

# Central Auckland 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			
<b>Active Gold</b> - Cardiovascular exercises, strength training, pilates, balance work, gentle stretches, relaxation	10:30am <b>11:30am</b>	Kate (09) 579 0004	Active Plus Ellerslie 180 Main Highway Ellerslie
<b>Active Gold</b> - Cardiovascular exercises, strength training, pilates, balance work, gentle stretches, relaxation	12:00pm - 12:45pm	(09) 631 0010	Active Plus Dominion Road 718 Dominion Road Mt Eden
<b>Balance &amp; Flexibility</b> - Standing and balance work, floor exercises and flexibility	10:00am	Annie 021 815 113	Kohimarama Yacht Club 80 Tamaki Drive Mission Bay
<b>Body Balance</b>	7:30pm - 8:30pm	Fitness Results 021 890 555	St Heliers Community Centre 100 St Heliers Bay Road St Heliers
<b>Chair Yoga</b> - Sit or stand to relieve joints, work on balance and coordination, dance and relaxation	9:30am	Natasya 021 515 798 natasya@theyogapantry.com	The Yoga Pantry St Albans Church 443 Dominion Road Mt Eden
<b>Chair Yoga for Seniors</b> - Sitting and standing postures using a chair to improve balance and strength	10:00am - 11:00am	Tracy 021 284 8444 chairyoganz@gmail.com	The Olde Homestead 92 Point Chevalier Road Point Chevalier
<b>Dance Fit Fun</b>	1:00pm	Sonya 027 319 5261 (09) 521 6438	Tamaki Recreation Centre 60 Elstree Avenue, Glen Innes
<b>Deep Water Aqua Aerobics</b> - Water aerobics with belts	8:30am - 9:15am	Sonya 027 319 5261 (09) 521 6438 bfitbhealthy@kinect.co.nz	Sacred Heart Aquatic Centre 250 West Tamaki Road Glendowie
<b>Feldenkrais</b> - Awareness through movement, do better, feel better and understand yourself better	1:30pm - 2:30pm	Annie 021 815 113	St Heliers Community Centre 100 St Heliers Bay Road St Heliers
<b>Gentle Yoga &amp; Exercise with Weights</b> - Light weights and dynabands to increase bone density and strength	6:00pm - 7:00pm	Anne (09) 521 5567 022 139 9810 info@gloriousbody.co.nz www.gloriousbody.co.nz	Tahapa Hall, Meadowbank Community Centre 22 Tahapa Crescent Meadowbank
<b>Gold Fit</b> - Warm up, individual gym programme, cooldown. Strength, balance, cardio	9:15am <b>10:30am</b>	(09) 303 2069 aucklandcity@ymcauckland.org.nz	YMCA Auckland City Fitness 149 Greys Avenue Auckland CBD

<b>Gold Fit</b> - Balance and strength, cardio, respiratory. With warm up and cool down	9:00am - 10:00am	(09) 624 6058 cameronpool@ymcauckland.org.nz	YMCA Cameron Pool and Leisure Centre 53 Arundel Street Mount Roskill
<b>Gold Fit</b> - Warm up, cool down, modified sport, catered to your abilities	10:30am	(09) 579 4716 ellerslie@ymcauckland.org.nz	YMCA Ellerslie Recreation Centre, 46 Michaels Avenue Ellerslie
<b>Gold Fit</b> - Warm up, cool down, modified sport, catered to your abilities	8:15am	(09) 846 0788 mtalbert@ymcauckland.org.nz	YMCA Mt Albert, Community and Leisure Centre, 773 New North Road, Mt Albert
<b>Gold Fit Activate</b> - Exercises classes that include group warm up, personalised exercise programme and group cool down	10:00am	(09) 636 8825 jordan@ymcauckland.org.nz	YMCA Sir William Jordan Recreation Centre 5 Pearce Street Onehunga
<b>Golden Groovers</b> - Gentle dance inspired cardio	10:30am	(09) 575 6098	St Heliers Community Centre 100 St Heliers Bay Road St Heliers
<b>Goldies</b> - Simple and functional dance moves to music	12:00 noon 1:00pm	Kelly 021 377 040 loyallyfit@gmail.com	Selwyn Village Theatre 43 Target Street Pt Chevalier
<b>Legends Flex</b>	10:00am - 10:35am	(09) 570 7820 thebays@clmnz.co.nz	CLM Eastern Bays 135 Morrin Road, St Johns
<b>Nia Technique</b>	11:30am	Mariska 021 0257 2656 info@niamatakana.co.nz	20 Ponsonby Terrace Ponsonby
<b>Pilates</b>	9:15am 10:30am	(09) 303 2069 aucklandcity@ymcauckland.org.nz	YMCA Auckland City Fitness 149 Greys Avenue Auckland CBD
<b>Seniors Dance</b> - Easy to learn movement based on contemporary dance	10:00am 11:15am	Susan 021 206 1835 susan@seniorsdance.nz www.seniorsdance.nz	St Lukes Church Hall 704 New North Road Mt Albert
<b>Seniors Yoga</b> - Yoga classes for 60s and over	1:00pm - 2:00pm	Francesca (09) 378 1752	Ponsonby Community Centre 20 Ponsonby Terrace Ponsonby
<b>Strength and Balance Dance with Debz</b>	9:30am	Debbie 021 149 9905 zharko13@gmail.com (09) 827 3300	Green Bay Community House 1 Barron Drive Green Bay
<b>Tai Chi for Wellbeing</b>	1:15pm	Stacy (09) 576 3705	St Thomas Church, Corner Kohimarama Road & St Heliers Bay Road, St Johns
<b>Yoga</b> - Gentle physical movements	9:30am	Mans 021 1349 000 www.yogaone.co.nz	Somervell Church Corner Greenlane & Remuera Roads, Remuera
<b>YogaWell</b> - Alignment based yoga	9:00am	Jules 021 349 400 jules@yogawell.co.nz	Westend LawnTennis Club 2 Fife Street, Westmere
<b>Zumba</b> - Cardio for all ages and levels	7:00pm - 7:45pm	Soph 027 587 0808	Grey Lynn Community Centre 510 Richmond Road Grey Lynn

