

AGE CONCERN AUCKLAND

West Auckland Calendar of Activities 2021



fun, laughter, friendship

physical activities

social activities

life long learning

support groups

special interests



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			
Aerobics - Free exercise class	5:30pm	Tuipulotu 021 0233 2188 <i>Tuipulota.vakalahi@thefono.org</i>	The Hub West 27 Corban Ave Henderson
Aerobics - Free exercise class	12:30pm-1:30pm	Tuipulotu 021 0233 2188 <i>Tuipulota.vakalahi@thefono.org</i>	Kelston Community Centre 135 Awaroa Road Sunnyvale
Cardio Fix - Exercise Group	5:30pm	Annie 027 428 4894 <i>annetausi28156@gmail.com</i>	Blockhouse Bay Community Centre 524 Blockhouse Bay Road
Chair Yoga for Beginners - Introduction	9:00am	Tracy 021 284 8444	The Olde Homestead 92 Point Chevalier Road
Chair Yoga for Seniors	10:00am-11:00am	Tracy 021 284 8444	The Olde Homestead 92 Point Chevalier Road
Dance	12noon	Kelly 021 377 040	Selwyn Village Theatre 43 Target Street, Point Chevalier
Flow - Yoga, Tai Chi & Pilates	9:15am-10:15am	Sherylee (09) 951 0719 <i>sherylee.teoh@mpowrfitness.co.nz</i>	5-7F Veronica Street New Lynn
Glendene Walking Group - Exercise Group	10:00am	(09) 813 9348	Glendene Community Hub 82 Hepburn Road, Glendene
Neuro Connection Stroke Class	1:00pm	(09) 836 6830 <i>admin@neuroconnection.org.nz</i>	2 Claude Brooke Drive Tui Glen Reserve, Henderson
Seniors' X-FIT - Exercise Group	9:00am	Annie 027 428 4894 <i>annetausi28156@gmail.com</i>	Blockhouse Bay Community Centre 524 Blockhouse Bay Road
Silver Dragons	10:45am-11:45am	Taryn 027 424 7485 <i>Silverdragons@crossfitreddragon.com</i>	CrossFit Red Dragon 4/4 Workspace Drive Hobsonville
Strength and Balance Dance Fitness with Debz	9:30am	Debbie 021 149 9905	Green Bay Community House 1 Barron Drive, Green Bay
Tai Chi - Exercise Group	10:30am	Margaret Derham (09) 816 8649 <i>mtderham@yahoo.com</i>	Blockhouse Bay Community Centre 524 Blockhouse Bay Road
Tai Chi	6:50pm	Juliana 021 905 742 <i>arohataichi@gmail.com</i>	Ecomatters 1 Olympic Place, New Lynn
Tai Chi & Qigong 50+ - Beginners, intermediate	11:00am	Quintin (09) 816 8649 <i>Info.kempo@xtra.co.nz</i>	New Lynn Community Centre 46 Totara Ave, New Lynn
Tai Chi & Qigong 50+ - Beginners, intermediate	12:30pm	Quintin (09) 816 8649 <i>Info.kempo@xtra.co.nz</i>	Te Atatu South Community Centre 247 Edmonton Road, Te Atatu
Tau Tupina (Niuean Group) - Exercise & social	10:30am	(09) 905 6321	63 St George Road Avondale.

Woman's Yoga - <i>Hatha style</i>	7:30pm-8pm	Natalie Hales 027 238 0811 <i>nataliehales@hotmail.com</i>	Ranui Community Centre 474 Swanson Road
Zumba Gold	3:00pm	Bev 027 483 2900 <i>eastonb@xtra.co.nz</i>	Summerset at Monterey Park 1 Squadron Drive, Hobsonville

