



2025 – 2026

# Calendar of Activities

## CENTRAL AUCKLAND

- Physical Activities    • Social Activities
- Special Interests
- Support Groups    • Lifelong Learning
- Fun and Friendship



## Please note:

Prior to attending any activity, you **must phone the contact number to confirm:**

- details
- any costs that may be involved
- any membership requirements
- some activities require a reasonable level of physical wellbeing
- many activities only operate during school term time – **please check**

Monday - Physical Activities			
<b>Active Gold</b> - Cardiovascular exercises, strength training, pilates, balance work, gentle stretches, relaxation	10:30am - 11:20am 11:30am – 12:20pm	(09) 579 0004	Active Plus Ellerslie 180 Main Highway Ellerslie
<b>Active Gold</b> - Cardiovascular exercises, strength training, pilates, balance work, gentle stretches, relaxation	12:00pm - 12:45pm	(09) 623 0441	Active+ Mt Eden 110 Mt Eden Road Mt Eden
<b>Chair Yoga</b> - Sit or stand to relieve joints, work on balance and coordination, dance and relaxation	9:30am	Natasya 021 515 798 <a href="mailto:natasya@theyogapantry.com">natasya@theyogapantry.com</a>	The Yoga Pantry 1/597 Mt Eden Road Mt Eden Entry via Kingsview Road
<b>Chair Yoga for Seniors</b> - Sitting and standing postures using a chair to improve balance and strength	10:00am – 11:00am	Tracy 021 284 8444 <a href="mailto:chairyoganz@gmail.com">chairyoganz@gmail.com</a>	The Olde Homestead 92 Point Chevalier Road Point Chevalier
<b>Deep Water Aqua Aerobics</b> - Water aerobics with belts	8:30am - 9:15am	Jake Hogg (09) 529 3741 <a href="mailto:shac@clmnz.co.nz">shac@clmnz.co.nz</a>	Sacred Heart Aquatic Centre, 250 West Tamaki Road, Glendowie
<b>Feldenkrais</b> - Awareness through movement, do better, feel better and understand yourself better	12:00pm	Annie 021 815 113 <a href="mailto:annieminton2@gmail.com">annieminton2@gmail.com</a>	St Heliers Community Centre 100 St Heliers Bay Road St Heliers
<b>Gold Fit</b> - Individual gym programme. Strength, balance, cardio. Pre-assessment required	9:15am & 10:30am	(09) 303 2069 <a href="mailto:aucklandcity@ymcauckland.org.nz">aucklandcity@ymcauckland.org.nz</a>	The Y Auckland City 149 Greys Avenue Auckland CBD
<b>Gold Fit</b> - Balance and strength, cardio, respiratory. Pre-assessment required	9:00am - 10:00am	(09) 624 6058 <a href="mailto:cameronpool@ymcauckland.org.nz">cameronpool@ymcauckland.org.nz</a>	YMCA Cameron Pool and Leisure Centre 53 Arundel Street Mount Roskill
<b>Gold Fit</b> - Modified exercises, catered to your abilities. Pre-assessment required	10:30am	(09) 579 4716 <a href="mailto:ellerslie@ymcauckland.org.nz">ellerslie@ymcauckland.org.nz</a>	YMCA Ellerslie Recreation Centre, 46 Michaels Avenue Ellerslie
<b>Gold Fit Activate</b> - For strength & fitness. Low intensity class to strengthen and tone	10:00am	(09) 636 8825 <a href="mailto:jordan@ymcauckland.org.nz">jordan@ymcauckland.org.nz</a>	YMCA Sir William Jordan Recreation Centre 5 Pearce Street, Onehunga
<b>Movement, Body &amp; Balance</b> - Standing and balance work, floor exercises and flexibility	10:00am	Annie 021 815 113 <a href="mailto:annieminton2@gmail.com">annieminton2@gmail.com</a>	Kohimarama Yacht Club 80 Tamaki Drive Mission Bay
<b>Pilates</b> - Pre- assessment required	9:30am – 10:15am	(09) 303 2069 <a href="mailto:aucklandcity@ymcauckland.org.nz">aucklandcity@ymcauckland.org.nz</a>	YMCA Auckland City Fitness, 149 Greys Avenue Auckland CBD
<b>Seniors Dance</b> - Easy to learn movement based on contemporary dance	10:00am	Susan 021 206 1835 <a href="mailto:susan@seniorsdance.nz">susan@seniorsdance.nz</a> <a href="http://seniorsdance.nz">seniorsdance.nz</a>	St Lukes Church Hall 704 New North Road Mt Albert

