



# Calendar of Activities

**Look INSIDE!**  
Lots of  
opportunities  
to improve your  
physical health  
and widen your  
social circle

## 2018

### **Age Concern North Shore**

177B Shakespeare Road, Milford, Auckland 0620  
Phone: 09 489 4975; email: [ageconns@acns.co.nz](mailto:ageconns@acns.co.nz)  
[www.ageconcern.org.nz/www.agewell.org.nz](http://www.ageconcern.org.nz/www.agewell.org.nz)



Please Note:

- Prior to attending any activity, you must phone the contact number to confirm:
  - details
  - any costs that may be involved
  - any membership requirements
- Some activities require a reasonable level of mental and physical wellbeing
- Many activities only operate during school term time – please check

**MONDAY- Physical Activities**

<b>ActivSenior Pilates</b> - <i>Gentle style Pilates</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>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>Chair Yoga</b>	11.30am-12.30pm	Simone 021 128 3425	Highbury Community House 110 Hinemoa Street, Birkenhead
<b>Counterpunch for people with Parkinson's</b> - <i>Non-contact boxing and exercise</i>	2.00pm-3.00pm	Lisa 021 0287 8470 Booking essential	Shane Cameron Fitness 129 Onewa Road, Northcote
<b>Fitness League NZ (Inc)</b> - <i>Balanced exercise programme, easy exercise</i>	9.30am-10.30am 9.45am-onwards	Sonia 473 1408 021 158 5867 Judy 486 6964	Greenhithe Community Hall 7 Greenhithe Road, Greenhithe <b>St George's Presbyterian Church Hall, 2 The Terrace</b>
<b>Mairangi Bay Walking Networks</b>	9.00am-10.00am	Paula 444 6435	Mairangi Bay Beachfront
<b>never2old active body, active mind</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>Classical</i>	9.30am-10.30am	Kate 021 0270 4186	Beach Haven Community House 130 Beach Haven Road
<b>Pilates</b>	7.30pm-8.30pm	Stefanie 021 104 6795	Bays Community Centre 2 Glen Road, Browns Bay
<b>Shannon's Tappers</b> - <i>Beginners' social dance class</i>	10.00am-12noon	Shannon 021 034 5630	Albany Community Hall 575 Albany Highway
<b>Shore Ten Pin Bowling</b>	9.30am-12noon	Nancy 480 1484	Xtreme Entertainment 10 Target Court, Wairau Valley
<b>Strength and Balance</b> - <i>Seated or standing</i>	10.30am	477 3900	Fairview Retirement Village 21 Fairview Avenue, Albany
<b>Suna Fit Pilates</b> - <i>Equipment based Pilates</i>	12.30pm	489 1987	Suna Pilates 1 Barrys Point Road, Takapuna
<b>Table Tennis</b> - <i>Social, casual</i>	11.30am-1.30pm	Debbie 478 4301	St Anne's Hall, Cnr Beach & Glencoe Roads, Browns Bay
<b>Tai Chi</b> - <i>Beginner</i>	11.30pm-12.30pm	NS Women's Centre 444 4618	Devonport Community House 32 Clarence Street, Devonport

- <i>Slow gentle movement</i>	7.00pm-8.00pm	Bruno 021 155 4606	Bays Community Centre 2 Glen Road, Browns Bay
Torbay Indoor Bowls	7.00pm	Don 473 9916	Torbay Community Hall, 37 Watea Road, (behind the Torbay Shops)
YMCA Northcote - <i>Y Gold – low intensity for mobility, balance, muscle strengthening</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
Yoga - <i>Gentle flow</i>	10.00am-11.15am 7.35pm-9.00pm	Maria 021 0200 8886 Ines 021 110 0605	Devonport Community House 32 Clarence Street, Devonport
Zumba Gold	1.45pm-2.45pm	Katarina 021 075 9628	St Anne's Hall, Cnr Beach & Glencoe Roads, Browns Bay

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

Bays Community Centre - <i>Sahaja Yoga Meditation - no charge</i>	7.30pm-9.00pm	Maria 479 9511	Bays Community Centre 2 Glen Road, Browns Bay
Beach Haven Community House - <i>Creative art class</i> - <i>Scrabble</i>	10.00am-11.30am 12.30pm-2.30pm	483 9942	Beach Haven Community House, 130 Beach Haven Road
Birkdale Community House - <i>French Language – beginners</i> - <i>French Language - Intermediate</i>	9.15am-10.15am 10.30am-11.30am	Laurence 027 722 9696	Birkdale Community House 134 Birkdale Road, Birkdale
Birkenhead Garden Circle	1 <sup>st</sup> & 3 <sup>rd</sup> Monday of month, 1.00pm-3.00pm	Heather 480 6980	Highbury Community House 110 Hinemoa Street, Birkenhead
Birkenhead Stroke Club - <i>Indoor bowls, exercises</i>	10.00am-1.00pm	475 0070 phone before attending	Birkenhead RSA Rooms Recreation Drive, Birkenhead
Browns Bay 60's Up Movement - <i>Meetings &amp; outings for 60's Up members</i> - <i>Coffee Group</i>	4 <sup>th</sup> Monday of month 10.00am-12noon 1 <sup>st</sup> Monday of month 10.00am	Joy 444 0236 Carmel 479 1730	Taiaotea Trust Progress Hall Anzac Road, Browns Bay  Jamaica Blue Café, 30 Anzac Road, Browns Bay
Browns Bay Senior Citizens - <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
Devonport 60's Up Movement - <i>Tai Chi</i>	9.30am-10.30am	Kathy 445 1645	Holy Trinity Church Hall 20 Church Street, Devonport
Devonport Community House - <i>Ukulele Group</i>	7.00pm-8.30pm	Lance 021 796 660 Carolyn 021 0752 522	Devonport Community House 32 Clarence Street, Devonport
Devonport Garden & Floral Art Club - <i>Meeting and guest speaker</i>	2 <sup>nd</sup> Monday of month, 10.45am-1.15pm	Alma 445 8602	St Leo's Hall Albert Road, Devonport
East Coast Bays Bridge Club - <i>Beginners &amp; juniors - bring your lunch</i>	10.20am	479 4689 ecbridge@ihug.co.nz www.ecbridgeclub.co.nz	Lyons Avenue (opposite Montana Avenue), Murrays Bay
English as a Second Language - <i>Elementary</i> - <i>Pre Intermediate</i> - <i>Upper Intermediate(conversation)</i>	10.00am-12noon	481 3030	Kendall Bay Lounge Rawene Centre 33 Rawene Road, Birkenhead
English for Everyday Life - <i>Pre-Intermediate; Foundation; Beginner; Intermediate</i> - <i>Pre-Intermediate</i>  - Beginner/Elementary	10.00am-12noon  10.00am-12noon  12noon-2.00pm	489 2078	Glenfield Community Centre Cnr Glenfield Road & Bentley Avenue Bayview Community Centre 72 Bayview Road Albany House 575 Albany Highway, Albany

