

AGE CONCERN NORTH SHORE

# Calendar of Activities

2016

✓ Exercise groups

✓ Support groups

✓ Social groups

✓ Friendship

✓ Learn new things

✓ Fun and laughter



177B Shakespeare Road, Milford, Auckland 0620

Phone: (09) 489 4975

Email: [ageconns@acns.co.nz](mailto:ageconns@acns.co.nz)

Website/s: [www.ageconcern.org.nz](http://www.ageconcern.org.nz);

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

*Prior to attending an activity please phone the contact number to check details, any costs involved or membership requirements. Please note that some activities require a reasonable level of mental and physical wellbeing and that many only operate during term time.*

MONDAY- Exercise Programmes			
<b>ActivSenior Pilates</b> - <i>Gentle style Pilates class for the active senior</i>	10.15am-11.15am	444 6340	North Shore Leisure - Glenfield Bentley Avenue, Glenfield
<b>Badminton North Harbour</b> - <i>Over 55's Club</i>	1.00pm-3.00pm	Gerard 410 9223	Badminton North Harbour Bond Crescent, Forrest Hill
<b>Beachside Seniors Club</b> - <i>Group exercise to music</i>	11.00am-12.00noon	479 2924	Beachside Health & Fitness 30 Anzac Road, Browns Bay
<b>Born Again Bodies</b> - <i>Strength, balance &amp; flexibility at any age. Supervised exercise programme with dumbbells.</i>	3.00pm-4.00pm	479 2212	Milford Baptist Church Hall 3 Dodson Avenue, Milford
<b>Fitness League NZ (Inc)</b> - <i>Balanced exercise programme, easy exercise</i>	9.30am-10.30am 9.45am	479 4608 486 6964	Greenhithe Village Hall St Georges Presbyterian Church Hall, 2 The Terrace Takapuna
<b>Mairangi Bay Walking Networks</b>	9.00am-10.00am	Paula 444 6435	Mairangi Bay Beachfront
<b>never2old active ageing programme</b> - <i>Fitness training programme focusing on improving older adults functional fitness for continued independent living &amp; to improve quality of life</i>	9.30am-10.30am 1.30pm-2.30pm	Phillipa 921 9999 ext 7615 www.never2old.net.nz	AUT Sports & Fitness Centre Akoranga Drive, Northcote
<b>Pilates</b> - <i>Stretch and strengthen</i>	9.30am-10.30am	027 256 3010	Beach Haven Community House 130 Beach Haven Road
<b>Tai Chi</b>	7.00pm-8.00pm	Bruno 021 155 4606	Bays Community Centre 2 Glen Road, Browns Bay
<b>Tai Chi</b> - <i>Beginners</i>	12.30pm-1.30pm	North Shore Women's Centre 444 4618	Devonport Community House 32 Clarence Street, Devonport
<b>YMCA Northcote</b> - <i>Active Senior - group fitness</i>  - <i>Movement therapy low level exercise 50-90 year olds - appointment needed</i>	8.30am-9.30am 10.30am-11.30am 1.00pm-2.00pm	480 7099	YMCA North Shore 5 Akoranga Drive Northcote
<b>Yoga</b> - <i>Gentle flow</i>	10.15am-11.45am	Maria 623 3020 021 0200 8886	Devonport Community House 32 Clarence Street, Devonport
<b>Zumba Gold</b>	1.45pm-2.45pm	Katarina 021 095 9628	St Anne's Hall, corner Beach & Glencoe Roads, Browns Bay
Monday - Other Programmes			
<b>Bays Community Centre</b> - <i>Table tennis, social, casual</i>	11.30am-1.30pm	Debbie 478 4091	St Anne's Hall, corner Beach & Glencoe Roads, Browns Bay
- <i>Cloggers</i>	7.00pm-8.30pm	Jean 021 143 9807	St Anne's Hall, corner Beach & Glencoe Roads, Browns Bay

- <i>Sahaja Yoga Meditation - no charge</i>	7.30pm-9.00pm	Maria 479 9511	Bays Community Centre 2 Glen Road, Browns Bay
<b>Beach Haven Community House</b> - <i>Scrabble</i>	12.30pm-2.30pm	483 9942	Beach Haven Community House 130 Beach Haven Road
<b>Birkdale Community House</b> - <i>Community coffee and catch-up</i> - <i>English conversation classes for English as second language</i> - <i>Garden Club</i>	10.00am-11.00am 10.00am-12noon  2 <sup>nd</sup> Monday of month 10.30am-12.30pm	483 9149	Birkdale Community House 134 Birkdale Road, Birkdale
<b>Birkenhead Stroke Club</b> - <i>Indoor bowls, exercises</i>	10.00am-1.00pm	475 0070 phone before attending	Birkenhead RSA Rooms Recreation Drive, Birkenhead
<b>Browns Bay 60's Up Movement</b> - <i>Meetings &amp; outings for 60's Up members</i>	4th Monday of month 10.00am-12noon	Joy 444 0236	Taiaotea Trust Progress Hall Anzac Road, Browns Bay
<b>Browns Bay Senior Citizens</b> - <i>Korean Day/Korean Group - table tennis, karaoke &amp; social group</i>	9.00am-5.00pm	479 6041	Browns Bay Senior Citizens 9 Inverness Road, Browns Bay
<b>Chinese Senior Group</b> - <i>Social gathering with guest speaker, sharing of information, outings</i>	3 <sup>rd</sup> Monday of month 10.00am-2.00pm	Age Concern North Shore - Jane 929 2311	Positive Ageing Centre 7 The Strand, Takapuna
<b>Devonport 60's Up Movement</b> - <i>Tai Chi</i>	9.30am-10.30am	Roy 446 6027	Holy Trinity Church Hall 20 Church Street, Devonport
<b>Devonport Garden &amp; Floral Art Club</b> - <i>Meeting and guest speaker</i>	Second Monday of month, 11.15am-1.15pm	Alma 445 8602	St Leo's Hall Albert Road, Devonport
<b>East Coast Bays Bridge Club</b> - <i>Beginners &amp; juniors - bring your lunch</i>	10.20am	479 4689 ecbridge@ihug.co.nz www.ecbbridgeclub.co.nz	Lyons Avenue (opposite Montana Avenue), Murrays Bay
<b>English for Everyday Life</b> - <i>Foundation; beginner; elementary or intermediate levels</i>  - <i>Elementary/pre-intermediate levels</i>  - <i>Intermediate/upper intermediate levels</i>	10.00am-12noon  10.00am-12noon  10.00am-12noon	489 2078	Glenfield Community Centre Cnr of Glenfield Road & Bentley Avenue, Glenfield <b>St Peters Anglican Church</b> 11 Killarney Street, Takapuna St Georges Presbyterian Church 2 The Terrace, Takapuna
<b>Glenfield 60's Up Movement</b> - <i>Entertainment or speaker</i>	1 <sup>st</sup> Monday of month 1.30pm	Lyn 444 8983	Glenfield Leisure Centre Bentley Avenue, Glenfield
<b>Greenhithe Bridge Club</b>	7.30pm	413 8580	Old School Hall Greenhithe Road, Greenhithe
<b>Highbury Community House</b> - <i>Unfinished objects, social craft group</i> - <i>Garden Circle - share garden tips, plant swapping, guest speakers &amp; garden visits</i>	9.00am-11.45am  1 <sup>st</sup> & 3 <sup>rd</sup> Monday of month, 1.00pm-3.00pm	480 5279  Heather 480 6988	Highbury Community House 110 Hinemoa Street, Birkenhead
<b>Milford Senior Citizens</b> - <i>Mahjong</i> - <i>Line dancing</i> - <i>Indoor bowls</i>	9.30am-11.30am 10.00am-11.00am 12noon-3.00pm	Paulene 489 1157 or Club Rooms 486 3586	141A Kitchener Road Milford
<b>Mindfulness</b> - <i>To reduce stress, anxiety and developing greater balance and control</i>	9.30am-11.00am during school terms	441 8989	Raeburn House 138 Shakespeare Road Milford
<b>North Shore Bridge Club</b>	7.30pm	486 3099 www.nsbcb.org.nz	North Shore Bridge Club 39 Killarney Street, Takapuna