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

Blockhouse Bay Community Centre - <i>Mah Jong</i> - Free Technology for Seniors	12:30pm-3:00pm 3:10pm-4:10pm	Barbara (09) 626 4980 (09) 626 4980	Blockhouse Bay Community Centre, 524 Blockhouse Bay Road, Blockhouse Bay
Community Hangout - <i>Social Group</i>	11:30am-1:30pm (except for school & public holidays)	Sina 022 566 8136 Temana 021 081 21907	Avondale Community Centre 99 Rosebank Road Avondale
Knitting & Craft Club - <i>Art & craft</i>	11:00am	(09) 377 0209 <i>avondale.library@auckland council.govt.nz</i>	93 Rosebank Road Avondale
Ranui Community Centre - <i>Ranui Embroiders</i>	9:30am-12noon	(09) 833 6280	Ranui Community Centre 474 Swanson Road
Seniors at the Bay - <i>Morning drop-in, morning tea & activities</i>	9:30am-12:30pm	Claire (09) 6278779	Church of Saviour 2 Heaphy Street Blockhouse Bay
Taumata O Te Whau - <i>Social Group</i>	10:00am fortnightly	(09) 813 9670 <i>manager.kelstonhub@gmail.com</i>	Kelston Community Hub 68 St Leonards Road, Kelston
U3A Auckland North/West	2 nd Monday monthly	Alexis (09) 835 2237 <i>u3anwest@gmail.com</i>	Henderson Bowling Club Alderman Drive

Tuesday - Physical Activities

Activate	6:45pm	Sherylee 021 772 163 <i>Sherylee.teoh@mpowrfitness.co.nz</i>	New Lynn Community Centre 46 Totara Avenue New Lynn
Aerobics - <i>Free exercise class</i>	12:30pm-1:30pm	Tuipulotu 021 0233 2188 <i>Tuipulota.vakalahi@thefono.org</i>	Kelston Community Centre 135 Awaroa Road Sunnyvale
Baba Dance - <i>Mandarin speaking</i>	10:00am	Jason 027 645 7795 <i>Jason.li@sportwaitakere.nz</i>	Waitemata Rugby Club 96 Swanson Road, Henderson
Flow - <i>Yoga, Tai Chi & Pilates</i>	6:30pm-7:30pm	Sherylee (09) 951 0719 <i>sherylee.teoh@mpowrfitness.co.nz</i>	5-7F Veronica Street New Lynn
Health Moves	10:30am	Ollie (09) 835 0767	West Wave Aquatic Centre 20 Alderman Drive, Henderson
Neuro Connection Stroke Class	9:30am	(09) 836 6830 <i>admin@neuroconnection.org.nz</i>	2 Claude Brooke Drive Tui Glen Reserve, Henderson
Sit Fit	1:00pm	Shirley (09) 817 7228	New Lynn Friendship House 3063 Great North Road
Tai Chi	9:00am	Quintin (09) 816 8649 <i>quintinderham@gmail.com</i>	Pinesong Retirement Village 66 Avonleigh Road, Green Bay
Tai Chi - <i>Seated</i>	9:00am-10:00am	Jude (09) 837 5240 <i>jderkson@walsh.org.nz</i>	WALSH Trust 8 Hickory Avenue, Henderson
Tai Chi & Qigong 50+ - <i>Beginners & Intermediate</i>	10:00am	Quintin (09) 816 8649 <i>Info.kempo@xtra.co.nz</i>	Kelston Community Centre, 135 Awaroa Road, Sunnyvale
Yoga for Elders	2:15pm	Sarita 021 172 6348 <i>Sarita108@gmail.com</i>	289 Konini Road Titirangi

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

Blockhouse Bay Community Centre - <i>Garden Club</i> - Housie	1:00pm-3:00pm 6:30pm	(09) 627 9903 (09) 626 4980	Blockhouse Bay Community Centre 524 Blockhouse Bay Road
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Ranui Community Centre - Ladies craft & coffee	10:00am-12noon	(09) 833 6280	Ranui Community Centre 474 Swanson Road
Selwyn - Henderson - Fun & friendship	9:45am-12:45pm	Audrey (09) 838 8380	St Michaels Anglican 425 Great North Road, Henderson
U3A Titirangi	4 th Tuesday of month 1:00pm	Maggie (09) 817 5519 Maggie.u3a.titirangi@gmail.com	West Lynn Garden & Butterfly House, 73 Parker Ave, New Lynn