- <i>Elementary</i>	1.00pm-3.00pm		Sunnynook Community Centre, 148 Sycamore Drive
Glenfield 60's Up Movement - <i>Entertainment or speaker</i>	1 <sup>st</sup> Monday of month 1.30pm	Lyn 444 8983	Glenfield Leisure Centre Bentley Avenue, Glenfield
Greenhithe Bridge Club	7.15pm	Jane or Phil 415 5501	Old School Hall Greenhithe Road, Greenhithe
Milford Senior Citizens - <i>Mahjong</i> - <i>Line dancing</i> - <i>Indoor bowls</i>	9.30am-11.30am 10.00am-11.00am 1.00pm-3.00pm	Paulene 489 1157 or Club Rooms 486 3856	141A Kitchener Road Milford
North Shore Branch NZSG - <i>Genealogy</i>	1 <sup>st</sup> Monday of month 1.00pm-3.00pm	Lyn 483 8435 lynianwinkel@gmail.com	Senior Citizens Hall 5 Mayfield Road, Glenfield
North Shore Bridge Club - <i>Social</i> - <i>Partner required</i>	10.00am-12.30pm 7.30pm	486 3099 www.nsbcb.org.nz	North Shore Bridge Club 39 Killarney Street, Takapuna
North Shore Centres of Mutual Aid (CMA) - <i>Companionship &amp; fun activities for older people 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 Mairangi Bay Presbyterian Church, Penzance Road Mairangi Bay
Salvation Army Companions Club - <i>Two course meal, table games, guest speakers and companionship</i>	3 <sup>rd</sup> Monday of month 10.15am-1.30pm	441 2554 ext 2 glenfield_corps@nzf.salvationarm y.org	Salvation Army Hall 430 Glenfield Road Glenfield
SeniorNet Glenfield - <i>Meet and greet for new members</i> - <i>General meetings on technology topics</i>	10.00am-12noon 3 <sup>rd</sup> Monday of month 2.00pm	444 2231 seniornet_glenfield@xtra.co.nz seniornet-glenfield.org.nz	Mayfield Centre 5 Mayfield Road, Glenfield
SeniorNet North Shore (Inc) - <i>Computer classes, tutorials, discussion groups for 50+. Class availability depends on numbers enrolled, please check</i>	10.00am-12.30pm 1.30pm-4.00pm	413 6322 loughie@outlook.co.nz www.seniornetns.net	St John Ambulance Centre 2 Shea Terrace, Takapuna
Sunnynook Community Centre - <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
Takapuna 60's Up Movement - <i>Indoor bowls, board games</i>	1.00pm-3.30pm	Elaine 413 6562 027 4861 023	St Joseph's Church Hall 10 Dominion Street, Takapuna
U3A Birkenhead - <i>Guest speaker &amp; special interest groups</i>	1 <sup>st</sup> Monday of month 10.00am-12noon	Heide 482 3655	Birkenhead Methodist Church Hall, Onewa Road, Birkenhead
<b>Tuesday - Physical Activities</b>			
AquaSenior - <i>Gentle exercise in water</i>	12noon-1.00pm	444 6340	North Shore Leisure - Takapuna 37 Killarney Street, Takapuna
Birkenhead Probus Walking Club - <i>All welcome, not just Probus members</i>	10.00am-12noon	419 0859	Various
Born Again Bodies - <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
Braemar Scottish Dancing	7.30pm-10.00pm	Angela 478 3138	St Anne's Hall, Cnr Beach Road & Glencoe Road
Devonport Y's Walkers	9.00am-10.00am	445 2743	32 Clarence Street, Devonport