<b>North Shore Centres of Mutual Aid (CMA)</b> - <i>Companionship &amp; fun activities for seniors isolated in the community. Transport arranged - lunch &amp; morning tea provided</i>	10.00am-12.30pm	489 8954	Sunnynook Community Centre 148 Sycamore Drive, Sunnynook <b>Mairangi Bay Presbyterian Church, Penzance Road Mairangi Bay</b>
<b>Salvation Army Companions Club</b> - <i>Lunch, bowls, table games, speakers, companionship</i>	2nd Monday of month 10.00am-1.30pm	441 2554	Salvation Army Hall 430 Glenfield Road Glenfield
<b>SeniorNet North Shore (Inc)</b> - <i>Computer classes, tutorials, discussion groups for 50+. Class availability depends on numbers enrolled, please check.</i>	10.00am-12.30pm <b>1.30pm-4.00pm</b>	413 6322 loughie@vodafone.co.nz www.seniornetns.net	St John Ambulance Centre 2 Shea Terrace, Takapuna
<b>Shore Ten Pin Bowling</b>	10.00am-12noon	Nancy 480 1484	Xtreme Entertainment 10 Target Court, Wairau Valley
<b>Sunnynook Community Centre</b> - <i>English conversation group for those with English as a second language to practice</i>	11.00am-12.30pm	410 4902	Sunnynook Community Centre 148 Sycamore Drive, Sunnynook
<b>Takapuna 60's Up Movement</b> - <i>Indoor bowls, board games</i>	1.00pm-3.30pm	479 8159	Takapuna Methodist Church, Cnr Lake Road & Tennyson Avenue
<b>Time Out Club</b> - <i>Canasta; 500 and other games</i>	Every 2 <sup>nd</sup> Monday 1.45pm-4.00pm	Alison 443 6269	North Shore Bridge Club (downstairs room) 39 Killarney Street, Takapuna
<b>Torbay Indoor Bowls</b>	7.00pm	Don 473 9916	Torbay Community Hall, 37 Watea Road, (behind the Torbay Shops)
<b>U3A Birkenhead</b> - <i>Guest speaker &amp; special interest groups</i>	1st Monday of month 10.00am-12noon	Margaret 480 0642	Birkenhead Methodist Church Hall, Onewa Road, Birkenhead
<b>Tuesday - Exercise Programmes</b>			
<b>ActivSenior</b> - <i>Gentle exercise in water</i>	12noon-1.00pm	444 6340	North Shore Leisure - Takapuna 37 Killarney Street, Takapuna
<b>Beachside Seniors Club</b> - <i>Fitness, flexibility, strength, stability</i>	1.00pm-2.00pm	479 2924	Beachside Health & Fitness 30 Anzac Road, Browns Bay
<b>Birkenhead Men's Probus Walking Club</b> - <i>All welcome, not just Probus members</i>	10.00am-12noon	419 0859	Various
<b>Born Again Bodies</b> - <i>Strength, balance &amp; flexibility at any age. Supervised exercise programme with dumbbells</i>	2.00pm-3.00pm	479 2212	Takapuna Methodist Church Cnr Lake Road & Tennyson Avenue, Takapuna
<b>Devonport Y's Walkers</b>	9.00am-10.00am	445 2743	32 Clarence Street, Devonport
<b>East Coast Bays Walkers</b>	8.20am	Pam 302 4882	Glen Road, (by Browns Bay Plunket Rooms)
<b>Fitness League NZ (Inc)</b> - <i>Balanced exercise programme, easy exercise</i>	5.45pm-6.45pm <b>6.30pm-7.30pm</b>	479 4608 <b>(09) 427 9308</b>	Outram Hall 478 Beach Road, Murrays Bay <b>Glenfield War Memorial Hall Glenfield</b>
<b>Greenhithe Walking Group</b>	9.30am-11.00am	413 9065	Greenhithe Fire Station
<b>Laughter Yoga</b>	9.30am-10.15am	Louise 444 7247 0274 753 734	Glenfield Senior Citizens Hall Mayfield Road, Glenfield
<b>Mairangi Bay Walking Networks</b>	9.00am-10.00am	Paula 444 6435	Mairangi Arts Centre 20 Hastings Road, Mairangi Bay

never2old active ageing programme - <i>Fitness training programme focusing on improving older adults functional fitness for continued independent living</i>	9.30am-10.30am <b>1.30pm-2.30pm</b>	Phillipa 921 9999 ext 7615 www.never2old.net.nz	AUT Sports & Fitness Centre Akoranga Drive, Northcote
<b>Northcote Walking Group</b>	Every 2nd Tuesday 9.30am	Bernie 410 5700 Mavis 486 2574	Various
<b>Senior Movement</b> - <i>Low impact gentle exercises</i>	10.30am-11.30am	444 6340	North Shore Leisure - East Coast Bays, Bute Road, Browns Bay
<b>Tai Chi</b> - <i>For Beginners</i>	9.30am-10.30am	North Shore Women's Centre 444 4618	Beach Haven Ratepayers Hall 336 Rangatira Road
<b>Tai Chi</b> - <i>Beginners welcome</i>	9.00am-10.00am	Gillian 445 2073	Wakatere Boating Club Narrow Neck Beach
- <i>Maintenance</i>	9.15am-10.15am	Eileen 444 8291	<b>Sunnynook Community Centre</b> <b>148 Sycamore Drive</b>
- <i>Beginners</i>	11.00am-12.00noon	Kathy 550 6321	Sunnynook Community Centre 148 Sycamore Drive, Sunnynook
- <i>Beginners</i>	1.00pm-2.00pm	Eileen 444 8291	<b>Milford Senior Citizens Hall</b> <b>141A Kitchener Road, Milford</b>
<b>Yoga</b>	6.00pm-7.30pm	Marion 021 446 964	Bays Community Centre 2 Glen Road, Browns Bay
<b>Yoga</b> - <i>For women's health</i>	6.00pm-7.15pm	444 4618	North Shore Women's Centre 5 Mayfield Road, Glenfield
<b>Zumba Gold</b> - <i>Traditional Zumba but at a slower pace</i>	10.00am-11.00am	477 2000	AUT Millennium 17 Antares Place, Mairangi Bay
<b>Zumba Gold</b> - <i>Modified low impact exercise – no bookings required</i>	12.30pm-1.30pm  <b>6.00pm-7.00pm</b>	Bev 443 5413	Devonport Community House 32 Clarence Street, Devonport <b>Fit for Life Gym</b> <b>65 View Road, Glenfield</b>
<b>Tuesday - Other Programmes</b>			
<b>Bays Community Centre</b> - <i>NS Bays Scrabble</i>	9.30am-1.30pm	Ann 027 677 8272	Bays Community Centre 2 Glen Road, Browns Bay
- <i>Table Tennis</i>	11.30am-1.30pm	Debbie 478 4091	<b>St Anne's Hall, Corner Beach Road &amp; Glencoe Road</b>
- <i>Braemar Scottish Dancing</i>	7.30pm-10.00pm	Angela 478 3138	St Anne's Hall, Corner Beach Road & Glencoe Road
<b>Beach Haven Community House</b> - <i>H.U.G.G. Haven Uke &amp; Guitar Group</i> - <i>English conversation class for English as second language</i>	10.00am-12noon <b>1.00pm-2.30pm</b>	482 3443 <b>483 9942</b>	Beach Haven Community House 130 Beach Haven Road
<b>Belmont Mahjong Group</b>	11.00am-2.00pm includes lunch break	Karen 486 8043	Belmont Lifestyle Village 12 Coronation Street, Belmont
<b>Birkdale Community House</b> - <i>Sketch it – paint it</i> - <i>Percussion Group</i> - <i>French Book Club</i>	9.30am-11.30am <b>10.00am-11.30am</b> 1 <sup>st</sup> Tuesday of month 7.00pm-8.00pm	Loveday 483 4523 <b>483 9149</b> Gill afns@gmail.com	Birkdale Community House 134 Birkdale Road, Birkdale
<b>Birkenhead 60's Up Movement</b> - <i>Speaker or entertainment and monthly trips</i>	2 <sup>nd</sup> Tuesday of month 10.00am	Kath 483 6273 Kathy 419 9605	Cedars Church Hall 56A Tramway Road, Beach Haven
<b>Browns Bay 60's Up Movement</b> - <i>Bowls, Mahjong, Rummikub</i>	1.00pm-3.00pm	Doris 478 8962	Taiaotea Trust Progress Hall Anzac Road, Browns Bay