Wednesday - Physical Activities

50+ Exercise	10:00am	Rona (09) 810 9963	West Wave Recreation Centre 20 Alderman Drive, Henderson
Activ' Achievers - Exercise Group	9:30am	Annie 027 428 4894 annetausi28156@gmail.com	Blockhouse Bay Community Centre 524 Blockhouse Bay Road
Aerobics - Free exercise class	5:30pm	Tuipulotu 021 0233 2188 Tuipulota.vakalahi@thefono.org	The Hub West 27 Corban Avenue Henderson
Ans 4 Yoga	9:00am-10:30am	Ans (09) 817 7099 ansjedi@gmail.com	Green Bay
Fiesty Feet - Dance	10:00am	Kerry-Ann 027 474 5003 yep@nzdc.org.nz	Subud Hal 19 Formby Road, Point Chevalier
Fitness League - Balanced exercise programme, easy exercise	9:30am	Sonia 021 158 5867 Sozsandford@gmail.com	397 Hobsonville Road, Hobsonville
Fitness League - Balanced exercise programme, easy exercise	10:00am	Val 021 070 5749 (09) 475 5215 valwightman@xtra.co.nz	Te Atatu South Community Centre 247 Edmonton Road Te Atatu
Flow - Yoga, Tai Chi and Pilates	10:15am 5:30pm	Sherylee (09) 951 0719 sherylee.teoh@mpowrfitness. co.nz	5-7F Veronica Street New Lynn
Glendene Walking Group - Exercise Group	10:00am	(09) 813 9348	Glendene Community Hub 82 Hepburn Road, Glendene
Keep Fit Waitakere Gardens	9:15am	Aileen (09) 837 0512 aileeng@metlifecare.co.nz	Waitakere Gardens Retirement Village, 15 Sel Peacock Drive Henderson
Neuro Connection Stroke Class	9:30am 1:00pm	(09) 836 6830 admin@neuroconnection.org.nz	2 Claude Brooke Drive Tui Glen Reserve, Henderson
Silver Dragons	10:45am-11:45am	Taryn 027 424 7485 silverdragons@crossfit reddragon.com	CrossFit Red Dragon 4/4 Workspace Drive Hobsonville
Tai Chi & Qigong 50+ - Beginners & intermediate	10:15am	Quintin (09) 816 8649 Info.kempo@xtra.co.nz	Titirangi War Memorial Hall 500 South Titirangi Road
Women on the Move	9:30am	Shirley (09) 817 7228	New Lynn Friendship House 3063 Great North Road

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

Avondale Friendship Group - Social Group	9:30am-1:00pm	(09) 631 5968 Marie 027 318 2654	Baptist Church Hall Cnr New North Road & Blockhouse Bay Road
Blockhouse Bay Community Centre - Embroidery - Women's Institute - Rummikub & Cards	10:00am-12noon 11:45am-2:45pm 12:45pm-3:00pm	Pat (09) 818 4286 Mrs Breekveld (09) 627 3402 (09) 626 4980	Blockhouse Bay Community Centre 524 Blockhouse Bay Road Blockhouse Bay
Cosy Club - Social Group, play Bingo	10:00am	(09) 813 9670 manager.kelstonhub@gmail.com	Kelston Community Hub, 68 St Leonards Road, Kelston
Green Bay Community House - Knitting and Crochet Group	9:30am-11:30am	(09) 827 3300	1 Barron Drive Green Bay

- Creative coloring	9:30am-11:30am		
Ranui Community Centre - <i>ESOL classes</i>	9:00am-11:00am	(09) 833 6280	Ranui Community Centre 474 Swanson Road
Selwyn - Glen Eden - <i>Fun & friendship</i>	10:00am-12noon	Enid (09) 833 8813	St Andrews Anglican Hall 10 Clayburn Road, Glen Eden

