



**AGE  
CONCERN  
AUCKLAND**

He Manaakitanga  
Kaumātua Aotearoa

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

**2024-2025**

# Calendar of Activities

**North Shore**



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

## Please note:

Prior to attending any activity, you **must phone the contact number provided 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**

<b>Monday – Physical Activities</b>			
<b>Ballroom Fitness for Seniors</b> - No partner required	9.30am	Helena 022 882 0237	Birkenhead RSA Recreation Drive, Birkenhead
<b>Chair Yoga</b>	11.00am – 12.00pm	Anu 022 3299 443	Birkdale Community House 136 Birkdale Road, Birkdale
<b>Fitness League NZ (Inc)</b> - Balanced, easy exercise programme	9.30am	Sonia 021 158 5867	Greenhithe Village Hall 7 Greenhithe Road, Greenhithe
<b>Gentle Zumba Class</b>	1.00pm – 1.45pm	Claudette 027 388 6110	Browns Bay Presbyterian Church 45 Anzac Road, Browns Bay
<b>never2old</b> - Exercise programme to improve functional fitness for independent living	9.30am – 10.30am  1.30pm – 2.30pm	09 921 9747 northgym@aut.ac.nz	AUT Sports & Fitness Centre 90 Akoranga Drive, Northcote
<b>Pilates</b> - Classical  - <b>For Seniors</b>  - Senior Pilates	9.30am – 10.30am  10.00am – 11.00am  10.30am	Kate 021 0270 4186  <b>lone 027 537 5733</b>  09 444 6340 Press 1	Birkdale Community House 136 Birkdale Road, Birkdale <b>Takapuna War Memorial Hall</b> <b>7 The Strand, Takapuna</b> Glenfield Leisure Bentley Avenue, Glenfield
<b>Table Tennis</b> - Social, casual	9.30am – 1.30pm	Debbie 09 478 4091	St Anne's Hall Cnr Beach Road & Glencoe Road Browns Bay
<b>Tai Chi</b> - Yang style with Qigong forms  - <b>Beginner</b>  - Qigong: slow and gentle	9.30am – 10.30am  11.30am – 1.00pm  6.30pm – 7.30pm	09 444 6578  <b>Marie 09 445 2327</b>  Sherie 021 536 411	Glenfield Senior Citizens 5 Mayfield Road, Glenfield <b>Devonport Community House</b> <b>32 Clarence Street, Devonport</b> Milford Senior Citizens Hall 141A Kitchener Road, Milford
<b>The Y (formerly YMCA)</b> - Gold Fit: low intensity exercise for mobility, balance, muscle strengthening - <b>Gold Circuit</b>	10.30am – 11.30am  1.00pm – 2.00pm	09 480 7099	The Y North Shore 5 Akoranga Drive, Northcote
<b>Torbay Indoor Bowls</b>	7.00pm	09 473 1621	Torbay Community Hall 37 Watea Road, Torbay
<b>Yoga</b> - Gentle flow	10.00am – 11.15am	Maria 021 0200 8886	Devonport Community House 32 Clarence Street, Devonport

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

<b>Beach Haven Community House</b> - Scrabble	12.30pm – 2.30pm	09 483 9942	Beach Haven Community House 130 Beach Haven Road
<b>Browns Bay 60s Up Movement</b> - Meetings, including morning tea and entertainment - <b>Coffee group</b>	4 <sup>th</sup> Monday of month 10.00am – 12.00pm 1 <sup>st</sup> <b>Monday of month</b> <b>10.00am</b>	Fiona 021 758 595	Progress Hall, 6 Anzac Road Browns Bay <b>Browns Bay Coffee Club</b> <b>Browns Bay</b>
<b>Browns Bay Social Connections Coffee Group</b> - Enjoy conversation and friendship. Buy your own coffee	Monthly – mornings	Age Concern Auckland: Amanda 09 929 2310	Meet in local café Browns Bay
<b>Devonport Garden &amp; Floral Art Club</b> - Meeting & guest speaker	2 <sup>nd</sup> Monday of month 9.30am – 12.00pm	Laurel 09 445 1641	St Leo's Hall 102 Albert Road, Devonport
<b>East Coast Bays Bridge Club</b> - Partner not required	10.15am	09 479 4689 www.ecbbridge club.co.nz	Lyons Avenue (opposite Montana Avenue) Murrays Bay
<b>Glenfield 60s Up Movement</b> - Entertainment or speaker	1 <sup>st</sup> Monday of month 1.30pm	Glenys 09 444 1413	Glenfield Leisure Centre Bentley Avenue, Glenfield
<b>Glenfield Combined Probus Club</b> - Fellowship, friendship, fun	3 <sup>rd</sup> Monday of month 10.00am	Shirley 09 443 1057 027 302 3026	Glenfield War Memorial Hall Hall Road, Glenfield
<b>Greenhithe/Hobsonville Bridge Club</b>	7.15pm	Jane or Phil 09 415 5501	Headquarters Building 214 Buckley Ave Hobsonville Point
<b>Heart of the Bays Community Centre</b> - Eat, Play, Laugh: friendship group with cooking demonstration, lunch, fun activities - <b>Bays Patchwork</b>	1 <sup>st</sup> Monday of month 10.30am – 1.30pm  2 <sup>nd</sup> <b>Monday of</b> <b>month 9.30am</b>	Wendy 09 476 9180  <b>Marilyn</b> <b>021 174 4440</b>	Heart of the Bays Community Centre 2 Glen Road, Browns Bay
<b>Inner Wheel Club of Shore City</b> - Enjoy the company of other women: activities include community service, monthly meetings and guest speakers	4 <sup>th</sup> Monday of month 10.00am – 12.00pm	09 483 9474 shorecity@iwz.org.nz	St Aidan's Church Hall 97 Onewa Road, Northcote
<b>Milford Senior Citizens Club</b> - Mahjong for beginners	10.00am – 12.00pm	Jo 027 289 9000 Norma 027 487 0142	Milford Senior Citizens Hall 141A Kitchener Road, Milford
<b>North Harbour Ladies Friendship Club</b> - Speakers, friendship, outings	4 <sup>th</sup> Monday of month 10.00am – 12.00pm	Trish 09 443 6386	Pupuke Golf Club 231 East Coast Road Campbells Bay
<b>North Shore Branch NZSG</b> - Genealogy	1 <sup>st</sup> Monday of month 1.00pm – 3.00pm	Raewyn 09 443 3040 northshore@ genealogy.org.nz	Glenfield Senior Citizens Hall 5 Mayfield Road, Glenfield
<b>North Shore Bridge Club</b> - Social (no partner required) - <b>Partner required</b>	10.00am – 12.30pm <b>7.15pm</b>	09 489 6099 www.nsb.org.nz	North Shore Bridge Club 39 Killarney Street, Takapuna
<b>North Shore CMA</b> - Companionship & fun activities for older people isolated in the community. Transport arranged, lunch & morning tea provided	10.00am – 12.30pm	09 489 8954	Sunnynook Community Centre 148 Sycamore Drive, Sunnynook <b>Mairangi &amp; Castor Bays</b> <b>Presbyterian Church</b> <b>10 Penzance Road</b> <b>Mairangi Bay</b>

