

Activities for Older People - Auckland (May 2020)

This is a listing of activities for relatively independent older people. We have information on Day Care for people who require more help with activities and a short listing of centres catering for people with dementia. Phone Seniorline on 09 375 4395 or visit www.seniorline.org.nz for more information. The listing is not exhaustive. Below are suggestions on further places you might contact for activities in your local area.

Citizens Advice Bureau - 0800 367 222

Local bureaux keep a large database of information on senior citizen's clubs, societies, walking groups, exercise classes and special interest groups.

Specific Need Groups

Communities often establish recreation groups and leisure activities to meet specific needs. Examples of these are the Stroke Foundation, Foundation for the Blind, Arthritis NZ, Diabetes NZ. If you have a specific need, contact the appropriate agency for more information.

Community Centres & Community Houses

Local community centres often cater for older adults with activities such as gentle exercise classes, 50's+ programmes, yoga classes etc. Contact your local community centre or council for contacts.

Community Education

Classes are held in a number of Auckland secondary schools offering a wide range of topics. Information on classes is published regularly in community newspapers, or contact your local school to see if they offer Community Education programmes.

Exercise Classes

There is a huge list of exercise classes on the 'Live Stronger for Longer' website, www.livestronger.org.nz – including dance, tai chi, yoga, sit fit and more. Exercise providers who meet assessment criteria for community group strength and balance, or in-home strength and balance programmes, are listed on this site. We have not duplicated those classes in this listing. If you are unable to access this information online – contact lead agencies listed here under 'Live Stronger for Longer'

NB: inclusion in this listing does not indicate District Health Board endorsement. Prices are correct at time of publication but may be subject to change. There may be service changes due to Covid-19 restrictions.

Concessions for Older Adults

Transport

Auckland residents with a SuperGold card can travel free on public transport from 9am on weekdays, free also on weekends and public holidays. Passengers need to show eligibility with a current Auckland Transport (AT) senior citizen ID. Contact AT on 09 366 6400 for more information.

The Total Mobility Scheme helps people with a permanent disability assessed as unable to use public transport. Card holders are entitled to reduced taxi fares. Application forms are available from organisations like Age Concern, Stroke Foundation and others. Phone Seniorline 0800 725 463 for more information on the total mobility scheme

Super Gold Card

This card is for all New Zealand residents 65+ years and under 65s who qualify for NZ Superannuation or Veterans pension. The back of the card shows entitlement to New Zealand Superannuation (NZS), Veteran's pension (VP) and/or Community Services card (CSC). The card can be used to receive discounts and benefits from participating businesses. Contact your local Work and Income Super Centre or phone 0800 552 002.

Social Activities

A Better Chance Charitable Trust.....	3	Our Women's Network	5
Chinese Positive Ageing Trust	3	Selwyn Foundation	5
Communicare	4	Shanti Niwas Trust	6
Day Out Fun Trips.....	4	Sixties Up Movement	6
Korean Senior Academy	4	Te Atatu Christian Care.....	6
North Shore Centres - CMA	5		

Exercise programmes

Born Again Bodies	7	Live Stronger for Longer.....	8
Forever Young Dance	7	never2old – active body, active mind.....	8
Green Prescription	7	North Shore Women's Centre	8
Langimalie Exercise Programme.....	7		

Special Interest Groups

Age Concern.....	8	Probus Clubs	10
Aphasia NZ Charitable Trust	9	Royal NZ RSA.....	10
Auckland Central Model Railway Club.....	9	SeniorNet.....	11
CeleBRation Choir	9	Sing Up Rodney.....	11
Mapura Studios	9	Stroke Foundation.....	11
MenzSheds	10	The Claystore	11
Model Flying NZ.....	10	TOA Pacific Inc.	12
NZ Bridge Clubs.....	10	U3A – Universities of the Third Age.....	12

