

North Shore Calendar of Activities



✓ physical activities

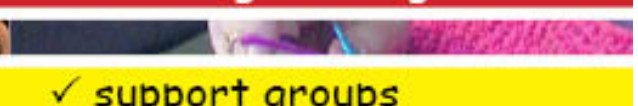
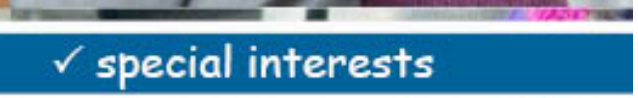
✓ social activities

✓ special interests

✓ life long learning

✓ support groups

✓ fun, laughter, 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			
Badminton North Harbour - <i>Over 55's Club</i>	1.00pm-3.00pm	09 410 6941	Badminton North Harbour Bond Crescent, Forrest Hill
Born Again Bodies - <i>Strength, balance & flexibility at any age. Supervised exercise programme with dumbbells</i>	3.00pm-4.00pm	Diana 021 0279 1709 09 410 9470	Milford Baptist Church Hall 3 Dodson Avenue Milford
Chair Yoga	11.30am-12.30pm	Anu 022 329 9443	Highbury Community House 110 Hinemoa Street, Birkenhead
Counterpunch for People with Parkinson's - <i>Non-contact boxing & exercise</i>	2.00pm-3.00pm	Lisa 021 0287 8470 Booking essential	Shane Cameron Fitness 129 Onewa Road Northcote
Exercise Group - <i>For senior women</i>	10.00am-11.00am	Jill 09 473 1932	Long Bay Baptist Church Glenvar Road, Torbay
Fitness League NZ (Inc) - <i>Balanced exercise programme, easy exercise</i>	9.30am-10.30am 10.00am-11.00am	Sonia 021 158 5867 Glenis 021 023 85103	Greenhithe Village Hall 7 Greenhithe Road St Georges Presbyterian Church Hall, 2 The Terrace, Takapuna
Hatha Yoga	6.00pm-7.00pm	Anu 022 329 9443	Bays Community Centre 2 Glen Road, Browns Bay
Mairangi Bay Walking Networks	9.00am-10.00am	Paula 09 444 6435	Mairangi Bay Beachfront
never2old active body, active mind - <i>Fitness training programme focusing on improving older adults functional fitness for continued independent living & to improve quality of life</i>	9.30am-10.30am 1.30pm-2.30pm	Phillipa 09 921 9999 ext 7615 www.never2old.net.nz	AUT Sports & Fitness Centre Akoranga Drive Northcote
Pilates - <i>Classical</i> - <i>For seniors</i> - <i>Gentle style for seniors</i>	9.30am-10.30am 10.00am-11.00am 10.30am	Kate 021 0270 4186 Ione 027 537 5733 09 444 6340 Press 1	Beach Haven Community House 130 Beach Haven Road Takapuna War Memorial Hall 7 The Strand, Takapuna North Shore Leisure - Glenfield Bentley Avenue, Glenfield
Shore Ten Pin Bowling	9.30am-12noon	Nancy 09 480 1484	Xtreme Entertainment 10 Target Court, Wairau Valley
Table Tennis - <i>Social, casual</i>	11.30am-1.30pm	Debbie 09 478 4301	St Anne's Hall, Cnr Beach & Glencoe Roads Browns Bay

Tai Chi - <i>Intermediate</i>	9.30am-10.30am	NS Women's Centre 09 444 4618	Glenfield Senior Citizens 5 Mayfield Road, Glenfield
- Qigong Seated class - for health benefits movements are slow and gentle	10.15am-11.15am	Sherie 021 536 411 sherie@taichikiwi.nz	Highbury House 110 Hinemoa Street Birkenhead
- <i>Beginner</i>	11.30am-12.30pm	NS Women's Centre 09 444 4618	Devonport Community House 32 Clarence Street, Devonport
- Qigong - for health benefits movements are slow and gentle	6.30pm-7.30pm	Sherie 021 536 411 sherie@taichikiwi.nz	Milford Senior Citizens Hall 141A Kitchener Road
- <i>Slow gentle movement</i>	7.00pm-8.00pm	Bruno 021 155 4606	Bays Community Centre 2 Glen Road, Browns Bay
Torbay Indoor Bowls	7.00pm	Kevin 09 473 3253	Torbay Community Hall, 37 Watea Road, (behind the Torbay Shops)
YMCA Northcote - <i>Goldfit – low intensity for mobility, balance, muscle strengthening</i>	10.30am–11.30am	09 480 7099	YMCA North Shore 5 Akoranga Drive Northcote
- Movement therapy low level exercise 50-90 year olds	1.00pm-2.00pm		
Yoga - <i>Gentle flow</i>	10.00am-11.15am	09 445 3068	Devonport Community House 32 Clarence Street, Devonport
Zumba	9.15am-10.15am	Claudette 027 388 6110	Torbay Community Hall 35 Watea Road, Torbay

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

Bags by Bag Ladies! - <i>Sew bags to donate to local charities to sell</i>	9.30am-11.30am	09 445 3068	Devonport Community House 32 Clarence Street Devonport
Bays Community Centre - <i>Eat play laugh – friendship group with cooking demo, lunch, fun activities</i>	1 st Monday of month 10.30am-1.30pm	Wendy 09 476 9180	Bays Community Centre 2 Glen Road Browns Bay
Beach Haven Community House - <i>Scrabble</i>	12.30pm-2.30pm	09 483 9942	Beach Haven Community House 130 Beach Haven Road
Birkenhead Garden Circle	1 st & 3 rd Monday of month, 1.00pm-3.00pm	Joy 09 480 8903	Highbury Community House 110 Hinemoa Street, Birkenhead
Browns Bay 60's Up Movement - <i>Meetings & outings for 60's Up members</i> - Coffee Group	4 th Monday of month 10.00am-12noon 1 st Monday of month 10.00am	Cecelia 09 413 9960	Taiaotea Trust Progress Hall Anzac Road, Browns Bay Browns Bay Coffee Club Browns Bay
Devonport Garden & Floral Art Club - <i>Meeting & guest speaker</i>	2 nd Monday of month, 10.45am-1.15pm	Laurel 09 445 1641	St Leo's Hall Albert Road, Devonport
East Coast Bays Bridge Club - <i>Bring your lunch</i>	10.20am	09 479 4689 ecbridge@ihug.co.nz www.ecbridgeclub.co.nz	Lyons Avenue (opposite Montana Avenue) Murrays Bay
Friendship Group - <i>Enjoy conversation and friendship</i>	Fortnightly - mornings	Age Concern Auckland 09 489 4975	Meet in local Café, Browns Bay
Glenfield 60's Up Movement - <i>Entertainment or speaker</i>	1 st Monday of month 1.30pm	John 022 0389 842 Lyn 09 444 8983	Glenfield Leisure Centre Bentley Avenue, Glenfield
Glenfield Combined Probus Club - <i>Fellowship, friendship, fun</i>	3 rd Monday of month 10.00am	Shirley 09 443 1057 027 3023 026	Glenfield War Memorial Hall Hall Road, Glenfield
Greenhithe Bridge Club	7.15pm	Jane or Phil 09 415 5501	Old School Hall Greenhithe Road, Greenhithe
Highbury Community House - <i>All on board – casual board games session</i>	12.30pm-2.30pm	09 480 5279	Highbury Community House 110 Hinemoa Street Birkenhead

