

Eastern Suburbs Calendar of Activities



✓ physical activities

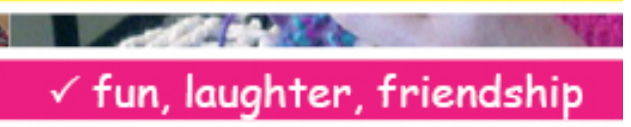
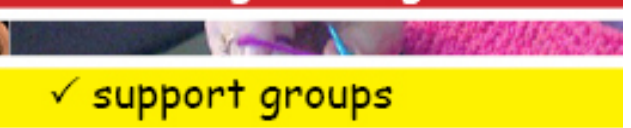
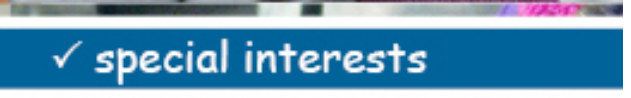
✓ social activities

✓ 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			
Aquaworks Shallow <i>- A challenging but gentle workout with equipment, controlled movements & the natural resistance of the water</i>	9:00am - 9:45am	09 535 5502	Lloyd Elsmore Park Pool & Leisure Centre Sir Lloyd Drive Pakuranga
Badminton	7:30pm - 9:00pm	Dan 09 536 5360 dans@tepuru.co.nz	Stadium Te Puru Community Centre 954 Whitford-Maraetai Road Beachlands
BodyBalance <i>- Yoga, Tai Chi & Pilates workout. Features 10 minutes of relaxation and meditation</i>	7:00am - 7:45am 9:15am - 10:15am 7:30pm - 8:30pm	09 535 5502	Lloyd Elsmore Park Pool & Leisure Centre Sir Lloyd Drive Pakuranga
Gentle Exercise <i>- Gentle classes for all abilities, suitable for beginners</i>	10:20am - 11:20am 11:30am - 12:30am	09 261 8410	Howick Leisure Centre 563 Pakuranga Road Howick
Pilates <i>- Low impact workout</i>	6:15am - 7:00am	09 261 8410	Howick Leisure Centre 563 Pakuranga Road, Howick
Senior Circuit <i>- Social, fun, gentle exercises & stretching</i>	9:00am - 10:00am	Dan 09 536 5360 dans@tepuru.co.nz	Studio at Te Puru Community Centre, 954 Whitford-Maraetai Road Beachlands
Senior Fit Plus <i>- A mix of resistance & cardio training. Ideal for older adults that have a good level of fitness, mobility & leg strength</i>	10:30am - 11:15am	09 534 3590	Marina Fitness Centre Level 1, Compass Building Ara Tai Road Half Moon Bay
Senior Sports <i>- 40 years & over. Friendly environment to play badminton, & table tennis.</i>	12:30pm - 3:30pm	09 261 8410	Howick Leisure Centre 563 Pakuranga Road Howick
SwimFit <i>- Swimming for general health & well-being</i>	5:30am - 7:00am	09 537 0025	Lloyd Elsmore Park Pool & Leisure Centre Sir Lloyd Drive, Pakuranga
Yoga <i>- Range from gentle & slow-moving to dynamic, but it always tones, shapes & centres the mind without impact or stress</i>	9:00am - 10:00am	09 534 3590	Marina Fitness Centre Level 1, Compass Building Ara Tai Road, Half Moon Bay
Yoga <i>- Postures, breathing practices, meditation & yoga nidra (relaxation)</i>	6:00pm - 7:00pm	Dan 09 536 5360 dans@tepuru.co.nz	Function Room Te Puru Community Centre 954 Whitford-Maraetai Road Beachlands

Zumba Gold - Focuses on all elements of fitness: cardiovascular; muscular conditioning; flexibility & balance	5:30pm	Gavin 021 062 9116 Gina - zumbawithgina.m@gmail.com	Growing Younger Fitness Studio 25 Wellington Street Howick
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Monday – Educational, Social, Special Interest, Support Group Activities

