

2025 – 2026



Calendar of Activities

NORTH SHORE

👤 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 provided 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			
Chair Yoga	11.00am – 12.00pm	Anu 022 3299 443	Birkdale Community House 134 Birkdale Road, Birkdale
Fitness League NZ (Inc) - Balanced, easy exercise programme	9.30am	Sonia 021 158 5867	Greenhithe Village Hall 7 Greenhithe Road, Greenhithe
FitSteps - Absolute Beginners - Intermediate	9.30am – 10.15am 10.00am – 10.45am	Helena 022 882 0237	Birkenhead RSA Recreation Drive, Birkenhead
Gentle Zumba Class	1.00pm – 1.45pm	Claudette 027 388 6110	Browns Bay Presbyterian Church 45 Anzac Road, Browns Bay
Line Dancing	11.30am – 2.30pm	Jo 027 289 9000 Norma 027 487 0142	Milford Senior Citizens Hall 141A Kitchener Road Milford
never2old - Exercise programme to improve functional fitness for independent living	9.30am – 10.30am 1.30pm – 2.30pm	09 921 9747 northgym@aut.ac.nz	AUT Sports & Fitness Centre 90 Akoranga Drive, Northcote
Pilates - Classical - For Seniors - Senior Pilates	9.30am – 10.30am 10.00am – 11.00am 10.30am	Kate 021 0270 4186 lone 027 537 5733 09 444 6340 Press 1	Birkdale Community House 136 Birkdale Road, Birkdale Takapuna War Memorial Hall 7 The Strand, Takapuna Glenfield Leisure Bentley Avenue, Glenfield
Table Tennis - Social, casual	11.30am – 1.30pm	Debbie 09 478 4091	St Anne's Hall Cnr Beach Road & Glencoe Road Browns Bay
Tai Chi - Yang style with Qigong forms - Beginner	9.30am – 10.30am 11.30am – 1.00pm	09 444 6578 Marie 09 445 2327	Senior Citizens Hall Mayfield Centre, Mayfield Road, Glenfield Devonport Community House 32 Clarence Street Devonport
The Y (formerly YMCA) - Gold Fit: low intensity exercise for mobility, balance, muscle strengthening - Gold Circuit	10.30am – 11.30am 1.00pm – 2.00pm	09 480 7099	The Y North Shore 5 Akoranga Drive Northcote
Yoga - Gentle flow	10.00am – 11.15am	Maria 021 0200 8886	Devonport Community House 32 Clarence Street, Devonport

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

Birkdale Community House - Scrabble	12.30pm – 2.30pm	09 483 9149	Birkdale Community House 134 Birkdale Road, Birkdale
Browns Bay 60's Up Movement - Meetings, including morning tea and entertainment - Coffee group	4 th Monday of month 10.00am – 12.00pm 1st Monday of month 10.00am	Fiona 021 758 595	Progress Hall, 6 Anzac Road Browns Bay Browns Bay Coffee Club Browns Bay
Browns Bay Social Connections Coffee Group - Enjoy conversation and friendship (buy your own coffee)	Monthly – mornings	Age Concern Auckland: Amanda 09 929 2310	Meet in local café Browns Bay
Devonport Garden & Floral Art Club - Meeting & guest speaker	2 nd Monday of month 9.30am – 12.00pm	Laurel 09 445 1641	St Leo's Hall 102 Albert Road, Devonport
Digital Seniors One on one coaching on your own electronic device	10.00am – 12.00pm	0800 373 646	Devonport Library 2 Victoria Road, Devonport
East Coast Bays Bridge Club - Partner not required	10.15am	09 479 4689 www.ecbbridgeclub.co.nz	Lyons Avenue (opposite Montana Avenue) Murrays Bay
Glenfield 60's Up Movement - Entertainment or speaker	1 st Monday of month 1.30pm	Glenys 09 444 1413	Glenfield Leisure Centre Bentley Avenue, Glenfield
Glenfield Combined Probus Club - Fellowship, friendship, fun	3 rd Monday of month 10.00am	Shirley 027 302 3026	Glenfield War Memorial Hall Hall Road, Glenfield
Greenhithe/Hobsonville Bridge Club	7.15pm	Sue Beale 027 913 5441 suebea@xtra.co.nz	Headquarters Building 214 Buckley Ave Hobsonville Point
Heart of the Bays Community Centre - Eat, Play, Laugh: Friendship group with cooking demonstration, lunch, fun & activities - Bays Patchwork	1 st Monday of month 10.30am – 1.30pm 2nd Monday of month 9.30am	Wendy 09 476 9180 Marilyn 021 174 4440	Heart of the Bays Community Centre 2 Glen Road Browns Bay
Inner Wheel Club of Shore City - Enjoy the company of other women: activities include community service, monthly meetings and guest speakers	4 th Monday of month 10.00am	shorecity@iwnz.org.nz	St Aidan's Presbyterian Church Hall 97 Onewa Road Northcote
Milford Senior Citizens Club - Mahjong for intermediate to advanced	10.00am – 12.00pm	Jo 027 289 9000 Norma 027 487 0142	Milford Senior Citizens Hall 141A Kitchener Road Milford
North Shore Branch NZSG - Genealogy	1 st Monday of month 1.00pm	Phil 027 493 2407 NorthShore@genealogy.org.nz	Glenfield Senior Citizens Hall 5 Mayfield Road Glenfield
North Shore Bridge Club - Social (no partner required) - Partner required	10.00am – 12.30pm 7.15pm	09 489 6099 www.nsb.org.nz	North Shore Bridge Club 39 Killarney Street Takapuna
North Shore CMA - Companionship & fun activities for older people isolated in the community. Transport arranged, lunch & morning tea provided	10.00am – 12.30pm	09 489 8954	Sunnynook Community Centre 148 Sycamore Drive, Sunnynook Mairangi & Castor Bays Presbyterian Church, 10 Penzance Road, Mairangi Bay

