



**AGE  
CONCERN  
AUCKLAND**

He Manaakitanga  
Kaumātua Aotearoa

*Physical Activities  
Social Activities  
Special Interests  
Lifelong Learning  
Support Groups  
Fun & Friendship*

**2024-2025**

# Calendar of Activities

**Central Auckland**



[www.ageconcernauckland.org.nz](http://www.ageconcernauckland.org.nz)

## 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 & 11:20am	(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) 623 0441	Active Plus Dominion Road 110 Mt Eden Road Mt Eden
<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 1/597 Mt Eden Road Mt Eden Entry via Kingsview Road
<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>Deep Water Aqua Aerobics</b> - Water aerobics with belts	8:30am - 9:15am	Emmett Feely (09) 529 3741 emf@clmz.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	12:00pm	Annie 021 815 113 annieminton2@gmail.com	St Heliers Community Centre 100 St Heliers Bay Road St Heliers
<b>Gold Fit</b> - Individual gym programme. Strength, balance, cardio. Pre-assessment required	9:15am -10:15am	(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. Pre-assessment required	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> - Modified sport, catered to your abilities. Pre-assessment required	10:30am	(09) 579 4716 ellerslie@ymcauckland.org.nz	YMCA Ellerslie Recreation Centre, 46 Michaels Avenue Ellerslie
<b>Gold Fit</b> - Includes group warm up, personalised exercise programme and group cool down	9:00am	(09) 636 8825 jordan@ymcauckland.org.nz	YMCA Sir William Jordan Recreation Centre 5 Pearce Street Onehunga

<b>Movement, Body &amp; Balance</b> - Standing and balance work, floor exercises and flexibility	10:00am	Annie 021 815 113 annieminton2@gmail.com	Kohimarama Yacht Club 80 Tamaki Drive Mission Bay
<b>Pilates</b> - Pre- assessment required	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	Susan 021 206 1835 susan@seniorsdance.nz www.seniorsdance.nz	St Lukes Church Hall 704 New North Road Mt Albert
<b>Seniors Yoga</b>	11:00am	(09) 378 1752 Info@ponsonbycommunity.org.nz	Ponsonby Community Centre 20 Ponsonby Terrace Ponsonby
<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>Tai Chi Wellness and Injury Free</b> -Fall prevention, balance and strengthening	11:00am - 12:00 pm	Eddie 021 288 2380 taichi9000@yahoo.co.nz	Meadowbank Community Centre, 29 St Johns Road St Johns
<b>Walking Netball</b> -Modified version of the game with no running or jumping. No prior netball experience is required. Refreshments included.	10:00am- 12:00pm	0800 570 0030 Reception@aucklandnetball.co.nz	Indoor Courts, St Johns Netball, 7 Allison Ferguson Drive, St John's.
<b>Yoga</b> - Gentle physical movements	8:45am- 9:45am	Mans 021 1349 000 www.yogaone.co.nz	St Aidan's Church Hall 5 Ascot Avenue, Remuera

### 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 5485	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

### Tuesday - Physical Activities

<b>FLexercise with Fitness League</b> - Low impact exercises to music - part exercise.	10:00am	Val 021 070 5749 (09) 475 5215 valwightman@xtra.co.nz	St Aidan's Church Hall 5 Ascot Avenue Remuera
<b>Gold Fit</b> - Personalised work out. Pre-assessment required	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> - Adaptable workouts. Strength and balance including cardio and weights	10:30am	Kelly 021 226 6834 kelly@transformationcentre.co.nz	St Heliers Church and Community Centre 100 St Heliers Bay Road, St Heliers
<b>Grumpies - Yoga for Men</b> - Yoga for men over 50	6:00pm - 7:00pm	Tracy 021 284 8444	Grey Lynn Community Centre 510 Richmond Road Grey Lynn

