



**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			
Forever Fit - Relaxed and friendly classes held in the gym for all abilities. Qualified trainers help you with exercises to suit your needs. Improve your fitness, balance, mobility and strength.	10.30am - 11.30am	aucklandleisure.co.nz allanbrewsterleisure@aucklandcouncil.govt.nz 09 2625967	Allan Brewster Leisure Centre 7 Tavern Centre Papatoetoe
Kia ora Tai Chi - The class will start with a sequence of easy flowing exercises that are low impact and gentle on joints. These exercises are designed to improve balance and core strength.	6.30pm - 7.15pm	Jocelyn Watkin kiaorataichi@gmail.com Ph: 027 493 9851	Manurewa School Hall 18 Totara Road Manurewa
Never Too Old - You will be guided through your exercise experience with a programme to cater for your individual needs in gym based sessions and optional group classes.	9.15am - 10.15am 10.30am-11.30am	09 2950020 dial 1	Bruce Pulman Park 90 Walters Rd Takarua
Steady As You Go - 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	0800 262368	Ground floor Friendship House 20 Putney Way Manukau
Steady As You Go - 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	0800 262368	Ground floor Friendship House 20 Putney Way Manukau
Strength and Balance Tai Chi Class	1.00pm - 2.00pm	09 298 6852	Papakura Leisure Centre 294 Great South Road Papakura

- Community strength and balance class and can cater for those with limited mobility.			
Tai Chi for Health - A low impact, adaptable class suitable for beginners. Tai chi includes functional movements to improve your strength & balance that support your everyday living. Chairs are available to aid standing balance exercises.	9.30am - 10.30am	0800 262 368	St James Church Hall 31 Church Road Mangere Bridge

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

The Boomer Shed - Become a member in an inclusive community shed for both men and women. Get stuck into a range of community projects or a personal project while socialising and meeting new people.	9.00am - 12.00pm	Stacey 09 269 4080 admin@beautification.org.nz	38 Holmes Road Manurewa
Clendon Selwyn Centre - Social activities and gentle exercise.	9.15am - 12.30pm	Dorothy Young 09 267 6608	St Elizabeth's Anglican Church 182 Finlayson Ave Clendon
Communicare Friendship Centre Otahuhu - Enjoy various activities, including crafts, cards, indoor bowls and music, all in a relaxed, friendly environment.	9.30am - 12.30pm During school term	09 631 5968 office@communicare.org.nz	50 High St Otahuhu - Kainga Ora Complex Hall Otahuhu
Papatoetoe Contract Bridge Club - Bridge lessons	6.45 pm - 9.00 pm	Lance 021 855 032 pcbc@xtra.co.nz	Kolmar Sutton Crescent Papatoetoe
U3A - General meeting, find out more about the various interest groups run during the week.	1.30 pm Second Monday of every month	manurewau3a@outlook.com	Acacia Cove Retirement Village 131 Wattle Farm Road Wattle Downs

Tuesday - Physical Activities

50s Forward - Bring your water bottle and smiles and boost your spirits while exercising with a group of like-minded people. Fun, social and non-threatening.	10.00am – 11.00am	09 298 6852	Papakura Leisure Centre 294 Great South Road Papakura
Active+ Gold - A circuit class for those who want to improve their strength, balance & fitness. Led by physiotherapists. Improve your health with our friendly group class!	11.00am - 12.00pm	09 296 1026	Active + 6-18 O'Shannessy Street Papakura
Forever Fit Exercise Group - Relaxed and friendly classes held in the gym and suitable for all abilities. Qualified trainers help you with exercises to suit your needs. Improve your fitness, balance, mobility and strength.	10.00am - 11.00am	0800 262 368	Otara Pool and Leisure Centre Newbury Street Otara
Legends Circuit Class - An instructor driven 45 minute circuit style class focusing on strength, balance and flexibility!	10.00am - 11.00am	09 298 6852	Papakura Leisure Centre 294 Great South Road Papakura

Steady as You Go - 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.	9.15am – 10.00am	Beth Collings 021 960 004 bethanc@accm.org.nz	Elmwood Retirement Village 131 Hill Road Manurewa (Please contact Beth if you are not a Village resident to pre book your spot).
Steady as You Go - 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	Beth Collings 021 960 004 bethanc@accm.org.nz	Manurewa Library 7 Hill Rd Manurewa
Tai Chi for Wellbeing - We include functional movements to improve your strength & balance that support your everyday living. Chairs are available to aid standing balance exercises.	10.00am - 11.00am	0800 262 368	Manurewa Leisure Centre 33 Frances Street Manurewa
Yoga	10.00am – 11.00am	09 2950020 dial 1	Bruce Pulman Park 90 Walters Rd Takanini
Zumba Gold - Involves easy-to-follow moves that focuses on range of motion and coordination whilst sitting down, with some standing components if you can. Moves are modified to suit participants.	11.15am – 12.15pm	021 377424	Manurewa Leisure Centre 33 Frances Street Manurewa

