

AGE CONCERN NORTH SHORE

# Calendar of Activities 2019



✓ fun, laughter, friendship

✓ physical activities

✓ social activities

✓ life long learning



✓ support groups

✓ special interests



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>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	Anu 022 329 9443	Highbury Community House 110 Hinemoa Street, Birkenhead
<b>Counterpunch for People with Parkinson's</b> - <i>Non-contact boxing &amp; 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  10.00am	Sonia 473 1408 021 158 5867 <b>Judy 486 6964</b>	Greenhithe Community Hall 7 Greenhithe Road, Greenhithe <b>St George's Presbyterian Church Hall, 2 The Terrace Takapuna</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>Pickleball</b> - <i>Paddles &amp; balls provided</i>	6.30pm-9.30pm	Matt 021 378 095	Albany Tennis Park Indoor Courts 321 Oteha Valley Road, Albany
<b>Pilates</b> - <i>Classical</i>  - <b>For seniors</b>  - <i>Gentle style for seniors</i>	9.30am-10.30am  10.00am-11.00am  10.15am-11.15am	Kate 021 0270 4186  <b>Ione 027 537 5733</b>  444 6340	Beach Haven Community House 130 Beach Haven Road <b>Takapuna War Memorial Hall 7 The Strand, Takapuna</b> North Shore Leisure - Glenfield Bentley Avenue, Glenfield
<b>Sahaja Yoga Meditation</b> - <i>No charge</i>	7.30pm-9.00pm	Maria 479 9511	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, Albany
<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>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>Yang style</i>  - <b>Beginner</b>  - <i>Qigong - slow gentle movement</i>  - <b>Slow gentle movement</b>	10.00am-11.30am  <b>11.30pm-12.30pm</b>  6.30pm-7.30pm  <b>7.00pm-8.00pm</b>	Grace 022 0288 562  <b>NS Women's Centre 444 4618</b> Sherie 021 536 411 sherie@taichikiwi.nz <b>Bruno 021 155 4606</b>	Sunnynook Community Centre 148 Sycamore Drive <b>Devonport Community House 32 Clarence Street, Devonport</b> Milford Senior Citizens Hall 141A Kitchener Road <b>Bays Community Centre 2 Glen Road, Browns Bay</b>
<b>Torbay Indoor Bowls</b>	7.00pm	Kevin 473 3252	Torbay Community Hall, 37 Watea Road, (behind the Torbay Shops)
<b>YMCA Northcote</b> - <i>Goldfit – low intensity for mobility, balance, muscle strengthening</i> - <b>Movement therapy low level exercise 50-90 year olds</b>	8.30am-9.30am 10.30am-11.30am <b>1.00pm-2.00pm</b>	480 7099	YMCA North Shore 5 Akoranga Drive Northcote
<b>Yoga</b> - <i>Gentle flow</i>	10.00am-11.15am	Maria 623 3020	Devonport Community House 32 Clarence Street, Devonport
<b>Zumba Gold</b> - <i>Modified low impact exercise no bookings required</i>	1.45pm-2.30pm	Bev 027 483 2900 Helen 021 075 1185	St Anne's Hall 756 Beach Road Browns Bay

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

<b>Bays Community Centre</b> - <i>Eat play laugh – friendship group with cooking demo, lunch, fun activities</i>	1 <sup>st</sup> Monday of month 10.30am-1.30pm	Wendy 476 9180	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>English conversation circle</i>	10.00am-12noon	483 9149	Birkdale Community House 134 Birkdale Road, Birkdale
<b>Birkenhead Garden Circle</b>	1 <sup>st</sup> & 3 <sup>rd</sup> Monday of month, 1.00pm-3.00pm	Robin 419 7976	Highbury Community House 110 Hinemoa Street, Birkenhead
<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>Boomerang Bags</b> - <i>Sew bags for your community</i>	10.00am	Tracey 484 8854	Kaipatiki Community Facilities Trust Hub 15 Chartwell Avenue, Glenfield
<b>Browns Bay 60's Up Movement</b> - <i>Meetings &amp; outings for 60's Up members</i> - <b>Coffee Group</b>	4 <sup>th</sup> Monday of month 10.00am-12noon <b>1<sup>st</sup> Monday of month 10.00am</b>	Joy 444 0236  <b>Carmel 479 1730</b>	Taiaotea Trust Progress Hall Anzac Road, Browns Bay <b>White Flower Café 88 Clyde Road, Browns Bay</b>
<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>Devonport 60's Up Movement</b> - <i>Tai Chi</i>	9.30am-10.30am	Kathy 445 1645	Holy Trinity Church Hall 20 Church Street, Devonport
<b>Devonport Garden &amp; Floral Art Club</b> - <i>Meeting &amp; guest speaker</i>	2 <sup>nd</sup> Monday of month, 10.45am-1.15pm	Laurel 445 1641	St Leo's Hall Albert Road, Devonport
<b>East Coast Bays Bridge Club</b> - <i>Bring your lunch</i>	10.20am	479 4689 ecbridge@ihug.co.nz www.ecbridgeclub.co.nz	Lyons Avenue (opposite Montana Avenue) Murrays Bay
<b>Glenfield 60's Up Movement</b> - <i>Entertainment or speaker</i>	1 <sup>st</sup> Monday of month 1.30pm	John 378 1953 Lyn 444 8983	Glenfield Leisure Centre Bentley Avenue, Glenfield
<b>Glenfield Combined Probus Club</b> - <i>Fellowship, friendship, fun</i>	3 <sup>rd</sup> Monday of month 10.00am	Shirley 443 1057 027 3023 026	Glenfield War Memorial Hall Hall Road, Glenfield