East Coast Bays Walkers	8.20am	Pam 302 4882	Glen Road, (by Browns Bay Plunket Rooms)
Fitness League NZ (Inc) - <i>Balanced exercise programme, easy exercise</i>	6.30pm-7.30pm	Jennie (09) 427 9308	Glenfield War Memorial Hall Hall Road, Glenfield
Laughter Yoga	9.30am-10.15am	Louise 0274 753 734	Glenfield Senior Citizens Hall Mayfield Road, Glenfield
Kennedy Park Petanque Club	1.00pm-3.00pm	Angela 478 3138 Miles 021 296 3891	Kennedy Park Observation Post 137-147 Beach Road, Castor Bay
Mairangi Bay Walking Networks	9.00am-10.00am	Paula 444 6435	Mairangi Arts Centre 20 Hastings Road, Mairangi Bay
Neurocise North Shore - <i>Exercise and social group for people with Dementia and their caregivers</i>	12.30pm-1.30pm 1.30pm-2.30pm	Dementia Auckland 0800 433 636	Sunnynook Community Centre 148 Sycamore Drive, Sunnynook
never2old active body, active mind - <i>Fitness training programme focusing on improving older adults functional fitness for continued independent living</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
Northcote Walking Group	Every 2 <sup>nd</sup> Tuesday 9.30am-3.00pm	Bernie 410 5700 Mavis 486 2574	Various
Parkinson's Conductive Education - <i>Functional mobility, exercise and fun</i>	10.00am-12noon	Lisa 021 0287 8470 Booking essential	Sunnynook Community Centre 148 Sycamore Drive, Sunnynook
Senior Movement - <i>Low impact gentle exercises</i>	10.30am-11.30am	444 6340	North Shore Leisure - East Coast Bays, Bute Road, Browns Bay
Suna Form Pilates - <i>Low impact Pilates</i>	10.30am 11.30am	489 1987	Suna Pilates 1 Barrys Point Road, Takapuna
Table Tennis	11.30am-1.30pm	Debbie 478 4091	St Anne's Hall, Cnr Beach Road & Glencoe Road
Tai Chi - <i>Beginners welcome</i>  - <i>Maintenance</i>  - <i>Qigong</i>  - <i>Intermediate</i>  - <i>Qigong</i>  - <i>Maintenance</i>	9.15am-10.15am  9.30am-10.30am  10.00am-11.00am  11.00am-12.00noon  1.00pm-2.00pm  2.30pm	Gillian 445 2073  Eileen 444 8291  Sheri 021 536 411  Kathy 550 6321  Sheri 021 536 411  Eileen 444 8291	Wakatere Boating Club Narrow Neck Sunnynook Community Centre 148 Sycamore Drive Wall Memorial Hall 2 Rodney Road, Northcote Point Sunnynook Community Centre 148 Sycamore Drive Bayview Community Centre 72 Bayview Road, Glenfield Milford Senior Citizens Hall 141A Kitchener Road, Milford
Yoga - <i>Gentle yoga for active senior</i>	10.15am-11.15am  6.00pm-7.00pm	486 3286  Mary 027 775 5233	North Shore Leisure Glenfield, Bentley Avenue, Glenfield Bays Community Centre 2 Glen Road, Browns Bay
Zumba Gold - <i>Traditional Zumba at a slower pace</i> - <i>Modified low impact exercise</i> - <i>no bookings required</i>	10.15am-11.00am  12noon-12.45pm	477 2000  Bev 443 5413 027 483 2900	AUT Millennium 17 Antares Place, Mairangi Bay Holy Trinity Parish Hall 20 Church Street, Devonport
<b>Tuesday – Educational, Social, Special Interest, Support Group Activities</b>			
Bays Community Centre - <i>NS Bays Scrabble</i>	9.30am-1.30pm	Malcolm 445 8034	Bays Community Centre 2 Glen Road, Browns Bay

<b>Beach Haven Community House</b> - H.U.G.G. Haven Uke & Guitar Group - <i>Crochet</i>	10.00am-12noon <b>7.00pm-9.00pm</b>	Joe 482 3443 <b>Natacha 022 355 1025</b>	Beach Haven Community House 130 Beach Haven Road
<b>Birkdale Community House</b> - <i>Mixed Media Art Class</i>	10.00am-12noon	Jan 021 042 3324	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	Tiaotea 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>Chinese Senior Group</b> - <i>Social gathering with guest speaker, sharing of information, outings</i>	2 <sup>nd</sup> Tuesday of month 10.00am-2.00pm	Age Concern North Shore - Ivy 929 2311	Positive Ageing Centre 7 The Strand, Takapuna
<b>Devonport 60's Up Movement</b> - <i>Meeting, speaker, entertainment</i>	2 <sup>nd</sup> Tuesday of month 10.00pm-12noon	Kathy 445 1645 Marianne 445 1595	Holy Trinity Church Hall 20 Church Street, Devonport
<b>Devonport Community House</b> - <i>Leisure painters</i>	10.00am-2.30pm	Linda 446 6141	Devonport Community House 32 Clarence Street, Devonport
<b>Dutch Club</b> - <i>Informal Coffee Group, speak Dutch. Car transport help possible</i>	3 <sup>rd</sup> Tuesday of month 10.00am	Jose 445 2132 or Ina 483 9892	Bayswater
<b>East Coast Bays Bridge Club</b> - <i>Juniors &amp; mixed grades</i>	7.20pm	479 4689 ecbridge@ihug.co.nz www.ecbridgeclub.co.nz	Lyons Avenue (opposite Montana Avenue), Murrays Bay
<b>English as a Second Language</b> - <i>Beginner class</i> - <i>Intermediate</i>	10.00am-12noon	481 3030	Kendall Bay Lounge Rawene Centre 33 Rawene Road, Birkenhead
<b>English for Everyday Life</b> - <i>Upper Intermediate</i>  - <i>Elementary</i>  - <i>Upper Intermediate</i>	10.00am-12noon  10.00am-12noon  10.00am-12noon	489 2078	St George's Presbyterian Church, 2 The Terrace, Takapuna <b>Bayview Community Centre</b> <b>72 Bayview Road</b> Glenfield Community Centre, Cnr Glenfield Road & Bentley Avenue
<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>French for Beginners</i> - <i>French - Intermediate</i>	9.15am-10.15am 10.30am-11.30am	Laurence 027 722 9696 Laurence 027 722 9696	Highbury Community House 110 Hinemoa Street, Birkenhead
<b>Milford Senior Citizens</b> - <i>Scrabble</i> - <i>Scottish dancing</i> - <i>500 card game</i>	9.30am-12.30pm <b>10.00am-12noon</b> 12.30pm-3.00pm	Paulene 489 1157 or Club Rooms 486 3856	141A Kitchener Road, Milford
<b>North Shore Bridge Club</b> - <i>Partner required</i>	11.00am	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 older people isolated in the community. 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/ 021 622 783 or 622 0551	First floor meeting room Takapuna Library, The Strand Takapuna

