

Activities for Older People - Auckland (November 2017)

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.

Needs Assessment workers also have information on activities and programmes in your local area; see contacts below.

Needs Assessment contact phone numbers:

Auckland..... 375 4395
North Shore, Rodney, Waitakere 442 7171
Counties Manukau..... 276 0040

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.

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.

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.

Contact AT on 09 366 6400 for more information on both the above schemes

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
Care and Craft	3	Scene.....	6
Chinese Positive Ageing Trust	3	Selwyn Foundation.....	6
Communicare	4	Shanti Niwas Trust	6
Day Out Fun Trips.....	4	Sixties Up Movement	7
Korean Silver School.....	4	Supa Savvies	7
Murphy Travel Club.....	5	Te Atatu Christian Care.....	7
North Shore Centres - CMA	5		

Exercise programmes

AUT never2old	8	Langimalie Exercise Programme.....	9
Born Again Bodies	8	North Shore Women's Centre	10
Chair Yoga	8	SeniorsDANCE	10
Gentle Exercise Class	8	Sit Fit Exercise Class	10
Golden Oldies Rec Group	9	Smiling Dragon Tai Chi & Qigong.....	10
Green Prescription	9	The ChiBall Method.....	11
Jazz Dancing for Seniors	9		

Special Interest Groups

Age Concern	11	Probus Clubs	13
Aphasia NZ Charitable Trust	11	Royal NZ RSA.....	13
Auckland Deaf Society	11	SeniorNet.....	13
Auckland Model Railway Club	12	Sing Up Rodney	14
CeleBRation Choir	12	Stroke Foundation.....	14
Mapura Studios.....	12	The Claystore.....	14
Menz Sheds.....	12	TOA Pacific Inc.	14
Model Flying NZ.....	13	U3A – Universities of the Third Age.....	15
NZ Bridge Clubs.....	13		

Social Activities

A Better Chance Charitable Trust

Contact	Melany Yin	620 8333
Email/Website	info@nzhzh.co.nz	www.nzhzh.co.nz
Fees	Free	
Programme	Classes in English phonetic symbols, spoken English, general civic service, drawing, gardening, dancing, basic sewing, crafting and guitar. Beijing opera, culture and art, traditional Chinese medicine workshop, medical and legal consultations, haircut service. Table tennis, Tai Chi and martial arts.	
Suitable for	All age groups	
Hours	Office is open Monday to Friday from 9.30am - 4.30pm. Please contact office for a timetable of classes and services.	
Meals	Dependent on event	
Transport	No transport available	
Location/s	1 Louvain Ave, Mt Roskill	
	We are a non-profit organization aiming to provide quality programmes and services to local Chinese.	

Care & Craft Centres of NZ Trust

Contact	Daphne Markwick	478 9803
Email/Website	daphne.markwick@xtra.co.nz	n/a
Fees	\$4- \$5 approx per day	
Programme	Socialisation, companionship, communication, some crafts and games.	
Suitable for	People who are lonely, elderly, restricted in their mobility, do not usually get out, would like companionship and support	
Hours	10am to 1pm one morning per week during school terms: Birkenhead Wednesday, Waiheke Thursday and Milford Friday	
Meals	Morning tea and light lunch	
Transport	Volunteer drivers if available, no charge	
Location/s	Birkenhead, Waiheke and Milford	

Chinese Positive Ageing Charitable Trust

Contact	Sandy Nip	624 1368 / 021 052 0930
Email/Website	cpa.trust@gmail.com	www.cpacharitabletrust.wordpress.com
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 to 3pm	
Meals	Morning / afternoon tea, lunch	
Transport	No transport available	
Location/s	Pakuranga: 16 Swan Cres, Thursdays, Takapuna: 7 The Strand, Fridays, Three Kings: 546 Mount Albert Road, Saturdays	

Communicare CMA Auckland

Contact	Maree Folwell	631 5968
Email/Website	office@communicare.co.nz	www.communicare.co.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 speakers / entertainment or outing	
Suitable for	Anyone who is senior, lonely, disabled, restricted in their mobility and who would enjoy some friendly support and interaction within their local community	
Hours	9.30am to 1.00pm, 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 Auckland	

