

AGE CONCERN AUCKLAND

# North Shore Calendar of Activities 2020



fun, laughter, friendship

physical activities

social activities

life long learning

support groups

special interests



Please Note:

The information gathered for this Calendar was collected prior to the Covid-19 lock down period and was correct at that time.

However, we cannot guarantee its accuracy at this point so please ensure that you:

- Phone the contact number to confirm:
  - Details including if it is currently running, temporarily suspended or permanently cancelled
  - Any costs that may be involved
  - Any membership requirements
- Some activities require a reasonable level of physical and mental wellbeing
- Many activities only operate during school term time – please check

<b>MONDAY - Physical Activities</b>			
<b>Badminton North Harbour</b> - <i>Over 55's Club</i>	1.00pm-3.00pm	Gerard 410 9223	Badminton North Harbour Bond Crescent, Forrest Hill
<b>Born Again Bodies</b> - <i>Strength, balance &amp; flexibility at any age. Supervised exercise programme with dumbbells</i>	3.00pm-4.00pm	479 2212	Milford Baptist Church Hall 3 Dodson Avenue Milford
<b>Chair Yoga</b>	11.30am-12.30pm  5.00pm-6.00pm	Anu 022 329 9443	Highbury Community House 110 Hinemoa Street, Birkenhead <b>Bays Community Centre</b> <b>2 Glen Road, Browns Bay</b>
<b>Counterpunch for People with Parkinson's</b> - <i>Non-contact boxing &amp; exercise</i>	2.00pm-3.00pm	Lisa 021 0287 8470 Booking essential	Shane Cameron Fitness 129 Onewa Road Northcote
<b>Exercise Group</b> - <i>For senior women</i>	10.00am-11.00am	Jill 473 1932	St Mary by the Sea 168 Deep Creek Road, Torbay
<b>Fitness League NZ (Inc)</b> - <i>Balanced exercise programme, easy exercise</i>	9.30am-10.30am  10.00am-11.00am	Sonia 021 158 5867 <b>Glenis</b> <b>021 023 85103</b>	Greenhithe Village Hall  <b>St Georges Presbyterian Church Hall, 2 The Terrace, Takapuna</b>
<b>Mairangi Bay Walking Networks</b>	9.00am-10.00am	Paula 444 6435	Mairangi Bay Beachfront
<b>never2old active body, active mind</b> - <i>Fitness training programme focusing on improving older adults functional fitness for continued independent living &amp; to improve quality of life</i>	9.30am-10.30am 1.30pm-2.30pm	Phillipa 921 9999 ext 7615 www.never2old.net.nz	AUT Sports & Fitness Centre Akoranga Drive Northcote
<b>Pilates</b> - <i>Classical</i>  - <i>For seniors</i>	9.30am-10.30am  10.00am-11.00am	Kate 021 0270 4186  <b>Ione 027 537 5733</b>	Beach Haven Community House 130 Beach Haven Road <b>Takapuna War Memorial Hall</b> <b>7 The Strand, Takapuna</b>

- Gentle style for seniors	10.30am	444 6340	North Shore Leisure - Glenfield Bentley Avenue, Glenfield
<b>Sahaja Yoga Meditation</b> - No charge	7.30pm-9.00pm	Maria 479 9511	Bays Community Centre 2 Glen Road, Browns Bay
<b>Shore Ten Pin Bowling</b>	9.30am-12noon	Nancy 480 1484	Xtreme Entertainment 10 Target Court, Wairau Valley
<b>Strength and Balance</b> - Seated or standing	10.30am	477 3900	Fairview Retirement Village 21 Fairview Avenue, Albany
<b>Table Tennis</b> - Social, casual	11.30am-1.30pm	Debbie 478 4301	St Anne's Hall, Cnr Beach & Glencoe Roads, Browns Bay
<b>Tai Chi</b> - Beginner	11.30pm-12.30pm	NS Women's Centre 444 4618	Devonport Community House 32 Clarence Street, Devonport
- Qigong - slow gentle movement	6.30pm-7.30pm	<b>Sherie 021 536 411</b> sherie@taichikiwi.nz	<b>Milford Senior Citizens Hall</b> <b>141A Kitchener Road</b>
- Slow gentle movement	7.00pm-8.00pm	Bruno 021 155 4606	Bays Community Centre 2 Glen Road, Browns Bay
<b>Torbay Indoor Bowls</b>	7.00pm	Kevin 473 3253	Torbay Community Hall, 37 Watea Road, (behind the Torbay Shops)
<b>YMCA Northcote</b> - Goldfit – low intensity for mobility, balance, muscle strengthening - Movement therapy low level exercise 50-90 year olds	10.30am–11.30am  1.00pm-2.00pm	480 7099	YMCA North Shore 5 Akoranga Drive Northcote
<b>Yoga</b> - Gentle flow	10.00am-11.15am	445 3068	Devonport Community House 32 Clarence Street, Devonport
<b>Zumba</b>	9.15am-10.15	Claudette 027 388 6110	Torbay Community Hall 35 Watea Raod, Torday

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

<b>Bays Community Centre</b> - Eat play laugh – friendship group with cooking demo, lunch, fun activities	1 <sup>st</sup> Monday of month 10.30am-1.30pm	Wendy 476 9180	Bays Community Centre 2 Glen Road Browns Bay
<b>Beach Haven Community House</b> - Scrabble	12.30pm-2.30pm	483 9942	Beach Haven Community House 130 Beach Haven Road
<b>Birkenhead Garden Circle</b>	1 <sup>st</sup> & 3 <sup>rd</sup> Monday of month, 1.00pm-3.00pm	Joy 480 8903	Highbury Community House 110 Hinemoa Street, Birkenhead
<b>Boomerang Bags</b> - Sew bags for your community	10.00am	Tracey 484 8854	Northcote Citizens Centre, Corner Ernie Mays Street & College Road
<b>Browns Bay 60's Up Movement</b> - Meetings & outings for 60's Up members - Coffee Group	4 <sup>th</sup> Monday of month 10.00am-12noon 1 <sup>st</sup> Monday of month 10.00am	Cecelia 413 9960  <b>Carmel 479 1730</b>	Taiatea Trust Progress Hall Anzac Road, Browns Bay <b>Java Café, Beachfront Lane, Browns Bay</b>
<b>Coffee and Friendship Group</b>	11.00am	Age Concern Auckland 489 4975	White Flower Café 8 Clyde Road, Browns Bay
<b>Devonport 60's Up Movement</b> - Tai Chi	9.30am-10.30am	Kathy 445 1645	Holy Trinity Church Hall 20 Church Street, Devonport
<b>Devonport Garden &amp; Floral Art Club</b> - Meeting & guest speaker	2 <sup>nd</sup> Monday of month, 10.45am-1.15pm	Laurel 445 1641	St Leo's Hall Albert Road, Devonport
<b>East Coast Bays Bridge Club</b> - Bring your lunch	10.20am	479 4689 ecbridge@ihug.co.nz www.ecbbridgeclub.co.nz	Lyons Avenue (opposite Montana Avenue) Murrays Bay
<b>Glenfield 60's Up Movement</b> - Entertainment or speaker	1 <sup>st</sup> Monday of month 1.30pm	John 378 1953 Lyn 444 8983	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 443 1057 027 3023 026	Glenfield War Memorial Hall Hall Road, Glenfield