<b>Salvation Army Companions Club</b> - Two course meal, table games, guest speakers & companionship	3 <sup>rd</sup> Monday of month 10.15am – 1.30pm	09 441 2554 Ext 2	Salvation Army Hall 430 Glenfield Road, Glenfield
<b>SeniorNet North Shore (Inc)</b> - Computer classes, tutorials, discussion groups. Wide range of subjects in a fun environment	10.00am – 12.00pm  <b>1.00pm – 3.00pm</b>	09 486 2163 www.seniornetns.com	St John Ambulance Centre 2 Shea Terrace, Takapuna
<b>U3A Birkenhead</b> - Guest speaker & special interest groups	1 <sup>st</sup> Monday of month 10.00am – 12.00pm	Lyn 021 058 2667	Birkenhead Bowling Club 93 Mokoia Road, Birkenhead
<b>Tuesday – Physical Activities</b>			
<b>Active Ageing (Seniors Get Fit)</b> - Flexibility, mobility, coordination & strength	10.30am – 11.15am	Sarah 021 232 7906	Devonport Community House 32 Clarence Street, Devonport
<b>Ballroom Fitness for Seniors</b> - No partner required	9.00am	Helena 022 882 0237	St Anne's Hall Cnr Beach Road & Glencoe Road Browns Bay
<b>Braemar Scottish Dancing</b>	7.30pm – 9.30pm	Yvonne 09 410 9126	St Anne's Hall Cnr Beach Road & Glencoe Road Browns Bay
<b>Chair Pilates</b> - Movements while sitting plus standing work for balance & falls prevention	9.15am – 10.00am  <b>10.15am – 11.00am</b>	09 480 5279	Highbury Community House 110 Hinemoa Street, Birkenhead
<b>Counterpunch Parkinson's</b> - High-intensity, non-contact, boxing-based exercise designed for people living with Parkinson's & related conditions	1.30pm	Lisa 021 0287 8470	Sunnynook Community Centre 148 Sycamore Drive, Sunnynook
<b>Devonport Y's Walkers</b>	9.00am	Clive 027 484 3826	Meet at corner of Bartley Terrace & Clarence Street, Devonport
<b>East Coast Bays Walkers</b>	8.30am	Alison 09 473 6541 021 152 3165	Various locations
<b>Fitness League NZ (Inc)</b> - Balanced, easy exercise programme	1.45pm	Jennie 09 427 9308 027 280 8165	Glenfield War Memorial Hall Hall Road, Glenfield
<b>Mairangi Bay Walking Networks</b>	9.00am – 10.00am	Paula 09 444 6435	Mairangi Bay Beachfront
<b>never2old</b> - Exercise programme to improve functional fitness for independent living	9.30am – 10.30am  <b>1.30pm – 2.30pm</b>	09 921 9747 northgym@aut.ac.nz	AUT Sports & Fitness Centre 90 Akoranga Drive, Northcote
<b>Northcote Walking Group</b> - Three hour walk with a refreshment/lunch break after each hour	Every 2 <sup>nd</sup> Tuesday 10.00am – 3.00pm	Brucilla 09 480 0150	Auckland wide using free buses, trains, ferries & car pooling
<b>Optimal Movement (Level 2)</b> - Seated and standing exercises to improve strength, balance & mobility	2.30pm – 3.15pm	Yulia 021 103 3537 www.optimal movement.co.nz	Milford Senior Citizens Hall 141A Kitchener Road, Milford
<b>Pétanque</b> - Play this fun French game, make lots of new friends	1.00pm – 3.00pm	Roger 022 353 7606	Kennedy Park Pétanque Club Kennedy Memorial Park 137–147 Beach Road, Castor Bay
<b>ProstFit</b> - Designed for men living with prostate cancer. Physical and cognitive elements with an emphasis on fun and interaction.	12.00pm	Lisa 021 0287 8470 lisa.gombinsky@ gmail.com	Shane Cameron Fitness 129 Onewa Road, Northcote