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

<b>English Conversation</b> - English for Speakers of Other Languages (ESOL)	10:00am - 11:30am	(09) 575 6098	St Heliers Community Centre 100 St Heliers Road St Heliers
<b>Mahjong</b> - Mahjong and afternoon tea, all skill levels welcome	12:30pm - 2:30pm	(09) 555 5162	The Jubilee Building 545 Parnell Road Parnell
<b>Puzzle Club</b> - Meet other puzzle lovers. Relax with a cuppa and a bickie	10:00am - 12:00 noon	(09) 827 3300	Green Bay Community House 1 Barron Drive Green Bay

## Tuesday - Physical Activities

<b>Active Gold</b> <i>- Cardiovascular exercise, strength training, Pilates, balance work, gentle stretches</i>	11:00am - 11:45am	(09) 631 0010	Active Plus Dominion Road 718 Dominion Road Mt Eden
<b>Fitness League</b> <i>- Low impact exercises to music - part exercise, part dance. Focus on posture whether standing, sitting, or lying down</i>	10:00am	Val 021 070 5749	St Aidan's Church Hall 5 Ascot Avenue Remuera
<b>Gentle Yoga and Exercise</b> <i>- Light weights optional</i>	6:30pm - 7:30pm	Anne (09) 521 5567 022 139 9810 info@gloriousbody.co.nz www.gloriousbody.co.nz	Glendowie Community Centre 83 Crossfield Road Glendowie
<b>Gold Fit</b> <i>- Warm up, cool down, personalised work out</i>	11:00am	(09) 627 1642 lynfield@ymcauckland.org.nz	YMCA Lynfield Youth & Leisure, 16-18 Griffen Park Road, Mount Roskill
<b>Gold Fit Circuit</b>	10:15am	(09) 636 8825 jordan@ymcauckland.org.nz	YMCA Sir William Jordan Recreation Centre 5 Pearce Street, Onehunga
<b>Goldies</b> <i>- Adaptable workouts. Strength and balance including cardio and weights</i>	10:30am	Kelly 021 226 6834 kelly@transformationcentre.co.nz	The Transformation Centre 7/260 Apirana Avenue Glen Innes
<b>Grumpies - Yoga for Men</b> <i>- Yoga for men over 50</i>	6:00pm - 7:00pm	Tracy 021 284 8444	Grey Lynn Community Centre 510 Richmond Road Grey Lynn
<b>Legends Fit</b>	10:00am - 10:45am	(09) 570 7820 thebays@clmnz.co.nz	CLM Eastern Bays 135 Morrin Road, St Johns
<b>Legends Strength and Balance</b> <i>- Body exercises for strength and balance</i>	10:30am	(09) 276 8207	Otahuhu Pool & Leisure Centre, CLM, Otahuhu Recreation Centre, 30 Mason Avenue Otahuhu
<b>Lifestyle</b> <i>- Designed for flexibility, strength, balance, bone density, tummy strengthening, relaxation, cardio</i>	10:30am - 11:30am	Gabby 021 576 437	Tamaki Ex-Services Association Hall, Turua Street & Polygon Road St Heliers
<b>Senior Swans Ballet</b>	2:00pm - 3:00pm	Kathleen 021 0294 7554 ballet@nzballet.co.nz www.nzballet.co.nz	Dance for Life Academy 1 Pearce Street Onehunga
<b>Silver Sneakers</b> <i>- Over 65s exercise classes</i>	10:30am	Amanda (09) 520 0081 amanda@habitatforfitness.nz www.habitatforfitness.co.nz	Habitat for Fitness Habitat Newmarket 52 Remuera Road, Newmarket
<b>Somervell Presbyterian Church Walking Group</b> <i>- Meet to walk followed by snacks</i>	9:15am	(09) 524 5379	Somervell Presbyterian Church, 497 Remuera Road Remuera
<b>Strength Mobility and Balance</b> <i>- Balance, strength, mobility and walking exercises in a fun but challenging way. Also caters for those with Parkinson's and those who struggle to get up from a chair</i>	11:00am - 12:00 noon	Shouvik 022 172 5835 Jess 021 0832 0416 info@pranaphysio.co.nz	BodyTech Gym 8 Nugent Street Grafton
<b>Stretch and Relax</b> <i>- Yoga accessible to everyone, focusing on stretching and breathing with awareness</i>	10:00am	Isha (09) 623 6294	Greyfriars Church Hall Corner Mt Eden & Windmill Road Mt Eden
<b>Tai Chi for Beginners</b>	12:00 noon	Sonya 027 319 5261 (09) 521 6438	Tamaki Recreation Centre 60 Elstree Avenue, Glen Innes

