



**AGE
CONCERN
AUCKLAND**

He Manaakitanga
Kaumātua Aotearoa

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

2024-2025

Calendar of Activities

West Auckland



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.**

Monday - Physical Activities			
Aerobics - Free exercise class	5:30pm – 6:30pm	Tui Vakalahi 021 0233 2188	The Hub West 27 Corban Ave, Henderson
Aerobics - Free exercise class	12:30pm - 1:30pm	Tui Vakalahi 021 0233 2188	Te Atatū South Community Centre, 247 Edmonton Road, Te Atatū South.
Tai Chi & Qigong 50+	10:00 - 10:50am	Rachel Derham 021 057 9956 quintinderham@gmail.com	Blockhouse Bay Community Center, 524 Blockhouse Bay Road, Blockhouse Bay
Walking Group	8:15am	(09) 626 4980 info@bhbaycommunitycentre.co.nz	Blockhouse Bay Community Centre, 524 Blockhouse Bay Road, Blockhouse Bay
Zumba - Cardio for all ages and levels	9:30am - 10:30am	Debbie 021 149 9905 zharko13@gmail.com	Green Bay Community House 1 Barron Drive, Green Bay
Monday – Educational, Social, Special Interest, Support Group Activities			
Free English Class	1:15pm	(09) 626 4980 info@bhbaycommunitycentre.co. nz	Blockhouse Bay Community Centre, 524 Blockhouse Bay Road, Blockhouse Bay
JOY Club (Just Older Youth) - Socialize, learn, and have fun. Includes outings, morning tea. Transport can be arranged.	Monday mornings Once a month	(09) 838 4820 programmes@mphs.org.nz	Hub West 27 Corban Ave, Henderson
Mah Jong	12:45pm - 3:00pm	(09) 626 4980 info@bhbaycommunitycentre.co.nz	Blockhouse Bay Community Centre, 524 Blockhouse Bay Road, Blockhouse Bay
Ranui Quilters	11:00am - 2:00pm	(09) 833 6280	Ranui Community Centre 474 Swanson Road
Taumata O Te Whau - Social Group	10:00am monthly	(09) 813 9670 manager.kelstonhub@gmail.com	Kelston Community Hub 68 St Leonards Road, Kelston
U3A Auckland North/West	2 nd Monday monthly 9.45am- noon	Alexis (09) 835 2237 u3anwest@gmail.com	Henderson Bowling Club Alderman Drive, Henderson
Tuesday - Physical Activities			
Aerobics - Free exercise class	12:30pm - 1:30pm	Tui Vakalahi 021 0233 2188	Te Atatū South Community Centre, 247 Edmonton Road, Te Atatū South.
Aerobics - Free exercise class	6:00pm - 7:00pm	Tui Vakalahi 021 0233 2188	Westgate Northwest Community Hall 11 Kohuhu Lane (Level 3)
Balance and Flexibility Basic chair and floor exercises	10:00am	Annie 021 815 113 annieminton2@gmail.com	Online

Cardio Fix - All ages	8:45am	(09) 626 4980 info@bhbaycommunitycentre.co.nz	Blockhouse Bay Community Centre, 524 Blockhouse Bay Road
Line Dancing	10:00am	(09) 626 4980 info@bhbaycommunitycentre.co.nz	Blockhouse Bay Community Centre, 524 Blockhouse Bay Road
Summerland Walkers - Walk for 5-6kms and return to the community house for a cuppa	9:15am - 10:30am	Lyn (09) 838 1599 rlmountier@gmail.com	Sturges West Community House, 58 Summerland Drive, Henderson
Yoga for Elders	2:15pm – 3:15pm	Sarita 021 172 6348 sarita108@gmail.com	289 Konini Road, Titirangi