<b>Salsa Dance</b> - Beginners	7.00pm – 8.00pm	Lofty 021 572 023	Devonport Community House 32 Clarence Street, Devonport
<b>SeniorFIT</b> - A mix of resistance and cardio training (no getting up and down from the floor)	10.30am – 11.15am	Sarah 021 232 7906 09 478 3379	East Coast Bays Leisure Centre Bute Road, Browns Bay
<b>Tai Chi</b> - Beginners welcome  - <b>Intermediate</b>  - Maintenance class  - <b>Intermediate: modified for seniors</b>  - Qigong: slow and gentle	9.30am – 10.30am  <b>10.30am</b>  9.30am – 10.30am  <b>11.00am – 12.00pm</b>  1.00pm – 2.00pm	Gillian 09 445 2073  <b>Jo 027 673 8836</b>  Bill 020 4186 2679  <b>Bill 020 4186 2679</b>  Sherie 021 536 411	Wakatere Boating Club Narrow Neck Beach <b>Torbay Senior Citizens Centre</b> <b>37 Watea Road, Torbay</b> Sunnynook Community Centre 148 Sycamore Drive <b>Sunnynook Community Centre,</b> <b>148 Sycamore Drive</b> Senior Citizens Villa 119 Queen St, Northcote Point
<b>The Y (formerly YMCA) Gold Dance</b> - Active seniors group fitness	10.30am – 11.15am	09 480 7099	The Y North Shore 5 Akoranga Drive, Northcote
<b>Yoga</b> - Gentle yoga for active seniors	10.30am	09 444 6340 Press 1	Glenfield Leisure Centre Bentley Avenue, Glenfield

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

<b>Beach Haven Community House</b> - String Along Ukulele: jam session (guitars etc. also welcome) - <b>Handcrafters: learners &amp; more experienced welcome</b>	12.30pm – 2.30pm  <b>7.00pm – 9.00pm</b>	09 483 9942	Beach Haven Community House 130 Beach Haven Road Beach Haven
<b>Birkenhead 60s Up Movement</b> - Speaker or entertainment & monthly trips	2 <sup>nd</sup> Tuesday of month 10.00am	Edna 09 483 8497	Cedars Church Hall 56A Tramway Road, Beach Haven
<b>Browns Bay 60s Up Movement</b> - Bowls, Rummikub, Mahjong	1.00pm – 3.00pm	Fiona 021 758 595	Progress Hall 6 Anzac Road, Browns Bay
<b>Devonport Community House</b> - Leisure Painters - <b>Stitch n B*tch: knitters &amp; crocheters</b>	10.00am – 2.00pm <b>6.30pm – 8.30pm</b>	Linda 022 600 4659 <b>09 445 3068</b>	Devonport Community House 32 Clarence Street, Devonport
<b>Devonport Elderly Shoppers Run</b> - Picks you up from home, supports you with your shopping at New World and drops you home again	10.00am – 11.30am <b>1.00pm – 2.30pm</b>	09 445 3068	Bus provided by Devonport Community House Covers Devonport area up to Bardia Street
<b>Digital Seniors</b> - One on one coaching on your own electronic device	10.00am – 12.00pm	0800 373 646	East Coast Bays Library 8 Bute Road, Browns Bay
<b>Dutch Club</b> - Informal coffee group for Dutch speakers. Car transport help possible	3 <sup>rd</sup> Tuesday of month 10.00am	Ineke 021 150 0250	Birkdale
<b>East Coast Bays Bridge Club</b> - Partner not required	7.15pm	09 479 4689 www.ecbridge club.co.nz	Lyons Avenue (opposite Montana Avenue) Murrays Bay
<b>Glenfield Social Connections Group</b> - Enjoy conversation and friendship. Buy your own coffee	Fortnightly – mornings	Age Concern Auckland: Amanda 09 929 2310	Meet in local café Glenfield
<b>Kōrero Māori Group</b> - All levels welcome	11.00am – 1.00pm	09 483 9149	Birkdale Community House 134 Birkdale Road, Birkdale

<b>Glenfield Senior Citizens</b> - Snooker, carpet bowls	1.00pm – 4.00pm	09 444 6578	Glenfield Senior Citizens Club 7 Mayfield Road, Glenfield
<b>Heart of the Bays Community Centre</b> - Browns Bay Spinners	2 <sup>nd</sup> & 4 <sup>th</sup> Tuesday of month 7.00pm – 9.00pm	Nicole 021 149 7788	Heart of the Bays Community Centre 2 Glen Road, Browns Bay
<b>Highbury Community House</b> - Highbury Coffee Group: meet for coffee/tea & friendship - <b>Highbury Book Club: discuss your favourite books and discover new ones</b>	10.00am – 12.00pm  <b>Last Tuesday of month</b> <b>7.00pm – 8.30pm</b>	09 480 5279	Highbury Community House 110 Hinemoa Street, Birkenhead
<b>Mairangi Combined Probus Club</b>	4 <sup>th</sup> Tuesday of month 10.00am – 12.00pm	09 478 6180	Mairangi & Castor Bays Presbyterian Church Hall 10 Penzance Road, Mairangi Bay
<b>Milford Senior Citizens Club</b> - 500 card game	12.30pm – 3.00pm	Jo 027 289 9000 Norma 027 487 0142	Milford Senior Citizens Hall 141A Kitchener Road, Milford
<b>North Shore Bridge Club</b> - Partner required	11.00am	09 489 6099 www.nsb.org.nz	North Shore Bridge Club 39 Killarney Street, Takapuna
<b>North Shore CMA</b> - Companionship & fun activities for older people isolated in the community. Transport arranged, lunch & morning tea provided	10.00am – 12.30pm	09 489 8954	Birkdale Hall 136 Birkdale Road, Birkdale <b>Albany Community Hub</b> <b>575A Albany Highway, Albany</b>
<b>North Shore Diabetes Support Group</b> - Support & education	1 <sup>st</sup> Tuesday of month 10.00am – 12.00pm <b>7.00pm – 9.00pm</b>	Sue 021 622 783	Rangitoto Room, Takapuna Library, The Strand, Takapuna <b>Auckland Christian Assembly</b> <b>26 Albany Highway, Glenfield</b>
<b>North Shore Embroiderers' Guild</b> - Promote understanding & interest in embroidery	4 <sup>th</sup> Tuesday of month 10.30am – 12.30pm	Kim 021 171 6731	Positive Ageing Centre 7 The Strand, Takapuna
<b>North Shore Music &amp; Keyboard Club</b>	1 <sup>st</sup> Tuesday of month 7.00pm	Gordon 09 410 4788 027 636 8589	Upstairs Lounge Takapuna Bowling Club Bracken Avenue, Takapuna
<b>Northcote Baptist Craft Morning</b> - Patchwork, painting, cross-stitch, jewellery making, knitting	9.30am – 11.30am	09 419 1006	Northcote Baptist Church 67 Eban Avenue, Northcote
<b>SeniorNet Glenfield</b> - Computer classes & workshops. Peer to peer training.	10.00am – 12.00pm  <b>1.30pm – 3.30pm</b>	09 444 2231 seniornet_glenfield@xtra.co.nz	Mayfield Centre 5 Mayfield Road, Glenfield
<b>SeniorNet North Shore (Inc)</b> - Computer classes, tutorials, discussion groups. Wide range of subjects in a fun environment	10.00am – 12.00pm  <b>1.00pm – 3.00pm</b>	09 413 6322 www.seniornetns.com	St John Ambulance Centre 2 Shea Terrace, Takapuna
<b>Seniors' Social Club</b> - Join us for friendship, activities, games and morning tea	1 <sup>st</sup> and 3 <sup>rd</sup> Tuesday of month 10.00am – 12.00pm	Tangi 09 478 6180 office@bayspc.nz	Mairangi & Castor Bays Presbyterian Church Hall 10 Penzance Road, Mairangi Bay
<b>Takapuna 60s Up Movement</b> - Walking group	10.30am	Millie 09 489 1441 021 058 3761	Various
<b>Takapuna Senior Citizens Club</b> - Scrabble	9.45am onwards	Malcolm 022 080 3399	Senior Citizens Hall 5 The Strand, Takapuna
<b>U3A Browns Bay</b> - Excellent guest speaker and presentations by special interest groups	1 <sup>st</sup> Tuesday of month (except January) 10.00am – 12.00pm	Myfanwy 09 475 5741	See website for current venue www.u3abb.nz

