



**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 provided 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			
<b>Ballroom Fitness for Seniors</b> - No partner required	9.30am	Helena 022 882 0237	Birkenhead RSA Recreation Drive, Birkenhead
<b>Chair Yoga</b>	11.00am - 12.00pm	Anu 022 329 443	Birkdale Community House 136 Birkdale Road, Birkdale
<b>Essentrics</b> - Strengthens & lengthens muscles improving posture, flexibility, mobility & balance	6.00pm – 7.00pm	Iris 021 216 1851	Bayview Community Centre 72 Bay View Road Bayview
<b>Fitness League NZ (Inc)</b> - Balanced exercise programme, easy exercise	9.30am	Sonia 021 158 5867	Greenhithe Village Hall 7 Greenhithe Road Greenhithe
<b>Mairangi Bay Walking Networks</b>	9.00am - 10.00am	Paula 09 444 6435	Mairangi Bay Beachfront
<b>never2old</b> - Fitness training programme focusing on improving functional fitness for continued independent living & to improve quality of life	9.30am - 10.30am  1.30pm - 2.30pm	09 921 9747 northgym@aut.ac.nz	AUT Sports & Fitness Centre Akoranga Drive Northcote
<b>Pilates</b> - Classical  - <b>For seniors</b>  - Senior Pilates	9.30am - 10.30am  10.00am - 11.00am  10.30am	Kate 021 0270 4186  <b>Ione 027 537 5733</b>  09 444 6340 - press 1	Birkdale Community House 136 Birkdale Road, Birkdale <b>Takapuna War Memorial Hall</b> <b>7 The Strand, Takapuna</b> Glenfield Leisure Bentley Avenue, Glenfield
<b>Shore Ten Pin Bowling</b>	11.00am - 12.30pm	Gillian 09 480 1484	Xtreme Entertainment 10 Target Court, Wairau Valley
<b>Table Tennis</b> - Social, casual	9.30am - 11.30am	Debbie 09 478 4091	St Anne's Hall Cnr Beach & Glencoe Roads Browns Bay
<b>Tai Chi</b> - Yang style with Qigong forms  - <b>Beginner</b>  - Qigong - slow and gentle  - <b>Slow gentle movement</b>	9.30am - 10.30am  11.30am – 1.00pm  6.30pm - 7.30pm  7.00pm - 8.00pm	09 444 6578  <b>Marie 09 445 2327</b>  Sherie 021 536 411  <b>Bruno 021 155 4606</b>	Glenfield Senior Citizens 5 Mayfield Road, Glenfield <b>Devonport Community House</b> <b>32 Clarence Street, Devonport</b> Milford Senior Citizens Hall 141A Kitchener Road <b>Heart of the Bays Community Centre</b> <b>2 Glen Road, Browns Bay</b>

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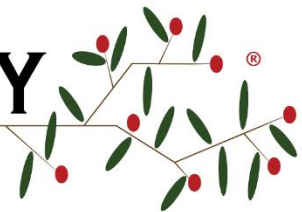
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<b>Torbay Indoor Bowls</b>	<b>7.00pm</b>	<b>09 473 1621</b>	<b>Torbay Community Hall 37 Watea Road, Torbay</b>
<b>YMCA</b> - Gold-Fit: low intensity exercise for mobility, balance, muscle strengthening - Gold-Circuit	10.30am – 11.30am <b>1.00pm - 2.00pm</b>	09 480 7099	YMCA North Shore 5 Akoranga Drive Northcote
<b>Yoga</b> - Gentle flow	10.00am - 11.15am	Maria 021 0200 8886	Devonport Community House 32 Clarence Street, Devonport
<b>Zumba</b>	9.15am - 10.15am	Claudette 027 388 6110	Torbay Community Hall 35 Watea Road, Torbay
<b>Monday – Educational, Social, Special Interest, Support Group Activities</b>			
<b>Beach Haven Community House</b> - Scrabble	12.30pm - 2.30pm	09 483 9942	Beach Haven Community House 130 Beach Haven Road
<b>Browns Bay 60s Up Movement</b> - Meetings, including morning tea and entertainment - <b>Coffee group</b>	4 <sup>th</sup> Monday of month 10.00am – 12.00pm  <b>1<sup>st</sup> Monday of month - 10.00am</b>	Fiona 021 758 595	Progress Hall, 6 Anzac Road Browns Bay  <b>Browns Bay Coffee Club Browns Bay</b>
<b>Browns Bay Social Connections Coffee Group</b> - Enjoy conversation and friendship. Buy your own coffee	Monthly – mornings	Age Concern Auckland: Amanda 09 929 2310	Meet in local Café Browns Bay
<b>Devonport Garden &amp; Floral Art Club</b> - Meeting & guest speaker	2 <sup>nd</sup> Monday of month 10.45am - 1.15pm	Laurel 09 445 1641	St Leo's Hall Albert Road Devonport
<b>East Coast Bays Bridge Club</b> - <i>Partner required</i>	10.15am	09 479 4689 www.ecbbridgeclub.co.nz	Lyons Avenue (opposite Montana Avenue) Murrays Bay
<b>Glenfield 60s Up Movement</b> - Entertainment or speaker	1 <sup>st</sup> Monday of month - 1.30pm	Glenys 09 444 1413	Glenfield Leisure Centre Bentley Avenue, Glenfield
<b>Glenfield Combined Probus Club</b> - Fellowship, friendship, fun	3 <sup>rd</sup> Monday of month - 10.00am	Shirley 09 443 1057 027 302 3026	Glenfield War Memorial Hall Hall Road, Glenfield
<b>Greenhithe Bridge Club</b>	7.15pm	Jane or Phil 09 415 5501	Community Hall Hobsonville Point
<b>Heart of the Bays Community Centre</b> - Eat, Play, Laugh – friendship group with cooking demonstration, lunch, fun activities - <b>Bays Patchwork</b>	1 <sup>st</sup> Monday of month 10.30am - 1.30pm  <b>2<sup>nd</sup> Monday of month 9.30am</b>	Wendy 09 476 9180  <b>Marilyn 021 174 4440</b>	Heart of the Bays Community Centre 2 Glen Road Browns Bay
<b>Inner Wheel Club of Shore City</b> - Enjoy the company of other women: activities include community service, monthly meetings and guest speakers	4 <sup>th</sup> Monday of month 10.00am – 12.00pm	Joan 09 483 9474	St Aidan's Church Hall 97 Onewa Road Northcote
<b>Milford Senior Citizens Club</b> - Mahjong for beginners	10.00am – 12.00pm	Jo 027 289 9000 Norma 027 487 0142	Senior Citizens Hall 141A Kitchener Road, Milford
<b>North Harbour Ladies Friendship Club</b> - <i>Speakers, friendship, outings</i>	4 <sup>th</sup> Monday of month 10.00am – 12.00pm	Trish 09 443 6386	Pupuke Golf Club 231 East Coast Road Campbells Bay
<b>North Shore Branch NZSG</b> - Genealogy	1 <sup>st</sup> Monday of month 1.00pm - 3.00pm	Raewyn 09 443 3040 northshore@genealogy.org.nz	Senior Citizens Hall 5 Mayfield Road Glenfield
<b>North Shore Bridge Club</b> - Social (no partner required) - <b>Partner required</b>	10.00am - 12.30pm <b>7.15pm</b>	09 489 6099 www.nsb.org.nz	North Shore Bridge Club 39 Killarney Street Takapuna

