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[www.ageconcern.org.nz](http://www.ageconcern.org.nz) or [www.agewell.org.nz](http://www.agewell.org.nz)

# CALENDAR OF ACTIVITIES

## 2010

*If you are interested in any of the activities included, please phone the number listed, prior to attending to check details, and any costs that may be involved.*

*Please note that some of the activities listed require you to be a member.*

<b>MONDAY- EXERCISE Programmes</b>			
<b>ActivSenior Pilates</b> <i>- Gentle style Pilates class for the Active Senior</i>	10.30am-11.30pm	444 6340	North Shore Leisure Glenfield Bentley Avenue, Glenfield
<b>Badminton North Harbour</b> <i>- Over 55's Club</i>	1.00pm-3.00pm	Gerard 410 9223	Badminton North Harbour Bond Crescent, Forrest Hill
<b>Beachside Cardiac Club</b> <i>- Group exercise to music</i>	11.00am-11.45pm	479 2924	Beachside Health and Fitness 30 Anzac Road, Browns Bay
<b>BodyBalance</b> <i>- Yoga, Tai Chi, Pilates workout that builds flexibility and strength</i>	6.15pm-7.15pm	444 6340	North Shore Leisure Glenfield Bentley Avenue, Glenfield
<b>Fitness League of NZ (Inc)</b> <i>- Balanced exercise programme, easy exercise</i>	9.30am-10.30am 9.30am-onwards  9.45am-onwards  7.00pm-8.00pm	479 4608 475 5215  486 6964  475 5215	Greenhithe Village Hall St Michaels & All Angels Church Hall, 179 Bayswater Avenue, Bayswater St Georges Presbyterian Church Hall, 2 The Terrace, Takapuna St Mary's By The Sea Deep Creek Road, Torbay
<b>Mairangi Bay Walking Networks</b>	9.00am-10.00am	478 9115	Mairangi Bay Beachfront
<b>never2old active ageing programme</b> <i>- Fitness training programme focusing on improving older adults functional fitness for continued independent living and to improve quality of life</i> <a href="http://www.never2old.net.nz">www.never2old.net.nz</a>	9.30am-10.30am  11.00am-12.00noon  1.30pm-2.30pm	Dennis / Phillipa 921 9999 ext 7716 Sam Lyle 445 4696 Sam Lyle 445 4696	AUT Sports and Fitness Centre Akoranga Drive, Northcote Just Workout, Level 1 17 Clarence Street, Devonport Just Workout, 250 Forrest Hill Road, Forrest Hill
<b>Tai Chi</b>	6.00pm-9.00pm	Bruno 021 155 4606	Bays Community Centre 2 Glen Road, Browns Bay
<b>Tai Chi Falls Prevention</b> <i>- Beginners class</i>	10.45am-11.45am  1.00pm-2.00pm	Harbour Sport 415 4610	Baptist Church Hall 25 Birkdale Road, Birkdale Glenfield Community Hall, Bentley Avenue, Glenfield

Tai Chi Falls Prevention <i>- Maintenance class</i>	9.30am-10.30am <b>9.30am-10.30am</b>		Baptist Church Hall 25 Birkdale Road, Birkenhead <b>St Peter's Church Hall</b> <b>11 Killarney Street, Takapuna</b>
YMCA Northcote <i>- Eezy movers - introduction aerobics class</i> <i>- Movement therapy low level exercise 50-90 year olds</i>	10.35am-12.00noon <b>1.00pm-2.00pm</b>	480 7099 <i>Appointment needed</i>	YMCA North Shore 5 Akoranga Drive Northcote
Yoga	9.15am-10.15am	444 6340	North Shore Leisure - Glenfield Bentley Avenue, Glenfield
<b>MONDAY - OTHER PROGRAMMES</b>			
Bays Community Centre <i>- Table tennis, social, casual</i> <i>- Sahaja Yoga Meditation - no charge</i>	11.00am-1.00pm <b>7.30pm-9.00pm</b>	Debbie 478 4091 Maria 479 9511	Bays Community Centre 2 Glen Road, Browns Bay