Social Activities

A Better Chance Charitable Trust

Contact	Melany Yin	828 8333 / 027 688 0881
Email/Website	info@abetterchancetrust.org.nz	www.abetterchancetrust.org.nz
Fees	Dependent on event	
Programme	Age Friendly Day Centre, Stay Connect online programme, Classes in English phonetic symbols, spoken English, general civic service, drawing, dancing, crafting and guitar. culture and art, traditional Chinese medicine workshop, medical and legal consultations, haircut service, Tai Chi and martial arts	
Suitable for	All age groups	
Hours	Office is open Monday to Friday from 9.30am to 4.30pm. Please contact office for a timetable of classes and services.	
Meals	Dependent on event	
Transport	Dependent on event	
Location/s	2163 Great North Rd, Avondale 262 Ti Rakau Dr, Burswood	
	We are a non-profit organization aiming to provide quality programmes and services to local Chinese.	

Chinese Positive Ageing Charitable Trust

Contact	Sandy Nip	624 1368 / 021 052 0930
Email/Website	cpa.trust@gmail.com	See below
Fees	\$8 per session, extra fees may apply	
Programme	Tai Chi, crafts, health talks, mah jong, outings, Chinese movies, puzzles, chess, games and sing-alongs	
Suitable for	Senior Chinese 65+ years living in Auckland, willing to participate in group activities and able to care for self	
Hours	10am - 1.30pm.	
Meals	Morning / afternoon tea, lunch	
Transport	No transport available	
Location/s	Takapuna: 7 The Strand, (Thursdays) Pakuranga: 13 Reeves Road, (Fridays) Three Kings: 546 Mount Albert Road, (Saturdays) Website: https://cpacharitabletrust.wordpress.com/	

Communicare CMA Auckland INC

Contact	Selina Fihaki (Reception)	631 5968
Email/Website	office@communicare.org.nz	www.communicare.org.nz
Fees	\$20 membership per year, plus \$6 per session	
Programme	Centres offer a variety of activities such as handcraft, exercises, board games or indoor bowls. Members can relax in a friendly environment with the occasional speaker / entertainment or outing	
Suitable for	65 years or older or aged 50-64 with age related needs Living in own home or with family but on their own during the day, or in retirement complex or in Pensioner housing. Able to move around with minimal assistance and do not require lifting in/out of chairs to transport. Able to interact socially and able to participate in our programmes Independent with toileting and feeding	
Hours	Each centre runs once a week from Monday to Thursday 9am to 1pm – during school term time only.	
Meals	Morning tea and light lunch	
Transport	No transport provided but can help identify suitable options	
Location/s	21 centres throughout the Auckland region, East, West, Central and South	

Day Out Fun Trips

Contact	Brent Le Page	826 4008 after 6pm
Email/Website	brlepage@xtra.co.nz	www.scenictrips.co.nz
Fees	\$30 short distance, \$45 long distance	
Programme	Door to door day tours to places of interest outside of Auckland, half day or full day	
Suitable for	Older people, suitable for walkers or those who need a walking frame	
Hours	Seven days, negotiable	
Meals	Morning tea provided, café lunch or bring your own	
Transport	10 seater van	
Location/s	Cluster passengers from one area so pick-up does not take too long	

Korean Senior Academy

Contact	Yongrahn Park	271 1949 / 021 212 6889
Email/Website	info@koreanpositiveageing.org.nz	See below
Fees	\$2 per session	
Programme	Health exercises, learn about NZ culture through cooking, dancing, crafts and outings. English, positive ageing workshops, sports events, cultural practices and community development	
Suitable for	Korean seniors 50+ years	
Hours	Friday 1.30- 4.30 pm	
Meals	Afternoon tea and snacks provided	
Transport	No transport available	
Location/s	Community House, 47 Aviemore Drive, Highland Park Group run by Korean Positive Ageing Charitable Trust Website - facebook Korean Positive Ageing Charitable Trust	

North Shore CMA

Contact	Rachel Quin Gilbert	489 8954
Email/Website	info@cmans.org.nz	www.cmans.org.nz
Fees	\$25 membership per annum, \$6 per morning	
Programme	Activities include crafts, games, bingo, quizzes, approved strength and balance exercise, music and dancing, outings, visiting speakers and much more	
Suitable for	Over 65's, or over 55's with age-related needs	
Hours	Support office hours 9am to 3pm. Each centre open one morning per week, 10am to 12.30pm, primary school term only	
Meals	Morning tea and light lunch	
Transport	Small nominal charge for transport, \$2 each way if required.	
Location/s	8 Centres North Shore and Hibiscus coast See website for location of centres CMA can make assessments for Total Mobility cards.	