<b>Tai Chi for Wellbeing</b>	1:00pm	Stacy (09) 576 3705	St Andrews Village Community Centre, 207 Riddell Road Glendowie
<b>Tai Chi Tahī</b>	1:00pm	Sonya 027 319 5261 (09) 521 6438	Tamaki Recreation Centre 60 Elstree Avenue Glen Innes
<b>Vinyasa Yoga</b>	6:30pm - 7:30pm	Kerry 027 315 3037	Grey Lynn Community Centre 510 Richmond Road Grey Lynn
<b>YogaWell</b>	5:30pm	Jules 021 349 400 jules@yogawell.co.nz	Herne Bay Iyengar Yoga Centre, 230C Jervois Road Herne Bay
<b>Yoga</b> - Accessible and energizing community yoga	6:30pm - 7:30pm	Justin 020 4059 2319 Will 027 634 5829	Grey Lynn Community Centre 510 Richmond Road Grey Lynn
<b>Yoga Light</b> - Gently integrate breath, body and movement to stretch, relax and restore	9:30am - 11:00am	Janet 022 080 5810	Glendowie Community Centre 83 Crossfield Road Glendowie
<b>Zumba</b> - Cardio for all ages and level	7:00pm - 7:45pm	Soph 027 587 0808	Summerland Primary School 62 Summerland Drive Henderson

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

<b>Grey Lynn Selwyn Centre</b> - Varied activities including social and physical	10:30am - 1:00pm	(09) 376 9119	Grey Lynn Selwyn Centre St Columbia Anglican Church 92 Surrey Crescent, Grey Lynn
<b>Meadowbank Selwyn Centre</b> - Companionship, fun, advice and support. Varied programmes and morning tea with intellectual, social, and physical activities	9:30am - 12:00 noon	Kirsten (09) 533 9000 021 180 7321	St Chad's Anglican Church 38 St Johns Road Meadowbank
<b>Positive Ageing Day Programmeme</b> - Morning tea, range of activities (social, physical, support)	10:30am	Shanti Niwas (09) 622 1010 shantiniwas@xtra.co.nz	Shanti Niwas Charitable Trust, 14 Spring Street, Onehunga
<b>Scrabble</b> - Tea with scrabble	1:30pm - 3:30pm	(09) 555 5162	The Jubilee Building 545 Parnell Road, Parnell
<b>St Heliers Ladies Probus</b> - Ladies only	2 <sup>nd</sup> Tuesday of month 2:00pm - 4:00pm	Judy (09) 575 2312	St Heliers Presbyterian Community Centre 100 St Heliers Bay Road
<b>Yulia's Art Classes</b> - Any medium - watercolour, acrylic paint, oil paint, mixed media	10:00am - 12:30pm	Yulia 021 308 207	Meadowbank Community Centre, 29 Saint Johns Road St Johns