<b>Greenhithe Bridge Club</b>	7.15pm	Jane or Phil 415 5501	Old School Hall Greenhithe Road, Greenhithe
<b>Highbury Community House</b> - All on board – casual board games session	12.30pm-2.30pm	480 5279	Highbury Community House 110 Hinemoa Street Birkenhead
<b>Interest Classes for Older Chinese</b> - Gardening Group	3 <sup>rd</sup> Monday of month 1.00pm-3.00pm	Age Concern Auckland – Ivy 929 2311	Positive Ageing Centre 7 The Strand, Takapuna
<b>Make Give Live</b> - Enjoy social contact while making beanies for charity	Fortnightly 6.30pm	Becky 022 317 5838 becky@makegivelive.com	Brown's Bay
<b>Milford Senior Citizens</b> - Line dancing - Mahjong	10.00am-11.00am <b>10.00am-12noon</b>	Paulene 489 1157 or Club Rooms 486 3856	Senior Citizens Hall 141A Kitchener Road Milford
<b>North Harbour Ladies Friendship Club</b> - Speakers, friendship, outings	4 <sup>th</sup> Monday of month 10.00am-12noon	Trish 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	Lyn 483 8435 lynianwinkel@gmail.com	Senior Citizens Hall 5 Mayfield Road, Glenfield
<b>North Shore Bridge Club</b> - Social - Partner required	10.00am-12.30pm <b>7.30pm</b>	486 3099 www.nsbcb.org.nz	North Shore Bridge Club 39 Killarney Street Takapuna
<b>North Shore Centres of Mutual Aid (CMA)</b> - Companionship & fun activities for older people isolated in the community. Transport arranged - lunch & morning tea provided	10.00am-12.30pm	489 8954	Sunnynook Community Centre 148 Sycamore Drive Sunnynook <b>Mairangi Bay Presbyterian Church, Penzance Road Mairangi Bay</b>
<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	441 2554 ext 2	Salvation Army Hall 430 Glenfield Road Glenfield
<b>SeniorNet Glenfield</b> - Computer classes and workshops. Peer to peer training, no more than six per class	10.00am-12noon	444 2231 seniomet_glenfield@xtra.co.nz seniornet-glenfield.org.nz	Mayfield Centre 5 Mayfield Road Glenfield
<b>SeniorNet North Shore (Inc)</b> - Computer classes, tutorials, discussion groups. Impressive range of subjects in a fun environment	10.00am-12noon <b>1.00pm-3.00pm</b>	413 6322 loughie@outlook.co.nz www.seniornetns.net	St John Ambulance Centre 2 Shea Terrace Takapuna
<b>Sunnynook Community Centre</b> - English conversation group to those with English as a second language to practice - Board games	10.45am-12.15pm <b>1.00pm-3.00pm</b>	410 4902	Sunnynook Community Centre 148 Sycamore Drive Sunnynook
<b>Sustainabags</b> - Sew bags to donate to local charities to sell	9.30am-12.30pm	445 3068	Devonport Community House 32 Clarence Street Devonport
<b>Toy Maintenance Retiree Social Group</b> - Repair, clean, process and test toys in a social environment	1 <sup>st</sup> Monday of month 10.00am-12noon	Kat 021 022 30179 president.nscrl@gmail.com	1 Sidmouth Street Mairangi Bay
<b>U3A Birkenhead</b> - Guest speaker & special interest groups	1 <sup>st</sup> Monday of month 10.00am-12noon	Sue 418 0376 021 224 4513	Birkenhead Bowling Club 93 Mokoia Road Birkenhead

## Tuesday - Physical Activities

<b>Active Movement</b> - Low impact gentle exercises	10.30am-11.30am	444 6340	North Shore Leisure - East Coast Bays, Bute Road, Browns Bay
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<b>AquaSenior</b> - <i>Gentle exercise in water</i>	12noon	444 6340	North Shore Leisure - Takapuna 37 Killarney Street, Takapuna
<b>Born Again Bodies</b> - <i>Strength, balance &amp; flexibility at any age. Supervised exercise programme with dumbbells</i>	2.00pm-3.00pm	479 2212	Takapuna Methodist Church Cnr Lake Road & Tennyson Avenue Takapuna
<b>Braemar Scottish Dancing</b>	7.30pm-10.00pm	Yvonne 410 9126	St Anne's Hall, Cnr Beach Road & Glencoe Road, Browns Bay
<b>Chair Stretch</b> - <i>Gentle standing and sitting exercises</i>	10.00am-11.00am	David 445 3757	Devonport Community House 32 Clarence Street, Devonport
<b>Devonport Y's Walkers</b>	9.00am-10.00am	445 2743	32 Clarence Street Devonport
<b>East Coast Bays Walkers</b>	8.20am	Pam 302 4882 022 049 3244	Glen Road, (by Browns Bay Plunket Rooms)
<b>Fab Fit Tuesday</b> - <i>Strength &amp; balance exercises to increase mobility &amp; agility</i>	10.00am	480 1055	The Workshop 84B & 84C Hinemoa Street Birkenhead
<b>Fitness League NZ (Inc)</b> - <i>Balanced exercise programme, easy exercise</i>	6.00pm	Jennie (09) 427 9308	Glenfield War Memorial Hall Hall Road Glenfield
<b>Kennedy Park Petanque Club</b>	1.00pm-3.00pm	Angela 478 3138 Miles 021 296 3891	Kennedy Park Observation Post 137-147 Beach Road, Castor Bay
<b>Laughter Yoga</b>	9.30am-10.15am	Louise 0274 753 734	Glenfield Senior Citizens Hall Mayfield Road, Glenfield
<b>Mairangi Bay Walking Networks</b>	9.00am-10.00am	Paula 444 6435	Mairangi Arts Centre 20 Hastings Road, Mairangi Bay
<b>never2old active body, active mind</b> - <i>Fitness training programme focusing on improving older adults functional fitness for continued independent living</i>	9.30am-10.30am <b>1.30pm-2.30pm</b>	Phillipa 921 9999 ext 7615 www.never2old.net.nz	AUT Sports & Fitness Centre Akoranga Drive Northcote
<b>Northcote Walking Group</b> - <i>3 hour walk with a refreshment/lunch break after each hour</i>	Every 2 <sup>nd</sup> Tuesday 10.00am-3.00pm	Brucilla 480 0150 027 533 9302	Auckland wide using free buses, trains, ferries & car pooling
<b>Parkinsons Exercise and Functional Mobility</b>	10.00am-12noon term time only	Lisa 021 0287 8470 Booking essential	Sunnynook Community Centre 148 Sycamore Drive, Sunnynook
<b>Pickleball</b> - <i>Paddles &amp; balls provided</i>	6.30pm-8.30pm	Angie 022 600 9299	East Coast Bays Leisure Centre, 12 Bute Road, Browns Bay
<b>Salsa Dance</b> - <i>Beginners</i> - <i>Improvers</i>	6.30pm-7.30pm <b>7.30pm-8.30pm</b>	Lofty 021 239 4937	Devonport Community House 32 Clarence Street Devonport
<b>Table Tennis</b> Social, casual	11.30am-1.30pm	Debbie 478 4301	St Anne's Hall, Cnr Beach & Glencoe Roads, Browns Bay
<b>Tai Chi</b> - <i>Beginners welcome</i>  - <i>Beginners</i>  - <i>Maintenance</i>  - <i>Intermediate</i>  - <i>Qigong</i>  - <i>Maintenance</i>	9.15am-10.15am  <b>9.30am-10.30am</b>  9.30am-10.30am  <b>11.00am-12noon</b>  1.00pm-2.00pm  <b>2.30pm-3.30pm</b>	Gillian 445 2073  <b>North Shore Women's Centre 444 4618</b> Eileen 486 1051  <b>Patricia 021 292 2272</b> Sheri 021 536 411  <b>Eileen 486 1051</b>	Wakatere Boating Club Narrow Neck <b>Beach Haven Ratepayers Hall 336 Rangatira Road</b>  Sunnynook Community Centre 148 Sycamore Drive <b>Sunnynook Community Centre 148 Sycamore Drive</b> Wall Memorial Hall 2 Rodney Road, Northcote Point <b>Milford Senior Citizens Hall 141A Kitchener Road, Milford</b>
<b>Yoga</b> - <i>Gentle yoga for active senior</i>	10.30am	486 3286	North Shore Leisure Glenfield, Bentley Avenue, Glenfield