Beach Haven Community House <i>- Gentle exercise to music</i> <i>- Anti-smoking programme</i> <i>- Scrabble</i>	10.00am-11.00am <b>11.00am-1.00pm</b> 12.30pm-2.30pm	483 9942	Beach Haven Community House, 130 Beach Haven Road
Birkenhead 60's Up Movement <i>- Indoor bowls</i>	1.00pm-onwards	Wendy 444 3321	Birkenhead Baptist Church 25 Birkdale Road, Birkdale
Birkenhead Stroke Club <i>- Indoor bowls, exercises</i>	10.00am-1.00pm	441 8959	Birkenhead RSA Rooms Recreation Drive, Birkenhead
Browns Bay 60's Up Movement <i>- Meetings and outings for 60's Up Members</i>	4th Monday of month 10.00am-12noon	Joy 444 0236	Taiapotea Trust Progress Hall Anzac Road Browns Bay
Devonport 60's Up Movement <i>- Pentanque</i>	Every Monday weather permitting 9.30am-onwards	445 2308	Devonport Waterfront
Devonport Community House <i>- Yoga</i>	10.00am-11.15am	Anne 827 3236	Devonport Community House 32 Clarence Street, Devonport
Games Galore <i>- Board games including Mahjong, Canasta, Five Hundred....</i>	Every 2 <sup>nd</sup> Monday 1.00pm-4.00pm	Rose 486 2455	The Rose Centre School Road Belmont
Glenfield 60's Up Movement <i>- Entertainment or speaker</i>	1 <sup>st</sup> Monday of month 1.30pm-onwards	444 4726	Glenfield Leisure Centre Bentley Avenue, Glenfield
Glenfield Senior Citizens <i>- Line dancing</i>	10.00am-11.30am	444 6578	Glenfield Senior Citizens 7 Mayfield Road, Glenfield
Glenfield Salvation Army Companions Club <i>- Lunch, bowls, table games, speakers, companionship</i>	2 <sup>nd</sup> Monday of month 9.45am-2.00pm	444 6970	Salvation Army Hall 430 Glenfield Road Glenfield
Highbury Community House <i>- Unfinished objects, social craft group</i> <i>- Garden circle (1)</i>  <i>- Birkenhead Garden Club</i>	9.45am-11.45am <b>1<sup>st</sup> and 3<sup>rd</sup> Monday of month 1.00pm-3.00pm</b> 2 <sup>nd</sup> and 4 <sup>th</sup> Monday of month 12.00noon-2.00pm	480 5279	Highbury Community House 110 Hinemoa Street Birkenhead

<b>Mairangi Arts Centre</b> <i>- The Arty Group (untutored)</i> <b>- Advanced printmaking</b> <i>- Modern art</i> <b>- Untutored clay</b> <i>- Printmaking for beginners</i> <b>- Studio workshops for oils</b>	9.30am-12.30pm <b>9.30am-12.30pm</b> 9.30am-12.30pm <b>1.00pm-4.00pm</b> 1.00pm-4.00pm <b>1.00pm-4.00pm</b>	478 2237	Mairangi Arts Centre 20 Hastings Road, Mairangi Bay <i>www.mairangiarts.co.nz</i>
<b>Milford Senior Citizens</b> <i>- Line dancing</i> <b>- Indoor bowls</b>	10.00am-11.00am <b>12.30pm-onwards</b>	410 5199	141A Kitchener Road Milford
<b>North Shore Centres Of Mutual Aid</b> <i>- Companionship and morning activities for seniors isolated in the community.</i> <i>Transport arranged - lunch provided</i>	10.00am-12.30pm <b>10.00am-12.30pm</b> 10.00am-12.30pm	489 8954	Meadowood Community House 55 Meadowood Drive <b>Presbyterian Church Hall,</b> <b>Penzance Road, Mairangi Bay</b> Sunnynook Community Centre Hall, 148 Sycamore Drive
<b>Northcote 60's Up Movement</b> <i>- Ten pin bowling</i>	8.30am for 9.15 start- 11.30am	<i>Audrey Hill</i> 449 0747	Ten Pin Bowling Centre Fred Thomas Drive, Takapuna
<b>Northcote Central Senior Citizens</b> <i>- Housie</i>	11.30am-1.45pm	480 8364 or 419 0407 or 418 2146	Citizens Hall Corner of Ernie Mays Street & College Road, Northcote
