



**AGE
CONCERN
AUCKLAND**

He Manaakitanga
Kaumātua Aotearoa



2025 – 2026

Calendar of Activities

MANUKAU

- Physical Activities
- Special Activities
- Special Interests
- Support Groups
- Lifelong Learning
- Fun and Friendship



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
- 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 09 262 5967	Allan Brewster Leisure Centre 7 Tavern Lane Papatoetoe
Never2old - 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	09 295 0020 dial 1	Pulman Recreation Centre 90 Walters Road Papakura
Strength and Balance Tai Chi Class - Community strength and balance class.	1.00pm - 2.00pm	09 298 6852	Papakura Leisure Centre 294 Great South Road Papakura
Tai Chi for Health - A low impact, adaptable tai chi class suitable for beginners. Includes functional movements to improve your strength & balance to support your everyday living. Chairs are available to aid standing balance exercises.	9.30am - 10.30am	Aria Tauroa 027 871 9479	St James Hall 31 Church Road Mangere Bridge

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

The Boomer Shed - An inclusive community shed for both men and women. Get stuck into a range of community projects or a personal project while socialising & 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 09 264 0008	St Elizabeth's Anglican Church, 182 Finlayson Ave Clendon
Papatoetoe Contract Bridge Club - Bridge lessons	6.45pm - 9.00pm	0210 815 4931 pcbc@xtra.co.nz	Kolmar Papatoetoe Sports Centre, Sutton Crescent Papatoetoe
Manurewa 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	10.00am – 11.00am	09 298 6852	Papakura Leisure Centre 294 Great South Road Papakura
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group of like-minded people. Fun & social.			
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
Legends - 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
Yoga	10.00am – 11.00am	09 295 0020 dial 1	Pulman Recreation Centre 90 Walters Rd Papakura

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

Anandam Senior Citizens Group - Indian Association Social group and exercise.	10.00am	027 222 3613	Diversity Centre 25 Tui Road Papatoetoe
The Boomer Shed - An inclusive community shed for both men and women. Get stuck into a range of community projects or a personal project while socializing and meeting new people.	9.00am – 12.00pm	Stacey 09 269 4080 admin@beautification.org.nz	38 Holmes Road Manurewa
Communicare Friendship Centre Manukau	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 022 477 9575 selwyncentre@papakuraanglican.org.nz	Crossroads Methodist Church, 25 Broadway Papakura
Papakura U3A - Speaker, various interest groups run during the month.	10.00am 3 rd Tuesday of the month	Margaret Gane 022 158 8064 margaretigane@gmail.com	St John Hall 19 Ray Small Drive Papakura
Papatoetoe Selwyn Centre - Social activities and gentle exercise.	9.30am – 12.30pm	Raewyn Skipper 09 278 3412 021 238 1306	St George's Anglican Church, Landscape Rd Papatoetoe

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	aucklandleisure.co.nz allanbrewsterleisure@aucklandcouncil.govt.nz 09 262 5967	Allan Brewster Leisure Centre 7 Tavern Centre Papatoetoe
Kia ora Tai Chi - Starts 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 027 493 9851	St Elizabeths Church Hall 182 Finlayson Avenue Clendon Park
Never2old - 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	09 295 0020 dial 1	Pulman Recreation Centre 90 Walters Road Papakura

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 1 st Wednesday of the month	Dot Freeman 09 972 4492	St Andrews Presbyterian Church 150 Great South Road Manurewa
The Boomer Shed - 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	9.30am - 12.30pm	09 631 5968 office@communicare.org.nz	Methodist Church Hall 37-39 Kolmar Road, (Entrance Wentworth Ave)
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

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!	11.30am - 12.30pm	09 274 6917	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 12.00pm – 1.00pm (best for beginners)	09 269 0930 catherine.barr@aucklandcouncil.govt.nz	Manurewa Leisure Centre 33 Frances Street Manurewa

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

The Boomer Shed - 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 Papakura	9.30am - 12.30pm	09 631 5968 office@communicare.org.nz	Baptist Church Hall 44 Clevedon Road Papakura
Come Walking - Local walking trips to discover and appreciate the wide diversity of life and community organisations in South Auckland.	10.00am 1 st Thursday of the month	09 278 8998	Manukau City Baptist Church 9 Lambie Drive Papatoetoe
Mangere Selwyn Centre - Social activities and gentle exercise.	9.30am - 12.00pm	Lorraine Fox 0800 473 599	Te Karaiti te Pou Herenga Waka, Corner Orly Ave and 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 yourself. Universal prayer, physical exercises, socialization and workshops.	10.30am - 1.30pm	09 622 1010 info@shantiniwas.org.nz	St Andrews Church 152 Great South Road Manurewa
Super Thursday - A collection of fun activities that encourage play, creativity and friendships! Board Games, Book Club, Bowls, followed by a community chat of interest to seniors - plus an affordable lunch (\$5).	10.00am 4 th Thursday of the month	09 278 8998	Manukau City Baptist Church 9 Lambie Drive Papatoetoe
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	aucklandleisure.co.nz allanbrewsterleisure@aucklandcouncil.govt.nz 09 262 5967	Allan Brewster Leisure Centre 7 Tavern Centre Papatoetoe
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
Never2old - 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	09 295 0020 dial 1	Pulman Recreation Centre 90 Walters Rd Papakura
Friday – Educational, Social, Special Interest, Support Group Activities			
Mangere Bridge Combined Probud Club - Active retirees are invited to come along for morning tea, fun, friendship and guest speaker.	10.00am 4 th Friday of each month	Lynley Bell 027 573 9607	Bridge Park Bowling Club 27A Taylor Road Mangere Bridge
The Boomer Shed - 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
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	Cathy 021 155 5562	Hawkins Theatre 13 Ray Small Drive Papakura
Papakura Men's Probud - We offer fun, friendship and fellowship with persons with similar ideals and	10.00am - 12.00pm Last Friday of the month except Dec	021 832 980 papakuramensprobud@gmail.com	Papakura Club 5 Croskery Road Papakura

value the opportunity to meet with others with similar interests.			
Papakura Selwyn Centre - Social activities and gentle exercise.	9.30am - 12.00pm	Nikki Weir 022 477 9575 selwyncentre@papakuraanglican.org.nz	Crossroads Methodist Church, 25 Broadway 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	027 222 3613	Online

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: **Alana** on **09 553 9936** or email: alanam@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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