



**AGE
CONCERN
AUCKLAND**

He Manaakitanga
Kaumātua Aotearoa

2023-2024 Calendar of Activities



***Physical
Activities***

***Social
Activities***

***Special
Interests***

***Lifelong
Learning***

***Support
Groups***

***Fun &
Friendship***

<https://www.ageconcernauckland.org.nz/>



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
 - any Covid-19 requirements, including use of face coverings
- some activities require a reasonable level of physical wellbeing
- many activities only operate during school term time – **please check**

Monday - Physical Activities			
Active Gold - Cardiovascular exercises, strength training, pilates, balance work, gentle stretches, relaxation	10:30am & 11:20am	(09) 579 0004	Active Plus Ellerslie 180 Main Highway Ellerslie
Active Gold - Cardiovascular exercises, strength training, pilates, balance work, gentle stretches, relaxation	12:00pm - 12:45pm	(09) 623 0441	Active Plus Dominion Road 110 Mt Eden Road Mt Eden
Beginners Tai Chi Tahī	12:00pm	Sonya 027 319 5261 bfitbhealthy@kinect.co.nz	Edmund Hillary Retirement Village - Cooks Community Centre 221 Abbotts Way, Remuera
Body Balance	7:30pm - 8:30pm	Fitness Results 021 890 555	St Heliers Community Centre 100 St Heliers Bay Road St Heliers
Chair Yoga - Sit or stand to relieve joints, work on balance and coordination, dance and relaxation	9:30am	Natasya 021 515 798 natasya@theyogapantry.com	The Yoga Pantry 1/597 Mt Eden Road Mt Eden Entry via Kingsview Road
Chair Yoga for Seniors - Sitting and standing postures using a chair to improve balance and strength	10:00am – 11:00am	Tracy 021 284 8444 chairyoganz@gmail.com	The Olde Homestead 92 Point Chevalier Road Point Chevalier
Deep Water Aqua Aerobics - Water aerobics with belts	8:30am - 9:15am	Emmett Feely (09) 529 3741 emf@clmnz.co.nz	Sacred Heart Aquatic Centre 250 West Tamaki Road Glendowie
Feldenkrais - Awareness through movement, do better, feel better and understand yourself better	1:00pm	Annie 021 815 113 annieminton2@gmail.com	St Heliers Community Centre 100 St Heliers Bay Road St Heliers
Gentle Yoga & Exercise with Weights - Light weights and dynabands to increase bone density and strength	6:00pm - 7:00pm	Anne (09) 521 5567 022 139 9810 info@gloriousbody.co.nz www.gloriousbody.co.nz	Tahapa Hall, Meadowbank Community Centre 22 Tahapa Crescent Meadowbank
Gold Fit - Individual gym programme. Strength, balance, cardio. Pre-assessment required	9:15am -10:30am	(09) 303 2069 aucklandcity@ymcauckland.org.nz	YMCA Auckland CityFitness 149 Greys Avenue Auckland CBD
Gold Fit - Balance and strength, cardio, respiratory. Pre-assessment required	9:00am - 10:00am	(09) 624 6058 cameronpool@ymcauckland.org.nz	YMCA Cameron Pool and Leisure Centre 53 Arundel Street Mount Roskill

Gold Fit - Modified sport, catered to your abilities. Pre-assessment required	10:30am	(09) 579 4716 ellerslie@ymcauckland.org.nz	YMCA Ellerslie Recreation Centre, 46 Michaels Avenue Ellerslie
Gold Fit - Gym use, circuit, balance and functional exercises. Pre-assessment required	8:15am	(09) 846 0788 mtalbert@ymcauckland.org.nz	YMCA Mt Albert, Community and Leisure Centre 773 New North Road Mt Albert
Gold Fit Activate - Includes group warm up, personalised exercise programme and group cool down	10:00am	(09) 636 8825 jordan@ymcauckland.org.nz	YMCA Sir William Jordan Recreation Centre 5 Pearce Street Onehunga
Legends Fit	9:30am - 10:30am	(09) 570 7820 thebays@clmz.co.nz	CLM Eastern Bays 135 Morrin Road, St Johns
Movement, Body & Balance - Standing and balance work, floor exercises and flexibility	10:00am	Annie 021 815 113 annieminton2@gmail.com	Kohimarama Yacht Club 80 Tamaki Drive Mission Bay
Pilates - Pre- assessment required	9:15am & 10:30am	(09) 303 2069 aucklandcity@ymcauckland.org.nz	YMCA Auckland City Fitness 149 Greys Avenue Auckland CBD
Seniors Dance - Easy to learn movement based on contemporary dance	10:00am	Susan 021 206 1835 susan@seniorsdance.nz www.seniorsdance.nz	St Lukes Church Hall 704 New North Road Mt Albert
Seniors Yoga	11:00am	(09) 378 1752 Info@ponsonbycommunity.org.nz	Ponsonby Community Centre 20 Ponsonby Terrace Ponsonby
Tai Chi for Wellbeing	1:15pm	Stacy (09) 576 3705	St Thomas Church, Corner Kohimarama Road & St Heliers Bay Road, St Johns
Yoga - Gentle physical movements	9:30am	Mans 021 1349 000 www.yogaone.co.nz	Somervell Church Corner Greenlane & Remuera Roads, Remuera
Your Better Back	11:30am	Annie 021 815 113 annieminton2@gmail.com	Kohimarama Yacht Club 80 Tamaki Drive Mission Bay