<b>SeniorNet Glenfield</b> <i>- Meet and greet - find out what SeniorNet can offer</i> <b>- Meeting</b>	10.00am-12noon <b>3<sup>rd</sup> Monday of month</b> <b>2.00pm-onwards</b>	444 2231	Mayfield Centre 5 Mayfield Street, Glenfield <b>Glenfield Senior Citizens Hall</b> <b>7 Mayfield Road, Glenfield</b>
<b>SeniorNet North Shore (Inc)</b> <i>- Computer classes, tutorials, discussion groups</i>	10.00am-12.30pm <b>1.30pm-4.00pm</b>	486 2163	St John Ambulance Centre Shea Terrace Takapuna
<b>Takapuna 60's Up Movement</b> <i>- Indoor bowls</i>	1.00pm-3.30pm	489 5922	Takapuna Methodist Church Corner Lake Road & Tennyson Avenue, Takapuna
<b>TUESDAY - EXERCISE PROGRAMMES</b>			
<b>ActivSenior</b> <i>- AquaDeep - gentle exercise in water</i> <b>- AquaShallow - gentle exercise in water</b>	10.30am-11.30am <b>12noon-1.00pm</b>	444 6340	North Shore Leisure - Glenfield Bentley Avenue, Glenfield <b>North Shore Leisure - Takapuna</b> <b>37 Killarney Street, Takapuna</b>
<b>Beachside Cardiac Club</b> <i>- Fitness, flexibility, strength, stability</i>	1.00pm-1.45pm	479 2924	Beachside Health and Fitness 30 Anzac Road, Browns Bay
<b>Devonport Walkers</b>	9.00am-10.00am	445 2743	Outside Caroline Sills, 26 Clarence Street
<b>East Coast Bays Walkers</b>	8.20am	<i>Pam 302 4882</i>	<i>Glen Road, (by Browns Bay Plunket Rooms)</i>
<b>Fitness League of NZ (Inc)</b> <i>- Balanced exercise programme, easy exercise</i>	10.00am-11.00am <b>5.30pm-onwards</b> 6.30pm-onwards	486 6964 <b>479 4608</b> 479 2221	Outram Hall, 478 Beach Road Murrays Bay <b>Outram Hall, 478 Beach Road</b> <b>Murrays Bay</b> Glenfield War Memorial Hall

<b>Laughter Yoga</b>	9.30am-10.15am	<i>Louise 444 7247</i>	Glenfield Senior Citizens Hall Mayfield Road, Glenfield
<b>Line Dancing</b>	7.30pm-9.30pm	<i>843 4202</i>	Sunnynook Community Centre 148 Sycamore Drive, Sunnynook
<b>Lunchtime Tai Chi</b>	12.15pm-1.15pm	<i>Wai Ling 478 3309</i>	Bays Community Centre 2 Bute Road, Browns Bay
<b>Mairangi Bay Walking Networks</b>	9.00am-10.00am	<i>478 9115</i>	Mairangi Arts Centre 20 Hastings Road, Mairangi Bay
<b>never2old active ageing programme</b> <i>- Fitness training programme focusing on improving older adults functional fitness for continued independent living</i>	9.30am-10.30am <b>1.00pm-2.00pm</b>	<i>Dennis / Phillipa 921 9999 ext 7716</i>	AUT Sports and Fitness Centre Akoranga Drive Northcote <a href="http://www.never2old.net.nz">www.never2old.net.nz</a>
<b>Northcote Walking Club</b>	Every 2 <sup>nd</sup> Tuesday 9.30am-onwards	<i>Mavis 486 2574</i>	Various
<b>Senior Movement</b> <i>- Low impact gentle exercises</i>	10.30am-11.30am	<i>444 6340</i>	North Shore Leisure - East Coast Bays, Bute Road, Browns Bay
<b>Tai Chi Falls Prevention</b> <i>- Beginners class</i>	11.00am-12.00noon  <b>1.00pm-2.00pm</b>	<i>Harbour Sport 415 4610</i>	Sunnynook Scout Den Sunnynook Road, Sunnynook <b>Milford Senior Citizen Hall 141A Kitchener Road, Milford</b>
<i>- Maintenance class</i>	9.30am-10.30am  <b>2.30pm-3.30pm</b>		Sunnynook Scout Den Sunnynook Road, Sunnynook <b>Milford Senior Citizen Hall 141A Kitchener Road, Milford</b>
<b>Yoga</b> <i>- For all levels and experience</i>	6.15pm-7.15pm  <b>6.15pm-7.15pm</b>	<i>444 6340</i>	North Shore Leisure- East Coast Bays, Bute Road, Browns Bay <b>North Shore Leisure - Glenfield Bentley Avenue, Glenfield</b>
