

AGE CONCERN AUCKLAND

North Shore Calendar of Activities 2020



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			
Badminton North Harbour - <i>Over 55's Club</i>	1.00pm-3.00pm	Gerard 410 9223	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	479 2212	Milford Baptist Church Hall 3 Dodson Avenue Milford
Chair Yoga	11.30am-12.30pm 5.00pm-6.00pm	Anu 022 329 9443	Highbury Community House 110 Hinemoa Street, Birkenhead Bays Community Centre 2 Glen Road, Browns Bay
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 473 1932	St Mary by the Sea 168 Deep Creek 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 St Georges Presbyterian Church Hall, 2 The Terrace, Takapuna
Mairangi Bay Walking Networks	9.00am-10.00am	Paula 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 921 9999 ext 7615 www.never2old.net.nz	AUT Sports & Fitness Centre Akoranga Drive Northcote
Pilates - <i>Classical</i> - <i>For seniors</i>	9.30am-10.30am 10.00am-11.00am	Kate 021 0270 4186 Ione 027 537 5733	Beach Haven Community House 130 Beach Haven Road Takapuna War Memorial Hall 7 The Strand, Takapuna

- Gentle style for seniors	10.30am	444 6340	North Shore Leisure - Glenfield Bentley Avenue, Glenfield
Sahaja Yoga Meditation - No charge	7.30pm-9.00pm	Maria 479 9511	Bays Community Centre 2 Glen Road, Browns Bay
Shore Ten Pin Bowling	9.30am-12noon	Nancy 480 1484	Xtreme Entertainment 10 Target Court, Wairau Valley
Strength and Balance - Seated or standing	10.30am	477 3900	Fairview Retirement Village 21 Fairview Avenue, Albany
Table Tennis - Social, casual	11.30am-1.30pm	Debbie 478 4301	St Anne's Hall, Cnr Beach & Glencoe Roads, Browns Bay
Tai Chi - Beginner	11.30pm-12.30pm	NS Women's Centre 444 4618	Devonport Community House 32 Clarence Street, Devonport
- Qigong - slow gentle movement	6.30pm-7.30pm	Sherie 021 536 411 sherie@taichikiwi.nz	Milford Senior Citizens Hall 141A Kitchener Road
- Slow gentle movement	7.00pm-8.00pm	Bruno 021 155 4606	Bays Community Centre 2 Glen Road, Browns Bay
Torbay Indoor Bowls	7.00pm	Kevin 473 3253	Torbay Community Hall, 37 Watea Road, (behind the Torbay Shops)
YMCA Northcote - Goldfit – low intensity for mobility, balance, muscle strengthening	10.30am–11.30am	480 7099	YMCA North Shore 5 Akoranga Drive Northcote
- Movement therapy low level exercise 50-90 year olds	1.00pm-2.00pm		
Yoga - Gentle flow	10.00am-11.15am	445 3068	Devonport Community House 32 Clarence Street, Devonport
Zumba	9.15am-10.15	Claudette 027 388 6110	Torbay Community Hall 35 Watea Raod, Torday

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

Bays Community Centre - Eat play laugh – friendship group with cooking demo, lunch, fun activities	1 st Monday of month 10.30am-1.30pm	Wendy 476 9180	Bays Community Centre 2 Glen Road Browns Bay
Beach Haven Community House - Scrabble	12.30pm-2.30pm	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 480 8903	Highbury Community House 110 Hinemoa Street, Birkenhead
Boomerang Bags - Sew bags for your community	10.00am	Tracey 484 8854	Northcote Citizens Centre, Corner Ernie Mays Street & College Road
Browns Bay 60's Up Movement - Meetings & outings for 60's Up members	4 th Monday of month 10.00am-12noon	Cecelia 413 9960	Taiatea Trust Progress Hall Anzac Road, Browns Bay
- Coffee Group	1 st Monday of month 10.00am	Carmel 479 1730	Java Café, Beachfront Lane, Browns Bay
Coffee and Friendship Group	11.00am	Age Concern Auckland 489 4975	White Flower Café 8 Clyde Road, Browns Bay
Devonport 60's Up Movement - Tai Chi	9.30am-10.30am	Kathy 445 1645	Holy Trinity Church Hall 20 Church Street, Devonport
Devonport Garden & Floral Art Club - Meeting & guest speaker	2 nd Monday of month, 10.45am-1.15pm	Laurel 445 1641	St Leo's Hall Albert Road, Devonport
East Coast Bays Bridge Club - Bring your lunch	10.20am	479 4689 ecbridge@ihug.co.nz www.ecbridgeclub.co.nz	Lyons Avenue (opposite Montana Avenue) Murrays Bay
Glenfield 60's Up Movement - Entertainment or speaker	1 st Monday of month 1.30pm	John 378 1953 Lyn 444 8983	Glenfield Leisure Centre Bentley Avenue, Glenfield
Glenfield Combined Probus Club - Fellowship, friendship, fun	3 rd Monday of month 10.00am	Shirley 443 1057 027 3023 026	Glenfield War Memorial Hall Hall Road, Glenfield

