



**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			
Aerobics - Free exercise class	5:30pm – 6:30pm	Tui Vakalahi 021 0233 2188	The Hub West 27 Corban Ave Henderson
Aerobics - Free exercise class	12:30pm - 1:30pm	Tui Vakalahi 021 0233 2188	Te Pae o Kura Kelston Community Centre Cnr Great North Rd & Awaroa Road, Sunnyvale
Cardio Fix - Exercise Group	5:30pm	Annie 027 428 4894 annetausi28156@gmail.com	Blockhouse Bay Community Centre 524 Blockhouse Bay Road
Gentle Exercise - Green Prescription required, contact Sport Auckland	9:30am – 10:00am	Sport Auckland (09) 623 7900 info@sportauckland.co.nz	Avondale Community Centre 99 Rosebank Road Avondale
Glendene Walking Group - Light refreshments upon the group's return to The Hub	9:00am	(09) 813 9348	Glendene Community Hub 82 Hepburn Road Glendene
Active Achievers - Exercise Group	9:30am	Annie 027 428 4894 annetausi28156@gmail.com	Blockhouse Bay Community Centre 524 Blockhouse Bay Road, Blockhouse Bay
Tai Chi	10:30am	Quintin 021 536768 quintinderham@gmail.com	Blockhouse Bay Community Centre 524 Blockhouse Bay Road
Walking Group	8:15am	(09) 626 4980 info@bhbaycommunitycentre.co.nz	Blockhouse Bay Community Centre, 524 Blockhouse Bay Road, Blockhouse Bay
Zumba - Cardio for all ages and levels	9:30am - 10:30am	Debbie 021 149 9905 zharko13@gmail.com	Green Bay Community House 1 Barron Drive, Green Bay
Dance - Free for Supergold card members	10:30am	Kelly 021 377 040	Westgate CityFitness 6/8 Maki Street Westgate
Monday – Educational, Social, Special Interest, Support Group Activities			
Free English Class	1:15pm	(09) 626 4980 info@bhbaycommunitycentre.co.nz	Blockhouse Bay Community Centre, 524 Blockhouse Bay Road, Blockhouse Bay
Mah Jong	12:30pm - 3:00pm	(09) 626 4980 info@bhbaycommunitycentre.co.nz	Blockhouse Bay Community Centre, 524 Blockhouse Bay Road, Blockhouse Bay
Ranui Quilters	11:00am - 2:00pm	(09) 833 6280	Ranui Community Centre 474 Swanson Road

Taumata O Te Whau - <i>Social Group</i>	10:00am monthly	(09) 813 9670 manager.kelstonhub@gmail.com	Kelston Community Hub 68 St Leonards Road, Kelston
U3A Auckland North/West	2 nd Monday monthly 9.45am- noon	Alexis (09) 835 2237 u3anwest@gmail.com	Henderson Bowling Club Alderman Drive, Henderson
JOY Club (Just Older Youth)- Socialize, learn and have fun. Includes outings, morning tea. Transport can be arranged.	Monday mornings Once a month	(09) 838 4820 programmes@mphs.org.nz	Hub West 27 Corban Ave Henderson