Interest Classes for Older Chinese - <i>Dancing Group</i> - Singing Group	1.00pm-2.30pm 1.00pm-2.30pm	Age Concern Auckland – Jenny 021 975 208	Positive Ageing Centre 7 The Strand Takapuna
Milford Senior Citizens - <i>Line dancing</i> - Mahjong	10.00am-11.00am 10.00am-12noon	Paulene 09 489 1157 or Club Rooms 09 486 3856	Senior Citizens Hall 141A Kitchener Road Milford
North Harbour Ladies Friendship Club - <i>Speakers, friendship, outings</i>	4 th Monday of month 10.00am-12noon	Trish 09 443 6386	Pupuke Golf Club 231 East Coast Road Campbells Bay
North Shore Branch NZSG - <i>Genealogy</i>	1 st Monday of month 1.00pm-3.00pm	Raewyn 09 443 3040 northshore@genealogy .org.nz	Senior Citizens Hall 5 Mayfield Road Glenfield
North Shore Bridge Club - <i>Social</i> - Partner required	10.00am-12.30pm 7.30pm	09 486 3099 www.nsbcb.org.nz	North Shore Bridge Club 39 Killarney Street Takapuna
North Shore CMA - <i>Companionship & fun activities for older people isolated in the community. Transport arranged - lunch & morning tea provided</i>	10.00am-12.30pm	09 489 8954	Sunnynook Community Centre 148 Sycamore Drive, Sunnynook Mairangi Bay Presbyterian Church, Penzance Road Mairangi Bay
Salvation Army Companions Club - <i>Two course meal, table games, guest speakers & companionship</i>	3 rd Monday of month 10.15am-1.30pm	09 441 2554 ext 2	Salvation Army Hall 430 Glenfield Road Glenfield
SeniorNet Glenfield - <i>Computer classes and workshops. Peer to peer training, no more than six per class</i>	10.00am-12noon	09 444 2231 seniomet_glenfield@xtra.co.nz seniornet-glenfield.org.nz	Mayfield Centre 5 Mayfield Road Glenfield
SeniorNet North Shore (Inc) - <i>Computer classes, tutorials, discussion groups. Impressive range of subjects in a fun environment</i>	10.00am-12noon 1.00pm-3.00pm	09 413 6322 loughie@outlook.co.nz www.seniornetns.net	St John Ambulance Centre 2 Shea Terrace Takapuna
Sunnynook Community Centre - <i>English conversation group to those with English as a second language to practice</i> - Board games	10.45am-12.15pm 1.00pm-3.00pm	09 410 4902	Sunnynook Community Centre 148 Sycamore Drive Sunnynook
Toy Maintenance Retiree Social Group - <i>Repair, clean, process and test toys in a social environment</i>	1 st Monday of month 10.00am-12noon	Kat 021 022 30179 president.nscrl@gmail.com	1 Sidmouth Street Mairangi Bay
U3A Birkenhead - <i>Guest speaker & special interest groups</i>	1 st Monday of month 10.00am-12noon	Sue 09 418 0376 021 224 4513	Birkenhead Bowling Club 93 Mokoia Road Birkenhead

Tuesday - Physical Activities

Active Movement - <i>Low impact gentle exercises</i>	10.30am-11.30am	09 478 3379	North Shore Leisure - East Coast Bays, Bute Road, Browns Bay
Born Again Bodies - <i>Strength, balance & flexibility at any age. Supervised exercise programme with dumbbells</i>	2.00pm-3.00pm	Lorraine 021 0283 1304	Takapuna Methodist Church Cnr Lake Road & Tennyson Avenue, Takapuna
Braemar Scottish Dancing	7.30pm-10.00pm	Yvonne 09 410 9126	St Anne's Hall, Cnr Beach Road & Glencoe Road, Browns Bay
Chair Stretch - <i>Gentle standing and sitting exercises</i>	10.00am-11.00am	David 027 552 3757	Devonport Community House 32 Clarence Street, Devonport
Devonport Y's Walkers	9.00am-10.00am	027 4843 826	32 Clarence Street Devonport

