



## Day Programmes & Activities for Older People - Northland (July 2020)

This listing includes activities for able older people as well as programmes for those interested in activity, but requiring help to participate. Options for more dependent people are in the first part of the listing. Many rest homes and long-term hospitals will accept a day stay client on an informal basis - cost varies, enquire with individual facilities.

### **Subsidies**

Carer Support Subsidy can be used to help with fees where the day programme is used to provide rest for a caregiver. Eligibility for subsidy is assessed by Needs Assessors at Northland District Health Board. Disability Allowance up to \$65.36 a week may apply. It is income tested.

Free day care may be available for people assessed as likely to benefit. Needs Assessment and Service Coordination assess and authorise the subsidy.

Contact phone numbers:

Whangarei, Dargaville, Kaitia, Bay of Islands... 430 4131 or 0800 888 890  
Hokianga..... 405 7709

Activities listed here are not exhaustive. Local Citizens Advice Bureaus (CABs) keep large databases of clubs, societies, walking groups and special interest groups, contact the CAB on 0800 367 222. Communities often establish groups to meet specific needs, e.g. Foundation for the Blind and Arthritis NZ. If you have a specific need, contact the relevant agency.

### **Exercise Classes**

There is a huge list of exercise classes on the 'Live Stronger for Longer' website, [www.livestronger.org.nz](http://www.livestronger.org.nz) Options include dance, tai chi, yoga, sit fit and more. Exercise providers who meet criteria for community group or in-home strength and balance programmes are listed on this site. If you are unable to access information online, contact the lead agency, Sport Northland:

Mark Burkill, email: [markb@sportnorth.co.nz](mailto:markb@sportnorth.co.nz) phone: 027 583 8087 / (09) 437 9600.

Alternatively contact Seniorline on 0800 725 463, or visit [www.seniorline.org.nz](http://www.seniorline.org.nz)

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

## Northland Day Care

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### **Alzheimers Society Northland Inc**

Contact	Office Administrator	Address	PO Box 7027
Phone	438 7771		Tikipunga
Fax	438 2974		
Email	northland@alzheimers.org.nz		
Hours	Monday to Friday, 8am to 4pm		
Fees	Society partially funded by DHB. Referral by community support worker or needs assessor. \$35 annual membership fee optional		
Meals	Light lunch, morning and afternoon tea		
Transport	Offered when no other transport is available		
Programme	Outing and activity day for people with dementia		
Suitable for	People with Alzheimer's or related dementia		
Max	50		
Staff	Diversional therapists and 6 day care assistants		
Space	112 Corks Road, Tikipunga		
	Mobile day care at Waipu and Paihia. Education and support provided through monthly meetings, home visits and phone contact. Cover all of Northland		

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### **Claud Switzer - Alz Club**

Contact	Sharyn Hunt	Address	71 South Rd
Phone	408 1480		Kaitaia
Fax	408 1485		
Email	reception@switzer.org.nz		
Hours	Alternate Wednesdays: East Coast 9am to 2.30pm / Kaitaia 9am to 2.30pm		
Fees	Ministry of Health subsidy		
Meals	Lunch, tea / coffee provided		
Transport	Provided within a 5km radius		
Programme	Art, crafts, reading, discussion, sing-a-longs and outings		
Suitable for	People with dementia. Clients require referral from a needs assessor		
Max	6		
Staff	2 experienced staff		
Space	Diversional therapy building at care complex, plus local community facilities		
	Mobile day programme		

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## Claud Switzer – Golden Age Club

Contact	Sharyn Hunt	
Phone	408 1480	Address 71 South Rd
Fax	408 1485	Kaitaia
Email	reception@switzer.org.nz	
Hours	Kaitaia - 1st and 3rd Tuesday each month Ahipara - 2nd and 4th Tuesday each month Coopers Beach - 2nd Thursday each month 9am to 2.30pm for all groups	
Fees	Ministry of Health subsidy	
Meals	Lunch, tea / coffee provided	
Transport	Provided within a 5km radius	
Programme	Art, crafts, reading, discussion, outings and sing-a-longs	
Suitable for	The well elderly. All new clients need referral from assessor	
Max	20	
Staff	2 experienced staff	
Space	Local community facilities Mobile day programme	