Salvation Army Companions Club - Two course meal, table games, guest speakers & companionship	3 rd Monday of month 10.15am – 1.30pm	09 441 2554 Ext 2	Salvation Army Hall 430 Glenfield Road Glenfield
SeniorNet North Shore (Inc) - Water Colour Painting: painting together and helping each other learn - Discussion Group. Nostalgia: Remember the good, crazy and unusual, fun memories and interesting insights	1 st and 3 rd Monday morning of month 10.00am – 12.00pm 3rd Monday afternoon of month 1.00pm – 3.00pm	09 486 2163 www.seniornetns.com snetns@xtra.co.nz 09 486 2163	St John Centre North Shore 2 Shea Terrace Takapuna
U3A Birkenhead - Guest speaker & special interest groups	1 st Monday of month 10.00am – 12.00pm	Lyn 021 058 2667 r.loldnall@gmail.com	Birkenhead Bowling Club 93 Mokoia Road Birkenhead
Tuesday – Physical Activities			
Active Ageing (Seniors Get Fit) - Strength flexibility, mobility, coordination & cardio vascular fitness	10.30am – 11.15am	Sarah 021 232 7906	Devonport Community House 32 Clarence Street Devonport
Braemar Scottish Dancing	7.30pm – 9.30pm	Audrey Stuckey 027 224 0381	St Anne's Hall, Cnr Beach Road & Glencoe Road Browns Bay
Devonport Walkers	9.00am	Clive 027 484 3826	Meet at corner of Bartley Terrace & Clarence Street, Devonport
East Coast Bays Walkers	From 8.30am	Alison 09 473 6541 021 152 3165	Various locations
Fitness League NZ (Inc) - Balanced, easy exercise programme	1.45pm	Jennie 027 280 8165	War Memorial Hall Hall Road, Glenfield
FitSteps - Absolute Beginners - Intermediate	9.30am – 10.15am 10.00am – 10.45am	Helena 022 882 0237	St Johns Hall 36 Silverdale Road
never2old - Exercise programme to improve functional fitness for independent living	9.30am – 10.30am	09 921 9747 northgym@aut.ac.nz	AUT Sports & Fitness Centre 90 Akoranga Drive, Northcote
Northcote Walking Group - Varied walks of approximately 3 hours	Every 2 nd Tuesday 10.00am – 3.00pm	Margaret Modricker 09 444 6662 021 148 6161	Auckland wide using free buses, trains, ferries & car pooling
Optimal Movement (Level 2) - Seated and standing exercises to improve strength, balance & mobility	2.30pm – 3.15pm	Yulia 021 103 3537 www.optimalmovement.co.nz	Milford Senior Citizens Hall 141A Kitchener Road Milford
Pétanque - Play this fun French game, make lots of new friends	10.00am – 12.00pm Summer 1.00pm – 3.00pm Winter	Sue 027 300 6038 Barb 021 064 6556	Kennedy Park Pétanque Club Kennedy Memorial Park 137–147 Beach Road, Castor Bay
ProstFit - Designed for men living with prostate cancer. Physical and cognitive elements with an emphasis on fun and interaction	3.30pm	Lisa 021 0287 8470 lisa.gombinsky@gmail.com	Shore Fit 229A Archers Rd Wairau Valley
Ready Steady Dance - Rehab, Dance Specialist Class	11.00am – 11.45am	Helena 022 882 0237	Birkenhead RSA, Recreation Drive, Birkenhead
Salsa - All ages, great fun, fitness & people. No partner required	7.00pm – 8.00pm	Lofty 021 572 023	Devonport Community House 32 Clarence Street Devonport
Scottish Dancing	10.00am – 12.00pm	Jo 027 289 9000 Norma 027 487 0142	Milford Senior Citizens Hall 141A Kitchener Road Milford

Senior Chair Pilates - Gain mobility and strength so you can be strong in your day-to-day life	9.15am – 10.00am 10.15am – 11.00am 11.15pm – 12.00pm	09 480 5279	Highbury Community House 110 Hinemoa Street Birkenhead
SeniorFIT - A mix of resistance and cardio training (no getting up and down from the floor)	10.30am – 11.15am	09 478 3379	East Coast Bays Leisure Centre 12 Bute Road Browns Bay
Tai Chi - Beginners welcome - Intermediate - Maintenance class - Intermediate: modified for seniors - Qigong: slow and gentle movements	9.30am – 10.30am 9.30am 9.30am – 10.30am 11.00am – 12.00pm 1.00pm – 2.00pm	Gillian 09 445 2073 Jo 027 673 8836 Bill 020 4186 2679 Bill 020 4186 2679 Sherie 021 536 411 s.vis@barfoot.co.nz	Wakatere Boating Club Narrow Neck Beach Torbay Senior Citizens Centre 37 Watea Road, Torbay Sunnynook Community Centre 148 Sycamore Drive Sunnynook Community Centre 148 Sycamore Drive Senior Citizens Villa 119 Queen St, Northcote Point
The Y (formerly YMCA) Gold Dance - Active seniors group fitness	10.30am – 11.15am	09 480 7099	The Y North Shore 5 Akoranga Drive, Northcote
Yoga - Gentle yoga for active seniors	10.30am	09 444 6340 Press 1	Glenfield Leisure Centre Bentley Avenue, Glenfield