Greenhithe Bridge Club	7.15pm	Jane or Phil 415 5501	Old School Hall Greenhithe Road, Greenhithe
Highbury Community House - All on board – casual board games session	12.30pm-2.30pm	480 5279	Highbury Community House 110 Hinemoa Street Birkenhead
Interest Classes for Older Chinese - Gardening Group	3 rd Monday of month 1.00pm-3.00pm	Age Concern Auckland – Ivy 929 2311	Positive Ageing Centre 7 The Strand, Takapuna
Make Give Live - Enjoy social contact while making beanies for charity	Fortnightly 6.30pm	Becky 022 317 5838 becky@makegivelive.com	Brown's Bay
Milford Senior Citizens - Line dancing - Mahjong	10.00am-11.00am 10.00am-12noon	Paulene 489 1157 or Club Rooms 486 3856	Senior Citizens Hall 141A Kitchener Road Milford
North Harbour Ladies Friendship Club - Speakers, friendship, outings	4 th Monday of month 10.00am-12noon	Trish 443 6386	Pupuke Golf Club 231 East Coast Road Campbells Bay
North Shore Branch NZSG - Genealogy	1 st Monday of month 1.00pm-3.00pm	Lyn 483 8435 lynianwinkel@gmail.com	Senior Citizens Hall 5 Mayfield Road, Glenfield
North Shore Bridge Club - Social - Partner required	10.00am-12.30pm 7.30pm	486 3099 www.nsbcb.org.nz	North Shore Bridge Club 39 Killarney Street Takapuna
North Shore Centres of Mutual Aid (CMA) - Companionship & fun activities for older people isolated in the community. Transport arranged - lunch & morning tea provided	10.00am-12.30pm	489 8954	Sunnynook Community Centre 148 Sycamore Drive Sunnynook Mairangi Bay Presbyterian Church, Penzance Road Mairangi Bay
Salvation Army Companions Club - Two course meal, table games, guest speakers & companionship	3 rd Monday of month 10.15am-1.30pm	441 2554 ext 2	Salvation Army Hall 430 Glenfield Road Glenfield
SeniorNet Glenfield - Computer classes and workshops. Peer to peer training, no more than six per class	10.00am-12noon	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	413 6322 loughie@outlook.co.nz www.seniornetns.net	St John Ambulance Centre 2 Shea Terrace Takapuna
Sunnynook Community Centre - English conversation group to those with English as a second language to practice - Board games	10.45am-12.15pm 1.00pm-3.00pm	410 4902	Sunnynook Community Centre 148 Sycamore Drive Sunnynook
Sustainabags - Sew bags to donate to local charities to sell	9.30am-12.30pm	445 3068	Devonport Community House 32 Clarence Street Devonport
Toy Maintenance Retiree Social Group - Repair, clean, process and test toys in a social environment	1 st Monday of month 10.00am-12noon	Kat 021 022 30179 president.nscrl@gmail.com	1 Sidmouth Street Mairangi Bay
U3A Birkenhead - Guest speaker & special interest groups	1 st Monday of month 10.00am-12noon	Sue 418 0376 021 224 4513	Birkenhead Bowling Club 93 Mokoia Road Birkenhead

Tuesday - Physical Activities

Active Movement - Low impact gentle exercises	10.30am-11.30am	444 6340	North Shore Leisure - East Coast Bays, Bute Road, Browns Bay
---	-----------------	----------	--

AquaSenior - <i>Gentle exercise in water</i>	12noon	444 6340	North Shore Leisure - Takapuna 37 Killarney Street, Takapuna
Born Again Bodies - <i>Strength, balance & flexibility at any age. Supervised exercise programme with dumbbells</i>	2.00pm-3.00pm	479 2212	Takapuna Methodist Church Cnr Lake Road & Tennyson Avenue Takapuna
Braemar Scottish Dancing	7.30pm-10.00pm	Yvonne 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 445 3757	Devonport Community House 32 Clarence Street, Devonport
Devonport Y's Walkers	9.00am-10.00am	445 2743	32 Clarence Street Devonport
East Coast Bays Walkers	8.20am	Pam 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	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
Kennedy Park Petanque Club	1.00pm-3.00pm	Angela 478 3138 Miles 021 296 3891	Kennedy Park Observation Post 137-147 Beach Road, Castor Bay
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 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 921 9999 ext 7615 www.never2old.net.nz	AUT Sports & Fitness Centre Akoranga Drive Northcote
Northcote Walking Group - <i>3 hour walk with a refreshment/lunch break after each hour</i>	Every 2 nd Tuesday 10.00am-3.00pm	Brucilla 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
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> - <i>Improvers</i>	6.30pm-7.30pm 7.30pm-8.30pm	Lofty 021 239 4937	Devonport Community House 32 Clarence Street Devonport
Table Tennis Social, casual	11.30am-1.30pm	Debbie 478 4301	St Anne's Hall, Cnr Beach & Glencoe Roads, Browns Bay
Tai Chi - <i>Beginners welcome</i> - <i>Beginners</i> - <i>Maintenance</i> - <i>Intermediate</i> - <i>Qigong</i> - <i>Maintenance</i>	9.15am-10.15am 9.30am-10.30am 9.30am-10.30am 11.00am-12noon 1.00pm-2.00pm 2.30pm-3.30pm	Gillian 445 2073 North Shore Women's Centre 444 4618 Eileen 486 1051 Patricia 021 292 2272 Sheri 021 536 411 Eileen 486 1051	Wakatere Boating Club Narrow Neck Beach Haven Ratepayers Hall 336 Rangatira Road Sunnynook Community Centre 148 Sycamore Drive Sunnynook Community Centre 148 Sycamore Drive Wall Memorial Hall 2 Rodney Road, Northcote Point Milford Senior Citizens Hall 141A Kitchener Road, Milford
Yoga - <i>Gentle yoga for active senior</i>	10.30am	486 3286	North Shore Leisure Glenfield, Bentley Avenue, Glenfield