<b>Zumba Gold</b> - <i>Traditional Zumba at a slower pace</i>	10.15am-11.00am	477 2000	AUT Millennium 17 Antares Place, Mairangi Bay
<b>Tuesday – Educational, Social, Special Interest, Support Group Activities</b>			
<b>Bays Community Centre</b> - <i>Browns Bay Spinners</i>	2 <sup>nd</sup> & 4 <sup>th</sup> Tuesday of month 7.00pm-9.00pm	Nicole 021 149 7788	Bays Community Centre 2 Glen Road, Browns Bay
<b>Beach Haven Community House</b> - <i>H.U.G.G. Haven Uke &amp; Guitar Group</i>  - <b>Ukulele Jam – music, singing, laughs</b> - <i>Mainly watercolour – non tutored art group</i> - <b>Bridge – learn to play</b>	Fortnightly 10.00am-12noon <b>Fortnightly</b> <b>10.00am-11.30am</b> 10.00am-12noon <b>12noon-2.00pm</b>	Joe 482 3443  <b>483 9942</b>  483 9942 <b>483 9942</b>	Beach Haven Community House 130 Beach Haven Road Beach Haven
<b>Birkdale Community House</b> - <i>English conversation circle</i>	1.00pm-2.30pm	483 9149	Birkdale Community House 134 Birkdale Road, Birkdale
<b>Birkenhead 60's Up Movement</b> - <i>Speaker or entertainment &amp; monthly trips</i>	2 <sup>nd</sup> Tuesday of month 10.00am	Edna 483 8497 Kathy 419 9605	Cedars Church Hall 56A Tramway Road Beach Haven
<b>Boomerang Bags</b> - <i>Sew bags for your community</i>	9.30am-11.30am	480 5279	Highbury Community House 110 Hinemoa Street, Birkenhead
<b>Browns Bay 60's Up Movement</b> - <i>Bowls, Rummikub</i>	1.00pm-3.00pm	Pat 419 8671	Taiapotea Trust Progress Hall Anzac Road, Browns Bay
<b>Chinese Senior Group</b> - <i>Social gathering with guest speaker, sharing of information, outings</i>	2 <sup>nd</sup> Tuesday of month 10.00am-12noon	Age Concern Auckland - Ivy 929 2311	Positive Ageing Centre 7 The Strand Takapuna
<b>Coffee and Friendship Group</b> - <i>Glenfield</i>  - <i>Birkenhead</i>	10.00am  <b>11.00am</b>	Age Concern Auckland 489 4975	Artea Café, Glenfield Mall Glenfield Road & Downing Street <b>Espresso Express Café,</b> <b>Highbury Mall, Crn Highbury Bypass &amp; Birkenhead Avenue</b>
<b>Devonport 60's Up Movement</b> - <i>Meeting, speaker, entertainment</i> - <b>Movie Day – theatre &amp; lunch</b>	2 <sup>nd</sup> Tuesday of month 10.00pm-12noon <b>Irregular event</b>	Kathy 445 1645	Holy Trinity Church Hall 20 Church Street, Devonport <b>Various</b>
<b>Devonport Community House</b> - <i>Leisure painters</i>	10.00am-2.30pm	Linda 446 6141	Devonport Community House 32 Clarence Street, Devonport
<b>Dutch Club</b> - <i>Informal coffee group, talk Dutch. Car transport help possible</i>	3 <sup>rd</sup> Tuesday of month 10.00am	Josie 021 051 4599	Bayswater
<b>East Coast Bays Bridge Club</b> - <i>Juniors &amp; mixed grades</i>	7.20pm	479 4689 ecbridge@ihug.co.nz www.ecbridgeclub.co.nz	Lyons Avenue (opposite Montana Avenue) Murrays Bay
<b>Glenfield 60's Up Movement</b> - <i>Luncheon</i>	Last Tuesday of month	Lyn 444 8983	Local venue
<b>Glenfield Senior Citizens</b> - <i>Snooker, bowls</i>	1.00pm-4.00pm	444 6578	Glenfield Senior Citizens 7 Mayfield Road, Glenfield
<b>Highbury Community House</b> - <i>Highbury Sewcial – join a friendly group to grow your sewing skills. All levels welcome</i>	9.30am-11.30 am	480 5279	Highbury Community House 110 Hinemoa Street Birkenhead
<b>Milford Senior Citizens</b> - <i>Scrabble</i> - <b>Scottish dancing</b> - <i>Dance Club</i> - <b>500 card game</b>	9.00am-12noon <b>10.00am-12noon</b> 12.30pm-2.00pm <b>12.30pm-3.00pm</b>	Paulene 489 1157 or Club Rooms 486 3856	Senior Citizens Hall 141A Kitchener Road Milford