## Wednesday – Physical Activities

<b>Campbells Bay Walkers &amp; Talkers</b> - One hour walking followed by morning tea	9.30am – 11.00am	Dorothy 09 478 6702	Various
<b>Chair Yoga for Seniors</b>	2.00pm – 3.00pm	Holly 021 112 4826	Harmony Hall 4 Wynyard Street, Devonport
<b>Fitness League NZ (Inc)</b> - Balanced, easy exercise programme	9.30am – 10.30am	Irene 09 444 8461	Glenfield War Memorial Hall Hall Road, Glenfield
<b>Line Dancing</b> - All levels welcome	10.00am – 11.00am	09 483 9149	Birkdale Hall 136 Birkdale Road, Birkdale
<b>Mairangi Bay Walking Networks</b>	9.00am – 10.00am	Paula 09 444 6435	Mairangi Bay Beachfront
<b>never2old</b> - Exercise programme to improve functional fitness for independent living	9.30am – 10.30am	09 921 9747 northgym@aut.ac.nz	AUT Sports & Fitness Centre 90 Akoranga Drive, Northcote
<b>Optimal Movement (Level 1)</b> - Foundational chair class to improve strength, balance & mobility	9.00am – 9.30am  10.30am – 11.00am	Yulia 021 103 3537 www.optimal movement.co.nz	Albany Community Hub 575A Albany Highway, Albany  <b>Lady Allum Village</b> <b>20 Napoleon Avenue, Milford</b>
<b>Optimal Movement (Level 2)</b> - Seated and standing exercises to improve strength, balance & mobility	8.00am – 8.45am	Yulia 021 103 3537 www.optimal movement.co.nz	Albany Community Hub 575A Albany Highway, Albany
<b>Sahaja Yoga Meditation</b>	7.30pm – 8.30pm	Maria 09 478 4091	Heart of the Bays Community Centre 2 Glen Road, Browns Bay
<b>Senior Pilates</b>	10.30am	09 444 6340 Press 1	Glenfield Leisure Centre Bentley Ave, Glenfield
<b>Stanley Bowling Club</b>	1.10pm	Lukas 021 107 1557	Stanley Bay Bowling Club 20 Stanley Point Road, Devonport
<b>Table Tennis</b> - Drop in, casual	2.00pm – 4.00pm	09 445 3068	Devonport Community House 32 Clarence Street, Devonport
<b>Tai Chi</b> - Beginners  - Qigong: slow and gentle	11.30am – 1.00pm  1.30pm – 2.30pm	Marie 09 445 2327  <b>Sherie 021 536 411</b>	Devonport Community House 32 Clarence Street, Devonport <b>Milford Senior Citizens Hall</b> <b>141A Kitchener Road, Milford</b>
<b>Torbay Walkers</b> - One hour walk with group of friendly women	4.00pm – 5.00pm	Lorna 09 473 8731	Bus stop Torbay Village
<b>Walking Group</b> - One hour walk followed by cup of tea/coffee	9.00am	09 410 4902	Sunnynook Community Centre 148 Sycamore Drive, Sunnynook