<b>North Shore Embroiderers' Guild</b> - <i>Promote understanding and interest in embroidery</i>	4 <sup>th</sup> Tuesday of month 10.00am-12noon	Tracey 021 297 8370	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/ 027 636 8589 <a href="http://nsaokc.blogspot.com/">http://nsaokc.blogspot.com/</a>	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	Taiaotea 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>Pupuke Ladies Mah Jong Group</b>	1.00pm-4.00pm	Sylvia 410 4192	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 <b>1.00pm-3.00pm</b>	444 2231 <a href="mailto:seniornet_glenfield@xtra.co.nz">seniornet_glenfield@xtra.co.nz</a> <a href="http://seniornet-glenfield.org.nz">seniornet-glenfield.org.nz</a>	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 <b>1.30pm-4.00pm</b>	413 6322 <a href="mailto:loughie@outlook.co.nz">loughie@outlook.co.nz</a> <a href="http://www.seniornetns.net">www.seniornetns.net</a>	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), Torbay
<b>U3A Browns Bay</b> - <i>Top line guest speaker</i>	1 <sup>st</sup> Tuesday of month	Glen 027 541 2241 <a href="http://u3abb.net.nz">u3abb.net.nz</a>	Presbyterian Church Hall Anzac Road, Browns Bay

### Wednesday - Physical Activities

<b>Albany Indoor Bowling Club</b>	7.15am-10.00am	Sharon 214 9552	Albany Community Hall 575 Albany Highway
<b>Born Again Bodies</b> - <i>Strength, balance &amp; flexibility at any age. Supervised exercise programme with dumbbells</i>	1.00pm-2.00pm <b>2.30pm-3.30pm</b>	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>Counterpunch</b> - <i>High intensity boxing based exercise for people with Parkinson's</i>	2.00pm-3.00pm	Lisa 021 0287 8470 Booking essential	Shane Cameron Fitness 129 Onewa Road, Northcote
<b>Feisty Feet</b> - <i>Dance classes for seniors</i>	10.00am-11.00am	Carlene 378 7361	Takapuna War Memorial Hall 7 The Strand, Takapuna
<b>Fitness League NZ (Inc)</b> - <i>Balanced exercise programme, easy exercise</i>	9.30am-10.30am	Irene 444 8461	Glenfield War Memorial Hall Hall Road, Glenfield

	9.30am-10.30am 6.30pm-7.30pm	Carol 478 9183 Sonia 473 1408 021 158 5867	Albany Hall, Cnr Oteha Valley Road & SH 17, Albany 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 body, active mind</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>Pilates</b>	7.30am – 8.45am	Abraham 021 122 1530	Devonport Community House 32 Clarence Street, Devonport
<b>Stanley Bay Bowling Club</b>	1.15 pm	Sheila 445 6580	Stanley Bay Bowling Club 20 Stanley Point Road, Devonport
<b>Suna Fit Pilates</b> - <i>Equipment based Pilates</i>	12.30pm	489 1987	Suna Pilates 1 Barrys Point Road, Takapuna
<b>Tai Chi</b> - <i>Beginner</i>  - <i>Maintenance</i>  - <i>For arthritis</i>  - <i>Beginner</i>  - <i>Qigong</i>  - <i>Beginners</i>  - <i>Slow gentle movement</i>  - <i>Qigong</i>	9.30am-10.30am  10.00am-11.00am  10.15am-11.45am  11.30am-12.30pm  12noon-1.00pm  1.30pm-2.30pm  1.30pm-2.30pm  1.30pm-2.30pm	NS Women's Centre 444 4618 Eileen 444 8291  Susan 478 5569  NS Women's Centre 444 4618 Sherie 021 536 411  Kathy 550 6321  Bruno 021 155 4606  Sherie 021 536 411	St Barnabas Church Hall 470 Glenfield Road, Glenfield <b>Torbay Community Hall</b> <b>37 Watea Road, Torbay</b> Bays Community Centre 2 Glen Road, Browns Bay <b>Devonport Community House</b> <b>32 Clarence Street, Devonport</b> Takapuna Senior Citizens Hall 5 The Strand, Takapuna <b>Sunnynook Community Centre</b> <b>148 Sycamore Drive</b> Bays Community Centre 2 Glen Road, Browns Bay <b>Milford Senior Citizens Hall</b> <b>141A Kitchener Road, Milford</b>
<b>Torbay Walkers</b>	4.00pm-5.00pm	Irene 473 1159	Garden seat, Torbay Village
<b>Walking Group</b> - <i>1 hour walk followed by cup of tea/coffee</i>	9.00am	410 4902	Sunnynook Community Centre 148 Sycamore Drive Sunnynook

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

<b>Bays Community Centre</b> - <i>Rummikub</i> - <i>International Friendship Group conversation, friendship, fun, interest in other cultures</i>	10.00am-12noon 10.00am-12noon during term time	Annette 441 3019 Debbie 478 4091	Bays Community Centre 2 Glen Road, Browns Bay
<b>Beach Haven/Birkdale Garden Circle</b> - <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
<b>Beach Haven Community House</b> - <i>Advanced French</i> - <i>Intermediate French</i> - <i>Friends of Shepherds Park</i>	10.00am-11.00am 12noon-1.00pm 3 <sup>rd</sup> Wednesday of month 7.30pm -9.30pm	Laure 482 0519 Laure 482 0519 Ian 021 755 667 Elizabeth 483 9167	Beach Haven Community House 130 Beach Haven Road
<b>Birkenhead Care and Craft</b> - <i>Companionship for people isolated through age or disability</i>	10.00am-1.15pm during school terms	Shona 482 3238 Valerie 480 5456	Birkenhead Methodist Church Hall Onewa Road, Birkenhead
<b>Browns Bay Senior Citizens</b> - <i>Chinese Group</i>	9.00am-3.30pm	479 6041	Browns Bay Senior Citizens 9 Inverness Road, Browns Bay