<b>North Shore Bridge Club</b> - Partner required	11.00am	486 3099 www.nsbcb.org.nz	North Shore Bridge Club 39 Killarney Street, Takapuna
<b>North Shore Centres of Mutual Aid (CMA)</b> - Companionship & fun activities for older people isolated in the community. Transport arranged - lunch & morning tea provided	10.00am-12.30pm	489 8954	Birkdale Community House 134 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-12noon April & December meetings may be at other venues or times.	Sue 021 622 783 or 622 0551	First Floor Meeting Room Takapuna Library The Strand Takapuna
<b>North Shore Embroiderers' Guild</b> - Promote understanding & interest in embroidery	4 <sup>th</sup> Tuesday of month 10.00am-12noon	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 7.30pm-10.00pm	Gordon 410 4788 027 636 8589 <a href="http://nsaokc.blogspot.com/">http://nsaokc.blogspot.com/</a>	Upstairs Lounge Takapuna Bowling Club Bracken Avenue, Takapuna
<b>North Shore Widows' &amp; Widowers' Society</b> - Indoor bowls	9.30am-12noon	Judith 479 6042	Taiaotea Trust Progress Hall Anzac Road Browns Bay
<b>Northcote Baptist Neighbour Craft Morning</b> - Patchwork, painting, cross-stitch, jewellery making, knitting	9.30am-11.30am	419 1006	Northcote Baptist Church 67 Eban Avenue Northcote
<b>Parkinsonism Carers Support Group</b>	1 <sup>st</sup> Tuesday of month 10.00am-onwards	Carolyn 818 2793 027 520 4836	Settlers Retirement Village 550 Albany Highway, Albany
<b>Pupuke Ladies Mah Jong Group</b>	1.00pm-4.00pm	Sylvia 410 4192	Kennedy Park Observation Post 137-147 Beach Road, Castor Bay
<b>Selwyn – Milford</b> - Fun & friendship	9.30am-12noon	486 0668	St Paul's Anglican Church Otakau Road, Milford
<b>SeniorNet Glenfield</b> - Computer classes & workshops. Peer to peer training, no more than six per class	10.00am-12noon <b>1.30pm-3.30pm</b>	444 2231 seniornet_glenfield@xtra.co.nz seniornet-glenfield.org.nz	Mayfield Centre 5 Mayfield Road Glenfield
<b>SeniorNet North Shore (Inc)</b> - Computer classes, tutorials, discussion groups. Impressive range of subjects in a fun environment	10.00am-12noon <b>1.00pm-3.00pm</b>	413 6322 loughie@outlook.co.nz www.seniornetns.net	St John Ambulance Centre 2 Shea Terrace Takapuna
<b>Sunnynook Community Centre</b> - Learn conversational English	12.30pm-2.30pm	489 2078	Sunnynook Community Centre 148 Sycamore Drive Sunnynook
<b>Table Tennis</b> - Drop in casual	1.00pm-4.00pm	445 3068	Devonport Community House 32 Clarence Street, Devonport
<b>Takapuna 60's Up Movement</b> - Walking group	9.30am	Millie 489 1441 021 0583 761	Neo Espresso Café, Milford Mall 24 Milford Road, Milford
<b>Takapuna Senior Citizens</b> - Scrabble	9.45am-onwards	Malcolm 445 8034	5 The Strand Takapuna
<b>U3A Browns Bay</b> - Top line guest speaker	1 <sup>st</sup> Tuesday of month	Val 414 5529 www.u3abb.net.nz	Presbyterian Church Hall Anzac Road, Browns Bay
<b>Wednesday - Physical Activities</b>			
<b>Born Again Bodies</b> - Strength, balance & flexibility at any age. Supervised exercise programme with dumbbells	1.00pm-2.00pm <b>2.30pm-3.30pm</b>	479 2212	Presbyterian Church Hall Hastings Road, Mairangi Bay <b>St Anne's Hall, Cnr Glencoe &amp; East Coast Road, Browns Bay</b>

<b>Campbells Bay Walkers &amp; Talkers</b> - 1 hour walking followed by morning tea	9.30am-11.00am	478 6702	Various
<b>Chair Yoga for Seniors</b>	2.00pm – 3.00pm	Holly 445 1500	Harmony Hall 4 Wynyard Street, Devonport
<b>Essentrics!</b> - Strengthens & lengthens muscles improving posture, flexibility, mobility & balance	4.30pm-5.30pm	Iris 021 216 1851	Meadowood Community House 55 Meadowood Drive Unsworth Heights
<b>Feisty Feet</b> - Dance classes for seniors	10.00am-11.00am	Carlene 378 7361	St Peter's Anglican Church 11 Killarney Street, Takapuna
<b>Fitness League NZ (Inc)</b> - Balanced exercise programme, easy exercise	9.30am-10.30am  6.30pm-7.30pm	Irene 444 8461  <b>Sonia 021 158 5867</b>	Glenfield War Memorial Hall Glenfield <b>Glamorgan School Hall, Glamorgan Drive, Torbay</b>
<b>Mairangi Bay Walking Networks</b>	9.00am-10.00am	Paula 444 6435	Mairangi Bay Beachfront
<b>never2old active body, active mind</b> - Fitness training programme focusing on improving older adults functional fitness for continued independent living & improve quality of life	9.30am-10.30am	Phillipa 921 9999 ext 7615 www.never2old.net.nz	AUT Sports & Fitness Centre Akoranga Drive Northcote
<b>Stanley Bowling Club</b>	1.15pm	Sheila 445 6580	Stanley Bay Bowling Club 20 Stanley Point Road, Devonport
<b>Tai Chi</b> - Maintenance  - <b>Beginner</b>  - Qi Gong – slow gentle movement  - <b>Slow gentle movement</b>	10.00am-11.00am  11.30am-12.30pm  1.30pm-2.30pm  1.30pm-2.30pm	Eileen 486 1051  <b>NS Women's Centre 444 4618</b> Sherie 021 536 411  <b>Bruno 021 155 4606</b>	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>Bays Community Centre 2 Glen Road, Browns Bay</b>
<b>Torbay Walkers</b>	4.00pm-5.00pm	Irene 473 1159	Garden seat Torbay Village
<b>Walking Group</b> - 1 hour walk followed by cup of tea/coffee	9.00am	410 4902	Sunnynook Community Centre 148 Sycamore Drive Sunnynook
<b>YMCA Northcote</b> - Goldfit – low intensity class for mobility, balance, muscle strengthening	8.30am-9.30am	480 7099	YMCA North Shore 5 Akoranga Drive Northcote

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

<b>Art Group</b>	9.30am-11.30am during school terms	444 4618	North Shore Women's Centre 5 Mayfield Road, Glenfield
<b>Bays Community Centre</b> - Rummikub - <b>International Friendship Group conversation, friendship, fun, interest in other cultures</b> - Backgammon	10.00am-12noon <b>10.00am-12noon during term time</b>  12.30pm-3.00pm	Annette 441 3019 <b>Debbie 478 4091</b>  Linda 479 5678	Bays Community Centre 2 Glen Road Browns Bay
<b>Beach Haven/Birkdale Garden Circle</b> - Speaker, trading table	1 <sup>st</sup> Wednesday of month 9.30am-12noon	Pauline 418 1312	Beach Haven Ratepayers Hall 336 Rangatira Road
<b>Beach Haven Community House</b> - Arts and oils - <b>Handcrafts and creations</b> - Afternoon guitars at the House	10.00am-12noon <b>10.00am-12noon</b> 1.00pm-2.30pm	<b>483 9942</b> <b>Ngaere 483 8339</b> 483 9942	Beach Haven Community House 130 Beach Haven Road Beach Haven



