



**AGE
CONCERN
AUCKLAND**

He Manaakitanga
Kaumātua Aotearoa



2025 – 2026

Calendar of Activities WEST 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 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			
Aerobics - Free exercise class	5:30pm – 6:30pm	Tui Vakalahi 021 0233 2188	Kelston Community Hall 135 Awaroa Road, Kelston
Aerobics - Free exercise class	12:30pm - 1:30pm	Tui Vakalahi 021 0233 2188	Te Atatū South Community Centre, 247 Edmonton Road Te Atatū South
Tai Chi & Qigong 50+	10:00 - 10:50am	Rachel Derham 021 057 9956 quintinderham@gmail.com	Blockhouse Bay Community Centre, 524 Blockhouse Bay Road, Blockhouse Bay
Blockhouse Bay Walking Group	8:15am	(09) 626 4980 info@bhbaycommunitycentre.co.nz	Blockhouse Bay Community Centre, 524 Blockhouse Bay Road, Blockhouse Bay
Senior Pilates - These are floor based exercises that target the deeper muscles of our bodies that are responsible for good posture and can help with any ongoing lower back and neck issues	11:00am – midday	(09) 827 3300 gbcommunityhouse.info@gmail.com	Green Bay Community House 1 Barron Drive Green Bay
Zumba - Cardio for all ages and levels	9:30am - 10:30am	Debbie 021 149 9905 zharko13@gmail.com	Green Bay Community House 1 Barron Drive Green Bay
Monday – Educational, Social, Special Interest, Support Group Activities			
Free English Class	1:15pm	(09) 626 4980 info@bhbaycommunitycentre.co.nz	Blockhouse Bay Community Centre, 524 Blockhouse Bay Road, Blockhouse Bay
JOY Club (Just Older Youth) - Socialize, learn and have fun. Includes morning tea	Regular get togethers. Once a month	(09) 838 4820 programmes@mphs.org.nz	Hub West 27 Corban Ave Henderson
Mah Jong	12:45pm - 3:00pm	(09) 626 4980 info@bhbaycommunitycentre.co.nz	Blockhouse Bay Community Centre, 524 Blockhouse Bay Road, Blockhouse Bay
Matua PasefikaTe Taumata - Social group for Maori & Pacific elders	10:00am – 12 noon Last Monday every month except Feb	(09) 813 9670 cs.kelstonhub@gmail.com	Kelston Community Hub 68 St Leonards Road Kelston
Ranui Quilters	11:00am - 2:00pm	(09) 833 6280	Ranui Community Centre 474 Swanson Road, Ranui
Te Reo classes - This is a FREE community class. Learn the basics with us, simple phrases, pronunciation, waiata, games and so much more	11:00am – 12 noon	(09) 827 3300 gbcommunityhouse.info@gmail.com	Green Bay Community House 1 Barron Drive Green Bay
U3A Henderson	9:45am – 12 noon 2nd Monday of each month except Jan	Alexis 021 162 1058 u3ahenderson@gmail.com	Henderson Bowling Club Alderman Drive Henderson
Tuesday - Physical Activities			

Aerobics - Free exercise class	12:30pm - 1:30pm	Tui Vakalahi 021 0233 2188	Kelston Community Hall 135 Awaroa Road Kelston
Aerobics - Free exercise class	6:00pm - 7:00pm	Tui Vakalahi 021 0233 2188	Westgate Northwest Community Hall 11 Kohuhu Lane (Level 3)
Balance and Flexibility - Basic chair and floor exercises	10:00am	Annie, 021 815 113 annieminton2@gmail.com	Online
Cardio Fix - All ages	8:45am	(09) 626 4980 info@bhbaycommunitycentre.co.nz	Blockhouse Bay Community Centre, 524 Blockhouse Bay Road, Blockhouse Bay
Line Dancing	10:00am	(09) 626 4980 info@bhbaycommunitycentre.co.nz	Blockhouse Bay Community Centre, 524 Blockhouse Bay Road, Blockhouse Bay
Summerland Walkers - Walk for 5-6kms and return to the community house for a cuppa	9:15am - 10:30am	Lyn (09) 838 1599 rlmountier@gmail.com	Sturges West Community House, 58 Summerland Drive Henderson
Yoga for Elders	2:15pm – 3:15pm	Sarita 021 172 6348 sarita108@gmail.com	289 Konini Road Titirangi