Zumba Gold - <i>Traditional Zumba at a slower pace</i>	10.15am-11.00am	477 2000	AUT Millennium 17 Antares Place, Mairangi Bay
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>H.U.G.G. Haven Uke & Guitar Group</i> - Ukulele Jam – music, singing, laughs - <i>Mainly watercolour – non tutored art group</i> - Bridge – learn to play	Fortnightly 10.00am-12noon Fortnightly 10.00am-11.30am 10.00am-12noon 12noon-2.00pm	Joe 482 3443 483 9942 483 9942 483 9942	Beach Haven Community House 130 Beach Haven Road Beach Haven
Birkdale Community House - <i>English conversation circle</i>	1.00pm-2.30pm	483 9149	Birkdale Community House 134 Birkdale Road, Birkdale
Birkenhead 60's Up Movement - <i>Speaker or entertainment & monthly trips</i>	2 nd Tuesday of month 10.00am	Edna 483 8497 Kathy 419 9605	Cedars Church Hall 56A Tramway Road Beach Haven
Boomerang Bags - <i>Sew bags for your community</i>	9.30am-11.30am	480 5279	Highbury Community House 110 Hinemoa Street, Birkenhead
Browns Bay 60's Up Movement - <i>Bowls, Rummikub</i>	1.00pm-3.00pm	Pat 419 8671	Taiapotea Trust Progress Hall Anzac Road, Browns Bay
Chinese Senior Group - <i>Social gathering with guest speaker, sharing of information, outings</i>	2 nd Tuesday of month 10.00am-12noon	Age Concern Auckland - Ivy 929 2311	Positive Ageing Centre 7 The Strand Takapuna
Coffee and Friendship Group - <i>Glenfield</i> - <i>Birkenhead</i>	10.00am 11.00am	Age Concern Auckland 489 4975	Artea Café, Glenfield Mall Glenfield Road & Downing Street Espresso Express Café, Highbury Mall, Crn Highbury Bypass & Birkenhead Avenue
Devonport 60's Up Movement - <i>Meeting, speaker, entertainment</i> - Movie Day – theatre & lunch	2 nd Tuesday of month 10.00pm-12noon Irregular event	Kathy 445 1645	Holy Trinity Church Hall 20 Church Street, Devonport Various
Devonport Community House - <i>Leisure painters</i>	10.00am-2.30pm	Linda 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	Josie 021 051 4599	Bayswater
East Coast Bays Bridge Club - <i>Juniors & mixed grades</i>	7.20pm	479 4689 ecbridge@ihug.co.nz www.ecbridgeclub.co.nz	Lyons Avenue (opposite Montana Avenue) Murrays Bay
Glenfield 60's Up Movement - <i>Luncheon</i>	Last Tuesday of month	Lyn 444 8983	Local venue
Glenfield Senior Citizens - <i>Snooker, bowls</i>	1.00pm-4.00pm	444 6578	Glenfield Senior Citizens 7 Mayfield Road, Glenfield
Highbury Community House - <i>Highbury Sewcial – join a friendly group to grow your sewing skills. All levels welcome</i>	9.30am-11.30 am	480 5279	Highbury Community House 110 Hinemoa Street Birkenhead
Milford Senior Citizens - <i>Scrabble</i> - Scottish dancing - <i>Dance Club</i> - 500 card game	9.00am-12noon 10.00am-12noon 12.30pm-2.00pm 12.30pm-3.00pm	Paulene 489 1157 or Club Rooms 486 3856	Senior Citizens Hall 141A Kitchener Road Milford

