



**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 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>Senior Circuit</b> - Senior Circuit is a great way to keep active and enjoy exercise in a fun and social setting.	9.00am - 10.00am	09 536 5360 sofie@tepuru.co.nz	The Stadium at Te Puru Community Centre, 954R Whitford-Maraetai Road, Beachlands
<b>Yoga</b> - This workout can range from gentle and slow-moving to dynamic, but it always tones, shapes and centres the mind without impact or stress.	9.00am - 10.00am	09 534 3590	Level 1, Compass Building Ara Tai Road Half Moon Bay
<b>BodyBalance</b> - The Yoga, Tai Chi and Pilates workout that builds flexibility and features 10 minutes of relaxation and meditation to leave you feeling centred and calm.	9.15am - 10.00am	09 535 5502	Lloyd Elsmore Pool and Leisure Centre Sir Lloyd Drive Pakuranga
<b>Tai Chi with Master Stacy</b> - Gentle exercise for all ages. Perfect for health and wellbeing	10.30am - 11.30am	09 576 3705	Highland Park Community House,47 Aviemore Drive Highland Park
<b>SeniorFIT+</b> - A mix of resistance and cardio training that may include movements of getting up and down from the floor. Ideal for those that have a good level of fitness, mobility and leg strength.	10.30am - 11.15am	09 534 3590	Level 1, Compass Building Ara Tai Road Half Moon Bay
<b>Senior sports</b> - Join us for a game of badminton or table tennis	12.30pm - 2.30pm (school term time only)	09 261 8436	Howick Leisure Centre 563 Pakuranga Road Howick
<b>Zumba Gold</b> - Focuses on all elements of fitness: cardiovascular; muscular conditioning; flexibility & balance	5.30pm - 6.30pm	0210 629 116	Growing Younger Fitness Studio Highland Park Drive
<b>Yoga</b>	6.00pm - 7.00pm	09 536 5360	Function Room at Te Puru Community Centre, 954R Whitford-Maraetai Road Beachlands
<b>PILATES60</b> - The eight principles of the Pilates technique - concentration, breath, centering, control, precision, movement, isolation and routine - are brought together to give you a low-impact workout.	6.15pm - 7.15pm	09 261 8436	Howick Leisure Centre 563 Pakuranga Road Howick

<b>Badminton</b> - Informal badminton session. Play singles or doubles games. Rackets and shuttlecocks available if you don't have your own. All levels welcome.	7.30pm - 9.00pm	09 536 5360	The Stadium at Te Puru Community Centre, 954R Whitford-Maraetai Road Beachlands
<b>Table Tennis</b> - Suited for all ages and abilities.	7.30pm - 9.00pm	09 536 5360	The Stadium at Te Puru Community Centre, 954R Whitford-Maraetai Road Beachlands
<b>BodyBalance</b> - The Yoga, Tai Chi and Pilates workout that builds flexibility and features 10 minutes of relaxation and meditation to leave you feeling centred and calm.	7.35pm - 8.20pm	09 535 5502	Lloyd Elsmore Pool and Leisure Centre Sir Lloyd Drive Pakuranga

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

<b>Mobile Breast Screening</b> - Counties Manukau free screening for women 45 to 69		09 250 8023	Highland Park Community House,47 Aviemore Drive, Highland Park
<b>Howick Selwyn Seniors</b> - Get together for social activities, gentle exercise & a range of different activities.	9.30am - 1.30pm	Ann Hays 09 534 6864	All Saint's Anglican Church 30 Cook St Howick
<b>U3A Howick</b>	09.30am 2 <sup>nd</sup> Monday of the month	Jan Naish 027 220 3777 j.n.w@xtra.co.nz	Howick Bowling Club 33 Selwyn Road Cockle Bay
<b>U3A Pakuranga</b>	1.45pm 1 <sup>st</sup> Monday of the month	u3apakuranga@gmail.com	Howick Presbyterian Church 1 Vincent Street, Howick