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

Beach Haven Community House - String Along – Ukulele: A weekly ukulele jam session. Guitars also welcome - BBHandcrafters: craft beautiful things by hand; crochet, embroidery, tapestry, cross stitch, knitting etc	12.30pm – 2.30pm 7.00pm – 9.00pm	09 483 9942	Beach Haven Community House 130 Beach Haven Road Beach Haven
Birkenhead 60's Up Movement - Speaker or entertainment & monthly trips	2 nd Tuesday of month 10.00am	Edna 09 483 8497	Cedar Anglican Church 56A Tramway Road, Beach Haven
Browns Bay 60's Up Movement - Bowls, Rummikub, Mahjong	1.00pm – 3.00pm	Fiona 021 758 595	Progress Hall Anzac Road, Browns Bay
Devonport Community House - Leisure Painters - Stitch n B*tch: knitters & crocheters	10.00am – 2.00pm 6.30pm – 8.30pm (Fortnightly)	Linda 022 600 4659 09 445 3068	Devonport Community House 32 Clarence Street Devonport
Devonport Elderly Shoppers Run - Picks you up from home, supports you with your shopping at New World and drops you home again	9.00am 12.00pm	09 445 3068	Bus provided by Devonport Community House Covers Devonport area up to Bardia Street
Digital Seniors - One on one coaching on your own electronic device	10.00am – 12.00pm 10.00am – 12.00pm (every 2nd Tues)	0800 373 646 digital seniors.co.nz	East Coast Bays Library 8 Bute Road, Browns Bay Greenhithe Community Centre, 12 Greenhithe Road
Dutch Club - Informal coffee group for Dutch speakers. Car transport help possible	3 rd Tuesday of month 10.00am	Owen 027 503 6155	123 Rockfield Road Penrose
East Coast Bays Bridge Club - Partner not required	7.15pm	09 479 4689 www.ecbridgeclub.co.nz	Lyons Avenue (opposite Montana Avenue), Murrays Bay
Glenfield Senior Citizens Snooker, Carpet Bowls	1.00pm – 4.00pm	09 444 6578	Glenfield Senior Citizens Club 7 Mayfield Road, Glenfield
Glenfield Social Connections Group - Enjoy conversation and friendship (uy your own coffee)	Fortnightly – mornings	Age Concern Auckland: Amanda 09 929 2310	Meet in local café Glenfield

Heart of the Bays Community Centre - Browns Bay Spinners	2 nd & 4 th Tuesday of month 7.00pm – 9.00pm	Nicole 021 149 7788	Heart of the Bays Community Centre 2 Glen Road, Browns Bay
Highbury Community House - Coffee Morning: Meet at the house for coffee/tea & friendship - Book Lovers of Highbury House: discuss your favourite books and discover new ones	10.30am – 12.00pm Last Tuesday of month 7.00pm – 8.30pm	09 480 5279	Highbury Community House 110 Hinemoa Street Birkenhead
Kōrero Māori Group All levels welcome	11.00am – 1.00pm	09 483 9149	Birkdale Community House 134 Birkdale Road, Birkdale
Mairangi Combined Probus Club	4 th Tuesday of month 10.00am – 12.00pm	0272 809 138	Mairangi & Castor Bays Presbyterian Church Hall 10 Penzance Road, Mairangi Bay
Milford Senior Citizens Club - Scottish Dancing - 500 card game	10.00am – 12.00pm 12.30pm – 3.00pm	Jo 027 289 9000 Norma 027 487 0142	Milford Senior Citizens Hall 141A Kitchener Road Milford
North Shore Bridge Club - Partner required	11.00am	09 489 6099 www.nsbcc.org.nz	North Shore Bridge Club 39 Killarney Street, Takapuna
North Shore CMA - Companionship & fun activities for older people isolated in the community. Transport arranged, lunch & morning tea provided	10.00am – 12.30pm	09 489 8954	Birkdale Hall 136 Birkdale Road, Birkdale Albany Community Hub 575A Albany Highway, Albany
North Shore Diabetes Support Groups - Support & education	1 st Tuesday of month 10.00am – 11.45am 7.00pm – 9.00pm	Sue 021 622 783 northshoredsg@gmail.com	Rangitoto Room, Takapuna Library, The Strand, Takapuna Auckland Christian Assembly 26 Albany Highway, Glenfield
North Shore Embroiderers' Guild - Promote understanding & interest in embroidery	4 th Tuesday of month 10.30am – 12.30pm	Kim 021 171 6731	Milford Bowling Club Commodore Parry Road Milford
North Shore Music & Keyboard Club	1 st Tuesday of month 7.00pm	Gordon 027 636 8589	Upstairs Lounge Takapuna Bowling Club Bracken Avenue, Takapuna
Northcote Baptist Craft Morning - Patchwork, painting, cross-stitch, knitting	9.30am – 11.30am	09 419 1006	Northcote Baptist Church 67 Eban Avenue Northcote
Selwyn Group Join us for fun and fellowship	9.30am – 12.00pm	Mary 09 486 0668	St Paul's Anglican Church 10 Otakau Road, Milford
SeniorNet Glenfield - Computer classes & workshops. Peer to peer training	10.00am – 12.00pm 1.30pm – 3.30pm	09 444 2231 seniornet_glenfield@xtra.co.nz	Mayfield Centre 5 Mayfield Road Glenfield
SeniorNet North Shore (Inc) - Photography Group & Photoshoot: One session in the rooms and the 2nd one of the month is an excursion with shared transport - Android Phone Session: Where you can come along and ask our experts questions on anything you would like to know/learn and share knowledge with others - Computer Chat: Your computer questions answered, discussed, and resolved!	2 nd and 4 th Tuesday morning of month 10.00am – 12.00pm 1st Tuesday afternoon of month 1.00pm – 3.00pm 3 rd Tuesday morning of month 10.00am – 12.00 pm	09 413 6322 www.seniornets.com snetns@xtra.co.nz 09 486 2163 09 486 2163	St John Centre North Shore 2 Shea Terrace Takapuna St John Centre North Shore 2 Shea Terrace Takapuna St John Centre North Shore 2 Shea Terrace Takapuna