## Wednesday - Physical Activities

<b>Active Gold</b> - Cardiovascular exercise, strength training, pilates, balance work, gentle stretches, relaxation	10:30am	Kate (09) 579 0004	Active Plus Ellerslie 180 Main Highway Ellerslie
<b>Ashtanga Yoga</b>	9:30am	(09) 520 0081 www.habitatforfitness.co.nz	Habitat for Fitness 399 New North Road Kingsland
<b>Balance &amp; Flexibility</b> - Standing and balance work, floor exercises and flexibility	9:30am	Annie 021 815 113	Kohimarama Yacht Club 80 Tamaki Drive Mission Bay
<b>Barre Fix</b> - Pilates/dance class	9:30am	(09) 520 0081 www.habitatforfitness.co.nz	Habitat for Fitness Habitat Newmarket 52 Remuera Road, Newmarket

<b>Boomers Counterpunch</b> - For people who have suffered from strokes	1:30pm - 2:30pm	(09) 9795108	Eastern Bay Fitness Corner Kepa & Kohimarama Road, Kohimarama
<b>Dance Fit Fun</b>	1:00pm	Sonya 027 319 5261 (09) 521 6438 bfitbhealthy@kinect.co.nz	Tamaki Recreation Centre 60 Elstree Avenue Glen Innes
<b>Deep Water Aqua Aerobics</b> - Water aerobics with belts	8:30am - 9:15am	Sonya 027 319 5261 (09) 521 6438 bfitbhealthy@kinect.co.nz	Sacred Heart Aquatic Centre 250 West Tamaki Road Glendowie
<b>Falls Prevention Tai Chi</b> - Posture, relax, strength and balance. Sitting and standing exercise	10:30am	Alison 021 528 744 alison.taichi@gmail.com	Leicester Hall 20 Findlay Street Ellerslie
<b>Falls Prevention Tai Chi</b> - Posture, relax, strength and balance. Sitting and standing exercise	1:00pm	Alison 021 528 744 alison.taichi@gmail.com	St Philip's Anglican Church 92 St Heliers Bay Road St Heliers
<b>Fitness League</b> - Low impact exercises to music - part exercise, part dance. Focus on posture whether standing, sitting, or lying down	9:30am	Beryl (09) 266 3803	St Andrews Church Hall 11 Vincent Street Howick
<b>Gentle Yoga and Exercise</b> - Light weights optional	9:45am - 11:00am	Anne (09) 521 5567 022 139 9810 info@gloriousbody.co.nz www.gloriousbody.co.nz	Tahapa Hall, Meadowbank Community Centre 22 Tahapa Crescent Meadowbank
<b>Gold Fit</b> - Warm up, individual gym programme, cooldown. Strength, balance, cardio	9:15am <b>10:30am</b>	(09) 303 2069 aucklandcity@ymcauckland.org.nz	YMCA Auckland City Fitness 149 Greys Avenue Auckland CBD
<b>Gold Fit</b>	8:15am <b>10:45am</b>	(09) 846 0788 mtalbert@ymcauckland.org.nz	YMCA Mt Albert Community & Leisure Centre, 773 New North Road, Mt Albert
<b>Gold Fit</b> - Warm up, cool down, personalised work out	11:15am	(09) 627 1642 lynfield@ymcauckland.org.nz	YMCA Lynfield Youth & Leisure, 16-18 Griffen Park Road, Mount Roskill
<b>Gold Fit Activate</b>	10:00am	(09) 626 8826 jordan@ymcauckland.org.nz	YMCA Sir William Jordan Recreation Centre 5 Pearce Street, Onehunga
<b>Legends Aqua</b> - Aqua aerobics	10:30am	(09) 276 8207	CLM, Otahuhu Recreation Centre, 30 Mason Avenue Otahuhu
<b>Seniors Dance</b> - Easy to learn movement based on contemporary dance	11:00am	Susanne 027 451 8880 www.seniorsdance.nz	Children's Musical Theatre Studio, 120 Vincent Street Howick
<b>Seniors Yoga</b> - Yoga classes for 60s and over	11:00am	Francesca (09) 378 1752	Ponsonby Community Centre 20 Ponsonby Terrace Ponsonby
<b>Strength Mobility and Balance</b> - Balance, strength, mobility and walking exercises in a fun but challenging way. Also caters for those with Parkinson's and those who struggle to get up from a chair	10:30am - 11:30am	Shouvik 022 172 5835 Jess 021 0832 0416 info@pranaphysio.co.nz	BodyTech Gym 8 Nugent Street Grafton
<b>Tai Chi for Wellbeing</b>	10:30am	Stacy (09) 576 3705	50 Dunkirk Road Panmure
<b>Vinyasa Yoga</b>	5:30pm - 7:00pm	Vicki (09) 575 4736 vickisopernz@gmail.com	Grey Lynn Community Centre 510 Richmond Road Grey Lynn

