



**AGE
CONCERN
AUCKLAND**

He Manaakitanga
Kaumātua Aotearoa

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

2024-2025
**Calendar of
Activities**
East Auckland



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			
Badminton and Table Tennis	7.30pm - 9.30pm	09 536 5360	The Stadium at Te Puru Community Centre 954R Whitford-Maraetai Road Beachlands
BodyBalance - The Yoga, Tai Chi and Pilates workout that builds flexibility and features 10 minutes of relaxation and meditation to leave you feeling centred and calm.	9.15am - 10.15am 7.35pm – 8.30pm	09 535 5502	Lloyd Elsmore Pool and Leisure Centre Sir Lloyd Drive Pakuranga
PILATES - The eight principles of the Pilates technique - concentration, breath, centering, control, precision, movement, isolation and routine - are brought together to give you a low-impact workout.	6.15pm - 7.15pm	09 261 8413	Howick Leisure Centre 563 Pakuranga Road Howick
SeniorFIT Plus - A mix of resistance and cardio training that may include movements of getting up and down from the floor. Ideal for those that have a good level of fitness, mobility and leg strength.	10.30am - 11.15am	09 534 3590	Marina Fitness Level 1, Compass Building Ara Tai Road Half Moon Bay
Senior Sports - Join us for a game of badminton or table tennis	12.30pm - 2.30pm (school term time only)	09 261 8436	Howick Leisure Centre 563 Pakuranga Road Howick
Tai Chi - Tai Chi for health and wellbeing that is fun. Includes functional movements to improve your strength & balance that support your everyday living. Chairs are available to aid standing balance exercises.	10.30am - 11.30am	022 356 9326	Highland Park Community House 47 Aviemore Drive Highland Park
Yoga - This workout can range from gentle and slow-moving to dynamic, but it always tones, shapes and centres the mind without impact or stress.	9.00am - 10.00am	09 534 3590	Marina Fitness Level 1, Compass Building Ara Tai Road Half Moon Bay
Yoga - Includes asanas (postures), breathing awareness practices and a yoga nidra relaxation to finish. This YOGA is restorative and creates body strength. Mats are available at the	6.00pm – 7.00pm	09 536 5360	Function Room at Te Puru Community Centre 954R Whitford-Maraetai Road Beachlands

class, you are also welcome to bring your own.

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

Breast Screen Aotearoa Mobile Bus		0800 270 200	Highland Park Community House 47 Aviemore Drive Highland Park
Communicare - Friendship Centre Pakuranga	9.30am - 12.30pm	09 631 5968 office@communicare.org.nz	Te Tuhi 21 William Roberts Road Pakuranga
Howick Selwyn Seniors - Get together for social activities, gentle exercise & a range of different activities.	9.30am - 1.30pm	Jo-Anne Devantier 09 534 6864	All Saint's Anglican Church 30 Cook St Howick
U3A Howick - Monthly meeting with a speaker and a review of all the groups. Thirty-one groups which meet monthly covering many topics from Anthropology to Writing.	09.30am 2 nd Monday of the month	Jan Naish - Wallis 027 220 3777 j.n.w@xtra.co.nz	Howick Bowling Club 33 Selwyn Road Cockle Bay
U3A Pakuranga	1.45pm 1 st Monday of the month	u3apakuranga@gmail.com	Howick Presbyterian Church 11 Vincent Street Howick

Tuesday - Physical Activities

BodyBalance - The Yoga, Tai Chi and Pilates workout that builds flexibility and features 10 minutes of relaxation and meditation to leave you feeling centred and calm.	4.15pm – 5.15pm 7.20pm – 8.20pm	09 535 5502	Lloyd Elsmore Pool and Leisure Centre Sir Lloyd Drive Pakuranga
Free Community Badminton	9.30am - 11.00am	09 536 5360	The Stadium at Te Puru Community Centre 954R Whitford-Maraetai Road Beachlands
Pilates - Concentration, breath, centering, control, precision, movement, isolation and routine - are brought together to give you a low-impact workout.	5.30pm - 6.30pm	09 534 3590	Marina Fitness Level 1, Compass Building Ara Tai Road Half Moon Bay
SeniorFIT - A low impact class for those with limited mobility. Ideal for those who may have slipped, tripped or fallen in the last year. Participants may require the use of a walking aid. Seated options available.	10.20am - 11.20am	09 261 8413	Howick Leisure Centre 563 Pakuranga Road Howick
SeniorFIT+ - A mix of resistance and cardio training that may include movements of getting up and down from the floor. Ideal for those that have a good level of fitness, mobility and leg strength.	11.20am - 12.20pm	09 261 8413	Howick Leisure Centre, 563 Pakuranga Road Howick
Yoga - This workout can range from gentle and slow-moving to dynamic, but it	10.05am - 11.05am	09 535 5502	Lloyd Elsmore Pool and Leisure Centre Sir Lloyd Drive Pakuranga

always tones, shapes and centres the mind without impact or stress.			
Yoga - This workout can range from gentle and slow-moving to dynamic, but it always tones, shapes and centres the mind without impact or stress.	6.30pm - 7.30 pm	09 534 3590	Marina Fitness Level 1, Compass Building Ara Tai Road Half Moon Bay

