



**AGE
CONCERN
AUCKLAND**
He Manaakitanga
Kaumātua Aotearoa



2025 – 2026

Calendar of Activities

FRANKLIN

- 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

Adult Beginners Swimming - 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 – 6.25pm	(09) 238 1841 info@fultonswimschool.co.nz	Fulton Swim School Puni Primary School 357 Waiuku Road
Aqua - 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 – 10.00am	(09) 238 5240	Franklin Pool and Leisure Centre 29 Franklin Road Pukekohe
BaseSix Fitness Pilates & Yoga - 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	Bledisloe Park Sports Centre 5 John St Pukekohe

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

Counties Country Quilters Day Meetings - 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	Pip Brown 021 0282 1393	PIA Events Centre Ward Street Pukekohe
Franklin Bridge Club - Bridge offers a wonderful chance to make new friends and exercise the brain.	7.15pm	(09) 238 5760 www.Franklinbridgeclub.com	20 Edinburgh Street Pukekohe
Franklin Combined Probus Club - Are you retired or semi-retired? Discover Probus! To meet new friends, hear interesting guest speakers and enjoy activities and outings.	10.00am – 12.00pm Every 4th Monday of the month	Jake Jacobson (09) 238 8930	Pukekohe Cosmopolitan Club 78 Nelson Street Pukekohe
Franklin Needle and Hooks - We are a very friendly group and always welcome new members. We knit for Charity or some knit for themselves or family.	Any time from 9.00am – 11.30pm	Sue Batters 027 814 9948	Pukekohe Library 12 Massey Avenue Pukekohe
Knitting and Crochet Meet Up - You can make for yourself or our local Charities.	9.30am – 12.30pm	Margaret 021 383 393	Pukekohe Library 12 Massey Avenue Pukekohe
Pukekohe Communicare Friendship Centre	9.30am – 12.30pm	(09) 631 5968 office@communicare.org.nz	Plunket Building Corner Edinburgh and Wesley Streets, Pukekohe

Pukekohe Stamps Swap Meet-Up - We have a reputation for being a friendly club and encourage anybody who is perhaps interested in stamps to come along.	1.00pm – 3.00pm Every 3rd Monday of the month (except Dec and Jan)	pukekohestamps@gmail.com	Pukekohe Library 12 Massey Avenue Pukekohe
Rotary Club Tuakau - Connect with like-minded people who are passionate about making a positive difference in their communities and the world. Rotary members share ideas, collaborate on impactful projects and build lasting friendships.	6.15pm	Jennie Herring herringjennie@gmail.com	Tuakau Hotel 1/3 George Street Tuakau

Tuesday - Physical Activities

Absolute Beginner Line Dancing - Learn the basic steps to all types of music. No partner needed, make new friends.	12.00pm – 1.00pm	Lynne Brown 027 403 4767 lynnebrown834@gmail.com	232 Pukekohe East Road Hall (next to the tennis courts)
Adult Beginners Swimming - 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.	6.10pm – 6.35pm	(09) 238 1841 info@fultonswimschool.co.nz	Fulton Swim School Puni Primary School 357 Waiuku Road
Age is Just a Number EPR Clinic - Exercises are mainly seated with some standing exercises and are suitable for participants with walking aids.	10.00am	Courtney Best 022 486 1391	Pukekohe Old Borough Building 22 Edinburgh Street Pukekohe
Age is Just a Number EPR Clinic - Involves standing and floor exercises, ideal for those confident with their balance and not requiring walking aids or assistance.	11.00am	Courtney Best 022 486 1391	Pukekohe Old Borough Building 22 Edinburgh Street Pukekohe
Aqua - For beginners with no impact on joints. Use of floatation noodles and dumbbells to improve strength, balance & core stability.	10.15am – 11.00am	(09) 238 5240	Franklin Pool and Leisure Centre 29 Franklin Road Pukekohe
EasyFit - 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 and Leisure Centre 29 Franklin Road Pukekohe
FLexercise - A low impact 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. There are optional floor exercises, so bring a yoga mat.	9.30am – 10.30am	Nina (09) 238 2246	Pukekohe Franklin The Centre (Library) Stevenson Room