Senior Friends - Join us for friendship, activities, games and morning tea	1 st and 3 rd Tuesday of month 10.00am – 12.00pm	Tangi 09 478 6180 office@bayspc.nz	Mairangi & Castor Bays Presbyterian Church Hall 10 Penzance Road, Mairangi Bay
Takapuna 60's Up Movement - Line Dancing	2.00pm	Elaine Utting 027 486 1023	Birkenhead Bowling Club
Takapuna Senior Citizens Association - Scrabble	9.45am onwards	Malcolm 022 080 3399	Senior Citizens Hall 5 The Strand, Takapuna
U3A Browns Bay - Excellent guest speaker and presentations by special interest groups	1 st Tuesday of month (except January) 10.00am – 12.00pm	Anne 027 321 0729 Coleen 09 479 5543	See website for current venue www.u3abb.nz

Wednesday – Physical Activities

Campbells Bay Walkers & Talkers - One hour walking followed by morning tea	9.30am – 11.00am	Dorothy 09 478 6702	Various
Chair Yoga for Seniors	2.00pm – 3.00pm	Holly 021 112 4826	Harmony Hall 4 Wynyard Street, Devonport
Community Table Tennis - Drop in, casual	2.00pm – 4.00pm	09 445 3068	Devonport Community House 32 Clarence Street, Devonport
Fitness League NZ (Inc) - Balanced, easy exercise programme	9.30am	Irene 09 444 8461	War Memorial Hall Hall Road, Glenfield
FitSteps - Intermediate - Absolute Beginners	9.45am – 10.30am 10.45am – 11.30am	Helena 022 882 0237	Albany Settlers Village For residents & friends of residents only
Line Dancing - All levels welcome	10.00am – 11.00am	09 483 9149	Birkdale Hall 136 Birkdale Road, Birkdale
Mairangi Bay Walking Networks	9.00am – 10.00am	Paula 09 444 6435	Mairangi Bay Beachfront
never2old - Exercise programme to improve functional fitness for independent living	9.30am – 10.30am	09 921 9747 northgym@aut.ac.nz	AUT Sports & Fitness Centre 90 Akoranga Drive, Northcote
Optimal Movement (Level 1) - Foundational chair class to improve strength, balance & mobility	9.15am – 10.00am 10.30am – 11.10am	Yulia 021 103 3537 www.optimalmovement.co.nz	Mayfair Village, 14 Oteha Valley Road, Northcross, North Shore Lady Allum Village 20 Napoleon Avenue, Milford
Sahaja Yoga Meditation	7.00pm – 8.30pm	Maria 022 303 9918	Heart of the Bays Community Centre, 2 Glen Road, Browns Bay
Senior Pilates	10.30am	09 444 6340 Press 1	Glenfield Leisure Centre Bentley Ave, Glenfield
Tai Chi Beginners	11.30am – 1.00pm	Marie 09 445 2327	Devonport Community House 32 Clarence Street, Devonport
Walking Group - One hour walk followed by cup of tea/coffee	9.00am	09 410 4902	Sunnynook Community Centre 148 Sycamore Drive, Sunnynook

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

Beach Haven/Birkdale Garden Circle - Speaker, trading table	1 st Wednesday of month 9.30am – 12.00pm	Pauline 027 666 5035	Beach Haven Ratepayers Hall 336 Rangatira Road Beach Haven
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Beach Haven Community House - Locals who come together for maintenance and regeneration of Shepherd's Park	4 th Wednesday of month 7.30pm – 9.30pm	friendsofshepherdpark@gmail.com	Beach Haven Community House 130 Beach Haven Road Beach Haven
Devonport Community House - Knitting for Kindness! We knit for charitable causes. Come for a knit or crochet, stay for a cuppa and a chat! - Village Ukele Club: all levels welcome	10.00am – 12.00pm 7.00pm – 9.00pm	Peta 021 148 6414 Lance Richardsonl.richardson@barfoot.co.nz	Devonport Community House 32 Clarence Street Devonport
Devonport Spinners & Weavers	10.00am – 12.00pm	Robin Harrison robin@mindmagic.co.nz	The Lions Hall (Down the R O W) 8 Empire St, Devonport
Digital Seniors - One on one coaching on your own electronic device	1.00pm – 3.00pm 10.00am – 12.00pm 12.00pm – 2.00pm	0800 373 646 digital seniors.co.nz	Albany Village Library 30 Kell Drive, Albany Glenfield Library 90 Bentley Ave, Glenfield Hobsonville Point Headquarters, 214 Buckley Ave, Hobsonville Point
Exploring Acrylics - Come along on a painting journey where we discover the versatility of acrylic paint by using different techniques and styles. Suitable for all levels	9.30am - 12.30pm	Caitlin 09 478 2237	Mairangi Arts Centre 20 Hastings Road Mairangi Bay
Glenfield Social Connections Coffee Group - Enjoy conversation and friendship (buy your own coffee)	Monthly – mornings	Age Concern Auckland: Amanda 09 929 2310	Meet in local café Glenfield
Glenfield 60's Up Movement - Bus trips - Luncheon group	3 rd Wednesday of month Last Wednesday of month	Glenys 09 444 1413	Local venue
Glenfield Senior Citizens - Carpet Bowls - Cards	10.00am – 12.00pm 1.00pm – 3.00pm	09 444 6578	Glenfield Senior Citizens 7 Mayfield Road Glenfield
Heart of the Bays Community Centre - Rummikub - Backgammon	10.00am – 12.00pm 12.30pm – 4.00pm	Sue 022 300 5587 Linda 021 216 3050 09 476 8311	Heart of the Bays Community Centre 2 Glen Road Browns Bay
Highbury Community House - Mahjong	12.30pm – 2.30pm	09 480 5279	Highbury Community House 110 Hinemoa Street, Birkenhead
Milford Combined Probus - Retired & semi-retired professional businessmen and women	2 nd Wednesday of month 10.00am – 2.15pm	Carol 027 698 5981	Sunnynook Community Centre 148 Sycamore Drive Sunnynook
Milford Senior Citizens Club - Knitting Club - Beginners to Intermediate Mahjong	1 st & last Wednesday of month 1.00pm – 3.00pm 2 nd & third Wednesday 10.00am – 12.00pm 1.00pm – 3.00pm	Jo 027 289 9000 Norma 027 487 0142	Milford Senior Citizens Hall 141A Kitchener Road Milford
North Harbour Rockers - Rock & roll lessons and social dancing	7.00pm – 10.00pm	Ann 09 570 2985 northharbourrockers@gmail.com	Sunnynook Community Centre 148 Sycamore Drive Sunnynook

