



**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**

<b>Monday - Physical Activities</b>			
<b>Age is Just a Number EPR Clinic</b> - Delay and reverse ageing through effective exercise, strengthening muscles that will help you continue your daily activities well and safe and preventing falls and injury. Get more from your body in a group fitness style class.	10:15am – 11:15am	Chloe Trevor 021 049 8601	CREO Gym 5 Cape Hill Road Pukekohe
<b>Aqua</b> - Aqua classes are a fun way to improve overall general health with no impact on joints. Use of floatation noodles and dumbbells to improve strength, balance & core stability.	9:15am	(09) 238 5240	Franklin Pool and Leisure Centre 29 Franklin Road Pukekohe
<b>BaseSix Fitness Pilates &amp; Yoga</b> - A blend of Pilates & Yoga, we focus on improving core strength (including pelvic floor), balance, flexibility, stability, mind-body connection & awareness.	9:00am – 10:00am	Maria: 021 256 9962 basesixfitness@gmail.com	Bledisloe Park Sports Centre 5 John St Pukekohe
<b>Hot Yoga Asylibm Mukti60</b> - Most well-known and often practiced yoga postures and poses.	9:00am - 10:00am	Vivienne: (09) 239 2423	2F Glasgow Road Pukekohe (Upstairs)
<b>Hot Yoga Asylibm Mukti60</b> - Most well-known and often practiced yoga postures and poses.	6:00pm - 7:00pm	Vivienne: (09) 239 2423	2F Glasgow Road Pukekohe (Upstairs)

<b>Monday – Educational, Social, Special Interest, Support Group Activities</b>			
<b>Counties Country Quilters Day Meetings</b> - Meetings are for beginners through to experienced, we have ongoing projects, challenges, teach skills, merchants, visiting artists etc.	9:00am - 2:00pm Every 2nd Monday of the month (except January)	Margaret: phone or text: 0276978205	PIA Events Centre (Contact Margaret for confirmation and directions)
<b>Franklin Combined Probus Club</b> - Friendship, Fellowship and Fun in retirement. Keep your mind active, expand your interests and enjoy the fellowship of new friends. Meetings are for those who value opportunities to meet with others of similar interest, hear from guest speakers and visit	10:00am - 12:00pm Every 4th Monday of the month (Jan - Nov)	Susan Martin: 021 386 390	Pukekohe Cosmopolitan Club 78 Nelson Street Pukekohe

places and organizations of specific appeal to members.			
<b>Pukekohe Communicare Friendship Centre</b> - Enjoy various activities, including crafts, cards, indoor bowls and music, all in a relaxed, friendly environment.	9:30am - 12:30pm	(09) 631 5968 <a href="mailto:office@communicare.org.nz">office@communicare.org.nz</a>	Plunket Building Cnr Edinburgh & Wesley Streets Pukekohe
<b>Pukekohe Stamps Swap Meet-Up</b> - We have a reputation for being a friendly club and encourage anybody who is perhaps interested in stamps to come along.	1:30pm Every 3rd Monday of the month (except December and January).	<a href="mailto:pukekohestamps@gmail.com">pukekohestamps@gmail.com</a>	Pukekohe Library 12 Massey Avenue Pukekohe
<b>Turning Sessions</b> - Woodturners Club for like-minded friends that love woodturning. Lessons available for beginners.	9:15am - 12:00pm	Annita 027 264 3375	23a Collingwood Road Waiuku

## Tuesday - Physical Activities

<b>Adult Beginners Swimming</b> - Suitable for learning to put your face in the water, float/kick on your front and back or learning the basics of a specific stroke.	6:00pm	09 238 1841 <a href="mailto:info@fultonswimschool.co.nz">info@fultonswimschool.co.nz</a>	Fulton Swim School Puni Primary School 357 Waiuku Road
<b>Age is Just a Number EPR Clinic</b> - Delay and reverse aging through effective exercise, strengthening muscles that will help you continue your daily activities well and safe and preventing falls and injury. Get more from your body in a group fitness style class designed for the fully mobile older adult.	11:45am – 12:45pm	Chloe Trevor 021 049 8601	19 Market St Pokeno
<b>Aqua</b> - For beginners with no impact on joints. Use of floatation noodles and dumbbells to improve strength, balance & core stability.	10:15am	(09) 238 5240	Franklin Pool & Leisure Centre 29 Franklin Road Pukekohe
<b>EasyFit</b> - A low impact class with an emphasis on balance, posture & strength. Resistance bands & weights available. Standing class with chair options available.	9:15am - 10:00am	(09) 238 5240	Franklin Pool & Leisure Centre, 29 Franklin Road, Pukekohe (fitness room accessed by stairs)
<b>FLexercise</b> - A low impact gentle exercise class to music for all ages and abilities. Class is mostly standing but can be adapted for chair based and different abilities. Includes stretches, postural core work, light weights, balance and calisthenics. Bring a yoga mat as there are some floor exercises.	9.30am	Nina: (09) 238 2246	Pukekohe Town Hall Concert Chamber Massey Avenue Pukekohe
<b>Hot Yoga Asylimb Flow 60</b> - Incorporating the benefits of Vinyasa style yoga. More energetic and flowing.	6:00pm - 7:00pm	Vivienne: (09) 239 2423	2F Glasgow Road Pukekohe (Upstairs)