North Shore Bridge Club - Partner required	11.00am	486 3099 www.nsbcb.org.nz	North Shore Bridge Club 39 Killarney Street, Takapuna
North Shore Centres of Mutual Aid (CMA) - Companionship & fun activities for older people isolated in the community. Transport arranged - lunch & morning tea provided	10.00am-12.30pm	489 8954	Birkdale Community House 134 Birkdale Road, Birkdale Albany Community Hub 575A Albany Highway Albany
North Shore Diabetes Support Group - Support & education	1 st Tuesday of month 10.00am-12noon April & December meetings may be at other venues or times.	Sue 021 622 783 or 622 0551	First Floor Meeting Room Takapuna Library The Strand Takapuna
North Shore Embroiderers' Guild - Promote understanding & interest in embroidery	4 th Tuesday of month 10.00am-12noon	Kim 021 171 6731	Positive Ageing Centre 7 The Strand Takapuna
North Shore Music & Keyboard Club	1 st Tuesday of month 7.30pm-10.00pm	Gordon 410 4788 027 636 8589 http://nsaokc.blogspot.com/	Upstairs Lounge Takapuna Bowling Club Bracken Avenue, Takapuna
North Shore Widows' & Widowers' Society - Indoor bowls	9.30am-12noon	Judith 479 6042	Taiaotea Trust Progress Hall Anzac Road Browns Bay
Northcote Baptist Neighbour Craft Morning - Patchwork, painting, cross-stitch, jewellery making, knitting	9.30am-11.30am	419 1006	Northcote Baptist Church 67 Eban Avenue Northcote
Parkinsonism Carers Support Group	1 st Tuesday of month 10.00am-onwards	Carolyn 818 2793 027 520 4836	Settlers Retirement Village 550 Albany Highway, Albany
Pupuke Ladies Mah Jong Group	1.00pm-4.00pm	Sylvia 410 4192	Kennedy Park Observation Post 137-147 Beach Road, Castor Bay
Selwyn – Milford - Fun & friendship	9.30am-12noon	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	444 2231 seniornet_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	413 6322 loughie@outlook.co.nz www.seniornetns.net	St John Ambulance Centre 2 Shea Terrace Takapuna
Sunnynook Community Centre - Learn conversational English	12.30pm-2.30pm	489 2078	Sunnynook Community Centre 148 Sycamore Drive Sunnynook
Table Tennis - Drop in casual	1.00pm-4.00pm	445 3068	Devonport Community House 32 Clarence Street, Devonport
Takapuna 60's Up Movement - Walking group	9.30am	Millie 489 1441 021 0583 761	Neo Espresso Café, Milford Mall 24 Milford Road, Milford
Takapuna Senior Citizens - Scrabble	9.45am-onwards	Malcolm 445 8034	5 The Strand Takapuna
U3A Browns Bay - Top line guest speaker	1 st Tuesday of month	Val 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	479 2212	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	478 6702	Various
Chair Yoga for Seniors	2.00pm – 3.00pm	Holly 445 1500	Harmony Hall 4 Wynyard Street, Devonport
Essentrics! - Strengthens & lengthens muscles improving posture, flexibility, mobility & balance	4.30pm-5.30pm	Iris 021 216 1851	Meadowood Community House 55 Meadowood Drive Unsworth Heights
Feisty Feet - Dance classes for seniors	10.00am-11.00am	Carlene 378 7361	St Peter's Anglican Church 11 Killarney Street, Takapuna
Fitness League NZ (Inc) - Balanced exercise programme, easy exercise	9.30am-10.30am 6.30pm-7.30pm	Irene 444 8461 Sonia 021 158 5867	Glenfield War Memorial Hall Glenfield Glamorgan School Hall, Glamorgan Drive, Torbay
Mairangi Bay Walking Networks	9.00am-10.00am	Paula 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 921 9999 ext 7615 www.never2old.net.nz	AUT Sports & Fitness Centre Akoranga Drive Northcote
Stanley Bowling Club	1.15pm	Sheila 445 6580	Stanley Bay Bowling Club 20 Stanley Point Road, Devonport
Tai Chi - Maintenance - Beginner - Qi Gong – slow gentle movement - Slow gentle movement	10.00am-11.00am 11.30am-12.30pm 1.30pm-2.30pm 1.30pm-2.30pm	Eileen 486 1051 NS Women's Centre 444 4618 Sherie 021 536 411 Bruno 021 155 4606	Torbay Senior Citizens Hall 37 Watea Road, Torbay Devonport Community House 32 Clarence Street, Devonport Milford Senior Citizens Hall 141A Kitchener Road, Milford Bays Community Centre 2 Glen Road, Browns Bay
Torbay Walkers	4.00pm-5.00pm	Irene 473 1159	Garden seat Torbay Village
Walking Group - 1 hour walk followed by cup of tea/coffee	9.00am	410 4902	Sunnynook Community Centre 148 Sycamore Drive Sunnynook
YMCA Northcote - Goldfit – low intensity class for mobility, balance, muscle strengthening	8.30am-9.30am	480 7099	YMCA North Shore 5 Akoranga Drive Northcote