<b>Yoga for All</b> - Suitable for those with disabilities. Using floor, mats, other props for a more gentle yoga	9:30am	Natasya 021 515 798 natasya@theyogapantry.com	The Yoga Pantry St Albans Church 443 Dominion Road Mt Eden
<b>Yoga Light</b> - Gently integrate breath, body and movement to stretch, relax and restore	10:30am - 11:40am	Janet 022 080 5810	St Heliers Community Centre 100 St Heliers Road St Heliers
<b>Yogilates</b> - Yoga and Pilates	9:45am	021 890 555	Fitness Results, St Heliers Community Centre 100 St Heliers Bay Road St Heliers

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

<b>Creative Colouring</b> - Bring your own books and materials	9:30am - 11:30am	(09) 827 3300	Green Bay Community House 1 Barron Drive, Green Bay
<b>Glen Eden Selwyn Centre</b> - Morning tea, range of activities (social, physical, support)	10:00am - 12:00 noon	Enid (09) 833 8813	St Andrews Anglican Hall 10 Clayburn Road Glen Eden
<b>Green Bay Art Group</b> - Bring your own projects along. All art mediums & styles welcome	9:30am - 11:30am	(09) 827 3300	Green Bay Community House 1 Barron Drive Green Bay
<b>Knitting and Crochet Group</b> - Swap patterns and share ideas	9:30am - 12:00 noon	(09) 827 3300	Green Bay Community House 1 Barron Drive, Green Bay
<b>Kohimarama Selwyn Centre</b> - Social and physical activities for enjoyment and fun	10:00am - 12:30pm	Jennie 021 534 455	St Andrew's Anglican Church Hall, 116 Selwyn Avenue Kohimarama
<b>Positive Ageing Day Programmeme</b> - Morning tea, range of activities (social, physical, support)	10:30am - 1:30pm	(09) 622 1010 shantiniwas@xtra.co.nz	Shanti Niwas Charitable Trust 14 Spring Street Onehunga
<b>Shanti Niwas Drop-in Centre</b> - Morning tea, range of activities (social, physical, support)	10:30am – 5:00pm	(09) 622 1010 shantiniwas@xtra.co.nz	Shanti Niwas Charitable Trust 258 Balmoral Road, Mt Eden (Beside Balmoral Temple)
<b>U3A St Heliers</b>	1 <sup>st</sup> Wednesday of month 9:30am - 11:30am	Kathy 027 237 9097	St Heliers Community Centre 100 St Heliers Bay Road St Heliers

### Thursday - Physical Activities

<b>Balance &amp; Flexibility</b> - Standing and balance work, floor exercises and flexibility	9:30am	Annie 021 815 113	Kohimarama Yacht Club 80 Tamaki Drive Mission Bay
<b>Chair Yoga for Seniors</b> - Sitting and standing postures using a chair to improve balance and strength	11:00am - 12:00 noon	Tracy 021 284 8444 chairyoganz@gmail.com	Westend Tennis Club 2 Fife Street Westmere
<b>Feldenkrais</b> - Awareness through movement	11:30am - 12:30pm	Annie 021 815 113	St Heliers Community Centre 100 St Heliers Bay Road St Heliers
<b>Feldenkrais</b> - Improve your balance, stability and flexibility	6:30pm - 7:30pm	Michelle 021 212 0521 (09) 827 3300	Green Bay Community House 1 Barron Drive Green Bay
<b>Gold Fit</b> - Warm up, cool down, modified sport catered to your abilities	10:30am	(09) 579 4716 ellerslie@ymcauckland.org.nz	YMCA Ellerslie Recreation Centre, 46 Michaels Avenue Ellerslie
<b>Gold Fit</b> - Balance, strength, cardio and respiratory	9:00am	(09) 624 6058 cameronpool@ymcauckland.org.nz	YMCA Cameron Pool and Leisure Centre, 53 Arundel Street, Mount Roskill