Day Out Fun Trips

Contact	Brent Le Page	826 4008 after 6pm
Email/Website	brlepage@xtra.co.nz	www.scenictrips.co.nz
Fees	\$28 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 Silver School

Contact	Yongrahn Park	272 7040 / 021 212 6889
Email/Website	info@koreanpositiveageing.org.nz	n/a
Fees	\$2 per session, extra fees may apply for special events	
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	Fridays, 1.30pm to 4pm	
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	

Murphy Travel Club

Contact	Lorraine	(09) 236 8166
Email/Website	epsl@xtra.co.nz	n/a
Fees	\$15 yearly subscription. Costs vary according to activity	
Programme	Newsletters twice yearly advertise trips which include day trips, tours and overnight stays.	
Suitable for	Suits independent and mobile people	
Hours	Office open Monday to Friday 9am to 12 midday	
Meals	Dependent on type of trip	
Transport	Van or bus, dependent on trip	
Location/s	For people living in wider Franklin area	

North Shore Centres for Mutual Aid - CMA

Contact	Rachel Quin Gilbert	489 8954
Email/Website	info@cmans.org.nz	www.cmans.org.nz
Fees	\$15 membership per year, \$6 per morning	
Programme	Activities include crafts, card making, board games, bingo, mind games, gentle exercise, outings, visiting musicians and speakers	
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, small charge	
Transport	Some volunteer drivers, taxis, Age Concern van. Small donation for transport	
Location/s	9 Centres North Shore and Hibiscus coast See website for location of centres	

Our Women's Network North Shore (OWN)

Contact	Joan Lardner-Rivlin	483 9671
Email/Website	own@own.org.nz	www.own.org.nz
Fees	\$15 annual membership	
Programme	Includes events, workshops, speakers, tai chi for older women, 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	

SCENE - Senior Citizens Events & Expeditions

Contact	Onehunga Community Centre Rebecca McGinty - Facilitator	634 9253 021149 1320
Email/Website	onehungacc@aucklandcouncil.govt.nz	n/a
Fees	\$2 per session, monthly activities extra cost	
Programme	Tuesdays: speakers, bus trip or entertainment and afternoon tea. Fridays: indoor bowls, 500 card games, scrabble, tea and biscuits	
Suitable for	Age 50+ years, people interested in meeting new friends	
Hours	First Tuesday of the month, 1pm to 3pm, every Friday, 12.30 to 2.30pm	
Meals	Afternoon tea	
Transport	No transport available	
Location/s	3 Pearce St, Onehunga	

Selwyn Foundation

Contact	Heather Whineray	09 849 9202 / 021 779 454
Email/Website	heatherwh@selwyncare.org.nz	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 Clendon has a Pacific Island day and 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	25 centres across Auckland	
	Alternative contact Rod Perkins 849 9203 / 021 277 7417	

Shanti Niwas Charitable Trust Inc

Contact	Nilima Venkat / Naveed Ahmed Nilima Venkat	622 1010 / 021 202 8406 021 202 8406
Email/Website	shantiniwas@xtra.co.nz	www.shantiniwas.org.nz
Fees	Free membership. Small donation towards meal 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	10.00am to 2.00pm	
Meals	Indian vegetarian meal, tea / coffee	
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 Other services offered by Shanti Niwas: advocacy, interpreting and translating, emergency housing, visiting housebound seniors, Elder Abuse and Neglect Prevention Service, information on age-related issues and inter-generational activities.	