North Shore Branch NZSG - Genealogy	Evening Meetings 1 st and 3 rd Wednesday of month 7.00pm	Phil 027 493 2407 NorthShore@genealogy.org.nz	Glenfield Senior Citizens Hall 5 Mayfield Road Glenfield
North Shore Bridge Club - Social (no partner required)	10.00am – 12.30pm	09 489 6099 www.nsb.org.nz	North Shore Bridge Club 39 Killarney Street, Takapuna
North Shore Cake Decorating Club	1 st Wednesday of month (except Jan) 12.15pm	Gayle 027 737 3188	Kennedy Park Observation Post 137–147 Beach Road, Castor Bay
Northcote Coffee Social Group - Enjoy coffee and friendship	Fortnightly 10.00am – 12.00pm	Diana 021 0849 6927	Onepoto Awhina (Inc) Northcote Community House Pearn Crescent, Northcote
SeniorNet Glenfield - Computer classes & workshops. Peer to peer training	10.00am – 12.00pm 1.30pm – 3.30pm	09 444 2231 seniornet_glenfield@xtra.co.nz	Mayfield Centre 5 Mayfield Road Glenfield
SeniorNet North Shore (Inc.) - Film Appreciation: Discover the rich history of cinema and share your thoughts and insights with fellow film enthusiasts - AI (Chat GPT etc): Come along and learn and keep up with the changing face of AI in our lives - Cooking Chat: Not cooking but discussion on how to cook for 1 or 2 - swap recipes and ideas	1 st Wednesday afternoon of month 1.30pm – 3.00pm 2nd Wednesday morning of month 10.00am – 12.00pm 3 rd Wednesday afternoon of month 1.30pm – 3.00pm	09 413 6322 www.seniornetns.com snetns@xtra.co.nz 09 486 2163 09 413 6322	St John Centre North Shore 2 Shea Terrace, Takapuna St John Centre North Shore 2 Shea Terrace, Takapuna St John Ambulance Centre 2 Shea Terrace, Takapuna
Seniors Friendship Group - Games, conversation & afternoon tea	Fortnightly 1.30pm – 3.00pm	Marilyn 021 031 9980 marilynvandam@gmail.com	Rawene Community Centre 33 Rawene Road Birkenhead
Sunnynook Ladies Club - General meeting, social get together & guest speaker	1 st Wednesday of month 10.00am – 12.00pm	Trinda 09 410 6728	Sunnynook Community Centre 148 Sycamore Drive Sunnynook
Takapuna Floral Art Club - Floral demonstrations, workshops. Fun, friendship and flowers	4 th Wednesday of month 9.30am – 2.30pm	Sue 09 410 0020 021 384 721	Outram Hall, 478 Beach Road, Murrays Bay
Torbay Garden Club - Speaker, trading table, bus trips	1 st Wednesday of month ex. Feb & July 1.00pm – 3.00pm	Ange 020 4198 3906	Torbay Community Hall 37 Watea Road, Torbay (behind the Torbay Shops)
U3A Devonport - Providing mental stimulation for senior citizens	2 nd Wednesday of month 10.00am – 12.00pm	Barbara 027 7809677 b.d.jones@xtra.co.nz	Harmony Hall 4 Wynyard Street Devonport
U3A Takapuna - General meeting & speaker, visitors welcome	1 st Wednesday of month 9.45am	info@u3atakupuna.org.nz	Milford Bowling Club 20 Commodore Parry Road Milford

Thursday – Physical Activities

Active Ageing (Seniors Get Fit) - Flexibility, mobility, coordination & strength	10.30am – 11.15am	Sarah 021 232 7906	Devonport Community House 32 Clarence Street Devonport
Devonport Walkers	9.00am – 10.00am	Clive 027 484 3826	Meet at corner of Bartley Terrace & Clarence Street, Devonport
Essentrics - Strengthen & lengthen muscles to improve flexibility, mobility, balance	6.00pm – 7.00pm	Iris 021 216 1851	St Paul's Anglican Church Hall 2 Otakau Road, Milford
Fitness League NZ (Inc) - Balanced, easy exercise programme	10.00am	Sonia 021 158 5867	Outram Hall, 478 Beach Road Murrays Bay