<b>Gold Fit Dance</b>	10:00am	(09) 626 8826 jordan@ymcaauckland.org.nz	YMCA Sir William Jordan Recreation Centre 5 Pearce Street, Onehunga
<b>Goldies</b> - <i>Adaptable workouts. Strength and balance including cardio and weights</i>	10:45am	Kelly 021 226 6834 kelly@transformationcentre.co.nz	The Transformation Centre, 7/260 Apirana Avenue Glen Innes
<b>Legends Aqua</b> - <i>Aqua aerobics</i>	10:30am	(09) 276 8207	CLM, Otahuhu Recreation Centre, 30 Mason Avenue Otahuhu
<b>Legends Fit</b>	10:00am - 10:45am	(09) 570 7820 thebays@clmnz.co.nz	CLM Eastern Bays 135 Morrin Road, St Johns
<b>Seniors Dance</b> - <i>Easy to learn movement based on contemporary dance</i>	10:30am	Sue 022 649 852 sue_macrae@seniorsdance.nz www.seniorsdance.nz	St Aidans Church 5 Ascot Avenue Remuera
<b>Senior Swans Ballet</b>	12:30pm - 1:30pm	Kathleen 021 0294 7554 ballet@nzballet.co.nz www.nzballet.co.nz	Dance for Life Academy 1 Pearce Street Onehunga
<b>Senior Swans BarreFit</b> - <i>Fitness and strength class using swiss balls, therabands barre (all provided)</i>	11:15am	Kathleen 021 0294 7554 ballet@nzballet.co.nz www.nzballet.co.nz	Auckland Academy of Adult Ballet, 1 Pearce Street Onehunga
<b>Silver Sneakers</b> - <i>Over 65s exercise classes</i>	10:30am	Amanda 520 0081 amanda@habitatforfitness.nz www.habitatforfitness.co.nz	Habitat for Fitness Habitat Newmarket 52 Remuera Road, Newmarket
<b>Step Out Walking Group</b> - <i>Socialising and walking</i>	10:00am - 11:00am	(09) 555 5162	The Jubilee Building 545 Parnell Road, Parnell
<b>Stretch and Relax</b> - <i>Yoga accessible to everyone, focusing on stretching and breathing with awareness</i>	10:30am	Isha (09) 623 6294	St Andrews Church Hall 100 St Andrews Road Epsom
<b>Strength Mobility and Balance</b> - <i>Balance, strength, mobility and walking exercises in a fun but challenging way. Also caters for those with Parkinson's and those who struggle to get up from a chair</i>	11:00am - 12:00 noon	Shouvik 022 172 5835 Jess 021 0832 0416 info@pranaphysio.co.nz	BodyTech Gym 8 Nugent Street Grafton
<b>Tai Chi Tahī</b>	1:00pm	Sonya 027 319 5261 (09) 521 6438	Tamaki Recreation Centre 60 Elstree Avenue Glen Innes
<b>Tai Chi Wellness and Injury Free</b> - <i>Fall prevention, balance and strengthening</i>	11:00am - 12:00 noon	Eddie 021 288 2380 taichi9000@yahoo.co.nz	Meadowbank Community Centre, 29 St Johns Road St Johns
<b>Walking Group</b>	9:30am	Heather 021 992 568	Meet outside the St Heliers Community Centre, 100 St Heliers Bay Road, St Heliers.
<b>Yoga</b> - <i>Accessible and energizing community yoga</i>	6:30pm - 7:30pm	Justin 020 4059 2319 Will 027 634 5829	Grey Lynn Community Centre, 510 Richmond Road Grey Lynn
<b>Yoga Works Community Class</b>	6:00pm - 7:15pm	Becca 021 378 323 Sharon 021 0822 1672	Grey Lynn Community Centre 510 Richmond Road Grey Lynn
<b>Thursday – Educational, Social, Special Interest, Support Group Activities</b>			
<b>Film Group</b> - <i>Discuss movies you have seen over afternoon tea</i>	3 <sup>rd</sup> Thursday of month 1:00pm - 2:30pm	(09) 555 5162	The Jubilee Building 545 Parnell Road Parnell



<b>Meadowbank Selwyn Centre</b> - <i>Companionship, fun, advice and support. Varied programmes and morning tea with intellectual, social and physical activities</i>	9:30am - 12:00 noon	Kirsten (09) 533 9000 021 180 7321	St Chad's Anglican Church 38 St Johns Road Meadowbank
<b>Parnell Coffee &amp; Chat</b> - <i>Morning tea, guest speakers, regular outings</i>	2 <sup>nd</sup> Tuesday of month 10:00am - 11:30am	(09) 555 5162	The Jubilee Building 545 Parnell Road Parnell
<b>Social Stitchers</b> - <i>Stitching or knitting with afternoon tea</i>	12:30pm - 3:30pm	Gail 021 262 5900 kiwigail@yahoo.com	St Heliers Community Centre 100 St Heliers Bay Road St Heliers
<b>St Heliers Garden Club</b> - <i>Speakers, competitions, get-together</i>	4 <sup>th</sup> Thursday of month 1:30pm - 3:30pm	Adrienne (09) 570 5387	St Heliers Community Centre 100 St Heliers Bay Road St Heliers