### Tuesday - Physical Activities

<b>Senior Pilates</b> - Incorporates all the standard Pilates principles, but is designed to be gentle on the senior body.	8.00am - 8.45am	09 535 5502	Lloyd Elsmore Pool and Leisure Centre Sir Lloyd Drive Pakuranga
<b>Free Community Badminton</b>	9.30am - 11.30am	09 536 5360	The Stadium at Te Puru Community Centre, 954R Whitford-Maraetai Road Beachlands
<b>Yoga</b> - This workout can range from gentle and slow-moving to dynamic, but it always tones, shapes and centres the mind without impact or stress.	10.05am - 11.05am	09 535 5502	Lloyd Elsmore Pool and Leisure Centre Sir Lloyd Drive Pakuranga
<b>SeniorFIT</b> - A mix of resistance and cardio training that excludes movements of getting up and down from the floor. For those that have reasonable mobility and do not require a walking aid.	10.15am - 11.15am	09 261 8436	Howick Leisure Centre 563 Pakuranga Road Howick
<b>SeniorFIT+</b> - A mix of resistance and cardio training that may include movements of getting up and down from the floor.	10.30am - 11.15am	09 534 3590	Level 1, Compass Building Ara Tai Road Half Moon Bay

Ideal for those that have a good level of fitness, mobility and leg strength.			
<b>SeniorFIT+</b> - A mix of resistance and cardio training that may include movements of getting up and down from the floor. Ideal for those that have a good level of fitness, mobility and leg strength.	11.20am - 12.20pm	09 261 8436	Howick Leisure Centre, 563 Pakuranga Road Howick
<b>Table Tennis</b> - Suited for all ages and abilities.	1.30pm - 3.30pm (school term time only)	09 536 5360	The Stadium at Te Puru Community Centre 954R Whitford-Maraetai Road Beachlands
<b>BodyBalance</b> - The Yoga, Tai Chi and Pilates workout that builds flexibility and features 10 minutes of relaxation and meditation to leave you feeling centred and calm.	4.15pm - 5.00pm	09 535 5502	Lloyd Elsmore Pool and Leisure Centre Sir Lloyd Drive Pakuranga
<b>Pilates</b> - Concentration, breathing, centering, control, precision, movement, isolation and routine - are brought together to give you a low-impact workout.	5.30pm - 6.15pm	09 534 3590	Level 1, Compass Building Ara Tai Road Half Moon Bay
<b>Yoga</b> - This workout can range from gentle and slow-moving to dynamic, but it always tones, shapes and centres the mind without impact or stress.	6.30pm - .30 pm	09 534 3590	Level 1, Compass Building Ara Tai Road Half Moon Bay
<b>Pilates</b> - A pure mat-based Pilates class using a series of exercises performed on the floor using gravity and your own body weight to provide resistance.	7.00pm - 8.00pm	09 536 5360	Function Room at Te Puru Community Centre 954R Whitford-Maraetai Road Beachlands

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

<b>Drop-In Patchwork</b> - A drop-in group for like-minded people interested in patchwork.	9.00am	janine99.nz@gmail.com 09 534 5584	Monet Room at Highland Park Community House, 47 Aviemore Drive, Highland Park
<b>UOA Speech Language Therapy</b> - Help for adults who stutter or with communication disorders	9.00am	Selene 022 604 0374	Highland Park Community House 47 Aviemore Drive Highland Park
<b>Knitters Operation Cover Up</b> - Knitting to support the poor and needy worldwide	12.30pm (First Tuesday of each month)	Val 09 534 2850	Highland Park Community House 47 Aviemore Drive Highland Park
<b>Rummikub</b>	1.00pm - 4.00pm	09 536 5360	Clubrooms at Te Puru Community Centre, 954R Whitford- Maraetai Road Beachlands

## Wednesday - Physical Activities

<b>Yoga</b> - This workout can range from gentle and slow-moving to dynamic, but it always tones, shapes and centres the mind without impact or stress.	6.00am - 7.00am	09 534 3590	Level 1, Compass Building Ara Tai Road Half Moon Bay
<b>PILATES45</b> - The eight principles of the Pilates technique - concentration, breath,	6.00am - 6.45am	09 261 8436	Howick Leisure Centre, 563 Pakuranga Road Howick