<b>Devonport 60's Up Movement</b> - Bus outing - morning tea, lunch - <b>Luncheon</b>	Irregular <b>Every second month</b>	Kathy 445 1645	
<b>Devonport Community House</b> - <i>Knitting Friendship Group</i>	10.00am-12noon	445 3068	Devonport Community House 32 Clarence Street, Devonport
<b>Devonport Spinners, Weavers, Knitters etc</b>	10.00am-12noon	Molly 446 6027	Devonport Cub Den Allenby Avenue, Devonport
<b>East Coast Bays Bridge Club</b> - <i>Mixed grades - bring your lunch</i>	10.20am	479 4689 ecbridge@ihug.co.nz www.ecbridgeclub.co.nz	Lyons Avenue (opposite Montana Avenue) Murrays Bay
<b>Friendship Club of East Coast Bays</b> - <i>Guest speakers, social events, interest groups, outings &amp; trips</i>	1 <sup>st</sup> Wednesday of month 10.00am-12noon	Ted 486 4220 Pamela 475 6696	Mairangi Bay Presbyterian Church Hall, 10 Hastings Road Mairangi Bay
<b>Glenfield 60's Up Movement</b> - <i>Outings – bus trips</i>	3 <sup>rd</sup> Wednesday of month	Lyndsey 444 4551 Lyn 444 8983	
<b>Glenfield Senior Citizens</b> - <i>Bowls</i> - <b>500 (cards)</b>	10.00am-12noon <b>1.00pm-3.00pm</b>	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 479 5691 Anne 282 1565	Outram Hall, 478 Beach Road Murrays Bay
<b>Highbury Community House</b> - <i>Unfinished objects, social craft group</i> - <b>Patchwork &amp; Sewing</b> - <i>Mah Jong</i>	9.00am-12noon <b>9.30am-12noon</b> 12.30pm-3.00pm	480 5279	Highbury Community House 110 Hinemoa Street Birkenhead
<b>Interest Classes for Older Chinese</b> - <i>English Conversation Class</i> - <b>Dancing Group</b> - <i>Arts &amp; Crafts Group</i>  - <b>Singing Group</b>	10.00am-11.45am <b>12.30pm-1.30pm</b> Every 2 <sup>nd</sup> Wednesday 12.30pm-1.30pm <b>1.30pm-2.30pm</b>	Age Concern North Shore – Ivy 929 2311	Positive Ageing Centre 7 The Strand Takapuna
<b>Make Give Live</b> - <i>Enjoy social contact while making beanies for charity</i>	9.00am	Becky 022 317 5838 becky@makegivelive.com	Birkenhead
<b>Milford Senior Citizens</b> - <i>Knitting Club</i>	1 <sup>st</sup> & last Wednesday of month 10.00am-12noon	Paulene 489 1157 or Club Rooms 486 3856	Senior Citizens Hall 141A Kitchener Road Milford
<b>North Harbour Rockers</b> - <i>Rock &amp; Roll</i>	7.00pm-10.00pm	Ann 027 277 8059 annabagnall55@gmail.com	Sunnynook Community Centre 148 Sycamore Drive, Sunnynook
<b>North Shore Branch NZSG</b> - <i>Genealogy</i>	3 <sup>rd</sup> Wednesday of month 7.30pm-9.30pm	Lyn 483 8435 lynianwinkel@gmail.com	Senior Citizens Hall 5 Mayfield Road, Glenfield
<b>North Shore Bridge Club</b> - <i>Social</i> - <b>Partner required</b>	10.00am-12.30pm <b>7.30pm</b>	486 3099 www.nsb.org.nz	North Shore Bridge Club 39 Killarney Street Takapuna
<b>North Shore Cake Decorating Club</b>	1 <sup>st</sup> Wednesday of month 12noon-3.30pm	Gayle 483 8417 027 737 3188	Kennedy Park Observation Post 137-147 Beach Road, Castor Bay
<b>SeniorNet Bayswater</b> - <i>One-on-one assistance with computers, iPads, Smartphones – Microsoft, Android, Apple</i>	1.00pm-3.30pm	Club Rooms 446 3305 Brian 445 7611	Main Club Room Bayswater Park Bowling Club Bayswater
<b>SeniorNet Glenfield</b> - <i>Computer classes &amp; workshops. Peer to peer training, no more than six per class</i>	10.00am-12noon <b>1.30pm-3.30pm</b>	444 2231 seniomet_glenfield@xtra.co.nz seniornet-glenfield.org.nz	Mayfield Centre 5 Mayfield Road Glenfield
<b>SeniorNet North Shore (Inc.)</b> - <i>Computer classes, tutorials, discussion groups Impressive range of subjects in a fun environment</i>	10.00am-12.30pm <b>1.30pm-3.00pm</b>	413 6322 loughie@outlook.co.nz www.seniornetns.net	St John Ambulance Centre 2 Shea Terrace Takapuna

<b>Seniors Friendship Group</b> - Games and conversation	Fortnightly 1.30pm-3.00pm	481 3030	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> & 3 <sup>rd</sup> Wednesday of month, 10.30am-1.30pm	622 1010 shantiniwas@xtra.co.nz priya.r@shantiniwas.org.nz	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-12noon	Trinda 410 6728	Sunnynook Community Centre 148 Sycamore Drive Sunnynook
<b>Takapuna 60's Up Movement</b> - Trip	1 <sup>st</sup> Wednesday of month	Elaine 413 6562 027 4861 023	
<b>Takapuna Floral Art Club</b>	4 <sup>th</sup> Wednesday of month 10.00am-2.30pm	Brenda 479 1616 021 063 0638	Various
<b>Torbay Garden Club</b> - Speaker, trading table, bus trips	1 <sup>st</sup> Wednesday of month 1.30pm-3.00pm except February & July	Hilary 478 1601 Georgie 473 0404	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-12noon	Val 446 6697	Harmony Hall 4 Wynyard Street Devonport
<b>U3A Takapuna</b> - General meeting & speaker, visitors welcome	1 <sup>st</sup> Wednesday of month except December & January, 9.45am-12noon	478 2490 u3atakapuna.org.nz	Northcote Citizens Centre Hall Cnr Ernie Mays Street & College Road, Northcote
<b>Zion Hill Fellowship</b> - Companionship for people isolated through age or disability	10.00am-1.15pm during school terms	Janet 480 7751 Valerie 480 5456	Birkenhead Methodist Church Hall Onewa Road Birkenhead

### Thursday - Physical Activities

<b>Aqua Senior</b> - Shallow	9.30am  12noon	444 6340  <b>486 3286</b>	North Shore Leisure - Glenfield Bentley Avenue, Glenfield <b>North Shore Leisure – Takapuna, 37 Killarney Street</b>
<b>Badminton North Harbour</b> - Over 55's Club	1.00pm-3.00pm	Gerard 410 9223	Badminton North Harbour Bond Crescent, Forrest Hill
<b>Born Again Bodies</b> - Strength, balance & flexibility at any age. Supervised exercise programme	10.30am-11.30am	479 2212	Windsor Park Baptist Church 550 East Coast Road Mairangi Bay
<b>Devonport Y's Walkers</b>	9.00am-10.00am	445 2743	32 Clarence Street Devonport
<b>Essentrics!</b> - Tones, strengthens, lengthens & limbers muscles. Improves posture & balance	10.00am	Jeanne 021 447 878	St Johns Anglican Church 47 Church Street Northcote Point
<b>Fab Fit Dance</b> - Dance to 50's classics for strength, balance, coordination & fitness	Thursday 10.00am	480 1055	The Workshop 84B & 84C Hinemoa Street Birkenhead
<b>Fitness League NZ (Inc)</b> - Balanced exercise programme, easy exercise	9.30am-10.30am  10.00am-11.00am	Sonia 021 158 5867  <b>Glenis 021 023 85103</b>	Outram Hall, 478 Beach Road Murrays Bay <b>St George's Presbyterian Church Hall, 2 The Terrace, Takapuna</b>
<b>Indoor Bowls</b>	12.45pm-3.15pm	410 4902	Sunnynook Community Centre 148 Sycamore Drive, Sunnynook
<b>Kennedy Park Petanque Club</b>	1.00pm-3.00pm	Angela 478 3138 Miles 021 296 3891	Kennedy Park Observation Post 137-147 Beach Road, Castor Bay
<b>Line Dancing</b>	10.00am-12noon	Bill 441 4193 021 160 4170	Sunnynook Community Centre 148 Sycamore Drive, Sunnynook