FitSteps - All Levels	5.30pm – 6.15pm	Helena 022 882 0237	Warkworth Town Hall
Indoor Bowls - Play friendly games, enjoy a chat and a cuppa	12.45pm – 3.15pm	09 410 4902	Sunnynook Community Centre 148 Sycamore Drive, Sunnynook
never2old - Exercise programme to improve functional fitness for independent living	9.30am – 10.30am	09 921 9747 northgym@aut.ac.nz	AUT Sports & Fitness Centre 90 Akoranga Drive, Northcote
Line Dancing - Beginner to improver, fun and laughs, friendly atmosphere, soft sole shoes, stay hydrated	1.00pm – 2.00pm	Alida 021 232 7069	Milford Senior Citizens Club Hall 141A Kitchener Road behind New World Same entrance as Library
Northcote Pétanque Club - Club night	4.00pm (2.00pm in winter)	Heather 021 049 9668	Northcote Petanque Club Council Terrace, Little Shoal Bay
Pétanque - Play this fun French game, make lots of new friends	10.00am – 12.00pm Summer 1.00pm – 3.00pm Winter	Sue 027 300 6038 Barb 021 064 6556	Kennedy Park Pétanque Club Kennedy Memorial Park 137–147 Beach Road, Castor Bay
SeniorFIT - A mix of resistance and cardio training for older adults who have reasonable mobility and do not require a walking aid	11.15am – 12.00pm	09 478 3379	East Coast Bays Leisure Centre 12 Bute Road Browns Bay
Tai Chi - Beginners - Beginners - Tai Chi - Beginners	9.30am – 10.30am 10.00am 2.15pm – 3.15pm 9.30am – 10.30am	Gillian 027 445 2073 Pauline 021 0273 8463 bruno@actix.co.nz Jo 027 673 8836	Wakatere Boating Club Narrow Neck Beach Milford Senior Citizens Hall 141A Kitchener Road, Milford Heart of the Bays Community Centre, 2 Glen Road, Browns Bay Torbay Senior Citizens Centre 37 Watea Road, Torbay
The Y (formerly YMCA) - Zumba Gold	10.30am – 11.15am	09 480 7099	The Y North Shore 5 Akoranga Drive, Northcote
Torbay Indoor Bowls	6.30pm	Dave 09 479 5235	Senior Citizens Hall 35 Watea Road, Torbay

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

Beach Haven Community House - Arts & Oils - Hand Crafts & Creations - String Along - Guitar: jam session (ukuleles etc. also welcome)	10.00am – 12.00pm 10.00am – 12.00pm 12.30pm – 2.30pm	09 483 9942 Ngaere 09 483 8339 09 483 9942	Beach Haven Community House 130 Beach Haven Road Beach Haven
Dee's Dementia Social Group - For people with early to moderate dementia living in the community	10.00am – 2.00pm	Tangi Joseph 022 657 3223 09 478 6180	Mairangi & Castor Bays Presbyterian Church 10 Penzance Road, Mairangi Bay
Devonport Community House - Tea & Board Games	10.30am – 12.00pm	09 445 3068	Devonport Community House 32 Clarence Street Devonport
Devonport Library Run - Picks you up from home, takes you to the library (tea/coffee available) and drops you home again	12.30pm – 2.30pm	09 445 3068	Bus provided by Devonport Community House Covers Devonport area up to Bardia Street
Digital Seniors - One on one coaching on your own electronic device	12.00pm – 2.00pm	0800 373 646	Birkenhead Library Cnr Rawene Road & Hinemoa Street, Birkenhead