<b>Browns Bay Senior Citizens</b> - <i>Committee meeting</i>	2 <sup>nd</sup> Tuesday of month 10.00am-12noon	479 6041	Browns Bay Senior Citizens 9 Inverness Road, Browns Bay
<b>Devonport 60's Up Movement</b> - <i>Meeting, speaker, entertainment</i>	2 <sup>nd</sup> Tuesday of month 10.00pm-12noon	Roy 446 6027 Marianne 445 1598	Holy Trinity Church Hall 20 Church Street, Devonport
<b>Devonport Community House</b> - <i>Leisure painters</i>	10.00am-3.00pm	Anne 446 1228	Devonport Community House 32 Clarence Street, Devonport
<b>East Coast Bays Bridge Club</b> - <i>Juniors &amp; mixed grades</i>	7.20pm	479 4689 ecbridge@ihug.co.nz www.ecbbridgeclub.co.nz	Lyons Avenue (opposite Montana Avenue), Murrays Bay
<b>English for Everyday Life</b> - <i>Beginner/elementary levels</i>  - <i>Elementary level</i>  - <i>Intermediate/upper intermediate levels</i>	10.00am-12noon  1.00pm-3.00pm  6.30pm-8.30pm	489 2078	NZ Chinese Christian Church 81 Ellice Road, Glenfield <b>Sunnynook Community Centre</b> <b>148 Sycamore Drive</b> Glenfield Community Centre Cnr of Glenfield Road & Bentley Avenue, Glenfield
<b>Glenfield Evergreens</b> - <i>Morning tea, lunch &amp; entertainment.</i> <i>All welcome, transport provided for those in Glenfield/Sunnynook area</i>	2 <sup>nd</sup> Tuesday of month 10.30am-1.00pm	June 962 1279 Carol 444 7863	Glenfield Baptist Church James Street, Glenfield
<b>Glenfield Senior Citizens</b> - <i>Snooker, bowls</i>	1.00pm-4.00pm	444 6578	Glenfield Senior Citizens 7 Mayfield Road, Glenfield
<b>Highbury Community House</b> - <i>Unfinished objects - social craft group</i> - <i>Creative acrylic art</i>	9.00am-11.45am 9.45am-11.45am	480 5279	Highbury Community House 110 Hinemoa Street, Birkenhead
<b>Kennedy Park Petanque Club</b>	1.00pm-3.00pm	Angela 478 3138 Miles 021 296 3891	Kennedy Park Observation Post 137-147 Beach Road, Castor Bay
<b>Milford Senior Citizens</b> - <i>Scrabble</i> - <i>Scottish dancing</i> - <i>500 card game</i>	9.30am-12.30pm 10.00am-12noon 12.30pm-2.30pm	Paulene 489 1157 or Club Rooms 486 3586	141A Kitchener Road Milford
<b>North Shore Bridge Club</b>	11.00am	486 3099 www.nsbrc.org.nz	North Shore Bridge Club 39 Killarney Street, Takapuna
<b>North Shore Centres of Mutual Aid (CMA)</b> - <i>Companionship &amp; fun activities for seniors isolated in the community.</i> <i>Transport arranged - lunch &amp; morning tea provided</i>	10.00am-12.30pm	489 8954	Northcote/Birkenhead Rugby Club Recreation Drive, Birkenhead <b>Albany House, 575 Albany Highway, Albany</b>
<b>North Shore Diabetes Support Group</b> - <i>Support &amp; education</i>	1 <sup>st</sup> Tuesday of month 10.00am-12noon April & December meetings are at other venues or times.	Sue 449 2221 or 622 0551	Takapuna War Memorial Hall The Strand, Takapuna, however venue may vary, phone Sue to confirm
<b>North Shore Embroiderers' Guild</b> - <i>Promote understanding and interest in embroidery</i>	4 <sup>th</sup> Tuesday of month 10.00am-12noon	Pat 480 9438	Positive Ageing Centre 7 The Strand, Takapuna
<b>North Shore Organ &amp; Keyboard Club</b>	1 <sup>st</sup> Tuesday of month 7.30pm-10.00pm	Gordon 410 4788 http://nsaokc.blogspot.com/	Upstairs Lounge, Takapuna Bowling Club, Bracken Avenue
<b>North Shore Widows' &amp; Widowers' Society</b> - <i>Indoor bowls</i>	9.30am-12noon	Judith 479 6042	Taiateoa Trust Progress Hall Anzac Road, Browns Bay