<b>Seniors Yoga</b>	11:00am	(09) 378 1752 <a href="mailto:Info@ponsonbycommunity.org.nz">Info@ponsonbycommunity.org.nz</a>	Ponsonby Community Centre, 20 Ponsonby Terrace Ponsonby
<b>Walking Netball</b> - Modified version of the game with no running or jumping. No prior netball experience is required. Refreshments included	10:00am – 11:00am	09 570 0030 <a href="mailto:Reception@aucklandnetball.co.nz">Reception@aucklandnetball.co.nz</a>	Indoor Courts St Johns Netball 7 Allison Ferguson Drive St John's
<b>Yoga</b> - Gentle physical movements	8:45am- 9:45am	Mans 021 1349 000 <a href="http://www.yogaone.co.nz">www.yogaone.co.nz</a>	St Aidan's Church Hall 5 Ascot Avenue, Remuera

### Monday – Educational, Social, Special Interest, Support Group Activities

<b>Digital Seniors</b> free one-on-one coaching and support using their devices in a positive, fun and social environment.	10:00am – 12:00pm	0800 373 646 <a href="mailto:contact@digitalseniors.co.nz">contact@digitalseniors.co.nz</a>	Remuera Library 429 Remuera Road, Remuera
<b>English Conversation</b> - English for Speakers of Other Languages (ESOL)	10:00am - 11:30am	<a href="mailto:bookings@sthelierscentre.org.nz">bookings@sthelierscentre.org.nz</a>	St Heliers Community Centre, 100 St Heliers Road St Heliers
<b>Mahjong</b> - Mahjong and afternoon tea, all skill levels welcome	12:30pm - 2:30pm	(09) 555 5162	Jubilee Building 545 Parnell Road Parnell