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

Armanasco House Museum	10:00am	(09) 626 4980 info@bhbaycommunitycentre.co.nz	Blockhouse Bay Community Centre, 524 Blockhouse Bay Road Blockhouse Bay
Communicare Friendship Centre	9:30am - 12:30pm	(09) 631 5968	Massey Community Hub 385 Don Buck Road, Massey
ESOL Class	1:00pm - 3:00pm	(09) 833 6280	Ranui Community Centre 474 Swanson Road, Ranui
Garden Club	1:00pm - 3:00pm First Tuesday of month	(09) 626 4980 info@bhbaycommunitycentre.co.nz	Blockhouse Bay Community Centre, 524 Blockhouse Bay Road, Blockhouse Bay
Housie	6:30pm	(09) 626 4980 info@bhbaycommunitycentre.co.nz	Blockhouse Bay Community Centre 524 Blockhouse Bay Road Blockhouse Bay
Preserves Workshops	10:30am – 12 noon Once a month	Lesina Turua (09) 813 9670	Te Pae o Kura 126 Awaroa Road, Sunnyvale
Ranui Community Centre - Craft & coffee in the foyer	10:00am -12:00pm	(09) 833 6280	Ranui Community Centre 474 Swanson Road, Ranui
Selwyn - Henderson - Fun & friendship	9:45am – 12:15pm	(09) 838 8380	St Michaels Anglican 425 Great North Road, Henderson
U3A Titirangi	1:00pm Fourth Tuesday of month	027 282 8799 sheridanr@xtra.co.nz	West Lynn Garden & Butterfly House, 73 Parker Ave New Lynn

Wednesday- Physical Activities

Annie's Active Achievers - Exercise Group	9:30am	Annie 027 428 4894 annetausi28156@gmail.com	Blockhouse Bay Community Centre, 524 Blockhouse Bay Road, Blockhouse Bay
Aerobics - Free exercise class	5:30pm - 6:30pm	Tui Vakalahi 021 0233 2188	Te Atatu South Community Centre, 247 Edmonton Road
Aerobics - Free exercise class	12:30pm - 1:30pm	Tui Vakalahi 021 0233 2188	Te Atatu Peninsula Community Hall, 595 Te Atatu Road Te Atatu Peninsula
Blockhouse Bay Walking Group	8:15am	(09) 626 4980 info@bhbaycommunitycentre.co.nz	Blockhouse Bay Community Centre, 524 Blockhouse Bay Road, Blockhouse Bay
FLexercise Class	9:30am	Sonia	394 Hobsonville Road

- Balanced exercise programme, easy exercise		021 158 5867 Sozsandford@gmail.com	Hobsonville
Flexercise with Fitness League - Low impact exercise programme	10:00am	Val 021 070 5749 (09) 475 55215 valwightman@xtra.co.nz	Te Atatu South Community Centre, 247 Edmonton Road Te Atatu
Glendene Walking Group - Light refreshments when the group returns to the Community Hub	9:00am	(09) 813 9348	Glendene Community Hub 82 Hepburn Road Glendene
Tai Chi & Qigong 50+	9:15 - 10:05am	Rachel Derham 0210579956 lucky5.rachel@gmail.com	Titirangi War Memorial Hall 500 South Titirangi Road Titirangi

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

Blockhouse Bay Chinese Association	9:00am – 12:00pm	(09) 626 4980 info@bhbaycommunitycentre.co.nz	Blockhouse Bay Community Centre, 524 Blockhouse Bay Road, Blockhouse Bay
Communicare Friendship Centre	9:30am - 12:30pm	(09) 631 5968	Sturges West Community House 58 Summerland Drive, Henderson
Creative Colouring - Bring your own books and materials	9:30am - midday	(09) 827 3300 gbcommunityhouse@gmail.com	Green Bay Community House 1 Barron Drive, Green Bay
Green Bay Art Group - Bring your own project along. All Art mediums & styles welcome	9:30am - midday	(09) 827 3300 gbcommunityhouse@gmail.com	Green Bay Community House 1 Barron Drive Green Bay
Kelston Cozy Club - Social group, play Bingo	10:00am – 12:00pm	Whaea Mihi Angell 021 118 4770	Kelston Community Hub 68 St Leonards Road, Kelston
Knitting and Crochet Group - Swap patterns and share ideas	9:30am - 12:00pm	(09) 827 3300 gbcommunityhouse.info@gmail.com	Green Bay Community House 1 Barron Drive Green Bay
Rummikub & Cards	12:45pm - 3:00pm	(09) 626 4980 info@bhbaycommunitycentre.co.nz	Blockhouse Bay Community Centre, 524 Blockhouse Bay Road, Blockhouse Bay

Thursday - Physical Activities

Aerobics - Free exercise class	5:30pm - 6:30pm	Tui Vakalahi 021 0233 2188	Kelston Community Hall 135 Awaroa Road Kelston
Cardio Fix - All ages	8:45am	(09) 626 4980 info@bhbaycommunitycentre.co.nz	Blockhouse Bay Community Centre, 524 Blockhouse Bay Road, Blockhouse Bay
Summerland Walkers - Shorter walk at a slower pace. Return to community house for a cuppa	9:15am - 10:30am	Lyn (09) 838 1599 rlmountier@gmail.com	Sturges West Community House 58 Summerland Drive Henderson
Walking Group	9:15am	(09) 827 3300	Green Bay Community House 1 Barron Drive, Green Bay

