

Activities for Older People - Auckland (Oct 2016)

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.....631 1234
North Shore, Rodney, Waitakere 442 7171
Counties Manukau.....276 0040

NB: inclusion in this listing does not indicate District Health Board endorsement.

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 SuperGold ID card or AT senior citizen ID. From July 1, 2016 only AT cards will be accepted.

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 Auckland Transport 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.

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Social Activities

Care & Craft

Contact	Daphne Markwick	478 9803
Email/Website	daphne.markwick@xtra.co.nz	n/a
Fees	\$3 - \$4 approximately	
Programme	Crafts and games, companionship, communication group and bowls	
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 day per week, school term only	
Meals	Morning tea and light lunch	
Transport	Volunteer drivers if available, no charge	
Location/s	Birkenhead, Milford, Remuera, Waiheke	

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	

Coffee and Chat Group

Contact	Wynn Dalzell	521 1411
Email/Website	n/a	n/a
Fees	\$3 per meeting, outings extra cost	
Programme	Coffee and chat, occasional BBQ's and bus trips to places of interest	
Suitable for	Older people interested in company and outings	
Hours	Fortnightly on Thursday, 10am to 12 noon	
Meals	Morning tea, take turns to supply home-made snacks	
Transport	No transport available	
Location/s	Community Centre, 545 Parnell Rd, Parnell	

Communicare CMA Auckland

Contact	Sudha Bhana	631 5968
Email/Website	office@communicare.co.nz	www.communicare.co.nz
Fees	\$15 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 Alternative email office@communicare.co.nz	

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 so that 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, community development	
Suitable for	Korean seniors 65+ years, a warm welcome to other ethnic groups	
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	

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	Patricia Russell	479 7519
Email/Website	own@own.org.nz	www.own.org.nz
Fees	\$15 annual membership	
Programme	Includes lunches, workshops, tai chi, art classes, discussion, writing and theatre groups	
Suitable for	Women of all ages	
Hours	Varied hours, depending on group activity	
Meals	n/a	
Transport	No transport available	
Location/s	Membership predominantly North Shore	

SCENE - Senior Citizens Events & Expeditions

Contact	Onehunga Community Centre	634 9253
Email/Website	onehungacc@aucklandcouncil.govt.nz	n/a
Fees	\$3 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	1st Tuesday of 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	Darlene Jones	297 2252 / 021 234 8545
Email/Website	darlenej@selwyncare.org.nz	www.selwyncare.org.nz
Fees	\$2 - \$4 includes morning tea, \$4 - \$6 for lunch	
Programme	Six week rotation of activity programme, gentle exercise and mental stimulation. Every Wednesday Clendon have a Pacific Island day and Papatoetoe hold a day for the Indian community. Maori centre in Mangere on Tuesday	
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	32 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	Cultural, creative, educational, entertainment, outings, festival celebrations, social and physical activities. Positive Ageing day programmes run four times a week in Onehunga. Tuesday and Wednesday for seniors living in central Auckland. Thursday for the Counties Manukau area and Friday central Auckland for people with special needs. 1st and 3rd Thursday every month seniors day at Glenfield community centre, North Shore 10.30am to 12 midday	
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	Shanti Niwas Seniors Centre, 14 Spring St, Onehunga. Glenfield Community Centre, North Shore	
	Advocacy, interpreting and translating services, emergency housing, visiting housebound seniors service, Khushi - 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, includes; 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	
Meals	Not available	
Transport	No transport available	
Location/s	Auckland-wide	

Supa Savvies

Contact	Receptionist at Home & Family	630 8961 ext 0
Email/Website	info@homeandfamily.org.nz	see below
Fees	n/a	
Programme	A group based on social networking and mutual support which meets fortnightly. This 12 month programme is facilitated for the first 20 weeks. The group then continues for the rest of the programme with a sense of autonomy and self direction. Programme includes discussion topics, creativity and social activities. Emphasis on wellness, fun, interaction and education. Group size 10 - 15 participants	
Suitable for	Men and women, 60+ years, who are motivated, active and independent. Suitable for those living alone or feeling isolated. This programme is sponsored by Home and Family Counselling centre	
Hours	Fortnightly Wednesday mornings, 2 hours	
Meals	Light refreshments	
Transport	No transport available	
Location/s	Groups set up throughout Auckland as required	
	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

Arogya Mantra - Bollyaerobics

Contact	Dhruti Morar	021 0253 2530
Email	arogyamantra.nz@gmail.com	Website www.facebook.com/ArogyaMantraNZ
Fees	No charge	
Programme	Bollyaerobics and strength training classes run by health professionals, free health screening by doctors, nurses and guest speaker on health every month	
Location/s	Allan Brewster Recreation Centre (Papatoetoe) Sunday 8.30 to 9.30am, Sai Temple (12-18 Princes St, Onehunga) - Saturday and Sunday 8.30 to 9.30am, 57 Hillside Rd, Papatoetoe - Saturday 8.30 to 9.30am Please contact us prior to your first class	

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 \$4 - \$7, 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	\$5 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 or \$66 for 6 classes	
Programme	Two instructors focus on improving balance and strength, postures while seated or standing holding a chair. Increases confidence in stability and movement	
Location/s	Thursday - Community Centre, 510 Richmond Rd, Grey Lynn and Monday - The Old Homestead, 92 Pt Chevalier Rd, Pt Chevalier Thursday 11 to 12 midday and Monday 10.15 to 11.15am	