Bucklands Beach Combined Probus	1 st Monday of the month 10:00am - 12:00noon	09 533 5666 barry.davies@xtra.co.nz	Bucklands Beach Bowling Club, 21 Morrow Avenue Bucklands Beach
Drop-In Monday Night Craft - Bring your favourite craft project	7:00pm - 9:00pm	Bev 027 240 6884	Highland Park Community House 47 Aviemore Drive Highland Park
Grow - Holistic community Mental Health Group	7:00pm	09 528 5052	Elsmore Room, Highland Park Community House 47 Aviemore Drive, Highland Park
Howick Selwyn Seniors - Get together for social activities, gentle exercise & a range of different activities. Morning tea is served, lunch is additional	9:30am - 1:30pm	Ann 09 534 6864 027 345 1102	All Saints Anglican Church 17 Selwyn Road Howick
MIT ESOL Classes - Beginner & elementary level	9:30m	Ella 027 411 2682 09 968 8796	Anchorage Park 16 Swan Crescent, Pakuranga
U3A Howick	2 nd Monday of the month, 9.30am	09 534 7366 howick.newsletter@gmail.com	Howick Bowling Club 33 Selwyn Road, Cockle Bay
U3A Pakuranga	1 st Monday of the month, 1:45pm	09 534 1262 u3apakuranga@gmail.com	Howick Presbyterian Church 1 Vincent Street, Howick

Tuesday - Physical Activities

Badminton	9:30am - 11:30am	Dan 09 536 5360 dans@tepuru.co.nz	Stadium, Te Puru Community Centre, 954 Whitford-Maraetai Road Beachlands
BodyBalance - Yoga, Tai Chi & Pilates workout. Features 10 minutes of relaxation & meditation	10:15am - 11:15am 7:00pm – 8:00pm	09 535 5502	Lloyd Elsmore Park Pool & Leisure Centre Sir Lloyd Drive Pakuranga
Gentle Exercise - Gentle classes for all abilities, suitable for beginners	10:20am - 11:20am 11:20am – 12:20pm	09 261 8410	Howick Leisure Centre 563 Pakuranga Road Howick
Pickleball - A paddleball sport that combines elements of badminton, table tennis & tennis. Loads of fun! For all ages & abilities	11:30am - 1:30am	Dan 09 536 5360 dans@tepuru.co.nz	Stadium Te Puru Community Centre 954 Whitford-Maraetai Road Beachlands
Pilates	5:00pm	Gavin 021 062 9116 Alex 021 333 476	Growing Younger Fitness Studio 25 Wellington Street, Howick
Pilates - Condition the deeper, supporting muscles of your body to improve posture, balance & coordination.	9:00am - 10:00am	Dan 09 536 5360 dans@tepuru.co.nz	Function Room Te Puru Community Centre 954 Whitford-Maraetai Road, Beachlands
Senior Fit Plus - A mix of resistance & cardio training. Ideal for older adults that have a good level of fitness, mobility & leg strength	10:30am - 11:15am	09 534 3590	Marina Fitness Centre Level 1, Compass Building Ara Tai Road Half Moon Bay
Table Tennis - For all ages & abilities	2:00pm - 4:00pm	Dan 09 536 5360 dans@tepuru.co.nz	Stadium at Te Puru Community Centre, 954 Whitford-Maraetai Road, Beachlands

Yoga - Range from gentle & slow-moving to dynamic, but it always tones, shapes & centres the mind without impact or stress	6:00am-7:00am 6:30pm - 7:30pm	09 534 3590	Marina Fitness Centre Level 1, Compass Building Ara Tai Road Half Moon Bay
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Tuesday – Educational, Social, Special Interest, Support Group Activities

Beachlands and Maraetai U3A - Monthly meeting that consists of morning tea & a speaker. Members have opportunities to choose from 14 different interest groups to be a part of, consisting of physical, artistic, & educational activities.	3 rd Tuesday of the month 10:00am	Iris 027 291 2439 u3a.bandm@gmail.com	Te Puru Community Centre Whitford-Maraetai Road Beachlands
Drop-In Patchwork/Quilting - Bring your project along	9:00am	Pam 09 535 4008	Monet Room, Highland Park Community House 47 Aviemore Drive, Highland Park
Knitters Operation Cover Up - Knitting to support the poor & needy worldwide	1 st Tuesday of the month 12:30pm	Val 09 534 284	Highland Park Community House 47 Aviemore Drive Highland Park
MIT ESOL Classes - Beginner Level	9:30am	Ella 027 411 2682 09 968 8797	Anchorage Park 16 Swan Crescent, Pakuranga
Rummikub - Socialise whilst exercising your mind. Learn the number & sequence tile-based game.	1:00pm - 4:00pm	Dan 09 536 5360 dans@tepuru.co.nz	Function Room Te Puru Community Centre 954 Whitford-Maraetai Road, Beachlands
UOA Speech Language Therapy - Help for adults who stutter or with communication disorders	9:00am	Selene 022 604 0374	Highland Park Community House 47 Aviemore Drive Highland Park