East Coast Bays Walkers	8.20am	Pam 09 302 4882 022 049 3244	Glen Road, (by Browns Bay Plunket Rooms)
Fab Fit Tuesday - <i>Strength & balance exercises to increase mobility & agility</i>	10.00am	09 480 1055	The Workshop 84B & 84C Hinemoa Street Birkenhead
Fitness League NZ (Inc) - <i>Balanced exercise programme, easy exercise</i>	6.00pm	Jennie 09 427 9308	Glenfield War Memorial Hall Hall Road Glenfield
Laughter Yoga	9.30am-10.15am	Louise 0274 753 734	Glenfield Senior Citizens Hall Mayfield Road, Glenfield
Mairangi Bay Walking Networks	9.00am-10.00am	Paula 09 444 6435	Mairangi Arts Centre 20 Hastings Road, Mairangi Bay
never2old active body, active mind - <i>Fitness training programme focusing on improving older adults functional fitness for continued independent living</i>	9.30am-10.30am 1.30pm-2.30pm	Phillipa 09 921 9999 ext 7615 www.never2old.net.nz	AUT Sports & Fitness Centre Akoranga Drive Northcote
Northcote Walking Group - <i>Three hour walk with a refreshment/lunch break after each hour</i>	Every 2 nd Tuesday 10.00am-3.00pm	Brucilla 09 480 0150 027 533 9302	Auckland wide using free buses, trains, ferries & car pooling
Parkinsons Exercise and Functional Mobility	10.00am-12noon term time only	Lisa 021 0287 8470 Booking essential	Sunnynook Community Centre 148 Sycamore Drive, Sunnynook
Petanque - <i>Play this fun French game, make lots of new friends</i>	1.00pm-3.00pm	Roger 022 353 7606 John 021 528 585	Kennedy Park Petanque Club Kennedy Memorial Park 137-147 Beach Road, Castor Bay
Pickleball - <i>Paddles & balls provided</i>	6.30pm-8.30pm	Angie 022 600 9299	East Coast Bays Leisure Centre, 12 Bute Road, Browns Bay
Salsa Dance - <i>Beginners</i> - Improvers	6.30pm-7.30pm 7.30pm-8.30pm	Lofty 021 239 4937	Devonport Community House 32 Clarence Street Devonport
Tai Chi - <i>Beginners welcome</i> - Beginners - <i>Maintenance</i> - Qigong- for health benefits movements are slow and gentle - <i>Qigong- for health benefits movements are slow and gentle</i>	9.15am-10.15am 9.30am-10.30am 9.30am-10.30am 11.45am-12.45pm 1.00pm-2.00pm	Gillian 09 445 2073 NS Women's Centre 09 444 4618 Eileen 09 486 1051 Sheri 021 536 411 Sheri 021 536 411	Wakatere Boating Club Narrow Neck Northcote War Memorial Hall 2 Rodney Road, Northcote Pt Sunnynook Community Centre 148 Sycamore Drive Senior Citizens House, 119 Queen Street, Northcote Point Senior Citizens House, 119 Queen Street, Northcote Point
Yoga - <i>Gentle yoga for active senior</i>	10.30am	09 444 6340 Press 1	North Shore Leisure Glenfield, Bentley Avenue, Glenfield
Zumba Gold - <i>Active seniors group fitness</i>	10.30am-11.30am	09 480 7099	

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

Bays Community Centre - <i>Browns Bay Spinners</i>	2 nd & 4 th Tuesday of month 7.00pm-9.00pm	Nicole 021 149 7788	Bays Community Centre 2 Glen Road, Browns Bay
Beach Haven Community House - <i>Ukulele Jam – music, singing, laughs</i> - Mainly watercolour – non tutored art group - <i>Bridge – enthusiastic novice group</i>	10.00am-11.30am 10.00am-12noon 12noon-2.00pm	09 483 9942	Beach Haven Community House 130 Beach Haven Road Beach Haven
Birkenhead 60's Up Movement - <i>Speaker or entertainment & monthly trips</i>	2 nd Tuesday of month 10.00am	Edna 09 483 8497 Kathy 09 419 9605	Cedars Church Hall 56A Tramway Road Beach Haven

Browns Bay 60's Up Movement - <i>Bowls, Rummikub</i>	1.00pm-3.00pm	Doris 09 478 8962	Taiatea Trust Progress Hall Anzac Road, Browns Bay
Browns Bay U3A - <i>Excellent guest speaker and presentations by Special Interest Groups</i>	1 st Tuesday of month	Val 021 763 662 Myfanwy 09 475 5741 www.u3abb.net.nz	Presbyterian Church Hall Anzac Road Browns Bay
Chinese Senior Group - <i>Social gathering with guest speaker, sharing of information, outings</i>	3 rd Tuesday of month 10.00am-12noon	Age Concern Auckland Jenny 021 975 208	Positive Ageing Centre 7 The Strand Takapuna
Devonport Community House - <i>Leisure painters</i>	10.00am-2.30pm	Linda 09 446 6141	Devonport Community House 32 Clarence Street, Devonport
Dutch Club - <i>Informal coffee group talk Dutch. Car transport help possible</i>	3 rd Tuesday of month 10.00am	Ineke 021 150 0250	Birkdale
East Coast Bays Bridge Club - <i>Juniors & mixed grades</i>	7.20pm	09 479 4689 ecbridge@ihug.co.nz www.ecbridgeclub.co.nz	Lyons Avenue (opposite Montana Avenue) Murrays Bay
Friendship Group - <i>Enjoy conversation and friendship</i>	Fortnightly - mornings	Age Concern Auckland 09 489 4975	Meet in local Café Glenfield
Glenfield 60's Up Movement - <i>Luncheon</i>	Last Tuesday of month	Gloria 027 478 5599	Local venue
Glenfield Senior Citizens - <i>Snooker, bowls</i>	1.00pm-4.00pm	09 444 6578	Glenfield Senior Citizens 7 Mayfield Road, Glenfield
Highbury Community House - <i>Highbury Sew & mend – join a friendly group to grow your sewing skills. All levels welcome</i> - Highbury Coffee Group – meet for coffee/tea & friendship	9.30am-11.30 am 10.30am-12noon	09 480 5279	Highbury Community House 110 Hinemoa Street Birkenhead
Milford Senior Citizens - <i>Scrabble</i> - Scottish dancing - <i>500 card game</i>	9.00am-12noon 10.00am-12noon 12.30pm-3.00pm	Paulene 09 489 1157 or Club Rooms 09 486 3856	Senior Citizens Hall 141A Kitchener Road Milford
North Shore Bridge Club - <i>Partner required</i>	11.00am	09 486 3099 www.nsbcc.org.nz	North Shore Bridge Club 39 Killarney Street, Takapuna
North Shore CMA - <i>Companionship & fun activities for older people isolated in the community. Transport arranged - lunch & morning tea provided</i>	10.00am-12.30pm	09 489 8954	Birkdale Community House 134 Birkdale Road, Birkdale Albany Community Hub 575A Albany Highway Albany
North Shore Diabetes Support Group - <i>Support & education</i>	1 st Tuesday of month 10.00am-12noon except January/April/ December	Sue 021 622 783	First Floor Meeting Room Takapuna Library The Strand, Takapuna
North Shore Embroiderers' Guild - <i>Promote understanding & interest in embroidery</i>	4 th Tuesday of month 10.00am-12noon 5th Tuesday of month 10.00am-3.00pm	Kim 021 171 6731	Positive Ageing Centre 7 The Strand Takapuna
North Shore Music & Keyboard Club	1 st Tuesday of month 7.15pm-9.30pm	Gordon 09 410 4788 027 636 8589 http://nsaokc.blogspot.com/	Upstairs Lounge Takapuna Bowling Club Bracken Avenue, Takapuna
North Shore Widows' & Widowers' Society - <i>Indoor bowls</i>	9.30am-12noon	Judith 09 479 6042	Taiatea Trust Progress Hall Anzac Road Browns Bay
Northcote Baptist Craft Morning - <i>Patchwork, painting, cross-stitch, jewellery making, knitting</i>	9.30am-11.30am	09 419 1006	Northcote Baptist Church 67 Eban Avenue Northcote
Selwyn – Milford - <i>Fun & friendship</i>	9.30am-12noon	09 486 0668	St Paul's Anglican Church Otakau Road, Milford