<b>Club Gordon</b> - <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
<b>Devonport 60's Up Movement</b> - <i>Bus outing - morning tea, lunch</i>	4 <sup>th</sup> Wednesday of month, 9.15am	Kathy 445 1645	Holy Trinity Church Hall 20 Church Street, Devonport
<b>Devonport Community House</b> - <i>Knitting Friendship Group</i> - <i>Travel Sketch Class</i>	10.00am-12.00noon 10.00am-11.00am	445 3068 <b>Tony 021 925 031</b>	Devonport Community House 32 Clarence Street, Devonport
<b>Devonport Spinners, Weavers, Knitters etc</b>	10.30am-12noon	Molly 446 6027	Devonport Cub Den Allenby Avenue, 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 as a Second Language</b> - <i>Elementary</i> - <i>Pre Intermediate</i> - <i>Upper Intermediate(conversation)</i>	10.00am-12noon	481 3030	Kendall Bay Lounge Rawene Centre 33 Rawene Road, Birkenhead
<b>English for Everyday Life</b> - <i>Upper intermediate</i>  - <i>Upper Intermediate</i>	10.00am-12noon  10.00am-12noon	489 2078	St George's Presbyterian Church 2 The Terrace, Takapuna <b>Glenfield Community Centre</b> Cnr Glenfield Road & Bentley Avenue, Glenfield
<b>Glenfield 60's Up Movement</b> - <i>Outings - bus trips</i>	3 <sup>rd</sup> Wednesday of month	Lyn 444 8983	
<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	418 3753	Birkenhead
<b>Highbury Community House</b> - <i>Unfinished objects, social craft group</i> - <i>Patchwork &amp; Sewing</i> - <i>Mah Jong</i> - <i>French - advanced</i>	9.00am—12noon 9.30am-12noon 12.30pm-3.00pm 2.00pm-3.00pm	480 5279  <b>Laurence 027 722 9696</b>	Highbury Community House 110 Hinemoa Street, Birkenhead
<b>North Harbour Rockers</b> - <i>Rock &amp; Roll</i>	7.00pm-10.00pm	Ann 570 2985 or 027 277 8059 annabagnall55@gmail.com	Sunnynook Community Centre 148 Sycamore Drive, Sunnynook
<b>North Shore Branch NZSG</b> - <i>Genealogy</i>	3 <sup>rd</sup> Wednesday of month 7.30pm-9.30pm	Lyn 483 8435 lynianwinkel@gmail.com	Senior Citizens Hall 5 Mayfield Road, Glenfield
<b>North Shore Bridge Club</b> - <i>Social</i> - <i>Teams</i>	10.00am-12.30pm 7.30pm	486 3099 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 12noon-3.30pm	Gayle 483 8417 027 737 3188	Kennedy Park Observation Post 137-147 Beach Road, Castor Bay
<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.</i> <i>Peer to peer training, no more than six per class</i>	10.00am-12noon 1.00pm-3.00pm	444 2231 seniornet_glenfield@xtra.co.nz seniornet-glenfield.org.nz	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@outlook.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 3030	Rawene Centre 33 Rawene Road Birkenhead
<b>Shanti Niwas Charitable Trust Indian &amp; South Asian Support Group</b> - <i>Support group for older people</i>	1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday of month, 10.30am-12noon	622 1010 shantiniwas@xtra.co.nz	Glenfield Community Centre Cnr of Glenfield Road & Bentley Avenue, Glenfield
<b>Sunnynook Ladies Club</b> - <i>General meeting, social get together and guest speaker</i>	1 <sup>st</sup> Wednesday of month 10.00am-12noon	Trinda 410 6728	Sunnynook Community Centre 148 Sycamore Drive, Sunnynook
<b>Takapuna 60's Up Movement</b> - <i>Trip</i>	1 <sup>st</sup> Wednesday of month	Elaine 413 6562/ 027 4861 023	
<b>Torbay Garden Club</b> - <i>Speaker, trading table, bus trips</i>	1 <sup>st</sup> Wednesday of month 1.30pm-3.00pm	Hilary 478 1601 Georgie 473 0404	Torbay Community Hall, 37 Watea Road, (behind the Torbay Shops)
<b>U3A Devonport</b> - <i>Providing mental stimulation for Senior Citizens</i>	2 <sup>nd</sup> Wednesday of month, 10.00am-12noon	Val 446 6697	Harmony Hall 4 Wynyard Street, Devonport
<b>U3A Takapuna</b> - <i>General meeting &amp; speaker, visitors welcome</i>	1 <sup>st</sup> Wednesday of month except December & January, 9.45am-12noon	478 2490 u3atakapuna.org.nz	Northcote Citizens Centre Hall Cnr Ernie Mays Street & College Road