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## Hokianga-Health Day Care

Contact	Lucille Komene	
Phone	405 7333	Address Private Bag
Fax	405 8775	Kaikohe
Email	lucille.komene@hokiangahealth.org.nz	
Hours	Monday to Thursday, 8am to 4.30pm, Friday 8am to 1.30pm, main community day is Tuesday	
Fees	People need to be enrolled with Hokianga Health Trust (PHO)	
Meals	Cost \$2 and shared lunch	
Transport	Local area by arrangement. Have 12 seater van with hoist	
Programme	Personal care, home cooking, crafts, entertainment, music, videos, stretching / exercises and outings	
Suitable for	People with moderate dementia, stroke, wheelchair users. No secure area	
Max	20	
Staff	Registered and enrolled nurses, care assistants and diversional therapist	
Space	Large room at Hokianga hospital with own kitchen, large verandah and quiet areas	

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## **Kaikohe Care**

Contact	Swagata Nandi		
Phone	401 0260	Address	PO Box 267
Fax	401 0263		Kaikohe
Email	kaikohecarenz@gmail.com		
Hours	Monday to Sunday, 8.30am to 5pm		
Fees	\$67.45 per day, extra charge for outings and shows		
Meals	Midday meal, tea / coffee		
Transport	Negotiable		
Programme	Integrated with rest home activity programme: crafts, board games, outings		
Suitable for	People with dementia use the dementia area, others the rest home area		
Max	5		
Staff	Diversional therapist, activities co-ordinator, rest home / nursing staff		
Space	Two rest home lounges, secure dementia unit facilities, rest area if required		

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## **Kerikeri Retirement Village - Alz Club Daycare**

Contact	Bernadette Waller		
Phone	407 0070	Address	PO Box 456
Fax	n/a		Kerikeri
Email	bernadette@kerikerivillage.co.nz		
Hours	Wednesday, 10am to 2pm		
Fees	Ministry of Health subsidy		
Meals	Tea / coffee, light lunch		
Transport	Free within 12km radius		
Programme	Pet therapy with dog, concerts, art and crafts, musical entertainment, bingo, games, bowls, walks outside, stories		
Suitable for	Dementia clients referred by GP, Needs Assessment Services or Alzheimer's Society		
Max	8		
Staff	Registered diversional therapist, assistant diversional therapist and volunteers. Can call on rest home registered nurse		
Space	Use Social Centre at Kerikeri Retirement Village Hairdressing and podiatry available at extra charge		

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## Merrivale Day Care

Contact	Susan Hawkins / Katrina Symonds		
Phone	435 3388	Address	1 Winger Cres
Fax	435 3382		Kamo
Email	susan.hawkins@bupa.co.nz		
Hours	Monday to Friday, 9am to 3pm		
Fees	District Health Board funding, Needs Assessment authorise		
Meals	Morning tea, 2 course lunch and afternoon tea provided		
Transport	Available in city limits, \$10.00 per day		
Programme	Arts, games, outings, quizzes, events and entertainment		
Suitable for	A range of abilities		
Max	25		
Staff	Day programme co-ordinator, care assistants, overseen by registered nurse		
Space	Very large lounge		

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## Northland Disabled Charitable Trust

Contact	Dr Tina Darkins		
Phone	437 1144	Address	110 Boundary Rd
Fax	n/a		Tikipunga
Email	forgetme-not@forgetmenot.org.nz		
Hours	Monday to Friday, 8.30am to 4pm		
Fees	Fees may be covered by Carer Support Subsidy or Disability Allowance. ACC if applicable. Privately paying clients are welcome. Please phone for a time to visit the centre to look around		
Meals	Hot meal, cooked on-site. Morning and afternoon tea / coffee		
Transport	Free within the Whangarei district. Clients picked up from home 8.30am and returned home by 3.30pm		
Programme	Activities include Tai Chi, discussion groups, entertainment, music, computers, swimming, bowling, mini golf, painting, reading / writing / maths groups, outside speakers, crafts, cooking, excursions and sightseeing		
Suitable for	People with a range of ages and disabilities: head injury, stroke, dementia and people who live alone. A therapeutic health and social activities programme is provided		
Max	40 people per day		
Staff	7 full-time paid staff, 3 part-time paid staff, plus volunteers		
Space	Purpose-built centre with dining, rest room, lounge and activity areas  Quiet room for meetings with health professionals. Take home frozen meals available to anyone on request and we deliver to those in need in the community		