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

Armanasco House Museum	10:00am	(09) 626 4980 info@bhbaycommunitycentre.co.nz	Blockhouse Bay Community Centre, 524 Blockhouse Bay Road
Communicare Friendship Centre	9:30am - 12:30pm	(09) 631 5968	Massey Community Hub 385 Don Buck Road, Massey
ESOL Class	1:00pm - 3:00pm	(09) 833 6280	Ranui Community Centre 474 Swanson Road, Ranui
Garden Club	1:00pm - 3:00pm First Tuesday of the month	(09) 626 4980 info@bhbaycommunitycentre.co.nz	Blockhouse Bay Community Centre, 524 Blockhouse Bay Road
Housie	6:30pm	(09) 626 4980 info@bhbaycommunitycentre.co.nz	Blockhouse Bay Community Centre, 524 Blockhouse Bay Road
Matua Pasifika - Social group for Pacific Elders	10:30am – 12:00pm Last Tuesday of every month	Marie Sio (09) 813 9670	Kelston Community Hub, 68 St Leonards Road, Kelston
Ranui Community Centre - Ladies craft & coffee	10:00am - 12:00pm	(09) 833 6280	Ranui Community Centre 474 Swanson Road
Selwyn - Henderson - Fun & friendship	9:45am – 12:15pm	(09) 838 8380	St Michaels Anglican 425 Great North Road Henderson
U3A Titirangi	Fourth Tuesday of month 1:00pm	027 282 8799 sheridanr@xtra.co.nz	West Lynn Garden & Butterfly House, 73 Parker Ave, New Lynn

Wednesday- Physical Activities

Annie's Active Achievers - Exercise Group	9:30am	Annie 027 428 4894 annetausi28156@gmail.com	Blockhouse Bay Community Centre, 524 Blockhouse Bay Road
Aerobics - Free exercise class	5:30pm - 6:30pm	Tui Vakalahi 021 0233 2188	Te Atatu South Community Centre, 247 Edmonton Road, Te Atatu
Aerobics - Free exercise class	12:30pm - 1:30pm	Tui Vakalahi 021 0233 2188	Te Atatu Peninsula Community Hall, 595 Te Atatu Road Te Atatu Peninsula
Blockhouse Bay Walking Group	8:15am	(09) 626 4980 info@bhbaycommunitycentre.co.nz	Blockhouse Bay Community Centre, 524 Blockhouse Bay Road
FLexercise Class - Balanced exercise programme, easy exercise	9:30am	Sonia 021 158 5867 Sozsandford@gmail.com	405 Hobsonville Road, Hobsonville

Flexercise with Fitness League - Low impact exercise programme	10:00am	Val 021 070 5749 valwightman@xtra.co.nz (09) 475 55215	Te Atatu South Community Centre. 247 Edmonton Road, Te Atatu
Glendene Walking Group - Light refreshments when the group returns to the Hub	9:00am	(09) 813 9348	Glendene Community Hub 82 Hepburn Road, Glendene
Tai Chi & Qigong 50+	9:15- 10:05am	Rachel Derham 0210579956 quintinderham@gmail.com	Titirangi War Memorial Hall 500 South Titirangi Road, Titirangi

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

Blockhouse Bay Chinese Association	9:00am – 12:00pm	(09) 626 4980 info@bhbaycommunitycentre.co.nz	Blockhouse Bay Community Centre, 524 Blockhouse Bay Road, Blockhouse Bay
Communicare Friendship Centre	9:30am - 12:30pm	(09) 631 5968	Sturges West Community House 58 Summerland Drive, Henderson
Cozy Club - Social Group, play Bingo	10:00am –12:00pm	(09) 813 9670 manager.kelstonhub@gmail.com	Kelston Community Hub, 68 St Leonards Road, Kelston
Knitting and Crochet Group - Swap patterns and share ideas	9:30am - 12:00pm	(09) 827 3300	Green Bay Community House 1 Barron Drive, Green Bay
Rummikub & Cards	12:45pm - 3:00pm	(09) 626 4980 info@bhbaycommunitycentre.co.nz	Blockhouse Bay Community Centre, 524 Blockhouse Bay Road, Blockhouse Bay

Thursday - Physical Activities

Aerobics - Free exercise class	5:30pm - 6:30pm	Tui Vakalahi 021 0233 2188	Te Atatu South Community Centre. 247 Edmonton Road, Te Atatu
Cardio Fix - All ages	8:45am	(09) 626 4980 info@bhbaycommunitycentre.co.nz	Blockhouse Bay Community Centre, 524 Blockhouse Bay Road
Summerland Walkers - Shorter walk at a slower pace. Return to community house for a cuppa.	9:15am - 10:30am	Lyn (09) 838 1599 rlmountier@gmail.com	Sturges West Community House 58 Summerland Drive Henderson
Walking Group	9:15am	(09) 827 3300	Green Bay Community House 1 Barron Drive, Green Bay