Thursday - Physical Activities

Activate	5:45pm	Sherylee 021 772 163 <i>Sherylee.teoh@mpowrfitness.co.nz</i>	New Lynn Community Centre 46 Totara Ave New Lynn
Aerobics - <i>Free exercise class</i>	5:00pm-6:00pm	Tuipulotu 021 0233 2188 <i>Tuipulota.vakalahi@thefono.org</i>	Kelston Community Centre 135 Awaroa Road Sunnyvale
Ans 4 Yoga	9:00am-10:30am	Ans (09) 817 7099 <i>ansjeoli@gmail.com</i>	Green Bay
Exercise for Parkinson's - <i>Exercise for people with Parkinson's disease</i>	10:30am	Rachel 027 520 6260 <i>Rachel.turner@parkinsons.org.nz</i>	Trusts Arena Gym 95-67 Central Park Drive Henderson
Flow - <i>Yoga, Tai Chi and Pilates</i>	4:30pm-5:30pm	Sherylee (09) 951 0719 <i>sherylee.teoh@mpowrfitness.co.nz</i>	5-7F Veronica Street New Lynn
Matua Pasifika - <i>Pan Pacific older adults group, physical activity with a Pacific flavor, Pacific craft making and refreshments</i>	10:00am	Yandall 021 555 488 <i>Yandall.tuigamala@thefono.org</i>	Kelston Community Centre 135 Awaroa Road, Sunnyvale
Neuro Connection Stroke Class	9:30am	(09) 836 6830 <i>admin@neuroconnection.org.nz</i>	2 Claude Brooke Drive Tui Glen Reserve, Henderson

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

Blockhouse Bay Community Centre - <i>Green Bay Choir</i>	12:30pm-2:30pm	Dawn (09) 817 2405	Blockhouse Bay Community Centre 524 Blockhouse Bay Road
Friendship Group - <i>Social Group, games, knitting or gardening</i>	10:00am-12noon	(09) 813 9348	Glendene Community Hub 82 Hepburn Road Glendene
Green Bay Community House - <i>Mah Jong</i>	12:30-3:00pm	(09) 827 3300	1 Barron Drive Green Bay
Matua Pasifika Wellness Group - <i>Social & Exercise Group</i>	10:00am-2:00pm	Sani 021 025 70507 <i>mrsfaautu1947@gmail.com</i>	Kelston Community Centre 135 Awaroa Road, Sunnyvale
Ranui Community Centre - <i>Ranui Quilters</i>	9:30am-12noon	(09) 833 6280	Ranui Community Centre 474 Swanson Road

Friday - Physical Activities

Aerobics - <i>Free exercise class</i>	5:00pm-6:00pm	Tuipulotu 021 0233 2188 <i>Tuipulota.vakalahi@thefono.org</i>	Kelston Community Centre 135 Awaroa Road, Sunnyvale
Aerobics - <i>Free exercise class</i>	5:30pm	Tuipulotu 021 0233 2188 <i>Tuipulota.vakalahi@thefono.org</i>	Alternates between Te Atatu South Community Centre & Te Atatu Peninsula Community Centre. <i>Contact for details</i>
Auga Aute - <i>Samoan Social & Exercise Group</i>	10:30am	(09) 905 6321	Nafanua Hall 45 Rosebank Road, Avondale
Feel Good @ The Hub - <i>Massage sessions</i>	10:00am	(09) 813 9348	Glendene Community Hub 82 Hepburn Road, Glendene

Flow - <i>Yoga, Tai Chi & Pilates</i>	10:15am 6:00pm	Sherylee (09) 951 0719 <i>sherylee.teoh@mpowrfitness.co.nz</i>	5-7F Veronica Street New Lynn
Low Impact Aerobics - <i>Exercise Group</i>	9:00am	Annie 027 428 4894 <i>annetausi28156@gmail.com</i>	Blockhouse Bay Community Centre 524 Blockhouse Bay Road
Neuro Connection Stroke Class	9:30am	(09) 836 6830 <i>admin@neuroconnection.org.nz</i>	2 Claude Brooke Drive Tui Glen Reserve Henderson
Seniors Dance	10:00am	Sue 021 206 1835 <i>Sue.macrae@seniorsdance.nz</i>	New Lynn Scout Hall 37 Margan Avenue
Silver Dragons	10:45am-11:45am	Taryn 027 424 7485 <i>silverdragons@crossfitreddragon.com</i>	CrossFit Red Dragon 4/4 Workspace Drive Hobsonville
Women's Yoga & Meditation	9:15am-10:15am	(09) 813 9348	Glendene Community Hub 82 Hepburn Road, Glendene
Woman's Yoga - <i>Hatha style</i>	9:15am	Naseem 021 806 552 <i>nasreenfih@yahoo.co.nz</i>	Glendene Community Centre 82 Hepburn Road, Glendene