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

Art Group	9.30am-11.30am during school terms	444 4618	North Shore Women's Centre 5 Mayfield Road, Glenfield
Bays Community Centre - Rummikub - International Friendship Group conversation, friendship, fun, interest in other cultures - Backgammon	10.00am-12noon 10.00am-12noon during term time 12.30pm-3.00pm	Annette 441 3019 Debbie 478 4091 Linda 479 5678	Bays Community Centre 2 Glen Road Browns Bay
Beach Haven/Birkdale Garden Circle - Speaker, trading table	1 st Wednesday of month 9.30am-12noon	Pauline 418 1312	Beach Haven Ratepayers Hall 336 Rangatira Road
Beach Haven Community House - Arts and oils - Handcrafts and creations - Afternoon guitars at the House	10.00am-12noon 10.00am-12noon 1.00pm-2.30pm	483 9942 Ngaere 483 8339 483 9942	Beach Haven Community House 130 Beach Haven Road Beach Haven

Devonport 60's Up Movement - Bus outing - morning tea, lunch - Luncheon	Irregular Every second month	Kathy 445 1645	
Devonport Community House - <i>Knitting Friendship Group</i>	10.00am-12noon	445 3068	Devonport Community House 32 Clarence Street, Devonport
Devonport Spinners, Weavers, Knitters etc	10.00am-12noon	Molly 446 6027	Devonport Cub Den Allenby Avenue, Devonport
East Coast Bays Bridge Club - <i>Mixed grades - bring your lunch</i>	10.20am	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 486 4220 Pamela 475 6696	Mairangi Bay Presbyterian Church Hall, 10 Hastings Road Mairangi Bay
Glenfield 60's Up Movement - <i>Outings – bus trips</i>	3 rd Wednesday of month	Lyndsey 444 4551 Lyn 444 8983	
Glenfield Senior Citizens - <i>Bowls</i> - 500 (cards)	10.00am-12noon 1.00pm-3.00pm	444 6578	Glenfield Senior Citizens 7 Mayfield Road Glenfield
Hauraki Floral Art Club	2 nd Wednesday of month 9.30am-1.30pm	Jennifer 479 5691 Anne 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	480 5279	Highbury Community House 110 Hinemoa Street Birkenhead
Interest Classes for Older Chinese - <i>English Conversation Class</i> - Dancing Group - <i>Arts & Crafts Group</i> - Singing Group	10.00am-11.45am 12.30pm-1.30pm Every 2 nd Wednesday 12.30pm-1.30pm 1.30pm-2.30pm	Age Concern North Shore – Ivy 929 2311	Positive Ageing Centre 7 The Strand Takapuna
Make Give Live - <i>Enjoy social contact while making beanies for charity</i>	9.00am	Becky 022 317 5838 becky@makegivelive.com	Birkenhead
Milford Senior Citizens - <i>Knitting Club</i>	1 st & last Wednesday of month 10.00am-12noon	Paulene 489 1157 or Club Rooms 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	Lyn 483 8435 lynianwinkel@gmail.com	Senior Citizens Hall 5 Mayfield Road, Glenfield
North Shore Bridge Club - <i>Social</i> - Partner required	10.00am-12.30pm 7.30pm	486 3099 www.nsb.org.nz	North Shore Bridge Club 39 Killarney Street Takapuna
North Shore Cake Decorating Club	1 st Wednesday of month 12noon-3.30pm	Gayle 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 446 3305 Brian 445 7611	Main Club Room Bayswater Park Bowling Club 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	444 2231 seniomet_glenfield@xtra.co.nz seniomet-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	413 6322 loughie@outlook.co.nz www.seniornetns.net	St John Ambulance Centre 2 Shea Terrace Takapuna

Seniors Friendship Group - Games and conversation	Fortnightly 1.30pm-3.00pm	481 3030	Chelsea Bay Lounge Rawene Centre 33 Rawene Road, Birkenhead
Shanti Niwas Charitable Trust Indian & South Asian Support Group - Support group for older people	1 st & 3 rd Wednesday of month, 10.30am-1.30pm	622 1010 shantiniwas@xtra.co.nz priya.r@shantiniwas.org.nz	Glenfield Community Centre Cnr of Glenfield Road & Bentley Avenue, Glenfield
Sunnynook Ladies Club - General meeting, social get together & guest speaker	1 st Wednesday of month 10.00am-12noon	Trinda 410 6728	Sunnynook Community Centre 148 Sycamore Drive Sunnynook
Takapuna 60's Up Movement - Trip	1 st Wednesday of month	Elaine 413 6562 027 4861 023	
Takapuna Floral Art Club	4 th Wednesday of month 10.00am-2.30pm	Brenda 479 1616 021 063 0638	Various
Torbay Garden Club - Speaker, trading table, bus trips	1 st Wednesday of month 1.30pm-3.00pm except February & July	Hilary 478 1601 Georgie 473 0404	Torbay Community Hall, 37 Watea Road, (behind the Torbay Shops)
U3A Devonport - Providing mental stimulation for Senior Citizens	2 nd Wednesday of month, 10.00am-12noon	Val 446 6697	Harmony Hall 4 Wynyard Street Devonport
U3A Takapuna - General meeting & speaker, visitors welcome	1 st Wednesday of month except December & January, 9.45am-12noon	478 2490 u3atakapuna.org.nz	Northcote Citizens Centre Hall Cnr Ernie Mays Street & College Road, Northcote
Zion Hill Fellowship - Companionship for people isolated through age or disability	10.00am-1.15pm during school terms	Janet 480 7751 Valerie 480 5456	Birkenhead Methodist Church Hall Onewa Road Birkenhead