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

Avondale Friendship Group Social Group	9:30am - 1:00pm	(09) 631 5968 Office@communicare.org.nz	Baptist Church Hall 504 Blockhouse Bay, Cnr New North Road & Blockhouse Bay Rd
Communicare Friendship Centre	9:30am - 12:30pm	(09) 631 5968	Blockhouse Bay Baptist Church 504 Blockhouse Bay Road, Blockhouse Bay.
Friendship Group - Social, and physical activities	10:00am – 11:30am	(09) 813 9348	Glendene Community Hub 82 Hepburn Road, Glendene
Green Bay Community House - Friendship Group	1:00pm - 3:00pm Fortnightly	(09) 827 3300 gbcommunityhouse@gmail.com	Green Bay Community House 1 Barron Drive, Green Bay

Ranui Community Centre - Ranui Quilters	9:30am – 12:00pm	(09) 833 6280	Ranui Community Centre 474 Swanson Road
Tuaasinasina - Samoan Seniors Group	10:00am - 12:30pm	(09) 833 5127	Ranui Samoan Presbyterian Church
Friday - Physical Activities			
Aerobics - Free exercise class	12:30pm - 1:30pm	Tui Vakalahi 021 0233 2188	Te Atatū Peninsula Community Centre, 595 Te Atatū Road, Te Atatū Peninsula
Women's Yoga & Meditation	9:15am - 10:15am	Nassem 021 806 552 (09) 813 9348	Glendene Community Hub 82 Hepburn Road, Glendene
Whau Walking Samoans - Exercise Group	8:30am - 11:30am	0274234280	Avondale Community Centre 99 Rosebank Road, Avondale
Friday – Educational, Social, Special Interest, Support Group Activities			
A Better Chance Charitable Trust - Chinese Social Group	9:30am - 4:30pm	(09) 828 8333 abetterchance@outlook.com	2163 Great North Road Avondale
Anapekapeka Niue Seniors Group - Niuean Social Group, Bingo and Fellowship	11:00am – 3.00pm Fortnightly	(09) 813 9348	Glendene Community Hub 82 Hepburn Road, Glendene
Blockhouse Bay Ladies Probus	2 nd Friday of month 10:00am - 12:00pm	027 618 2259	Blockhouse Bay Community Centre, 524 Blockhouse Bay Road
Combined Probus Club of Glen Eden	4 th Friday of month (Except December) 10:00am	Brian Holt- President brianandsimoa@hotmail.com	Ceramco Function Centre 120 Glendale Road, Glen Eden
Henderson Ladies Probus	3 rd Friday of month 10:00am	Jill 021 203 4779	Te Atatu South Community Centre. 247 Edmonton Road, Te Atatu
Te Atatu Ladies Probus	2 nd Friday of month 9:45am - noon	Olwyn (09) 834 5276 grantsnz@gmail.com	St Johns Hall 247 Edmonton Road Te Atatu South
Saturday - Physical Activities			
Yoga with Uma - Yoga	8:30am – 9:30am	021 584 405	Avondale Community Centre 99 Rosebank Road, Avondale
Saturday – Educational, Social, Special Interest, Support Group Activities			
Ranui Community Centre - Ranui Quilters	1 st Saturday of month	(09) 833 6280	Ranui Community Centre 474 Swanson Road
West Auckland 60's Up Movement - Meeting, speaker, entertainment	4 th Saturday of month 10:30am	(09) 827 4322	New Lynn Friendship Club 3063 Great North Road
Sunday - Educational, Social, Special Interest, Support Group Activities			
Green Bay Community House - Knitting & Crochet Group for Charity	Fortnightly 3:00pm - 5:00pm	(09) 827 3300	1 Barron Drive, Green Bay

Activities with Varied Timetables

Neuro Connection - Long-term rehabilitation sessions for people with neurological conditions including Stroke, Parkinson's Disease, Multiple Sclerosis and Cerebral Palsy	Pre-assessment required, Neuroconnections for more details	(09) 836 6830 admin@neuroconnection.org.nz	2 Claude Brooke Drive Tui Glen Reserve, Henderson
Tai Chi - Classes run throughout West Auckland	Contact Juliana for more details	Juliana 021 905 742 arohataichi@gmail.com	West Auckland

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: **Divya** on **09 820 2711** or email: 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

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

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