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

Drop-In Patchwork - A drop-in group for like-minded people interested in patchwork.	9.00am	janine99.nz@gmail.com	Monet Room at Highland Park Community House 47 Aviemore Drive Highland Park
Knitters Operation Cover Up - Knitting to support the poor and needy worldwide	12.30pm (First Tuesday of each month)	Val 09 534 2850	Highland Park Community House 47 Aviemore Drive Highland Park
Rummikub	1.00pm - 4.00pm	09 536 5360 admin@tepuru.co.nz	Te Puru Community Centre 954R Whitford- Maraetai Road Beachlands

Wednesday - Physical Activities

BodyBalance - The Yoga, Tai Chi and Pilates workout that builds flexibility and features 10 minutes of relaxation and meditation to leave you feeling centred and calm.	7.35pm	09 535 5502	Lloyd Elsmore Pool and Leisure Centre Sir Lloyd Drive Pakuranga
Free Community Badminton	10.00am - 12.00pm (school term time only)	09 536 5360	Te Puru Community Centre 954R Whitford-Maraetai Road Beachlands
Gentle Yoga - Ideal for those returning from injury or haven't practiced for a while! This class has a slow flow and longer held postures to strengthen, tone and increase flexibility. Class includes core strength to strengthen and support spinal health.	9.30am - 10.30am	09 535 6467	Uxbridge Art Centre 35 Uxbridge Road Howick
Pilates - The eight principles of the Pilates technique - concentration, breath, centering, control, precision, movement, isolation and routine - are brought together to give you a low-impact workout.	6.00am	09 261 8413	Howick Leisure Centre, 563 Pakuranga Road Howick
Senior Circuit - Mixed mode circuit class with warm up, stretch and balance exercises. Includes strength work and target games and is lots of fun.	9.00am - 10.00am	09 536 5360	Te Puru Community Centre 954R Whitford-Maraetai Road Beachlands
SeniorLITE - A low impact class for those with limited mobility. Ideal for those who may have slipped, tripped or fallen in the last year. Seated options available.	1.00pm - 2.00pm	09 261 8413	Howick Leisure Centre 563 Pakuranga Road Howick, Auckland 2010

Senior Pilates - Incorporates all the standard Pilates principles, but is designed to be gentle on the senior body.	10.30am - 11.15am	09 534 3590	Marina Fitness Level 1, Compass Building Ara Tai Road Half Moon Bay
Yoga - This workout can range from gentle and slow-moving to dynamic, but it always tones, shapes and centres the mind without impact or stress.	6.00am - 7.00am	09 534 3590	Marina Fitness Level 1, Compass Building Ara Tai Road Half Moon Bay
Zumba Gold - Involves easy-to-follow moves that focuses on range of motion and coordination whilst sitting down, with some standing components if you can. Moves are modified to suit participants.	9.30am - 10.15am	09 535 6467	Uxbridge Art Centre 35 Uxbridge Road Howick

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

Communicare - Friendship Centre Howick	9.30am - 12.30pm	09 631 5968 office@communicare.org.nz	All Saints Community Centre 30 Cook Street Howick
Community Craft Group - Join this friendly and relaxed group and work on your handcrafts	9.00am - 12.00pm	yoza@xtra.co.nz	Parkview Room at Highland Park Community House, 47 Aviemore Drive, Highland Park
Inner Wheel Club of Howick - Women in action sharing friendship through service	7.30pm (Fourth Wednesday of the month - except Jun & Dec)	howick@iwnz.org.nz	Highland Park Community House 47 Aviemore Drive Highland Park
Mahjong - Mahjong is an ancient tile-based Chinese game played with 4 players and is a game of skill, strategy and luck. We will show you how to play.	10.00am - 12.00pm	09 536 5360 admin@tepuru.co.nz	Function Room at Te Puru Community Centre 954R Whitford-Maraetai Road Beachlands
Senior Social	10.00am (First Wednesday of the month)	09 536 5360 admin@tepuru.co.nz	Te Puru Community Centre 954R Whitford-Maraetai Road Beachlands

Thursday - Physical Activities

Pilates - A pure mat-based Pilates class using a series of exercises performed on the floor using gravity and your own body weight to provide resistance.	9.00am - 10.00am	09 536 5360	Te Puru Community Centre 954R Whitford-Maraetai Road Beachlands
Pilates - Concentration, breath, centering, control, precision, movement, isolation and routine - are brought together to give you a low-impact workout.	9.00am - 10.00am	09 534 3590	Marina Fitness Level 1, Compass Building Ara Tai Road Half Moon Bay
SeniorFIT - A low impact class for those with limited mobility. Ideal for those who may have slipped, tripped or fallen in the last year. Participants may require the use of a walking aid. Seated options available	9.10am – 10.10am 10.15am - 11.15am	09 261 8413	Howick Leisure Centre 563 Pakuranga Road Howick
SeniorFIT+ - A mix of resistance and cardio training that may include movements	11.20am - 12.20pm	09 261 8413	Howick Leisure Centre 563 Pakuranga Road Howick

of getting up and down from the floor. Ideal for those that have a good level of fitness, mobility and leg strength.			
Yoga - This workout can range from gentle and slow-moving to dynamic, but it always tones, shapes and centres the mind without impact or stress.	10.05am - 11.00am	09 535 5502	Lloyd Elsmore Pool and Leisure Centre Sir Lloyd Drive Pakuranga