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

<b>Age With Flair!</b> - Fun & laughter as well as tackling issues facing older women today	1.30pm – 3.00pm	09 444 4618	North Shore Women's Centre 5 Mayfield Road, Glenfield
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<b>Beach Haven/Birkdale Garden Circle</b> - Speaker, trading table	1 <sup>st</sup> Wednesday of month 9.30am – 12.00pm	Pauline 027 666 5035	Beach Haven Ratepayers Hall 336 Rangatira Road, Beach Haven
<b>Beach Haven Community House</b> - Locals who come together for maintenance and regeneration of Shepherd's Park	4 <sup>th</sup> Wednesday of month 7.30pm – 9.30pm	friendsofshepherds park@gmail.com	Beach Haven Community House 130 Beach Haven Road Beach Haven
<b>Combined Club of East Coast Bays</b> - Guest speakers, social events, interest groups, outings & trips	1 <sup>st</sup> Wednesday of month 10.00am – 12.00pm	09 478 6180	Mairangi & Castor Bays Presbyterian Church 10 Penzance Road, Mairangi Bay
<b>Devonport Community House</b> - Knitting for kindness friendship group - <b>Village Ukele club – all levels welcome</b>	10.00am – 12.00pm  <b>7.00pm – 9.00pm</b>	Peta 021 1148 6414 <b>Lance Richardson</b> <b>l.richardson@barfo</b> <b>ot.co.nz</b>	Devonport Community House 32 Clarence Street, Devonport
<b>Devonport Spinners, Weavers, Knitters etc.</b>	10.00am – 12.00pm	Molly 09 446 6027	Devonport Cub Den Allenby Avenue, Devonport
<b>Digital Seniors</b> - One on one coaching on your own electronic device	1.00pm – 3.00pm  <b>10.00am – 12.00pm</b>  1.00pm – 3.00pm (every 1 <sup>st</sup> Weds) <b>1.00pm – 3.00pm</b> (every 3 <sup>rd</sup> Weds)	0800 373 646	Albany Library 30 Kell Drive, Albany <b>Glenfield Library</b> <b>Bentley Ave, Glenfield</b> Hobsonville Point Headquarters, 214 Buckley Ave <b>Greenhithe Community Centre,</b> <b>12 Greenhithe Road</b>
<b>Exploring Acrylics</b> - Come along on a painting journey where we discover the versatility of acrylic paint by using different techniques and styles. Suitable for all levels.	9.30am - 12.30pm	Caitlin 09 478 2237	Mairangi Arts Centre 20 Hastings Road Mairangi Bay
<b>Glenfield 60s Up Movement</b> - Bus trips  - Luncheon group	3 <sup>rd</sup> Wednesday of month  <b>Last Wednesday of month</b>	Glenys 09 444 1413	<b>Local venue</b>
<b>Glenfield Senior Citizens</b> - Carpet bowls - <b>Cards (500)</b>	10.00am – 12.00pm <b>1.00pm – 3.00pm</b>	09 444 6578	Glenfield Senior Citizens 7 Mayfield Road, Glenfield
<b>Heart of the Bays Community Centre</b> - Rummikub - <b>Backgammon</b>	10.00am – 12.00pm <b>12.30pm – 4.00pm</b>	Annette 09 441 3019 <b>Linda 021 216 3050</b>	Heart of the Bays Community Centre 2 Glen Road, Browns Bay
<b>Highbury Community House</b> - Mahjong	12.30pm – 2.30pm	09 480 5279	Highbury Community House 110 Hinemoa Street, Birkenhead
<b>Milford Combined Probus</b> - Retired & semi-retired professional businessmen and women	2 <sup>nd</sup> Wednesday of month 10.00am – 2.15pm	Carol 027 698 5981	Sunnynook Community Centre 148 Sycamore Drive, Sunnynook
<b>Milford Senior Citizens Club</b> - Knitting Club  - <b>Beginners Mahjong</b>	1 <sup>st</sup> & last Wednesday of month 10.00am – 12.00pm <b>1.00pm – 3.00pm</b>	Jo 027 289 9000 Norma 027 487 0142	Milford Senior Citizens Hall 141A Kitchener Road, Milford
<b>North Harbour Rockers</b> - Rock & roll lessons and social dancing	7.00pm – 10.00pm	Ann 09 570 2985 northharbourrockers @gmail.com	Sunnynook Community Centre 148 Sycamore Drive, Sunnynook



<b>North Shore Branch NZSG</b> - Genealogy	3 <sup>rd</sup> Wednesday of month 7.30pm – 9.30pm	09 443 3040 northshore@ genealogy.org.nz	Glenfield Senior Citizens Hall 5 Mayfield Road, Glenfield
<b>North Shore Bridge Club</b> - Social (no partner required)	10.00am – 12.30pm	09 489 6099 www.nsbcb.org.nz	North Shore Bridge Club 39 Killarney Street, Takapuna
<b>North Shore Cake Decorating Club</b>	1 <sup>st</sup> Wednesday of month 12.15pm	Gayle 027 737 3188	Kennedy Park Observation Post 137–147 Beach Road, Castor Bay
<b>Northcote Coffee Social Group</b> - Enjoy coffee and friendship	Fortnightly 10.00am – 12.00pm	Diana 021 0849 6927	Onepoto Awhina (Inc) Northcote Community House Pearn Crescent, Northcote
<b>SeniorNet Glenfield</b> - Computer classes & workshops. Peer to peer training.	10.00am – 12.00pm  <b>1.30pm – 3.30pm</b>	09 444 2231 seniornet_glenfield@ xtra.co.nz	Mayfield Centre 5 Mayfield Road, Glenfield
<b>SeniorNet North Shore (Inc.)</b> - Computer classes, tutorials, discussion groups. Wide range of subjects in a fun environment	10.00am – 12.00pm  <b>1.00pm – 3.00pm</b>	09 413 6322 www.seniornetns.com	St John Ambulance Centre 2 Shea Terrace, Takapuna
<b>Seniors Friendship Group</b> - Games, conversation & afternoon tea	Fortnightly 1.30pm – 3.00pm	Marilyn 021 031 9980 marilynvandam@ gmail.com	Chelsea Bay Lounge Rawene Centre 33 Rawene Road, Birkenhead
<b>Sunnynook Ladies Club</b> - General meeting, social get together & guest speaker	1 <sup>st</sup> Wednesday of month 10.00am – 12.00pm	Trinda 09 410 6728	Sunnynook Community Centre 148 Sycamore Drive, Sunnynook
<b>Takapuna Floral Art Club</b> - Floral demonstrations, workshops. Fun, friendship and flowers	4 <sup>th</sup> Wednesday of month 9.30am – 2.30pm	Sue 09 410 0020 021 384 721	Barfoot & Thompson Netball Centre 44 Northcote Road, Northcote
<b>Torbay Garden Club</b> - Speaker, trading table, bus trips	1 <sup>st</sup> Wednesday of month ex. Feb & July 1.00pm – 3.00pm	Hilary 09 478 1601	Torbay Community Hall 37 Watea Road, Torbay (behind the Torbay Shops)
<b>U3A Devonport</b> - Providing mental stimulation for senior citizens	2 <sup>nd</sup> Wednesday of month 10.00am – 12.00pm	Barbara 027 7809677 b.d.jones@xtra.co.nz	Harmony Hall 4 Wynyard Street, Devonport
<b>U3A Takapuna</b> - General meeting & speaker, visitors welcome	1 <sup>st</sup> Wednesday of month 9.45am	021 0234 5087 info@u3atakapuna. org.nz	Milford Bowling Club 20 Commodore Parry Road Milford
<b>Zion Hill Fellowship</b> - Companionship for people isolated through age or disability	9.30am – 12.00pm (during school terms)	09 419 0272	Birkenhead Methodist Church Hall Onewa Road, Birkenhead