<b>Greenhithe Bridge Club</b>	7.15pm	Jane or Phil 415 5501	Old School Hall Greenhithe Road, Greenhithe
<b>Highbury Community House</b> - <i>Unfinished objects</i> - <b>All on board – casual board games session</b>	9.30am-12noon <b>12.45pm-2.45pm</b>	480 5279	Highbury Community House 110 Hinemoa Street Birkenhead
<b>Interest Classes for Older Chinese</b> - <i>Gardening Group</i>	3 <sup>rd</sup> Monday of month 1.00pm-3.00pm	Age Concern North Shore – Ivy 929 2311	Positive Ageing Centre 7 The Strand, Takapuna
<b>Milford Senior Citizens</b> - <i>Mahjong</i> - <b>Line dancing</b> - <i>Indoor bowls</i>	9.30am-11.30am <b>10.00am-11.00am</b> 1.00pm-3.00pm	Paulene 489 1157 or Club Rooms 486 3856	Senior Citizens Hall 141A Kitchener Road Milford
<b>North Harbour Ladies Friendship Club</b> - <i>Speakers, friendship, outings</i>	4 <sup>th</sup> Monday of month 10.00am-12noon	Trish 443 6386	Pupuke Golf Club 231 East Coast Road Campbells Bay
<b>North Shore Branch NZSG</b> - <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
<b>North Shore Bridge Club</b> - <i>Social</i>	10.00am-12.30pm	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	Sunnynook Community Centre 148 Sycamore Drive Sunnynook <b>Mairangi Bay Presbyterian Church, Penzance Road Mairangi Bay</b>
<b>Salvation Army Companions Club</b> - <i>Two course meal, table games, guest speakers &amp; companionship</i>	3 <sup>rd</sup> Monday of month 10.15am-1.30pm	441 2554 ext 2	Salvation Army Hall 430 Glenfield Road Glenfield
<b>SeniorNet Glenfield</b> - <i>Meet &amp; greet for new members</i> - <b>General meetings on technology topics</b>	10.00am-12noon <b>3<sup>rd</sup> Monday of month 2.00pm</b>	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. Impressive range of subjects in a fun environment</i>	10.00am-12noon <b>1.00pm-3.00pm</b>	413 6322 loughie@outlook.co.nz www.seniornetns.net	St John Ambulance Centre 2 Shea Terrace Takapuna
<b>Sunnynook Community Centre</b> - <i>English conversation group to those with English as a second language to practice</i> - <b>Unfinished objects/board games</b>	10.45am-12.15pm <b>1.00pm-3.00pm</b>	410 4902	Sunnynook Community Centre 148 Sycamore Drive Sunnynook
<b>Sustainabags</b> - <i>Sew bags to donate to local charities to sell</i>	9.30am-12.30pm	Wendy 021 167 6434 tauwen10@gmail.com	Devonport Community House 32 Clarence Street Devonport
<b>U3A Birkenhead</b> - <i>Guest speaker &amp; special interest groups</i>	1 <sup>st</sup> Monday of month 10.00am-12noon	Heide 482 3655	Birkenhead Bowling Club 93 Mokoia Road Birkenhead

## Tuesday - Physical Activities

<b>AquaSenior</b> - <i>Gentle exercise in water</i>	12noon-1.00pm	444 6340	North Shore Leisure - Takapuna 37 Killarney Street, Takapuna
<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>Braemar Scottish Dancing</b>	7.30pm-10.00pm	Yvonne 410 9126	St Anne's Hall, Cnr Beach Road & Glencoe Road, Browns Bay

<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>Fab Fit Tuesday</b> - <i>Strength &amp; balance exercises to increase mobility &amp; agility</i>	10.00am	480 1055	The Workshop 84B & 84C Hinemoa Street Birkenhead
<b>Fitness League NZ (Inc)</b> - <i>Balanced exercise programme, easy exercise</i>	6.30pm-7.30pm	Jennie (09) 427 9308	Glenfield War Memorial Hall Hall Road Glenfield
<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>Laughter Yoga</b>	9.30am-10.15am	Louise 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
<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 <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> - <i>3 hour walk with a refreshment/lunch break after each hour</i>	Every 2 <sup>nd</sup> Tuesday 10.00am-3.00pm	Brucilla 480 0150	Auckland wide using free buses, trains, ferries & car pooling
<b>Pickleball</b> - <i>Paddles &amp; balls provided</i>	6.30pm-8.30pm	Angie 022 600 9299	East Coast Bays Leisure Centre, 12 Bute Road, Browns Bay
<b>Pilates</b>	9.30am-10.30am	Eva 022 076 6112	St Anne's Hall, Cnr Beach & Glencoe Roads, Browns Bay
<b>Salsa Dance</b> - <i>Beginners</i> - <b>Improvers</b>	6.30pm-7.30pm <b>7.30pm-8.30pm</b>	Lofty 021 239 4937	Devonport Community House 32 Clarence Street Devonport
<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>Suna Form Pilates</b> - <i>Low impact Pilates</i>	10.30am <b>11.30am</b>	489 1987	Suna Pilates 1 Barrys Point Road, Takapuna
<b>Table Tennis</b>	11.30am-1.30pm	Debbie 478 4091	St Anne's Hall, Cnr Beach Road & Glencoe Road, Browns Bay
<b>Tai Chi</b> - <i>Beginners welcome</i>  - <b>Beginners</b>  - <i>Advanced</i>  - <b>Qigong, Intermediate</b>  - <i>Qigong</i>  - <b>Maintenance</b>	9.15am-10.15am  <b>9.30am-10.30am</b>  9.30am-10.30am  <b>11.00am-12noon</b>  1.00pm-2.00pm  <b>2.30pm-3.30pm</b>	Gillian 445 2073  <b>North Shore Women's Centre 444 4618</b> Eileen 486 1051  <b>Kathy 021 187 5985</b>  Sheri 021 536 411  <b>Eileen 486 1051</b>	Wakatere Boating Club Narrow Neck <b>Beach Haven Ratepayers Hall 336 Rangatira Road</b> Sunnynook Community Centre 148 Sycamore Drive <b>Sunnynook Community Centre 148 Sycamore Drive</b> Wall Memorial Hall 2 Rodney Road, Northcote Point <b>Milford Senior Citizens Hall 141A Kitchener Road, Milford</b>
<b>Yoga</b> - <i>Gentle yoga for active senior</i>	10.15am-11.15am	486 3286	North Shore Leisure Glenfield, Bentley Avenue, Glenfield
<b>Zumba Gold</b> - <i>Traditional Zumba at a slower pace</i> - <b>Modified low impact exercise no bookings required</b>	10.15am-11.00am  <b>12noon-12.45pm</b>	477 2000  <b>Bev 027 483 2900 Helen 021 075 1185</b>	AUT Millennium 17 Antares Place, Mairangi Bay <b>Holy Trinity Parish Hall 20 Church Street, Devonport</b>