SeniorNet Glenfield - Computer classes & workshops. Peer to peer training, no more than six per class	10.00am-12noon 1.30pm-3.30pm	09 444 2231 seniomet_glenfield@xtra.co.nz seniornet-glenfield.org.nz	Mayfield Centre 5 Mayfield Road Glenfield
SeniorNet North Shore (Inc) - Computer classes, tutorials, discussion groups. Impressive range of subjects in a fun environment	10.00am-12noon 1.00pm-3.00pm	09 413 6322 loughie@outlook.co.nz www.seniornets.net	St John Ambulance Centre 2 Shea Terrace Takapuna
Takapuna 60's Up Movement - Walking group	9.30am	Millie 09 489 1441 021 0583 761	Meet at the northern end of Milford Beach (near public toilets)
Takapuna Senior Citizens - Scrabble	9.45am-onwards	Malcolm 09 445 8034	5 The Strand Takapuna
U3A Browns Bay - Top line guest speaker	1 st Tuesday of month	Val 09 414 5529 www.u3abb.net.nz	Presbyterian Church Hall Anzac Road, Browns Bay

Wednesday - Physical Activities

Born Again Bodies - Strength, balance & flexibility at any age. Supervised exercise programme with dumbbells	1.00pm-2.00pm 2.30pm-3.30pm	aandgarysme@gmail.com	Presbyterian Church Hall Hastings Road, Mairangi Bay St Anne's Hall, Cnr Glencoe & East Coast Road, Browns Bay
Campbells Bay Walkers & Talkers - 1 hour walking followed by morning tea	9.30am-11.00am	Dorothy 09 478 6702	Various
Chair Yoga	11.00am-12noon	Anu 022 329 9443	Beach Haven Community House 130 Beach Haven Road
Chair Yoga for Seniors	2.00pm – 3.00pm	Holly 09 445 1500 021 112 4826	Harmony Hall 4 Wynyard Street, Devonport
Feisty Feet - Dance classes for seniors	10.00am-11.00am	Carlene 09 378 7361	St Peter's Anglican Church 11 Killarney Street, Takapuna
Fitness League NZ (Inc) - Balanced exercise programme, easy exercise	9.30am-10.30am 6.00pm-7.00pm	Irene 09 444 8461 Sonia 021 158 5867	Glenfield War Memorial Hall Glenfield Glamorgan School Hall Glamorgan Drive, Torbay
Hatha Yoga	9.30am-10.30am	Anu 022 329 9443	Beach Haven Community House 130 Beach Haven Road
Mairangi Bay Walking Networks	9.00am-10.00am	Paula 09 444 6435	Mairangi Bay Beachfront
never2old active body, active mind - Fitness training programme focusing on improving older adults functional fitness for continued independent living & improve quality of life	9.30am-10.30am	Phillipa 09 921 9999 ext 7615 www.never2old.net.nz	AUT Sports & Fitness Centre Akoranga Drive Northcote
Sahaja Yoga Meditation - No charge	7.30pm-9.00pm	Maria 09 479 9511	Bays Community Centre 2 Glen Road, Browns Bay
Stanley Bowling Club	1.15pm	Sheila 021 156 0507 09 445 6580 Charles 09 445 3525	Stanley Bay Bowling Club 20 Stanley Point Road Devonport
Table Tennis - Drop in casual	1.00pm-4.00pm	09 445 3068	Devonport Community House 32 Clarence Street, Devonport
Tai Chi - Maintenance - Beginner - Qi Gong –for health benefits movements are slow and gentle	10.00am-11.00am 11.30am-12.30pm 1.30pm-2.30pm	Eileen 09 486 1051 NS Women's Centre 09 444 4618 Sherie 021 536 411	Torbay Senior Citizens Hall 37 Watea Road, Torbay Devonport Community House 32 Clarence Street, Devonport Milford Senior Citizens Hall 141A Kitchener Road, Milford

- <i>Slow gentle movement</i>	1.30pm-2.30pm	Bruno 021 155 4606	Bays Community Centre 2 Glen Road, Browns Bay
Torbay Walkers	4.00pm-5.00pm	Irene 09 473 1159	Garden seat Torbay Village
Walking Group - <i>1 hour walk followed by cup of tea/coffee</i>	9.00am	09 410 4902	Sunnynook Community Centre 148 Sycamore Drive Sunnynook