Sixties Up Movement

Contact	Citizens Advice Bureau for local contacts	0800 367 222
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	

Supa Savvies

Contact	Receptionist at Home & Family	630 8961 ext 1
Email/Website	info@homeandfamily.org.nz	see below
Fees	n/a	
Programme	A fortnightly group based on social networking and mutual support which meets for 40 weeks. The programme is facilitated for the first 10 sessions. The group continues the rest of the programme with a sense of autonomy and self-direction. Programme includes discussion topics, creativity and social activities with an emphasis on wellness, fun, interaction and education. Group size is 10 to 15 people.	
Suitable for	Men and women, 60+ years, who are motivated, active and independent. Suit those living alone or feeling isolated. Programme sponsored by Home and Family Counselling.	
Hours	Fortnightly, 2 hours	
Meals	Light refreshments	
Transport	No transport available	
Location/s	Groups are set up throughout Auckland as required and funding dependent. Website- www.homeandfamily.org.nz/our-services/group-programmes/#SS	

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, outings 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

AUT never2old active ageing

Contact	Phillipa Batts	921 9999 ext 7615
Email	Phillipa.batts@aut.ac.nz	Website www.never2old.net.nz
Fees	Small fee for exercise programmes (\$7.50), and other events	
Programme	Resistance training, balance and cardiovascular exercise, seminars, workshops, social events, outdoor challenges, masters games modified sports competitions	
Location/s	Auckland Central, Ellerslie, Glen Innes, Howick, Kohimarama, Massey, Mt Albert, Mt Roskill, Northcote, Onehunga, Papatoetoe, Papakura and Whangaparaoa See website for contact numbers	

Born Again Bodies

Contact	Gary Syme	479 2212
Email	bornagainbodies@actrix.co.nz	Website www.bornagainbodies.co.nz
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	

Chair Yoga

Contact	Tracy Adshead	021 284 8444
Email	chairyoganz@gmail.com	Website diversity-yoga.com
Fees	\$13 per class or a discount card offering 6 classes for \$66	
Programme	Recovering from illness or injury, or feeling rusty in your joints, this class focuses on improving strength, stability, co-ordination and balance. Excellent for fall prevention and ongoing stroke recovery. A gentle seated practice combining postures, breathing techniques and meditation. Wear comfortable clothing that allows ease of movement.	
Location/s	Thursday: Grey Lynn Community Centre, 510 Richmond Rd. Monday: The Old Homestead, 92 Pt Chevalier Rd. Free parking and disabled parking available at both locations. Easy access. Thursdays 11am to 12 noon, Mondays 10am to 11am	

Gentle Exercise Class

Contact	Glynis Clemerson	537 6029
Email	see below	Website www.aucklandleisure.co.nz
Fees	\$4.00 per session or \$36 card for 10 sessions (can be included in gym membership)	
Programme	Suitable for all abilities. Instructor is a qualified physiotherapist and can modify exercises to meet individual needs. Classes Tuesday and Thursday 10.15am to 11.15am, Wednesday 1pm to 2pm. Booking required for first assessment, first session is free	
Location/s	Howick Leisure Centre, 563 Pakuranga Rd, Howick Contact howickleisure@aucklandcouncil.govt.nz	

Golden Oldies Rec group

Contact	Stephen Dowsett	262 5965 / 021 022 92156
Email	see below	Website see below
Fees	\$3 per session, tea and coffee provided	
Programme	Includes badminton, table tennis, bowls, petanque and a range of indoor games	
Location/s	Allan Brewster Leisure Centre, 7 Tavern Lane, Papatoetoe Classes suit middle aged and older people, Friday 1pm to 3pm Contact stephen.dowsett@aucklandcouncil.govt.nz or www.manukauleisure.co.nz/allan-brewster-leisure/	

Green Prescription

Contact	Regional contacts	
Email	See below	Website www.health.govt.nz
	Central & South: Brooke Mitchell	623 7924
	grxreferral@sportauckland.co.nz	www.sportauckland.co.nz
	North: Liz Golding	415 4659
	grx@harboursport.co.nz	www.harboursport.co.nz
Fees	Waitakere: Rocky Tahuri	822 8000
	rocky.tahuri@healthwest.co.nz	www.healthwest.co.nz
Programme	Free	
Location/s	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	

Jazz Dancing for Seniors

Contact	Claire Baxter	021 777 718
Email	Claire@baxterdance.co.nz	Website www.baxterdance.nz
Fees	\$10	
Programme	Easy jazz dancing with some hip hop. Suitable for active retirees, adults. Friday class, 11.30am to 12.30pm	
Location/s	2 Bond St., Grey Lynn	