<b>Supple Seniors</b> - Aims to improve your quality of life through enhancing flexibility, improving breathing habits, minimise stress, improve muscle tone/strength, improve sleep patterns and promotion of inner wellbeing and relaxation. Participants are seated on, or supported by a chair. Routines are designed for persons with mobility limitations, but are suitable for the able bodied.	10:00am	Bruce Blomfield: 021 966 815	Salvation Army 3 Tobin Street Pukekohe
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## Tuesday – Educational, Social, Special Interest, Support Group Activities

<b>Franklin Writers Group</b> - Write stories or poems on an assigned weekly topic or work on your own projects to share with the group. Be encouraged by others to improve your writing skills.	12:45pm - 2:45pm (during school terms)	Ruby Rutherford: 027 308 1997 rrha3@yahoo.com	Plunket Building Cnr Wesley and Edinburgh Streets Pukekohe
<b>Probus Club of Pukekohe Men</b> - Friendship, Fellowship and Fun in retirement. Keep your minds active, expand your interests and enjoy the fellowship of new friends. Meet with others of similar interest, hear guest speakers and visit places and organizations of specific appeal to members.	10:00am - 12:00pm Every 2nd Tuesday of the month  (Feb - Dec)	Tom McDonald: 2388580 Tom.mcdonald@xtra.co.nz	Pukekohe Cosmopolitan Club 78 Nelson Street Pukekohe
<b>Pukekohe Selwyn Centre</b> - Gentle chair exercises followed by tea and other activities. Presentations, cards, bingo, music. Enquire about transportation availability.	9:30am - 12:00pm	Jo: 027 469 6865 Jan: 09 238 7228	St Andrew's Anglican Church 43 Queen Street Pukekohe
<b>Stroke Foundation Pukekohe</b> - Uniting people who have had a stroke for mutual support, share experiences and help each other.	9:15am - 11:30am	Stroke Foundation Pukekohe: 09 475 0070 Francie Duncan: 027 895 2048	Methodist Church Hall Cnr of Wesley and Queen St Pukekohe
<b>Turning Sessions</b> - Woodturners Club sessions for like-minded friends that love woodturning Lessons available for beginners.	6:00pm - 9:00pm	Annita 027 264 3375	23a Collingwood Road Waiuku
<b>U3A Franklin Monthly Meeting</b> - Various interest groups run throughout the month.	9:45am Every 3rd Tuesday of the month (excluding Dec & January)	u3afranklin.mail@gmail.com 0221564334	Pukekohe Cosmopolitan Club 78 Nelson Street Pukekohe