<b>North Shore CMA</b> - Companionship & fun activities for older people isolated in the community. Transport arranged - lunch & morning tea provided	10.00am - 12.30pm	09 489 8954	Sunnynook Community Centre 148 Sycamore Drive, Sunnynook <b>Mairangi Bay Presbyterian Church, 10 Penzance Road Mairangi Bay</b>
<b>Rebus Club of Devonport</b> - Monthly meetings with guest speaker, including morning tea. Day trips and outings	3 <sup>rd</sup> Monday of month (excl. Dec) 10.00am – 12.00pm	021 177 4257	The Rose Centre School Lane Belmont
<b>Salvation Army Companions Club</b> - Two course meal, table games, guest speakers & companionship	3 <sup>rd</sup> Monday of month 10.15am - 1.30pm	09 441 2554 ext. 2	Salvation Army Hall 430 Glenfield Road Glenfield
<b>SeniorNet North Shore (Inc)</b> - Computer classes, tutorials, discussion groups. Wide range of subjects in a fun environment	10.00am – 12.30pm  <b>1.30pm - 4.00pm</b>	09 486 2163 www.seniornetns.com	St John Ambulance Centre 2 Shea Terrace Takapuna
<b>U3A Birkenhead</b> - Guest speaker & special interest groups	1 <sup>st</sup> Monday of month 10.00am – 12.00pm	Lyn 021 058 2667	Birkenhead Bowling Club 93 Mokoia Road Birkenhead

## Tuesday - Physical Activities

<b>Active Ageing</b> - Flexibility, mobility, coordination & strength	10.30am – 11.15am	09 445 3068 sarah@mumsquadfitness.com	Devonport Community House 32 Clarence St Devonport
<b>Ballroom Fitness for Seniors</b> - No partner required	9.00am	Helena 022 882 0237	St Anne's Hall 756 Beach Road, Browns Bay
<b>Braemar Scottish Dancing</b>	7.30pm – 9.30pm	Yvonne 09 410 9126	St Anne's Hall Cnr Beach Road & Glencoe Road Browns Bay
<b>Chair Pilates</b> - Movements while sitting as well as standing work for balance & falls prevention	9.15am - 10.00am  <b>10.15am – 11.00am</b>	09 480 5279	Highbury Community House 110 Hinemoa Street Birkenhead
<b>Counterpunch Parkinson's</b> - High-intensity non-contact boxing-based exercise specifically designed for people living with Parkinson's & related conditions	9.45am – 12.00pm	Lisa 021 0287 8470	Sunnynook Community Centre 148 Sycamore Drive Sunnynook
<b>Devonport Y's Walkers</b>	9.00am - 10.00am	Clive 027 484 3826	32 Clarence Street Devonport
<b>East Coast Bays Walkers</b>	8.30am	Alison 09 473 6541 021 152 3165	Various locations
<b>Fitness League NZ (Inc)</b> - Balanced exercise programme, easy exercise	1.45pm	Jennie 09 427 9308	Glenfield War Memorial Hall Hall Road Glenfield
<b>never2old</b> - Fitness training programme focusing on improving older adults' functional fitness for continued independent living	9.30am - 10.30am  <b>1.30pm - 2.30pm</b>	09 921 9747 northgym@aut.ac.nz	AUT Sports & Fitness Centre Akoranga Drive Northcote
<b>Northcote Walking Group</b> - Three hour walk with a refreshment/lunch break after each hour	Every 2 <sup>nd</sup> Tuesday 10.00am - 3.00pm	Shirley 021 073 6316	Auckland wide using free buses, trains, ferries & car pooling
<b>Petanque</b> - Play this fun French game, make lots of new friends	1.00pm - 3.00pm	Roger 022 353 7606	Kennedy Park Petanque Club Kennedy Memorial Park 137-147 Beach Road, Castor Bay
<b>Pickleball</b> - Paddles & balls provided	6.30pm - 8.30pm	Angie 022 600 9299	East Coast Bays Leisure Centre 12 Bute Road, Browns Bay