Our Women's Network North Shore (OWN)

Contact	Lennie Crawford	027 217 4783
Email/Website	info@own.org.nz	www.own.org.nz
Fees	\$20 annual membership	
Programme	Includes events, workshops, speakers, art classes, discussion, newsletter, writing and theatre groups. Emphasis is on older women enjoying activities together, responsive to members' interests.	
Suitable for	Women of all ages	
Hours	Varied hours, depending on group activity	
Meals	Dependent on event	
Transport	No transport available	
Location/s	Membership predominantly North Shore	

Selwyn Foundation - Selwyn Centres

Contact	Heather Whineray	09 849 9202 / 021 779 454
Email/Website	heather.whineray@selwynfoundation.org.	www.selwynfoundation.org.nz
Fees	\$2 - \$4 includes morning tea, \$4 - \$6 for lunch	
Programme	A varied activity programme, gentle exercise and mental stimulation. Each Wednesday Papatoetoe holds a day for the Indian community. Maori centre in Mangere on Thursday	
Suitable for	Retired, fairly independent, alert and motivated people. Those using mobility aides independently. Mild dementia	
Hours	9.30am to 12.30pm. Open during school holidays, closed 2-3 weeks over Christmas	
Meals	Morning tea, some provide hot midday meal	
Transport	Donation. Volunteers use own cars, local area only, some have own van	
Location/s	24 centres across Auckland Alternative contact Rod Perkins 849 9203 / 021 277 7417	

Shanti Niwas Charitable Trust Inc

Contact	Nilima Venkat Jyoti Parashar	622 1010 / 021 202 8406 021 208 2915
Email/Website	shantiniwas@xtra.co.nz	www.shantiniwas.org.nz
Fees	Free membership. Small donation towards activities and transport	
Programme	Auckland-wide positive ageing day programme includes cultural, creative, educational, entertainment, outings, festival celebrations, social and physical activities	
Suitable for	Older people of Indian and South Asian origin living in the Auckland region who are socially isolated, lonely and have various age-related issues	
Hours	10.30am to 1.30pm	
Meals	Indian vegetarian meal, morning tea	
Transport	Transport available on request	
Location/s	Auckland Centre: Shanti Niwas Seniors Centre, 14 Spring St, Onehunga. North Shore Centre: Glenfield Community Centre, North Shore Manukau: St Andrews Church, 150 Great South Rd Manurewa Balmoral: Drop in centre, 258 Balmoral Rd, Mt. Albert ZEAL - 20, Aldermen Drive, Henderson Other services offered by Shanti Niwas: advocacy, interpreting and translating, emergency housing, visiting services, Elder Abuse and Neglect Prevention Service, information on age-related issues and inter-generational activities	

Sixties Up Movement

Contact	See website for local contacts	0800 367 222 (CAB)
Email/Website	n/a	www.60supmovement.org.nz
Fees	Annual fee, plus local and activities fee	
Programme	Different programme for each branch may include: bowls, games, mah jong, cards, crafts, trips, BBQ's, lunches out, petanque and monthly newsletter.	
Suitable for	Active older people who enjoy social contact	
Hours	Times depend on activity and location, see website	
Meals	Not available	
Transport	No transport available	
Location/s	Auckland-wide	

Te Atatu Christian Care Centre

Contact	Joyce Francis / Joan Davis	837 8900 / 833 8990
Email/Website	joynorm@maxnet.co.nz	n/a
Fees	\$5 cost to help with food and transport	
Programme	Bible study, games, craft, speakers and trading table	
Suitable for	People interested in social activity and companionship	
Hours	Tuesdays, 9.30am to 1pm	
Meals	Morning tea and light lunch	
Transport	Transport provided by care centre vans and volunteer drivers	
Location/s	Te Atatu Baptist church	

Exercise programmes

Born Again Bodies

Contact	Gary Syme	479 2212
Email	aandgsyme@gmail.com	Website n/a
Fees	\$7 per session	
Programme	Exercise for over 50's, health and nutrition advice for wellbeing. Strength, balance, flexibility and independence at any age, weight or shape	
Location/s	Sites on the North Shore and Orewa, including several retirement villages Exercises are done seated as well as standing. Many can be modified as required. There is concentration on leg strength and balance.	