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

Anandam Senior Citizens Group - Indian Association Manukau Day Programme. Strength and balance classes and social cohesion.	10.00am – 1.00pm	027 222 3613	Diversity Centre 25 Tui Road Papatoetoe
The Boomer Shed - Become a member in an inclusive community shed for both men and women. Get stuck into a range of community projects or a personal project while socialising and meeting new people.	9.00am - 12.00pm	Stacey 09 269 4080 admin@beautification.org.nz	38 Holmes Road Manurewa
Communicare Friendship Centre Manukau - Enjoy various activities, including crafts, cards, indoor bowls and music, all in a relaxed, friendly environment.	9.30am - 12.30pm	09 631 5968 office@communicare.org.nz	Friendship House 20 Putney Way Manukau
Papakura Selwyn Centre - Social activities and gentle exercise.	9.30am - 12.00pm	Nikki Weir 09 297 2252	The Homestead 21 Youngs Rd Papakura
Papakura U3A - Speaker, various interest groups run during the month	10.00am Third Tuesday of the month	Margaret Gane 022 158 8064 papakurau3a@gmail.com	St John's Hall 19 Ray Small Drive Papakura

Shanti Niwas Positive Ageing Day Programme - Positive Ageing refers to maintaining a happy lifestyle, staying healthy, positive attitude and feeling good about themselves. Universal prayer, physical exercises, socialization and workshops	10.30am - 1.30pm	09 622 1010 info@shantiniwas.org.nz	St Andrews Presbyterian Church 152 Great South Road Manurewa
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Wednesday - Physical Activities

Forever Fit Exercise Group - Relaxed and friendly classes held in the gym and suitable for all abilities. Qualified trainers help you with exercises to suit your needs. Improve your fitness, balance, mobility and strength.	10.30am - 11.30am	09 2625967	Allan Brewster Leisure Centre 7 Tavern Centre Papatoetoe
Kia ora Tai Chi - The class will start with a sequence of easy flowing exercises that are low impact and gentle on joints. These exercises are designed to improve balance and core strength.	6.30pm - 7.15pm	Jocelyn Watkin kiaorataichi@gmail.com Ph: 027 493 9851	Manurewa School Hall 18 Totara Road Manurewa
Never Too Old - You will be guided through your exercise experience with a programme to cater for your individual needs in gym based sessions and optional group classes.	10.30am – 11.30am	09 2950020 dial 1	Bruce Pulman Park 90 Walters Road Takanini
Tai Chi - A standing class suitable for those with limited mobility. Slow, steady movements and breathing to increase balance and mobility.	12.30pm – 1.30pm	(09) 275-6161	Mangere East Community Centre 372 Massey Rd Mangere East

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

60s Up Movement - Manurewa - A fantastic opportunity for you to pursue new interests and meet new people - do yourself a favour and check it out!	10.00am First Wednesday of the month	Dot Freeman 09 972 4492	St Andrews Presbyterian Church 150 Great South Road Manurewa
The Boomer Shed - Become a member in an inclusive community shed for both men and women. Get stuck into a range of community projects or a personal project while socialising and meeting new people.	9.00am - 12.00pm	Stacey 09 269 4080 admin@beautification.org.nz	38 Holmes Road Manurewa
Communicare Friendship Centre Papatoetoe - Enjoy various activities, including crafts, cards, indoor bowls and music, all in a relaxed, friendly environment.	9.30am - 12.30pm	Head office: 09 631 5968 office@communicare.org.nz	Papatoetoe Methodist Church Hall 39 Kolmar Road Papatoetoe
Papakura Selwyn Centre - Social activities and gentle exercise.	9.30am - 12.00pm	Nikki Weir 09 297 2252	The Homestead 21 Youngs Road Papakura
Papatoetoe Indian Community Selwyn Centre - Social activities and gentle exercise.	9.30am - 12.15pm	VJ (Chelli Kumar) 09 278 3412	St George's Anglican Church Landscape Rd Papatoetoe

Shanti Niwas Positive Ageing Day Programme - Positive Ageing refers to maintaining a happy lifestyle, staying healthy, positive attitude and feeling good about themselves. Universal prayer, physical exercises, socialisation and Workshops	10.30am - 1.30pm	09 622 1010 info@shantiniwas.org.nz	St Andrews Presbyterian Church 152 Great South Road Manurewa
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Thursday - Physical Activities