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

<b>Activities Morning</b> <i>- Play boardgames, cards, rummikub &amp; enjoy a social morning tea</i>	1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday of month 10.00am-12noon	Margaret Pont 489 3176 027 225 8893	Mairangi & Castor Bay Presbyterian Church 8-10 Penzance Road Mairangi Bay
<b>Age with flair</b> <i>- 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>Bays Community Centre</b> <i>- NS Bays Scrabble</i>	9.45am-2.00pm	Malcolm 445 8034	Bays Community Centre 2 Glen Road, Browns Bay
<b>Beach Haven Community House</b> <i>- H.U.G.G. Haven Uke &amp; Guitar Group</i> <b>- Mainly watercolour – non tutored art group</b>	10.00am-12noon <b>10.00am-12noon</b>	Joe 482 3443 <b>483 9942</b>	Beach Haven Community House 130 Beach Haven Road Beach Haven
<b>Birkdale Community House</b> <i>- Mixed media art class</i>	10.00am-12noon	483 9149	Birkdale Community House 134 Birkdale Road, Birkdale
<b>Birkenhead 60's Up Movement</b> <i>- Speaker or entertainment &amp; 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>Chinese Senior Group</b> <i>- Social gathering with guest speaker, sharing of information, outings</i>	2 <sup>nd</sup> Tuesday of month 10.00am-12noon	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> <b>- Movie Day – theatre &amp; lunch</b>	2 <sup>nd</sup> Tuesday of month 10.00pm-12noon <b>Irregular event</b>	Kathy 445 1645 Marianne 445 1595	Holy Trinity Church Hall 20 Church Street, Devonport <b>Various</b>
<b>Devonport Community House</b> <i>- Leisure painters</i>	10.00am-12noon	Linda 446 6141	Devonport Community House 32 Clarence Street, Devonport
<b>Dutch Club</b> <i>- Informal coffee group, talk Dutch. Car transport help possible</i>	3 <sup>rd</sup> Tuesday of month 10.00am	Anneke 482 3694 or Ina 483 9892	Birkdale
<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>Glenfield 60's Up Movement</b> <i>- Luncheon</i>	Last Tuesday of month	Lyn 444 8983	Local venue
<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> <b>- French - Intermediate</b>	9.15am-10.15am <b>10.30am-11.30am</b>	Laurence 027 722 9696 <b>Laurence 027 722 9696</b>	Highbury Community House 110 Hinemoa Street Birkenhead
<b>Milford Senior Citizens</b> <i>- Scrabble</i> <b>- Scottish dancing</b> <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	Senior Citizens Hall 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</b> <b>575 Albany Highway</b> <b>Albany</b>

<b>North Shore Diabetes Support Group</b> - Support & education	1 <sup>st</sup> Tuesday of month 10.00am-12noon April & December meetings may be at other venues or times.	Sue 021 622 783 or 622 0551	First Floor Meeting Room Takapuna Library The Strand Takapuna
<b>North Shore Embroiderers' Guild</b> - Promote understanding & interest in embroidery	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, Takapuna
<b>North Shore Widows' &amp; Widowers' Society</b> - Indoor bowls	9.30am-12noon	Judith 479 6042	Taiaotea Trust Progress Hall Anzac Road Browns Bay
<b>Northcote Baptist Neighbour Craft Morning</b> - Patchwork, painting, cross-stitch, jewellery making, knitting	9.30am-11.30am	419 1006	Northcote Baptist Church 67 Eban Avenue Northcote
<b>Parkinsonism Society Carers Support Group</b>	1 <sup>st</sup> Thursday of month 10.00am-onwards	Carolyn 818 2793 027 520 4836	Settlers Retirement Village 550 Albany Highway, Albany
<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> - Fun & friendship	9.30am-12noon	486 0668	St Paul's Anglican Church Otakau Road, Milford
<b>SeniorNet Glenfield</b> - Computer classes & workshops. Peer to peer training, no more than six per class	10.00am-12noon <b>1.30pm-3.30pm</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> - Computer classes, tutorials, discussion groups. Impressive range of subjects in a fun environment	10.00am-12noon <b>1.00pm-3.00pm</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>Seniors Coffee Group</b> - Meet for coffee/tea & friendship	Fortnightly 11.00am-12noon	Age Concern North Shore - Kathryn 929 2307	Highbury Community House 110 Hinemoa Street Birkenhead
<b>Sunnynook Community Centre</b> - Learn conversational English	12.30pm-2.30pm	489 2078	Sunnynook Community Centre 148 Sycamore Drive Sunnynook
<b>Takapuna 60's Up Movement</b> - Walking group	9.30am	Millie 489 1441	Neo Espresso Café, Milford Mall 24 Milford Road, Milford
<b>U3A Browns Bay</b> - Top line guest speaker	1 <sup>st</sup> Tuesday of month	Val 414 5529 <a href="http://www.u3abb.net.nz">www.u3abb.net.nz</a>	Presbyterian Church Hall Anzac Road, Browns Bay

