



**AGE
CONCERN
AUCKLAND**

He Manaakitanga
Kaumātua Aotearoa

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

2024-2025

Calendar of Activities

Franklin



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

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|--|------------------|---|--|
| Adult Beginners Swimming - Suitable for learning to put your face in the water, float/kick on your front and back or learning the basics of a specific stroke. | 6.00pm – 6.25pm | (09) 238 1841 info@fultonswimschool.co.nz | Fulton Swim School Puni Primary School 357 Waiuku Road |
| Aqua - A fun way to improve overall general health with no impact on joints. Use of floatation noodles and dumbbells to improve strength, balance & core stability. | 9:15am - 10.15am | (09) 238 5240 | Franklin Pool and Leisure Centre 29 Franklin Road Pukekohe |
| BaseSix Fitness Pilates & Yoga - A blend of Pilates & Yoga, we focus on improving core strength (including pelvic floor), balance, flexibility, stability, mind-body connection & awareness. | 9:00am – 10:00am | Maria: 021 256 9962 | Bledisloe Park Sports Centre 5 John St Pukekohe |

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

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| Counties Country Quilters Day Meetings - For beginners through to experienced, we have ongoing projects, challenges, teach skills, merchants, visiting artists etc. | 9:00am - 2:00pm Every 2nd Monday of the month | Pip Brown 021 0282 1393 | PIA Events Centre Ward Street Pukekohe |
| Franklin Combined Probus Club - Are you retired or semi-retired? Discover Probus! To meet new friends, hear interesting guest speakers and enjoy activities and outings. | 10:00am - 12:00pm Every 4th Monday of the month | Jake Jacobson (09) 238 8930 | Pukekohe Cosmopolitan Club 78 Nelson Street Pukekohe |
| Pukekohe Communicare Friendship Centre | 9:30am - 12:30pm | (09) 631 5968 office@communicare.org.nz | Plunket Building Cnr Edinburgh & Wesley Streets Pukekohe |
| Pukekohe Stamps Swap Meet-Up - We have a reputation for being a friendly club and encourage anybody who is perhaps interested in stamps to come along | 1:00pm – 3.00pm Every 3rd Monday of the month (except December and January). | pukekohestamps@gmail.com | Pukekohe Library 12 Massey Avenue Pukekohe |

Tuesday - Physical Activities

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|--|--|--|--|
| Adult Beginners Swimming - Suitable for learning to put your face in the water, float/kick on your front and back or learning the basics of a specific stroke. | 6:10pm – 6.35pm | (09) 238 1841 info@fultonswimschool.co.nz | Fulton Swim School Puni Primary School 357 Waiuku Road |
| Age is Just a Number EPR Clinic - Delay and reverse aging through effective exercise, strengthening muscles that will help you continue your daily activities well and safe and preventing falls and injury. Get more from your body in a group fitness style class designed for the fully mobile older adult. | 11:45am – 12:45pm 10.00am – 11.00am | 021 150 1126 | 19 Market St Pokeno Old Borough Building/ Pukekohe War Memorial Town Hall 14-16 Massey Ave Pukekohe |
| Aqua - For beginners with no impact on joints. Use of floatation noodles and dumbbells to improve strength, balance & core stability. | 10:15am – 11.15am | (09) 238 5240 | Franklin Pool & Leisure Centre 29 Franklin Road Pukekohe |
| EasyFit - A low impact class with an emphasis on balance, posture & strength. Resistance bands & weights available. Standing class with chair options available. | 9:15am - 10:00am | (09) 238 5240 | Franklin Pool & Leisure Centre 29 Franklin Road, Pukekohe |
| FLexercise - A low impact exercise class to music for all ages and abilities. Class is mostly standing but can be adapted for chair based and different abilities. Includes stretches, postural core work, light weights, balance and calisthenics. Bring a yoga mat as there are some floor exercises. | 9.30am – 10.30am | Nina: (09) 238 2246 | Pukekohe Town Hall Concert Chamber Massey Avenue Pukekohe |

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

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| Franklin Writers Group - Write stories or poems on an assigned weekly topic or work on your own projects to share with the group. Be encouraged by others to improve your writing skills. | 12:45pm - 2:45pm (during school terms) | 0274 921 475 or jettsgirl64@hotmail.com | Plunket Building Cnr Wesley and Edinburgh Streets Pukekohe |
| Probus Club of Pukekohe Men - Are you retired or semi-retired? Discover Probus! To meet new friends, hear interesting guest speakers and enjoy activities and outings. | 10:00am - 12:00pm Every 2nd Tuesday of the month (Feb - Dec) | Tom McDonald: 238 8580 Tom.mcdonald@xtra.co.nz | Pukekohe Cosmopolitan Club 78 Nelson Street Pukekohe |
| Pukekohe Selwyn Centre - Gentle exercises followed by tea and other activities. Enquire about transportation availability. | 9:15am - 12:15pm | Jo: 027 469 6865 (09) 238 5850 | St Andrew's Anglican Church 43 Queen Street Pukekohe |
| U3A Franklin Monthly Meeting - Various interest groups run throughout the month. | 9:45am Every 3rd Tuesday of the month (excluding Dec & January) | mleys@orcon.net.nz 021 066 8536 | Pukekohe Cosmopolitan Club 78 Nelson Street Pukekohe |