<b>North Shore Women's Centre</b> - <i>Age with flair - a time for fun &amp; laughter while tackling issues facing older women today.</i>	1.30pm-3.00pm during school terms	444 4618	North Shore Women's Centre 5 Mayfield Road Glenfield
<b>Northcote Baptist Neighbour Craft Morning</b> - <i>Patchwork, painting, cross-stitch, jewellery making, knitting.</i>	9.30am-11.30am	419 1006	Northcote Baptist Church 67 Eban Avenue Northcote
<b>Older Women's Network</b> - <i>Discussion group</i>	2 <sup>nd</sup> Tuesday of month 10.00am-12noon	410 4803	Bays Community Centre 2 Glen Road, Browns Bay
<b>Parkinson's Conductive Education</b> - <i>Exercise group combining fitness, balance, strength, flexibility, mobility, speech, memory work and laughter</i>	10.30am-12.30pm	Lisa 021 0287 8470 Booking essential	Sunnynook Community Centre 148 Sycamore Drive, Sunnynook
<b>Pupuke Ladies Mah Jong Group</b>	1.00pm-4.00pm	Barbara 473 0065	Kennedy Park Observation Post 137-147 Beach Road, Castor Bay
<b>Selwyn – Milford</b> - <i>Fun and friendship</i>	9.30am-12noon	486 0668	St Paul's Anglican Church Otakau Road, Milford
<b>SeniorNet Glenfield</b> - <i>Computer classes and workshops. Peer to peer training, no more than six per class</i>	10.00am-12noon 1.30pm-3.30pm	444 2231	Mayfield Centre 5 Mayfield Road, Glenfield
<b>SeniorNet North Shore (Inc)</b> - <i>Computer classes, tutorials, discussion groups. Class availability depends on numbers enrolled, please check.</i>	10.00am-12.30pm 1.30pm-4.00pm	413 6322 loughie@vodafone.co.nz www.seniornetns.net	St John Ambulance Centre 2 Shea Terrace, Takapuna
<b>Takapuna Senior Citizens</b> - <i>Bowls, Rummikub</i>	10.00am-11.45am	Maurice 489 8430	5 The Strand Takapuna
<b>Torbay 60's Up Movement</b> - <i>Entertainment, guest speaker</i>	2 <sup>nd</sup> Tuesday of month 1.30pm-3.00pm	479 8159	Torbay Community Hall, 37 Watea Road, (behind the Torbay Shops)
<b>U3A Browns Bay</b> - <i>Special interest guest speaker</i>	1 <sup>st</sup> Tuesday of month	478 1928	Presbyterian Church Hall Anzac Road, Browns Bay
<b>Wednesday - Exercise Programmes</b>			
<b>Beachside Seniors Club</b> - <i>Group exercise to music</i>	11.00am-12.00noon	479 2924	Beachside Health & Fitness 30 Anzac Road, Browns Bay
<b>Born Again Bodies</b> - <i>Strength, balance &amp; flexibility at any age. Supervised exercise programme with dumbbells</i>	1.00pm-2.00pm 2.30pm-3.30pm	479 2212	Presbyterian Church Hall Hastings Road, Mairangi Bay <b>St Anne's Hall, Cnr Glencoe &amp; East Coast Road, Browns Bay</b>
<b>Campbells Bay Walkers &amp; Talkers</b> - <i>1 hour walking followed by morning tea</i>	9.30am-11.00am	410 4019 or 478 6702	Various
<b>Fitness League NZ (Inc)</b> - <i>Balanced exercise programme, easy exercise</i>	9.30am-10.30am 9.30am-10.30am 6.30pm-7.30pm	444 8461 (09) 424 0402 473 1408	Glenfield War Memorial Hall Glenfield <b>Albany Hall, Cnr Oteha Valley Road &amp; SH 17, Albany</b> Glamorgan School Hall, Glamorgan Drive, Torbay
<b>Mairangi Bay Walking Networks</b>	9.00am-10.00am	Paula 444 6435	Mairangi Bay Beachfront
<b>never2old active ageing programme</b> - <i>Fitness training programme focusing on improving older adults functional fitness for continued independent living &amp; improve quality of life</i>	9.30am-10.30am	Phillipa 921 9999 ext 7615 www.never2old.net.nz	AUT Sports & Fitness Centre Akoranga Drive, Northcote

Pilates for Seniors	10.00am-11.00am	Ione 027 406 5178	Birkdale Community House 134 Birkdale Road, Birkdale
Tai Chi - <i>For arthritis</i> - <i>Tai Chi</i>	10.15am-11.45am 1.30pm-3.00pm	Susan 478 5569 Bruno 021 155 4606	Bays Community Centre 2 Glen Road, Browns Bay
Tai Chi - <i>Beginners</i>  - <i>Beginners</i>  - <i>Intermediate</i>	9.30am-10.30am  11.30am-12.30pm  12.45am-1.45pm	North Shore Women's Centre 444 4618	St Barnabas Church Hall 470 Glenfield Road, Glenfield <b>Devonport Community House</b> <b>32 Clarence Street, Devonport</b> Devonport Community House 32 Clarence Street, Devonport
Tai Chi - <i>Beginners/maintenance</i>	10.00am-11.00am	Eileen 444 8291	Torbay Community Hall 37 Watea Road, Torbay (behind the Torbay Shops)
Torbay 60's Up Movement Walkers	9.30am for 1 ¼ - 1 ½ hours	473 3811	Freyberg Park, Browns Bay
Torbay Walkers	4.00pm-5.00pm	Lorna 473 8731	Garden seat, Torbay Village
YMCA Northcote - <i>Active seniors – group fitness</i> - <i>Active seniors – low intensity gym programme. Appointment needed</i>	10.30am-11.30am 1.00pm-2.00pm	480 7099	YMCA North Shore 5 Akoranga Drive, Northcote
Zumba	9.30am-10.30am	483 9149	Birkdale Community House 134 Birkdale Road, Birkdale
<b>Wednesday - Other Programmes</b>			
Bays Community Centre - <i>Rummikub</i>  - <i>International Friendship Group conversation, friendship, fun, interest in other cultures</i> - <i>Art group</i>	1 <sup>st</sup> and 3 <sup>rd</sup> Wednesday of month, 10.00am-12noon 10.00am-12noon during term time  Fortnightly on Wednesday 11.45am-2.15pm	Annette 441 3019  Debbie 478 4091  Margaret 479 6048	Bays Community Centre 2 Glen Road, Browns Bay <b>Bays Community Centre</b> <b>2 Glen Road, Browns Bay</b>  St Anne's Hall Cnr Beach & Glencoe Roads
Beach Haven/Birkdale Garden Circle - <i>Speaker, trading table</i>	1 <sup>st</sup> Wednesday of month 9.30am-12noon	Lorraine 443 1214	Beach Haven Ratepayers Hall 336 Rangatira Road
Beach Haven Community House - <i>Advanced French</i> - <i>Intermediate French</i> - <i>Pastels art class</i> - <i>Karaoke</i> - <i>Table top games – Mahjong, Scrabble, Rummikub etc</i> - <i>Friends of Shepherds Park</i>	10.00am-11.00am 12noon-1.00pm 1.00pm-2.30pm 5.00pm-7.00pm 7.00pm-9.00pm  3 <sup>rd</sup> Wednesday month 7.30pm	482 0519 482 0519 483 9942 483 9942 483 9942  483 9942	Beach Haven Community House 130 Beach Haven Road
Birkenhead Care and Craft - <i>Companionship for people isolated through age or disability</i>	10.00am-1.15pm during school terms	Maureen 418 3699 Valerie 480 5456	Birkenhead Methodist Church Hall Onewa Road Birkenhead
Birkdale Community House - <i>Financial literacy group</i>	1.00pm-3.00pm	483 9149	Birkdale Community House 134 Birkdale Road, Birkdale
Club Gordon - <i>Social contact, companionship, entertainment, &amp; light lunch</i>	9.45am-12.30pm during school terms	Age Concern Office 489 4975	St Joseph's Church Hall 10 Dominion Street, Takapuna
Craft Group	1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday of month, 1.30pm-3.30pm	419 9026	St John's Anglican Church 47 Church Road, Northcote