### Thursday - Physical Activities

<b>Aqua Senior</b> - <i>Shallow</i>	9.30am-10.45am  12noon-1.00pm	444 6340  486 3286	North Shore Leisure - Glenfield Bentley Avenue, Glenfield <b>North Shore Leisure – Takapuna, 37 Killarney Street</b>
<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>Born Again Bodies</b> - <i>Strength, balance &amp; flexibility at any age. Supervised exercise programme</i>	10.30am-11.30am	479 2212	Windsor Park Baptist Church 550 East Coast Road Mairangi Bay
<b>Browns Bay Indoor Bowls</b>	7.15pm	476 8510	Pinehill School Hugh Green Drive, Albany
<b>Devonport Y's Walkers</b>	9.00am-10.00am	445 2743	32 Clarence Street, Devonport
<b>Essentrics!</b> - <i>Tones, strengthens, lengthens and limbers muscles. Improves posture and balance</i>	10.00am	Jeanne 021 447 878	Barfoot and Thompson Netball Centre, 44 Northcote Road, Northcote
<b>Exercise Group</b> - <i>For senior women</i>	10.00am-11.30am	Jill 473 1932	Long Bay Baptist Church 282 Glenvar Road, Torbay
<b>Fitness League NZ (Inc)</b> - <i>Balanced exercise programme, easy exercise</i>	9.30am-10.30am  10.00am-11.00am	Sonia 473 1408 021 158 5867 Judy 486 6964	Outram Hall, 478 Beach Road Murrays Bay <b>St George's Presbyterian Church Hall, 2 The Terrace Takapuna</b>
<b>Indoor Bowls</b>	12.45pm-3.15pm	410 4902	Sunnynook Community Centre 148 Sycamore Drive, Sunnynook
<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>Line Dancing</b>	10.00am-12noon	021 160 4170	Sunnynook Community Centre 148 Sycamore Drive, Sunnynook
<b>never2old active body, active mind</b> - <i>Fitness training programme focusing on improving older adults functional fitness for continued independent living</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

Senior Movement - <i>Low impact, gentle exercises</i>	10.15am-11.30am 10.30am-11.30am	444 6340	North Shore Leisure Glenfield, Bentley Avenue <b>North Shore Leisure - East Coast Bays, Bute Road</b>
Shannon's Tappers - <i>Beginners' social dance class</i>	12noon-2.00pm	Shannon 021 034 5630	Albany Community Hall 575 Albany Highway
Shore Ten Pin Bowling	9.30am-12noon	Nancy 480 1484	Xtreme Entertainment 10 Target Court, Wairau Valley
Suna Form Pilates - <i>Low impact Pilates</i>	10.30am 11.30am	489 1987	Suna Pilates 1 Barrys Point Road, Takapuna
Tai Chi  - <i>Beginners welcome</i>  - <i>Beginners</i>	8.15am-9.15am 9.15am-10.15am 1.30pm-2.30pm	Wai Ling 478 3309 Gillian 445 2073 Kathy 550 6321	Bays Community Centre 2 Glen Road, Browns Bay <b>Wakatere Boating Club Narrow Neck</b> Milford Senior Citizens Hall 141A Kitchener Road, Milford
Yoga - <i>Gentle to stretch, breathe &amp; relax for health</i>	10.00am-11.00am	David 445 3757	Devonport Community House 32 Clarence Street, Devonport
Zumba Gold - <i>Modified low impact exercise – no bookings required</i> - <i>Active seniors group fitness</i>  - <i>Modified low impact exercise – no bookings required</i>	9.15am-10.00am 10.30am-11.30am 12noon-12.45pm	Bev 443 5413 027 483 2900 <b>480 7099</b>  Bev 443 5413 027 483 2900	St Barnabas Church Hall 470 Glenfield Road <b>YMCA North Shore 5 Akoranga Drive, Northcote</b> Holy Trinity Parish Hall, 20 Church Street, Devonport
<b>Thursday – Educational, Social, Special Interest, Support Group Activities</b>			
Bays Community Centre - <i>Art Group</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 Fortnightly 7.00pm-9.30pm	Mary 479 6048 Alma 478 7263 Jane 478 5392 Judi 478 9397	St Anne's Hall, Cnr Beach & Glencoe Roads, Browns Bay <b>Bays Community Centre 2 Glen Road, Browns Bay</b> Bays Community Centre 2 Glen Road, Browns Bay <b>Bays Community Centre 2 Glen Road, Browns Bay</b>
Beach Haven Community House - <i>Arts and oils</i> - <i>Patchwork</i> - <i>Afternoon guitars at the House</i> - <i>Wise Woman's Circle</i>	10.00am-12noon 10.00am-12noon 1.30pm-2.30pm 3 <sup>rd</sup> Thursday of month 7.00pm-9.30pm	483 9942 Ngaere 483 8339 483 9942 Patricia 483 8486	Beach Haven Community House 130 Beach Haven Road Beach Haven
Birkdale Community House - <i>French Language - Intermediate</i>	9.15am-10.15am	Laurence 027 722 9696	Birkdale Community House 134 Birkdale Road, Birkdale
Browns Bay Senior Citizens - <i>Recreation</i> - <i>Korean Day – table tennis, karaoke</i>	10.00am-12noon 12.00noon-5.00pm	479 6041	Browns Bay Senior Citizens 9 Inverness Road, Browns Bay
Chinese Positive Ageing Group	10.00am-3.00pm	Sandy 624 1368 or 021 052 0930	Positive Ageing Centre 7 The Strand, Takapuna
Devonport 60's Up Movement - <i>Choir</i>	Thursdays except 4 <sup>th</sup> Thursday month 1.30pm-3.00pm	Kathy 445 1645	Holy Trinity Church Hall 20 Church Street, Devonport
East Coast Bays Bridge Club - <i>Mixed grades- lessons available</i>	7.20pm	479 4689 ecbridge@ihug.co.nz www.ecbridgeclub.co.nz	Lyons Avenue (opposite Montana Avenue), Murrays Bay