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

Franklin Branch New Zealand Society of Genealogists - Are you interested in learning about your family, extended or otherwise? Where they were from etc. Come along for the opportunity to receive help, advice, interesting presentations and a general natter.	6.30pm – 8.30pm Third Tuesday of month (except January)	Ruth Rye (Convenor) 027 271 5925	Pukekohe Library 12 Massey Avenue Pukekohe
Franklin Writers Group - Write stories or poems on an assigned weekly topic or work on your own projects	12.45pm – 2.45pm (during school terms)	0274 921 475 jettsgirl64@hotmail.com	Plunket Building Corner Wesley and Edinburgh Streets

to share with the group. Be encouraged by others to improve your writing skills.			Pukekohe
Probus Club of Pukekohe Men - Are you retired or semi-retired? Discover Probus! To meet new friends, hear interesting guest speakers and enjoy activities and outings.	10.00am – 12.00pm Every 2nd Tuesday of the month (Feb - Dec)	Tom McDonald (09) 238 8580 Tom.mcdonald@xtra.co.nz	Pukekohe Cosmopolitan Club 78 Nelson Street Pukekohe
Pukekohe Selwyn Centre - Gentle exercises followed by tea and other activities. Enquire about transportation availability.	9.15am – 12.15pm	Jo 027 469 6865 (09) 238 5850	St Andrew's Anglican Church 43 Queen Street Pukekohe
U3A Franklin Monthly Meeting - Various interest groups run throughout the month.	9:45am Every 3rd Tuesday of the month (excluding Dec and Jan)	021 066 8536 mleivs@orcon.net.nz	Pukekohe Cosmopolitan Club 78 Nelson Street Pukekohe
Tuakau Selwyn Centre - Social activities, gentle exercise, advice & info, laughter & fun.	10.00am – 12.30pm	021 060 9688	St Johns Anglican Church 148 George Street Tuakau

Wednesday - Physical Activities

Adult Beginners / Intermediate Swimming - 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 – 6.25pm	(09) 238 1841 info@fultonswimschool.co.nz	Fulton Swim School Puni Primary School 357 Waiuku Road
Aqua - 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 – 10.00am	(09) 238 5240	Franklin Pool and Leisure Centre 29 Franklin Road Pukekohe
BaseSix Fitness Pilates & Yoga - 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	Bledisloe Park Sports Centre 5 John St Pukekohe
Pilates Room - Active Aging Reformer Pilates Class - For those who might move at a slower pace. 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 pilatesroomnz@gmail.com https://www.pilatesroom.co.nz	The Old Sewing Factory Unit 3, 4 Graham Street Pukekohe

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

60's Up Movement - Our activities include Raffles, Entertainment, Speakers, Donation Table, Restaurant & Shared Lunches, Trips, Bingo and more!	10.30am 2nd Wednesday of the month	Helen Michael (09) 238 1457	Pukekohe Cosmopolitan Club Nelson St Pukekohe
Book Talk - Want to share your favourite reads with fellow book lovers? Book Talk is for people who love reading and are keen to hear about your great reads. There is no need to register, come and join in!	1.30pm – 3.00pm Last Wednesday of each month (excluding December and January)	(09) 236 9823	Tuakau Library 72 George Street Tuakau
Counties Chess Club Night - For both juniors and seniors, all are welcome.	6.30pm	countieschessclub@gmail.com	Mauku Victory Hall 430 Union Road Mauku

	1st and 3rd Wednesday of the month		
Franklin Branch New Zealand Society of Genealogists - Are you interested in learning about your family, extended or otherwise? Where they were from etc. Come along for the opportunity to receive help, advice, interesting presentations and a general natter.	Meetings: 10.00am - 12.00pm Second Wednesday of month (except January)	Ruth Rye (Convenor) 027 271 5925	RSA Rooms 10 Massey Avenue Pukekohe
Franklin Bridge Club - Bridge offers a wonderful chance to make new friends and exercise the brain.	7.00pm	09 238 5760 www.Franklinbridgeclub.com	20 Edinburgh Street Pukekohe
Pukekohe Ladies Badminton	9.30am – 12.00pm	Marilyn Hutton 021 460 578	Franklin Pool and Leisure 29 Franklin Road Pukekohe
Rotary Club of Pukekohe - Connect with like-minded people who are passionate about making a positive difference in their communities and the world. Members share ideas, collaborate on impactful projects and build lasting friendships.	5.45pm	Jennie Herring herringjennie@gmail.com	Franklin Club Corner East Street and Station Road Pukekohe
Rotary Club of Waiuku - Connect with like-minded people who are passionate about making a positive difference in their communities and the world. Members share ideas, collaborate on impactful projects and build lasting friendships.	6.00pm First and third Wednesdays in the month	Jennie Herring herringjennie@gmail.com	Waiuku Community Centre 10 King Street Waiuku
Tuakau Selwyn Centre - Social activities, gentle exercise, advice and info, laughter and fun.	10.00am – 12.30pm	021 060 9688	St Johns Anglican Church 148 George Street Tuakau
Tuakau 500 Club - Why not come and join our friendly little 500 card group. Everyone is welcome.	1.00pm	Keith 021 297 2937	Tuakau Cosmopolitan Club 16 Carr Street Tuakau