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

Art Group	9.30am-11.30am during school terms	09 444 4618	North Shore Women's Centre 5 Mayfield Road, Glenfield
Bays Community Centre - <i>Rummikub</i> - International Friendship Group conversation, friendship, fun, interest in other cultures - <i>Backgammon</i>	10.00am-12noon 10.00am-12noon during term time 12.30pm-3.00pm	Annette 09 441 3019 Debbie 09 478 4091 Linda 09 479 5678	Bays Community Centre 2 Glen Road Browns Bay
Beach Haven/Birkdale Garden Circle - <i>Speaker, trading table</i>	1 st Wednesday of month 9.30am-12noon	Pauline 09 418 1312 027 666 5035	Beach Haven Ratepayers Hall 336 Rangatira Road
Beach Haven Community House - <i>Advanced French</i> - Intermediate French - <i>Friends of Shepherds Park – locals who come together for maintenance and regeneration of Park</i>	11.00am-12.00noon 12.30-1.30pm 4 th Wednesday month 7.30pm-8.30pm	<i>Laure 09 482 0519</i> Laure 09 482 0519 <i>friendsofshepherdspark@gmail.com</i>	<i>Beach Haven Community House</i> <i>130 Beach Haven Road</i> <i>Beach Haven</i>
Devonport Community House - <i>Knitting Friendship Group</i>	10.00am-12noon	09 445 3068	Devonport Community House 32 Clarence Street, Devonport
Devonport Spinners, Weavers, Knitters etc	10.00am-12noon	Molly 09 446 6027	Devonport Cub Den Allenby Avenue, Devonport
East Coast Bays Bridge Club - <i>Mixed grades - bring your lunch</i>	10.20am	09 479 4689 ecbridge@ihug.co.nz www.ecbridgeclub.co.nz	Lyons Avenue (opposite Montana Avenue) Murrays Bay
Friendship Club of East Coast Bays - <i>Guest speakers, social events, interest groups, outings & trips</i>	1 st Wednesday of month 10.00am-12noon	Ted 09 486 4220 Pamela 09 475 6696	Mairangi Bay Presbyterian Church Hall, 10 Hastings Road Mairangi Bay
Friendship Group - <i>Enjoy coffee (buy your own) and friendship</i>	Fortnightly, mornings	Age Concern Auckland 09 489 4975	Meet in local Café, Northcote
Glenfield 60's Up Movement - <i>Outings – bus trips</i>	3 rd Wednesday of month	Lyndsey 09 444 4551 Doris 09 415 9611 Wynne 020 4142 2528	
Glenfield Senior Citizens - <i>Bowls</i> - 500 (cards)	10.00am-12noon 1.00pm-3.00pm	09 444 6578	Glenfield Senior Citizens 7 Mayfield Road Glenfield
Hauraki Floral Art Club	2 nd Wednesday of month 9.30am-1.30pm	Jennifer 09 479 5691 Anne 09 282 1565	Outram Hall, 478 Beach Road Murrays Bay
Highbury Community House - <i>Unfinished objects, social craft group</i> - Patchwork & Sewing - <i>Mah Jong</i>	9.00am-12noon 9.30am-12noon 12.30pm-3.00pm	09 480 5279	Highbury Community House 110 Hinemoa Street Birkenhead
Interest Classes for Older Chinese - <i>English Conversation Class</i>	10.00am-11.45am	Age Concern Auckland – Jenny 021 975 208	Positive Ageing Centre 7 The Strand, Takapuna
Milford Senior Citizens - <i>Knitting Club</i>	1 st & last Wednesday of month 10.00am-12noon	Paulene 09 489 1157 or Club Rooms 09 486 3856	Senior Citizens Hall 141A Kitchener Road Milford
North Harbour Rockers - <i>Rock & Roll</i>	7.00pm-10.00pm	Ann 027 277 8059 annabagnall55@gmail.com	Sunnynook Community Centre 148 Sycamore Drive, Sunnynook

North Shore Branch NZSG - <i>Genealogy</i>	3 rd Wednesday of month 7.30pm-9.30pm	Raewyn 09 443 3040 northshore @genealogy.org.nz	Senior Citizens Hall 5 Mayfield Road Glenfield
North Shore Bridge Club - <i>Social</i> - Partner required	10.00am-12.30pm First two Wednesdays of month 7.30pm	09 486 3099 www.nsbcb.org.nz	North Shore Bridge Club 39 Killarney Street Takapuna
North Shore Cake Decorating Club	1 st Wednesday of month 12noon-3.30pm	Gayle 09 483 8417 027 737 3188	Kennedy Park Observation Post 137-147 Beach Road, Castor Bay
SeniorNet Bayswater - <i>One-on-one assistance with computers, iPads, Smartphones – Microsoft, Android, Apple</i>	1.00pm-3.30pm	Club Rooms 09 446 3305 Karene 021 443 521	Belmont Racquet Clubrooms 133 Bayswater Road Bayswater
SeniorNet Glenfield - <i>Computer classes & workshops. Peer to peer training, no more than six per class</i>	10.00am-12noon 1.30pm-3.30pm	09 444 2231 seniomet_glenfield@xtra.co.nz seniornet-glenfield.org.nz	Mayfield Centre 5 Mayfield Road Glenfield
SeniorNet North Shore (Inc.) - <i>Computer classes, tutorials, discussion groups Impressive range of subjects in a fun environment</i>	10.00am-12.30pm 1.30pm-3.00pm	09 413 6322 loughie@outlook.co.nz www.seniornetns.net	St John Ambulance Centre 2 Shea Terrace Takapuna
Seniors Friendship Group - <i>Games and conversation</i>	Fortnightly 1.30pm-3.00pm	09 481 3030	Chelsea Bay Lounge Rawene Centre 33 Rawene Road, Birkenhead
Sunnynook Ladies Club - <i>General meeting, social get together & guest speaker</i>	1 st Wednesday of month 10.00am-12noon	Trinda 09 410 6728	Sunnynook Community Centre 148 Sycamore Drive Sunnynook
Takapuna 60's Up Movement - <i>Trip</i> - <i>Movie, enjoy a movie and a cup of tea</i>	1 st Wednesday of month 4th Wednesday of month 9.30am	Elaine 09 413 6562 027 4861 023	Various Flanagan Lounge, St Joseph's Church, 10 Dominion Street, Takapuna
Takapuna Floral Art Club - <i>Floral demonstrations, workshop, fun, friendship and flowers</i>	4 th Wednesday of month 9.30am-2.30pm	Sue 09 410 0020 021 384 721	Barfoot & Thompson Netball Centre, 44 Northcote Road, Northcote
Torbay Garden Club - <i>Speaker, trading table, bus trips</i>	1 st Wednesday of month 1.00pm-3.00pm except February & July	Hilary 09 478 1601 Georgie 09 473 0404	Torbay Community Hall, 37 Watea Road, (behind the Torbay Shops)
U3A Devonport - <i>Providing mental stimulation for Senior Citizens</i>	2 nd Wednesday of month, 10.00am-12noon	Patsy 09 217 9389	Harmony Hall 4 Wynyard Street Devonport
U3A Takapuna - <i>General meeting & speaker, visitors welcome</i>	1 st Wednesday of month except December & January, 9.45am-12noon	09 478 2490 u3atakapuna.org.nz	Northcote Citizens Centre Hall Cnr Ernie Mays Street & College Road, Northcote
Zion Hill Fellowship - <i>Companionship for people isolated through age or disability</i>	10.00am-1.15pm during school terms	Janet 09 480 7751 Valerie 09 480 5456	Birkenhead Methodist Church Hall Onewa Road Birkenhead