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

A Better Chance Charitable Trust - <i>Chinese Social Group</i>	1:30pm-4:30pm	(09) 828 8333 <i>info@abetterchancetrust.org.nz</i>	2163 Great North Road Avondale
Anapekapeka Niue Seniors Group - <i>Niuean Social Group</i>	10:30am-2:30pm	(09) 813 9348	Glendene Community Hub 82 Hepburn Road, Glendene
Blockhouse Bay Probus	2 nd Friday of month 10:00am	(09) 828 8141	Blockhouse Bay Community Centre 524 Blockhouse Bay Road
Crafting for Fun - <i>Arts & crafts</i>	9:30am-12noon		Avondale Community Centre 99 Rosebank Road, Avondale
Glen Eden Combined Probus	4 th Friday of month 10:00am	(09) 838 5857	Ceramco Function Centre 120 Glendale Road, Glen Eden
Henderson Ladies Probus	3 rd Friday of month 10:00am	Jill 021 203 4779	Kelston Community Centre 135 Awaroa Road, Sunnyvale
Ladies Probus Group - Avondale	4 th Friday of month 10:00am	Beryl (09) 626 5675	Avondale Baptist Church 1288 New North Road, Avondale
New Lynn Men's Probus	2 nd Friday of month 9:45am	027 477 5080	New Lynn Friendship Club 3063 Great North Road New Lynn
Seniors at the Bay - <i>Morning drop-in, morning tea & activities</i>	9:30am-12:30pm	Claire (09) 627 8779	Church of the Saviour 2 Heaphy Street Blockhouse Bay
Te Atatu Ladies Probus	2 nd Friday of month 9:45am	Olwyn (09) 834 5276	St Johns Hall 247 Edmonton Road Te Atatu South
Waitakere Ladies Probus	1 st Friday of month 10:00am-12noon		St Johns Hall 247 Edmonton Road Te Atatu South

Saturday - Physical Activities

Activate	8:45am	Sherylee 021 772 163 <i>Sherylee.teoh@mpowrfitness.co.nz</i>	Kelston Community Centre 135 Awaroa Road Sunnyvale
Niutupuola Health Trust Community Class	8:30am	Mata 021 906 656 (09) 905 6321 <i>Mata.kapiti@thefono.org</i>	The Hub 29 Corban Ave Henderson
Yoga with Uma - <i>Yoga</i>	8:30am	021 584 405	Avondale Community Centre 99 Rosebank Road, Avondale

Whau Walking Samoans - <i>Exercise Group</i>	8:00am-9:00am	Tulitao 021 02597949	Great North Road, Avondale- meet by the Spider statue in the Avondale Town Centre
Saturday – Educational, Social, Special Interest, Support Group Activities			
Ranui Community Centre - <i>Ranui Quilters</i>	1 st Saturday of month	(09) 833 6280	Ranui Community Centre 474 Swanson Road
West Auckland 60's Up Movement - <i>Meeting, speaker, entertainment</i>	4 th Saturday of month 10:30am	(09) 827 4322	New Lynn Friendship Club 3063 Great North Road
Sunday - Educational, Social, Special Interest, Support Group Activities			
Green Bay Community House - <i>Knitting & Crochet Group for Charity</i>	Every 2 nd Sunday of month 3pm-5pm	(09) 827 3300	1 Barron Drive Green 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 - West 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 820 0184 or emailing ageconcern@ageconak.org.nz
and we will contact you prior to the next edition.**

www.ageconcernauckland.org.nz

Calendar of Activities - User Survey

We hope you enjoy this 2021 edition of the West 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

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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