### Wednesday - Physical Activities

<b>Born Again Bodies</b> - Strength, balance & flexibility at any age. Supervised exercise programme with dumbbells	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> - 1 hour walking followed by morning tea	9.30am-11.00am	410 4019 or 478 6702	Various
<b>Chair Yoga for Seniors</b>	2.00pm – 3.00pm	Holly 445 1500	Harmony Hall 4 Wynyard Street, Devonport
<b>Essentrics!</b> - Strengthens & lengthens muscles improving posture, flexibility, mobility & balance	4.30pm-5.30pm	Iris 021 216 1851	Meadowood Community House 55 Meadowood Drive Unsworth Heights
<b>Feisty Feet</b> - Dance classes for seniors	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 <b>9.30am-10.30am</b> 6.30pm-7.30pm	Irene 444 8461 <b>Carol 478 9183</b> Sonia 473 1408 021 158 5867	Glenfield War Memorial Hall Hall Road, 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 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>Qi Gong</b> - <i>Gentle exercise</i>	9.00am-10.00am	Judy 022 0910 369	Outside - Birkdale Community House, 134 Birkdale Road
<b>Stanley Bay Bowling Club</b>	1.15pm	Sheila 445 6580	Stanley Bay Bowling Club 20 Stanley Point Road, Devonport
<b>Tai Chi</b> - <i>Beginner</i>  - <b>Maintenance</b>  - <i>Beginner</i>  - <b>Qi Gong – slow gentle movement</b>  - <i>Slow gentle movement</i>	9.30am-10.30am  <b>10.00am-11.00am</b>  11.30am-12.30pm  <b>1.30pm-2.30pm</b>  7.00pm-8.00pm	NS Women's Centre 444 4618 <b>Eileen 486 1051</b>  NS Women's Centre 444 4618 <b>Sherie 021 536 411</b>  Bruno 021 155 4606	St Barnabas Church Hall 470 Glenfield Road, Glenfield <b>Torbay Community Hall 37 Watea Road, Torbay</b> Devonport Community House 32 Clarence Street, Devonport <b>Milford Senior Citizens Hall 141A Kitchener Road, Milford</b> Bays Community Centre 2 Glen Road, Browns Bay
<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>Art Group</b>	9.30am-11.30am during school terms	444 4618	North Shore Women's Centre 5 Mayfield Road, Glenfield
<b>Bays Community Centre</b> - <i>Rummikub</i> - <b>International Friendship Group conversation, friendship, fun, interest in other cultures</b>	10.00am-12noon <b>10.00am-12noon</b> during term time	Annette 441 3019 <b>Debbie 478 4091</b>	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	Pauline 418 1312	Beach Haven Ratepayers Hall 336 Rangatira Road
<b>Beach Haven Community House</b> - <i>Immediate French</i> - <b>Advanced French</b> - <i>Community cuppa &amp; catch up</i> - <b>Friends of Shepherds Park</b>	10.00am-11.00am <b>12noon-1.00pm</b> 1.00pm-2.30pm <b>3<sup>rd</sup> Wednesday of month 7.30pm-9.30pm</b>	Laure 482 0519 <b>Laure 482 0519</b> 483 9942 <b>Ian 021 755 667</b> <b>Elizabeth 483 9167</b>	Beach Haven Community House 130 Beach Haven Road Beach Haven
<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	