<b>English as a Second Language</b> - Elementary - <b>Intermediate</b>	10.00am-12noon	481 3030	Kendall Bay Lounge Rawene Centre 33 Rawene Road, Birkenhead
<b>English for Everyday Life</b> - Foundation; Beginner; Pre-Intermediate; Intermediate - <b>Elementary</b> - Beginner/Elementary - <b>Elementary</b>	10.00am-12noon  10.00am-12noon  12noon-2.00pm  1.00pm-3.00pm	489 2078	Glenfield Community Centre, Cnr Glenfield Road & Bentley Avenue <b>Bayview Community Centre</b> <b>72 Bayview Road</b> Albany House, 575 Albany Highway, Albany <b>Sunnynook Community Centre</b> <b>148 Sycamore Drive</b>
<b>Friendship Club of Birkenhead</b> - Speakers, friendship, outings	2 <sup>nd</sup> Thursday of month 10.00am-12noon	John 483 4705	Birkenhead RSA Club Rooms Recreation Drive, Birkenhead
<b>Highbury Community House</b> - <i>Smartphone (Android) workshops</i>	10.00am-12noon	482 0378	Highbury Community House 110 Hinemoa Street, Birkenhead
<b>Milford Senior Citizens</b> - <i>Keep fit including line dancing</i>	10.30am-12noon	Paulene 489 1157 Club Rooms 486 3856	Senior Citizens Hall 141A Kitchener Road, Milford
<b>North Shore Bridge Club</b> - Partner required - <b>Social</b>	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 older people 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>	2 <sup>nd</sup> 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>	1 <sup>st</sup> Thursday of month 7.00pm-9.00pm except January, May	Sue 449 2221/ 021 622 783 or 622 0551	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>	2 <sup>nd</sup> Thursday of month 10.00am-12noon	Judith 479 6042	Taiāotea Trust Progress Hall Anzac Road, Browns Bay
<b>Northcote Petanque Club</b> - <i>Club night</i>	4.00pm	Heather 480 6988/ 021 049 9668	Northcote Bowling Club Council Terrace, Little Shoal Bay
<b>Northcote Point Senior Citizens</b> - <i>Social, entertainment</i> - <b>Outing</b>	3 <sup>rd</sup> Thursday of month 10.00am-12noon Every 4 <sup>th</sup> Thursday	Colleen 418 2349	119 Queen Street, Northcote Point
<b>Parkinsonism Society Support Group</b> - <i>Education and support</i>	2 <sup>nd</sup> Thursday of month 10.00am-onwards	278 6918	Windsor Park Complex East Coast Bays Road Mairangi Bay
<b>Selwyn-Cedars</b> - <i>Fun &amp; friendship</i>	9.30am-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 1.00pm-3.00pm	444 2231 seniornet_glenfield@xtra.co.nz seniornet-glenfield.org.nz	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 <b>1.30pm-4.00pm</b>	413 6322 loughie@outlook.co.nz www.seniornetns.net	St John Ambulance Centre 2 Shea Terrace, Takapuna
<b>Takapuna 60's Up Movement</b> - <i>Exercises, Tai Chi, board games</i>  - <i>Monthly meeting, speaker &amp; entertainment</i>	Every Thursday except 3 <sup>rd</sup> 10.00am-12.30pm 3 <sup>rd</sup> Thursday of month <b>10.00am-12noon</b>	413 6562/ 027 4861 023	St Joseph's Church Hall 10 Dominion Street 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 - Physical Activities</b>			
<b>Counterpunch</b> - <i>Non-contact boxing and exercise for people with Parkinson's</i>	2.00pm-3.00pm	Lisa 021 0287 8470 Booking essential	Shane Cameron Fitness 129 Onewa Road, Northcote
<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>	9.30am-10.30am	Val 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 body, active mind</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>Suna Fit Pilates</b> - <i>Equipment based Pilates</i>	9.30am	489 1987	Suna Pilates 1 Barrys Point Road, Takapuna
<b>Table tennis</b> - <i>Social, casual</i>	11.30am-1.30pm	Debbie 478 4091	St Anne's Hall, Cnr Beach Road & Glencoe Road, Browns Bay
<b>Tai Chi</b> - <i>Qigong</i>  - <i>Intermediate</i>  - <i>Fan</i>	9.30am-10.30am   11.30pm-12.30pm   3.00pm-4.00pm	Sherie 021 536 411   <b>NS Women's Centre 444 4618</b> Sherie 021 536 411	Bays Community Centre 2 Glen Road, Browns Bay <b>Devonport Community House 32 Clarence Street, Devonport</b> Milford Senior Citizens Hall 141A Kitchener Road, Milford
<b>YMCA Northcote</b> - <i>Y Gold – low intensity for mobility, balance, muscle strengthening</i> - <i>Movement therapy low level exercise 50-90 year olds</i>	8.30am-9.30am  1.00pm-2.00pm	480 7099	YMCA North Shore 5 Akoranga Drive, Northcote
<b>Yoga</b> - <i>Suitable for seniors</i>	1.00pm-2.00pm	Shaun 021 800 690	Devonport Community House 32 Clarence Street, Devonport
<b>Friday – Educational, Social, Special Interest, Support Group Activities</b>			
<b>Beach Haven/Birkdale Garden Circle</b> - <i>Bus trips – garden visits &amp; lunch</i>	Last Friday of month 9.30am	Margaret 483 8061	
<b>Beach Haven Community House</b> - <i>Peggy Squares – learn to knit or teach others; knitting for community</i>	1 <sup>st</sup> Friday of month 12.30pm-2.30pm	483 9942	Beach Haven Community House 130 Beach Haven Road Beach Haven