centering, control, precision, movement, isolation and routine - are brought together to give you a low-impact workout.			
<b>Senior Stretch and Strength</b>	9.00am - 10.00am	09 536 5360	Function Room at Te Puru Community Centre 954R Whitford-Maraetai Road Beachlands
<b>Senior Circuit</b> - Senior Circuit is a great way to keep active and enjoy exercise in a fun and social setting.	9.00am - 10.00am	09 536 5360 sofie@tepuru.co.nz	The Stadium at Te Puru Community Centre 954R Whitford-Maraetai Road Beachlands
<b>Zumba Gold</b> - Get your feet moving, hips working, hands clapping and heart pumping! Easy to follow choreography that focuses on balance, range of motion and coordination. Let's Zumba!	9.30am - 10.15am	09 535 6467	35 Uxbridge Road Howick
<b>Gentle Yoga</b> - Suitable for beginners or anyone of any age who just wants to practice in their own time without feeling judgement or comparison	9.30am - 10.30am	09 535 6467	35 Uxbridge Road Howick
<b>Steady As You Go</b> - A gentle falls prevention programme to help improve balance, leg strength, general fitness and well-being	10.00am - 11.00am	Beth Collings 021 960 004 bethanc@accm.org.nz	Botany Library Level 1 Botany Town Centre Sunset Terrace East Tamaki
<b>Free Community Badminton</b>	10.00am - 12.00pm (school term time only)	09 536 5360	The Stadium at Te Puru Community Centre 954R Whitford-Maraetai Road Beachlands
<b>Senior Pilates</b> - Incorporates all the standard Pilates principles, but is designed to be gentle on the senior body.	10.30am - 11.15am	09 534 3590	Level 1, Compass Building Ara Tai Road Half Moon Bay
<b>SeniorLITE</b> - A low impact class for those with limited mobility. Ideal for those who may have slipped, tripped or fallen in the last year. Seated options available.	1.00pm - 2.00pm	09 261 8436	Howick Leisure Centre 563 Pakuranga Road Howick, Auckland 2010
<b>BodyBalance</b> - The Yoga, Tai Chi and Pilates workout that builds flexibility and features 10 minutes of relaxation and meditation to leave you feeling centred and calm.	7.35pm - 8.20pm	09 535 5502	Lloyd Elsmore Pool and Leisure Centre Sir Lloyd Drive Pakuranga

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

<b>Community Craft Group</b> - Join this friendly and relaxed group and work on your handcrafts	9.00am - 12.00pm	yoza@xtra.co.nz 09 250 8023	Parkview Room at Highland Park Community House, 47 Aviemore Drive, Highland Park
<b>Mahjong</b> - Mahjong is an ancient tile-based Chinese game played with 4 players and is a game of skill, strategy and luck. We will show you how to play.	10.00am - 12.00pm	09 536 5360 admin@tepuru.co.nz	Function Room at Te Puru Community Centre 954R Whitford-Maraetai Road Beachlands

<b>Senior Social</b>	10.00am (First Wednesday of the month)	09 536 5360	Te Puru Community Centre 954R Whitford-Maraetai Road Beachlands
<b>Pakuranga U3A Travel Group</b> - Discuss your recent overseas trip & get the travel bug	12.30pm (First Wednesday of the month)	Gary 09 576 9478	Highland Park Community House 47 Aviemore Drive Highland Park
<b>Breast Cancer East Auckland</b> - Advice, friendship and support	1.00 pm (Third Wednesday of the month)	09 537 5275	Highland Park Community House 47 Aviemore Drive Highland Park
<b>Golden Age Seniors Club</b> - Homemade morning tea along with a variation of programmes. Entertainment, movies, games, bingo, quizzes, BBQ's, trips, & lunches! Transport available upon request	10.00am – 12.00pm	Dale 021 610 187 Carol 027 439 4377 or 09 575 7514	Bridge Club (next to Howick Recreation Centre) on Pakuranga Highway
<b>Inner Wheel Club of Howick</b> - Women in action sharing friendship through service	7.30pm (Fourth Wednesday of the month - except Jun & Dec)	howick@iwnz.org.nz  iwhowickmembership@gmail.com	Highland Park Community House 47 Aviemore Drive Highland Park
<b>Howick Herb Group</b> - Come along and learn all there is to know about herbs	7.30pm (First Wednesday of the month)	Pamela (09) 534 9379	Highland Park Community House 47 Aviemore Drive Highland Park