<b>Prost-FIT</b> - Designed for men living with prostate cancer. Involves physical and cognitive elements delivered with an emphasis on fun and social interaction	1.30pm - 2.30pm	Lisa 021 0287 8470	Shane Cameron Fitness 129 Onewa Road Northcote
<b>Salsa Dance</b> - Beginners	6.30pm - 7.30pm	Lofty 021 572 023	Devonport Community House 32 Clarence Street, Devonport
<b>SeniorFIT</b> - A mix of resistance and cardio training that excludes movements of getting up and down from the floor	10.30am - 11.15am	09 478 3379	East Coast Bays Leisure Centre Bute Road Browns Bay
<b>Tai Chi</b> - Beginners welcome  - <b>Intermediate</b>  - Maintenance class  - <b>Intermediate – modified for Seniors</b> - Qigong – slow and gentle	9.30am - 10.30am  <b>9.30am</b>  9.30am – 10.30am  <b>11.00am – 12.00pm</b>  1.00pm – 2.00pm	Gillian 09 445 2073  <b>Jo 027 673 8836</b>  Eileen 09 486 1051  <b>Kathy 021 187 5985</b>  Sherie 021 536 411	Wakatere Boating Club Narrow Neck <b>Torbay Senior Citizens Centre</b> <b>37 Watea Rd, Torbay</b> Sunnynook Community Centre 148 Sycamore Drive <b>Sunnynook Community Centre,</b> <b>148 Sycamore Drive</b> Senior Citizens Villa 119 Queen St, Northcote point
<b>Yoga</b> - Gentle yoga for active seniors	10.30am	09 444 6340 Press 1	Glenfield Leisure Centre Bentley Avenue, Glenfield
<b>YMCA Dance-Gold</b> - Active seniors group fitness	10.30am - 11.30am	09 480 7099	YMCA North Shore 5 Akoranga Drive, Northcote

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

<b>Age With Flair!</b> - Fun & laughter as well as tackling issues facing older women today	1.30pm - 3.00pm	09 444 4618	NS Women's Centre 5 Mayfield Road Glenfield
<b>Beach Haven Community House</b> - String along Ukulele – jam session (guitars etc. also welcome) - <b>Handcrafters: Learners &amp; more experienced welcome</b>	10.00am - 11.30am  <b>7.00pm – 9.00pm</b>	09 483 9942	Beach Haven Community House 130 Beach Haven Road Beach Haven
<b>Birkdale Community House</b> - Mainly Watercolour – non tutored social art group	10.00am – 12.00pm	09 483 9149	Birkdale Community House 136 Birkdale Road Birkdale
<b>Birkenhead 60s Up Movement</b> - Speaker or entertainment & monthly trips	2 <sup>nd</sup> Tuesday of month 10.00am	Edna 09 483 8497	Cedars Church Hall 56A Tramway Road Beach Haven
<b>Browns Bay 60s Up Movement</b> - Bowls, Rummikub, Mahjong	1.00pm - 3.00pm	Fiona 021 758 595	Progress Hall 6 Anzac Road, Browns Bay
<b>Chinese Craft Club</b> - Patchwork, sewing, cross-stitch, knitting etc	1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday of month 10.00am – 12.00pm	Age Concern Auckland: Helen 021 242 8467	Positive Ageing Centre level 2/ 7 The Strand Takapuna
<b>Devonport Community House</b> - Leisure Painters - <b>Stitch n B*itch, Knitters and Crocheters</b>	10.00am – 2.00pm <b>6.30pm – 8.30pm</b>	Linda 09 446 6141 <b>09 445 3068</b>	Devonport Community House 32 Clarence Street Devonport
<b>Digital Seniors</b> - One on one coaching on your own electronic device	10.00am – 12.00pm	0800 373 646	East Coast Bays Library 8 Bute Road Browns Bay
<b>Dutch Club</b> - Informal coffee group for Dutch speakers. Car transport help possible	3 <sup>rd</sup> Tuesday of month 10.00am	Ineke 021 150 0250	Birkdale

<b>East Coast Bays Bridge Club</b> - Partner required	7.20pm	09 479 4689 www.ecbridgeclub.co.nz	Lyons Avenue (opposite Montana Avenue) Murrays Bay
<b>Glenfield Social Connections Group</b> - Enjoy conversation and friendship. Buy your own coffee	Fortnightly - mornings	Age Concern Auckland Amanda 09 929 2310	Meet in local Café Glenfield
<b>Kōrero Māori Group</b> - All levels welcome	11.00am – 12.30pm	09 483 9149	Birkdale Community House 134 Birkdale Road, Birkdale
<b>Glenfield Senior Citizens</b> - Snooker, carpet bowls	1.00pm - 4.00pm	09 444 6578	Glenfield Senior Citizens Club 7 Mayfield Road, Glenfield
<b>Heart of the Bays Community Centre</b> - Browns Bay Spinners	2 <sup>nd</sup> & 4 <sup>th</sup> Tuesday of month 7.00pm - 9.00pm	Nicole 021 149 7788	Heart of the Bays Community Centre 2 Glen Road, Browns Bay
<b>Highbury Community House</b> - Highbury Coffee Group – meet for coffee/tea & friendship - <b>Highbury Book Club – discuss your favourite books and discover new ones</b>	10.30am – 12.00pm  <b>Last Tuesday of the month</b> <b>7.00pm - 8.30pm</b>	09 480 5279	Highbury Community House 110 Hinemoa Street Birkenhead
<b>Mairangi Combined Probus Club</b>	4 <sup>th</sup> Tuesday of month 10.00am – 12.00pm	09 478 6180	Mairangi Presbyterian Church Hall 10 Penzance Rd, Mairangi Bay
<b>Milford Senior Citizens Club</b> - 500 card game	12.30pm - 3.00pm	Jo 027 289 9000 Norma 027 487 0142	Senior Citizens Hall 141A Kitchener Road, Milford
<b>North Shore Bridge Club</b> - Partner required	11.00am	09 489 6099 www.nsb.org.nz	North Shore Bridge Club 39 Killarney Street, Takapuna
<b>North Shore CMA</b> - Companionship & fun activities for older people isolated in the community. Transport arranged - lunch & morning tea provided	10.00am - 12.30pm	09 489 8954	Birkdale Hall 136 Birkdale Road, Birkdale <b>Albany Community Hub</b> <b>575A Albany Highway</b> <b>Albany</b>
<b>North Shore Diabetes Support Group</b> - Support & education	1 <sup>st</sup> Tuesday of month 10.00am – 12.00pm	Sue 021 622 783	Rangitoto Room, Takapuna Library The Strand, Takapuna
<b>North Shore Embroiderers' Guild</b> - Promote understanding & interest in embroidery	4 <sup>th</sup> Tuesday of month 10.30am - 12.30pm	Kim 021 171 6731	Positive Ageing Centre 7 The Strand Takapuna
<b>North Shore Music &amp; Keyboard Club</b>	1 <sup>st</sup> Tuesday of month 7.15pm - 9.30pm	Gordon 09 410 4788 027 636 8589	Upstairs Lounge, Takapuna Bowling Club, Bracken Avenue, Takapuna
<b>Northcote Baptist Craft Morning</b> - Patchwork, painting, cross-stitch, jewellery making, knitting	9.30am - 11.30am	09 419 1006	Northcote Baptist Church 67 Eban Avenue Northcote
<b>SeniorNet Glenfield</b> - Computer classes & workshops. Peer to peer training.	10.00am – 12.00pm  <b>1.30pm - 3.30pm</b>	09 444 2231 seniornet_glenfield@xtra.co.nz	Mayfield Centre 5 Mayfield Road Glenfield
<b>SeniorNet North Shore (Inc)</b> - Computer classes, tutorials, discussion groups. Wide range of subjects in a fun environment	10.00am – 12.30pm  <b>1.30pm - 4.00pm</b>	09 413 6322 www.seniornetns.com	St John Ambulance Centre 2 Shea Terrace Takapuna
<b>Seniors' Social Club</b> - Join us for friendship, activities, games and morning tea	1 <sup>st</sup> and 3 <sup>rd</sup> Tuesday of month 10.00am – 12.00pm	Raewyn 027 733 761 Tangi 022 657 3223	Mairangi & Castor Bays Presbyterian Church Hall 10 Penzance Rd, Mairangi Bay
<b>Takapuna 60s Up Movement</b> - Walking group	9.30am	Millie 09 489 1441 021 058 3761	Various
<b>Takapuna Senior Citizens Club</b> - Scrabble	9.45am- onwards	Malcolm 0220 803399	Senior Citizens Hall 5 The Strand, Takapuna