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

English Conversation - English for Speakers of Other Languages (ESOL)	10:00am - 11:30am	(09) 575 5485	St Heliers Community Centre 100 St Heliers Road St Heliers
Mahjong - Mahjong and afternoon tea, all skill levels welcome	12:30pm - 2:30pm	(09) 555 5162	The Jubilee Building 545 Parnell Road Parnell

Tuesday - Physical Activities

FLexercise with Fitness League - Low impact exercises to music - part exercise, part dance. Focus on posture whether standing, sitting or lying down	10:00am	Val 021 070 5749 (09) 475 5215 valwrightman@xtra.co.nz	St Aidan's Church Hall 5 Ascot Avenue Remuera
Gold Fit - Personalised work out. Pre-assessment required	11:00am	(09) 627 1642 lynfield@ymcauckland.org.nz	YMCA Lynfield Youth & Leisure, 16-18 Griffen Park Road, Mount Roskill
Gold Fit Circuit	10:15am	(09) 636 8825 jordan@ymcauckland.org.nz	YMCA Sir William Jordan Recreation Centre 5 Pearce Street, Onehunga

Goldies - Adaptable workouts. Strength and balance including cardio and weights	10:30am	Kelly 021 226 6834 kelly@transformationcentre.co.nz	The Transformation Centre 7/260 Apirana Avenue Glen Innes
Grumpies - Yoga for Men - Yoga for men over 50	6:00pm - 7:00pm	Tracy 021 284 8444	Grey Lynn Community Centre 510 Richmond Road Grey Lynn
Senior Swans Ballet	2:00pm - 3:00pm	Kathleen 021 0294 7554 ballet@nzballet.co.nz www.nzballet.co.nz	Dance for Life Academy 1 Pearce Street Onehunga
Somervell Presbyterian Church Walking Group - Meet to walk followed by morning tea	9:15am	(09) 524 5379	Somervell Presbyterian Church 497 Remuera Road Remuera
Strength Mobility and Balance - Balance, strength, mobility and walking exercises. Also caters for those with Parkinson's and those who struggle to get up from a chair	11:00am - 12:00pm (ten week programme)	Shouvik 022 172 5835 info@pranaphysio.co.nz	Prana Physio 8 Nugent Street Grafton
Tai Chi for Wellbeing	1:00pm	Stacy (09) 576 3705	St Andrews Village Community Centre, 207 Riddell Road Glendowie
Vinyasa Yoga	6:30pm - 7:30pm	Kerry 027 315 3037 09 378 4908 office@greyllyn.org.nz	Grey Lynn Community Centre 510 Richmond Road Grey Lynn
Yoga - Accessible and energizing community yoga	6:30pm - 7:30pm	Justin 020 4059 2319 Will 027 634 5829 (09) 378 4908 office@greyllyn.org.nz	Grey Lynn Community Centre 510 Richmond Road Grey Lynn
Yoga	9:30am -10:30am	09 276 8207 otr@clmz.co.nz	Ōtāhuhu Pool & Leisure Centre, Fairburn Reserve, Mason Ave, Ōtāhuhu