### Thursday – Physical Activities

<b>Active Ageing (Seniors Get Fit)</b> - Flexibility, mobility, coordination & strength	10.30am – 11.15am	Sarah 021 232 7906	Devonport Community House 32 Clarence Street, Devonport
<b>Devonport Y's Walkers</b>	9.00am – 10.00am	Clive 027 484 3826	Meet at corner of Bartley Terrace & Clarence Street, Devonport
<b>Essentrics</b> - Strengthen & lengthen muscles to improve flexibility, mobility, balance	6.00pm – 7.00pm	Iris 021 216 1851	St Paul's Anglican Church 2 Otakau Road, Milford
<b>Fitness League NZ (Inc)</b> - Balanced, easy exercise programme	10.00am	Sonia 021 158 5867	Outram Hall, 478 Beach Road Murrays Bay

<b>Indoor Bowls</b> - Play friendly games, enjoy a chat and a cuppa	12.45pm – 3.15pm	09 410 4902	Sunnynook Community Centre 148 Sycamore Drive, Sunnynook
<b>never2old</b> - Exercise programme to improve functional fitness for independent living	9.30am – 10.30am  <b>1.30pm – 2.30pm</b>	09 921 9747 northgym@aut.ac.nz	AUT Sports & Fitness Centre 90 Akoranga Drive, Northcote
<b>Northcote Pétanque Club</b> - Club night	4.00pm (2.00pm in winter)	Heather 09 480 6988 021 049 9668	Northcote Bowling Club Council Terrace, Little Shoal Bay
<b>Optimal Movement (Level 2)</b> - Seated and standing exercises to improve strength, balance & mobility	11.30am – 12.15pm	Yulia 021 103 3537 www.optimal movement.co.nz	Milford Senior Citizens Hall 141A Kitchener Road, Milford
<b>Pétanque</b> - Play this fun French game, make lots of new friends	1.00pm – 3.00pm	Sue 027 300 6038	Kennedy Park Pétanque Club Kennedy Memorial Park 137–147 Beach Road, Castor Bay
<b>SeniorFIT</b> - A mix of resistance and cardio training for older adults who have reasonable mobility and do not require a walking aid	11.15am – 12.00pm	09 478 3379	East Coast Bays Leisure Centre Bute Road, Browns Bay
<b>Tai Chi</b> - Beginners  - <b>Beginners</b>  - Qigong (intermediate)  - Tai Chi	9.30am – 10.30am  <b>10.00am</b>  1.00pm  <b>2.15pm – 3.15pm</b>	Gillian 027 445 2073 <b>Pauline</b> <b>021 0273 8463</b> Pauline 021 0273 8463 <b>bruno@actix.co.nz</b>	Wakatere Boating Club Narrow Neck Beach <b>Milford Senior Citizens Hall</b> <b>141A Kitchener Road, Milford</b> Milford Senior Citizens Hall 141A Kitchener Road, Milford <b>Heart of the Bays Community Centre, 2 Glen Road, Browns Bay</b>
<b>The Y (formerly YMCA) Gold Dance</b> - Active seniors group fitness	10.30am – 11.15am	09 480 7099	The Y North Shore 5 Akoranga Drive, Northcote

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

<b>Beach Haven Community House</b> - Arts & Oils - <b>Handcrafts &amp; Creations</b> - String Along Guitar: jam session (ukuleles etc. also welcome)	10.00am – 12.00pm <b>10.00am – 12.00pm</b> 12.30pm – 2.30pm	09 483 9942 <b>Ngaere 09 483 8339</b> 09 483 9942	Beach Haven Community House 130 Beach Haven Road Beach Haven
<b>Dee's Dementia Social Group</b> - For people with early to moderate dementia living in the community	10.00am – 2.00pm	Tangi Joseph 022 657 3223 09 478 6180	Mairangi & Castor Bays Presbyterian Church 10 Penzance Road, Mairangi Bay
<b>Devonport Community House</b> - Tea & board games - <b>Village Song Amateur Choir</b>	10.30am – 12.00pm <b>6.45pm – 8.15pm</b>	09 445 3068 <b>Helen 021 112 0749</b>	Devonport Community House 32 Clarence Street, Devonport
<b>Devonport Library Run</b> - Picks you up from home, takes you to the library (tea/coffee available) and drops you home again	1.30pm – 3.00pm	09 445 3068	Bus provided by Devonport Community House Covers Devonport area up to Bardia Street
<b>Digital Seniors</b> - One on one coaching on your own electronic device	12.00pm – 2.00pm	0800 373 646	Birkenhead Library Cnr Rawene Road & Hinemoa Street, Birkenhead