Devonport Community House - <i>Mastering art</i>	9.30am-12.30pm	Lucy 446 0389	Devonport Community House 32 Clarence Street, Devonport
East Coast Bays Bridge Club - <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
English as a Second Language - <i>Beginner</i>	10.00am-12noon	481 3030	Rawene Centre 33 Rawene Road, Birkenhead
English for Everyday Life - <i>Pre-Intermediate</i>	10.00am-12noon	489 2078	Bayview Community Centre 72 Bayview Road
Glenfield 60's Up Movement - <i>Coffee morning – every Friday</i>	10.00am–11.00am	Lyn 444 8983	Glenfield Mall
Glenfield Community House - <i>Community knitting group</i>	10.00am-12noon	444 5023	Glenfield Community Centre Cnr Bentley Avenue & Glenfield Road, Glenfield
Glenfield Senior Citizens - <i>Housie</i>	1.00pm-3.00pm	444 6578	Glenfield Senior Citizens 7 Mayfield Road, Glenfield
Highbury Community House - <i>Embroidery</i>	10.00am-12noon	480 5279	Highbury Community House 110 Hinemoa Street, Birkenhead
Milford Senior Citizens - <i>Rummikub</i> - <i>Indoor bowls</i>	9.30am-11.30am 12.30pm-3.00pm	Paulene 489 1157 or Club Rooms 486 3856	Senior Citizens Hall 141A Kitchener Road, Milford
North Shore Bridge Club - <i>Partner required</i>	11.00am	486 3099 www.nsb.org.nz	North Shore Bridge Club 39 Killarney Street, Takapuna
Northcote 60's Up Movement - <i>Meetings, entertainers, outings</i>	1st Friday of month 10.00am-12noon	443 5227	Northcote Citizens Centre Hall Ernie Mays Street, Northcote
Parkinsonism Society Support Group - <i>Education and support</i>	4 <sup>th</sup> Friday of month 10.00am	278 6918	Birkenhead Methodist Church Onewa Road, Birkenhead
SeniorNet Bayswater - <i>Meeting, guest speaker. Tuition on PC &amp; Apple Mac Computers</i>	Last Friday of the month 2.00pm - April, June, August, October, November	Club Rooms 446 3305 Neville 482 2052	Main Club Room Belmont Park Bowling Club Bayswater
SeniorNet Glenfield - <i>Computer classes and workshops. Peer to peer training, no more than six per class</i>	10.00am-12noon 1.00pm-3.00pm	444 2231 seniornet_glenfield@xtra.co.nz seniornet-glenfield.org.nz	Mayfield Centre 5 Mayfield Road, Glenfield
Stanley Bay Bowling Club - <i>Quiz night</i>	3 <sup>rd</sup> Friday of month 7.30pm	Sheila 445 6580	Stanley Bay Bowling Club 20 Stanley Point Road, Devonport
SeniorNet North Shore (Inc) - <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@outlook.co.nz www.seniornetns.net	St John Ambulance Centre 2 Shea Terrace, Takapuna
Takapuna Friendship Club - <i>Speakers, friendship, outings</i>	3 <sup>rd</sup> Friday of month 9.30am-11.30am	444 1256	Sunnybrae Bowling Club 9 Argus Place, Glenfield
Takapuna Senior Citizens - <i>Scrabble</i>	9.45am-onwards	Malcolm 445 8034	5 The Strand, Takapuna
<b>Saturday - Physical Activities</b>			
Laughter Yoga	9.00am-9.45am	Louise 0274 753 734	Bays Community Centre 2 Glen Road, Browns Bay
Mairangi Bay Walking Networks	8.30am-9.30am	444 6435	Mairangi Bay carpark (adjacent children's play area)
Pilates	7.30am – 8.45am	Abraham 021 122 1530	Devonport Community House 32 Clarence Street, Devonport

Stanley Bay Bowling Club	1.15 pm	Sheila 445 6580	Stanley Bay Bowling Club 20 Stanley Point Road, Devonport
Tai Chi - <i>Yang style slow gentle movement</i>	10.00am-11.00am	Sherie 021 536 411 sherie@taichikiwi.nz www.taichiangong.co.nz	Greenhithe Community Hall, 7 Greenhithe Road, Greenhithe

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

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
Browns Bay Senior Citizens - <i>Chinese Group – English Class</i>	9.30am-3.00pm	479 6041	Browns Bay Senior Citizens 9 Inverness Road, Browns Bay
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
North Shore Embroiderers' Guild - <i>Saturday Stitch Meeting</i>	Various – please contact Tracey for more details	Tracey 021 297 8370	Positive Ageing Centre 7 The Strand, Takapuna
North Shore Widows' and Widowers' Society - <i>Café lunch</i>	2 <sup>nd</sup> Saturday of month 12noon	Judith 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-11.30am	479 7519  483 7704	Bays Community Centre 2 Glen Road, Browns Bay Cedar Centre, 56A Tramway Road, Beach Haven

### Sunday - Physical Activities

Devonport Y's Walkers	8.30am-9.30am	445 2743	32 Clarence Street, Devonport
Kennedy Park Petanque Club	10.00am-12noon	Angela 478 3138 Miles 021 296 3891	Kennedy Park Observation Post 137-147 Beach Road, Castor Bay
Mairangi Bay Walking Networks - <i>Slower walk</i>	9.00am-10.00am	Paula 444 6435	Milford Shopping Centre carpark
Northcote Petanque Club	4.00pm December - April; 2.00pm May – November	Heather 480 6988/ 021 049 9668	Northcote Bowling Club, Council Terrace, Little Shoal Bay

### Sunday - Educational, Social, Special Interest, Support Group Activities

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
North Shore Country & Western Music Club - <i>Singing and dancing</i>	Fortnightly on Sundays 7.00pm-10.00pm	Catherine 475 6070	Sunnynook Community Centre 148 Sycamore Drive, Sunnynook
North Shore Widows' & Widowers' Society - <i>Indoor bowls</i>	1.30pm-4.00pm	Judith 479 6042	Taiapotea Trust Progress Hall Anzac Road, Browns Bay

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)

# Staying Safe Workshop

## for Senior Road Users



Attend a  
workshop before  
30th June 2018  
and receive a  
\$10.00 petrol  
voucher

**PLACES ARE LIMITED**

**BOOKING ESSENTIAL**

Contact Age Concern North Shore

Phone: 489 4975

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

This **FREE** classroom based refresher workshop will help you re-familiarise yourself with traffic rules and safe driving practices, as well as increase your knowledge about other transport options to help you remain independent for longer.

Staying Safe workshops are held on weekdays during the daytime at community venues.

They are **FREE** to attend and morning tea is provided.

**No testing involved**



**Sender:**  
Age Concern North Shore  
177B Shakespeare Road  
Milford  
Auckland 0620

New Zealand  
Permit No. 104719

Permit 