East Coast Bays Bridge Club - Partner required	7.20pm	09 479 4689 www.ecbridgeclub.co.nz	Lyons Avenue (opposite Montana Avenue) Murrays Bay
Friendship Club of Birkenhead - Friendship, fellowship & fun. Speakers, friendship, outings	2nd Thursday of month 10.00am – 12.00pm	Colin 027 388 1450	Birkenhead RSA Recreation Drive, Birkenhead
Heart of the Bays Community Centre - Bays Patchwork	Fortnightly 6.45pm	Lisette 027 509 4762	Heart of the Bays Community Centre, 2 Glen Road, Browns Bay
Highbury Community House - Art and Tea: mindfulness group	10.30am – 12.00pm	09 480 5279	Highbury Community House 110 Hinemoa Street, Birkenhead
North Shore Bridge Club - Partner required - Social (no partner required)	10.00am – 1.00pm 7.30pm – 10.00pm	09 489 6099 www.nsbcb.org.nz	North Shore Bridge Club 39 Killarney Street, Takapuna
North Shore CMA - Companionship & fun activities for older people in the community. Transport arranged, lunch & morning tea provided	10.00am – 12.30pm	09 489 8954	Glenfield War Memorial Hall Hall Road, Glenfield Rose Centre School Road, Belmont
North Shore Stroke Club - For Stroke survivors for peer support & social interaction. Includes activities, outings, morning tea & lunch	10.00am – 1.00pm (school term time only)	021 079 1653	Sunnybrae Bowling Club 6 Argus Place, Glenfield (next to North Shore Events Centre)
Northcote Point Senior Citizens - Social, entertainment - Outings	3 rd Thursday of month 10.00am – 12.00pm 4th Thursday of month	Colleen 09 418 2349	Northcote Point Senior Citizens Centre 119 Queen Street Northcote Point
Selwyn Group - Social activities, gentle exercise, advice & info, laughter & fun	9.30am – 12.00pm	Shona 09 483 6989 022 698 6386	Cedar Centre 56A Tramway Ave Beach Haven
SeniorNet Glenfield - Computer classes & workshops. Peer to peer training	10.00am – 12.00pm 1.30pm – 3.30pm	09 444 2231 seniornet_glenfield@xtra.co.nz	Mayfield Centre 5 Mayfield Road, Glenfield
SeniorNet North Shore (Inc) - Cryptic Cross Words & Sudoku: Develop skills and techniques to solve these mysteries - Handcrafts: Meet other handcraft lovers. Get help, advice and share ideas. Make for charity - Card Playing Group: For raw beginners and cardsharps alike. - Our World: Remember the good, crazy, and unusual. Join us for thought provoking conversations, fun memories and interesting insights.	1 st & 3 rd Thursday mornings 10.00am – 12.00pm 2nd Thursday morning 10.00am – 12.00pm 2 nd and 4 th Thursday afternoons 12.30pm – 2.30pm 4th Thursday morning 10.00am – 12.00pm	09 413 6322 www.seniornetns.com snetns@xtra.co.nz 09 486 2163 09 486 2163 09 486 2163	St John Centre North Shore 2 Shea Terrace, Takapuna St John Centre North Shore 2 Shea Terrace, Takapuna St John Centre North Shore 2 Shea Terrace, Takapuna St John Centre North Shore 2 Shea Terrace, Takapuna
Takapuna 60's Up Movement - Exercises - Rummikub - Monthly meeting	Every Thursday except 3 rd of month 10.30am 11.30am 3 rd Thursday of month 10.30am – 12.00pm	Annette Walker 09 444 5148	St Joseph's Church Hall 10 Dominion Street Takapuna
Torbay Friendship Club - Friendship, fellowship & fun. Speakers, friendship, outings	2 nd Thursday of month 10.00am	Liz Yeats 027 475 4423	Torbay Community Hall 35 Watea Road, Torbay

Torbay Ladies' Community Coffee Group - Please just turn up	10.15am – 12.00pm	Helen 027 388 5930	Long Bay Baptist Church 282 Glenvar Road, Long Bay
Friday – Physical Activities			
East Coast Bays Walkers	From 8.30am	Alison 09 473 6541 021 152 3165	Various locations
Essentrics - Strengthen & lengthen muscles to improve flexibility, mobility, balance	9.30am – 10.30am	Iris 021 216 1851	St Paul's Anglican Church Hall 2 Otakau Road, Milford
Fitness League NZ (Inc) - Balanced, easy exercise programme for women	9.30am – 11.00am	Val 09 475 5215 021 070 5749	Sunnynook Community Centre 148 Sycamore Drive, Sunnynook
FitSteps - Absolute Beginners - Intermediate - Intermediate	9.30am – 10.15am 10.00am – 10.45am 1.00pm – 1.45pm	Helena 022 882 0237	Milford MSCC Hall Devonport Harmony Hall
Mairangi Bay Walking Networks	9.00am – 10.00am	Paula 09 444 6435	Mairangi Bay Arts Centre 20 Hastings Road, Mairangi Bay
never2old - Exercise programme to improve functional fitness for independent living	9.30am – 10.30am	09 921 9747 northgym@aut.ac.nz	AUT Sports & Fitness Centre 90 Akoranga Drive, Northcote
Pickleball - Paddles and balls provided	12.30pm – 2.30pm	Angie 022 600 9299	East Coast Bays Leisure Centre 12 Bute Road, Browns Bay
Senior Women's Yoga	10.00am – 11.30am	Jennie 021 0262 0259	Glenfield Senior Citizens 7 Mayfield Road, Glenfield
Table Tennis - Social, casual	11.30am – 1.30pm	Debbie 09 478 4091	St Anne's Hall Cnr Beach Road & Glencoe Road Browns Bay
Tai Chi - Maintenance & beginners, modified for seniors	1.00pm – 2.00pm	Pauline 021 0273 8463	Sunnynook Community Centre 148 Sycamore Drive, Sunnynook
The Y (formerly YMCA) Gold Fit - Low intensity exercise for mobility, balance, muscle	8.30am – 9.30am	09 480 7099	The Y North Shore 5 Akoranga Drive, Northcote
Friday – Educational, Social, Special Interest, Support Group Activities			
Beach Haven/Birkdale Garden Circle - Bus trips: garden visits & lunch	Last Friday of month 9.30am – 3.30pm	Barbara 09 486 0622 Pauline 027 666 5035	Beach Haven Ratepayers Hall 336 Rangatira Road Beach Haven
Board Gamers - Adults only	Last Friday of month 7.00pm	community@bayviewcentre.org.nz	Bayview Community Centre 72 Bayview Road, Bayview
Browns Bay Ladies Club - General meeting & social get together, guest speaker	4 th Friday of month 10.00am – 12.00pm	Yvonne 021 149 3384	Torbay Sailing Club Beach Road, Waiake Beach
Community Knitting Group	12.30pm – 2.30pm	09 444 5023	Glenfield Community Centre 96 Bentley Avenue, Glenfield
East Coast Bays Bridge Club - Partner required	12.15pm	09 479 4689 www.ecbridgeclub.co.nz	Lyons Avenue (opposite Montana Avenue) Murrays Bay
Glenfield Senior Citizens - Housie	1.00pm – 3.00pm	09 444 6578	Glenfield Senior Citizens 7 Mayfield Road, Glenfield
Heart of the Bays Community Centre - Friday games	10.00am – 12.00pm	Linda 021 216 3050 09 476 8311	Heart of the Bays Community Centre (Ellis Room)