## Wednesday - Physical Activities

<b>Aqua</b> - Aqua classes are a fun way to improve overall general health with no impact on joints. Use of floatation noodles and dumbbells to improve strength, balance & core stability.	9:15am	(09) 238 5240	Franklin Pool and Leisure Centre 29 Franklin Road Pukekohe
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<b>BaseSix Fitness Pilates &amp; Yoga</b> - A blend of Pilates & Yoga, we focus on improving core strength (including pelvic floor), balance, flexibility, stability, mind-body connection & awareness.	9:00am - 10:00am	Maria: 021 256 9962 / basesixfitness@gmail.com	Bledisloe Park Sports Centre 5 John St Pukekohe
<b>Hot Yoga Asylibm Mukti60</b> - Most well-known and often practiced yoga postures and poses. No two classes are ever the same.	9:00am - 10:00am	Vivienne: (09) 239 2423	2F Glasgow Road Pukekohe (Upstairs)
<b>Hot Yoga Asylibm Mukti60</b> - Most well-known and often practiced yoga postures and poses. No two classes are ever the same.	6:00pm - 7:00pm	Vivienne: (09) 239 2423	2F Glasgow Road Pukekohe (Upstairs)
<b>Pilates Room - Active Aging Reformer Pilates Class</b> - For those who like move at a slower pace and may need to modify exercises and equipment. The aim is to increase mobility, stability and overall strength. With a focus on functional movements, balance and strength, the goal is to improve day-to-day movements that might have become difficult otherwise.	11:00am – 11.50am	Sarah Beston 027 486 1874 <a href="mailto:pilatesroomnz@gmail.com">pilatesroomnz@gmail.com</a> <a href="https://www.pilatesroom.co.nz/">https://www.pilatesroom.co.nz/</a>	The Old Sewing Factory Unit 3, 4 Graham Street Pukekohe
<b>Soul Tree Yoga - Senior Yoga</b> - A mat based class that includes stretching, strengthening, breathing exercise and meditation/guided relaxation. Suitable for those who are comfortable with getting up and down as well as sitting on the floor.	12:00pm	Sirpa: 021 719 629	Soul Tree Yoga & Reiki Studio 1 Seddon Street Pukekohe

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

<b>60's Up Movement</b> - Lunch outing, bus outings and cinema trips. The groups welcomes those aged 50+ to join.	10.30am 2 <sup>nd</sup> Wednesday of the month	Helen Michael 09 238 1457 helenmprobert@gmail.com	Pukekohe Town Hall Cnr Massey Ave & Edinburgh St Pukekohe
<b>Counties Chess Club Night</b> - For both juniors and seniors, all are welcome.	6:30pm 1st and 3rd Wednesday of the month	Ron: 027 212 8232 ron-lanning@xtra.co.nz	Mauku Victory Hall 430 Union Road Mauku
<b>Counties Country Quilters - Night Meetings</b> - For beginners through to experienced, we have ongoing projects, challenges, teach skills, merchants, visiting artists.	7:00pm 4th Wednesday of the month	Margaret: Phone or text: 0276978205	PIA Events Centre (Contact Margaret for confirmation and directions)

### Thursday - Physical Activities

<b>Age is Just a Number EPR Clinic</b> - Delay and reverse aging through effective exercise, strengthening muscles that will help you continue your daily activities well and safe and preventing falls and injury. Get more from your body in a group fitness style class.	10.15am – 11.15am	Chloe Trevor 021 049 8601	CREO Gym 5 Cape Hill Road, Pukekohe
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<b>Adult Beginners Swimming</b> - Suitable for learning to put your face in the water, float/kick on your front and back or learning the basics of a specific stroke.	6:00pm	09 238 1841 info@fultonswimschool.co.nz	Fulton Swim School Puni Primary School 357 Waiuku Road
<b>BaseSix Fitness Pilates &amp; Yoga</b> - A blend of Pilates & Yoga, we focus on improving core strength (including pelvic floor), balance, flexibility, stability, mind-body connection & awareness. For the fully mobile older person.	5:30pm – 6:15pm	Maria: 021 256 9962 / basesixfitness@gmail.com	Bledisloe Park Sports Centre 5 John St Pukekohe
<b>Easyfit +</b> - A low impact class with an emphasis on balance, posture & strength. Resistance bands & weights available.	9:15am – 10.15am	(09) 238 5240	Franklin Pool and Leisure Centre 29 Franklin Road Pukekohe
<b>Hot Yoga Asyimb Mukti60</b> - Most well-known and often practiced yoga postures and poses. No two classes are ever the same.	6:00pm - 7:00pm	Vivienne: (09) 239 2423	2F Glasgow Road Pukekohe (Upstairs)
<b>Hot Yoga Asyimb Yin90</b> - Slow-paced style of yoga as exercise, poses that are held for longer periods of time.	7:30pm - 9:00pm	Vivienne: (09) 239 2423	2F Glasgow Road Pukekohe (Upstairs)
<b>Steady As You Go</b> - Gentle exercises designed to improve balance, leg strength, general fitness and well-being. This class consists of the same exercises every week, so you can track your progress and see your strength improve over time. It is peer led and overseen by a qualified instructor.	9:30am – 10:30am	Beth Collings 021 960 004	Pukekohe Library 12 Massey Avenue Pukekohe
<b>Steady As You Go</b> - Gentle exercises designed to improve balance, leg strength, general fitness and well-being. This class consists of the same exercises every week, so you can track your progress and see your strength improve over time. It is peer led and overseen by a qualified instructor.	10:30am – 11:30am	Beth Collings 021 960 004	Pukekohe Library 12 Massey Avenue Pukekohe
<b>Steady As You Go</b> - Gentle exercises designed to improve balance, leg strength, general fitness and well-being. This class consists of the same exercises every week, so you can track your progress and see your strength improve over time. It is peer led and overseen by a qualified instructor.	2:00pm	Beth Collings 021 960 004	Waiuku Library 10 King Street Waiuku
<b>Supple Seniors</b> - Aims to improve your quality of life through enhancing flexibility, improving breathing habits, minimise stress, improve muscle tone/strength, improve sleep patterns and promotion of inner wellbeing and relaxation. Participants are seated on, or supported by a chair. Routines are designed for persons with mobility limitations, but are suitable for the able bodied.	10:30am - 11:30am	Bruce Blomfield 021 966 815	Amberly Park Village Community Centre 8 Village Place Tuakau