<b>TUESDAY - OTHER PROGRAMMES</b>			
<b>Alzheimers North Shore Support Groups</b> <i>- For carers</i>	1 <sup>st</sup> Tuesday of month 10.30am-12noon	<i>Tricia 444 2994</i>	Senior Citizens Harmony Hall Wynyard Street Devonport
<b>Bays Community Centre</b> <i>- Spinning and Handcraft Group</i> <i>- Braemar Scottish dancing</i>	7.00pm-9.00pm <b>7.30pm-10.00pm</b>	<i>Kim 476 2412 Jessie 473 9547</i>	Bays Community Centre 2 Glen Road, Browns Bay <b>St Anne's Hall, Corner Beach Road &amp; Glencoe Road</b>
<b>Beach Haven Community House</b> <i>- Watercolours and informal painting</i> <i>- Conversational French</i>	10.00am-12noon <b>1.00pm-2.00pm</b>	<i>483 9942</i>	Beach Haven Community House 130 Beach Haven Road
<b>Birkdale Community House</b> <i>- Sketch it - paint it</i>	9.30am-11.30am	<i>483 9942</i>	Birkdale Community House 134 Birkdale Road, Birkdale
<b>Birkenhead 60's Up Movement</b> <i>- Speaker or entertainment</i>	2 <sup>nd</sup> Tuesday of month 10.00am-onwards	<i>Wendy 444 3321</i>	Birkenhead Baptist Church 25 Birkdale Road, Birkdale
<b>Browns Bay 60's Up Movement</b> <i>- Bowls, Mahjong, Rummikub</i>	1.00pm-3.00pm	<i>Joy 444 0236</i>	Taiapotea Trust Progress Hall Anzac Road, Browns Bay

<b>Browns Bay Senior Citizens</b> - <i>Keep fit</i>	10.00am-12noon	478 6251	9 Inverness Road Browns Bay
<b>Devonport 60's Up Movement</b> - <i>Meeting and speaker</i>	2 <sup>nd</sup> Tuesday of month 10.00pm-12noon	445 0146	Holy Trinity Church Hall 20 Church Street, Devonport
<b>Devonport Community House</b> - <i>Leisure painters</i>	10.00am-3.00pm	445 3068	Devonport Community House 32 Clarence Street, Devonport
<b>Glenfield 60's Up Movement</b> - <i>Luncheon group (bookings essential)</i>	Last Tuesday of month 12noon-onwards	444 4726	Various
<b>Glenfield Evergreens</b> - <i>Morning tea, lunch &amp; entertainment. All welcome, transport provided for those in Glenfield/Sunnynook area</i>	2 <sup>nd</sup> Tuesday of month 10.30am-1.00pm	Geraldine 443 6382 Carol 444 7863	Glenfield Baptist Church James Street Glenfield
<b>Glenfield Senior Citizens</b> - <i>Snooker, Bowls and Darts</i>	1.00pm-3.30pm	444 6578	Glenfield Senior Citizens 7 Mayfield Road, Glenfield
<b>Highbury Community House</b> - <i>Fun with mixed media</i> - <i>Unfinished objects - social craft group</i> - <i>Transmission meditation</i> - <i>Gnostic union, exploring alternative religious and philosophical ideas</i>	9.45am-onwards 9.45am-11.45am 7.00pm-onwards 3 <sup>rd</sup> Tuesday of month 7.30pm-onwards	Jan 483 7398 480 5279 Geoff 444 1429 480 5279	Highbury Community House 110 Hinemoa Street, Birkenhead
<b>Mairangi Arts Centre</b> - <i>Watercolours for beginners</i> - <i>Untutored life class</i> - <i>Contemporary flax weaving</i> - <i>Advanced watercolours</i> - <i>The art of pastels</i> - <i>Clay - untutored</i>	9.30am-12.30pm 10.00am-12noon 10.00am-12.30pm 1.00pm-4.00pm 1.00pm-4.00pm 1.00pm-4.00pm	478 2237	Mairangi Arts Centre 20 Hastings Road Mairangi Bay www.mairangiarts.co.nz
<b>Meadowood Community Centre</b> - <i>Walking group - 1 hour walk followed by coffee</i>	9.00am-11.00am	443 7337 479 7804	Meet on corner of Santiago Crescent and Meadowood Drive, Meadowood