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

Grey Lynn Selwyn Centre - Varied activities including social and physical	10:30am - 1:00pm	(09) 376 9119	Grey Lynn Selwyn Centre St Columbia Anglican Church 92 Surrey Crescent, Grey Lynn
Meadowbank Selwyn Centre - Companionship, fun, advice and support. Varied programmes and morning tea with intellectual, social and physical activities	9:30am - 12:00pm	Kirsten (09) 533 9000 021 180 7321	St Chad's Anglican Church 38 St Johns Road Meadowbank
Parnell Coffee & Chat Morning tea, guest speakers, regular outings	2 nd Tuesday of month 10:00am - 11:30am	(09) 555 5162	The Jubilee Building 545 Parnell Road Parnell
Positive Ageing Day Programme - Morning tea, range of activities (social, physical, support)	10:30am	Shanti Niwas (09) 622 1010 shantiniwas@xtra.co.nz	Shanti Niwas Charitable Trust, 14 Spring Street Onehunga
Scrabble - Tea with scrabble	1:30pm - 3:30pm	(09) 555 5162	The Jubilee Building 545 Parnell Road Parnell
St Heliers Ladies Probus - Ladies only	2 nd Tuesday of month 2:00pm - 4:00pm	(09) 575 8899	St Heliers Presbyterian Community Centre 100 St Heliers Bay Road

Wednesday - Physical Activities

Active Gold	10:30am – 11:20am	(09) 579 0004	Active Plus Ellerslie
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- Cardiovascular exercise, strength training, pilates, balance work, gentle stretches & relaxation			180 Main Highway Ellerslie
Ashtanga Yoga	9:30am – 10:30am	(09) 520 0081 www.habitatforfitness.co.nz	Habitat for Fitness 399 New North Road Kingsland
AquaFit	10:30am - 11:15am	(09) 276 8207 otr@clmnz.co.nz	Ōtāhuhu Pool & Leisure Centre, Fairburn Reserve, Mason Ave, Ōtāhuhu
Aqua Zumba	6:30pm - 7:15pm	(09) 276 8207 otr@clmnz.co.nz	Ōtāhuhu Pool & Leisure Centre, Fairburn Reserve, Mason Ave, Ōtāhuhu
Movement, Balance & Flexibility - Standing and balance work, floor exercises and flexibility	10:00am	Annie 021 815 113 annieminton2@gmail.com	Kohimarama Yacht Club 80 Tamaki Drive Mission Bay
Deep Water Aqua Aerobics - Water aerobics with belts	8:30am - 9:15am	Emmett Feeley (09) 529 3741 emf@clmnz.co.nz	Sacred Heart Aquatic Centre 250 West Tamaki Road Glendowie
Falls Prevention Tai Chi - Posture, relax, strength and balance. Sitting and standing exercise	10:30am	Alison 021 528 744 alison.taichi@gmail.com	Leicester Hall 20 Findlay Street Ellerslie
Gentle Yoga and Exercise	10.30am - 11:45am	Anne (09) 521 5567 022 139 9810 info@gloriousbody.co.nz www.gloriousbody.co.nz	Tahapa Hall, Meadowbank Community Centre 22 Tahapa Crescent Meadowbank
Gold Fit - Individual gym programme. Strength, balance, cardio. Pre-assessment required	9:15am - 10:30am	(09) 303 2069 aucklandcity@ymcauckland.org.nz	YMCA Auckland City Fitness 149 Greys Avenue Auckland CBD
Gold Fit - Gym use, circuit, balance and functional exercises.	8:15am - 10:45am	(09) 846 0788 mtalbert@ymcauckland.org.nz	YMCA Mt Albert Community & Leisure Centre, 773 New North Road, Mt Albert
Gold Fit - Personalised work out. Pre-assessment required	11:15am	(09) 627 1642 lynfield@ymcauckland.org.nz	YMCA Lynfield Youth & Leisure, 16-18 Griffen Park Road, Mount Roskill
Gold Fit Activate - Includes group warm up, personalised exercise programme and group cool down	10:00am	(09) 626 8826 jordan@ymcauckland.org.nz	YMCA Sir William Jordan Recreation Centre 5 Pearce Street Onehunga
Seniors Yoga	11:00am – 12:00pm	(09) 378 1752 info@ponsonbycommunity.org.nz	Ponsonby Community Centre 20 Ponsonby Terrace Ponsonby
Tai Chi for Wellbeing	10:30am	Stacy (09) 576 3705	Dunkirk Road Activity Centre 50 Dunkirk Road Panmure
Vinyasa Yoga	5:30pm - 7:00pm	Vicki (09) 575 4736 vickisopernz@gmail.com (09) 378 4908 office@greylynn.org.nz	Grey Lynn Community Centre 510 Richmond Road Grey Lynn
Yogilates - Yoga and Pilates	9:45am	Fitness Results Lisa 021 890 555	St Heliers Community Centre 100 St Heliers Bay Road St Heliers