### Thursday - Physical Activities

<b>Pilates</b> - A pure mat-based Pilates class using a series of exercises performed on the floor using gravity and your own body weight to provide resistance.	9.00am - 10.00am	09 536 5360	Function Room at Te Puru Community Centre 954R Whitford-Maraetai Road Beachlands
<b>CHENSHI Tai Chi advanced level with David</b> - Gentle exercise to help with stress & balance	9.00am	09 543 5584	Highland Park Community House 47 Aviemore Drive Highland Park
<b>Pilates</b> - Concentration, breathing, centering, control, precision, movement, isolation and routine - are brought together to give you a low-impact workout.	9.00am - 10.00am	09 534 3590	Level 1, Compass Building Ara Tai Road Half Moon Bay
<b>Yoga</b> - This workout can range from gentle and slow-moving to dynamic, but it always tones, shapes and centres the mind without impact or stress.	10.05am - 11.05am	09 535 5502	Lloyd Elsmore Pool and Leisure Centre Sir Lloyd Drive Pakuranga
<b>SeniorFIT</b> - A mix of resistance and cardio training that excludes movements of getting up and down from the floor. For those that have reasonable mobility and do not require a walking aid.	10.15am - 11.15am	09 261 8436	Howick Leisure Centre 563 Pakuranga Road Howick
<b>SeniorFIT+</b> - A mix of resistance and cardio training that may include movements of getting up and down from the floor. Ideal for those that have a good level of fitness, mobility and leg strength.	11.20am - 12.20pm	09 261 8436	Howick Leisure Centre 563 Pakuranga Road Howick

<b>Steady As You Go</b> - A gentle falls prevention programme to help improve balance, leg strength, general fitness and well-being	1.00pm - 2.00pm	Beth Collings 021 960 004 bethanc@accm.org.nz	Botany Library, Level 1 Botany Town Centre Sunset Terrace East Tamaki
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### Thursday – Educational, Social, Special Interest, Support Group Activities

<b>Friendship House Program</b> - Living Without Violence (LWVP)	9.00am	0800 348 7878	Highland Park Community House 47 Aviemore Drive Highland Park
<b>Beachlands and Maraetai U3A</b> - Monthly meeting that consists of morning tea & a speaker. Members can choose from 14 different interest groups to be a part of, consisting of physical, artistic, & educational activities.	10.00am 4 <sup>th</sup> Thursday of the month	Chris 027 496 1260	Maraetai Presbyterian Church 5, Jacobs Way Maraetai
<b>Howick &amp; Districts Cardiac Club</b> - Meet with others going through similar cardiac experiences	10.30am (Fortnightly)	Joyce 09 537 0036	Parkview Room at Highland Park Community House, 47 Aviemore Drive, Highland Park
<b>Combined Probus Club Botany</b> - Join our friendly group of Canasta players. All welcome	1.00pm (Third Thursday of the month)	Rosemary 09 534 3429	Highland Park Community House 47 Aviemore Drive Highland Park
<b>Man Up - Tu Tangata</b> - Support group for all men	7.00pm	Mark 021 479 485	Highland Park Community House 47 Aviemore Drive Highland Park
<b>Eastern Bonsai Club</b> - Bonsai for all levels in a friendly relaxed environment	7.00pm (Third Thursday of the month)	Trevor 027 675 5584	Highland Park Community House 47 Aviemore Drive Highland Park

### Friday - Physical Activities

<b>Senior Stretch and Strength</b>	9.00am - 10.00am	09 536 5360	Function Room at Te Puru Community Centre 954R Whitford-Maraetai Road Beachlands
<b>Yoga</b> - This workout can range from gentle and slow-moving to dynamic, but it always tones, shapes and centres the mind without impact or stress.	9.00am - 10.00am	09 534 3590	Level 1, Compass Building Ara Tai Road Half Moon Bay
<b>Senior Circuit</b> - Senior Circuit is a great way to keep active and enjoy exercise in a fun and social setting.	9.00am - 10.00am	09 536 5360	The Stadium at Te Puru Community Centre 954R Whitford-Maraetai Road Beachlands
<b>BodyBalance</b> - The Yoga, Tai Chi and Pilates workout that builds flexibility and features 10 minutes of relaxation and meditation to leave you feeling centred and calm.	9.15am - 10.00am	09 535 5502	Lloyd Elsmore Pool and Leisure Centre Sir Lloyd Drive Pakuranga
<b>FLexercise with Fitness League</b> - Low impact exercise to music. Part exercise, part dance, working through the whole body including floor work	9.30am	Nina 09 238 2246 Local contact 09 577 2574	Pakuranga Park Village Community Hall Fortunes Road Half Moon Bay
<b>Zumba Gold</b> - Get your feet moving, hips working, hands clapping and heart pumping! Easy to follow choreography that	9.30am - 10.15am	09 535 6467	35 Uxbridge Road Howick