<b>Milford Senior Citizens</b> - <i>Scrabble</i> - <i>Scottish dancing</i> - <i>500 card game</i>	9.30am-11.30am 10.00am-12noon 12.30pm-2.30pm	410 5199	141A Kitchener Road Milford
<b>North Shore Organ &amp; Keyboard Club</b> <a href="http://nsaokc.blogspot.com/">http://nsaokc.blogspot.com/</a>	1 <sup>st</sup> Tuesday of month 7.30pm-10.00pm	Gordon 410 4788 Colleen 476 1071	Upstairs Lounge, Takapuna Bowling Club, Bracken Avenue
<b>North Shore Centres Of Mutual Aid</b> - <i>Companionship and morning activities for seniors isolated in the community. Transport arranged - lunch provided</i>	10.00am-12.30pm	489 8954	Northcote/Birkenhead Rugby Club, Recreation Drive Birkenhead
<b>North Shore Diabetes Support Group</b> - <i>Support and education</i>	1 <sup>st</sup> Tuesday of month 10.00am-12noon except January, April and December meetings are at other venues or times. Phone for details.	Sue 449 2221	Takapuna War Memorial Hall The Strand, Takapuna, however venue may vary, phone Sue to confirm
<b>North Shore Embroiderers' Guild</b> - <i>Promote understanding and interest in embroidery</i>	4 <sup>th</sup> Tuesday of month 10.00am-12noon	Fiona 475 5851	Positive Ageing Centre 7 The Strand, Takapuna

<b>North Shore Widows' and Widowers' Society</b> <i>- Indoor bowls</i>	9.30am-12noon	479 6042	Taiotea Trust Progress Hall Anzac Road Browns Bay
<b>Northcote Baptist Neighbour Craft Morning</b> <i>- Patchwork, papertole, painting, teddybear making, cross-stitch, indoor bowls</i>	9.30am-11.30am	419 1006	Northcote Baptist Church 67 Eban Avenue Northcote
<b>Northcote Central Senior Citizens</b> <i>- 500 card game</i> <i>- Indoor bowls</i>	10.00am-1.15pm <b>1.30pm-3.00pm</b>	480 8364 or 419 0407 or 418 2146	Citizens Hall, Corner Ernie Mays Street and College Road Northcote
<b>St Peters Sports Club</b> <i>- Older ladies badminton</i>	9.30am-11.00am	489 6242	St Peters Anglican Church 11 Killarney Street, Takapuna
<b>SeniorNet North Shore (Inc)</b> <i>- Computer classes, tutorials, discussion groups</i>	10.00am-12.30pm <b>1.30pm-4.00pm</b>	486 2163	St John Ambulance Centre Shea Terrace Takapuna
<b>St Annes Club for the Blind (Inc)</b> <i>- Cane work, weaving, library reading room, exercises</i>	10.00am-1.30pm	Barbara 444 6757 Colleen 489 9353	Mary Thomas Centre 3 Gibbons Road Takapuna
<b>Takapuna Senior Citizens</b> <i>- Bowls</i>	10.00am-11.45am	Rob 489 1930	5 The Strand Takapuna
<b>Torbay 60's Up Movement</b> <i>- Entertainment, guest speaker</i>	2 <sup>nd</sup> Tuesday of month 1.00pm-3.30pm	473 4074	Torbay Community Hall 37 Watea Road, (behind the Torbay Shops), Torbay
<b>U3A (University of 3rd Age) Browns Bay</b> <i>- Special interest guest speaker</i>	1 <sup>st</sup> Tuesday of month	Shirley - Membership Manager 479 4688	Browns Bay u3abb@vodafone.co.nz
<b>WEDNESDAY - EXERCISE PROGRAMMES</b>			
<b>Beachside Cardiac Club</b> <i>- Group exercise to music</i>	11.00am-11.45pm	479 2924	Beachside Health and Fitness 30 Anzac Road, Browns Bay
<b>BodyBalance</b> <i>- Yoga, Tai Chi, Pilates workout that builds flexibility and strength</i>	10.30am-11.30am <b>7.15pm-8.15pm</b>	444 6340	North Shore Leisure - East Coast Bays, Bute Road, Browns Bay <b>North Shore Leisure - Glenfield Bentley Avenue, Glenfield</b>
<b>BodyVive</b> <i>- Low impact class for all ages</i>	7.15pm-8.15pm	444 6340	North Shore Leisure - East Coast Bays, Bute Road, Browns Bay