Langimalie Exercise Programme

Contact	Kasalanaita Puniani	DDI 622 4976 Mob: 022 187 8918
Email	see below	Website www.tonganhealth.com
Fees	Onehunga class by donation, other locations small charge	
Programme	Langimalie Health Clinic offers day and evening aerobic exercise classes for staff and their wider community on Monday and Wednesday. Also run a community garden	
Location/s	Langimalie hall, 5A Jordan Ave, Onehunga Contact: Kasalanaita.Puniani@tonganhealth.com	

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, Yoga \$10 per session, Tai Chi \$2 per class	
Location/s	5 Mayfield Rd, Glenfield	

SeniorsDANCE

Contact	Susan Jordan	849 5042 or 021 206 1835
Email	susan@seniorsdance.nz	Website www.seniorsdance.nz
Fees	\$10 per class	
Programme	Suitable for older adults with no dance experience required. Builds balance, coordination and strengthens the body. Taught by professional dance teachers	
Location/s	Tuesday 10.30 -11.30am, St Lukes Church Hall, 704 New North Rd, Mt Albert. Thursday 10 - 11am, St Aidan's Church Hall, 5 Ascot Ave, Remuera Wear loose clothing and soft shoes	

Sit Fit Exercise Classes

Contact	Shirley Waterfield	817 7228
Email	n/a	Website n/a
Fees	First session free, Tuesdays \$4, Wednesdays \$6	
Programme	Seated exercises for women with moderate to limited mobility, Tuesday 1pm to 2pm. Women on the Move: level two aerobic exercise to music for all ages, Wednesday 9.30am	
Location/s	Friendship Club Hall, 3063 Great North Rd, New Lynn	

Smiling Dragon Tai Chi & Qigong

Contact	Tamara Bennett (Master trainer)	021 255 1087
Email	smilingdragontaichi@gmail.com	Website www.smilingdragon.co.nz
Fees	Pay by the term from \$7 per class, casual attendance is a higher rate	
Programme	Tai Chi for Health programmes modified for rehabilitation or those with arthritis, diabetes, osteoporosis or back pain. Falls prevention is a focus in all classes. Promotes energy, balance, strength, flexibility, relaxation and fun. All ages welcome. Beginners, Intermediate and Extended classes. Chinese tea provided at half-time break.	
Location/s	Pukekohe: St Patrick's Catholic Church, Waiuku: Scout & Guide Hall, Tuakau: Town Hall, Patumahoe: Historic Presbyterian Church Beginners classes: Pukekohe: Tuesday 11am to 12 noon, Waiuku: Thursday 11am to 12 noon Beginner / Intermediate and Extended classes: Pukekohe: Tuesday 9am and 10am, Friday 9am, 10am and 11am, Wednesday 11.30am to 12.30pm. Waiuku: Thursday 9am and 10am, Tuakau: Wednesday 10am to 11am and Patumahoe: Wednesday 1.30pm to 2.30pm	

The ChiBall Method

Contact	Lynn Webster	521 2022
Email	yoga_lynn@yahoo.com	Website n/a
Fees	\$32 for 4 weeks, first class free	
Programme	Tai Chi, ChiKung, ChiBall Dance, Yoga, Pilates, Fekldenkrais and deep relaxation	
Location/s	Onehunga Community Centre Monday only, 9.20am to 10.45am	

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	Branches offer different activities e.g. falls prevention programmes, cooking and social activities. Members receive a regular newsletter	
Location/s	Branches across Auckland	

Aphasia NZ Charitable Trust

Contact	Emma Castle	373 7599 ext 87781
Email	info@aphasia.org.nz	Website www.aphasia.org.nz
Fees	By donation	
Programme	Support group meetings are coordinated by a facilitator and offer guest speakers, training, communication support strategies, local updates, aphasia resources and information.	
Location/s	Auckland University building 721, 261 Morrin Rd, St Johns and other locations around Auckland, including Aphasia Hubs in West (Henderson) and South (Manurewa) Auckland. Contact the office or 0508 274 274 for further details.	