### Tuesday - Physical Activities

<b>FLexercise with Fitness League</b> - Low impact exercises to music - part exercise.	10:00am	Val 021 070 5749 (09) 475 5215 <a href="mailto:valwightman@xtra.co.nz">valwightman@xtra.co.nz</a>	St Aidan's Church Hall 5 Ascot Avenue Remuera
<b>Gold Fit</b> - Personalised work out. Pre-assessment required	11:00am	(09) 627 1642 <a href="mailto:lynfield@ymcauckland.org.nz">lynfield@ymcauckland.org.nz</a>	YMCA Lynfield Youth & Leisure, 16-18 Griffen Park Road, Mount Roskill
<b>Gold Fit Circuit</b>	10:00am	(09) 636 8825 <a href="mailto:jordan@ymcauckland.org.nz">jordan@ymcauckland.org.nz</a>	YMCA Sir William Jordan Recreation Centre 5 Pearce Street, Onehunga
<b>Grumpies - Yoga for Men</b> - Yoga for men over 50	6:00pm - 7:00pm	Tracy 021 284 8444	Grey Lynn Community Centre 510 Richmond Road Grey Lynn
<b>Senior Swans Jazz</b>	12:00pm – 1:00pm	021 762 641 <a href="mailto:Bookings@nzballet.co.nzwww.nzballet.co.nz">Bookings@nzballet.co.nzwww.nzballet.co.nz</a>	Dance for Life Academy 1/36 Galway Street Onehunga
<b>Senior Swans Ballet</b>	1:15pm – 2:15pm	021 762 641 <a href="mailto:Bookings@nzballet.co.nzwww.nzballet.co.nz">Bookings@nzballet.co.nzwww.nzballet.co.nz</a>	Dance for Life Academy 1/36 Galway Street Onehunga
<b>Senior Tone</b> - Gentle exercise for seniors & ACC recoverees	10.30am	Lisa Mahone 021 890 555	St Heliers Church & Community Centre 100 St Heliers Bay Road
<b>Silver Swans Ballet</b>	10.00am	Sarah 021 477 321 <a href="mailto:sarah@sdpa.co.nz">sarah@sdpa.co.nz</a>	St Heliers Church & Community Centre 100 St Heliers Bay Road
<b>Somervell Presbyterian Church Walking Group</b> - Meet to walk followed by morning tea	9:30am	(09) 524 5379 021 366 451	Somervell Presbyterian Church 497 Remuera Road Remuera
<b>Strength Mobility and Balance</b> - Balance, strength, mobility and walking exercises. Also caters for those with Parkinson's	11:00am - 12:00pm (ten week programme)	Shouvik 022 172 5835 <a href="mailto:info@pranaphysio.co.nz">info@pranaphysio.co.nz</a>	Prana Physio 8 Nugent Street Grafton
<b>Tai Chi for Wellbeing</b>	1:00pm – 2:00pm	Stacy (09) 576 3705	Irwin Miller Centre, St Andrews Village, 207 Riddell Road, Glendowie

<b>Vinyasa Yoga</b>	6:30pm - 7:30pm	Kerry 027 315 3037 09 378 4908 <a href="mailto:office@greylinn.org.nz">office@greylinn.org.nz</a>	Grey Lynn Community Centre 510 Richmond Road Grey Lynn
<b>Yoga</b>	9:30am -10:30am	09 276 8207 <a href="mailto:otr@clmnz.co.nz">otr@clmnz.co.nz</a>	Ōtāhuhu Pool & Leisure Centre, Fairburn Reserve, Mason Ave, Ōtāhuhu

## Tuesday – Educational, Social, Special Interest, Support Group Activities

<b>Grey Lynn Selwyn Centre</b> - Varied activities including social and physical	10:30am - 1:00pm	(09) 376 9119	Grey Lynn Selwyn Centre St Columba Anglican Church, 92 Surrey Crescent, Grey Lynn
<b>History Club</b> - Enjoy good fellowship and a cuppa discussing NZ's early history and colonial history. Hobbyist to Historian welcome to this discussion club	2 <sup>nd</sup> & 4 <sup>th</sup> Tuesday of month 1:30pm – 3:30pm	(09) 555 5162	Jubilee Building 545 Parnell Road Parnell
<b>Meadowbank Selwyn Centre</b> - Companionship, fun, advice and support. Morning tea with social and physical activities	9:30am - 12:00pm	Kirsten 021 180 7321	St Chad's Anglican Church 38 St Johns Road Meadowbank
<b>St Heliers Ladies Probus</b> - Ladies only	2 <sup>nd</sup> Tuesday of month 2:00pm - 4:00pm	(09) 575 8899	St Heliers Presbyterian Community Centre 100 St Heliers Bay Road