Wednesday - Physical Activities

Aquaworks Shallow - A challenging but gentle workout with equipment, controlled movements & the natural resistance of the water	6:00pm - 6:45pm	09 535 5502	Lloyd Elsmore Park Pool & Leisure Centre Sir Lloyd Drive Pakuranga
Badminton	10:00am - 12:00pm	Dan 09 536 5360 dans@tepuru.co.nz	Stadium, Te Puru Community Centre, 954 Whitford-Maraetai Road, Beachlands
BodyBalance - Yoga, Tai Chi & Pilates workout. Features 10 minutes of relaxation & meditation	10:15am - 11:15am 5:00pm - 5:45pm 7:30pm – 8:30pm	09 535 5502	Lloyd Elsmore Park Pool & Leisure Centre Sir Lloyd Drive, Pakuranga
Fitness League - Low impact exercise to music. Part exercise, part dance, working through the whole body including floor work.	9:30am	Beryl 09 266 3803	St Andrews Church Hall 11 Vincent Street Howick
Gentle Exercise - Gentle classes for all abilities, suitable for beginners	1:00pm - 2:00pm	09 261 8410	Howick Leisure Centre 563 Pakuranga Road Howick
Pilates - Low impact workout	6:00am - 6:45am	09 261 8410	Howick Leisure Centre 563 Pakuranga Road, Howick
Senior Circuit - Social, fun, gentle exercises & stretching	9:00am - 10:00am	Dan 09 536 5360 dans@tepuru.co.nz	Stadium, Te Puru Community Centre, 954 Whitford-Maraetai Road, Beachlands
Senior Pilates - Work on your core strength, posture & mobility. Suitable for 65+	10:30am - 11:15am	09 534 3590	Marina Fitness Centre Level 1, Compass Building Ara Tai Road, Half Moon Bay

Senior Stretch & Strength - Gentle stretch & strength exercise to keep you mobile & strong	1:00pm - 2:00pm	Dan 09 536 5360 dans@tepuru.co.nz	Function Room Te Puru Community Centre 954 Whitford-Maraetai Road Beachlands
SwimFit - Swimming for general health & well-being	5:30am - 7:00am	09 537 0025	Lloyd Elsmore Park Pool & Leisure Centre Sir Lloyd Drive, Pakuranga
Zumba Gold - Focuses on cardiovascular, muscular conditioning, flexibility & balance!	9:30am 10:30am	Sangeeta 021 377 424	Uxbridge Community Centre 35 Uxbridge Road, Howick
Zumba Gold - Focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility & balance	5:30pm	Gavin 021 062 9116 Gina zumbawithgina.m@gmail.com	Growing Younger Fitness Studio 25 Wellington Street Howick

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

Breast Cancer Support - Support, advice, & friendship	3 rd Wednesday of the month, 1:00pm	0800 273 222	Highland Park Community House 47 Aviemore Drive Highland Park
Drop-In Craft - Friendly & relaxed group. Join to work on your on your handicrafts	9:00am - 12:00pm	Alison 021 147 6565	Highland Park Community House 47 Aviemore Drive Highland Park
Eastern Suburb Seniors - A positive, friendly group for aged South Africans	10:30am - 2:30pm	sonnyd@slingshot.co.nz	Anchorage Park 16 Swan Crescent Pakuranga
Golden Age Seniors Club - Homemade morning tea along with a variation of programmes. Entertainment, movies, games, bingo, quizzes, bbqs, trips, & lunches! Transport available upon request	10:00am - 11:30am	Sue 09 534 7047 Carol 09 575 7514	Bridge Club (next to Howick Recreation Centre) on Pakuranga Highway
Howick Herb Group - Learn all there is to know about herbs	1 st Wednesday of the month	Pamela 09 534 9479	Highland Park Community House 47 Aviemore Drive Highland Park
Inner Wheel Club of Howick - Women's voluntary service organisation: to promote true friendship, to encourage the ideals of personal service, & to foster international understanding	4 th Wednesday of the month (except Jun & Dec)	09 534 5584 ihowickmembership@gmail.com	Highland Park Community House 47 Aviemore Drive Highland Park
Mahjong - Four players pit their strategies & skills against one another in this historical treasure hunt	10:00am - 12:00pm	Dan 09 536 5360 dans@tepuru.co.nz	Stadium Te Puru Community Centre 954 Whitford-Maraetai Road Beachlands
Senior Social - Socialise whilst having tea or coffee. Listen to guest speakers & get to know each other in a relaxed environment. BYO plate.	1 st Wednesday of the month 10:00am	Dan 09 536 5360 dans@tepuru.co.nz	Te Puru Community Centre 954 Whitford-Maraetai Road, Beachlands
Shakti Seniors - Positive ageing programme for multi ethnic seniors	10:00am - 1:00pm	09 622 1010	Shanti Niwas Anchorage Park 16 Swan Crescent, Pakuranga