50s Forward - Bring your water bottle and smiles, and boost your spirits while exercising with a group of like-minded people. Fun, social and non-threatening.	10.00am	09 298 6852	Papakura Leisure Centre 294 Great South Road Papakura
Active+ Gold - A circuit class for those who want to improve their strength, balance & fitness. Led by physiotherapists. Improve your health with our friendly group class!	10.30am - 11.30am	09 296 1026	Active + 6-18 O'Shannessy Street Papakura
Forever Fit - Relaxed and friendly classes held in the gym and suitable for all abilities. Qualified trainers help you with exercises to suit your needs. Improve your fitness, balance, mobility and strength while enjoying good company!	11.00am - 12.00pm	0800 262 368	Otara Pool and Leisure Centre Newbury Street Otara
Senior Fit on The Move - A low impact, gentle seated exercise class with standing components that improve balance and strength. Fun music and movements that can be adapted for your mobility level	10.30am – 11.30am 12pm – 1pm (best for beginners)	0800 262 368	Manurewa Baptist Church 9 Lupton Rd Manurewa
Strength and Circuits - Gentle warm up then circuit based class with regressions and progressions depending on your mobility level. A strength focus to help you maintain movement for everyday activities such as lifting, going up and down steps, gardening and playing with your mokos!	9.15am – 9.45am	Feel free to just turn up to this class	Te Matariki Clendon Community Centre and Library 17 Palmers Road Clendon
Tai Chi for Wellbeing - We include functional movements to improve your strength & balance that support your everyday living. Chairs are available to aid standing balance exercises.	10.00am - 11.00am	0800 262 368	Manurewa Leisure Centre 33 Frances Street Manurewa
Zumba Gold - Involves easy-to-follow moves that focuses on range of motion and coordination whilst sitting down, with some standing components if you can. Moves are modified to suit participants.	11.15am – 12.15pm	021 377424	Manurewa Leisure Centre 33 Frances Street Manurewa

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

The Boomer Shed - Become a member in an inclusive community shed for both men and	9.00am - 12.00pm	Stacey 09 269 4080 admin@beautification.org.nz	38 Holmes Road Manurewa
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women. Get stuck into a range of community projects or a personal project while socialising and meeting new people.			
Communicare Friendship Centre Papakura - Enjoy various activities, including crafts, cards, indoor bowls and music, all in a relaxed, friendly environment.	9.30am - 12.30pm	Head office: 09 631 5968 office@communicare.org.nz	Baptist Church Hall 44 Clevedon Road Papakura
Mangere Selwyn Centre - Social activities and gentle exercise	9.30am - 12.00pm	Lorraine Fox 0800 473 599	Te Karaiti te Pou Herenga Waka Cnr Orly Ave & Cape Rd Mangere
Shanti Niwas Positive Ageing Day Programme - Positive Ageing refers to maintaining a happy lifestyle, staying healthy, positive attitude and feeling good about themselves. Universal prayer, physical exercises, socialization and Workshops	10.30am - 1.30pm	09 622 1010 info@shantiniwas.org.nz	St Andrews Presbyterian Church 152 Great South Road Manurewa

Friday - Physical Activities

Active+ Gold - A circuit class for those who want to improve their strength, balance & fitness. Led by physiotherapists. Improve your health with our friendly group class!	11.00am – 12.00pm	09 296 1026	Active + 6-18 O'Shannessy Street Papakura
Forever Fit - Relaxed and friendly classes held in the gym and suitable for all abilities. Qualified trainers help you with exercises to suit your needs. Improve your fitness, balance, mobility and strength while enjoying good company!	10.30am - 11.30am	09 2625967	Allan Brewster Leisure Centre 7 Tavern Centre Papatotetoe
Legends Circuit Class - An instructor driven 45 minute circuit style class focusing on strength, balance and flexibility!	10.00am - 11.00am	09 298 6852	Papakura Leisure Centre 294 Great South Road Papakura
Never Too Old - You will be guided through your exercise experience with a programme to cater for your individual needs in gym based sessions and optional group classes.	9.15am - 10.15am 10.30am-11.30am	09 2950020 dial 1	Bruce Pulman Park 90 Walters Rd Takanini
Steady as You Go - 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.	9.00am - 10.00am	community.central@middlemore.co.nz 0800 262 368	Manukau Baptist Church 9 Lambie Drive Manukau

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

The Boomer Shed - Become a member in an inclusive community shed for both men and women. Get stuck into a range of	9.00am - 12.00pm	Stacey 09 269 4080 admin@beautification.org.nz	38 Holmes Road Manurewa
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community projects or a personal project while socialising and meeting new people.			
Papakura Central Ladies Probud Club Social club for active retirees. Friendship, fellowship and fun. Good speakers and trips.	10.00am 4 th Friday of the month	Barbara 09 298 4845	Hawkins Theatre 13 13 Ray Small Drive Papakura
Papakura Men's Probud Provides regular opportunities for retired and semi-retired people to keep their minds active and expand their interests.	10.00am - 12.00pm Last Friday of the month except Dec	John 021 832 980 papakuramensprobud@gmail.com	Papakura Club 5 Croskery Road Papakura
Papakura Selwyn Centre - Social activities and gentle exercise.	9.30am - 12.00pm	Nikki Weir 09 297 2252	The Homestead 21 Youngs Road Papakura
Sunday - Physical Activities			
Indian Association Chair Yoga - Yoga 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.	8.00am – 9.00am	0800 262 368	Online

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

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