## Wednesday - Physical Activities

<b>Active Gold</b> - Cardiovascular exercise, strength training, pilates, balance work, gentle stretches & relaxation	10:30am – 11:20am	(09) 579 0004	Active Plus Ellerslie 180 Main Highway Ellerslie
<b>Aqua Zumba</b>	6:30pm - 7:15pm	(09) 276 8207 <a href="mailto:otr@clmnz.co.nz">otr@clmnz.co.nz</a>	Ōtāhuhu Pool & Leisure Centre, Fairburn Reserve, Mason Ave, Ōtāhuhu
<b>Deep Water Aqua Aerobics</b> - Water aerobics with belts	8:30am - 9:15am	Jake Hogg (09) 529 3741 <a href="mailto:shac@clmnz.co.nz">shac@clmnz.co.nz</a>	Sacred Heart Aquatic Centre, 250 West Tamaki Road Glendowie
<b>Falls Prevention Tai Chi</b> - Posture, relax, strength and balance. Sitting and standing exercise	10:30am	Alison 021 528 744 <a href="mailto:alison.taichi@gmail.com">alison.taichi@gmail.com</a>	Leicester Hall 20 Findlay Street Ellerslie
<b>Gold Fit</b> - Individual gym programme. Strength, balance, cardio. Pre-assessment required	9:15am & 10:30am	(09) 303 2069 <a href="mailto:aucklandcity@ymcaauckland.org.nz">aucklandcity@ymcaauckland.org.nz</a>	The Y Auckland City 149 Greys Avenue Auckland CBD
<b>Gold Fit</b> - Gym use, circuit, balance and functional exercises.	8:15am - 9:15am	(09) 846 0788 <a href="mailto:mtalbert@ymcaauckland.org.nz">mtalbert@ymcaauckland.org.nz</a>	YMCA Mt Albert Community & Leisure Centre, 773 New North Road, Mt Albert
<b>Gold Fit</b> - Personalised work out. Pre-assessment required	11:00am	(09) 627 1642 <a href="mailto:lynfield@ymcaauckland.org.nz">lynfield@ymcaauckland.org.nz</a>	YMCA Lynfield Youth & Leisure, 16-18 Griffen Park Road, Mount Roskill
<b>Movement, Balance &amp; Flexibility</b> - Standing and balance work, floor exercises and flexibility	10:00am	Annie 021 815 113 <a href="mailto:annieminton2@gmail.com">annieminton2@gmail.com</a>	Kohimarama Yacht Club 80 Tamaki Drive Mission Bay
<b>Seniors Yoga</b> - Relax, unwind and strengthen.	1:00pm - 2:00pm	(09) 378 4908 <a href="mailto:office@greylinn.org.nz">office@greylinn.org.nz</a>	Grey Lynn Community Centre 510 Richmond Road, Grey Lynn
<b>Seniors Yoga</b>	11:00am – 12:00pm	(09) 378 1752 <a href="mailto:info@ponsonbycommunity.org.nz">info@ponsonbycommunity.org.nz</a>	Ponsonby Community Centre, 20 Ponsonby Terrace Ponsonby



<b>Senior Swans Ballet</b>	10:30am – 11:30am	021 762 641 <a href="mailto:Bookings@nzballet.co.nz">Bookings@nzballet.co.nz</a> <a href="http://nzballet.co.nz">nzballet.co.nz</a>	Dance for Life Academy 1/36 Galway Street Onehunga
<b>Tai Chi for Wellbeing</b>	10:30am	Stacy (09) 576 3705	Dunkirk Road Activity Centre, 50 Dunkirk Road Panmure
<b>Vinyasa Yoga</b>	5:30pm - 7:00pm	Vicki (09) 575 4736 <a href="mailto:vickisopernz@gmail.com">vickisopernz@gmail.com</a> (09) 378 4908 <a href="mailto:office@greylinn.org.nz">office@greylinn.org.nz</a>	Grey Lynn Community Centre 510 Richmond Road Grey Lynn
<b>Yogilates</b> - Gentle stretch and strength class	9.30am	Lisa Mahone 021 890 555	St Heliers Church & Community Centre, 100 St Heliers Bay Road