<b>Devonport 60's Up Movement</b> - <i>Bus outing - morning tea, lunch</i>	4th Wednesday of month 9.15am	Roy 446 6027	Holy Trinity Church Hall 20 Church Street, Devonport
<b>Devonport Community House</b> - <i>Knitting Group - knitting either for yourself or to put together community blankets.</i>	10.00am-12.00noon	445 3068	Devonport Community House 32 Clarence Street, Devonport
<b>Devonport Spinners, Weavers, Knitters etc</b>	10.00am-12noon	Molly 446 6027	St Augustine's Church Hall Calliope Road, Devonport
<b>East Coast Bays Bridge Club</b> - <i>Mixed grades - bring your lunch</i>	10.20am	479 4689 ecbridge@ihug.co.nz www.ecbridgeclub.co.nz	Lyons Avenue (opposite Montana Avenue), Murrays Bay
<b>English for Everyday Life</b> - <i>Intermediate/upper intermediate levels</i>	6.30pm-8.30pm	489 2078	Glenfield Community Centre Cnr of Glenfield Road & Bentley Avenue, Glenfield
<b>Glenfield 60's Up Movement</b> - <i>Outings – bus trips</i>	3 <sup>rd</sup> Wednesday of month	Judith 444 0714	
<b>Glenfield Senior Citizens</b> - <i>Bowls</i> - <i>500 (cards)</i>	9.45am-11.30am 12.45pm-3.00pm	444 6578	Glenfield Senior Citizens 7 Mayfield Road, Glenfield
<b>Grandparents Raising Grandchildren</b> - <i>Meetings, support and information</i>	3 <sup>rd</sup> Wednesday of month 10.15am-12noon during term time	Bonnie 473 9055	GRG Office, Ground Floor 15 Rawene Road, Birkenhead
<b>Hauraki Floral Art Club</b>	2 <sup>nd</sup> Wednesday of month 9.30am-1.30pm	Joan 416 7122	Outram Hall, 478 Beach Road, Murrays Bay
<b>Highbury Community House</b> - <i>Unfinished objects, social craft group</i> - <i>Patchwork &amp; sewing</i> - <i>Mah Jong</i>	9.00am-11.45am 9.45am-11.45am 12.30pm-3.00pm	480 5279	Highbury Community House 110 Hinemoa Street, Birkenhead
<b>North Harbour Rockers</b> - <i>Rock &amp; Roll</i>	7.00pm-10.00pm	570 2985 or 027 277 8059 annabagnall55@gmail.com	Sunnynook Community Centre 148 Sycamore Drive, Sunnynook
<b>North Shore Bridge Club</b> - <i>Social</i> - <i>Teams</i>	10.00am-12.30pm 7.30pm	486 3099 www.nsbc.org.nz	North Shore Bridge Club 39 Killarney Street, Takapuna
<b>North Shore Cake Decorating Club</b>	1 <sup>st</sup> Wednesday of month 12noon-3.30pm	Maureen 444 8104	Kennedy Park Observation Post 137-147 Beach Road, Castor Bay
<b>North Shore Embroiderers' Guild</b> - <i>Promote understanding and interest in embroidery</i>	2 <sup>nd</sup> Wednesday of month 7.30pm-9.30pm	Pat 480 9438	Positive Ageing Centre 7 The Strand Takapuna
<b>North Shore Women's Centre</b> - <i>Art group</i>	9.30am-11.30am during school terms	444 4618	North Shore Women's Centre 5 Mayfield Road, Glenfield
<b>SeniorNet Glenfield</b> - <i>Computer classes and workshops. Peer to peer training, no more than six per class</i>	10.00am-12noon 1.30pm-3.30pm	444 2231	Mayfield Centre 5 Mayfield Road, Glenfield
<b>SeniorNet North Shore (Inc.)</b> - <i>Computer classes, tutorials, discussion groups. Class availability depends on numbers enrolled, please check.</i>	10.00am-12.30pm 1.30pm-4.00pm	413 6322 loughie@vodafone.co.nz www.seniornetns.net	St John Ambulance Centre 2 Shea Terrace, Takapuna
<b>Seniors Friendship Group</b> - <i>Games &amp; conversation</i>	Fortnightly 1.30pm-3.00pm	481 3031	Kendall Bay Lounge Rawene Centre, 33 Rawene Road Birkenhead
<b>Stanley Bay Bowling Club</b>	1.15 pm	445 2517	Stanley Bay Bowling Club 20 Stanley Point Road, Devonport

<b>Sunnynook Probus Club (Ladies)</b> - General meeting and social get together	1 <sup>st</sup> Wednesday of month 10.00am-12noon	489 1515	Sunnynook Community Centre 148 Sycamore Drive Sunnynook
<b>Takapuna 60's Up Movement</b> - Trip	1 <sup>st</sup> Wednesday of month	489 5922	
<b>Torbay Garden Club</b> - Speaker, trading table, bus trips	1 <sup>st</sup> Wednesday of month 1.30pm-3.00pm	Raewyn 473 1511 Georgie 473 0404	Torbay Community Hall, 37 Watea Road, (behind the Torbay Shops)
<b>U3A Devonport</b> - Providing mental stimulation for Senior Citizens	2 <sup>nd</sup> Wednesday of month, 10.00am-12noon	Joy 445 8717	Harmony Hall 4 Wynyard Street, Devonport
<b>U3A Takapuna</b> - General meeting & speaker, for all members, visitors welcome	1 <sup>st</sup> Wednesday of month except December & January, 9.45am-12noon	473 5607	Northcote Senior Citizens Hall Cnr Ernie Mays Street & College Road
<b>Thursday - Exercise Programmes</b>			
<b>ActivSenior</b> - Aqua & Senior Movement - both pool & land based exercises - Aqua Shallow - gentle exercise in water	9.30am-10.45am  12noon-1.00pm	444 6340	North Shore Leisure - Glenfield Bentley Avenue, Glenfield <b>North Shore Leisure – Takapuna, 37 Killarney Street</b>
<b>Badminton North Harbour</b> - Over 55's Club	1.00pm-3.00pm	Gerard 410 9223	Badminton North Harbour Bond Crescent, Forrest Hill
<b>Beachside Seniors Club</b> - Fitness, flexibility, strength, stability	11.00am-12.00noon	479 2924	Beachside Health & Fitness 30 Anzac Road, Browns Bay
<b>Born Again Bodies</b> - Strength, balance & flexibility at any age. Supervised exercise programme	10.30am-11.30am	479 2212	Windsor Park Baptist Church 550 East Coast Road Mairangi Bay
<b>Devonport Y's Walkers</b>	9.00am-10.00am	445 2743	32 Clarence Street, Devonport
<b>Fitness League NZ (Inc)</b> - Balanced exercise programme, easy exercise	9.30am-10.30am  10.00am-11.00am  6.30pm-7.30pm	473 1408  <b>486 6964</b>  (09) 427 9308	Outram Hall 478 Beach Road, Murrays Bay <b>St George's Presbyterian Church Hall, 2 The Terrace Takapuna</b> Glenfield War Memorial Hall Glenfield
<b>never2old active ageing programme</b> - Fitness training programme focusing on improving older adults functional fitness for continued independent living	9.30am-10.30am <b>1.30pm-2.30pm</b>	Phillipa 921 9999 ext 7615 www.never2old.net.nz	AUT Sports & Fitness Centre Akoranga Drive, Northcote
<b>Senior Movement</b> - Low impact, gentle exercises	10.30am-11.30am	444 6340	North Shore Leisure - East Coast Bays, Bute Road, Browns Bay
<b>Tai Chi</b>	8.15am-9.15am	Wai Ling 478 3309	Bays Community Centre 2 Glen Road, Browns Bay
<b>Tai Chi</b> - Beginners welcome  - Beginners	9.00am-10.00am  1.00pm-2.00pm	Gillian 445 2073  Eileen 444 8291	Wakatere Boating Club Narrow Neck Beach <b>Milford Senior Citizens Hall 141A Kitchener Road, Milford</b>
<b>Yoga</b> - Gentle to stretch breathe & relax for health	11.00am-12noon	445 3757	Devonport Community House 32 Clarence Street, Devonport
<b>Zumba Gold</b> - Active seniors group fitness	10.30am-11.30am	480 7099	YMCA North Shore 5 Akoranga Drive, Northcote