Thursday - Physical Activities

Aqua Senior - Shallow	9.30am 12noon	444 6340 486 3286	North Shore Leisure - Glenfield Bentley Avenue, Glenfield North Shore Leisure – Takapuna, 37 Killarney Street
Badminton North Harbour - Over 55's Club	1.00pm-3.00pm	Gerard 410 9223	Badminton North Harbour Bond Crescent, Forrest Hill
Born Again Bodies - Strength, balance & flexibility at any age. Supervised exercise programme	10.30am-11.30am	479 2212	Windsor Park Baptist Church 550 East Coast Road Mairangi Bay
Devonport Y's Walkers	9.00am-10.00am	445 2743	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	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	410 4902	Sunnynook Community Centre 148 Sycamore Drive, Sunnynook
Kennedy Park Petanque Club	1.00pm-3.00pm	Angela 478 3138 Miles 021 296 3891	Kennedy Park Observation Post 137-147 Beach Road, Castor Bay
Line Dancing	10.00am-12noon	Bill 441 4193 021 160 4170	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 921 9999 ext 7615 www.never2old.net.nz	AUT Sports & Fitness Centre Akoranga Drive Northcote
Northcote Petanque Club - Club night	4.00pm	Heather 480 6988 021 049 9668	Northcote Bowling Club Council Terrace, Little Shoal Bay
Senior Movement - Low impact, gentle exercises	10.15am	444 6340	North Shore Leisure - Glenfield, Bentley Avenue
Shore Ten Pin Bowling	9.30am-12noon	Nancy 480 1484	Xtreme Entertainment 10 Target Court, Wairau Valley
Tai Chi - Beginners welcome - Beginners - Qigong	8.15am-9.15am 9.15am-10.15am 9.30am-10.30am 1.30pm-2.30pm	Wai Ling 478 3309 Gillian 445 2073 NS Women's Centre 444 4618 Kathy 021 187 5985	Bays Community Centre 2 Glen Road, Browns Bay Wakatero Boating Club Narrow Neck Glenfield Senior Citizens 7 Mayfield Road, Glenfield Milford Senior Citizens Hall 141A Kitchener Road, Milford
Yoga - Gentle to stretch, breathe & relax for health	10.00am-11.00am	David 445 3757	Devonport Community House 32 Clarence Street Devonport
Zumba Gold - Active seniors group fitness	10.30am-11.30am	480 7099	YMCA North Shore 5 Akoranga Drive, Northcote

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

Bays Community Centre - Tuis patch & piece - Mahjong - Bays Patchwork	10.00am-12noon 9.15am-2.00pm Fortnightly 7.00pm-9.30pm	Alma 478 7263 Patricia 479 2374 Judi 478 9397	Bays Community Centre 2 Glen Road, Browns Bay
Beach Haven Community House - Arts & oils - Handcrafts & creations - Afternoon guitars at the House	10.00am-12noon 10.00am-12noon 1.30pm-2.30pm	483 9942 Ngaere 483 8339 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	483 9149	Birkdale Community House 134 Birkdale Road Birkdale
Chinese Positive Ageing Group	10.00am-3.00pm	Sandy 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
Devonport 60's Up Movement - Choir	Thursdays except 4 th Thursday month 1.30pm-3.00pm	Kathy 445 1645	Holy Trinity Church Hall 20 Church Street Devonport
East Coast Bays Bridge Club - Mixed grades - lessons available	7.20pm	479 4689 ecbridge@ihug.co.nz www.ecbridgeclub.co.nz	Lyons Avenue (opposite Montana Avenue) Murrays Bay
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 410 4423	Mairangi & Castor Bay Presbyterian Church 8-10 Penzance Road Mairangi Bay