<b>U3A Browns Bay</b> - Excellent guest speaker and presentations by special interest groups	1 <sup>st</sup> Tuesday of month (except January) 10.00am - 12noon	Myfanwy 09 475 5741	See website for current venue www.u3abb.nz
<b>Wednesday - Physical Activities</b>			
<b>Born Again Bodies</b> - Strength, balance & flexibility at any age. Supervised exercise programme	1.00pm - 2.00pm	Gary 09 479 2212 aandgsyme@gmail.com	Presbyterian Church Hall Hastings Road, Mairangi Bay
<b>Campbells Bay Walkers &amp; Talkers</b> - One hour walking followed by morning tea	9.30am - 11.00am	Dorothy 09 478 6702	Various
<b>Chair Yoga for Seniors</b>	2.00pm – 3.00pm	Holly 021 112 4826	Harmony Hall 4 Wynyard Street, Devonport
<b>Fitness League NZ (Inc)</b> - Balanced exercise programme, easy exercise	9.30am - 10.30am	Irene 09 444 8461	Glenfield War Memorial Hall Glenfield
<b>Line Dancing</b> - All levels welcome	10.00am - 11.00am	09 483 9149	Birkdale Hall 136 Birkdale Road, Birkdale
<b>Mairangi Bay Walking Networks</b>	9.00am - 10.00am	Paula 09 444 6435	Mairangi Bay Beachfront
<b>never2old</b> - Fitness training programme focusing on improving older adults' functional fitness for continued independent living & improve quality of life	9.30am - 10.30am	09 921 9747 northgym@aut.ac.nz	AUT Sports & Fitness Centre Akoranga Drive Northcote
<b>Sahaja Yoga Meditation</b>	7.30pm - 9.00pm	Maria 09 478 4091	Heart of the Bays Community Centre, 2 Glen Road, Browns Bay
<b>Senior Pilates</b>	10.30am	09 444 6340 - press 1	Glenfield Leisure Centre Bentley Ave, Glenfield
<b>Stanley Bowling Club</b>	1.10pm	Lukas 021 107 1557	Stanley Bay Bowling Club 20 Stanley Point Road, Devonport
<b>Table Tennis</b> - Drop in casual	2.00pm - 4.00pm	09 445 3068	Devonport Community House 32 Clarence Street, Devonport
<b>Tai Chi</b> - Intermediate  - <b>Beginners</b>  - Qigong – slow and gentle  - <b>Slow gentle movement</b>	10.00am - 11.00am  11.30am – 1.00pm  1.30pm - 2.30pm  1.30pm - 2.30pm	Eileen 09 486 1051  Marie 09 445 2327  Sherie 021 536 411  Bruno 021 155 4606	Torbay Senior Citizens Hall 37 Watea Road, Torbay <b>Devonport Community House 32 Clarence Street, Devonport</b> Milford Senior Citizens Hall 141A Kitchener Road, Milford <b>Heart of the Bays Community Centre, 2 Glen Road Browns Bay</b>
<b>Torbay Walkers</b> - One hour walk with group of friendly women	4.00pm - 5.00pm	Irene 09 473 1159 Diane 09 473 1761	Bus stop Torbay Village
<b>Walking Group</b> - One hour walk followed by cup of tea/coffee	9.00am	09 410 4902	Sunnynook Community Centre 148 Sycamore Drive Sunnynook
<b>Wednesday – Educational, Social, Special Interest, Support Group Activities</b>			
<b>Art Group</b> - Basic materials provided, no experience necessary	9.30am - 11.30am during school terms	09 444 4618	North Shore Women's Centre 5 Mayfield Road Glenfield
<b>Beach Haven/Birkdale Garden Circle</b> - Speaker, trading table	1 <sup>st</sup> Wednesday of month 9.30am – 12.00pm	Pauline 09 418 1312 027 666 5035	Beach Haven Ratepayers Hall 336 Rangatira Road Beach Haven