Gentle Exercise Class

Contact	Rodney Lawless	537 6029
Email	see below	Website www.aucklandleisure.co.nz
Fees	\$3.00 per session or \$30 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 10.15 to 11.15am, Wednesday 1 to 2pm	
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 1 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 - Jacinta Ward	623 7927
	jacintaw@sportauckland.co.nz	www.sportauckland.co.nz
	North - Liz Golding	415 4659
	grx@harboursport.co.nz	www.harboursport.co.nz
	Waitakere - Sue Mushet	822 8004
	suem@healthwest.co.nz	www.healthwest.co.nz
Fees	Free	
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	Oketi Tapualuelu	636 3629
Email	oketit@tonganhealth.com	Website n/a
Fees	Onehunga class by donation, other locations small charge	
Programme	Langimalie Health Clinic offer 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	

North Shore Women's Centre

Contact	Lorraine Owens / 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@jordanandpc.co.nz	Website n/a
Fees	\$7 per class or \$50 per term	
Programme	Suitable for older adults with no dance experience required. Builds balance, coordination and strengthens the body. Taught by professional dance teachers	
Location/s	Classes in Mt Albert, Leigh and Papakura. Phone for more details Wear loose clothing and soft shoes	

Silver Sneakers Exercise Group

Contact	Kimi Witty	630 0629
Email	kimiw.nz@xtra.co.nz	Website n/a
Fees	First class free, then \$5 per class	
Programme	Exercise programme set to music. Includes flexibility, strength, coordination, resistance, balance, agility, postural and functional training. Exercises are done standing (seated options). No floor work. Wear sneakers and light comfortable clothing. Bring water.	
Location/s	Onehunga Senior Citizens Hall, 3 Pearce St, Onehunga Tuesdays and Thursdays 9.30 to 10.30am	

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 1 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	Day and night time classes, pay by the term from \$6 per class or a higher rate for casual attendance	
Programme	Tai Chi for Health programmes modified for those with arthritis, diabetes, osteoporosis, back pain and rehabilitation . Promotes energy, balance, strength, flexibility, relaxation and fun. All ages welcome. Chinese tea provided at half-time break	
Location/s	Waiuku - St Andrew's Centre, Pukekohe - St Patrick's Catholic Church, Tuakau - Town Hall, Patumahoe - historic Presbyterian Church Beginners classes: Pukekohe - Tuesday 11 to 12 noon, Waiuku - Thursday 11 to 12 noon Beginner / Intermediate and Extended classes: available in Waiuku 9am and 10am. Pukekohe Monday 5.30 to 6.30pm, Tuesday and Friday 9 and 10am, Wednesday 11.30am to 12.30pm. Tuakau Wednesday 10 to 11am, Patumahoe - Wednesday 1.30 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, Fekldenkais 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	820 0184
	Counties Manukau	279 4331
	North Shore	489 4975
	Rodney	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 usually run by a facilitator and offer guest speakers, training, communication techniques, local updates and information.	
Location/s	Auckland University building 731, 261 Morrin Rd, St Johns and other locations around Auckland. Contact the office or 027 510 8711 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 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. For times contact Chris Greenhill	
Location/s	In members' homes and also visits to other model railway sites	

CeleBRation Choir

Contact	Reception at School of Psychology	923 6886
Email	cbrchoir@auckland.ac.nz	Website See below
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 Contact Alison Talmage or Shari Storie, registered music therapists, C/- Professor Suzanne Purdy, Auckland University www.fmhs.auckland.ac.nz/en/faculty/cbr/our-centre/celebration-choir.html	

Mapura Studios

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

MenzSheds NZ Inc

Contact	Ross McEwan Anita Curlett (Manurewa) Andrew Wilson (Massey) Graeme Tearle (Henderson) Arthur Buckland (Waiuku)	09 959 0185 / 021 047 0651 269 4080 027 516 6415 021 387 601 021 151 5808
Email	rossmce@xnet.co.nz	Website www.menzshed.org.nz
Fees	Annual fee varies depending on group	
Programme	Community Men's Sheds 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 New sheds are planned for a number of sites across Auckland. See website or ring Ross McEwan for details	

Model Flying NZ

Contact	Des Richards	06 324 0007
Email	vicepresident@modelflyingnz.or	Website www.modelflyingnz.org
Fees	Annual subscription \$70, local clubs have small additional fee	
Programme	Local club information on website	
Location/s	16 clubs in Auckland. Magazine 5 x per year	

Murphy Travel Club

Contact	Lorraine	(09) 236 8166
Email	eps1@xtra.co.nz	Website 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. Suits independent and mobile people	
Location/s	For people living in wider Franklin area Office open Monday to Friday 9am to 12 midday	

NZ Bridge Association - Bridge Clubs

Contact	Richard Solomon	09 232 8494
Email	richardsoloman@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 of IPADs, Iphones and similar. Help from 'how to get started' to more advanced computer and internet uses	
Location/s	Learning centres across Auckland Day classes, check website for details on local groups	

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 Nancy Wright-Sandoy nancy@toapacific.org.nz	276 4596 021 344 405
Email	malia@toapacific.org.nz	Website www.toapacific.org
Fees	n/a	
Programme	Tuesday, Wednesday and Thursday weekly events at Otahuhu welcoming Pacific older people and aiga carers. 10am to 2pm. Information, exercise, music, dance, games etc. Services include Seniornet Pacific, support of aiga carers, elder abuse/neglect service and family violence prevention	
Location/s	214 Great South Rd, Otahuhu	

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	