Forever Young Dance

Contact	Claire Baxter-Cardy	360 0047
Email	bookings@empirestudios.nz	Website www.empirestudios.nz
Fees	Class discounts; 1 class \$10 week, 2 classes \$15 week, 3 classes \$20 week	
Programme	Forever Young is gentle dance classes for those in their golden years. In these classes we absolutely have fun sharing the passion of dance, while keeping fit and staying young at heart.	
Location/s	2 Bond St., Grey Lynn Mondays 2pm Forever Young Hip Hop, Tuesdays 2pm Forever Young Ballet, Fridays 2pm Forever Young Jazz	

Green Prescription

Contact	See your GP for information	
Email	See below	Website www.health.govt.nz (search GRx)
	Central & South	623 7924
	grxreferral@sportauckland.co.nz	
	North Harbour, Waitakere & Rodney	415 4657
	grx@harboursport.co.nz	
Fees	Free, may be some cost for classes	
Programme	Green Prescription is written advice from a health professional on patient physical activity, duration and intensity as part of a health management plan. Programmes are tailored to the individual, but can include group exercise (variable cost), Tai Chi classes for over 65's and ongoing healthy eating and fitness advice	
Location/s	Contact local coordinator	

Langimalie Exercise Programme

Contact	Kasalanaita Puniani	DDI 622 4976 Mob: 022 187 8918
Email	See below	Website www.tonganhealth.com
Fees	Free	
Programme	Exercise program for elderly – Mondays 10.30am	
Location/s	Langimalie hall, 5A Jordan Ave, Onehunga Contact: Kasalanaita.Puniani@tonganhealth.com	

Live Stronger for Longer – Strength & Balance

Contact	Auckland & Waitemata: Kerri Moran	022 380 8910 / 09 415 4611
Email	Kerrim@harboursport.co.nz Counties Manukau: Lisa Jury Lisaj@accm.org.nz	Website www.livestronger.org.nz 279 4331 / 021 960 004
Fees	Variable	
Programme	These classes are an easy way to build your leg strength, keep you balanced, and reduce your risk of falls. The classes are safe and effective for older people and it's a great opportunity to have some fun, try a variety of classes and meet other people in your community!	
Location/s	See website for list of classes and locations - https://www.livestronger.org.nz/home/strength-and-balance/find-a-class-near-you/	

never2old - active body, active mind

Contact	Phillipa Batts	921 9999 ext 7615
Email	phillipa.batts@aut.ac.nz	Website www.never2old.net.nz
Fees	\$8 casual, \$75 for 10 visit concession	
Programme	Resistance training, balance and cardiovascular exercise, seminars, workshops, social events, modified sports	
Location/s	Northcote, Papatoetoe, Papakura and Whangaparaoa See website for contact numbers	

North Shore Women's Centre

Contact	Fleur Brydon / Dawn Hutchison	444 4618
Email	women.ctr@xtra.co.nz	Website www.nswomenscentre.co.nz
Fees	Varies, mainly gold coin donation for courses. Counselling \$50 per session for up to six sessions. Social worker and legal clinic free	
Programme	Age with Flair group for women 60+ years, Tai Chi \$2 per class	
Location/s	5 Mayfield Rd, Glenfield	

Special Interest Groups

Age Concern

Contact	Auckland Central and West Counties Manukau North Shore Rodney	820 0184 279 4331 489 4975 09 426 0916
Email	n/a	Website www.ageconcern.org.nz
Fees	A small annual subscription	
Programme	Age Concern is a charitable organisation dedicated to people over the age of 65. Branches offer different activities e.g. falls prevention programmes, education and social activities. Members receive a regular newsletter	
Location/s	Branches across Auckland, as above	

Aphasia NZ Charitable Trust

Contact	Emma Castle	0508 274 274
Email	info@aphasia.org.nz	Website www.aphasia.org.nz
Fees	By donation	
Programme	Korero (conversation) groups are run by an AphasiaNZ CAA (Community Aphasia Advisor) on the North Shore and in South Auckland. Contact us for more information about our structured communication groups for people with aphasia.	
Location/s	Locations change from time to time – please contact us for up-to-date information about Auckland activities.	