### Wednesday – Educational, Social, Special Interest, Support Group Activities

<b>Kohimarama Selwyn Centre</b> - Social and physical activities for enjoyment and fun	9:30am - 12:00pm	Sandra 021 915 932	St Andrew's Anglican Church Hall, 116 Selwyn Avenue Kohimarama
<b>Shantiniwas Charitable Trust Positive Ageing Activity Day</b> - Morning tea, range of activities (social, physical, support)	10:30am – 1:30pm	(09) 622 1010 <a href="mailto:info@shantiniwas.org.nz">info@shantiniwas.org.nz</a>	Shantiniwas Charitable Trust 14 Spring Street Onehunga
<b>U3A St Heliers</b>	1 <sup>st</sup> Wednesday of month 9:30am - 11:30am	021 942 684 <a href="mailto:stheliersu3a@gmail.com">stheliersu3a@gmail.com</a>	St Heliers Community Centre 100 St Heliers Bay Road, St Heliers

### Thursday - Physical Activities

<b>Active Gold</b> - Cardiovascular exercises, strength training, pilates, balance work, gentle stretches, relaxation	11:30am – 12:30pm	(09) 623 0441	Active+ Mt Eden 110 Mt Eden Road Mt Eden
<b>Chair Yoga for Seniors</b> - Sitting and standing postures using a chair to improve balance and strength	11:00am - 12:00pm	Tracy 021 284 8444 <a href="mailto:chairyoganz@gmail.com">chairyoganz@gmail.com</a>	Westend Tennis Club 1 Fife Street Westmere
<b>Feldenkrais</b> - Awareness through movement, do better, feel better and understand yourself better	12:00pm	Annie 021 815 113 <a href="mailto:annieminton2@gmail.com">annieminton2@gmail.com</a>	St Heliers Community Centre 100 St Heliers Bay Road St Heliers
<b>Gold Fit</b> - Modified exercises catered to your abilities. Pre-assessment required	10:30am	(09) 579 4716 <a href="mailto:ellerslie@ymcauckland.org.nz">ellerslie@ymcauckland.org.nz</a>	YMCA Ellerslie Recreation Centre, 46 Michaels Avenue Ellerslie
<b>Gold Fit</b> - Balance, strength, cardio and respiratory. Pre-assessment required	9:00am	(09) 624 6058 <a href="mailto:cameronpool@ymcauckland.org.nz">cameronpool@ymcauckland.org.nz</a>	YMCA Cameron Pool and Leisure Centre 53 Arundel Street Mount Roskill
<b>Hatha Yoga</b>	6:00pm - 7:15pm	Becca 021 378 323 Sharon 021 0822 1672 (09) 378 4908 <a href="mailto:office@greylinn.org.nz">office@greylinn.org.nz</a>	Grey Lynn Community Centre 510 Richmond Road Grey Lynn
<b>Legends Fit</b>	10:00am – 11:00am	(09) 570 7820 <a href="mailto:thebays@clmnz.co.nz">thebays@clmnz.co.nz</a>	CLM Eastern Bays 135 Morrin Road, St Johns
<b>Movement, Body &amp; Balance</b> - Standing and balance work, floor exercises and flexibility	10:00am	Annie 021 815 113 <a href="mailto:annieminton2@gmail.com">annieminton2@gmail.com</a>	Kohimarama Yacht Club 80 Tamaki Drive Mission Bay
<b>St Heliers Bay Walkers</b>	9:30am	Heather 021 992 568	St Heliers Church 100 St Heliers Bay Road.
<b>Senior Swans Ballet</b>	12:00pm – 1:00pm	021 762 641 <a href="mailto:Bookings@nzballet.co.nz">Bookings@nzballet.co.nz</a> <a href="http://nzballet.co.nz">nzballet.co.nz</a>	Dance for Life Academy 1/36 Galway Street Onehunga

<b>Senior Tone</b> - Gentle exercise for seniors & ACC recoverees	10.15am	Lisa Mahone 021 890 555	St Heliers Church & Community Centre 100 St Heliers Bay Road
<b>Step Out Walking Group</b> - Socialising and walking	10:00am - 11:00am	(09) 555 5162	Jubilee Building 545 Parnell Road, Parnell
<b>Strength Mobility and Balance</b> - Balance, strength, mobility and walking exercises. Also caters for those with Parkinson's	11:00am - 12:00pm (ten-week programme)	Shouvik 022 172 5835 <a href="mailto:info@pranaphysio.co.nz">info@pranaphysio.co.nz</a>	Prana Physio 8 Nugent Street Grafton