Thursday - Physical Activities

Chenshi Tai Chi with David <i>- Advanced - gentle exercise to assist with reduction of stress & help with balance</i> - Beginners - gentle exercise to assist with reduction of stress & help with balance	9:00am 10:00am	09 534 5585	Highland Park Community House 47 Aviemore Drive Highland Park
Gentle Exercise <i>- Gentle classes for all abilities, suitable for beginners</i>	10:20am - 11:20am 11:20am-12:20pm	09 261 8410	Howick Leisure Centre 563 Pakuranga Road Howick
Kettlebell Class	5:00pm	Gavin 021 062 9116 Alex 021 333 476	Growing Younger Fitness Studio, 25 Wellington Street, Howick
Pilates <i>- Condition the deeper, supporting muscles of your body to improve posture, balance & coordination.</i>	9:00am - 10:00am	Dan 09 536 5360 dans@tepuru.co.nz	Stadium, Te Puru Community Centre 954 Whitford-Maraetai Road Beachlands

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

Combined Probus Club Botany <i>- Friendly group of canasta players. All welcome</i>	3 rd Thursday of the month, 1:00pm	Rosemary 09 534 3429	Highland Park Community House 47 Aviemore Drive Highland Park
Eastern Bonsai Club <i>- Bonsai for all levels in a friendly, relaxed environment</i>	3 rd Thursday of the month 7:00pm	Trevor 027 675 5584	Highland Park Community House 47 Aviemore Drive Highland Park
Green Prescription <i>- Healthy lifestyle advice & support for residents of East Auckland</i>	12:30pm	0800 228 483	Highland Park Community House 47 Aviemore Drive Highland Park
Howick & Districts Cardiac Club <i>- Meet with others who are going through similar cardiac experiences</i>	Fortnightly 10:30am	Joyce 09 537 0036	Highland Park Community House 47 Aviemore Drive Highland Park
Howick Horticultural Society Inc <i>- Garden club, listen to garden advice & learn about unusual plants. Enjoy the trading table, raffles, library & flower competitions along with a cuppa</i>	2 nd Thursday of the month	Patti 027 241 2734	Haseler Hall (underneath All Saints Church) Selwyn Road Howick
MIT ESOL Classes <i>- Elementary & Beginner Level</i>	9:30am	Ella 027 411 2682 09 968 8798	Anchorage Park 16 Swan Crescent, Pakuranga

Friday - Physical Activities

Fitness League <i>- Low impact exercise to music. Part exercise, part dance, working through the whole body including floor work.</i>	9:30am	Nina 09 238 2246	Pakuranga Park Village Fortunes Road Half Moon Bay
Fitness League <i>- Low impact exercise to music. Part exercise, part dance, working through the whole body including floor work.</i>	10:00am	Beryl 09 266 3803	St Marks Church Hall 334 Pakuranga Road Pakuranga
Pickleball <i>- A paddleball sport that combines elements of badminton, table tennis & tennis. Loads of fun! For all ages & abilities</i>	11:30am - 1:30pm	Dan 09 536 5360 dans@tepuru.co.nz	Stadium Te Puru Community Centre 954 Whitford-Maraetai Road Beachlands
Senior Circuit <i>- Social, fun, gentle exercises & stretching</i>	9:00am - 10:00am	Dan 09 536 5360 dans@tepuru.co.nz	Stadium, Te Puru Community Centre, 954 Whitford-Maraetai Road Beachlands

Senior Sports - 40 years & over. Friendly environment to play badminton, pickleball & table tennis.	12:30pm - 3:30pm	09 261 8391	Pakuranga Leisure Centre 13 Reeves Road (entrance through William Roberts Road) Pakuranga
Senior Stretch & Strength - Gentle stretch & strength exercise to keep you mobile & strong	9:00am - 10:00am	Dan 09 536 5360 dans@tepuru.co.nz	Function Room Te Puru Community Centre 954 Whitford-Maraetai Road Beachlands
SwimFit - Swimming for general health and well-being	5:30am - 7:00am	09 537 0025	Lloyd Elsmore Park Pool & Leisure Centre Sir Lloyd Drive, Pakuranga
Yoga	5:00pm	Gavin 021 062 9116 Alex 021 333 476	Growing Younger Fitness Studio 25 Wellington Street, Howick
Yoga - Range from gentle & slow-moving to dynamic, but it always tones, shapes & centres the mind without impact or stress	6:00am - 7:00am	09 534 3590	Marina Fitness Centre Level 1, Compass Building Ara Tai Road, Half Moon Bay
Zumba Gold - Focuses on cardiovascular, muscular conditioning, flexibility & balance!	9:30am	Sangeeta 021 377 424	Uxbridge Community Centre 35 Uxbridge Road Howick