Tuesday - Physical Activities

Aerobics - Free exercise class	12:30pm - 1:30pm	Tui Vakalahi 021 0233 2188	Te Pae o Kura Kelston Community Centre Cnr Great North Rd and Awaroa Road, Sunnyvale
Aerobics - Free exercise class	6:00pm - 7:00pm	Tui Vakalahi 021 0233 2188	Westgate Northwest Community Hall 11 Kohuhu Lane (Level 3)
Cardio Fix - All ages	8:45am	(09) 626 4980 info@bhbaycommunitycentre.co.nz	Blockhouse Bay Community Centre 524 Blockhouse Bay Road
Line Dancing	10:00am	(09) 626 4980 info@bhbaycommunitycentre.co.nz	Blockhouse Bay Community Centre 524 Blockhouse Bay Road
Health Moves	10:30am	Ollie (09) 835 0767	West Wave Aquatic Centre 20 Alderman Drive Henderson
Summerland Walkers - Walk for 5-6kms and return to the community house for a cuppa	9:15am - 10:30am	Lyn (09) 838 1599 rlmountier@gmail.com	Sturges West Community House 58 Summerland Drive, Henderson
Tai Chi 60+ - Beginner level	9:00am - 9:45am	Quintin 021 536768 quintinderham@gmail.com	Pinesong Retirement Village 66 Avonleigh Road, Green Bay
Yoga for Elders	2:15pm – 3:15pm	Sarita 021 172 6348 sarita108@gmail.com	289 Konini Road Titirangi
Balance and Flexibility - Basic chair and floor exercises	10:00am	Annie 021 815 113 annieminton2@gmail.com	Online

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

Armanasco House Museum	10:00am	(09) 626 4980 info@bhbaycommunitycentre.co.nz	Blockhouse Bay Community Centre 524 Blockhouse Bay Road
Communicare Friendship Centre	9:30am - 12:30pm	(09) 631 5968	Massey Community Hub 385 Don Buck Road, Massey
Garden Club	1:00pm - 3:00pm First day of the month	(09) 626 4980 info@bhbaycommunitycentre.co.nz	Blockhouse Bay Community Centre 524 Blockhouse Bay Road
Housie	6:30pm	(09) 626 4980 info@bhbaycommunitycentre.co.nz	Blockhouse Bay Community Centre 524 Blockhouse Bay Road
Matua Pasifika - Social group for Pacific elders	10:30am –12:00pm Last Tuesday of every month	Marie Sio (09) 813 9670	Kelston Community Hub, 68 St Leonards Road, Kelston
Ranui Community Centre - Ladies craft & coffee	10:00am -12:00pm	(09) 833 6280	Ranui Community Centre 474 Swanson Road

Selwyn - Henderson - Fun & friendship	9:30am – 12:00pm	Audrey (09) 838 8380	St Michaels Anglican 425 Great North Road Henderson
U3A Titirangi	Fourth Tuesday of month 1:30pm	0276995480 heathertanguay@slingshot.co.nz	West Lynn Garden & Butterfly House, 73 Parker Ave, New Lynn
Wednesday - Physical Activities			
50+ Exercise	10:00am	Rona (09) 810 9963	West Wave Recreation Centre 20 Alderman Drive, Henderson
Active Achievers - Exercise Group	9:30am	Annie 027 428 4894 annetausi28156@gmail.com	Blockhouse Bay Community Centre 524 Blockhouse Bay Road
Aerobics - Free exercise class	5:30pm - 6:30pm	Tui Vakalahi 021 0233 2188	Hub West 27 Corban Avenue Henderson
Aerobics - Free exercise class	12:30pm - 1:30pm	Tui Vakalahi 021 0233 2188	Te Atatu Peninsula Community Hall, 595 Te Atatu Road Te Atatu Peninsula
Blockhouse Bay Walking Group	8:15am	(09) 626 4980 info@bhbaycommunitycentre.co.nz	Blockhouse Bay Community Centre 524 Blockhouse Bay Road
Fitness League - Balanced exercise programme, easy exercise	9:30am	Sonia 021 158 5867 Sozsandford@gmail.com	405 Hobsonville Road, Hobsonville
Flexercise with Fitness League - Low impact exercise programme	10:00am	Val 021 070 5749 valwightman@xtra.co.nz (09) 475 55215	Te Atatu South Community Centre 247 Edmonton Road, Te Atatu
Glendene Walking Group - Light refreshments when the group returns to the Hub	9:00am	(09) 813 9348	Glendene Community Hub 82 Hepburn Road Glendene
Tai Chi & Qigong 50+ - Beginners & intermediate	9:15am - 10:05am	Quintin 021 536768 quintinderham@gmail.com	Titirangi War Memorial Hall 500 South Titirangi Road
Women on the Move	10:00am -11:00am	Shirley (09) 817 7228	New Lynn Friendship House 3063 Great North Road
Wednesday – Educational, Social, Special Interest, Support Group Activities			
Blockhouse Bay Chinese Association	9:30am	(09) 626 4980 info@bhbaycommunitycentre.co.nz	Blockhouse Bay Community Centre, 524 Blockhouse Bay Road, Blockhouse Bay
Communicare Friendship Centre	9:30am - 12:30pm	(09) 631 5968	Waitemata Rugby Club Room 96 Swanson Road, Henderson
Community Hangout	11:30am	Sina 021 0900 5338 Temana 021 081 21907	New Lynn Community Centre 45 Totara Ave, New Lynn
Cozy Club - Social Group, play Bingo	10:00am –12:00pm	(09) 813 9670 manager.kelstonhub@gmail.com	Kelston Community Hub, 68 St Leonards Road, Kelston
Knitting and Crochet Group - Swap patterns and share ideas	9:30am - 11:30am	(09) 827 3300	Green Bay Community House 1 Barron Drive, Green Bay
ESOL Class	12:30pm - 2:30pm	(09) 833 6280	Ranui Community Centre 474 Swanson Road, Ranui
Rummikub & Cards	12:45pm - 3:00pm	(09) 626 4980 info@bhbaycommunitycentre.co.nz	Blockhouse Bay Community Centre, 524 Blockhouse Bay Road, Blockhouse Bay
Selwyn Group - Glen Eden - Fun & friendship	10:00am - 12:00pm	Enid (09) 833 8813	St Andrews Anglican Hall 10 Clayburn Road, Glen Eden