<b>Zumba Gold</b> - <i>Modified low impact exercise – no bookings required</i>	9.15am-10.15am  12.30pm-1.30pm  6.00pm-7.00pm	Bev 443 5413	Glenfield Community Centre Cnr Bentley Avenue & Glenfield Road, Glenfield <b>Devonport Yacht Club, 25 King Edward Parade, Devonport</b> Glenfield Community Centre Cnr Bentley Avenue & Glenfield Road, Glenfield
<b>Thursday - Other Programmes</b>			
<b>Bays Community Centre</b> - <i>Art Club</i>  - <i>Tuis patch and piece</i> - <i>Mahjong</i> - <i>Bays Patchwork</i>	9.30am-11.30am  10.00am-12noon 9.30am-2.00pm <b>Fortnightly</b> 7.00pm-9.30pm	Liz 478 7589  <b>Alma 478 7263</b> Jane 478 5392 <b>Judi 478 9397</b>	St Annes Hall, Cnr Beach & Glencoe Roads, Browns Bay <b>Bays Community Centre</b> <b>2 Glen Road</b> <b>Browns Bay</b>
<b>Beach Haven Community House</b> - <i>Haven art – for local artists to share their love of art</i> - <b>Afternoon guitars at the House</b> - <i>Wise Woman's Circle</i>	1 <sup>st</sup> Thursday month 1.00pm-2.30pm <b>1.30pm-2.30pm</b> Every 3 <sup>rd</sup> Thursday 7.00pm-9.00pm	483 9942  <b>483 9942</b> 027 256 3010	Beach Haven Community House 130 Beach Haven Road Beach Haven
<b>Belmont Scrabble Club</b>	1.00pm-onwards	Karen 486 8043	Belmont Lifestyle Village, 12 Coronation Street, Belmont
<b>Birkdale Community House</b> - <i>Peggy purls – knitting for your community</i>	1 <sup>st</sup> & 3 <sup>rd</sup> Thursday of month 12.30pm-2.30pm	483 9149	Birkdale Community House 134 Birkdale Road, Birkdale
<b>Browns Bay Indoor Bowls</b>	7.15pm	476 8510	Pinehill School Hugh Green Drive, Albany
<b>Browns Bay Senior Citizens</b> - <i>Recreation</i> - <b>Korean Day – table tennis, karaoke</b>	10.00am-12noon <b>12.00noon-5.00pm</b>	479 6041	Browns Bay Senior Citizens 9 Inverness Road, Browns Bay
<b>Devonport 60's Up Movement</b> - <i>Choir</i>	Thursdays except 4 <sup>th</sup> Thursday month 1.30pm-3.00pm	Roy 446 6027	Holy Trinity Church Hall 20 Church Street, Devonport
<b>Devonport Community House</b> - <i>Mahjong</i>	11.30am-3.00pm	Rebecca 445 3068	Devonport Community House 32 Clarence Street, Devonport
<b>East Coast Bays Bridge Club</b> - <i>Mixed grades</i>	7.20pm	479 4689 ecbridge@ihug.co.nz www.ecbbridgeclub.co.nz	Lyons Avenue (opposite Montana Avenue), Murrays Bay
<b>English for Everyday Life</b> - <i>Foundation; beginner; elementary or intermediate levels</i>  - <i>Elementary levels</i>  - <i>Intermediate /upper intermediate levels</i>  - <i>Elementary level</i>	10.00am-12noon  10.00am-12noon  10.00am-12noon  1.00pm-3.00pm	489 2078	Glenfield Community Centre Cnr of Glenfield Road & Bentley Avenue, Glenfield <b>NZ Chinese Christian Church</b> <b>81 Ellice Road, Glenfield</b> St Georges Presbyterian Church 2 The Terrace, Takapuna <b>Sunnynook Community Centre</b> <b>148 Sycamore Drive</b>
<b>Glenfield Senior Citizens</b> - <i>Snooker</i> - <i>Day trips</i>	Afternoons	444 6578	Glenfield Senior Citizens 7 Mayfield Road, Glenfield
<b>Highbury Community House</b> - <i>Unfinished objects, social craft group</i> - <b>Smartphone (Android) workshops</b>	9.00am-11.45am 10.00am-12noon	480 5279 <b>482 0378</b>	Highbury Community House 110 Hinemoa Street, Birkenhead

<b>Kennedy Park Petanque Club</b>	1.00pm-3.00pm	Angela 478 3138 Miles 021 296 3891	Kennedy Park Observation Post 137-147 Beach Road, Castor Bay
<b>Milford Senior Citizens</b> - <i>Keep fit including line dancing</i>	10.30am-12noon	Paulene 489 1157 or Club Rooms 486 3586	Senior Citizens Hall 141A Kitchener Road, Milford
<b>North Shore Bridge Club</b> - <i>Social</i>	12.30pm 7.30pm	486 3099 www.nsbcb.org.nz	North Shore Bridge Club 39 Killarney Street, Takapuna
<b>North Shore Centres of Mutual Aid (CMA)</b> - <i>Companionship &amp; fun activities for seniors isolated in the community. Transport arranged - lunch &amp; morning tea provided</i>	10.00am-12.30pm	489 8954	Glenfield War Memorial Hall Hall Road, Glenfield <b>Rose Centre</b> <b>School Road, Belmont</b>
<b>North Shore Chronic Obstructive Pulmonary Disease (COPD)</b> - <i>Support Group</i>	2nd Thursday of month 10.00am-12noon	630 2293	Sunnynook Community Centre 148 Sycamore Drive, Sunnynook
<b>North Shore Diabetes Support Group</b> - <i>Support and education</i>	1st Thursday of month 7.00pm-9.00pm except January & May	Sue 449 2221 or 622 0551 for meeting room information	Auckland Christian Assembly 26 Albany Highway, Glenfield
<b>North Shore Stroke Club</b> - <i>Indoor bowls, ping-pong, scrabble, art &amp; craft, petanque, mini golf, walks, housie, exercises, various other activities &amp; outings</i>	10.00am-1.00pm phone before attending	475 0070	Sunnybrae Bowling Club 6 Argus Place, Glenfield next to the North Shore Events Centre
<b>North Shore Widows' &amp; Widowers' Society</b> - <i>Coffee morning &amp; meeting</i>  - <i>Trip</i>	2nd Thursday of month 10.00am-12noon 3rd Thursday of month	Judith 479 6042	Taiaotea Trust Progress Hall Anzac Road, Browns Bay
<b>Northcote Petanque Club</b> - <i>Club night</i>	4.00pm	Sina 845 1966 Graeme 419 8466	Northcote Bowling Club Council Terrace, Little Shoal Bay
<b>Northcote Point Senior Citizens</b> - <i>Social, entertainment</i>  - <i>Outing</i>	3rd Thursday of month 10.00am-12noon Every 4th Thursday	Colleen 418 2349	119 Queen Street Northcote Point
<b>Parkinsonism Society Support Group</b> - <i>Education and support</i>	2nd Thursday of month 10.00am-onwards	278 6918	Windsor Park Complex East Coast Bays Road Mairangi Bay
<b>Probus Club of Birkenhead</b> - <i>Speakers, friendship, outings</i>	2nd Thursday of month 10.00am-12noon	John 483 4705	Birkenhead RSA Club Rooms Recreation Drive, Birkenhead
<b>Selwyn-Cedars</b> - <i>Fun &amp; friendship</i>	10.00am-12noon	483 6258 or 484 6989	Cedar Centre, 56A Tramway Road, Beach Haven
<b>SeniorNet Glenfield</b> - <i>Computer classes and workshops. Peer to peer training, no more than six per class</i>	10.00am-12noon 1.30pm-3.30pm	444 2231	Mayfield Centre 5 Mayfield Road, Glenfield
<b>SeniorNet North Shore (Inc.)</b> - <i>Computer classes, tutorials, discussion groups. Class availability depends on numbers enrolled, please check.</i>	10.00am-12.30pm 1.30pm-4.00pm	413 6322 loughie@vodafone.co.nz www.seniornetns.net	St John Ambulance Centre 2 Shea Terrace, Takapuna