## Social Activities

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### 60s Up Movement

Contact	John Taylor (Bream Bay)	021 175 3006
	Margaret Findlater (Kamo)	435 5262
	Lorraine Kevey (Whangarei)	027 922 1411
	Margaret Pinny (Dargaville)	027 710 2500
Email	n/a	
Fees	Annual membership fee, local group activities may involve extra cost	
Programme	Every branch has one or more of the following activities: speakers, entertainers, bus trips, debating, music, indoor games, ten pin bowls, indoor bowls, petanque, tai chi, line dancing, sit dancing, walking, tramping and more	
Suitable for:	Seniors	
Hours:	Regional groups, hours dependent on activities and location	
Meals:	n/a	
Transport:	Share transport	
Location/s	Four Northland branches: Whangarei, Kamo, Bream Bay and Dargaville	

### CMA

Contact	Helen McGillivray (Mangawhai Heads)	945 0489 / 021 0243 3619
	Margaret Hoares (Wellsford)	423 7980
Email	n/a	
Fees	\$5 annually	
Programme	Arts, crafts, games, trading tables, raffles and conversation	
Suitable for:	People who are lonely, disabled, elderly or restricted in their mobility who would like companionship and support. Able to cater for people with moderate dementia (need to have carer with them) and wheelchair users	
Hours:	Wellsford - Monday, 10am to 1pm, Mangawhai Heads - Friday, 10am to 1pm (not in school holidays)	
Meals:	Light lunch, tea / coffee, costs \$2.50 - \$5.00 weekly	
Transport:	Usually organised independently	
Location/s	Church, community or RSA halls	
	Staffed by CMA members, numbers depend on volunteer help and space	

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### Kaikohe Age Well

Contact	Diane Shirliff	405 2248 / 0277 140 430
Email	dianekathleen18@gmail.com	
Fees	\$25 annual registration plus contribution to weekly raffle	
Programme	A karakia to begin morning. Programme can include gentle exercise, board games, cards, line dancing, bowls, a speaker and lunch at 11.30am. Occasional bus trips to places of interest, annual event 'Age Well Idol'	
Suitable for:	People 50+ years, people living alone	
Hours:	Wednesday, 9am to midday	
Meals:	Bring food for a shared meal	
Transport:	No transport available	
Location/s	Senior Citizens Hall, Tawanui Rd, Kaikohe	

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## **Kerikeri Retirement Village - Senior Social Centre**

Contact	Bernadette Waller	407 0070
Email	bernadette@kerikerivillage.co.nz	
Fees	Referral needed from NASC to attend	
Programme	Tuesday and Thursday social day for the community with varied activities: bowling, bus trips, raffles, crossword, card making, card games, exercise, singing, team quizzes, dancing and music	
Suitable for:	People who live independently, limited mobility	
Hours:	Tuesday and Thursday, 10am to 2pm	
Meals:	Tea / coffee, light lunch on Tuesday and Thursday	
Transport:	Available. Free on Tuesday and Thursday within 12km radius	
Location/s	Kerikeri Retirement Village	

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## **Ngati Hine Health Trust Health Support**

Contact	Lana Toia	404 1489
Email	lana@nhht.co.nz	
Fees	Free	
Programme	Korikori, board / card games, line / chair dancing, story telling, trips, arts and crafts	
Suitable for:	Kuia, kaumatua or anyone who wants to stimulate mind, body and soul	
Hours:	Kawakawa fortnightly Tuesday, 10.30am to 3pm, Kawakawa Fire Station	
Meals:	Shared lunch, tea / coffee / milo provided	
Transport:	Some provided	
Location/s	As above	

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## **Selwyn Centre**

Contact	Jan Weston-Arnold	435 3058 / 021 461 189
	Anglican Church (office open to midday)	437 6087
Email	rjwestone@yahoo.co.nz	
Fees	\$10 for lunch and activities, extra costs for outings	
Programme	Exercises, social games, speakers and outings	
Suitable for:	Older people who would enjoy some social contact	
Hours:	Monday, 9.30am to 1pm	
Meals:	Morning tea, 2 course lunch provided	
Transport:	Not available	
Location/s	Whangarei Anglican Church Parish Hall	