Milford Senior Citizens - <i>Line Dancing</i>	10.00am-12noon	Paulene 489 1157 Club Rooms 486 3856	Senior Citizens Hall 141A Kitchener Road, Milford
North Shore Bridge Club - <i>Partner required</i> - Social	12.30pm 7.30pm	486 3099 www.nsbcc.org.nz	North Shore Bridge Club 39 Killarney Street Takapuna
North Shore Centres of Mutual Aid (CMA) - <i>Companionship & fun activities for older people isolated in the community. Transport arranged - lunch & morning tea provided</i>	10.00am-12.30pm	489 8954	Glenfield War Memorial Hall Hall Road, Glenfield Rose Centre School Road Belmont
North Shore Chronic Obstructive Pulmonary Disease (COPD) - <i>Support group</i>	2 nd Thursday of month 10.00am-12noon February - December	630 0236	Sunnynook Community Centre 148 Sycamore Drive Sunnynook
North Shore Diabetes Support Group - <i>Support & education</i>	1 st Thursday of month 7.00pm-9.00pm except May, December	Sue 021 622 783 or 622 0551	Auckland Christian Assembly 26 Albany Highway Glenfield
North Shore Stroke Club - <i>Indoor bowls, ping-pong, scrabble, art & craft, petanque, mini golf, walks, housie, exercises, various other activities & outings</i>	10.00am-1.00pm phone before attending	475 0070	Sunnybrae Bowling Club 6 Argus Place Glenfield (next to the North Shore Events Centre)
North Shore Widows' and Widowers' Society - <i>Lunch</i>	2 nd Thursday of month 12noon	Judith 479 6042	Bays Club 6 Anzac Road Browns Bay
Northcote Point Senior Citizens - <i>Social, entertainment</i> - Outing	3 rd Thursday of month 10.00am-12noon Every 4th Thursday	Colleen 418 2349	Northcote Point Senior Citizens Centre 119 Queen Street Northcote Point
Parkinsonism Carers Support Group	1 st Thursday of month 10.00am-onwards	Carolyn 818 2793 027 520 4836	Altura Café 25 Anzac Road, Browns Bay
Parkinsonism Support Group - <i>Education & support</i>	2 nd Thursday of month 10.00am-onwards	Carolyn 818 2793 027 520 4836	Windsor Park Complex East Coast Bays Road Mairangi Bay
SeniorNet Glenfield - <i>Computer classes & workshops. Peer to peer training, no more than six per class</i>	10.00am-12noon 1.30pm-3.30pm	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	413 6322 loughie@outlook.co.nz www.seniornetns.net	St John Ambulance Centre 2 Shea Terrace Takapuna
Sunnynook Community Centre - <i>Learn conversational English</i>	12.30pm-2.30pm	489 2078	Sunnynook Community Centre 148 Sycamore Drive Sunnynook
Takapuna 60's Up Movement - <i>Exercises, Tai Chi</i> - Monthly meeting, speaker & entertainment	Every Thursday except 3 rd 10.00am 3rd Thursday of month 10.30am-12.15pm	Elaine 413 6562 027 4861 023	St Joseph's Church Hall 10 Dominion Street Takapuna
Torbay International Coffee Group - <i>No charge, just turn up</i>	10.15am-12noon	Carole 473 3259	Senior Citizens' Hall Watea Road, Torbay

Friday - Physical Activities

Counterpunch for People with Parkinson's - <i>Non-contact boxing & exercise for people with Parkinson's. Open class & seated class running parallel</i>	2.00pm-3.00pm	Lisa 021 0287 8470 Booking essential	Shane Cameron Fitness 129 Onewa Road Northcote
---	---------------	---	--

East Coast Bays Walkers	8.20am	Pam 302 4882 022 049 3244	Glen Road, (by Browns Bay Plunket Rooms)
Essentrics! - <i>Strengthens & lengthens muscles improving posture, flexibility, mobility & balance</i>	10.00am-11.00am	Iris 021 216 1851	St Paul's Anglican Church Hall 2 Otakau Road Milford
Fitness League NZ (Inc) - <i>Balanced exercise programme, easy exercise</i>	9.30am-11.00am	Val 475 5215 021 0705 749	Sunnynook Community Centre 148 Sycamore Drive Sunnynook
Mairangi Bay Walking Networks	9.00am-10.00am	Paula 444 6435	Mairangi Bay 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 & improve quality of life</i>	9.30am-10.30am	Phillipa 921 9999 ext 7615 www.never2old.net.nz	AUT Sports & Fitness Centre Akoranga Drive Northcote
Pilates - <i>For seniors</i>	10.00am -11.00am	Ione 027 537 5733	Takapuna War Memorial Hall 7 The Strand, Takapuna
Table tennis - <i>Social, casual</i>	11.30am-1.30pm	Debbie 478 4091	St Anne's Hall, Cnr Beach Road & Glencoe Road Browns Bay
Tai Chi - <i>Intermediate</i>	9.30am-10.30am	NS Women's Centre 444 4618	Beach Haven Ratepayers Hall 336 Rangatira Road
YMCA Northcote - <i>Goldfit – low intensity for mobility, balance, muscle strengthening</i> - Movement therapy low level exercise 50-90 year olds	8.30am-9.30am 1.00pm-2.00pm	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 Raod, Torday