Thursday - Physical Activities

Active Movement - <i>Low impact gentle exercises</i>	10.30am	09 478 3379	North Shore Leisure - East Coast Bays, Bute Road, Browns Bay
Aqua Senior - <i>Shallow</i>	9.30am	09 444 6340 Press 1	North Shore Leisure - Glenfield Bentley Avenue, Glenfield
Badminton North Harbour - <i>Over 55's Club</i>	1.00pm-3.00pm	09 410 6941	Badminton North Harbour Bond Crescent, Forrest Hill
Born Again Bodies - <i>Strength, balance & flexibility at any age. Supervised exercise programme</i>	10.30am-11.30am	aandgarysyme@gmail. com	Windsor Park Baptist Church 550 East Coast Road Mairangi Bay

Devonport Y's Walkers	9.00am-10.00am	027 4843 826	32 Clarence Street Devonport
Essentrics! - Tones, strengthens, lengthens & limbers muscles. Improves posture & balance	10.00am	Jeanne 021 447 878	St Johns Anglican Church 47 Church Street Northcote Point
Fab Fit Dance - Dance to 50's classics for strength, balance, coordination & fitness	Thursday 10.00am	09 480 1055	The Workshop 84B & 84C Hinemoa Street Birkenhead
Fitness League NZ (Inc) - Balanced exercise programme, easy exercise	9.30am-10.30am 10.00am-11.00am	Sonia 021 158 5867 Glenis 021 023 85103	Outram Hall, 478 Beach Road Murrays Bay St George's Presbyterian Church Hall, 2 The Terrace, Takapuna
Indoor Bowls	12.45pm-3.15pm	09 410 4902	Sunnynook Community Centre 148 Sycamore Drive, Sunnynook
Line Dancing	9.30am-10.30am 10.00am-12noon	09 483 9149 clifford_pamela@hotmail.com Bill 09 441 4193 021 160 4170	Birkdale Community House 134 Birkdale Road, Birkdale Sunnynook Community Centre 148 Sycamore Drive Sunnynook
never2old active body, active mind - Fitness training programme focusing on improving older adults functional fitness for continued independent living	9.30am-10.30am 1.30pm-2.30pm	Phillipa 09 921 9999 ext 7615 www.never2old.net.nz	AUT Sports & Fitness Centre Akoranga Drive Northcote
Northcote Petanque Club - Club night	4.00pm	Heather 09 480 6988 021 049 9668	Northcote Bowling Club Council Terrace, Little Shoal Bay
Petanque - Play this fun French game, make lots of new friends	1.00pm-3.00pm	Roger 022 353 7606 John 021 528 585	Kennedy Park Petanque Club Kennedy Memorial Park 137-147 Beach Road, Castor Bay
Senior Movement - Low impact, gentle exercises	10.15am	09 444 6340 Press 1	North Shore Leisure - Glenfield, Bentley Avenue, Glenfield
Shore Ten Pin Bowling	9.30am-12noon	Nancy 09 480 1484	Xtreme Entertainment 10 Target Court, Wairau Valley
Tai Chi - Tai Chi - Beginners welcome - Beginners - Beginners - Qigong	8.15am-9.15am 9.15am-10.15am 9.30am-10.30am 12.30pm-1.30pm 1.45pm-2.45pm	Wai Ling 09 478 3309 Gillian 09 445 2073 NS Women's Centre 09 444 4618 Kathy 021 187 5985 Kathy 021 187 5985	Bays Community Centre 2 Glen Road, Browns Bay Wakatere Boating Club Narrow Neck Glenfield Senior Citizens 7 Mayfield Road, Glenfield Milford Senior Citizens Hall 141A Kitchener Road, Milford Milford Senior Citizens Hall 141A Kitchener Road, Milford
Yoga - Gentle to stretch, breathe & relax for health	10.00am-11.00am	David 027 552 3757	Devonport Community House 32 Clarence Street Devonport
Dance Gold - Active seniors group fitness	10.30am-11.30am	09 480 7099	YMCA North Shore 5 Akoranga Drive, Northcote

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

Bays Community Centre - Mahjong - Bays Patchwork	9.15am-2.00pm Fortnightly 7.00pm-9.30pm	Patricia 09 479 2374 Judi 09 478 9397	Bays Community Centre 2 Glen Road, Browns Bay
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Beach Haven Community House - Arts & oils - Handcrafts & creations - Afternoon guitars at the House	10.00am-12noon 10.00am-12noon 1.00pm-2.30pm	09 483 9942 Ngaere 09 483 8339 09 483 9942	Beach Haven Community House 130 Beach Haven Road Beach Haven
Boomerang Bags - Sew reusable bags for the community, or work on your own creations	9.30am	Laurie 0224 188 199	Birkdale Community House 134 Birkdale Road Birkdale
Chinese Positive Ageing Group	10.00am-3.00pm	Sandy 09 624 1368 or 021 052 0930	Positive Ageing Centre 7 The Strand, Takapuna
Dees Dementia Social Group - 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
East Coast Bays Bridge Club - Mixed grades - lessons available	7.20pm	09 479 4689 ecbridge@ihug.co.nz www.ecbridgeclub.co.nz	Lyons Avenue (opposite Montana Avenue) Murrays Bay
Friendship Club of Birkenhead - Friendship, fellowship & fun. Speakers, friendship, outings	2nd Thursday of month 10.00am-12noon	Colin 09 482 2200	Birkenhead RSA Club Rooms Recreation Drive Birkenhead
Friendship Group - Enjoy coffee (buy your own) and friendship	Fortnightly, mornings	Age Concern Auckland 09 489 4975	Meet in local Café Takapuna
Luncheon Club - Eat your packed lunch in a social environment & enjoy a range of musicians & entertainers. All welcome	2 nd Thursday of month 12noon-2.00pm	Raewyn 09 410 4423	Mairangi & Castor Bay Presbyterian Church 8-10 Penzance Road Mairangi Bay
Milford Senior Citizens - Dance Club	10.00am-12noon	Paulene 09 489 1157 Club Rooms 09 486 3856	Senior Citizens Hall 141A Kitchener Road Milford
North Shore Bridge Club - Partner required - Social	12.30pm 7.30pm	09 486 3099 www.nsbcb.org.nz	North Shore Bridge Club 39 Killarney Street Takapuna
North Shore CMA - Companionship & fun activities for older people isolated in the community. Transport arranged - lunch & morning tea provided	10.00am-12.30pm	09 489 8954	Glenfield War Memorial Hall Hall Road, Glenfield Rose Centre School Road Belmont
North Shore Chronic Obstructive Pulmonary Disease (COPD) - Support group	2 nd Thursday of month 10.00am-12noon February - December	09 630 0236	Sunnynook Community Centre 148 Sycamore Drive Sunnynook
North Shore Diabetes Support Group - Support & education	1 st Thursday of month 7.00pm-9.00pm except January/May/ December	Sue 021 622 783	Auckland Christian Assembly 26 Albany Highway Glenfield
North Shore Stroke Club - Indoor bowls, ping-pong, scrabble, art & craft, petanque, mini golf, walks, housie, exercises, various other activities & outings	10.00am-1.00pm phone before attending	09 475 0070	Sunnybrae Bowling Club 6 Argus Place Glenfield (next to the North Shore Events Centre)
Northcote Point Senior Citizens - Social, entertainment - Outing	3 rd Thursday of month 10.00am-12noon Every 4th Thursday	Colleen 09 418 2349	Northcote Point Senior Citizens Centre 119 Queen Street Northcote Point
SeniorNet Bayswater One-on-one assistance with computers, iPads, Smartphones – Microsoft, Android, Apple	10.00am-12noon	Club Rooms 09 446 3305 Karene 021 443 521	Belmont Racquet Clubrooms 133 Bayswater Road Bayswater