### Thursday – Educational, Social, Special Interest, Support Group Activities

<b>Digital Seniors</b> - One-on-one free assistance for seniors with digital devices	10.00am – 12.00pm  1.00pm – 3.00pm	Sarah Thorne 021 037 6882	St Heliers Church & Community Centre 100 St Heliers Bay Road  <b>Orakei RSA, 178 Kapa Road, Mission Bay</b>
<b>Film Club</b> - Share thoughts on movies you've watched recently over afternoon tea	3 <sup>rd</sup> Thursday of month 1:00pm – 3:00pm	(09) 555 5162	Jubilee Building 545 Parnell Road Parnell
<b>Mahjong</b> - Mahjong and afternoon tea, all skill levels welcome	12:30pm - 2:30pm	(09) 555 5162	Jubilee Building 545 Parnell Road Parnell
<b>Meadowbank Selwyn Centre</b> - Companionship, fun, advice, and support. Varied programmes and morning tea with social, and physical activities.	9:30am - 12:00pm	Kirsten 021 180 7321	St Chad's Anglican Church 38 St Johns Road Meadowbank
<b>St Heliers Horticultural Society and Garden Club</b> - Speakers, competitions, get-together	4 <sup>th</sup> Thursday of month 1:30pm - 3:30pm	(09) 575 6098 Sandra 027 2833 485	St Heliers Community Centre 100 St Heliers Bay Road St Heliers
<b>St Heliers Seniors</b> - A relaxed morning tea gathering, with games and light activities	10.00am - 11.30am	09 575 6098 <a href="mailto:admin@sthelierscentre.org.nz">admin@sthelierscentre.org.nz</a>	St Heliers Church & Community Centre 100 St Heliers Bay Road
<b>Textile Lab and Chat</b> - Bring your projects – embroidery, sewing, knitting or crochet and enjoy crafting, chatting and a cuppa	4 <sup>th</sup> Thursday of month 4:00pm – 6:00pm	(09) 555 5162	Jubilee Building 545 Parnell Road Parnell

### Friday - Physical Activities

<b>Active Gold</b> - Cardiovascular exercise, strength training, pilates, balance work, gentle stretches, relaxation	10:30am - 11:15am	(09) 623 0441	Active+ Mt Eden 110 Mt Eden Road Mt Eden
<b>Active Gold</b> - Cardiovascular exercise, strength training, pilates, balance work, gentle stretches, relaxation	11:00am – 11:50am	(09) 579 0004	Active Plus Ellerslie 180 Main Highway Ellerslie
<b>Dance fit</b> - Ballet warm up and contemporary dance. Pre-assessment required	10:30am	(09) 303 2069 <a href="mailto:aucklandcity@ymcauckland.org.nz">aucklandcity@ymcauckland.org.nz</a>	YMCA Auckland City Fitness, 149 Greys Avenue Auckland CBD
<b>Deep Water Aqua Aerobics</b> - Water aerobics with belts	8:30am - 9:15am	Jake Hogg (09) 529 3741 <a href="mailto:shac@clmnz.co.nz">shac@clmnz.co.nz</a>	Sacred Heart Aquatic Centre 250 West Tamaki Road Glendowie