<b>Beach Haven Community House</b> - Locals who come together for maintenance and regeneration of Shepherd's Park	4 <sup>th</sup> Wednesday month 7.30pm - 8.30pm	friendsofshepherdspar rk@gmail.com	Beach Haven Community House 130 Beach Haven Road Beach Haven
<b>Combined Club of East Coast Bays</b> - Guest speakers, social events, interest groups, outings & trips	1 <sup>st</sup> Wednesday of month 10.00am – 12.00pm	09 478 6180	Mairangi Bay Presbyterian Church 10 Hastings Road Mairangi Bay
<b>Devonport Community House</b> - Knitting friendship group	10.00am – 12.00pm	09 445 3068	Devonport Community House 32 Clarence Street, Devonport
<b>Devonport Spinners, Weavers, Knitters etc.</b>	10.00am – 12.00pm	Molly 09 446 6027	Devonport Cub Den Allenby Avenue, Devonport
<b>Digital Seniors</b> - One on one coaching on your own electronic device	1.00pm – 3.00pm  <b>10.00am – 12.00pm</b>	0800 373 646	Albany Library, 30 Kell Drive, Albany <b>Glenfield Library, Bentley Ave Glenfield</b>
<b>East Coast Bays Bridge Club</b> - Partner required	10.15am	09 479 4689 www.ecbbridgeclub.co. nz	Lyons Avenue (opposite Montana Avenue) Murrays Bay
<b>Glenfield 60s Up Movement</b> - Bus trips - Luncheon group	3 <sup>rd</sup> Wednesday of month  <b>Last Wednesday of month</b>	Glenys 09 444 1413	<b>Local venue</b>
<b>Glenfield Senior Citizens</b> - Carpet bowls - <b>Cards (500)</b>	10.00am – 12.00pm <b>1.00pm - 3.00pm</b>	09 444 6578	Glenfield Senior Citizens 7 Mayfield Road Glenfield
<b>Hauraki Floral Art Club</b>	2 <sup>nd</sup> Wednesday of month 9.30am - 1.30pm	Jennifer 09 479 5691	Outram Hall, 478 Beach Road Murrays Bay
<b>Heart of the Bays Community Centre</b> - Rummikub - <b>International Friendship Group: conversation, friendship, fun, interest in other cultures</b> - Backgammon	10.00am – 12.00pm <b>10.00am – 12.00pm</b>  12.30pm - 3.00pm	Annette 09 441 3019 <b>Debbie 09 478 4091</b>  Linda 021 216 3050	Heart of the Bays Community Centre 2 Glen Road Browns Bay
<b>Highbury Community House</b> - Mahjong	12.30pm - 2.30pm	09 480 5279	Highbury Community House 110 Hinemoa Street, Birkenhead
<b>Milford Combined Probus</b> - Retired & semi-retired professional business men and women	2 <sup>nd</sup> Wednesday of month 10.00am – 12.00pm	Carol 027 698 5981	Sunnynook Community Centre 148 Sycamore drive Sunnynook
<b>Milford Senior Citizens Club</b> - Knitting Club  - <b>Beginners Mahjong</b>	1 <sup>st</sup> & last Wednesday of month 10.00am – 12.00pm <b>1.00pm – 3.00pm</b>	Jo 027 289 9000 Norma 027 487 0142	Senior Citizens Hall 141A Kitchener Road Milford
<b>North Harbour Rockers</b> - Rock & roll lessons and social dancing	7.00pm - 10.00pm	Ann 09 570 2985 northharbourrockers @gmail.com	Sunnynook Community Centre 148 Sycamore Drive Sunnynook
<b>North Shore Branch NZSG</b> - Genealogy	3 <sup>rd</sup> Wednesday of month 7.30pm - 9.30pm	Raewyn 09 443 3040 northshore @genealogy.org.nz	Senior Citizens Hall 5 Mayfield Road Glenfield
<b>North Shore Bridge Club</b> - Social (no partner required)	10.00am - 12.30pm	09 489 6099 www.nsbrc.org.nz	North Shore Bridge Club 39 Killarney Street, Takapuna
<b>North Shore Cake Decorating Club</b>	1 <sup>st</sup> Wednesday of month 1.00pm	Gayle 027 737 3188	Kennedy Park Observation Post 137-147 Beach Road, Castor Bay
<b>Northcote Coffee Social Group</b> - Enjoy coffee and friendship	Fortnightly 10.00am – 12.00pm	Diana 021 0849 6927	Onepoto Awhina (Inc) Northcote Community House Pearn Crescent, Northcote
<b>SeniorNet Glenfield</b>	10.00am - 12.00pm	09 444 2231	Mayfield Centre

- Computer classes & workshops. Peer to peer training.	<b>1.30pm - 3.30pm</b>	seniornet_glenfield@xtra.co.nz	5 Mayfield Road Glenfield
<b>SeniorNet North Shore (Inc.)</b> - Computer classes, tutorials, discussion groups. Wide range of subjects in a fun environment	10.00am - 12.30pm <b>1.30pm - 4.00pm</b>	09 413 6322 www.seniornetns.com	St John Ambulance Centre 2 Shea Terrace Takapuna
<b>Seniors Friendship Group</b> - Games, conversation & afternoon tea	Fortnightly 1.30pm - 3.00pm	Marilyn 021 031 9980 <a href="mailto:marilynvandam@gmail.com">marilynvandam@gmail.com</a>	Chelsea Bay Lounge Rawene Centre 33 Rawene Road, Birkenhead
<b>Shanti Niwas Charitable Trust Indian &amp; South Asian Support Group</b> - Support group for older people	1 <sup>st</sup> and 3 <sup>rd</sup> Wednesday of month 10.30am - 12.30pm	09 622 1010 <a href="mailto:shantinivas@xtra.co.nz">shantinivas@xtra.co.nz</a>	Glenfield Community Centre Cnr of Glenfield Road & Bentley Avenue, Glenfield
<b>Sunnynook Ladies Club</b> - General meeting, social get together & guest speaker	1 <sup>st</sup> Wednesday of month 10.00am – 12.00pm	Trinda 09 410 6728	Sunnynook Community Centre 148 Sycamore Drive Sunnynook
<b>Takapuna Floral Art Club</b> - Floral demonstrations, workshop, fun, friendship and flowers	4 <sup>th</sup> Wednesday of month 9.30am - 2.30pm	Sue 09 410 0020 021 384 721	Barfoot & Thompson Netball Centre 44 Northcote Road Northcote
<b>Torbay Garden Club</b> - Speaker, trading table, bus trips	1 <sup>st</sup> Wednesday of month ex. Feb & July 1.00pm - 3.00pm	Hilary 09 478 1601	Torbay Community Hall 37 Watea Road (behind the Torbay Shops)
<b>U3A Devonport</b> - Providing mental stimulation for senior citizens	2 <sup>nd</sup> Wednesday of month 10.00am – 12.00pm	Marybeth 027 338 8199	Harmony Hall 4 Wynyard Street Devonport
<b>U3A Takapuna</b> - General meeting & speaker, visitors welcome	1 <sup>st</sup> Wednesday of month 9.45am	021 0234 5087 <a href="mailto:info@u3atakapuna.org.nz">info@u3atakapuna.org.nz</a>	Milford Bowling Club 20 Commodore Parry Rd Milford
<b>Zion Hill Fellowship</b> - Companionship for people isolated through age or disability	10.00am – 12.00pm (during school terms)	Janet 09 480 7751	Birkenhead Methodist Church Hall Onewa Road Birkenhead