focuses on balance, range of motion and coordination. Let's Zumba!			
<b>Senior PILATES</b> - This class incorporates all the standard Pilates principles, but is designed to be gentle on the senior body.	9.30am - 10.15am	09 261 8436	Howick Leisure Centre, 563 Pakuranga Road Howick
<b>Steady As You Go</b> - A gentle falls prevention programme to help improve balance, leg strength, general fitness and well-being	10.30am - 11.30am	Beth Collings 021 960 004 bethanc@accm.org.nz	Highland Park Library 16 Highland Park Drive Highland Park
<b>Senior Pilates</b> - Incorporates all the standard Pilates principles, but is designed to be gentle on the senior body.	11.00 m - 11.45am	09 534 3590	Level 1, Compass Building Ara Tai Road Half Moon Bay
<b>Senior Sports</b> - Join us for a game of badminton or table tennis	12.30pm - 2.30pm (School term time only)	09 261 8391	Pakuranga Leisure Centre 13 Reeves Road Pakuranga

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

<b>UOA Speech Language Therapy</b> - Help for adults who stutter or with communication disorders	9.00am	Selene 022 604 0374	Highland Park Community House 47 Aviemore Drive Highland Park
<b>Howick Selwyn Seniors</b> - Get together for social activities, gentle exercise & a range of different activities.	9.30am - 1.30pm	Ann Hays 09 534 6864	All Saint's Anglican Church 30 Cook St Howick
<b>Flat Bush Selwyn Seniors</b> - Get together for social activities, gentle exercise & a range of different activities. Morning tea is served	9.30am - 12.00pm	Andrea 0800 473 599	St Paul's in the Park Anglican Church 141 Chapel Rd Flat Bush
<b>Senior Net Pakuranga Monthly Meeting</b> - These meetings are not computer-using sessions but an opportunity to meet others with a common interest, swap tips, stories and general information. Visitors are welcomed.	10.00am - 12.00pm	09 576 4500	St Andrews Church Centre 11 Vincent Street Howick
<b>Clevedon Art Trail</b> - A mix of experienced and beginning artists who enjoy the company and encouragement of other artists. New members are very welcome.	10.00am - 12.00pm	Marian Sharp 027 296 3827	McNicol Homestead McNicol Road Clevedon
<b>U3A Aviation, Aerospace &amp; WW's</b> - Come and join the discussion with like-minded enthusiasts	10.15am (Second Friday of the month)	Don 021 0266 1953	Highland Park Community House 47 Aviemore Drive Highland Park

### Saturday - Physical Activities

<b>Yoga (45)</b> - This workout can range from gentle and slow-moving to dynamic, but it always tones, shapes and centres the mind without impact or stress.	8.10am - 8.55am	09 534 3590	Level 1, Compass Building Ara Tai Road Half Moon Bay
<b>Yoga</b> - This workout can range from gentle and slow-moving to dynamic, but it	9.00am - 9.45am	09 534 3590	Level 1, Compass Building Ara Tai Road Half Moon Bay



always tones, shapes and centres the mind without impact or stress.			
<b>Casual Badminton</b> - Enjoy a fun and social game with a little bit of competitive spirit! All levels, all welcome	12.30pm - 3.50pm	09 261 8436	Howick Leisure Centre 563 Pakuranga Road Howick
<b>Sunday – Physical Activities</b>			
<b>Casual Badminton</b>	1.30pm - 4.50pm	09 261 8436	Howick Leisure Centre 563 Pakuranga Road Howick
<b>Sunday – Educational, Social, Special Interest, Support Group Activities</b>			
<b>Shiv Yog - Meditation/Spiritual</b> - Meditation for health and wellbeing	2.00 pm (Last Sunday of the month)	Deen 021 444 556	Highland Park Community House 47 Aviemore Drive Highland Park

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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