<b>Senior Swans Jazz</b>	12:30pm – 1:30pm	021 762 641 Bookings@nzballet.co.nz www.nzballet.co.nz	Dance for Life Academy 1/36 Galway Street Onehunga
<b>Senior Swans Ballet</b>	1:30pm – 2:30pm	021 762 641 Bookings@nzballet.co.nz www.nzballet.co.nz	Dance for Life Academy 1/36 Galway Street Onehunga
<b>Somervell Presbyterian Church Walking Group</b> - Meet to walk followed by morning tea	9:30am	(09) 524 5379 021 366 451	Somervell Presbyterian Church, 497 Remuera Road Remuera
<b>Strength Mobility and Balance</b> - Balance, strength, mobility and walking exercises. Also caters for those with Parkinson's.	11:00am - 12:00pm (ten week programme)	Shouvik 022 172 5835 info@pranaphysio.co.nz	Prana Physio 8 Nugent Street Grafton
<b>Swingin' Jazz</b> - Exercise mobility of the joints, and muscles for good posture, and strengthen the core muscles.	12:30pm - 1:30pm	vivadance.co.nz (09) 376 7900	Viva Dance Studios 10 Newton Rd, Newton.
<b>Vinyasa Yoga</b>	6:30pm - 7:30pm	Kerry 027 315 3037 09 378 4908 office@greylynn.org.nz	Grey Lynn Community Centre 510 Richmond Road Grey Lynn
<b>Yoga</b>	9:30am -10:30am	09 276 8207 otr@clmz.co.nz	Ōtāhuhu Pool & Leisure Centre, Fairburn Reserve, Mason Ave, Ōtāhuhu

### 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. Morning tea with social and physical activities	9:30am - 12:00pm	Kirsten (09) 533 9000 021 180 7321	St Chad's Anglican Church 38 St Johns Road Meadowbank
<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	(09) 575 8899	St Heliers Presbyterian Community Centre 100 St Heliers Bay Road

### Wednesday - Physical Activities

<b>Active Gold</b> - Cardiovascular exercise, strength training, pilates, balance work, gentle stretches & relaxation	10:30am – 11:20am	(09) 579 0004	Active Plus Ellerslie 180 Main Highway Ellerslie
<b>Aqua Zumba</b>	6:30pm - 7:15pm	(09) 276 8207 otr@clmz.co.nz	Ōtāhuhu Pool & Leisure Centre, Fairburn Reserve, Mason Ave, Ōtāhuhu
<b>Deep Water Aqua Aerobics</b> - Water aerobics with belts	8:30am - 9:15am	Emmett Feeley (09) 529 3741 emf@clmz.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>Gold Fit</b> - Gym use, circuit, balance and functional exercises.	8:15am - 9:15am	(09) 846 0788 mtalbert@ymcauckland.org.nz	YMCA Mt Albert Community & Leisure Centre, 773 New North Road, Mt Albert
<b>Gold Fit</b> - Personalised work out. Pre-assessment required	11:15am	(09) 627 1642 lynfield@ymcauckland.org.nz	YMCA Lynfield Youth & Leisure, 16-18 Griffen Park Road, Mount Roskill
<b>Movement, Balance &amp; Flexibility</b> Standing and balance work, floor exercises and flexibility	10:00am	Annie 021 815 113 annieminton2@gmail.com	Kohimarama Yacht Club 80 Tamaki Drive Mission Bay
<b>Seniors Yoga</b>	11:00am – 12:00pm	(09) 378 1752 info@ponsonbycommunity.org.nz	Ponsonby Community Centre 20 Ponsonby Terrace Ponsonby
<b>Senior Swans Ballet</b>	10:30am – 11:30am	021 762 641 Bookings@nzballet.co.nz www.nzballet.co.nz	Dance for Life Academy 1/36 Galway Street Onehunga
<b>Tai Chi for Wellbeing</b>	10:30am	Stacy (09) 576 3705	Dunkirk Road Activity Centre 50 Dunkirk Road Panmure
<b>Vinyasa Yoga</b>	5:30pm - 7:00pm	Vicki (09) 575 4736 vickisopernz@gmail.com (09) 378 4908 office@greylynn.org.nz	Grey Lynn Community Centre 510 Richmond Road Grey Lynn
<b>Yogilates</b> - Yoga and Pilates	9:45am	Fitness Results Lisa 021 890 555	St Heliers Community Centre 100 St Heliers Bay Road St Heliers

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

<b>Kohimarama Selwyn Centre</b> - Social and physical activities for enjoyment and fun	9:30am - 12:00pm	021 915 932	St Andrew's Anglican Church Hall, 116 Selwyn Avenue Kohimarama
<b>Shanti Niwas Drop-in Centre</b> - Morning tea, range of activities (social, physical, support)	10:30am – 3:00pm	(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	021 942 684 Stheliersu3a@gmil.com	St Heliers Community Centre 100 St Heliers Bay Road St Heliers