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

Beachlands and Maraetai U3A - Monthly meeting.	10.00am 4 th Thursday of the month	u3a.bandm@gmail.com	Maraetai Presbyterian Church 5 Jacobs Way Maraetai
Eastern Bonsai Club - Bonsai for all levels in a friendly relaxed environment	7.00pm (Third Thursday of the month)	021 263 7444	Highland Park Community House 47 Aviemore Drive Highland Park
Howick & Districts Cardiac Club - Meet with others going through similar cardiac experiences. Occasionally have guest speakers.	10.00am – 12.00pm (Fortnightly)	Joyce 09 537 0036 joyceandken@xtra.co.nz	Highland Park Community House 47 Aviemore Drive Highland Park

Friday - Physical Activities

BodyBalance - The Yoga, Tai Chi and Pilates workout that builds flexibility and features 10 minutes of relaxation and meditation to leave you feeling centred and calm.	9.15am	09 535 5502	Lloyd Elsmore Pool and Leisure Centre Sir Lloyd Drive Pakuranga
FLexercise with Fitness League - Low impact exercise classes to music for all ages and abilities. This class is mostly standing but can adapt for chair based too and different abilities. Exercise is gentle and includes stretches, postural core work, light weights, balance and calisthenics. Bring a yoga mat as there are some floor exercises.	10.00am	09 266 3803	Pakuranga Park Village Community Hall Fortunes Road Half Moon Bay
Senior Circuit - Mixed mode circuit class with warm up, stretch and balance exercises. Includes strength work and target games and is lots of fun.	10.00am - 11.00am	09 536 5360	Te Puru Community Centre 954R Whitford-Maraetai Road Beachlands
Senior PILATES - This class incorporates all the standard Pilates principles, but is designed to be gentle on the senior body.	9.30am	09 261 8413	Howick Leisure Centre, 563 Pakuranga Road Howick
Senior Pilates - Incorporates all the standard Pilates principles, but is designed to be gentle on the senior body.	10.30am	09 534 3590	Marina Fitness Level 1, Compass Building Ara Tai Road Half Moon Bay
Senior Sports - Join us for a game of badminton, short tennis or table tennis	12.30pm - 2.30pm (School term time only)	09 261 8391	Pakuranga Leisure Centre 13 Reeves Road Pakuranga
Yoga - This workout can range from gentle and slow-moving to dynamic, but it	9.00am - 10.00am	09 534 3590	Marina Fitness Level 1, Compass Building Ara Tai Road

always tones, shapes and centres the mind without impact or stress.			Half Moon Bay
Zumba Gold - Involves easy-to-follow moves that focuses on range of motion and coordination whilst sitting down, with some standing components of you can. Moves are modified to suit participants.	9.30am	021 377 424	Uxbridge Art Centre 35 Uxbridge Road Howick

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

Howick Selwyn Seniors - Get together for social activities, gentle exercise & a range of different activities.	9.30am - 1.30pm	Jo-Anne Devantier 09 534 6864	All Saint's Anglican Church 30 Cook St Howick
Flat Bush Selwyn Seniors - Get together for social activities, gentle exercise & a range of different activities. Morning tea is served	9.30am - 12.00pm	Andrea 0800 473 599 andrea-d@xtra.co.nz	St Paul's in the Park Anglican Church 141 Chapel Rd Flat Bush
Senior Net Pakuranga Monthly Meeting - These meetings are not computer-using sessions but rather an opportunity to meet others with a common interest, swap tips, stories and general information. Visitors are welcomed.	10.00am - 12.00pm First Friday of the month	09 576 4500	St Andrews Church Centre 11 Vincent Street Howick

Saturday - Physical Activities

Yoga - This workout can range from gentle and slow-moving to dynamic, but it always tones, shapes and centres the mind without impact or stress.	8.10am 9.00am	09 534 3590	Marina Fitness Level 1, Compass Building Ara Tai Road Half Moon Bay
Casual Badminton - Enjoy a fun and social game with a little bit of competitive spirit! All levels, all welcome	12.30pm - 3.50pm	09 261 8413	Howick Leisure Centre 563 Pakuranga Road Howick

Sunday – Physical Activities

Casual Badminton - Enjoy a fun and social game with a little bit of competitive spirit. All levels, all welcome.	1.30pm - 4.50pm (excludes every 3rd Sunday of the month)	09 261 8413	Howick Leisure Centre 563 Pakuranga Road Howick
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Steady As You Go® Exercise Programme

Age Concern Auckland is delighted to continue to provide and expand the **Steady As You Go®** 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®** 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®** 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: **Alana** on **09 553 9936** or email: alanam@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

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 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