			2 Glen Road, Browns Bay
Highbury Community House - Knitting Connections	2.00pm – 4.00pm	09 480 5279	Highbury Community House 110 Hinemoa Street, Birkenhead
Milford Senior Citizens Club - Mahjong for Beginners	1.00pm – 3.00pm	Jo 027 289 9000 Norma 027 487 0142	Milford Senior Citizens Hall 141A Kitchener Road, Milford
North Shore Bridge Club - Partner required	11.00am – 2.30pm	09 489 6099 www.nsbcb.org.nz	North Shore Bridge Club 39 Killarney Street, Takapuna
North Shore Community Toy Library - Volunteers welcome to help with toy maintenance and odd jobs etc.	Please make contact for dates and times	librarian.nsctl@gmail.com	1 Sidmouth Street Mairangi Bay
Painting with Friends - Enjoy a morning of dabbling in your favourite medium. For all levels (able to work independently)	9.30am - 12.30pm	Caitlin 09 478 2237	Mairangi Arts Centre 20 Hastings Road Mairangi Bay
SeniorNet North Shore (Inc) - Genealogy Workshop: Stories about treasures and researching, where to search and get help from the team. - Genealogy Workshop: New research sites, search techniques, AI solutions, tips and tricks - “Book Ends”: This is not a ‘Book Club’. We will discuss all sorts of things to do with books.	1 st Friday mornings 10.00am – 12.00pm 3 rd Friday mornings 4 th Friday morning 10.00am – 12.00pm	09 486 2163 www.seniornetns.com snetns@xtra.co.nz 09 486 2163	St John Centre North Shore 2 Shea Terrace, Takapuna St John Centre North Shore 2 Shea Terrace, Takapuna
Stanley Bay Petanque Club - Social - Quiz night	5.30pm 3 rd Friday of month 7.30pm	stanleybaypetanque@gmail.com	Stanley Bay Petanque Club 20 Stanley Point Road Devonport
Takapuna Friendship Club - Speakers, friendship, outings	3 rd Friday of month 9.30am – 11.30am	Joseph 09 444 8373	Sunnybrae Bowling Club 9 Argus Place, Glenfield
Takapuna Senior Citizens Association - Scrabble	9.45am onwards	Malcolm 022 080 3399	Senior Citizens Hall 5 The Strand, Takapuna

Saturday – Physical Activities

Heart of the Bays Community Centre - Laughter Yoga	9.00am	027 475 3734 laughterbrownsbay@gmail.com	Heart of the Bays Community Centre 2 Glen Road, Browns Bay
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Saturday – Educational, Social, Special Interest, Support Group Activities

Digital Seniors - One on one coaching on your own electronic device	10.00am – 12.00pm	0800 373 646	Takapuna Library The Strand, Takapuna
Glaucoma Peer Support Group - Share your experience with like-minded people and get support from people who understand	10.00am - 11.30am	0800 452 826	Glenfield Community Centre Cnr Bentley Ave & Glenfield Rd
Glenfield Senior Citizens - Carpet bowls, Snooker	1.00pm – 4.00pm	09 444 6578	Glenfield Senior Citizens 7 Mayfield Road, Glenfield
Heart of the Bays Community Centre - Crazy Quilters - Writing Family Memories for Future Generations: Preserve family memories for generations to come!	4 th Saturday of month 10.00am – 2.30pm 2 nd Saturday of month 10.00am – 12.30pm	Marilyn 021 174 4440 Patricia 021 064 9522	Heart of the Bays Community Centre 2 Glen Road, Browns Bay

Highbury Community House - Hinemoa Stitchers	1 st Saturday of month 9.00am – 12.00pm	Christine 021 0237 4606	Highbury Community House 110 Hinemoa Street, Birkenhead
SeniorNet North Shore (Inc) - Tips and Tricks (IPhone & IPad)	1 st Saturday morning monthly 10.00am – 12.00pm	09 413 6322 www.seniornetns.com snetns@xtra.co.nz	St John Ambulance Centre 2 Shea Terrace Takapuna
Sunday – Physical Activities			
Devonport Walkers	9.00am – 10.00am	Clive 027 484 3826	Meet at corner of Bartley Terrace & Clarence Street, Devonport
Mairangi Bay Walking Networks - Slower walk	9.00am – 10.00am	Paula 09 444 6435	Milford Shopping Centre Carpark
Northcote Pétanque Club	4.00pm (Dec – Apr) 2.00pm (May – Nov)	Heather 021 049 9668	Northcote Petanque Club Council Terrace, Little Shoal Bay
Pétanque - Play this fun French game, make lots of new friends	10:00am - 12:00pm Year round	Sue 027 300 6038 Barb 021 064 6556	Kennedy Park Pétanque Club Kennedy Memorial Park 137–147 Beach Road, Castor Bay
Sunday – Educational, Social, Special Interest, Support Group Activities			
North Shore Country Music Club - Singing & dancing	Fortnightly on Sundays 7.00pm – 10.00pm	Jim 021 267 3135	Sunnynook Community Centre 148 Sycamore Drive, Sunnynook
SeniorNet North Shore (Inc) - A wide and interesting variety of Guest Speakers with fellowship and a lovely morning tea	Monthly Meeting 2 nd Sunday morning 10.00am – 12.00pm	09 486 2163 www.seniornetns.com snetns@xtra.co.nz	St John Centre North Shore 2 Shea Terrace, Takapuna

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: **Katie** on **09 929 2319** or email: katier@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

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 or phone **(09) 489 4975**.

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

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