<b>Born Again Bodies</b> <i>- Strength, balance &amp; flexibility at any age. Supervised exercise programme with dumbbells www.bornagainbodies.co.nz</i>	1.00pm-2.00pm <b>2.30pm-3.30pm</b>	479 2212	Presbyterian Church Hall Hastings Avenue, Mairangi Bay <b>St Anne's Hall, corner Glencoe &amp; East Coast Road, Browns Bay</b>
<b>Campbells Bay Walkers and Talkers</b> <i>- 1 hour walking followed by morning tea</i>	9.30am-11.00am	410 4019 or 478 6702	Meet at Church, corner of Park Rise and Beach Road
<b>Fitness League of NZ (Inc)</b> <i>- Balanced exercise programme, easy exercise</i>	9.30am-onwards <b>9.30am-onwards</b>	444 8461 <b>(09) 424 0402</b>	Glenfield War Memorial Hall Glenfield <b>Albany Hall, Albany</b>
<b>Lunchtime Tai Chi</b>	12.00pm-2.00pm	Bruno 021 155 4606	Bays Community Centre 2 Bute Road, Browns Bay

Mairangi Bay Walking Networks	9.00am-10.00am	478 9115	Mairangi Bay Beachfront
never2old active ageing programme - Fitness training programme focusing on improving older adults functional fitness for continued independent living and improve quality of life <i>www.never2old.net.nz</i>	9.30am-10.30am 11.00am-12.00noon 1.30pm-2.30pm	Dennis / Phillipa 921 9999 ext 7716 Sam Lyle 445 4696 Sam Lyle 445 4696	AUT Sports and Fitness Centre Akoranga Drive, Northcote Just Workout, Level 1 17 Clarence Street, Devonport Just Workout 250 Forrest Hill Road, Forrest Hill
Tai Chi Falls Prevention - Beginners class  - Maintenance class	9.00am-10.00am 9.30am-10.30am 10.30am-11.30 1.00pm-2.00pm	Harbour Sport 415 4610	Torbay Community Hall Beach Road, Torbay Baptist Church Hall 25 Birkdale Road, Birkdale Torbay Community Hall Beach Road, Torbay Glenfield Community Hall, Bentley Avenue, Glenfield
Torbay 60's Up Movement Walkers - Longer walk  - Easier walk	9.00am for up to 4 hours 9.30am for 1 ¼ - 1 ½ hours	Jean 478 2462 Roy 473 8777	Outside Bin Inn, Inverness Road Browns Bay Woodlands Crescent Browns Bay, next to Kindergarten
Torbay Walkers	4.00pm	473 1931	Carpark, Community Hall, Torbay
YMCA Northcote - Activeseniors - low intensity class - Movement therapy low level exercise 50-90 year olds	10.35am-12.00noon 1.00pm-2.00pm	480 7099 Appointment needed	YMCA North Shore 5 Akoranga Drive Northcote
Yoga - For all levels and experience	9.15am-10.45am	444 6340	North Shore Leisure - Glenfield Bentley Avenue, Glenfield
Yoga Workshop - Beginners yoga class	9.30am-10.30am	Matt 446 6531	The Rose Centre School Road, Belmont
<b>WEDNESDAY - OTHER PROGRAMMES</b>			
Albany Women's Institute - Meeting, speakers, companionship	1 <sup>st</sup> Wednesday of month 1.00pm-3.00pm February-December	415 9503	Albany Hall, RSA Room 3/21 Library Lane Albany
Alzheimers North Shore Support Groups - For carers	2 <sup>nd</sup> Wednesday of month 3 <sup>rd</sup> Wednesday of month	Contact Mike 444 2993 for details	Milford Mairangi Bay
Bays Community Centre - Mahjong (beginners welcome) - International Friendship Group (conversation, friendship, fun, interest in other cultures) - Rummikub - Bayside quilters - Art Group - Lupus support  - Strategy games - Dance of Universal Peace	10.00am-2.00pm 10.00am-12noon  10.00am-12noon 12.15pm-3.30pm 12.30pm-3.30pm 1 <sup>st</sup> Wednesday of month 7.30pm-9.30pm 7.30pm-9.30pm Monthly 7.00pm-10.00pm	Marlene 473 6436 Debbie 478 4301  Dawn 414 5351 Chris 479 2148 Margaret 479 6048 Diane 479 1269  Dirk 479 8645 Elisabeth 473 6107	Bays Community Centre 2 Glen Road Browns Bay