<b>never2old active body, active mind</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>	Phillipa 921 9999 ext 7615 www.never2old.net.nz	AUT Sports & Fitness Centre Akoranga Drive Northcote
<b>Northcote Petanque Club</b> - Club night	4.00pm	Heather 480 6988 021 049 9668	Northcote Bowling Club Council Terrace, Little Shoal Bay
<b>Senior Movement</b> - Low impact, gentle exercises	10.15am	444 6340	North Shore Leisure - Glenfield, Bentley Avenue
<b>Shore Ten Pin Bowling</b>	9.30am-12noon	Nancy 480 1484	Xtreme Entertainment 10 Target Court, Wairau Valley
<b>Tai Chi</b>  - <b>Beginners welcome</b>  - Beginners  - <b>Qigong</b>	8.15am-9.15am  <b>9.15am-10.15am</b>  9.30am-10.30am  <b>1.30pm-2.30pm</b>	Wai Ling 478 3309  <b>Gillian 445 2073</b>  NS Women's Centre 444 4618 <b>Kathy 021 187 5985</b>	Bays Community Centre 2 Glen Road, Browns Bay <b>Wakatero Boating Club Narrow Neck</b> Glenfield Senior Citizens 7 Mayfield Road, Glenfield <b>Milford Senior Citizens Hall 141A Kitchener Road, Milford</b>
<b>Yoga</b> - Gentle to stretch, breathe & relax for health	10.00am-11.00am	David 445 3757	Devonport Community House 32 Clarence Street Devonport
<b>Zumba Gold</b> - Active seniors group fitness	10.30am-11.30am	480 7099	YMCA North Shore 5 Akoranga Drive, Northcote

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

<b>Bays Community Centre</b> - Tuis patch & piece  - <b>Mahjong</b> - Bays Patchwork	10.00am-12noon  <b>9.15am-2.00pm</b> Fortnightly 7.00pm-9.30pm	Alma 478 7263  <b>Patricia 479 2374</b> Judi 478 9397	Bays Community Centre 2 Glen Road, Browns Bay
<b>Beach Haven Community House</b> - Arts & oils - <b>Handcrafts &amp; creations</b> - Afternoon guitars at the House	10.00am-12noon <b>10.00am-12noon</b> 1.30pm-2.30pm	483 9942 <b>Ngaere 483 8339</b> 483 9942	Beach Haven Community House 130 Beach Haven Road Beach Haven
<b>Boomerang Bags</b> - Sew reusable bags for the community, or work on your own creations	9.30am	483 9149	Birkdale Community House 134 Birkdale Road Birkdale
<b>Chinese Positive Ageing Group</b>	10.00am-3.00pm	Sandy 624 1368 or 021 052 0930	Positive Ageing Centre 7 The Strand, Takapuna
<b>Dees Dementia Social Group</b> - For people with early to moderate dementia living in the community	10.00am-2.00pm	Tangi Joseph 022 657 3223	Mairangi & Castor Bay Presbyterian Church 8-10 Penzance Road Mairangi Bay
<b>Devonport 60's Up Movement</b> - Choir	Thursdays except 4 <sup>th</sup> Thursday month 1.30pm-3.00pm	Kathy 445 1645	Holy Trinity Church Hall 20 Church Street Devonport
<b>East Coast Bays Bridge Club</b> - Mixed grades - lessons available	7.20pm	479 4689 ecbridge@ihug.co.nz www.ecbridgeclub.co.nz	Lyons Avenue (opposite Montana Avenue) Murrays Bay
<b>Luncheon Club</b> - Eat your packed lunch in a social environment & enjoy a range of musicians & entertainers. All welcome	2 <sup>nd</sup> Thursday of month 12noon-2.00pm	Raewyn 410 4423	Mairangi & Castor Bay Presbyterian Church 8-10 Penzance Road Mairangi Bay

<b>Milford Senior Citizens</b> - <i>Line Dancing</i>	10.00am-12noon	Paulene 489 1157 Club Rooms 486 3856	Senior Citizens Hall 141A Kitchener Road, Milford
<b>North Shore Bridge Club</b> - <i>Partner required</i> - <b>Social</b>	12.30pm <b>7.30pm</b>	486 3099 www.nsbcc.org.nz	North Shore Bridge Club 39 Killarney Street Takapuna
<b>North Shore Centres of Mutual Aid (CMA)</b> - <i>Companionship &amp; fun activities for older people isolated in the community. Transport arranged - lunch &amp; morning tea provided</i>	10.00am-12.30pm	489 8954	Glenfield War Memorial Hall Hall Road, Glenfield <b>Rose Centre School Road Belmont</b>
<b>North Shore Chronic Obstructive Pulmonary Disease (COPD)</b> - <i>Support group</i>	2 <sup>nd</sup> Thursday of month 10.00am-12noon February - December	630 0236	Sunnynook Community Centre 148 Sycamore Drive Sunnynook
<b>North Shore Diabetes Support Group</b> - <i>Support &amp; education</i>	1 <sup>st</sup> Thursday of month 7.00pm-9.00pm except May, December	Sue 021 622 783 or 622 0551	Auckland Christian Assembly 26 Albany Highway Glenfield
<b>North Shore Stroke Club</b> - <i>Indoor bowls, ping-pong, scrabble, art &amp; craft, petanque, mini golf, walks, housie, exercises, various other activities &amp; outings</i>	10.00am-1.00pm phone before attending	475 0070	Sunnybrae Bowling Club 6 Argus Place Glenfield (next to the North Shore Events Centre)
<b>North Shore Widows' and Widowers' Society</b> - <i>Lunch</i>	2 <sup>nd</sup> Thursday of month 12noon	Judith 479 6042	Bays Club 6 Anzac Road Browns Bay
<b>Northcote Point Senior Citizens</b> - <i>Social, entertainment</i>  - <b>Outing</b>	3 <sup>rd</sup> Thursday of month 10.00am-12noon <b>Every 4<sup>th</sup> Thursday</b>	Colleen 418 2349	Northcote Point Senior Citizens Centre 119 Queen Street Northcote Point
<b>Parkinsonism Carers Support Group</b>	1 <sup>st</sup> Thursday of month 10.00am-onwards	Carolyn 818 2793 027 520 4836	Altura Café 25 Anzac Road, Browns Bay
<b>Parkinsonism Support Group</b> - <i>Education &amp; support</i>	2 <sup>nd</sup> Thursday of month 10.00am-onwards	Carolyn 818 2793 027 520 4836	Windsor Park Complex East Coast Bays Road Mairangi Bay
<b>SeniorNet Glenfield</b> - <i>Computer classes &amp; workshops. Peer to peer training, no more than six per class</i>	10.00am-12noon <b>1.30pm-3.30pm</b>	444 2231 seniomet_glenfield@xtra.co.nz seniornet-glenfield.org.nz	Mayfield Centre 5 Mayfield Road Glenfield
<b>SeniorNet North Shore (Inc)</b> - <i>Computer classes, tutorials, discussion groups. Impressive range of subjects in a fun environment</i>	10.00am-12noon <b>1.00pm-3.00pm</b>	413 6322 loughie@outlook.co.nz www.seniornetns.net	St John Ambulance Centre 2 Shea Terrace Takapuna
<b>Sunnynook Community Centre</b> - <i>Learn conversational English</i>	12.30pm-2.30pm	489 2078	Sunnynook Community Centre 148 Sycamore Drive Sunnynook
<b>Takapuna 60's Up Movement</b> - <i>Exercises, Tai Chi</i>  - <b>Monthly meeting, speaker &amp; entertainment</b>	Every Thursday except 3 <sup>rd</sup> 10.00am <b>3<sup>rd</sup> Thursday of month 10.30am-12.15pm</b>	Elaine 413 6562 027 4861 023	St Joseph's Church Hall 10 Dominion Street Takapuna
<b>Torbay International Coffee Group</b> - <i>No charge, just turn up</i>	10.15am-12noon	Carole 473 3259	Senior Citizens' Hall Watea Road, Torbay