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

Beach Haven/Birkdale Garden Circle - <i>Bus trips – garden visits & lunch</i>	Last Friday of month 9.30am	Janet 480 7751 Pauline 418 1312	
Beach Haven Community House - <i>Global Friends</i> - Peggy Squares – learn to knit or teach others; knitting for community	9.30am-10.30am 1 st Friday of month 12.30pm-2.30pm	Laure 022 418 8199 483 9942	Beach Haven Community House 130 Beach Haven Road Beach Haven
Browns Bay Ladies Club - <i>General meeting & social get together & guest speaker</i>	4 th Friday of month 10.00am-12noon	Margaret 478 2073 Jenny 479 6026	Torbay Sailing Club Beach Road Waiake Beach
Community Knitting Group	10.00am-12noon	444 5023	Glenfield Community Centre Cnr Bentley Avenue & Glenfield Road, Glenfield
Devonport Community House - <i>Mastering art</i>	9.30am-1.30pm	Lucy 446 0389	Devonport Community House 32 Clarence Street, Devonport
East Coast Bays Bridge Club - <i>Juniors & mixed grades</i>	12.20pm	479 4689 ecbridge@ihug.co.nz www.ecbbridgeclub.co.nz	Lyons Avenue (opposite Montana Avenue) Murrays Bay
Glenfield 60's Up Movement - <i>Coffee morning – every Friday</i>	10.00am–11.00am	Lyn 444 8983	Glenfield Mall
Glenfield Senior Citizens - <i>Housie</i>	1.00pm-3.00pm	444 6578	Glenfield Senior Citizens 7 Mayfield Road, Glenfield
Highbury Community House - <i>Embroidery</i>	10.00am-12noon during term time	424 2741 sapygott@gmail.com	Highbury Community House 110 Hinemoa Street, Birkenhead

Milford Senior Citizens - Rummikub - Dance Club	9.00am-12noon 7.00pm-8.00pm	Paulene 489 1157 or Club Rooms 486 3856	Senior Citizens Hall 141A Kitchener Road Milford
North Shore Bridge Club - <i>Partner required</i>	11.00am	486 3099 www.nsbcb.org.nz	North Shore Bridge Club 39 Killarney Street, Takapuna
Northcote 60's Up Movement - <i>Meetings, entertainers, outings</i>	1 st Friday of month 10.00am-12noon	443 5227	Northcote Citizens Centre Hall Ernie Mays Street, Northcote
SeniorNet Glenfield - <i>Computer classes & workshops. Peer to peer training, no more than six per class</i>	10.00am-12noon 1.30pm-3.30pm	444 2231 seniornet_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	413 6322 loughie@outlook.co.nz www.seniornetns.net	St John Ambulance Centre 2 Shea Terrace Takapuna
Stanley Bowling Club - <i>Social</i> - Quiz night	6.00pm 3rd Friday of month 7.30pm	Sheila 445 6580	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	Dilys 443 2547	Sunnybrae Bowling Club 9 Argus Place, Glenfield
Takapuna Senior Citizens - <i>Scrabble</i>	9.45am-onwards	Malcolm 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	Melanie 021 072 4198 laughterbrownsbay@gmail.com	Bays Community Centre 2 Glen Road Browns Bay
Mairangi Bay Walking Networks	8.30am-9.30am	444 6435	Mairangi Bay carpark (adjacent children's play area)
Stanley Bowling Club	1.15 pm	Sheila 445 6580	Stanley Bay Bowling Club 20 Stanley Point Road, Devonport
Tai Chi & Qigong	10.00am-11.00am	Sherie 021 536 411 sherie@taichikiwi.nz	Greenhithe Community Hall, 7 Greenhithe Road, Greenhithe

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

Bays Community Centre - <i>Crazy quilters</i> - On the hook crochet	4 th Saturday of month 9.30am-3.00pm 3.30pm-5.00pm	Marilyn 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	444 6578	Glenfield Senior Citizens 7 Mayfield Road, Glenfield
North Shore Embroiderers' Guild - <i>Saturday Stitch Meeting</i>	Various – please contact Kim for more details	Kim 021 171 6731	Positive Ageing Centre 7 The Strand, Takapuna
North Shore Widows' and Widowers' Society - <i>Café lunch</i>	3 rd Saturday of month 12noon	Judith 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	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	445 2743	32 Clarence Street Devonport
------------------------------	----------------	----------	---------------------------------

Kennedy Park Petanque Club	10.00am-12noon	Angela 478 3138 Miles 021 296 3891	Kennedy Park Observation Post 137-147 Beach Road, Castor Bay
Mairangi Bay Walking Networks - <i>Slower walk</i>	9.00am-10.00am	Paula 444 6435	Milford Shopping Centre carpark
Northcote Petanque Club	4.00pm December - April 2.00pm May – November	Heather 480 6988 021 049 9668	Northcote Bowling Club Council Terrace Little Shoal Bay
Sunday - Educational, Social, Special Interest, Support Group Activities			
Bays Community Centre - <i>Sunday quilters</i>	2nd Sunday of month 10.30am-3.00pm	Melva 479 7572	Bays Community Centre 2 Glen Road Browns Bay
North Shore Country Music Club - <i>Singing & dancing</i>	Fortnightly on Sundays 7.00pm-10.00pm	Jim 410 0800 021 267 3135 or 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 479 6042	Taiaotea 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 489 4975 or emailing ageconns@acns.co.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 2020 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.

Once completed please detach the survey below you can either:

- 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?

.....
.....
.....