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## Whangarei Senior Citizens Club

Contact	Lorraine Austin	438 4962
Email	n/a	
Fees	\$25 annual subscription	
Programme	Mondays - cards / 500 from 12.30pm Tuesdays - Mah Jong from 12.30pm Wednesday - Scrabble 10am to 12 noon Third Thursday of the month - business and birthday meetings from 1pm Fridays - lunch and chat from 12.45 to 2.30pm	
Suitable for:	50 year olds and over	
Hours:	Monday to Friday, 10am to 3pm	
Meals:	Some food provided	
Transport:	Not provided	
Location/s	4 Alexander St, Whangarei	

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## Special Interest Groups

### Age Concern

Contact	Whangarei	438 8043
	Mid North (Kerikeri)	407 4474
	Kaitaia and Districts	408 2997
Website	<a href="http://www.ageconcern.org.nz">www.ageconcern.org.nz</a>	
Fees	Annual subscription, varies depending on location of Age Concern	
Programme	Services vary depending on location of Age Concern, some have field workers, accredited visitor service, total mobility scheme, transport and wheelchair service, advocacy, handyman (Whangarei only, Tuesday and Friday), Kaitaia office has contract for elder abuse and neglect service for the whole of Northland. Members receive a regular newsletter	

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### Green Prescription

Contact	Kerrin Taylor	437 9627 / 022 657 8736
Website	<a href="http://www.sportnorthland.co.nz">www.sportnorthland.co.nz</a>	
Fees	Free	
Programme	A Green Prescription is written advice from a health professional for individuals to receive support with healthy lifestyle as part of a health management plan. Support is tailored to the individual and can include group exercise and ongoing healthy eating / fitness advice.  Covers all of Northland	



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## Probus Clubs

Contact	Australasian Head Office	0800 1477 6287
Website	<a href="http://www.probusouthpacific.org">www.probusouthpacific.org</a>	
Fees	A small membership fee applies	
Programme	For retired people. Meetings, speakers and outings. Mens, womens and mixed clubs. Often meet once a month. Meeting day and venue varies	
	See website for clubs in your area	

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## Returned Services Association

Contact	Colleen Towgood (Welfare Officer)	438 9680 / 027 644 1247
Website	<a href="http://www.rsa.org.nz">www.rsa.org.nz</a>	
Fees	Annual membership fee applies	
Programme	Affiliated organisations and other social groups meet regularly, organised by RSA members	
	RSA branches listed in the white pages or on the RSA website	

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## SeniorNet

Contact	SeniorNet	04 528 0742
Website	<a href="http://www.seniornet.co.nz">www.seniornet.co.nz</a>	
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	
	Check website for details of local groups or contact Heather, 9am-3pm Monday to Friday	

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## Stroke Foundation NZ

Contact	Geno Milne (Northland)	0800 459 954
	Lynelle Ngakuru (Far North)	0800 566 383
Website	<a href="http://www.stroke.org.nz">www.stroke.org.nz</a>	
Fees	Free advice from Community Stroke Advisors, fees for some activities e.g. stroke club memberships	
Programme	Stroke Clubs, Support Groups and Rehab Groups. Socialise with other stroke survivors	
	Office hours - 8.00am to 4.00pm, Monday - Thursday. Contact Northern Stroke Foundation for clubs in your area	

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## U3A - Universities of the Third Age

Contact	Citizens Advice Bureau	0800 367 222
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 To find a local group, go to the website and click on 'Find a U3A' tab or contact your local CAB	

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## Whangarei Mens Shed

Contact	Jeff Griggs	435 1759
	Jurgen Perlich	438 9032
Website	n/a	
Fees	\$30 annual membership fee	
Programme	Community Mens' Shed for men of all ages for community projects. Tools and machinery available on site. Open Monday, Wednesday and Thursday, 10am to 3.30pm. Metal work. Available also for personal projects Located at Whangarei Railway Station, Whangarei	