### Thursday - Physical Activities

<b>Ballet for Life</b> - Holistic and grounding ballet technique supports a strong core and good balance.	10:30am - 11:30am	vivadance.co.nz (09) 376 7900	Viva Dance Studios 10 Newton Rd, Newton.
<b>Bay Walkers</b>	9:30am	Graham (09) 575 5485	St Heliers Church 100 St Heliers Bay Road.
<b>Chair Yoga for Seniors</b> - Sitting and standing postures using a chair to improve balance and strength	11:00am - 12:00pm	Tracy 021 284 8444 chairyoganz@gmail.com	Westend Tennis Club 2 Fife Street Westmere

<b>Gold Fit</b> - Modified sport catered to your abilities. Pre-assessment required	10:30am	(09) 579 4716 ellerslie@ymcauckland.org.nz	YMCA Eilerslie Recreation Centre, 46 Michaels Avenue Eilerslie
<b>Gold Fit</b> - Balance, strength, cardio and respiratory. Pre-assessment required	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@ymcauckland.org.nz	YMCA Sir William Jordan Recreation Centre 5 Pearce Street, Onehunga
<b>Goldies</b> - Adaptable workouts. Strength and balance including cardio and weights	10:30am	Kelly 021 226 6834 kelly@transformationcentre.co.nz	St Heliers Church and Community Centre 100 St Heliers Bay Road, St Heliers
<b>Hatha Yoga</b>	6:00pm - 7:15pm	Becca 021 378 323 Sharon 021 0822 1672 (09) 378 4908 office@greyllyn.org.nz	Grey Lynn Community Centre 510 Richmond Road Grey Lynn
<b>Legends Fit</b>	10:00am – 11:00am	(09) 570 7820 thebays@clmz.co.nz	CLM Eastern Bays 135 Morrin Road, St Johns
<b>Senior Swans Ballet</b>	12:00pm – 1:00pm	021 762 641 Bookings@nzballet.co.nz nzballet.co.nz	Dance for Life Academy 1/36 Galway Street Onehunga
<b>Step Out Walking Group</b> - Socialising and walking	10:00am - 11:00am	(09) 555 5162	The Jubilee Building 545 Parnell Road, Parnell
<b>Strength Mobility and Balance</b> - Balance, strength, mobility and walking exercises. Also caters for those with Parkinson's.	11:00am - 12:00pm (ten-week programme)	Shouvik 022 172 5835 info@pranaphysio.co.nz	Prana Physio 8 Nugent Street Grafton

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

<b>Film Group</b> - Discuss movies you have seen over afternoon tea	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> - Companionship, fun, advice, and support. Varied programmes and morning tea with social, and physical activities.	9:30am - 12:00pm	Kirsten (09) 533 9000 021 180 7321	St Chad's Anglican Church 38 St Johns Road Meadowbank
<b>Parnell Coffee &amp; Chat</b> -Morning tea, guest speakers, regular outings	Fortnightly Thursdays 10:00am - 11:30am	(09) 555 5162	The Jubilee Building 545 Parnell Road Parnell
<b>St Heliers Garden Club</b> - Speakers, competitions, get-together	4 <sup>th</sup> Thursday of month 1:30pm - 3:30pm	(09) 570 5387 021 892 124	St Heliers Community Centre 100 St Heliers Bay Road St Heliers

### Friday - Physical Activities

<b>Active Gold</b> - Cardiovascular exercise, strength training, pilates, balance work, gentle stretches, relaxation	10:00am - 11:00am	(09) 623 0441	Active Plus Dominion Road 110 Mt Eden Road Mt Eden
<b>Body Balance</b>	9:15am - 10:15am	Fitness Results Lisa 021 890 555	St Heliers Community Centre