### Friday - Physical Activities

<b>Active Gold</b> - <i>Cardiovascular exercise, strength training, pilates, balance work, gentle stretches, relaxation</i>	10:30am - 11:15am	(09) 631 0010	Active Plus Dominion Road 718 Dominion Road Mt Eden
<b>Balance and Flexibility</b> - <i>Balance training, different abilities, full body strengthening</i>	9:30am	Megan 021 158 9221 megan@optimizehealth.co.nz	Champs Fitness 215 Kapa Road Mission Bay
<b>Body Balance</b>	9:15am - 10:15am	021 890 555	Fitness Results, St Heliers Community Centre 100 St Heliers Bay Road St Heliers
<b>Dance</b> - <i>Ballet warm up and contemporary dance</i>	10:30am	(09) 303 2069 aucklandcity@ymcauckland.org.nz	YMCA Auckland City Fitness 149 Greys Avenue Auckland CBD
<b>Deep Water Aqua Aerobics</b> - <i>Water aerobics with belts</i>	8:30am - 9:15am	Sonya 027 319 5261 (09) 521 6438 bfitbhealthy@kinect.co.nz	Sacred Heart Aquatic Centre 250 West Tamaki Road Glendowie
<b>Fitness League</b> - <i>Low impact exercises to music - part exercise, part dance. Focus on posture whether standing, sitting or lying down</i>	9:30am	Nina (09) 238 2246	Pakuranga Park Village, Fortunes Road Half Moon Bay
<b>Friday Flow Full Spectrum Yoga</b> - <i>Postures, breathwork and meditation</i>	9:30am - 10:30am	Megan 021 1343 161 (09) 827 3300	Green Bay Community House 1 Barron Drive, Green Bay
<b>Gold Fit</b> - <i>Warm up, cool down, personalised work out</i>	11:00am	(09) 627 1642 lynfield@ymcauckland.org.nz	YMCA Lynfield Youth & Leisure, 16-18 Griffen Park Road, Mount Roskill
<b>Gold Fit</b> - <i>Warm up, cool down, modified sport. Catered to your abilities</i>	8:15am	(09) 846 0788 mtalbert@ymcauckland.org.nz	YMCA Mt Albert, Community & Leisure Centre, 773 New North Road, Mt Albert
<b>Gold Fit</b> - <i>Warm up, individual gym programme cooldown. strength, balance, cardio.</i>	9:15am 10:30am	(09) 303 2069 aucklandcity@ymcauckland.org.nz	YMCA Auckland City Fitness 149 Greys Avenue Auckland CBD
<b>Gold Fit Tai Chi</b>	10:30am	(09) 636 8825 jordan@ymcauckland.org.nz	YMCA Sir William Jordan Recreation Centre 5 Pearce Street, Onehunga
<b>Seniors Dance</b> - <i>Easy to learn movement based on contemporary dance</i>	10:00am	Sue 022 649 852 sue_macrae@seniorsdance.nz www.seniorsdance.nz	New Lynn Scout Hall 37 Margan Avenue New Lynn
<b>Senior Swans Ballet</b>	12:00 noon - 1:00pm	Kathleen 021 0294 7554 ballet@nzballet.co.nz www.nzballet.co.nz	Dance for Life Academy 1 Pearce Street Onehunga

<b>Senior Swans Conditioning &amp; Stretch Fridays</b> - Targeted personal training for specific needs for strength and mobility	11:15am	Kathleen 021 0294 7554 ballet@nzballet.co.nz www.nzballet.co.nz	Auckland Academy of Adult Ballet 1 Pearce Street Onehunga
<b>Seniors Yoga</b> - Relax, unwind and strengthen	1:00pm - 1:40pm	(09) 378 4908	Seniors Yoga, Grey Lynn Community Centre, 510 Richmond Road, Grey Lynn
<b>Strength Mobility and Balance</b> - Balance, strength, mobility and walking exercises in a fun but challenging way. Also caters for those with Parkinson's and those who struggle to get up from a chair	10:30am - 11:30am	Shouvik 022 172 5835 Jess 021 0832 0416 info@pranaphysio.co.nz	BodyTech Gym 8 Nugent Street Grafton
<b>Yoga</b>	8:00am	Vicki 021 377 830	St Aidan Church 5 Ascot Avenue Remuera