### Friday - Physical Activities

<b>Counterpunch for People with Parkinson's</b> - <i>Non-contact boxing &amp; exercise for people with Parkinson's. Open class &amp; seated class running parallel</i>	2.00pm-3.00pm	Lisa 021 0287 8470 Booking essential	Shane Cameron Fitness 129 Onewa Road Northcote
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<b>East Coast Bays Walkers</b>	8.20am	Pam 302 4882 022 049 3244	Glen Road, (by Browns Bay Plunket Rooms)
<b>Essentrics!</b> - <i>Strengthens &amp; lengthens muscles improving posture, flexibility, mobility &amp; balance</i>	10.00am-11.00am	Iris 021 216 1851	St Paul's Anglican Church Hall 2 Otakau Road Milford
<b>Fitness League NZ (Inc)</b> - <i>Balanced exercise programme, easy exercise</i>	9.30am-11.00am	Val 475 5215 021 0705 749	Sunnynook Community Centre 148 Sycamore Drive Sunnynook
<b>Mairangi Bay Walking Networks</b>	9.00am-10.00am	Paula 444 6435	Mairangi Bay Arts Centre 20 Hastings Road, Mairangi Bay
<b>never2old active body, active mind</b> - <i>Fitness training programme focusing on improving older adults functional fitness for continued independent living &amp; improve quality of life</i>	9.30am-10.30am	Phillipa 921 9999 ext 7615 www.never2old.net.nz	AUT Sports & Fitness Centre Akoranga Drive Northcote
<b>Pilates</b> - <i>For seniors</i>	10.00am -11.00am	Ione 027 537 5733	Takapuna War Memorial Hall 7 The Strand, Takapuna
<b>Table tennis</b> - <i>Social, casual</i>	11.30am-1.30pm	Debbie 478 4091	St Anne's Hall, Cnr Beach Road & Glencoe Road Browns Bay
<b>Tai Chi</b> - <i>Intermediate</i>	9.30am-10.30am	NS Women's Centre 444 4618	Beach Haven Ratepayers Hall 336 Rangatira Road
<b>YMCA Northcote</b> - <i>Goldfit – low intensity for mobility, balance, muscle strengthening</i> - <b>Movement therapy low level exercise 50-90 year olds</b>	8.30am-9.30am  1.00pm-2.00pm	480 7099	YMCA North Shore 5 Akoranga Drive Northcote
<b>Yoga for EveryBODY</b>	9.30am-11.00am	Jennie 021 0262 0259	Glenfield Senior Citizens 7 Mayfield Road, Glenfield
<b>Zumba</b>	9.15am-10.15	Claudette 027 388 6110	Torbay Community Hall 35 Watea Raod, Torday

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

<b>Beach Haven/Birkdale Garden Circle</b> - <i>Bus trips – garden visits &amp; lunch</i>	Last Friday of month 9.30am	Janet 480 7751 Pauline 418 1312	
<b>Beach Haven Community House</b> - <i>Global Friends</i> - <b>Peggy Squares – learn to knit or teach others; knitting for community</b>	9.30am-10.30am  1 <sup>st</sup> Friday of month 12.30pm-2.30pm	Laure 022 418 8199  <b>483 9942</b>	Beach Haven Community House 130 Beach Haven Road Beach Haven
<b>Browns Bay Ladies Club</b> - <i>General meeting &amp; social get together &amp; guest speaker</i>	4 <sup>th</sup> Friday of month 10.00am-12noon	Margaret 478 2073 Jenny 479 6026	Torbay Sailing Club Beach Road Waiake Beach
<b>Community Knitting Group</b>	10.00am-12noon	444 5023	Glenfield Community Centre Cnr Bentley Avenue & Glenfield Road, Glenfield
<b>Devonport Community House</b> - <i>Mastering art</i>	9.30am-1.30pm	Lucy 446 0389	Devonport Community House 32 Clarence Street, Devonport
<b>East Coast Bays Bridge Club</b> - <i>Juniors &amp; mixed grades</i>	12.20pm	479 4689 ecbridge@ihug.co.nz www.ecbbridgeclub.co.nz	Lyons Avenue (opposite Montana Avenue) Murrays Bay
<b>Glenfield 60's Up Movement</b> - <i>Coffee morning – every Friday</i>	10.00am–11.00am	Lyn 444 8983	Glenfield Mall
<b>Glenfield Senior Citizens</b> - <i>Housie</i>	1.00pm-3.00pm	444 6578	Glenfield Senior Citizens 7 Mayfield Road, Glenfield
<b>Highbury Community House</b> - <i>Embroidery</i>	10.00am-12noon during term time	424 2741 sapygott@gmail.com	Highbury Community House 110 Hinemoa Street, Birkenhead