<b>Friday Dance Connect</b> - Join us to unwind, express yourself, and connect through movement. Mirror each other's flow, dance in unity, and explore movement with flags and poi. No experience required—just come as you are!	4:30pm – 6:00 pm	(09) 555 5162	Jubilee Building 545 Parnell Road Parnell
<b>Gold Fit</b> - Gym use, circuit, balance and functional exercises	8:15am	(09) 846 0788 mtalbert@ymcauckland.org.nz	YMCA Mt Albert Community & Leisure Centre 773 New North Road Mt Albert
<b>Gentle Conditioning</b> - For those with health or physical conditions that may need a gentler approach to conditioning exercises. Most exercises take place on the mat and therabands are used for gentle strength and stretch work, plus balance exercises	11:15am – 12:00pm	021 762 641 <a href="mailto:Bookings@nzballet.co.nz">Bookings@nzballet.co.nz</a> <a href="http://nzballet.co.nz">nzballet.co.nz</a>	Dance for Life Academy 1/36 Galway Street Onehunga
<b>Gold Fit</b> - Individual gym programme. Pre-assessment required	9:15am & 10:30am	(09) 303 2069 <a href="mailto:aucklandcity@ymcauckland.org.nz">aucklandcity@ymcauckland.org.nz</a>	The Y Auckland City 149 Greys Avenue Auckland CBD
<b>Gold Fit</b> - Personalised work out. Pre-assessment required	11:00am	(09) 627 1642 <a href="mailto:lynfield@ymcauckland.org.nz">lynfield@ymcauckland.org.nz</a>	YMCA Lynfield Youth & Leisure, 16-18 Griffen Park Road, Mount Roskill
<b>Gold Fit Tai Chi</b>	10:30am	(09) 636 8825 <a href="mailto:jordan@ymcauckland.org.nz">jordan@ymcauckland.org.nz</a>	YMCA Sir William Jordan Recreation Centre 5 Pearce Street, Onehunga
<b>Pilates</b> - Pre- assessment required	9:30am – 10:15am	(09) 303 2069 aucklandcity@ymcauckland.org.nz	YMCA Auckland City Fitness 149 Greys Avenue Auckland CBD
<b>Senior Swans Ballet</b>	12:00pm - 1:00pm	021 762 641 <a href="mailto:Bookings@nzballet.co.nz">Bookings@nzballet.co.nz</a> <a href="http://nzballet.co.nz">nzballet.co.nz</a>	Dance for Life Academy 1/36 Galway Street Onehunga
<b>Seniors Yoga</b> - Relax, unwind and strengthen	1:00pm - 2:00pm	(09) 378 4908 <a href="mailto:office@greylinn.org.nz">office@greylinn.org.nz</a>	Grey Lynn Community Centre, 510 Richmond Road, Grey Lynn
<b>Seniors Yoga</b>	11:00am	(09) 378 1752 Info@ponsonbycommunity.org.nz	Ponsonby Community Centre, 20 Ponsonby Terrace Ponsonby
<b>Silver Swans Ballet</b>	11.00am	Sarah 021 477 321 <a href="mailto:sarah@sdpa.co.nz">sarah@sdpa.co.nz</a>	St Heliers Church & Community Centre 100 St Heliers Bay Road
<b>Yoga</b>	5:45pm - 6:45pm	(09) 276 8207 <a href="mailto:otr@clmnz.co.nz">otr@clmnz.co.nz</a>	Ōtāhuhu Pool & Leisure Centre, Fairburn Reserve, Mason Ave, Ōtāhuhu
<b>Yoga</b> - Gentle physical movements	8:45am- 9:45am	Mans 021 1349 000 <a href="http://www.yogaone.co.nz">www.yogaone.co.nz</a>	St Aidan's Church Hall 5 Ascot Avenue, Remuera
<b>Friday – Educational, Social, Special Interest, Support Group Activities</b>			
<b>Parnell Community Centre Bridge Club</b> - Social Game of bridge with afternoon tea	1:00pm - 4:00pm	(09) 555 5164	Jubilee Building 545 Parnell Road Parnell
<b>Shantiniwas Charitable Trust Positive Ageing Activity Day</b> - Morning tea, range of activities (social, physical, support)	10:30am – 1:30pm	(09) 622 1010 info@shantiniwas.org.nz	Senior Net Hall (next to Mt Eden War Memorial Hall) 487 Dominion Road Mt Eden