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

Kohimarama Selwyn Centre - Social and physical activities for enjoyment and fun	9:30am - 12:00pm	021 110 29180	St Andrew's Anglican Church Hall, 116 Selwyn Avenue Kohimarama
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Shanti Niwas Drop-in Centre - Morning tea, range of activities (social, physical, support)	10:30am – 3:00pm	(09) 622 1010 shantiniwas@xtra.co.nz	Shanti Niwas Charitable Trust 258 Balmoral Road, Mt Eden (Beside Balmoral Temple)
U3A St Heliers	1 st Wednesday of month 9:30am - 11:30am	Kathy 027 237 9097	St Heliers Community Centre 100 St Heliers Bay Road St Heliers

Thursday - Physical Activities

AquaFit	10:30am-11:15am	(09) 276 8207 otr@clmnz.co.nz	Ōtāhuhu Pool & Leisure Centre, Fairburn Reserve Mason Ave, Ōtāhuhu
Chair Yoga for Seniors - Sitting and standing postures using a chair to improve balance and strength	11:00am - 12:00pm	Tracy 021 284 8444 chairyoganz@gmail.com	Westend Tennis Club 2 Fife Street Westmere
Gold Fit - Modified sport catered to your abilities. Pre-assessment required	10:30am	(09) 579 4716 ellerslie@ymcauckland.org.nz	YMCA Ellerslie Recreation Centre, 46 Michaels Avenue Ellerslie
Gold Fit - Balance, strength, cardio and respiratory. Pre-assessment required	9:00am	(09) 624 6058 cameronpool@ymcauckland.org.nz	YMCA Cameron Pool and Leisure Centre 53 Arundel Street Mount Roskill
Gold Fit Dance	10:00am	(09) 626 8826 jordan@ymcauckland.org.nz	YMCA Sir William Jordan Recreation Centre 5 Pearce Street, Onehunga
Goldies - Adaptable workouts. Strength and balance including cardio and weights	10:45am	Kelly 021 226 6834 kelly@transformationcentre.co.nz	The Transformation Centre, 7/260 Apirana Avenue Glen Innes
Legends Fit	10:00am – 11:00am	(09) 570 7820 thebays@clmnz.co.nz	CLM Eastern Bays 135 Morrin Road, St Johns
Senior Swans Ballet	12:00pm – 1:00pm	Kathleen 021 0294 7554 ballet@nzballet.co.nz www.nzballet.co.nz	Dance for Life Academy 1/36 Galway Street Onehunga
Step Out Walking Group - Socialising and walking	10:00am - 11:00am	(09) 555 5162	The Jubilee Building 545 Parnell Road, Parnell
Strength Mobility and Balance - Balance, strength, mobility and walking exercises. Also caters for those with Parkinson's and those who struggle to get up from a chair	11:00am - 12:00pm (ten week programme)	Shouvik 022 172 5835 info@pranaphysio.co.nz	Prana Physio 8 Nugent Street Grafton
Tai Chi Tahī	12:00pm	Sonya 027 319 5261 (09) 521 6438	26 Mayfair Place Glen Innes
Tai Chi Wellness and Injury Free - Fall prevention, balance and strengthening	11:00am - 12:00 pm	Eddie 021 288 2380 taichi9000@yahoo.co.nz	Meadowbank Community Centre, 29 St Johns Road St Johns
Hatha Yoga	6:00pm - 7:15pm	Becca 021 378 323 Sharon 021 0822 1672 (09) 378 4908 office@greyllynn.org.nz	Grey Lynn Community Centre 510 Richmond Road Grey Lynn

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

Film Group - Discuss movies you have seen over afternoon tea	3 rd Thursday of month 1:00pm - 2:30pm	(09) 555 5162	The Jubilee Building 545 Parnell Road Parnell
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Meadowbank Selwyn Centre - Companionship, fun, advice and support. Varied programmes and morning tea with intellectual, social and physical activities	9:30am - 12:00pm	Kirsten (09) 533 9000 021 180 7321	St Chad's Anglican Church 38 St Johns Road Meadowbank
Social Stitchers - Stitching or knitting with afternoon tea	12:30pm - 3:30pm	Gail 021 262 5900 kiwigail@yahoo.com	St Heliers Community Centre 100 St Heliers Bay Road St Heliers
St Heliers Garden Club - Speakers, competitions, get-together	4 th Thursday of month 1:30pm - 3:30pm	Adrienne (09) 570 5387 adwarren@constructing.co.nz	St Heliers Community Centre 100 St Heliers Bay Road St Heliers