SeniorNet Glenfield - Computer classes & workshops. Peer to peer training, no more than six per class	10.00am-12noon 1.30pm-3.30pm	09 444 2231 seniomet_glenfield@xtra.co.nz seniornet-glenfield.org.nz	Mayfield Centre 5 Mayfield Road Glenfield
SeniorNet North Shore (Inc) - Computer classes, tutorials, discussion groups. Impressive range of subjects in a fun environment	10.00am-12noon 1.00pm-3.00pm	09 413 6322 loughie@outlook.co.nz www.seniornets.net	St John Ambulance Centre 2 Shea Terrace Takapuna
Shanti Niwas Charitable Trust Indian & South Asian Support Group - Support group for older people	10.30am-1.30pm	09 622 1010 shantiniwas@xtra.co.nz priya.r@shantiniwas.org.nz	Glenfield Community Centre Cnr of Glenfield Road & Bentley Avenue, Glenfield
Takapuna 60's Up Movement - Easy exercise and cup of tea - Monthly Meeting, Speaker and entertainment – cup of tea & door prize	Every Thursday except 3 rd 10.00am 3rd Thursday of month 10.00am-12noon	Elaine 09 413 6562 027 4861 023	St Joseph's Church Hall 10 Dominion Street Takapuna
Torbay Friendship Club - Friendship, fellowship & fun. Speakers, friendship, outings	2 nd Thursday of month 10.00am	Ann 09 473 2320	Torbay Community Hall 35 Watea Road, Torbay
Torbay International Coffee Group - No charge, just turn up	10.15am-12noon	Carole 09 473 3259	Long Bay Baptist Church 282 Glenvar Road, Long Bay

Friday - Physical Activities

Counterpunch for People with Parkinson's - Non-contact boxing & exercise for people with Parkinson's. Open class & seated class running parallel	2.00pm-3.00pm	Lisa 021 0287 8470 Booking essential	Shane Cameron Fitness 129 Onewa Road Northcote
East Coast Bays Walkers	8.20am	Pam 09 302 4882 022 049 3244	Glen Road, (by Browns Bay Plunket Rooms)
Essentrics! - Strengthens & lengthens muscles improving posture, flexibility, mobility & balance	10.00am-11.00am	Iris 021 216 1851	St Paul's Anglican Church Hall 2 Otakau Road Milford
Fitness League NZ (Inc) - Balanced exercise programme, easy exercise	9.30am-11.00am	Val 09 475 5215 021 0705 749	Sunnynook Community Centre 148 Sycamore Drive Sunnynook
Mairangi Bay Walking Networks	9.00am-10.00am	Paula 09 444 6435	Mairangi Bay Arts Centre 20 Hastings Road, Mairangi Bay
never2old active body, active mind - Fitness training programme focusing on improving older adults functional fitness for continued independent living & improve quality of life	9.30am-10.30am	Phillipa 09 921 9999 ext 7615 www.never2old.net.nz	AUT Sports & Fitness Centre Akoranga Drive Northcote
Pickleball - Paddles and balls provided	12noon-2.30pm	Angie 022 600 9299	East Coast Bays Leisure Centre 12 Bute Road, Browns Bay
Pilates - For seniors	10.00am -11.00am	Ione 027 537 5733	Takapuna War Memorial Hall 7 The Strand, Takapuna
Table tennis - Social, casual	11.30am-1.30pm	Debbie 09 478 4091	St Anne's Hall, Cnr Beach Road & Glencoe Road, Browns Bay
Tai Chi - Intermediate - Maintenance	9.30am-10.30am 1.00pm-2.00pm	NS Women's Centre 09 444 4618 Eileen 09 444 4618	Beach Haven Ratepayers Hall 336 Rangatira Road Sunnynook Community Centre 148 Sycamore Drive

YMCA Northcote - Goldfit – low intensity for mobility, balance, muscle strengthening - Movement therapy low level exercise 50-90 year olds	8.30am-9.30am 1.00pm-2.00pm	09 480 7099	YMCA North Shore 5 Akoranga Drive Northcote
Yoga for EveryBODY	9.30am-11.00am	Jennie 021 0262 0259	Glenfield Senior Citizens 7 Mayfield Road, Glenfield
Zumba	9.15am-10.15	Claudette 027 388 6110	Torbay Community Hall 35 Watea Road, Torday