Saturday - Physical Activities			
<b>Body Balance</b>	10:30am – 11:30am	(09) 570 7820 <a href="mailto:thebays@clmnz.co.nz">thebays@clmnz.co.nz</a>	CLM The Bays 135 Morrin Road, St Johns
<b>Pilates</b> - Pre- assessment required	9:30am – 10:30am	(09) 303 2069 <a href="mailto:aucklandcity@ymcauckland.org.nz">aucklandcity@ymcauckland.org.nz</a>	YMCA Auckland City Fitness, 149 Greys Avenue Auckland CBD
<b>Tai Chi Wellness and Injury Free</b> - Fall prevention, balance and strengthening	11:00am - 12:30pm	Eddie 021 288 2380 <a href="mailto:taichi9000@yahoo.co.nz">taichi9000@yahoo.co.nz</a>	Taiji Lounge 42 Merton Rd St Johns
Saturday – Educational, Social, Special Interest, Support Group Activities			
<b>Glaucoma Peer Support Group</b> - Share your experience with like-minded people and get support from people who understand	2:00pm – 3:30pm	0800 452 826	Epsom Community Centre 202 Gillies Avenue Epsom
Sunday - Physical Activities			
<b>Aqua Zumba</b>	9:30am - 10:15am	(09) 276 8207 <a href="mailto:otr@clmnz.co.nz">otr@clmnz.co.nz</a>	Ōtāhuhu Pool & Leisure Centre, Fairburn Reserve Mason Ave, Ōtāhuhu
Sunday - Educational, Social, Special Interest, Support Group Activities			
<b>Meditation</b> - Uplifting yoga sound meditation, and spiritual insights (live streamed)	6:00pm - 8:00pm	021 050 4866 <a href="mailto:classes@nzsm.org">classes@nzsm.org</a> <a href="http://www.meditation.org.nz">www.meditation.org.nz</a>	Grey Lynn Community Centre, 510 Richmond Rd Grey Lynn

## Steady As You Go® Exercise Programme

Age Concern Auckland is delighted to continue to provide and expand the **Steady As You Go®** exercise programme across Auckland. This is a community based, weekly falls prevention exercise class and is an ACC approved Community Strength and Balance programme.

Following initial extensive instruction from Age Concern Auckland Health Promotion staff, each new class continues with support from volunteer peer leaders within the class, together with continued support and supervision from Age Concern Auckland.

Classes run for an hour in total at various community venues and all attendees are encouraged to work at their own pace. Participants begin with seated warm up exercises followed by standing balance exercises, strengthening exercises, walking balance exercises and end with seated balance and warm down exercises. The programme is usually free to attend.

Age Concern Otago developed **Steady As You Go®** in 2003 using elements from the Otago Exercise Programme, additional exercises designed by physiotherapists and Tai Chi principles of mindfulness and controlled movement. University of Otago research has found that **Steady As You Go®** improves balance and leg strength, flexibility, general fitness and wellbeing, spatial awareness and is a great way to meet new people!

To discuss your interest in attending this exercise programme, please contact: **Divya** on **09 820 2711** or email: [divyas@ageconak.org.nz](mailto:divyas@ageconak.org.nz)

For more information on other **Community Strength and Balance Approved Exercise Classes**, phone **Harbour Sport** on **09 415 4611** or visit: [www.livestronger.org.nz](http://www.livestronger.org.nz)



We hope you have found our Calendar of Activities useful. Age Concern Auckland has made every effort to ensure details are correct as at time of publishing and we review all listings on an annual basis. We welcome new inclusions or updates if your group details have changed. Please email details to: [ageconcern@ageconak.org.nz](mailto:ageconcern@ageconak.org.nz) or phone **(09) 820 0184**.

For more information about **Age Concern Auckland** and to learn more about our range of Services, please visit: [www.ageconcernauckland.org.nz](http://www.ageconcernauckland.org.nz)

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