Wednesday - Physical Activities

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|--|-------------------|--|--|
| Adult Beginners / Intermediate Swimming - Suitable for learning to put your face in the water, float/kick on your front and back or learning the basics of a specific stroke. | 6:00pm – 6.25pm | (09) 238 1841 info@fultonswimschool.co.nz | Fulton Swim School Puni Primary School 357 Waiuku Road |
| Aqua - Aqua classes are a fun way to improve overall general health with no impact on joints. Use of floatation noodles and dumbbells to improve strength, balance & core stability. | 9:15am – 10.15am | (09) 238 5240 | Franklin Pool and Leisure Centre 29 Franklin Road Pukekohe |
| BaseSix Fitness Pilates & Yoga - A blend of Pilates & Yoga, we focus on improving core strength (including pelvic floor), balance, flexibility, stability, mind-body connection & awareness. | 9:00am - 10:00am | Maria: 021 256 9962 | Bledisloe Park Sports Centre 5 John St Pukekohe |
| Pilates Room - Active Aging Reformer Pilates Class - For those who like move at a slower pace and may need to modify exercises and equipment. The aim is to increase mobility, stability and overall strength. With a focus on functional movements, balance and strength, the goal is to improve day-to-day movements that might have become difficult otherwise. | 11:00am – 11.50am | Sarah Beston 027 486 1874 pilatesroomnz@gmail.com https://www.pilatesroom.co.nz | The Old Sewing Factory Unit 3, 4 Graham Street Pukekohe |

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

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|---|---|------------------------------|---|
| 60's Up Movement - Our activities include Raffles, Entertainment, Speakers, Donation Table, Restaurant & Shared Lunches, Trips, Bingo and more! | 10.30am 2 nd Wednesday of the month | Helen Michael 09 238 1457 | Pukekohe Cosmopolitan Club, Nelson St Pukekohe |
| Counties Chess Club Night - For both juniors and seniors, all are welcome. | 6:30pm 1st and 3rd Wednesday of the month | countieschessclub@gmail.com | Mauku Victory Hall 430 Union Road Mauku |

Thursday - Physical Activities

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|--|-----------------|--|---|
| Adult Beginners / Intermediate Swimming - Suitable for learning to put your face in the water, float/kick on your front and back or learning the basics of a specific stroke. | 6:00pm – 6.25pm | (09) 238 1841 info@fultonswimschool.co.nz | Fulton Swim School Puni Primary School 357 Waiuku Road |
| Age is Just a Number EPR Clinic - Delay and reverse aging through effective exercise, strengthening muscles that will help you continue your daily activities well and safe and preventing falls and injury. Get more from your body in a group fitness style class. | 10.00am | 021 150 1126 | Old Borough Building/ Pukekohe War Memorial Town Hall 14-16 Massey Ave Pukekohe |

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|--|-----------------|--|--|
| BaseSix Fitness Pilates & Yoga - A blend of Pilates & Yoga, we focus on improving core strength (including pelvic floor), balance, flexibility, stability, mind-body connection & awareness. For the fully mobile older person. | 5:30pm – 6:15pm | 021 256 9962 basesixfitness@gmail.com | Bledisloe Park Sports Centre 5 John St Pukekohe |
| Easyfit + - A low impact class with an emphasis on balance, posture & strength. Resistance bands & weights available. | 9:15am | (09) 238 5240 | Franklin Pool and Leisure Centre 29 Franklin Road Pukekohe |
| Tai Chi for Well-being - Tai Chi for health and wellbeing that is fun. We include functional movements to improve your strength & balance that support your everyday living. Chairs are available to aid standing balance exercises. | 1:15pm | Stacy 022 356 9326 | St Andrews Church Hall, 43 Queen Street, Pukekohe |

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

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|--|------------------|---|---|
| St Andrews Seniors - Gentle exercises followed by morning tea then a variety of table activities to choose from, then the Herald crossword and if time allows a word game. We finish the morning with a thought for the day. | 9:30am - 12:00pm | (09) 235 2238 winfield95@yahoo.co.nz | St Andrew's Centre 85 Queen Street Waiuku |
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Friday - Physical Activities

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|--|--------|---------------|--|
| Aqua - Aqua classes are a fun way to improve overall general health with no impact on joints. Use of floatation noodles and dumbbells to improve strength, balance & core stability. | 9:15am | (09) 238 5240 | Franklin Pool and Leisure Centre 29 Franklin Road Pukekohe |
|--|--------|---------------|--|

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

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|---|-------------------|---|---|
| Pukekohe Cardiac Club - A social support group for Cardiac people and their partners. Enjoy morning tea, quizzes, exercise DVD, play Housie and occasional trips. | 10:00am - 12:00pm | Pat Richards: (09) 239 2252 wrpe@xtra.co.nz | 8C Roulston Street Pukekohe (Top Floor - Masonic Lodge) |
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Sunday - Educational, Social, Special Interest, Support Group Activities

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|---|---|--------------------------|---|
| Pukekohe Stamps Monthly Meeting - Each meeting is themed with an activity or a guest speaker. We have a reputation for being a friendly club and encourage anybody who is interested in stamps to come along. | 1:00pm 1st Sunday of the month (except January) | pukekohestamps@gmail.com | Reid Anderson Hall Anglican Church Cnr Wesley & Queen Streets Pukekohe |
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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

Age Concern Auckland is extremely grateful for the financial support provided by **St Joans Charitable Trust** towards the production of this Calendar.