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

Clevedon Art Group - New members very welcome	10:00am - 12:00pm	Marian 027 296 3827	McNichol Homestead & Museum, 12 McNichol Road, Clevedon
Flatbush Selwyn Seniors - Get together for social activities, gentle exercise & a range of different activities. Morning tea is served	9:30am - 12:00pm	Malika 021 354 838	St Paul's in the Park Anglican Church 141 Chapel Road Flat Bush
Howick Selwyn Seniors - Get together for social activities, gentle exercise & a range of different activities. Morning tea is served, lunch is additional	9:30am - 1:30pm	Ann 09 534 6864 027 345 1102	All Saints Anglican Church 17 Selwyn Road Howick
Korean Positive Ageing - A weekly get-together for over 60's	1:00pm	Yongrahn 09 272 7040	Highland Park Community House 47 Aviemore Drive, Highland Park
Ladies Probus Club of Howick - Listen to invited guest speakers, enjoy each other's company over morning tea & find a mini group to join if desired	4 th Friday of the month 10:00am	Pat 021 212 2507	Howick Bowling Club Selwyn Road Howick
MIT ESOL Classes Elementary & Beginner Level	9:30am	Ella 027 411 2682 09 968 8798	Anchorage Park 16 Swan Crescent Pakuranga
Pakuranga U3A Aviation & Aerospace - Come & join the discussion with like-minded enthusiasts	2 nd Friday of the month 10:00am	Gavin 09 577 3696	Highland Park Community House 47 Aviemore Drive Highland Park
Senior Net Pakuranga Monthly Meeting - Be a Savvy Senior - join a range of workshops, courses, & help sessions about computers & more. Come enjoy the refreshments & listen to guest speakers in the monthly meetings.	1 st Friday of the month 10:00am - 12:00pm	Brian 09 576 4500	Learning Centre 12 Ben Lomond Crescent Pakuranga

Saturday - Physical Activities

BodyBalance <i>- Yoga, Tai Chi & Pilates workout.</i> <i>Features 10 minutes of relaxation & meditation</i>	10:00am - 11:00am	09 535 5502	Lloyd Elsmore Park Pool & Leisure Centre Sir Lloyd Drive Pakuranga
Circuits	8:30am	Gavin 021 062 9116 Alex 021 333 476	Growing Younger Fitness Studio 25 Wellington Street, Howick

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

Chinese Women’s Wellness <i>- Chinese Women support & friendship</i>	2 nd Saturday of the month, 10:00am	Betty 021 056 6118	Highland Park Community House 47 Aviemore Drive Highland Park
Indian Positive Ageing Group <i>- A month get-together for over 60’s</i>	2 nd Saturday of the month, 1:00pm	Mr Singh 021 159 0928	Highland Park Community House 47 Aviemore Drive, Highland Park
Pakuranga Tamil Group <i>- Members of the Tamil Society learning the Tamil language</i>	2:00pm - 5:30pm	Saci 021 188 3666	Anchorage Park 16 Swan Crescent Pakuranga

Sunday - Physical Activities

Go Yoga Get Fit <i>- All levels welcome, bring your yoga mat with you to class</i>	4:15pm - 5:15pm	Mary 021 169 0968 09 535 2223	Parkview Room, Highland Park Community House 47 Aviemore Drive, Highland Park
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We hope you have found our Calendar of Activities useful.

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

www.ageconcernauckland.org.nz

**We hope you have found our Calendar of Activities useful.
Age Concern Auckland – Eastern Suburbs 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 09 820 0184 or emailing ageconcern@ageconak.org.nz
and we will contact you prior to the next edition.**

Find us at:

www.ageconcernauckland.org.nz

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Calendar of Activities - User Survey

We hope you enjoy this 2021-22 edition of the Eastern 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.

You can fill out below and email the saved survey to shayalm@accm.org.nz or detach and:

- Post to Shayal Mala, 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 to shayalm@accm.org.nz

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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