<b>East Coast Bays Bridge Club</b> - Partner required	7.20pm	09 479 4689 www.ecbridge club.co.nz	Lyons Avenue (opposite Montana Avenue) Murrays Bay
<b>Friendship Club of Birkenhead</b> - Friendship, fellowship & fun. Speakers, friendship, outings	2nd Thursday of month 10.00am – 12.00pm	Colin 09 482 2200	Birkenhead RSA Recreation Drive, Birkenhead
<b>Heart of the Bays Community Centre</b> - Mahjong	10.00am – 2.00pm	Dianne 021 113 7800	Heart of the Bays Community Centre 2 Glen Road, Browns Bay
<b>Highbury Community House</b> - Art and Tea: mindfulness group	10.30am – 12.00pm	09 480 5279	Highbury Community House 110 Hinemoa Street, Birkenhead
<b>North Shore Bridge Club</b> - Partner required - <b>Social (no partner required)</b>	10.00am – 1.00pm <b>7.30pm – 10.00pm</b>	09 489 6099 www.nsbcc.org.nz	North Shore Bridge Club 39 Killarney Street, Takapuna
<b>North Shore CMA</b> - Companionship & fun activities for older people in the community. Transport arranged, lunch & morning tea provided	10.00am – 12.30pm	09 489 8954	Glenfield War Memorial Hall Hall Road, Glenfield <b>Rose Centre School Road, Belmont</b>
<b>North Shore Chronic Obstructive Pulmonary Disease (COPD) Support Group</b> - For people with chronic breathing problems	2nd Thursday of month 10.00am – 12.00pm (Feb – Dec)	09 630 0236	Sunnynook Community Centre 148 Sycamore Drive, Sunnynook
<b>North Shore Stroke Club</b> - Indoor bowls, ping-pong, scrabble, art & crafts, pétanque, mini golf, walks, housie, exercises, outings	10.00am – 1.00pm	09 475 0070 (please leave a message)	Sunnybrae Bowling Club 6 Argus Place, Glenfield (next to North Shore Events Centre)
<b>Northcote Point Senior Citizens</b> - Social, entertainment  - <b>Outings</b>	3rd Thursday of month 10.00am – 12.00pm <b>4th Thursday of month</b>	Colleen 09 418 2349	Northcote Point Senior Citizens Centre 119 Queen Street Northcote Point
<b>Selwyn Group</b> - Social activities, gentle exercise, advice & info, laughter & fun	9.30am – 12.00pm	Shona 09 483 6989 022 698 6386 <b>Mary 09 486 0668</b>	Cedar Centre, 56A Tramway Ave Beach Haven <b>St Paul's Anglican Church 2 Otakau Rd, Milford</b>
<b>SeniorNet Glenfield</b> - Computer classes & workshops. Peer to peer training.	10.00am – 12.00pm <b>1.30pm – 3.30pm</b>	09 444 2231 seniornet_glenfield@ xtra.co.nz	Mayfield Centre 5 Mayfield Road, Glenfield
<b>SeniorNet North Shore (Inc)</b> - Computer classes, tutorials, discussion groups. Wide range of subjects in a fun environment	10.00am – 12.00pm <b>1.00pm – 3.00pm</b>	09 413 6322 www.seniornetns.com	St John Ambulance Centre 2 Shea Terrace, Takapuna
<b>Takapuna 60s Up Movement</b> - Easy exercise and cup of tea  - <b>Monthly meeting with speaker &amp; entertainment, cup of tea &amp; door prize</b>	Every Thursday except 3rd of month 10.30am <b>3rd Thursday of month 10.30am – 12.00pm</b>	09 444 5148	St Joseph's Church Hall 10 Dominion Street, Takapuna
<b>Torbay Friendship Club</b> - Friendship, fellowship & fun. Speakers, friendship, outings	2nd Thursday of month 10.00am	Noreen 027 271 3524	Torbay Community Hall 35 Watea Road, Torbay

<b>Torbay International Coffee Group</b> - Just turn up	10.15am – 12.00pm	Helen 027 388 5930	Long Bay Baptist Church 282 Glenvar Road, Long Bay
<b>Friday – Physical Activities</b>			
<b>East Coast Bays Walkers</b>	8.30am	09 302 4882	Various locations
<b>Essentrics</b> - Strengthen & lengthen muscles to improve flexibility, mobility, balance	9.30am – 10.30am	Iris 021 216 1851	St Paul's Anglican Church Hall 2 Otakau Road, Milford
<b>Fitness League NZ (Inc)</b> - Balanced, easy exercise programme for women	9.30am – 11.00am	Val 09 475 5215 021 070 5749	Sunnynook Community Centre 148 Sycamore Drive, Sunnynook
<b>Mairangi Bay Walking Networks</b>	9.00am – 10.00am	Paula 09 444 6435	Mairangi Bay Arts Centre 20 Hastings Road, Mairangi Bay
<b>never2old</b> - Exercise programme to improve functional fitness for independent living	9.30am – 10.30am	09 921 9747 northgym@aut.ac.nz	AUT Sports & Fitness Centre 90 Akoranga Drive, Northcote
<b>Pickleball</b> - Paddles and balls provided	12.00pm – 2.30pm	Angie 022 600 9299	East Coast Bays Leisure Centre 12 Bute Road, Browns Bay
<b>Table Tennis</b> - Social, casual	9.30am – 11.30am	Debbie 09 478 4091	St Anne's Hall Cnr Beach Road & Glencoe Road Browns Bay
<b>Senior Women's Yoga</b>	10.00am – 11.30am	Jennie 021 0262 0259	Glenfield Senior Citizens 7 Mayfield Road, Glenfield
<b>Tai Chi</b> - Maintenance & beginners, modified for seniors	1.00pm – 2.00pm	Eileen 027 368 8507	Sunnynook Community Centre 148 Sycamore Drive, Sunnynook
<b>The Y (formerly YMCA)</b> - Gold Fit: low intensity exercise for mobility, balance, muscle strengthening - <b>Gold Circuit</b>	8.30am – 9.30am  1.00pm – 2.00pm	09 480 7099	The Y North Shore 5 Akoranga Drive, Northcote
<b>Friday – Educational, Social, Special Interest, Support Group Activities</b>			
<b>Bayview Board Gamers</b> - Adults only	Last Friday of the month 7.00pm	community@ bayviewcentre.org.nz	Bayview Community Centre 72 Bayview Road, Bayview
<b>Beach Haven/Birkdale Garden Circle</b> - Bus trips: garden visits & lunch	Last Friday of month 9.30am – 3.30pm	Barbara 09 486 0622 Pauline 09 418 1312 027 666 5035	Beach Haven
<b>Browns Bay Ladies Club</b> - General meeting & social get together, guest speaker	4 <sup>th</sup> Friday of month 10.00am – 12.00pm	Yvonne 021 149 3384	Torbay Sailing Club Beach Road, Waiake Beach
<b>Community Knitting Group</b>	12.30pm – 2.30pm	09 444 5023	Glenfield Community Centre Cnr Bentley Avenue & Glenfield Road, Glenfield
<b>Digital Seniors</b> - One on one coaching on your own electronic device	10.00am – 12.00pm	0800 373 646	Devonport Community House 32 Clarence Street, Devonport
<b>East Coast Bays Bridge Club</b> - Partner required	12.15pm	09 479 4689 www.ecbridge club.co.nz	Lyons Avenue (opposite Montana Avenue) Murrays Bay