### Thursday - Physical Activities

<b>Active Ageing</b> - Flexibility, mobility, coordination & strength	10.30am – 11.15am	09 445 3068 <a href="mailto:sarah@mumsquadfitness.com">sarah@mumsquadfitness.com</a>	Devonport Community House 32 Clarence St Devonport
<b>AquaLITE</b> - Low intensity, held in shallow end	9.30am - 10.00am	09 444 6340 - press 1	Glenfield Leisure Centre Bentley Avenue, Glenfield
<b>Born Again Bodies</b> - Strength, balance & flexibility at any age. Supervised exercise programme	10.30am - 11.30am	Gary 09 479 2212	Windsor Park Baptist Church 550 East Coast Road Mairangi Bay
<b>Devonport Y's Walkers</b>	9.00am - 10.00am	027 484 3826	Meet Cnr Bartley Tce & Clarence Street, Devonport
<b>Essentrics</b> - Strengthens & lengthens muscles improving posture, flexibility, mobility & balance	6.00pm – 7.00pm	Iris 021 216 1851	St Paul's Anglican Church 2 Otakau Road Milford
<b>Fitness League NZ (Inc)</b> - Balanced exercise programme, easy exercise	10.00am	Sonia 021 158 5867	Outram Hall, 478 Beach Road Murrays Bay
<b>Indoor Bowls</b> - Play friendly games, enjoy a chat and a cuppa	12.45pm - 3.15pm	09 410 4902	Sunnynook Community Centre 148 Sycamore Drive Sunnynook
<b>never2old</b> - Fitness training programme focusing on improving older adults' functional fitness for continued independent living	9.30am - 10.30am <b>1.30pm - 2.30pm</b>	09 921 9747 <a href="mailto:northgym@aut.ac.nz">northgym@aut.ac.nz</a>	AUT Sports & Fitness Centre Akoranga Drive Northcote

<b>Northcote Petanque Club</b> - Club night	4.00pm	Heather 09 480 6988 021 049 9668	Northcote Bowling Club Council Terrace Little Shoal Bay
<b>Petanque</b> - Play this fun French game, make lots of new friends	1.00pm - 3.00pm	Roger 022 353 7606	Kennedy Park Petanque Club Kennedy Memorial Park 137-147 Beach Road, Castor Bay
<b>SeniorFIT</b> - A mix of resistance and cardio training. Ideal for older adults who have reasonable mobility and do not require a walking aid.	10.30am - 11.30am  <b>11.15am - 12.00pm</b>	09 478 3379  <b>09 478 3379</b>	Glenfield Leisure Centre Bentley Avenue, Glenfield <b>East Coast Bays Leisure Centre Bute Road, Browns Bay</b>
<b>Shore Ten Pin Bowling</b>	11.00am - 12.30pm	09 480 1484	Xtreme Entertainment 10 Target Court, Wairau Valley
<b>Tai Chi</b> - Tai Chi  - <b>Beginners</b>  - Beginners  - <b>Qigong - Intermediate</b>	8.15am - 9.15am  <b>9.30am - 10.30am</b>  10.00am  <b>1.00pm</b>	Wai Ling 021 764 980  <b>Gillian 09 445 2073</b>  Kathy 021 187 5985  <b>Kathy 021 187 5985</b>	Heart of the Bays Community Centre, 2 Glen Road, Browns Bay <b>Wakatere Boating Club Narrow Neck</b> Milford Senior Citizens Hall 141A Kitchener Road, Milford <b>Milford Senior Citizens Hall 141A Kitchener Road, Milford</b>
<b>YMCA - Dance Gold</b> - Active seniors group fitness	10.30am - 11.30am	09 480 7099	YMCA North Shore 5 Akoranga Drive, Northcote

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

<b>Beach Haven Community House</b> - Arts & Oils - <b>Handcrafts &amp; Creations</b> - String along Guitar – jam session (Ukulele etc. also welcome)	10.00am – 12.00pm <b>10.00am – 12.00pm</b> 12.30pm - 2.30pm	09 483 9942 <b>Ngaere 09 483 8339</b> 09 483 9942	Beach Haven Community House 130 Beach Haven Road Beach Haven
<b>Chinese Calligraphy Group</b> - Basic materials provided, no experience necessary	1 <sup>st</sup> & 3 <sup>rd</sup> Thursday of month 10.00am – 12.00pm	Age Concern Auckland: Helen 021 242 8467	Positive Ageing Centre Level 2 / 7 The Strand Takapuna
<b>Dee's Dementia Social Group</b> - For people with early to moderate dementia living in the community	10.00am - 2.00pm	Tangi Joseph 022 657 3223 09 478 6180	Mairangi & Castor Bay Presbyterian Church, 10 Penzance Road Mairangi Bay
<b>Devonport Community House</b> - Tea & board games - <b>Village Song amateur Choir</b>	10.30am – 12.00pm <b>6.45pm – 8.15pm</b>	09 445 3068 <b>021 112 0749</b>	Devonport Community House 32 Clarence St Devonport
<b>Digital Seniors</b> - One on one coaching on your own electronic device	1.00pm – 3.00pm	0800 373 646	Birkenhead Library Cnr Rawene Rd & Hinemoa St Birkenhead
<b>East Coast Bays Bridge Club</b> - Partner required	7.20pm	09 479 4689 www.ecbbridgeclub.co.nz	Lyons Avenue (opposite Montana Avenue) Murrays Bay
<b>Friendship Club of Birkenhead</b> - Friendship, fellowship & fun. Speakers, friendship, outings	2nd Thursday of month 10.00am – 12.00pm	Colin 09 482 2200	Birkenhead RSA Recreation Drive Birkenhead
<b>Heart of the Bays Community Centre</b> - Mahjong	10.00am - 2.00pm	Dianne 021 113 7800	Heart of the Bays Community Centre 2 Glen Road Browns Bay
<b>Highbury Community House</b> - Art and Tea: mindfulness group - <b>Knit &amp; Knat</b>	10.00am – 12.00pm <b>7.00pm – 8.30pm</b>	09 480 5279	Highbury Community House 110 Hinemoa Street Birkenhead
<b>North Shore Bridge Club</b>		09 489 6099	North Shore Bridge Club