<b>Devonport Community House</b> - <i>Knitting Friendship Group</i>	10.00am-12noon	445 3068	Devonport Community House 32 Clarence Street, Devonport
<b>Devonport Spinners, Weavers, Knitters etc</b>	10.00am-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>Friendship Club of East Coast Bays</b> - <i>Guest speakers, social events, interest groups, outings &amp; trips</i>	1 <sup>st</sup> Wednesday of month 10.00am-12noon	Ted 486 4220 Pamela 475 6696	Mairangi Bay Presbyterian Church Hall 10 Hastings Road, Mairangi Bay
<b>Glenfield 60's Up Movement</b> - <i>Outings – bus trips</i>	3 <sup>rd</sup> Wednesday of month	Lyndsey 444 4551 Lyn 444 8983	
<b>Glenfield Senior Citizens</b> - <i>Bowls</i> - <b>500 (cards)</b>	10.00am-12noon <b>1.00pm-3.30pm</b>	444 6578	Glenfield Senior Citizens 7 Mayfield Road Glenfield
<b>Hauraki Floral Art Club</b>	2 <sup>nd</sup> Wednesday of month 9.30am-1.30pm	Jennifer 479 5691 Anne 282 1565	Outram Hall, 478 Beach Road Murrays Bay
<b>Highbury Community House</b> - <i>Unfinished objects, social craft group</i> - <b>Patchwork &amp; Sewing</b> - <i>Mah Jong</i>	9.00am-12noon <b>9.30am-12noon</b> 12.30pm-3.00pm	480 5279	Highbury Community House 110 Hinemoa Street Birkenhead
<b>Interest Classes for Older Chinese</b> - <i>English Conversation Class</i> - <b>Dancing Group</b> - <i>Arts &amp; Crafts Group</i>  - <b>Singing Group</b>	10.00am-11.45am <b>12.30pm-1.30pm</b> Every 2 <sup>nd</sup> Wednesday 12.30pm-1.30pm <b>1.30pm-2.30pm</b>	Age Concern North Shore – Ivy 929 2311	Positive Ageing Centre 7 The Strand Takapuna
<b>Make Give Live</b> - <i>Enjoy social contact while making beanies for charity</i>	9.00am	Becky 022 317 5838 becky@makegivelive.com	Birkenhead
<b>North Harbour Rockers</b> - <i>Rock &amp; Roll</i>	7.00pm-10.00pm	Ann 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> - <b>Partner required</b>	10.00am-12.30pm <b>7.30pm</b>	486 3099 www.nsb.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>SeniorNet Bayswater</b> - <i>One-on-one assistance with computers, iPads, Smartphones – Microsoft, Android, Apple</i>	1.00pm-3.30pm	Club Rooms 446 3305 Neville 482 2052 0274 145 208	Main Club Room Belmont Park Bowling Club Bayswater
<b>SeniorNet Glenfield</b> - <i>Computer classes &amp; workshops. Peer to peer training, no more than six per class</i>	10.00am-12noon <b>1.30pm-3.30pm</b>	444 2231 seniomet_glenfield@xtra.co.nz seniomet-glenfield.org.nz	Mayfield Centre 5 Mayfield Road Glenfield
<b>SeniorNet North Shore (Inc.)</b> - <i>Computer classes, tutorials, discussion groups Impressive range of subjects in a fun environment</i>	10.00am-12.30pm <b>1.30pm-3.00pm</b>	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	Chelsea Bay Lounge 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 shantinivas@xtra.co.nz	Glenfield Community Centre Cnr of Glenfield Road & Bentley Avenue, Glenfield

<b>Sunnynook Ladies Club</b> - General meeting, social get together & guest speaker	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> - Trip	1 <sup>st</sup> Wednesday of month	Elaine 413 6562 027 4861 023	
<b>Takapuna Floral Art Club</b>	4 <sup>th</sup> Wednesday of month 10.00am-2.00pm	Brenda 479 1616 021 063 0638	Various
<b>Torbay Garden Club</b> - Speaker, trading table, bus trips	1 <sup>st</sup> Wednesday of month 1.30pm-3.00pm except February & July	Hilary 478 1601 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	Val 446 6697	Harmony Hall 4 Wynyard Street Devonport
<b>U3A Takapuna</b> - General meeting & speaker, visitors welcome	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, Northcote
<b>Zion Hill Fellowship</b> - Companionship for people isolated through age or disability	10.00am-1.15pm during school terms	Janet 480 7751 Valerie 480 5456	Birkenhead Methodist Church Hall Onewa Road Birkenhead