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

Beach Haven/Birkdale Garden Circle - Bus trips – garden visits & lunch	Last Friday of month 9.30am	Barbara 09 486 0622 Pauline 09 418 1312 027 666 5035	
Beach Haven Community House - Deversi-tea – all welcome - Peggy Squares – learn to knit or teach others, knitting for community	9.30am-10.30am 1st Friday of month 12.30pm-2.30pm	Laure 022 418 8199 09 483 9942	Beach Haven Community House 130 Beach Haven Road Beach Haven
Browns Bay Ladies Club - General meeting & social get together & guest speaker	4 th Friday of month 10.00am-12noon	Yvonne 021 149 3384	Torbay Sailing Club Beach Road Waiake Beach
Community Knitting Group	10.00am-2.30pm	09 444 5023	Glenfield Community Centre Cnr Bentley Avenue & Glenfield Road, Glenfield
East Coast Bays Bridge Club - Juniors & mixed grades	12.20pm	09 479 4689 ecbridge@ihug.co.nz www.ecbridgeclub.co.nz	Lyons Avenue (opposite Montana Avenue) Murrays Bay
Eddies Meals - Share food and conversation over a hot meal. All welcome	1st Friday of month 6.00pm – 7.30pm	facebook.com/Eddies-Meals	Rosmini College Auditorium 35 Dominion Street Takapuna
Friendship Group - Enjoy coffee (buy your own) and friendship	Fortnightly, mornings	Age Concern Auckland 09 489 4975	Meet in local Café Milford
Glenfield Senior Citizens - Housie	1.00pm-3.00pm	09 444 6578	Glenfield Senior Citizens 7 Mayfield Road, Glenfield
Highbury Community House - Embroidery	10.00am-12noon during term time	09 424 2741 sapygott@gmail.com	Highbury Community House 110 Hinemoa Street, Birkenhead
Milford Senior Citizens - Dance Club	10.00am-12noon	Paulene 09 489 1157 or Club Rooms 09 486 3856	Senior Citizens Hall 141A Kitchener Road Milford
North Shore Bridge Club - Partner required	11.00am	09 486 3099 www.nsbcb.org.nz	North Shore Bridge Club 39 Killarney Street, Takapuna
Northcote 60's Up Movement - Meetings, entertainers, outings	1 st Friday of month 10.00am-12noon	09 443 5227	Northcote Citizens Centre Hall Ernie Mays Street, Northcote
SeniorNet Glenfield - Computer classes & workshops. Peer to peer training, no more than six per class	10.00am-12noon 1.30pm-3.30pm	09 444 2231 seniomet_glenfield@xtra.co.nz seniornet-glenfield.org.nz	Mayfield Centre 5 Mayfield Road Glenfield
SeniorNet North Shore (Inc) - Computer classes, tutorials, discussion groups. Impressive range of subjects in a fun environment	10.00am-12noon 1.00pm-3.00pm	09 413 6322 loughie@outlook.co.nz www.seniornetns.net	St John Ambulance Centre 2 Shea Terrace Takapuna
Stanley Bowling Club - Social - Quiz night	6.00pm 3rd Friday of month 7.30pm	Sheila 021 156 0507 09 445 6580 Charles 445 3525	Stanley Bay Bowling Club 20 Stanley Point Road Devonport

Takapuna Friendship Club - <i>Speakers, friendship, outings</i>	3 rd Friday of month 9.30am-11.30am	Joseph 09 444 8373	Sunnybrae Bowling Club 9 Argus Place, Glenfield
Takapuna Senior Citizens - <i>Scrabble</i>	9.45am-onwards	Malcolm 09 445 8034	5 The Strand Takapuna
Saturday - Physical Activities			
Counterpunch for People with Parkinson's - <i>Non-contact boxing & exercise</i>	10.30am-11.30am	Lisa 021 0287 8470 Booking essential	Shane Cameron Fitness 129 Onewa Road Northcote
Laughter Yoga	9.00am-9.45am	Louise 027 275 3734 laughterbrownsbay@gmail.com	Bays Community Centre 2 Glen Road, Browns Bay
Mairangi Bay Walking Networks	8.30am-9.30am	09 444 6435	Mairangi Bay carpark (adjacent children's play area)
Stanley Bowling Club	1.15 pm	Sheila 021 156 0507 09 445 6580 Charles 09 445 3525	Stanley Bay Bowling Club 20 Stanley Point Road Devonport
- Tai Chi & Qigong - <i>for health benefits movements are slow and gentle</i>	10.00am-11.00am	Sherie 021 536 411 sherie@taichikiwi.nz	War Memorial Hall, 2 Rodney Road Northcote Point
Saturday – Educational, Social, Special Interest, Support Group Activities			
Bays Community Centre - <i>Crazy quilters</i> - <i>On the hook crochet</i>	4 th Saturday of month 9.30am-3.00pm 3.30pm-5.00pm	Marilyn 09 473 6958 Olga 021 023 84495	Bays Community Centre 2 Glen Road Browns Bay
Glenfield Senior Citizens - <i>Bowls, snooker</i>	1.00pm-4.00pm	09 444 6578	Glenfield Senior Citizens 7 Mayfield Road, Glenfield
North Shore Widows' and Widowers' Society - <i>Café lunch</i>	3 rd Saturday of month 12noon	Judith 09 479 6042	Different venues
SeniorNet North Shore (Inc) - <i>Tips & tricks & iPad/phones. Other subjects likely to be added.</i>	10.00am-12noon 1.00pm-3.00pm	09 413 6322 loughie@outlook.co.nz www.seniornetns.net	St John Ambulance Centre 2 Shea Terrace Takapuna
Sunday - Physical Activities			
Devonport Y's Walkers	9.00am-10.00am	027 4843 826	32 Clarence Street Devonport
Mairangi Bay Walking Networks - <i>Slower walk</i>	9.00am-10.00am	Paula 09 444 6435	Milford Shopping Centre carpark
Northcote Petanque Club	4.00pm December - April 2.00pm May – November	Heather 09 480 6988 021 049 9668	Northcote Bowling Club Council Terrace Little Shoal Bay
Sunday - Educational, Social, Special Interest, Support Group Activities			
North Shore Country Music Club - <i>Singing & dancing</i>	Fortnightly on Sundays 7.00pm-10.00pm	Michelle 021 119 8796	Sunnynook Community Centre 148 Sycamore Drive Sunnynook
North Shore Widows' & Widowers' Society - <i>Indoor bowls</i>	1.30pm-4.00pm	Judith 09 479 6042	Taiatea Trust Progress Hall Anzac Road Browns Bay

**For more information on
Community Strength and Balance classes visit
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.**

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

**If your group has missed being included, please contact the office
by phoning 09 489 4975 or emailing ageconcern@ageconak.org.nz
and we will contact you prior to the next edition.**

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Calendar of Activities - User Survey

We hope you enjoy this 2021/2022 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.

You can fill out below and email the saved survey to katier@acns.co.nz or detach and:

- 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

Thank you for your assistance.



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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