- Partner required - <b>Social (no partner required)</b>	10.00am – 1.00pm <b>7.30pm</b>	www.nsb.org.nz	39 Killarney Street Takapuna
<b>North Shore CMA</b> - Companionship & fun activities for older people isolated in the community. Transport arranged - lunch & morning tea provided	10.00am - 12.30pm	09 489 8954	Glenfield War Memorial Hall Hall Road, Glenfield <b>Rose Centre School Road Belmont</b>
<b>North Shore Chronic Obstructive Pulmonary Disease (COPD) Support Group</b> - For people with chronic breathing problems	2 <sup>nd</sup> Thursday of month 10.00am – 12.00pm (Feb – December)	09 630 0236	Sunnynook Community Centre 148 Sycamore Drive Sunnynook
<b>North Shore Diabetes Support Group</b> - Support & education	1 <sup>st</sup> Thursday of month 7.00pm - 9.00pm	Sue 021 622 783	Auckland Christian Assembly 26 Albany Highway, Glenfield
<b>North Shore Stroke Club</b> - Indoor bowls, ping-pong, scrabble, art & craft, petanque, mini golf, walks, housie, exercises, various other activities & outings	10.00am - 1.00pm	09 475 0070 (please leave a message)	Sunnybrae Bowling Club 6 Argus Place Glenfield (next to North Shore Events Centre)
<b>Northcote Point Senior Citizens</b> - Social, entertainment - <b>Outing</b>	3 <sup>rd</sup> Thursday of month 10.00am – 12.00pm <b>4<sup>th</sup> Thursday of month</b>	Colleen 09 418 2349	Northcote Point Senior Citizens Centre 119 Queen Street Northcote Point
<b>Selwyn Group</b> - Social activities, gentle exercise, advice & info, laughter & fun	9.30am – 12.00pm	Shona 09 483 6989 022 698 6386 <b>Mary 09 486 0668</b>	Cedar Centre, 56A Tramway Ave Beach Haven <b>St Paul's Anglican Church 2 Otakau Rd, Milford</b>
<b>SeniorNet Glenfield</b> - Computer classes & workshops. Peer to peer training.	10.00am – 12.00pm <b>1.30pm - 3.30pm</b>	09 444 2231 seniornet_glenfield@ xtra.co.nz	Mayfield Centre 5 Mayfield Road Glenfield
<b>SeniorNet North Shore (Inc)</b> - Computer classes, tutorials, discussion groups. Wide range of subjects in a fun environment	10.00am – 12.30pm <b>1.30pm - 4.00pm</b>	09 413 6322 www.seniornetns.com	St John Ambulance Centre 2 Shea Terrace Takapuna
<b>Takapuna 60s Up Movement</b> - Easy exercise and cup of tea  - <b>Monthly meeting, speaker and entertainment – cup of tea &amp; door prize</b>	Every Thursday except 3 <sup>rd</sup> of month 10.30am <b>3<sup>rd</sup> Thursday of month 10.30am-12.30pm</b>	Elaine 09 413 6562 027 486 1023	St Joseph's Church Hall 10 Dominion Street Takapuna
<b>Torbay Friendship Club</b> - Friendship, fellowship & fun. Speakers, friendship, outings	2 <sup>nd</sup> Thursday of month 10.00am	Noreen 027 271 3524	Torbay Community Hall 35 Watea Road Torbay
<b>Torbay International Coffee Group</b> - Just turn up	10.15am – 12.00pm	Carole 09 473 3259	Long Bay Baptist Church 282 Glenvar Road Long Bay

### Friday - Physical Activities

<b>East Coast Bays Walkers</b>	8.30am	Alison 09 473 6541 021 152 3165	Various locations
<b>Essentrics!</b> - Strengthens & lengthens muscles improving posture, flexibility, mobility & balance	9.30am - 10.30am	Iris 021 216 1851	St Paul's Anglican Church Hall 2 Otakau Road Milford
<b>Fitness League NZ (Inc)</b> - Balanced exercise programme, easy exercise	9.30am - 11.00am	Val 09 475 5215 021 070 5749	Sunnynook Community Centre 148 Sycamore Drive Sunnynook

<b>Mairangi Bay Walking Networks</b>	9.00am - 10.00am	Paula 09 444 6435	Mairangi Bay Arts Centre 20 Hastings Road, Mairangi Bay
<b>never2old</b> - Fitness training programme focusing on improving older adults' functional fitness for continued independent living & improve quality of life	9.30am - 10.30am	09 921 9747 northgym@aut.ac.nz	AUT Sports & Fitness Centre Akoranga Drive Northcote
<b>Pickleball</b> - Paddles and balls provided	12.00pm - 2.30pm	Angie 022 600 9299	East Coast Bays Leisure Centre 12 Bute Road, Browns Bay
<b>Table tennis</b> - Social, casual	9.30am - 11.30am	Debbie 09 478 4091	St Anne's Hall, Cnr Beach Road & Glencoe Road, Browns Bay
<b>Tai Chi</b> - Maintenance	1.00pm - 2.00pm	Pauline 021 0273 8463	Sunnynook Community Centre 148 Sycamore Drive Sunnynook
<b>YMCA</b> - Gold-Fit: Low intensity for mobility, balance, muscle strengthening - <b>Movement Therapy: low level exercise</b>	8.30am - 9.30am <b>1.00pm - 2.00pm</b>	09 480 7099	YMCA North Shore 5 Akoranga Drive Northcote
<b>Yoga for EveryBODY</b>	10.00am - 11.30am	Jennie 021 0262 0259	Glenfield Senior Citizens 7 Mayfield Road, Glenfield