Auckland Deaf Society

Contact	Fiona Brennan	630 6980
Email	office@auckland-deaf.org.nz	Website www.auckland-deaf.org.nz
Fees	Membership fees apply	
Programme	Activities, games, outings, trips and presentations	
Location/s	Auckland Deaf Society, 164 Balmoral Rd, Balmoral, Auckland Deaf and hearing impaired, 60+ years, alternate Wednesdays 11am to 2pm. Morning tea provided and small charge for a light lunch.	

Auckland Model Railway Club

Contact	Chris Greenhill	443 5352
Email	cgreenhill@xtra.co.nz	Website www.nzamrc.org.nz
Fees	Annual subscription \$20	
Programme	Come along to see other people's layouts and talk about model railways. Contact Chris Greenhill for more details	
Location/s	In members' homes and visits to other model railway sites	

CeleBRation Choir

Contact	Reception at School of Psychology	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	Social singing group, with a focus on quality of life, speech / language maintenance and rehabilitation. Suitable for people living with a neurological condition, such as Parkinson's disease or stroke, who are able to attend independently or with a carer. Programme runs Monday afternoons, see website for dates.	
Location/s	The University of Auckland Tamaki Campus, corner of Morrin Rd and Merton Rd, Glen Innes. Free parking and easily accessible. No transport available, but near bus and Glen Innes Station. Contact Alison Talmage or Shari Storie, registered music therapists, C/- Professor Suzanne Purdy, Auckland University	

Māpura Studios

Contact	Jenny Hutchings	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	Ross McEwan Arthur Buckland (Waiuku) Andrew Wilson (Massey) Barry Keach (Henderson)	09 440 5568 / 021 047 0651 021 151 5808 027 516 6415 027 604 2663
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 projects. Wood, metal, electronics and a variety of other working tools available on site. Hours vary depending on group	
Location/s	North Shore, Henderson, Massey, Devonport, Mangere, Waiuku, Manurewa, Mt Albert, Waiheke, Hibiscus Coast, plus a further five in the North	

Model Flying NZ

Contact	Des Richards	06 324 0007
Email	secretary@modelflyingnz.org	Website www.modelflyingnz.org
Fees	Annual subscription \$75, local clubs have small additional fee	
Programme	Local club information on website	
Location/s	16 clubs in Auckland. Magazine five 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, cost per game \$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 partner or find one at the club.	
Location/s	Clubs across Auckland	

Probus Clubs

Contact	Australasian Head Office	0800 1477 6287
Email	admin@probussouthpacific.org	Website www.probussouthpacific.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	Your local branch	04 384 7994
Email	enquiries@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	0800 736 467
Email	n/a	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 how to use iPads, iPhones and similar. Help available from 'how to get started' to more advanced computer and internet uses.	
Location/s	Learning centres across Auckland Daytime classes, check website for details on local groups	

Sing Up Rodney

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	Royary House, 2 Hibicus Coast Highway, Silverdale, across the road from the bus station. Some car parking available 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	\$20 annual membership for Stroke Foundation and small fee to join a Stroke club	
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	Tom Murray	445 8786
	George Crook	445 0399
Email	devonportclaystore@gmail.com	Website see below
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 See - www.menzshed.org.nz/upper-ni-a-to-m/clay-store-community-workshop/	

TOA Pacific Inc

Contact	Malia Hamani	276 4596 / 021 344 405 021 344 405
Email	malia@toapacific.org.nz	Website www.toapacific.org
Fees	n/a	
Programme	Weekly Otahuhu event 10am to 2pm, Tuesday, Wednesday and Thursday welcoming Pacific older people and aiga carers. Programme includes information, exercise, music, dance, games, Seniornet Pacific and support of aiga carers. Prevention services for elder abuse / neglect and family violence. Monday group at May Rd Community Hall, Mt Roskill from 10am to 2pm.	
Location/s	214 Great South Rd, Otahuhu and 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	To find a local group, go to the website and click on 'Find a U3A' tab or contact your local CAB	