<b>Shanti Niwas Charitable Trust Indian &amp; South Asian Support Group</b> - <i>Support group for older people</i>	1st & 3rd Thursday of month, 10.30am-12noon	622 1010 shantiniwas@xtra.co.nz	Glenfield Community Centre Cnr of Glenfield Road & Bentley Avenue, Glenfield
<b>Shore Ten Pin Bowling</b>	10.00am-12noon	Nancy 480 1484	Xtreme Entertainment 10 Target Court, Wairau Valley
<b>Social Tap</b> - <i>Beginners' tap for fun and fitness</i>	11.00am	Cecilie 021 424 088	Albany Community Hall 575 Albany Highway
<b>Sunnynook Community Centre</b> - <i>Indoor bowls</i>	12.45pm-3.00pm	410 4902	Sunnynook Community Centre 148 Sycamore Drive, Sunnynook
<b>Takapuna 60's Up Movement</b> - <i>Exercises, Tai Chi, board games</i>  - <i>Monthly meeting, speaker &amp; entertainment</i>	1st, 2nd & 4th Thursdays of month 10.00am-12.30pm 3rd Thursday of month 10.00am-12noon	489 5922	Takapuna Methodist Church Cnr Lake Road & Tennyson Avenue, Takapuna
<b>Torbay 60's Up Movement</b> - <i>Scrabble</i>	Alternate Thursdays 2.00pm-4.00pm	479 8159	Various venues
<b>Torbay International Coffee Group</b> - <i>No charge, just turn up</i>	10.15am-12noon	Carole 473 3259	Senior Citizens' Hall Watea Road, Torbay
<b>Friday – Exercise Programmes</b>			
<b>Beachside Seniors Club</b> - <i>Fitness, flexibility, strength, stability</i>	11.00am-12noon	479 2924	Beachside Health & Fitness 30 Anzac Road, Browns Bay
<b>East Coast Bays Walkers</b>	8.20am	Pam 302 4882	Glen Road, (by Browns Bay Plunket Rooms)
<b>Fitness League NZ (Inc)</b> - <i>Balanced exercise programme, easy exercise</i>	9.45am-11.00am	475 5215	Sunnynook Community Centre 148 Sycamore Drive, Sunnynook
<b>Mairangi Bay Walking Networks</b>	9.00am-10.00am	Paula 444 6435	Mairangi Bay Arts Centre 20 Hastings Road, Mairangi Bay
<b>never2old active ageing programme</b> - <i>Fitness training programme focusing on improving older adults functional fitness for continued independent living &amp; improve quality of life</i>	9.30am-10.30am	Phillipa 921 9999 ext 7615 www.never2old.net.nz	AUT Sports & Fitness Centre Akoranga Drive, Northcote
<b>YMCA Northcote</b> - <i>Active seniors – group fitness</i>  - <i>Movement therapy low level exercise 50-90 year olds -</i>	8.30am-9.30am 10.30am–11.30am 1.00pm-2.00pm	480 7099	YMCA North Shore 5 Akoranga Drive Northcote
<b>Yoga for Seniors</b>	10.00am-11.30am	483 9149	Birkdale Community House 134 Birkdale Road, Birkdale
<b>Yoga for Women's Health</b>	9.30am-11.00am	444 4618	North Shore Women's Centre 5 Mayfield Road, Glenfield
<b>Friday – Other Programmes</b>			
<b>Bays Community Centre</b> - <i>Table tennis, social, casual</i>	11.30am-1.30pm	Debbie 478 4091	St Anne's Hall, Cnr Beach Road & Glencoe Road, Browns Bay
<b>Beach Haven Birkdale Garden Circle</b> - <i>Bus trips – garden visits &amp; lunch</i>	Last Friday of month 9.30am	Lorraine 443 1214	
<b>Beach Haven Community House</b> - <i>Peggy Squares – learn to knit or teach others; knitting for community</i>	1st Friday of month 12.30pm-2.30pm	483 9942	Beach Haven Community House 130 Beach Haven Road Beach Haven
<b>Birkdale Community House</b> - <i>Ukulele jam session</i>	11.30am-1.30pm	483 9149	Birkdale Community House 134 Birkdale Road, Birkdale