<b>Milford Senior Citizens</b> - Rummikub - <b>Dance Club</b>	9.00am-12noon <b>7.00pm-8.00pm</b>	Paulene 489 1157 or Club Rooms 486 3856	Senior Citizens Hall 141A Kitchener Road Milford
<b>North Shore Bridge Club</b> - <i>Partner required</i>	11.00am	486 3099 www.nsbcb.org.nz	North Shore Bridge Club 39 Killarney Street, Takapuna
<b>Northcote 60's Up Movement</b> - <i>Meetings, entertainers, outings</i>	1 <sup>st</sup> Friday of month 10.00am-12noon	443 5227	Northcote Citizens Centre Hall Ernie Mays Street, Northcote
<b>SeniorNet Glenfield</b> - <i>Computer classes &amp; workshops. Peer to peer training, no more than six per class</i>	10.00am-12noon <b>1.30pm-3.30pm</b>	444 2231 seniornet_glenfield@xtra.co.nz seniornet-glenfield.org.nz	Mayfield Centre 5 Mayfield Road Glenfield
<b>SeniorNet North Shore (Inc)</b> - <i>Computer classes, tutorials, discussion groups. Impressive range of subjects in a fun environment</i>	10.00am-12noon <b>1.00pm-3.00pm</b>	413 6322 loughie@outlook.co.nz www.seniornetns.net	St John Ambulance Centre 2 Shea Terrace Takapuna
<b>Stanley Bowling Club</b> - <i>Social</i> - <b>Quiz night</b>	6.00pm <b>3<sup>rd</sup> Friday of month 7.30pm</b>	Sheila 445 6580	Stanley Bay Bowling Club 20 Stanley Point Road Devonport
<b>Takapuna Friendship Club</b> - <i>Speakers, friendship, outings</i>	3 <sup>rd</sup> Friday of month 9.30am-11.30am	Dilys 443 2547	Sunnybrae Bowling Club 9 Argus Place, Glenfield
<b>Takapuna Senior Citizens</b> - <i>Scrabble</i>	9.45am-onwards	Malcolm 445 8034	5 The Strand Takapuna

### Saturday - Physical Activities

<b>Counterpunch for People with Parkinson's</b> - <i>Non-contact boxing &amp; exercise</i>	10.30am-11.30am	Lisa 021 0287 8470 Booking essential	Shane Cameron Fitness 129 Onewa Road Northcote
<b>Laughter Yoga</b>	9.00am-9.45am	Melanie 021 072 4198 laughterbrownsbay@gmail.com	Bays Community Centre 2 Glen Road Browns Bay
<b>Mairangi Bay Walking Networks</b>	8.30am-9.30am	444 6435	Mairangi Bay carpark (adjacent children's play area)
<b>Stanley Bowling Club</b>	1.15 pm	Sheila 445 6580	Stanley Bay Bowling Club 20 Stanley Point Road, Devonport
<b>Tai Chi &amp; Qigong</b>	10.00am-11.00am	Sherie 021 536 411 sherie@taichikiwi.nz	Greenhithe Community Hall, 7 Greenhithe Road, Greenhithe

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

<b>Bays Community Centre</b> - <i>Crazy quilters</i> - <b>On the hook crochet</b>	4 <sup>th</sup> Saturday of month 9.30am-3.00pm <b>3.30pm-5.00pm</b>	Marilyn 473 6958  <b>Olga 021 023 84495</b>	Bays Community Centre 2 Glen Road Browns Bay
<b>Glenfield Senior Citizens</b> - <i>Bowls, snooker</i>	1.00pm-4.00pm	444 6578	Glenfield Senior Citizens 7 Mayfield Road, Glenfield
<b>North Shore Embroiderers' Guild</b> - <i>Saturday Stitch Meeting</i>	Various – please contact Kim for more details	Kim 021 171 6731	Positive Ageing Centre 7 The Strand, Takapuna
<b>North Shore Widows' and Widowers' Society</b> - <i>Café lunch</i>	3 <sup>rd</sup> Saturday of month 12noon	Judith 479 6042	Different venues
<b>SeniorNet North Shore (Inc)</b> - <i>Tips &amp; tricks &amp; iPad/phones. Other subjects likely to be added.</i>	10.00am-12noon <b>1.00pm-3.00pm</b>	413 6322 loughie@outlook.co.nz www.seniornetns.net	St John Ambulance Centre 2 Shea Terrace Takapuna

### Sunday - Physical Activities

<b>Devonport Y's Walkers</b>	9.00am-10.00am	445 2743	32 Clarence Street Devonport
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<b>Kennedy Park Petanque Club</b>	10.00am-12noon	Angela 478 3138 Miles 021 296 3891	Kennedy Park Observation Post 137-147 Beach Road, Castor Bay
<b>Mairangi Bay Walking Networks</b> - <i>Slower walk</i>	9.00am-10.00am	Paula 444 6435	Milford Shopping Centre carpark
<b>Northcote Petanque Club</b>	4.00pm December - April 2.00pm May – November	Heather 480 6988 021 049 9668	Northcote Bowling Club Council Terrace Little Shoal Bay
<b>Sunday - Educational, Social, Special Interest, Support Group Activities</b>			
<b>Bays Community Centre</b> - <i>Sunday quilters</i>	<b>2<sup>nd</sup> Sunday of month</b> <b>10.30am-3.00pm</b>	<b>Melva 479 7572</b>	Bays Community Centre 2 Glen Road Browns Bay
<b>North Shore Country Music Club</b> - <i>Singing &amp; dancing</i>	Fortnightly on Sundays 7.00pm-10.00pm	Jim 410 0800 021 267 3135 or Michelle 021 119 8796	Sunnynook Community Centre 148 Sycamore Drive Sunnynook
<b>North Shore Widows' &amp; Widowers' Society</b> - <i>Indoor bowls</i>	1.30pm-4.00pm	Judith 479 6042	Taiaotea Trust Progress Hall Anzac Road Browns Bay

**For more information on  
Community Strength and Balance classes visit  
[www.livestronger.org.nz](http://www.livestronger.org.nz)**

**We hope you have found our Calendar of Activities useful.**

**Age Concern Auckland - North has made every effort to ensure details are correct as at time of printing – however information was collected prior to the Covid-19 lockdown period, so please check carefully to ensure that the information on the activity you are interested in is still correct.**

**We always welcome comments and suggestions for inclusions or updates.**

**If your group has missed being included, please contact the office by phoning 489 4975 or emailing [ageconns@acns.co.nz](mailto:ageconns@acns.co.nz) and we will contact you prior to the next edition.**

[www.ageconcernauckland.org.nz](http://www.ageconcernauckland.org.nz)

# Calendar of Activities - User Survey

We hope you enjoy this 2020 edition of the North Shore Calendar of Activities.

**To help us ensure that we continue to receive funding to provide this valuable resource for free, we would appreciate you completing the short and easy survey below.**

Once completed please detach the survey below you can either:

- Post to Katie Rom, Age Concern Auckland, 177B Shakespeare Road, Milford, Auckland 0620
- Hand in to our office at the above address (Monday-Friday, 9.00am – 4.00pm)
- Scan and email back to [katier@acns.co.nz](mailto:katier@acns.co.nz)

Thank you for your assistance.



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**How useful have you found the Calendar of Activities?**

Very Useful  Useful  Not Useful

**1. Have you ever shared any information from the Calendar of Activities with another older person?**

Yes  No

**2. As a result of having received a copy of the Calendar of Activities have you joined any groups or activities?**

Yes  No

**If yes was it:** *(tick as many as required)*

Exercise/physical activity

Support Group

Educational

Social Group

Other

**3. If you are a Seniors Group or Organisation who has advertised in the Calendar of Activities, are you aware of any new members joining after reading your listing?**

Yes  No  Don't Know

**4. Any other comments you would like to make about the Calendar of Activities?**

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.....  
.....