### Thursday - Physical Activities

<b>Aqua Senior</b> - Shallow	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> - Over 55's Club	1.00pm-3.00pm	Gerard 410 9223	Badminton North Harbour Bond Crescent, Forrest Hill
<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>Essentrics!</b> - Tones, strengthens, lengthens & limbers muscles. Improves posture & balance	10.00am	Jeanne 021 447 878	Barfoot and Thompson Netball Centre 44 Northcote Road Northcote
<b>Exercise Group</b> - For senior women	10.00am-11.30am	Jill 473 1932	Long Bay Baptist Church 282 Glenvar Road, Torbay
<b>Fab Fit Dance</b> - Dance to 50's classics for strength, balance, coordination & fitness	Thursday 10.00am	480 1055	The Workshop 84B & 84C Hinemoa Street Birkenhead
<b>Fitness League NZ (Inc)</b> - Balanced exercise programme, easy exercise	9.30am-10.30am  10.00am-11.00am	Sonia 473 1408 021 158 5867 Judith 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	Bill 441 4193 021 160 4170	Sunnynook Community Centre 148 Sycamore Drive, Sunnynook
<b>never2old active body, active mind</b> - Fitness training programme focusing on improving older adults functional fitness for continued independent living	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>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>Pickleball</b> - <i>Paddles &amp; balls provided</i>	6.30pm-9.30pm	Matt 021 378 095	Albany Tennis Park Indoor Courts 321 Oteha Valley Road, Albany
<b>Senior Movement</b> - <i>Low impact, gentle exercises</i>	10.15am-11.30am  <b>11.15am-12.15pm</b>	444 6340	North Shore Leisure - Glenfield, Bentley Avenue <b>North Shore Leisure - East Coast Bays, Bute Road</b>
<b>Shore Ten Pin Bowling</b>	9.30am-12noon	Nancy 480 1484	Xtreme Entertainment 10 Target Court, Wairau Valley
<b>Suna Form Pilates</b> - <i>Low impact Pilates</i>	10.30am <b>11.30am</b>	489 1987	Suna Pilates 1 Barrys Point Road, Takapuna
<b>Tai Chi</b>  - <i>Beginners welcome</i>  - <i>Qigong</i>	8.15am-9.15am  <b>9.15am-10.15am</b>  1.30pm-2.30pm	Wai Ling 478 3309  <b>Gillian 445 2073</b>  Kathy 021 187 5985	Bays Community Centre 2 Glen Road, Browns Bay <b>Wakatere Boating Club Narrow Neck</b> Milford Senior Citizens Hall 141A Kitchener Road, Milford
<b>Yoga</b> - <i>Gentle to stretch, breathe &amp; relax for health</i>	10.00am-11.00am	David 445 3757	Devonport Community House 32 Clarence Street Devonport
<b>Zumba Gold</b> - <i>Active seniors group fitness</i>  - <i>Modified low impact exercise – no bookings required</i>	10.30am-11.30am  <b>12noon-12.45pm</b>	480 7099  <b>Bev 027 483 2900</b> <b>Helen 021 075 1185</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</b> - <i>Tuis patch &amp; piece</i>  - <b>Mahjong</b> - <i>Bays Patchwork</i>	10.00am-12noon  <b>9.15am-2.00pm</b> Fortnightly 7.00pm-9.30pm	Alma 478 7263  <b>Jane 478 5392</b> Judi 478 9397	Bays Community Centre 2 Glen Road, Browns Bay
<b>Beach Haven Community House</b> - <i>Arts &amp; oils</i> - <b>Handcrafts &amp; creations</b> - <i>Afternoon guitars at the House</i>	10.00am-12noon <b>10.00am-12noon</b> 1.30pm-2.30pm	483 9942 <b>Ngaere 483 8339</b> 483 9942	Beach Haven Community House 130 Beach Haven Road Beach Haven
<b>Birkdale Community House</b> - <i>French Conversation Group</i>	11.00am-12noon	Laurence 027 722 9696	Birkdale Community House 134 Birkdale Road, Birkdale
<b>Boomerang Bags</b> - <i>Sew reusable bags for the community, or work on your own creations</i>	9.30am	483 9149	Birkdale Community House 134 Birkdale Road Birkdale
<b>Browns Bay Senior Citizens</b> - <i>Recreation</i> - <b>Korean Day – table tennis, karaoke</b>	10.00am-12noon <b>12noon-5.00pm</b>	479 6041	Browns Bay Senior Citizens 9 Inverness Road Browns Bay
<b>Chinese Positive Ageing Group</b>	10.00am-3.00pm	Sandy 624 1368 or 021 052 0930	Positive Ageing Centre 7 The Strand, Takapuna
<b>Dees Dementia Social Group</b> - <i>For people with early to moderate dementia living in the community</i>	10.00am-2.00pm	Margaret Pont 489 3176 027 225 8893	Mairangi & Castor Bay Presbyterian Church 8-10 Penzance Road Mairangi Bay
<b>Devonport 60's Up Movement</b> - <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

<b>East Coast Bays Bridge Club</b> - Mixed grades - lessons available	7.20pm	479 4689 ecbridge@ihug.co.nz www.ecbbridgeclub.co.nz	Lyons Avenue (opposite Montana Avenue) Murrays Bay
<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> - Smartphone (Android) workshops	<b>10.00am-12noon</b>	Frances 482 0378	Highbury Community House 110 Hinemoa Street Birkenhead
<b>Luncheon Club</b> - Eat your packed lunch in a social environment & enjoy a range of musicians & entertainers. All welcome	2 <sup>nd</sup> Thursday of month 12noon-2.00pm	Raewyn 410 4423	Mairangi & Castor Bay Presbyterian Church 8-10 Penzance Road Mairangi Bay
<b>Make Give Live</b> - Enjoy social contact while making beanies for charity	Fortnightly 6.30pm	Becky 022 317 5838 becky@makegivelive.com	Brown's Bay
<b>Milford Senior Citizens</b> - Dance Club	10.00am-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 <b>7.30pm</b>	486 3099 www.nsbcb.org.nz	North Shore Bridge Club 39 Killarney Street Takapuna
<b>North Shore Centres of Mutual Aid (CMA)</b> - Companionship & fun activities for older people isolated in the community. Transport arranged - lunch & morning tea provided	10.00am-12.30pm	489 8954	Glenfield War Memorial Hall Hall Road Glenfield <b>Rose Centre School Road Belmont</b>
<b>North Shore Chronic Obstructive Pulmonary Disease (COPD)</b> - Support group	2 <sup>nd</sup> Thursday of month 10.00am-12noon February - December	630 0236	Sunnynook Community Centre 148 Sycamore Drive Sunnynook
<b>North Shore Diabetes Support Group</b> - Support & education	1 <sup>st</sup> Thursday of month 7.00pm-9.00pm except May, December	Sue 021 622 783 or 622 0551	Auckland Christian Assembly 26 Albany Highway Glenfield
<b>North Shore Stroke Club</b> - Indoor bowls, ping-pong, scrabble, art & craft, petanque, mini golf, walks, housie, exercises, various other activities & outings	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' and Widowers' Society</b> - Lunch	2 <sup>nd</sup> Thursday of month 12noon	Judith 479 6042	Bays Club 6 Anzac Road Browns Bay
<b>Northcote Point Senior Citizens</b> - Social, entertainment  - <b>Outing</b>	3 <sup>rd</sup> Thursday of month 10.00am-12noon <b>Every 4<sup>th</sup> Thursday</b>	Colleen 418 2349	Northcote Point Senior Citizens Centre 119 Queen Street Northcote Point
<b>Parkinsonism Society Carers Support Group</b>	1 <sup>st</sup> Thursday of month 10.00am-onwards	Carolyn 818 2793 027 520 4836	Altura Café 25 Anzac Road, Browns Bay
<b>Parkinsonism Society Support Group</b> - Education & support	2 <sup>nd</sup> Thursday of month 10.00am-onwards	Carolyn 818 2793 027 520 4836	Windsor Park Complex East Coast Bays Road Mairangi Bay
<b>Selwyn-Cedars</b> - Fun & friendship	9.30am-12noon	483 6258 or 484 6989	Cedar Centre 56A Tramway Road Beach Haven
<b>SeniorNet Glenfield</b> - Computer classes & workshops. Peer to peer training, no more than six per class	10.00am-12noon <b>1.30pm-3.30pm</b>	444 2231 seniomet_glenfield@xtra.co.nz seniomet-glenfield.org.nz	Mayfield Centre 5 Mayfield Road Glenfield