Thursday - Physical Activities

Aerobics - Free exercise class	5:00pm - 6:00pm	Tui Vakalahi 021 0233 2188	Te Pae o Kura Kelston Community Centre Cnr Great North Rd and Awaroa Road, Sunnyvale
Summerland Walkers - Walk for 5-6kms and return to the community house for a cuppa - Shorter walk at a slower pace. Return to community house for a cuppa	9:15am - 10:30am 9:30am	Lyn (09) 838 1599 rlmountier@gmail.com	Sturges West Community House 58 Summerland Drive Henderson
Cardio Fix - All ages	8:45am	(09) 626 4980 info@bhbaycommunitycentre.co.nz	Blockhouse Bay Community Centre 524 Blockhouse Bay Road
Challenge By Choice Exercise Class - Low impact class – all ages welcome	9.15am - 9:45am	Green Prescription, Sport Auckland 021522348 parita@sportauckland.co.nz	New Lynn Community Centre 45 Totara Ave New Lynn

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

Blockhouse Bay Community Centre - Community Singers	12:30pm - 2:30pm	Dawn (09) 817 2405	Blockhouse Bay Community Centre 524 Blockhouse Bay Road
Communicare Friendship Centre - Blockhouse Bay	9:30am - 12:30pm	(09) 631 5968	Blockhouse Bay Baptist Church 504 Blockhouse Bay Road,
Communicare Friendship Centre - Te Atatu Peninsula	9:30am - 12:30pm	(09) 631 5968	Te Atatu Bible Chapel Cnr Waipani Road and Beach Road, Te Atatu Peninsula
Friendship Group - Social Group, games, knitting or gardening	10:00am – 11:30am	(09) 813 9348	Glendene Community Hub 82 Hepburn Road Glendene
Green Bay Community House - Friendship Group	1:00pm - 3:00pm	09 827 3300 gbcommunityhouse@gmail.com	Green Bay Community House 1 Barron Drive, Green Bay
Ranui Community Centre - Ranui Quilters	9:30am – 12:00pm	(09) 833 6280	Ranui Community Centre 474 Swanson Road
Tuaasinasina - Samoan Seniors Group	10:00am - 12:30pm	(09) 833 5127	Ranui Samoan Presbyterian Church
Avondale Friendship Group - Social Group	9:30am - 1:00pm	(09) 631 5968 Marie 027 318 2654 Office@communicare.org.nz	Baptist Church Hall 504 Blockhouse Bay, Cnr New North Road & Blockhouse Bay Rd