Thursday - Physical Activities

Age is Just a Number EPR Clinic - Exercises are mainly seated with some standing exercises, suitable for participants with walking aids.	10.00am	Courtney Best 022 486 1391	Pukekohe Old Borough Building 22 Edinburgh Street Pukekohe
Age is Just a Number EPR Clinic - Involves standing and floor exercises, ideal for those confident with their balance and not requiring walking aids or assistance.	11.00am	Courtney Best 022 486 1391	Pukekohe Old Borough Building 22 Edinburgh Street Pukekohe
Easyfit + - A low impact class with an emphasis on balance, posture & strength. Resistance bands & weights available.	9.15am	(09) 238 5240	Franklin Pool and Leisure Centre 29 Franklin Road Pukekohe
Tai Chi for Well-being - 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	Stacy 022 356 9326	St Andrews Church Hall 43 Queen Street Pukekohe

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

Hei Tiaki - Join us for a free fortnightly community lunch and social meet up with games of bingo, food and prizes, guest speakers, volunteer assistance and more!	11.00am – 2.00pm Fortnightly on Thursdays	Jae 021 298 0460	Tuakau War Memorial Hall 70 George Street Tuakau
Home League - Women's fellowship group for friendship and encouragement, including songs, opportunities to share, activities, and guest speakers.	10.00am – 11.30am	(09) 238 5641 Office hours Tuesday - Friday 9.00am – 3.00pm	The Salvation Army Pukekohe 1 Tobin Street Pukekohe
Franklin Country Music Club - Visitors are welcome to come and enjoy the music and companionship. We have a live band and anyone is welcome to entertain us with a song.	7.00pm - 10.00pm Fortnightly on Thursdays	Hazel Davis 027 207 2219 Phyllis Rawlinson 022 647 9416	Hall behind St Andrews Anglican Church corner of Queen and Wesley Street Pukekohe
Pukekohe Floral Art Club - We are a group of people who enjoy being creative and working with flowers. We have regular tutors who come to teach us how to do arrangements. People are most welcome to come to our meetings and see what we do.	9.00am (approx) 1st Thursday of the month	Jan Goode 027 303 8978	Ramarama Hall Maher Road Ramarama
Spud Union - Community adult singing for wellbeing group.	10.30am – 12.00pm	Wendy Wright 022 033 5011	Mauku Victory Hall 430 Union Road Mauku
St Andrews Seniors - 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) 235 2238 winfield95@yahoo.co.nz	St Andrew's Centre 85 Queen Street Waiuku
Tuakau Senior Citizens Club - Come along and meet new friends, enjoy entertainment, guest speakers and outings.	1.30pm – 3.30pm Every 2nd Thursday of each month	Marlene Johnson 09 232 9992	Tuakau Cosmopolitan Club 16 Carr Street Tuakau

Friday - Physical Activities

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

Book Chat - No need to book, you are welcome to just turn up and join in.	10.00am – 11.00am Last Friday of every month	Debbie (09) 377 0209 0800 695 427	Pukekohe Library 12 Massey Avenue Pukekohe
Buckland Indoor Bowling Club - A low impact and social game. A good way to meet and socialise with others. Beginners welcomed. Opportunities for more competitive play if desired.	7.00pm – 10.00pm	Dianne Cook 027 479 6208	Pukekohe East Hall on Pukekohe East Road
Community Meal - This is a free community meal every month and is a great opportunity to connect with other people and families in our community for friendship and conversation over a delicious hot meal and dessert.	6.00pm Every first Friday of the month	(09) 238 5641 Office hours Tuesday - Friday 9.00am – 3.00pm	The Salvation Army Pukekohe 1 Tobin Street Pukekohe

Franklin Bridge Club - Bridge offers a wonderful chance to make new friends and exercise the brain.	10.15am	09 238 5760 www.Franklinbridgeclub.com	20 Edinburgh Street Pukekohe
Pukekohe Cardiac Club - A social support group for Cardiac people and their partners. Enjoy morning tea, quizzes, exercise DVD, play Housie and occasional trips.	10.00am – 12.00pm	Pat Richards (09) 239 2252 wrpe@xtra.co.nz	8C Roulston Street Pukekohe (Top Floor - Masonic Lodge)
Sunday - Educational, Social, Special Interest, Support Group Activities			
Pukekohe Stamps Monthly Meeting - 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 interested in stamps to come along.	1.00pm 1st Sunday of the month (except January)	pukekohestamps@gmail.com	Reid Anderson Hall Anglican Church Corner Wesley and Queen Streets Pukekohe

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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