<b>SeniorNet North Shore (Inc)</b> - Computer classes, tutorials, discussion groups. Impressive range of subjects in a fun environment	10.00am-12noon <b>1.00pm-3.00pm</b>	413 6322 loughie@outlook.co.nz www.seniornetns.net	St John Ambulance Centre 2 Shea Terrace Takapuna
<b>Sunnynook Community Centre</b> - Learn conversational English	12.30pm-2.30pm	489 2078	Sunnynook Community Centre 148 Sycamore Drive Sunnynook
<b>Takapuna 60's Up Movement</b> - Exercises, Tai Chi, board games  - <b>Monthly meeting, speaker &amp; entertainment</b>	Every Thursday except 3 <sup>rd</sup> 10.00am <b>3<sup>rd</sup> Thursday of month 10.30am-12.15pm</b>	Elaine 413 6562/ 027 4861 023	St Joseph's Church Hall 10 Dominion Street Takapuna
<b>Torbay International Coffee Group</b> - No charge, just turn up	10.15am-12noon	Carole 473 3259	Senior Citizens' Hall Watea Road, Torbay

### Friday - Physical Activities

<b>Counterpunch for People with Parkinson's</b> - Non-contact boxing & exercise for people with Parkinson's. Open class & seated class running parallel	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>Essentrics!</b> - Strengthens & lengthens muscles improving posture, flexibility, mobility & balance	10.00am-11.00am	Iris 021 216 1851	St Paul's Anglican Church Hall 2 Otakau Road Milford
<b>Fitness League NZ (Inc)</b> - Balanced exercise programme, easy exercise	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> - Fitness training programme focusing on improving older adults functional fitness for continued independent living & improve quality of life	9.30am-10.30am	Phillipa 921 9999 ext 7615 www.never2old.net.nz	AUT Sports & Fitness Centre Akoranga Drive Northcote
<b>Pilates</b> - For seniors	10.00am -11.00am	Ione 027 537 5733	Takapuna War Memorial Hall 7 The Strand, Takapuna
<b>Table tennis</b> - Social, casual	11.30am-1.30pm	Debbie 478 4091	St Anne's Hall, Cnr Beach Road & Glencoe Road Browns Bay
<b>Tai Chi</b> - Qigong  - <b>Intermediate</b>  - Qigong	9.30am-10.30am  <b>9.30am-10.30am</b>  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>Beach Haven Ratepayers Hall 336 Rangatira Road</b> Milford Senior Citizens Hall 141A Kitchener Road, Milford
<b>YMCA Northcote</b> - Goldfit – low intensity for mobility, balance, muscle strengthening - <b>Movement therapy low level exercise 50-90 year olds</b>	8.30am-9.30am  <b>1.00pm-2.00pm</b>	480 7099	YMCA North Shore 5 Akoranga Drive Northcote
<b>Yoga for EveryBODY</b>	9.30am-11.00am	Jennie 021 0262 0259	Glenfield Senior Citizens 7 Mayfield Road Glenfield

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

<b>Beach Haven/Birkdale Garden Circle</b> - <i>Bus trips – garden visits &amp; lunch</i>	Last Friday of month 9.30am	Janet 480 7751 Pauline 418 1312	
<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
<b>Birkdale Community House</b> - <i>Birkdale global friends</i>	9.30am-10.30am	Laure 022 418 8199	Birkdale Community House 134 Birkdale Road, Birkdale
<b>Browns Bay Ladies Club</b> - <i>General meeting &amp; social get together &amp; guest speaker</i>	4 <sup>th</sup> Friday of month 10.00am-12noon	Margaret 478 2073 Jenny 479 6026	Torbay Sailing Club Beach Road Waiake Beach
<b>Community Knitting Group</b>	10.00am-12noon	444 5023	Glenfield Community Centre Cnr Bentley Avenue & Glenfield Road, Glenfield
<b>Devonport Community House</b> - <i>Mastering art</i>	9.30am-1.30pm	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>Glenfield 60's Up Movement</b> - <i>Coffee morning – every Friday</i>	10.00am–11.00am	Lyn 444 8983	Glenfield Mall
<b>Glenfield Senior Citizens</b> - <i>Housie</i>	1.00pm-3.30pm	444 6578	Glenfield Senior Citizens 7 Mayfield Road, Glenfield
<b>Highbury Community House</b> - <i>Embroidery</i>	10.00am-12noon	424 2741 sapygott@gmail.com	Highbury Community House 110 Hinemoa Street, Birkenhead
<b>Milford Senior Citizens</b> - <i>Rummikub</i> - <b>Dance Club</b>	9.30am-11.30am <b>7.00pm-8.00pm</b>	Paulene 489 1157 or Club Rooms 486 3856	Senior Citizens Hall 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>Northcote 60's Up Movement</b> - <i>Meetings, entertainers, outings</i>	1 <sup>st</sup> Friday of month 10.00am-12noon	443 5227	Northcote Citizens Centre Hall Ernie Mays Street Northcote
<b>SeniorNet Glenfield</b> - <i>Computer classes &amp; workshops. Peer to peer training, no more than six per class</i>	10.00am-12noon <b>1.30pm-3.30pm</b>	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. Impressive range of subjects in a fun environment</i>	10.00am-12noon <b>1.00pm-3.00pm</b>	413 6322 loughie@outlook.co.nz www.seniornetns.net	St John Ambulance Centre 2 Shea Terrace Takapuna
<b>Stanley Bay Bowling Club</b> - <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
<b>Takapuna Friendship Club</b> - <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
<b>Takapuna Senior Citizens</b> - <i>Scrabble</i>	9.45am-onwards	Malcolm 445 8034	5 The Strand Takapuna