Friday - Physical Activities

Aerobics - Free exercise class	5:00pm - 6:00pm	Tui Vakalahi 021 0233 2188	Te Pae o Kura Kelston Community Centre Cnr Great North Rd & Awaroa Road, Sunnyvale
Women's Yoga & Meditation	9:15am - 10:15am	Nassem 021 806 552 (09) 813 9348	Glendene Community Hub 82 Hepburn Road, Glendene
Yoga with Sarah	10:30am - 11:30am	(09) 626 4980 info@bhbaycommunitycentre.co.nz	Blockhouse Bay Community Centre, 524 Blockhouse Bay Road, Blockhouse Bay

Whau Walking Samoans - Exercise Group	8:30am - 11:30am	Tulitao 021 02597949	Avondale Community Centre 99 Rosebank Road, Avondale
Friday – Educational, Social, Special Interest, Support Group Activities			
A Better Chance Charitable Trust - Chinese Social Group	9:30am - 4:30pm	(09) 828 8333 abetterchance@outlook.com	2163 Great North Road Avondale
Anapekapeka Niue Seniors Group - Niuean Social Group, Bingo and Fellowship	11:00am – 3.00pm Fortnightly	(09) 813 9348	Glendene Community Hub 82 Hepburn Road, Glendene
Blockhouse Bay Ladies Probus	2 nd Friday of month 10:00am - 12:00pm	(09) 828 8141	Blockhouse Bay Community Centre 524 Blockhouse Bay Road
Combined Probus Club of Glen Eden	4 th Friday of month (Except December) 10:00am	Brian Holt- President brianandsimoa@hotmail.com	Ceramco Function Centre 120 Glendale Road, Glen Eden
Henderson Ladies Probus	3 rd Friday of month 10:00am	Jill 021 203 4779	Kelston Community Centre 135 Awaroa Road, Sunnyvale
Ladies Probus Group - Avondale	4 th Friday of month 10:00am	Jenny Pilbrow 09 813 1051	Avondale Baptist Church 1288 New North Road Avondale
Te Atatu Ladies Probus	2 nd Friday of month 9:45am - noon	Olwyn (09) 834 5276 grantsnz@gmail.com	St Johns Hall 247 Edmonton Road Te Atatu South

Saturday - Physical Activities

Yoga with Uma - Yoga	8:30am – 9:30am	021 584 405	Avondale Community Centre 99 Rosebank Road, Avondale
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Saturday – Educational, Social, Special Interest, Support Group Activities

Ranui Community Centre - Ranui Quilters	1 st Saturday of month	(09) 833 6280	Ranui Community Centre 474 Swanson Road
West Auckland 60's Up Movement - Meeting, speaker, entertainment	4 th Saturday of month 10:30am	(09) 827 4322	New Lynn Friendship Club 3063 Great North Road

Sunday - Educational, Social, Special Interest, Support Group Activities

Green Bay Community House - Knitting & Crochet Group for Charity	2 nd Sunday of month 3:00pm - 5:00pm	(09) 827 3300	1 Barron Drive Green Bay
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Activities with Varied Timetables

Tai Chi - Classes run throughout West Auckland	contact Juliana for more details	Juliana 021 905 742 arohataichi@gmail.com	
Neuro Connection - Long-term rehabilitation sessions for people with neurological conditions including Stroke, Parkinson's Disease, Multiple Sclerosis and Cerebral Palsy	Pre-assessment required, contact Neuroconnections for more details	(09) 836 6830 admin@neuroconnection.org.nz	2 Claude Brooke Drive Tui Glen Reserve, Henderson

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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