			100 St Heliers Bay Road St Heliers
<b>Dance</b> - Ballet warm up and contemporary dance. Pre-assessment required	10:30am	(09) 303 2069 aucklandcity@ymcauckland.org.nz	YMCA Auckland City Fitness 149 Greys Avenue Auckland CBD
<b>Deep Water Aqua Aerobics</b> - Water aerobics with belts	8:30am - 9:15am	Emmett Feely (09) 529 3741 emf@clmnz.co.nz	Sacred Heart Aquatic Centre 250 West Tamaki Road Glendowie
<b>Gold Fit</b> - Gym use, circuit, balance and functional exercises.	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> - Individual gym programme. Pre-assessment required	10:30am - 11:30am	(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>Senior Swans Ballet</b>	12:00pm - 1:00pm	021 762 641 Bookings@nzballet.co.nz www.nzballet.co.nz	Dance for Life Academy 1/36 Galway Street Onehunga
<b>Seniors Yoga</b> - Relax, unwind and strengthen.	1:00pm - 2:00pm	(09) 378 4908 office@greylynn.org.nz	Grey Lynn Community Centre 510 Richmond Road, Grey Lynn
<b>Yoga</b>	5:45pm - 6:45pm	(09) 276 8207 otr@clmnz.co.nz	Ōtāhuhu Pool & Leisure Centre, Fairburn Reserve, Mason Ave, Ōtāhuhu

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

<b>Parnell Community Centre Bridge Club</b> - Social Game of bridge with afternoon tea	1:00pm - 4:00pm	(09) 555 5164	The Jubilee Building 545 Parnell Road Parnell
<b>Shanti Niwas Drop-in Centre</b> - Morning tea, range of activities (social, physical, support)	10:30am - 3:00pm	(09) 622 1010 shantinivas@xtra.co.nz	258 Balmoral Road Mt Eden (Beside Balmoral Temple)

### Saturday - Physical Activities

<b>Body Balance</b>	10:20am	(09) 570 7820 thebays@clmnz.co.nz	CLM The Bays, 135 Morrin Road, St Johns.
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### Saturday – Educational, Social, Special Interest, Support Group Activities

<b>Glaucoma Peer Support Group</b> - Share your experience with like-minded people and get support from people who understand.	2:00pm – 3:30pm	0800 452 826	Epsom Community Centre, 202 Gillies Avenue, Epsom
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### Sunday - Physical Activities

<b>Ashtanga Yoga</b>	8:00am – 8:50am	(09) 846 9868 www.habitatforfitness.co.nz	Habitat for Fitness, 399 New North Road, Kingsland
<b>Aqua Zumba</b>	9:30am-10:15am	(09) 276 8207 otr@clmnz.co.nz	Ōtāhuhu Pool & Leisure Centre, Fairburn Reserve Mason Ave, Ōtāhuhu

## Sunday - Educational, Social, Special Interest, Support Group Activities

<b>Meditation</b> - Uplifting yoga sound meditation, and spiritual insights (live streamed)	6:00pm - 8:00pm	021 050 4866 classes@nzsm.org www.meditation.org.nz	Grey Lynn Community Center, 510 Richmond Rd, Grey Lynn.
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### Steady As You Go<sup>®</sup> Exercise Programme

Age Concern Auckland is delighted to continue to provide and expand the **Steady As You Go<sup>®</sup>** exercise programme across Auckland. This is a community based, weekly falls prevention exercise class and is an ACC approved Community Strength and Balance programme.

Following initial extensive instruction from Age Concern Auckland Health Promotion staff, each new class continues with support from volunteer peer leaders within the class, together with continued support and supervision from Age Concern Auckland.

Classes run for an hour in total at various community venues and all attendees are encouraged to work at their own pace. Participants begin with seated warm up exercises followed by standing balance exercises, strengthening exercises, walking balance exercises and end with seated balance and warm down exercises. The programme is usually free to attend.

Age Concern Otago developed **Steady As You Go<sup>®</sup>** in 2003 using elements from the Otago Exercise Programme, additional exercises designed by physiotherapists and Tai Chi principles of mindfulness and controlled movement. University of Otago research has found that **Steady As You Go<sup>®</sup>** improves balance and leg strength, flexibility, general fitness and wellbeing, spatial awareness and is a great way to meet new people!

To discuss your interest in attending this exercise programme, please contact: **Divya** on **09 820 2711** or email: [divyas@ageconak.org.nz](mailto:divyas@ageconak.org.nz)

For more information on other **Community Strength and Balance Approved Exercise Classes**, phone **Harbour Sport** on **09 415 4611** or 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 publishing and we review all listings on an annual basis. We welcome new inclusions or updates if your group details have changed. Please email details to: [ageconcern@ageconak.org.nz](mailto:ageconcern@ageconak.org.nz) or phone **(09) 489 4975**.

For more information about **Age Concern Auckland** and to learn more about our range of Services, please visit: [www.ageconcernauckland.org.nz](http://www.ageconcernauckland.org.nz)

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