Friday - Physical Activities

Active Gold - Cardiovascular exercise, strength training, pilates, balance work, gentle stretches, relaxation	10:30am - 11:15am	(09) 623 0441	Active Plus Dominion Road 110 Mt Eden Road Mt Eden
Body Balance	9:15am - 10:15am	Fitness Results Lisa 021 890 555	St Heliers Community Centre 100 St Heliers Bay Road St Heliers
Dance - Ballet warm up and contemporary dance. Pre-assessment required	10:30am	(09) 303 2069 aucklandcity@ymcauckland.org.nz	YMCA Auckland City Fitness 149 Greys Avenue Auckland CBD
Deep Water Aqua Aerobics - Water aerobics with belts	8:30am - 9:15am	Emmett Feely (09) 529 3741 emf@clmnz.co.nz	Sacred Heart Aquatic Centre 250 West Tamaki Road Glendowie
Gold Fit - Personalised work out. Pre-assessment required	11:00am	(09) 627 1642 lynfield@ymcauckland.org.nz	YMCA Lynfield Youth & Leisure, 16-18 Griffen Park Road Mount Roskill
Gold Fit - 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
Gold Fit - Individual gym programme. Pre-assessment required	9:15am - 10:30am	(09) 303 2069 aucklandcity@ymcauckland.org.nz	YMCA Auckland City Fitness 149 Greys Avenue Auckland CBD
Gold Fit Tai Chi	10:30am	(09) 636 8825 jordan@ymcauckland.org.nz	YMCA Sir William Jordan Recreation Centre 5 Pearce Street, Onehunga
Senior Swans Ballet	12:00pm - 1:00pm	Kathleen 021 0294 7554 ballet@nzballet.co.nz www.nzballet.co.nz	Dance for Life Academy 1/36 Galway Street Onehunga
Seniors Yoga - Relax, unwind and strengthen	1:00pm - 2:00pm	(09) 378 4908 (09) 378 4908 office@greyllyn.org.nz	Grey Lynn Community Centre 510 Richmond Road Grey Lynn
Yoga	5:45pm - 6:45pm	(09) 276 8207 otr@clmnz.co.nz	Ōtāhuhu Pool & Leisure Centre, Fairburn Reserve, Mason Ave, Ōtāhuhu
Zumba	7:00pm – 8:00pm	(09) 276 8207 otr@clmnz.co.nz	Ōtāhuhu Pool & Leisure Centre, Fairburn Reserve, Mason Ave Ōtāhuhu

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

English Conversation - English for Speakers of Other Languages (ESOL)	10:00am - 11:30am	(09) 575 5485	St Heliers Community Centre 100 St Heliers Bay Road St Heliers
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Parnell Community Centre Bridge Club - Social Game of bridge with afternoon tea	1:00pm - 4:00pm	(09) 555 5164	The Jubilee Building 545 Parnell Road Parnell
Shanti Niwas Drop-in Centre - Morning tea, range of activities (social, physical, support)	10:30am - 3:00pm	(09) 622 1010 shantiniwas@xtra.co.nz	258 Balmoral Road Mt Eden (Beside Balmoral Temple)
Saturday - Physical Activities			
Bay Walkers	8:00am (summer) 8:30am (winter)	Graham (09) 575 5485	Meet by St Heliers Beach opposite Vellenoweth Green Moreton Bay trees
Tai Chi for Beginners - Slow, continuous movements that promote physical and mental well-being	9:15am - 10:15am	(09) 555 5164	The Jubilee Building 545 Parnell Road Parnell
Yoga - Gentle physical movements	9:15am	Mans 021 1349 000 www.yogaone.co.nz	Owairaka District School Hall 113 – 115 Road, Mt Albert
Sunday - Physical Activities			
Ashtanga Yoga	8:00am – 8:50am	(09) 846 9868 www.habitatforfitness.co.nz	Habitat for Fitness, 399 New North Road, Kingsland
Aqua Zumba	9:30am-10:15am	(09) 276 8207 otr@clmnz.co.nz	Ōtāhuhu Pool & Leisure Centre, Fairburn Reserve Mason Ave, Ōtāhuhu
Sunday - Educational, Social, Special Interest, Support Group Activities			
Meditation - Uplifting yoga sound meditation, a delicious spiritual meal and spiritual insights (live streamed)	6:00pm - 8:00pm	021 050 4866 classes@nzsm.org www.meditation.org.nz	Ponsonby Community Centre 20 Ponsonby Terrace Ponsonby

For more information on
Community Strength and Balance Approved Exercise Classes 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