products, go to the checkout, you will need to enter MSWAIKATO into the promotion code area to receive the discount.

Feedback from previous years is that it is a really good product.

Entertainment Book

MS Waikato are selling the Entertainment books again this year. The books are now digital and contain thousands of dollars worth of vouchers. The books can be purchased as a single city, multi city or multi year. MS Waikato will receive 20% from each book sold. For more information and to view any current offers visit <https://nz.entdigital.net/orderbooks/1b54128> or contact janet@mswaikato.org.nz to receive this link.

Donations

Receipts are given for all donations, if you are not registered with us please email Janet with your contact details to enable us to forward a receipt - janet@mswaikato.org.nz.

Donations can also be made through our website www.mswaikato.org.nz, please click the link 'Donate now' and it will take you to the Spark Foundations give a little website.

Thanks to our Sponsors and Supporters



WDFW Karamu Trust • Waipa District Council • COGS- Hamilton City, South Waikato & Waikato West Rehabilitation Welfare Trust • Anytime Fitness - Hamilton Central • Gallagher Charitable Trust Stockbridge Trust • WEL Energy Trust • The Norah Howell Charitable Trust • Waipa District Council Glenice and John Gallagher Foundation • Waikato Lyceum Charitable Trust • QS Plus

MSWT EVENTS CALENDAR



March 2023

SUN	MON	TUE	WED	THU	FRI	SAT
			1 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	2 MS Support Group Hamilton Venue to be advised 10.30am	3 Totara Springs	4 MS Walking Group 9am The Veranda Cafe Hamilton Lake
5 Totara Springs	6 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	7	8 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	9	10	11 MS Walking Group 9am The Veranda Cafe Hamilton Lake
12	13 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	14	15 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	16 AGM Life Unlimited Building board room 5.15pm	17	18 MS Walking Group 9am The Veranda Cafe Hamilton Lake
19	20 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	21 Bangers to Bluff Raglan	22 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	23	24 Michael Ford Memorial Golf Tournament Ngahinepouri golf club	25 MS Walking Group 9am The Veranda Cafe Hamilton Lake
26	27 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	28	29 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	30 MS Support Group Mometewa Matamata 10.30am	31	

April 2023

SUN	MON	TUE	WED	THU	FRI	SAT
30						1 MS Walking Group 9am The Veranda Cafe Hamilton Lake
2	3 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	4	5 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	6 MS Support Group Hamilton Venue to be advised 10.30am	7 Good Friday	8 MS Walking Group 9am The Veranda Cafe Hamilton Lake
9	10 Easter Monday	11 MS Support Group Te Awamutu 10.30am Churchill Cafe, Te Awamutu	12 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	13	14	15 MS Walking Group 9am The Veranda Cafe Hamilton Lake
16	17 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	18	19 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	20	21	22 MS Walking Group 9am The Veranda Cafe Hamilton Lake
23	24 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	25 ANZAC Day	26 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	27 MS Support Group Mometewa Te Aroha 10.30am	28	29 MS Walking Group 9am The Veranda Cafe Hamilton Lake

May 2023

SUN	MON	TUE	WED	THU	FRI	SAT
	1 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	2	3 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	4 MS Support Group Hamilton Venue to be advised 10.30am	5	6 MS Walking Group 9am The Veranda Cafe Hamilton Lake
7	8 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	9	10 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	11	12	13 MS Walking Group 9am The Veranda Cafe Hamilton Lake
14	15 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	16	17 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	18	19	20 MS Walking Group 9am The Veranda Cafe Hamilton Lake
21	22 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	23	24 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	25 MS Support Group Mometewa Morinsville 10.30am	26	27 MS Walking Group 9am The Veranda Cafe Hamilton Lake
28	29 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	30	31 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton			

Please cut here

MS Waikato Trust, Life Unlimited Building, 20 Palmerston Street, PO Box 146, Hamilton 3240
Tel 07 834 4740, Email mswaikato@mswaikato.org.nz, Website www.mswaikato.org.nz

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