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

Communicare Friendship Centre	9:30am - 12:30pm	(09) 631 5968	Blockhouse Bay Baptist Church 504 Blockhouse Bay Road Blockhouse Bay
Friendship Group - Social and physical activities	10:00am – 11:30am	(09) 813 9348	Glendene Community Hub 82 Hepburn Road, Glendene
Green Bay Community House - Friendship Group	1:00pm - 3:00pm Fortnightly	(09) 827 3300 gbcommunityhouse@gmail.com	Green Bay Community House 1 Barron Drive Green Bay
Ranui Community Centre - Ranui Quilters	9:30am – 12:00pm	(09) 833 6280	Ranui Community Centre 474 Swanson Road, Ranui

Tuaasinasina - Samoan Seniors Group	10:00am - 12:30pm	(09) 833 5127	Ranui Samoan Presbyterian Church, 35 Armada Drive Ranui
Friday - Physical Activities			
Aerobics - Free exercise class	12:30pm - 1:30pm	Tui Vakalahi 021 0233 2188	Te Atatū Peninsula Community Centre, 595 Te Atatū Road Te Atatū Peninsula
Chair Yoga - Benefits include stretching and loosening tight muscles, increasing circulation and reducing stress.	10:30am – 11:30am	Megan 021 1343 161 megsb0001@gmail.com	Green Bay Community House 1 Barron Drive Green Bay
Women's Yoga & Meditation	9:15am - 10:15am	Nassem 021 806 552 (09) 813 9348	Glendene Community Hub 82 Hepburn Road, Glendene
Whau Walking Samoans Exercise Group	8:30am - 11:30am	Marilyn 0274234280	Avondale Community Centre 99 Rosebank Road, Avondale
Zumba Cardio for all ages and levels	9:30am - 10:30am	Debbie 021 149 9905 zharko13@gmail.com	Green Bay Community House 1 Barron Drive, Green Bay
Friday – Educational, Social, Special Interest, Support Group Activities			
Lucky Clover Community Trust - Chinese Social Group	9:30am - 4:30pm	(09) 828 8333 info@luckyclover.org.nz	2163 Great North Road Avondale
Anapekapeka Niue Seniors Group - Niuean social group, bingo and fellowship	11:00am – 3.00pm Fortnightly	(09) 813 9348	Glendene Community Hub 82 Hepburn Road Glendene
Blockhouse Bay Ladies Probus	10:00am - 12:00pm 2 nd Friday of month	027 618 2259	Blockhouse Bay Community Centre, 524 Blockhouse Bay Road Blockhouse Bay
Combined Probus Club of Glen Eden	10:00am 4 th Friday of month (Feb to Nov)	Brian (09) 838 5857	Glen Eden Recreation and Community Centre, 44 Glendale Rd, Glen Eden.
Henderson Ladies Probus	10:00am 3 rd Friday of month	Jill 021 203 4779	Te Atatu South Community Centre, 247 Edmonton Road Te Atatu
Te Atatu Ladies Probus	9:45am - noon 2 nd Friday of month (Feb to Nov)	Olwyn (09) 834 5276 tatiprobus@gmail.com	St Johns Hall 247 Edmonton Road Te Atatu South
Saturday - Physical Activities			
Yoga with Uma - Yoga	8:30am – 9:30am	021 584 405	Avondale Community Centre 99 Rosebank Road, Avondale
Saturday – Educational, Social, Special Interest, Support Group Activities			
Ranui Community Centre - Ranui Quilters	1 st Saturday of month	(09) 833 6280	Ranui Community Centre 474 Swanson Road Ranui
West Auckland 60's Up Movement - Meeting, speaker, entertainment	10:30am 4 th Saturday of month	(09) 817 1079	New Lynn Friendship Club 3063 Great North Road New Lynn
Activities with Varied Timetables			
Neuro Connection - Long-term rehabilitation sessions for people with neurological conditions	Pre-assessment required. Contact	(09) 836 6830 admin@neuroconnection.org.nz	2 Claude Brooke Drive Tui Glen Reserve Henderson

including Stroke, Parkinson's Disease, Multiple Sclerosis and Cerebral Palsy	Neuroconnections for more details		
Tai Chi - Classes run throughout West Auckland	Contact Juliana for more details	Juliana 021 905 742 arohataichi@gmail.com	West Auckland

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

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) 820 0184**.

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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