Auckland Central Model Railway Club

Contact	Bob Cartwright	534 6702
Email	newmilns@xtra.co.nz	Website www.nzamrc.org.nz
Fees	Annual subscription \$120	
Programme	Weekly meetings on Thursday evenings 7.30pm - 10pm to at clubrooms which have two permanent layouts. Twice yearly fundraising events in local community	
Location/s	Auckland Central have clubrooms at Vic Cowen Park, 174 Penrose Road, Mt Wellington. There is also a North Shore Model Railway Club, see www.nsmrc.org.nz for more details	

CeleBRation Choir

Contact	University Administrator	923 6886
Email	cbrchoir@auckland.ac.nz	Website www.cbr.auckland.ac.nz/choir
Fees	No charge, but contact with therapists essential prior to attendance	
Programme	Therapeutic community singing group for adults with an acquired neurological condition (e.g. stroke, Parkinson's, dementia, brain injury), with a focus on quality of life and communication abilities (voice, speech, language and memory). Partner/carer participation and volunteer inquiries welcome. Opportunities to participate in related research projects Monday afternoon sessions - contact us for confirmed dates and holidays	
Location/s	Currently (May 2020) meeting online, due to Covid-19. We do not yet have a date for our return to The University of Auckland Epsom Campus. Free parking and accessible building. No transport available but fairly near Mt Eden Rd bus stops. New members welcome, but there is a membership form and process before attending, whether online or in person.	

Māpura Studios

Contact	Alex McPherson	845 5361
Email	info@mapurastudios.org.nz	Website www.mapurastudios.org.nz
Fees	Subsidised programme, fees apply	
Programme	Māpura Studios is a creative space offering professional, person-centred visual arts and arts therapy. Programmes are inclusive of people who have experienced stroke, neurological conditions, physical / intellectual disability or other social need	
Location/s	Fowlds Park, St Lukes, Auckland, plus outreach programmes, check website Join our community of artists to develop creative skills / self-expression and companionship. Classes to suit individual. Ample parking is available in our peaceful park setting	

MenzSheds NZ Inc

Contact	David Broadhead	021 324 762
Email	regrep1@menzshed.nz	Website www.menzshed.org.nz
Fees	Annual fee varies depending on group	
Programme	Community Men's Sheds are available to men of all ages for personal and community projects. Wood, metal, electronics and a variety of other working tools available on site. Hours vary depending on group	
Location/s	Auckland Central, Auckland East, Waiheke, Mt Albert, New Lynn, Massey, Henderson, North Shore, Devonport, Hibiscus Coast, Howick, Waiuku, Manurewa (Boomer Business) and Settlers Albany	

Model Flying NZ

Contact	Paul Clegg	021 986 566
Email	secretary@modelflyingnz.org	Website www.modelflyingnz.org
Fees	Fees set by local club	
Programme	Clubs cater for people who enjoy flying remote control model aircraft including model helicopters and multi-rotor drones. Check website for local club information	
Location/s	79 clubs throughout the country Magazine four times per year	

NZ Bridge Association - Bridge Clubs

Contact	Richard Solomon	09 232 8494
Email	richard.solomon@nzbridge.co.nz	Website www.nzbridge.co.nz
Fees	Annual fees \$50 - \$100 plus the NZ Bridge levy of \$24. Cost per game generally \$4 - \$9, varies with club.	
Programme	All bridge clubs offer classes to learn the game. Sessions available both day and evening. You can bring your own bridge partner or find one at the club	
Location/s	15 clubs across Auckland	