<b>Tai Chi for Well-being</b> - Tai Chi for health and wellbeing that is fun. We include functional movements to improve your strength & balance that support your everyday living. Chairs are available to aid standing balance exercises.	1:15pm – 3:30pm 7:00pm – 8:00pm	Stacy 09 576 3705	St Andrews Church Hall, 43 Queen Street, Pukekohe
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### Thursday – Educational, Social, Special Interest, Support Group Activities

<b>Waiuku Selwyn Centre</b> - Starts with gentle exercises followed by morning tea then a variety of table activities to choose from, then the Herald crossword and if time allows a word game. We finish the morning with a thought for the day.	9:30am - 12:00pm	09 2352238 <a href="mailto:winfield95@yahoo.co.nz">winfield95@yahoo.co.nz</a>	St Andrew's Centre 85 Queen Street Waiuku
<b>Turning Sessions</b> - Woodturners Club sessions for like-minded friends that love woodturning. Club meeting – visitors or members doing demonstrations.	7:00pm – 9:00pm	Annita 027 264 3375	23a Collingwood Road Waiuku

### Friday - Physical Activities

<b>Aqua</b> - Aqua classes are a fun way to improve overall general health with no impact on joints. Use of floatation noodles and dumbbells to improve strength, balance & core stability.	9:15am	(09) 238 5240	Franklin Pool and Leisure Centre 29 Franklin Road Pukekohe
<b>Hot Yoga Asyimb Mukti60</b> - Most well-known and often practiced yoga postures and poses. No two classes are ever the same.	9:00am - 10:00am	Vivienne: (09) 239 2423	2F Glasgow Road Pukekohe (Upstairs)
<b>Hot Yoga Asyimb Mukti60</b> - Most well-known and often practiced yoga postures and poses. No two classes are ever the same.	6:00pm - 7:00pm	Vivienne: (09) 239 2423	2F Glasgow Road Pukekohe (Upstairs)

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

<b>Pukekohe Cardiac Club</b> - A social support group for Cardiac people and their partners. Enjoy morning tea, quizzes, exercise DVD, and play Housie.	10:00am - 12:00pm	Pat Richards: (09) 239 2252	8C Roulston Street Pukekohe (Top Floor - Masonic Lodge)
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### Saturday - Physical Activities

<b>Hot Yoga Asyimb Mukti60</b> - Most well-known and often practiced yoga postures and poses. No two classes are ever the same.	9:00am - 10:00am	Vivienne: (09) 239 2423	2F Glasgow Road Pukekohe (Upstairs)
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### Sunday - Physical Activities

<b>Hot Yoga Asyimb Mukti60</b> - Most well-known and often practiced yoga postures and poses. No two classes are ever the same.	9:00am - 10:00am	Vivienne: (09) 239 2423	2F Glasgow Road Pukekohe (Upstairs)
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<b>Hot Yoga Asyimb Yin90</b> - Slow-paced style of yoga as exercise, poses that are held for longer periods of time.	4:30pm - 6:00pm	Vivienne: (09) 239 2423	2F Glasgow Road Pukekohe (Upstairs)
<b>Sunday - Educational, Social, Special Interest, Support Group Activities</b>			
<b>Pukekohe Stamps Monthly Meeting</b> - Each meeting is themed with an activity or a guest speaker. We have a reputation for being a friendly club and encourage anybody who is perhaps interested in stamps to come along.	1:00pm - 3:30pm 1st Sunday of the month (except January)	pukekohestamps@gmail.com	Reid Anderson Hall Anglican Church Cnr Wesley & Queen Streets Pukekohe

For more information on  
**Community Strength and Balance**  
**Approved Exercise Classes 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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