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

<b>English Conversation</b> - English for Speakers of Other Languages (ESOL)	10:00am - 11:30am	(09) 575 6098	St Heliers Community Centre 100 St Heliers Bay Road St Heliers
<b>Family Meals on a Budget</b> - Learning to cook meals for a budget	Fortnightly 10:00am - 12:00 noon	Chrissy 027 717 4128	18 Mervan Street Mangere
<b>Mt Albert Selwyn Centre</b> - Simple exercise and social activities with morning tea. Transport available	9:30am - 12:00 noon	Joanna 027 498 8010	St Lukes Anglican Church 704 New North Road Mt Albert
<b>Parnell Community Centre Bridge Club</b> - Social Game of bridge with afternoon tea	1:00pm - 4:00pm	(09) 555 5162	The Jubilee Building 545 Parnell Road Parnell
<b>Shanti Niwas Drop-in Centre</b> - Morning tea, range of activities (social, physical, support)	10:30am - 5:00pm	(09) 622 1010 shantiniwas@xtra.co.nz	258 Balmoral Road Mt Eden (Beside Balmoral Temple)

### Saturday - Physical Activities

<b>Ashtanga Yoga</b>	7:45am	(09) 520 0081 www.habitatforfitness.co.nz	Habitat Newmarket 52 Remuera Road Newmarket
<b>Bay Walkers</b>	8:00am (summer) 8:30am (winter)	Graham (09) 575 5485	Meet by St Heliers Beach opposite Vellenoweth Green Moreton Bay trees
<b>Gentle Yoga and Exercise</b> - Light weights optional	8:30am - 9:30am	Anne Scott (09) 521 5567 022 139 9810 info@gloriousbody.co.nz www.gloriousbody.co.nz	Halo Natural Health Clinic 44 Long Drive St Heliers
<b>Strength Mobility and Balance</b> - Balance, strength, mobility and walking exercises in a fun but challenging way. Also caters for those with Parkinson's and those who struggle to get up from a chair	12:45pm - 1:45pm	Shouvik 022 172 5835 Jess 021 0832 0416 info@pranaphysio.co.nz	BodyTech Gym 8 Nugent Street Grafton
<b>Tai Chi for Beginners</b> - Slow, continuous movements that promote physical and mental well-being	9:15am - 10:15am	(09) 555 5164	The Jubilee Building 545 Parnell Road Parnell
<b>Yoga</b> - Gentle physical movements	9:15am	Mans 021 1349 000 www.yogaone.co.nz	Owairaka District School Hall 113 – 115 Road, Mt Albert

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

<b>Mosaic Club</b>	1 <sup>st</sup> Saturday of month 2:00pm - 5:00pm	Sandie (09) 817 4222 sogaw@xtra.co.nz (09) 827 3300	Green Bay Community House 1 Barron Drive Green Bay
<b>Saturday Sewing Sesh with Funky Forms</b>	Last Saturday of month 9:00am - 1:00pm	Jo 021 0259 9387 funkyforms@gmail.com (09) 827 3300	Green Bay Community House 1 Barron Drive Green Bay

## Sunday - Physical Activities

<b>Ashtanga Yoga</b>	8:00am	(09) 520 0081 www.habitatforfitness.co.nz	Habitat for Fitness, 399 New North Road, Kingsland
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## Sunday - Educational, Social, Special Interest, Support Group Activities

<b>Knitting and Crochet</b>	Fortnightly 3:00pm - 5:00pm	(09) 827 3300	Green Bay Community House 1 Barron Drive, Green Bay
<b>Meditation</b> <i>- Uplifting yoga sound meditation, a delicious spiritual meal and spiritual insights</i>	6:00pm - 8:00pm	Adrian 021 192 9699 classes@nzsm.org www.meditation.org.nz	Grey Lynn Community Centre 510 Richmond Road Grey Lynn

**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 has made every effort to ensure details  
are correct as at time of printing.**

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

## Calendar of Activities - User Survey

We hope you enjoy this 2021-22 edition of the Central Auckland 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 this short and easy survey.**

Once completed please detach the survey below and you can either:

- Post to Alana Marck, Age Concern Auckland at: PO Box 19542, Avondale, Auckland 1746
- Hand in to our office at 57 Rosebank Road, Avondale (Monday-Friday, 9.00am-4.00pm)
- Scan and email: [alanam@ageconak.org.nz](mailto:alanam@ageconak.org.nz)



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Thank you for your assistance.

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

Very Useful  Useful  Not Useful

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

Yes  No

**3. 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

**4. 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

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

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