Probus Clubs

Contact	Australasian Head Office	0800 1477 6287
Email	admin@probussouthpacific.org	Website www.probusouthpacific.org
Fees	A small membership fee applies	
Programme	For retired people. Meetings, speakers and outings. Men's, women's and mixed clubs. Groups usually meet once a month	
Location/s	See website for clubs in your area	

Royal NZ Returned Services Association (RSA)

Contact	Richard Terrill	04 384 7994 / 027 210 9082
Email	richardt@rsa.org.nz	Website www.rsa.org.nz
Fees	Annual membership fee applies	
Programme	Clubs provide social activities, advice and support to returned, former and current service personnel and their families	
Location/s	Branches listed in the white pages and the RSA website: rsa.org.nz/find-an-rsa	

SeniorNet

Contact	SeniorNet	04 528 0742 (9am-3pm)
Email	heather@seniornet.co.nz	Website www.seniornet.co.nz
Fees	Annual membership fee, small fee for each course	
Programme	Range of computer courses for people aged 55+ years, learn word-processing and how to use the internet. Also learn to use an iPad, iPhone or other devices. Help available from 'how to get started' to more advanced computer and internet uses	
Location/s	13 centres across Auckland with friendly people happy to help you Daytime classes, check website for details on local groups	

Sing Up Rodney (Orewa and Warkworth)

Contact	Alison Talmage	027 464 2465
Email	singuprodney@gmail.com	Website See below
Fees	\$10 per person / couple per week	
Programme	Social singing and community music therapy for people living with a neurological conditions (such as stroke, Parkinson's or dementia) and partners / carers from the Rodney and North Shore areas. Thursday mornings, see Facebook page for dates and details.	
Location/s	First Thursday of the month: Warkworth Methodist Church Hall Other Thursdays during term-time: Ōrewa Scout Hall, 467 Hibiscus Coast Highway, Ōrewa. Please check dates carefully or phone to confirm. Some people attend both groups Website - www.facebook.com/singuprodneynz/	

Stroke Foundation & Stroke Clubs

Contact	Don Scandrett or Tracey Dealey	475 0070
Email	northern@stroke.org.nz	Website www.stroke.org.nz
Fees	Small weekly fee for the Stroke clubs	
Programme	Free community stroke advisor service, support for carers and Back to Work programme. Stroke clubs provide a range of activities, the most popular is indoor bowls	
Location/s	16 Stroke clubs Meetings usually in the mornings, times and fees depend on individual group	

The Claystore

Contact	George Crook	445 0399
Email	francis.george.crook@gmail.com	Website www.menzshed.org.nz/
Fees	No fees, donations only	
Programme	Devonport community workshop available to men and women for personal projects. Wood and metalworking tools available for use on site. Trailer available. Open 9am to noon, Monday to Saturday.	
Location/s	27 Lake Rd, Devonport, next to fire station	

TOA Pacific Inc

Contact	Malia Hamani	276 4596 / 021 344 405
Email	malia@toapacific.org.nz	Website www.toapacific.org.nz
Fees	Free	
Programme	Otahuhu: weekly event 10am to 2pm, Wednesdays and Thursdays welcoming Pacific older people and aiga carers. Programme includes information, exercise, music, dance, games, Senionet Pacific and support of aiga carers. Prevention services for elder abuse / neglect and family violence. Mt Roskill: fortnightly Monday group at May Rd Community Hall, 10am to 2pm. Similar programme to the Otahuhu group.	
Location/s	214 Great South Rd, Otahuhu 13 May Rd, Mt Roskill	

U3A - Universities of the Third Age

Contact	Citizens Advice Bureau	0800 367 222
Email	n/a	Website www.u3aonline.org.au
Fees	A small annual subscription	
Programme	U3A provides intellectual stimulus to older people by offering group and individual study on topics of interest. For people not able to access a local group, there is an on-line option where groups in NZ and Australia share ideas, resources and information	
Location/s	There 15 groups across Auckland. To find a local group, go to the website and click on 'Find a U3A' tab or contact your local CAB	