<b>Glenfield Senior Citizens</b> - Housie	1.00pm – 3.00pm	09 444 6578	Glenfield Senior Citizens 7 Mayfield Road, Glenfield
<b>Highbury Community House</b> - Knitting Connections	2.00pm – 4.00pm	09 480 3279	Highbury Community House 110 Hinemoa Street, Birkenhead
<b>North Shore Bridge Club</b> - Partner required	11.00am	09 489 6099 www.nsbcc.org.nz	North Shore Bridge Club 39 Killarney Street, Takapuna
<b>North Shore Community Toy Library</b> - Volunteers welcome to help with toy maintenance and odd jobs etc.	Please make contact for dates and times	Kat 021 0223 0179 president.nsbcc@gmail.com	1 Sidmouth Street, Mairangi Bay
<b>Painting with Friends</b> - Join our circle of friends and enjoy a morning of dabbling in your favourite medium. For all levels (able to work independently)	9.30am - 12.30pm	Caitlin 09 478 2237	Mairangi Arts Centre 20 Hastings Road Mairangi Bay
<b>SeniorNet Glenfield</b> - Computer classes & workshops. Peer to peer training.	10.00am – 12.00pm <b>1.30pm – 3.30pm</b>	09 444 2231 seniornet_glenfield@xtra.co.nz	Mayfield Centre 5 Mayfield Road, Glenfield
<b>SeniorNet North Shore (Inc)</b> - Computer classes, tutorials, discussion groups. Wide range of subjects in a fun environment	10.00am – 12.00pm <b>1.00pm – 3.00pm</b>	09 413 6322 www.seniornetns.com	St John Ambulance Centre 2 Shea Terrace, Takapuna
<b>Stanley Bowling Club</b> - Social - Quiz night	5.30pm <b>3<sup>rd</sup> Friday of month 7.30pm</b>	stanleybayclub@gmail.com	Stanley Bay Bowling Club 20 Stanley Point Road Devonport
<b>Takapuna Friendship Club</b> - Speakers, friendship, outings	3 <sup>rd</sup> Friday of month 9.30am – 11.30am	Joseph 09 444 8373	Sunnybrae Bowling Club 9 Argus Place, Glenfield
<b>Takapuna Senior Citizens Club</b> - Scrabble	9.45am onwards	Malcolm 022 080 3399	Senior Citizens Hall 5 The Strand, Takapuna

### Saturday – Physical Activities

<b>Laughter Yoga</b>	9.00am	027 475 3734	Heart of the Bays Community Centre 2 Glen Road, Browns Bay
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### Saturday – Educational, Social, Special Interest, Support Group Activities

<b>Bays Community Centre</b> - Crazy Quilters	4 <sup>th</sup> Saturday of month 10.00am – 2.30pm	09 444 6578 Marilyn 09 473 6958	Heart of the Bays Community Centre 2 Glen Road, Browns Bay
<b>Digital Seniors</b> - One on one coaching on your own electronic device	10.00am – 12.00pm	0800 373 646	Takapuna Library The Strand, Takapuna
<b>Glaucoma Peer Support Group</b> - Share your experience with like-minded people and get support from people who understand.	10.00am - 11.30am	0800 452 826	Glenfield Community Centre Cnr Bentley Ave & Glenfield Rd
<b>Glenfield Senior Citizens</b> - Carpet bowls, snooker	10.00am – 12.00pm	0800 373 646	Takapuna Library The Strand, Takapuna
<b>Highbury Community House</b> - Hinemoa Stitchers	1 <sup>st</sup> Saturday of month 9.00am – 12.00pm	Christine 021 0237 4606	Highbury Community House 110 Hinemoa Street, Birkenhead

<b>SeniorNet North Shore (Inc)</b> - Computer classes, tutorials, discussion groups. Wide range of subjects in a fun environment	10.00am – 12.00pm	09 413 6322 www.seniornetns.com	St John Ambulance Centre 2 Shea Terrace, Takapuna
<b>Writing Family Memories for Future Generations</b> - A group for women to share and record family stories	2 <sup>nd</sup> Saturday of the month 10.00am – 12.30pm	Patricia 09 479 7519 021 064 9522	Heart of the Bays Community Centre 2 Glen Road, Browns Bay
<b>Sunday – Physical Activities</b>			
<b>Devonport Y's Walkers</b>	9.00am – 10.00am	Clive 027 484 3826 09 445 2743	Meet at corner of Bartley Terrace & Clarence Street, Devonport
<b>Mairangi Bay Walking Networks</b> - Slower walk	9.00am – 10.00am	Paula 09 444 6435	Milford Shopping Centre Carpark
<b>Northcote Pétanque Club</b>	4.00pm (Dec – Apr) 2.00pm (May – Nov)	Heather 09 480 6988 021 049 9668	Northcote Bowling Club Council Terrace, Little Shoal Bay
<b>Sunday – Educational, Social, Special Interest, Support Group Activities</b>			
<b>North Shore Country Music Club</b> - Singing & dancing	Fortnightly on Sundays 7.00pm – 10.00pm	Jim 021 267 3135	Sunnynook Community Centre 148 Sycamore Drive, Sunnynook

## 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: **Katie** on **09 929 2319** or email: [katie@acns.co.nz](mailto:katie@acns.co.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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