<b>Devonport Community House</b> - <i>Mastering art</i>	9.30am-12.30pm	Lucy 446 0389	Devonport Community House 32 Clarence Street, Devonport
<b>East Coast Bays Bridge Club</b> - <i>Juniors &amp; mixed grades</i>	12.20pm	479 4689 ecbridge@ihug.co.nz www.ecbridgeclub.co.nz	Lyons Avenue (opposite Montana Avenue), Murrays Bay
<b>English for Everyday Life</b> - <i>Elementary/pre-intermediate</i>	10.00am-12noon	489 2078	St Peters Anglican Church 11 Killarney Street, Takapuna
<b>Glenfield 60's Up Movement</b> - <i>Coffee morning – every Friday</i>	10.00am–11.00am	Margaret 444 4726	Glenfield Mall
<b>Glenfield Community House</b> - <i>Community knitting group</i>	10.00am-12noon	444 5023	Glenfield Community Centre Cnr Bentley Avenue & Glenfield Road, Glenfield
<b>Glenfield Senior Citizens</b> - <i>Housie</i>	1.00pm-3.00pm	444 6578	Glenfield Senior Citizens 7 Mayfield Road, Glenfield
<b>Highbury Community House</b> - <i>Unfinished objects and needlecraft</i> - <i>Embroidery – canvas work</i>	9.00am-11.45am 10.00pm-12noon	480 5279	Highbury Community House 110 Hinemoa Street Birkenhead
<b>Milford Care &amp; Craft</b> - <i>Craft &amp; friendship</i>	10.00am-1.15pm during school terms	478 9803	Lady Allum Village 20 Napoleon Avenue, Milford
<b>Milford Senior Citizens</b> - <i>Rummikub</i> - <i>Indoor bowls</i>	9.30am-11.30am 12.30pm-3.00pm	Paulene 489 1157 or Club Rooms 486 3586	Senior Citizens Hall 141A Kitchener Road, Milford
<b>North Shore Bridge Club</b>	11.00am	486 3099 www.nsbc.org.nz	North Shore Bridge Club 39 Killarney Street, Takapuna
<b>Northcote 60's Up Movement</b> - <i>Meetings, entertainers, outings</i>	1st Friday of month 10.00am-12noon	443 5227	St Luke's Church Hall 83 Greenslade Crescent Northcote
<b>Older Women's Network</b> - <i>Rummikub</i>	Last Friday of month 7.00pm-9.00pm	950 6501	58 Tramway Road Beach Haven
<b>Parkinsonism Society Support Group</b> - <i>Education and support</i>	4 <sup>th</sup> Friday of month 10.00am	278 6918	Birkenhead Methodist Church Onewa Road, Birkenhead
<b>SeniorNet Bayswater</b> - <i>Meeting, guest speaker. Tuition on PC &amp; Apple Mac Computers</i>	Last Friday of the month 2.00pm	Club Rooms 446 3305	Main Club Room Belmont Park Bowling Club 46 Roberts Avenue, Bayswater
<b>SeniorNet Glenfield</b> - <i>Computer classes and workshops. Peer to peer training, no more than six per class</i>	10.00am-12noon 1.30pm-3.30pm	444 2231	Mayfield Centre 5 Mayfield Road, Glenfield
<b>SeniorNet North Shore (Inc)</b> - <i>Computer classes, tutorials, discussion groups. Class availability depends on numbers enrolled, please check.</i>	10.00am-12.30pm 1.30pm-4.00pm	413 6322 loughie@vodafone.co.nz www.seniornetns.net	St John Ambulance Centre 2 Shea Terrace, Takapuna
<b>Takapuna Combined Probus Club</b> - <i>Speakers, friendship, outings</i>	3rd Friday of month 9.30am-11.30am	480 7207	Sunnybrae Bowling Club 9 Argus Place, Glenfield
<b>Takapuna Senior Citizens</b> - <i>Scrabble</i>	9.45am-onwards	Elise 480 5293 Malcolm 445 8034	5 The Strand Takapuna
<b>Saturday - Exercise Programme</b>			
<b>Laughter Yoga</b>	9.00am-9.45am	Louise 444 7247 0274 753 734	Bays Community Centre 2 Glen Road, Browns Bay
<b>Mairangi Bay Walking Networks</b>	8.30am-9.30am	444 6435	Mairangi Bay carpark (adjacent children's play area)

Raja Yoga	10.30am-12noon	Wendy 021 111 4208	Bays Community Centre 2 Glen Road, Browns Bay
<b>Saturday - Other Programmes</b>			
Bays Community Centre - <i>Crazy quilters</i> - <i>On the hook crochet</i>	4 <sup>th</sup> Saturday of month 9.30am-3.00pm 3.30pm-5.00pm	Marilyn 473 6958  Olga 021 023 84495	Bays Community Centre 2 Glen Road Browns Bay
Belmont Petanque Club - <i>Play petanque</i>	Summer only 11.30am	Karen 486 8043	Belmont Lifestyle Village 12 Coronation Street, Belmont
Birkdale Community House - <i>Social gardeners</i>	3 <sup>rd</sup> Saturday of month 10.00am-12noon	Cheryll 027 224 4012	Birkdale Community House 134 Birkdale Road, Birkdale
Glenfield Senior Citizens - <i>Bowls, snooker</i> - <i>Social</i>	1.00pm-4.00pm 4-5 times year	444 6578	Glenfield Senior Citizens 7 Mayfield Road, Glenfield
Highbury Community House - <i>Birkenhead artisan market</i>	3 <sup>rd</sup> Saturday of month 8.30am-1.00pm	Maree 482 2273	Highbury Community House 110 Hinemoa Street, Birkenhead
North Shore Widows' and Widowers' Society - <i>Café lunch</i>	2 <sup>nd</sup> Saturday of month 12noon	479 6042	Different venues
Older Women's Network - <i>Writing stories for future generations</i>	2 <sup>nd</sup> Saturday of month 10.00am-12noon 4 <sup>th</sup> Saturday of month 10.00am-12noon	479 7519  483 7704	Bays Community Centre 2 Glen Road, Browns Bay Cedar Centre, 56A Tramway Road, Beach Haven
<b>Sunday - Exercise Programme</b>			
Devonport Y's Walkers	8.30am-9.30am	445 2743	32 Clarence Street, Devonport
Mairangi Bay Walking Networks - <i>Slower walk</i>	9.00am-10.00am	Paula 444 6435	Milford Shopping Centre carpark
Yoga in the House	7.00pm-8.30pm	483 9149	Birkdale Community House 134 Birkdale Road, Birkdale
<b>Sunday - Other Programmes</b>			
Bays Community Centre - <i>Amicale Francaise</i> - <i>Sunday quilters</i>	1 <sup>st</sup> Sunday of month 10.00am-12noon 2 <sup>nd</sup> Sunday of month 10.30am-3.00pm	Gill 410 6682  Melva 479 7572	Bays Community Centre 2 Glen Road Browns Bay
Kennedy Park Petanque Club	10.00am-12noon	Angela 478 3138 Miles 021 296 3891	Kennedy Park Observation Post 137-147 Beach Road, Castor Bay
North Shore Country & Western Music Club - <i>Singing and dancing</i>	Fortnightly on Sundays 7.00pm-10.00pm	441 7219	Sunnynook Community Centre 148 Sycamore Drive, Sunnynook
North Shore Widows' & Widowers' Society - <i>Indoor bowls</i>	1.30pm-4.00pm	Judith 479 6042	Taiāotea Trust Progress Hall Anzac Road, Browns Bay
Northcote Petanque Club	4.00pm (December - April) 2.00pm (May - November)	Sina 845 1966 Graeme 419 8466	Northcote Bowling Club, Council Terrace, Little Shoal Bay
Older Women's Network - <i>Own's alone lunch group</i>	Last Sunday of month	478 6618	Fairview Retirement Village 21 Fairview Avenue Albany
Stanley Bay Bowling Club	1.15 pm	445 2517	Stanley Bay Bowling Club 20 Stanley Point Road, Devonport

We hope that you have found our Calendar of Activities useful.

Age Concern North Shore has made every effort to ensure details are correct; however we always welcome your comments.

If your group has missed being included, please advise us for inclusion in the next edition, please contact the office, phone: 489 4975; email: [ageconns@acns.co.nz](mailto:ageconns@acns.co.nz)

**Why not make 2016 a time for trying new activities  
and expanding your social interests/contacts/circle.**

We hope that you use our Calendar of Activities  
to discover the many varied activities  
for seniors available on the North Shore.

**Sender:**

Age Concern North Shore  
177B Shakespeare Road  
Milford  
Auckland 0620

New Zealand  
Permit No. 104719

Permit 