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

<b>Bayview Board Gamers</b> - Adults only	Last Friday of the month 7.00pm	community@bayviewcentre.org.nz	Bayview Community Centre 72 Bayview Road, Bayview
<b>Beach Haven/Birkdale Garden Circle</b> - Bus trips – garden visits & lunch	Last Friday of month 9.30am - 3.00pm	Barbara 09 486 0622 Pauline 09 418 1312 027 666 5035	
<b>Birkdale Community House</b> - Peggy Squares: knitting for the community - <b>Coffee and Catch up – pop in for a hot drink and chat, all welcome</b>	12.30pm - 2.30pm <b>12.30pm - 2.30pm</b>	09 483 9149	Birkdale Community House 134 Birkdale Road Birkdale
<b>Browns Bay Ladies Club</b> - General meeting & social get together & guest speaker	4 <sup>th</sup> Friday of month 10.00am - 12.00pm	Yvonne 021 149 3384	Torbay Sailing Club Beach Road Waiake Beach
<b>Community Knitting Group</b>	10.00am - 2.30pm	09 444 5023	Glenfield Community Centre Cnr Bentley Avenue & Glenfield Road, Glenfield
<b>Digital Seniors</b> - One on one coaching on your own electronic device	10.00am – 12.00pm	0800 373 646	Devonport Community House 32 Clarence St Devonport
<b>East Coast Bays Bridge Club</b> - Partner required	12.15pm	09 479 4689 www.ecbbridgeclub.co.nz	Lyons Avenue (opposite Montana Avenue) Murrays Bay
<b>Glenfield Senior Citizens</b> - Housie	1.00pm - 3.00pm	09 444 6578	Glenfield Senior Citizens 7 Mayfield Road ,Glenfield
<b>Highbury Community House</b> - Knitting Connections	2.30pm – 4.30pm	09 480 3279	Highbury Community House 110 Hinemoa Street, Birkenhead
<b>North Shore Bridge Club</b> - Partner required	11.00am	09 489 6099 www.nsbrc.org.nz	North Shore Bridge Club 39 Killarney Street, Takapuna
<b>North Shore Community Toy Library</b> - Volunteers welcome to help with toy maintenance and odd jobs etc.	Please make contact for dates and times	Kat 021 0223 0179 president.nsbrc@gmail.com	1 Sidmouth Street Mairangi Bay
<b>SeniorNet Glenfield</b> - Computer classes & workshops. Peer to peer training.	10.00am – 12.00pm <b>1.30pm - 3.30pm</b>	09 444 2231 seniornet_glenfield@xtra.co.nz	Mayfield Centre 5 Mayfield Road Glenfield

<b>SeniorNet North Shore (Inc)</b> - Computer classes, tutorials, discussion groups. Wide range of subjects in a fun environment	10.00am – 12.30pm <b>1.30pm - 4.00pm</b>	09 413 6322 www.seniornetns.com	St John Ambulance Centre 2 Shea Terrace Takapuna
<b>Stanley Bowling Club</b> - Social - Quiz night	5.30pm <b>3<sup>rd</sup> Friday of month 7.30pm</b>	stanleybayclub@gmail.com	Stanley Bay Bowling Club 20 Stanley Point Road Devonport
<b>Takapuna Friendship Club</b> - Speakers, friendship, outings	3 <sup>rd</sup> Friday of month 9.30am - 11.30am	Joseph 09 444 8373	Sunnybrae Bowling Club 9 Argus Place, Glenfield
<b>Takapuna Senior Citizens Club</b> - Scrabble	9.45am - onwards	Malcolm 0220 803399	Senior Citizens Hall 5 The Strand, Takapuna
<b>Saturday - Physical Activities</b>			
<b>Laughter Yoga</b>	9.00am	027 475 3734	Heart of the Bays Community Centre 2 Glen Road, Browns Bay
<b>Stanley Bowling Club</b>	1.10 pm	Lukas 021 107 1557	Stanley Bay Bowling Club 20 Stanley Point Road Devonport
<b>Saturday – Educational, Social, Special Interest, Support Group Activities</b>			
<b>Glenfield Senior Citizens</b> - Carpet bowls, snooker	1.00pm - 4.00pm	09 444 6578	Glenfield Senior Citizens 7 Mayfield Road, Glenfield
<b>Bays Community Centre</b> - Crazy Quilters - On the Hook Crochet Club	4 <sup>th</sup> Saturday of month 10.00am - 2.30pm <b>3.30pm - 5.00pm</b>	Marilyn 09 473 6958 <b>Olga 021 0238 4495</b>	Heart of the Bays Community Centre 2 Glen Road Browns Bay
<b>Digital Seniors</b> - One on one coaching on your own electronic device	10.00am – 12.00pm	0800 373 646	Takapuna Library The Strand Takapuna
<b>Highbury Community House</b> - Hinemoa Stitchers	1 <sup>st</sup> Saturday of month 9.00am – 12.00pm	Christine 021 0237 4606	Highbury Community House 110 Hinemoa Street, Birkenhead
<b>Writing Family Memories for Future Generations</b> - A group for women to share and record family stories	2 <sup>nd</sup> Saturday of the month 10.00am - 12.30pm	Patricia 09 479 7519 021 064 9522	Heart of the Bays Community Centre 2 Glen Road Browns Bay
<b>Sunday - Physical Activities</b>			
<b>Devonport Y's Walkers</b>	9.00am - 10.00am	027 484 3826	32 Clarence Street Devonport
<b>Mairangi Bay Walking Networks</b> - Slower walk	9.00am - 10.00am	Paula 09 444 6435	Milford Shopping Centre Carpark
<b>Northcote Petanque Club</b>	4.00pm (Dec – April) 2.00pm (May – Nov)	Heather 09 480 6988 021 049 9668	Northcote Bowling Club Council Terrace Little Shoal Bay
<b>Sunday - Educational, Social, Special Interest, Support Group Activities</b>			
<b>North Shore Country Music Club</b> - Singing & dancing	Fortnightly on Sundays 7.00pm - 10.00pm	021 184 4025	Sunnynook Community Centre 148 Sycamore Drive Sunnynook

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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