## Saturday - Physical Activities

<b>Laughter Yoga</b>	9.00am-9.45am	<i>Melanie</i> 021 072 4198 laughterbrownsbay@gmail.com	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)
<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>Tai Chi &amp; Qigong</b>	10.00am-11.00am	Sherie 021 536 411 sherie@taichikiwi.nz	Greenhithe Community Hall, 7 Greenhithe Road, Greenhithe

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

<b>Bays Community Centre</b> - <i>Crazy quilters</i>  - <b>On the hook crochet</b>	4 <sup>th</sup> Saturday of month 9.30am-3.00pm <b>3.30pm-5.00pm</b>	Marilyn 473 6958  <b>Olga 021 023 84495</b>	Bays Community Centre 2 Glen Road Browns Bay
<b>Browns Bay Senior Citizens</b> - <i>Chinese Group – English Class</i>	9.30am-3.00pm	479 6041	Browns Bay Senior Citizens 9 Inverness Road, Browns Bay
<b>Glenfield Senior Citizens</b> - <i>Bowls, snooker</i>	1.00pm-4.00pm	444 6578	Glenfield Senior Citizens 7 Mayfield Road, Glenfield
<b>North Shore Embroiderers' Guild</b> - <i>Saturday Stitch Meeting</i>	Various – please contact Tracey for more details	Tracey 021 297 8370	Positive Ageing Centre 7 The Strand, Takapuna
<b>North Shore Widows' and Widowers' Society</b> - <i>Café lunch</i>	3 <sup>rd</sup> Saturday of month 12noon	Judith 479 6042	Different venues
<b>Older Women's Network</b> - <i>Writing stories for future generations</i>	2 <sup>nd</sup> Saturday of month 10.00am-12noon 4 <sup>th</sup> <b>Saturday of month</b> <b>10.00am-11.30am</b>	479 7519  <b>483 7704</b> www.ownorg.nz@gmail.com	Bays Community Centre 2 Glen Road, Browns Bay <b>Cedar Centre, 56A Tramway Road, Beach Haven</b>
<b>SeniorNet North Shore (Inc)</b> - <i>Tips &amp; tricks &amp; iPad/phones. Other subjects likely to be added.</i>	10.00am-12noon <b>1.00pm-3.00pm</b>	413 6322 loughie@outlook.co.nz www.seniornetns.net	St John Ambulance Centre 2 Shea Terrace Takapuna

### Sunday - Physical Activities

<b>Devonport Y's Walkers</b>	9.00am-10.00am	445 2743	32 Clarence Street Devonport
<b>Kennedy Park Petanque Club</b>	10.00am-12noon	Angela 478 3138 Miles 021 296 3891	Kennedy Park Observation Post 137-147 Beach Road, Castor Bay
<b>Mairangi Bay Walking Networks</b> - <i>Slower walk</i>	9.00am-10.00am	Paula 444 6435	Milford Shopping Centre carpark
<b>Northcote Petanque Club</b>	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

<b>Bays Community Centre</b> - <i>Amicale Francaise</i>  - <b>Sunday quilters</b>	1 <sup>st</sup> Sunday of month 10.00am-12noon 2 <sup>nd</sup> <b>Sunday of month</b> <b>10.30am-3.00pm</b>	Gill 410 6682  <b>Melva 479 7572</b>	Bays Community Centre 2 Glen Road Browns Bay
<b>North Shore Country &amp; Western Music Club</b> - <i>Singing &amp; dancing</i>	Fortnightly on Sundays 7.00pm-10.00pm	Catherine 475 6070	Sunnynook Community Centre 148 Sycamore Drive Sunnynook
<b>North Shore Widows' &amp; Widowers' Society</b> - <i>Indoor bowls</i>	1.30pm-4.00pm	Judith 479 6042	Taiaotea Trust Progress Hall Anzac Road Browns Bay

For more information on Community Strength and Balance classes visit: [www.livestronger.org.nz](http://www.livestronger.org.nz)

**We hope you have found our Calendar of Activities useful.  
Age Concern North Shore has made every effort to ensure details  
are correct as at time of printing.**

**We always welcome comments and suggestions for  
inclusions or updates.**

**If your group has missed being included please contact the office  
by phoning 489 4975 or emailing [ageconns@acns.co.nz](mailto:ageconns@acns.co.nz)  
and we will contact you prior to the next edition.**

# AGE CONCERN NORTH SHORE

is a charitable organisation dedicated solely to older people living on the North Shore.

We promote dignity, wellbeing, equity, as well as cultural respect and provide expert information and support services in response to older people's needs.

## OUR VISION

is for older people to live a  
valued life in an inclusive  
society

## OUR MISSION

to promote the wellbeing of older  
people through connection,  
information and specialist  
services

**Sender:**

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

New Zealand  
Permit No. 104719

Permit 