<b>Beach Haven Community House</b> <i>- Start in art - beginners</i> <b>- Painting with mixed media</b>	9.30am-11.30am <b>12.30pm-2.30pm</b>	<b>483 9942</b>	Beach Haven Community House 130 Beach Haven Road Beach Haven
<b>Birkenhead Care and Craft</b> <i>- Companionship for people isolated through age or disability</i>	10.00am-1.15pm (during school terms)	<i>Maureen 418 3699</i> <i>Valerie 480 5456</i>	Zion Hill Methodist Church Hall Onewa Road Birkenhead
<b>Birkenhead Community Dance Group</b>	2.00pm-4.30pm	<b>418 2424 (RSA Club Rooms) or 489 4462</b>	Birkenhead RSA Club Rooms Recreation Drive, Birkenhead
<b>Browns Bay Senior Citizens</b> <i>- Committee meeting</i> <b>- General meeting and entertainment</b> <i>- Trip</i>	1 <sup>st</sup> Wednesday of month <b>2<sup>nd</sup> Wednesday of month</b> 3 <sup>rd</sup> Wednesday of month	<b>478 6251</b>	9 Inverness Road Browns Bay
<b>Browns Bay Stroke Club</b> <i>- Indoor bowls, exercises, outings, Housie</i>	10.00am-1.00pm	<b>441 8959</b>	East Coast Bays Leisure Centre Bute Road, Browns Bay
<b>Devonport 60's Up Movement</b> <i>- Exercise group</i>	11.00am-12noon	<b>445 2417</b>	Holy Trinity Church Hall 20 Church Street, Devonport
<b>Devonport Community House</b> <i>- Crafts and unfinished projects</i>	12.00noon-2.30pm	<i>Lucy 446 0389</i> <i>Pam 445 3068</i>	Devonport Community House 32 Clarence Street, Devonport
<b>Glenfield 60's Up Movement</b> <i>- Outings</i>	3 <sup>rd</sup> Wednesday of month	<b>444 4726</b>	
<b>Glenfield Senior Citizens</b> <i>- Bowls</i> <b>- 500 (cards)</b>	9.45am-11.30am <b>12.45pm-3.00pm</b>	<b>444 6578</b>	Glenfield Senior Citizens 7 Mayfield Road Glenfield
<b>Highbury Community House</b> <i>- Unfinished objects, social craft group</i> <b>- Grandparents Raising Grandchildren, support and information</b> <i>- Embroidery (1)</i> <b>- Embroidery (2)</b>	9.45am-11.45am <b>3<sup>rd</sup> Wednesday of month</b> <b>9.45am-11.45am</b> 9.45am-11.45am <b>12.30pm-2.30pm</b>	<b>480 5279</b>	Highbury Community House 110 Hinemoa Street Birkenhead
<b>Mairangi Arts Centre</b> <i>- Exploring acrylics</i> <b>- Beginners cast glass</b> <i>- Contemporary flax weaving</i> <b>- Painting NZ impressionistically</b> <i>- Outdoor painting group</i> <b>- Untutored clay</b> <i>- Cubism and beyond</i>	9.30am-12.30pm <b>9.30am-12.30pm</b> 10.00am-12.30pm 1.00am-4.00pm Fortnightly <b>1.00pm-4.00pm</b> 1.00pm-4.00pm	<b>478 2237</b>	Mairangi Arts Centre 20 Hastings Road Mairangi Bay  <i>www.mairangiarts.co.nz</i>
<b>Milford Senior Citizens</b> <i>- Bingo</i>	10.30am-12noon	<b>410 5199</b>	141A Kitchener Road Milford
<b>New Horizons Group</b> <i>- Activities, discussion, speakers and friendship.</i>	Wednesdays (during school term) 10.30am-12.30pm	<b>441 8989</b>	North Shore Bridge Club (downstairs room) 39 Killarney Street, Takapuna
<b>North Shore Embroiderers' Guild</b> <i>- Promote understanding and interest in embroidery</i>	2 <sup>nd</sup> Wednesday of month 7.30pm-9.30pm	<b>Fiona 475 5851</b>	Positive Ageing Centre 7 The Strand Takapuna
<b>North Shore Fibromyalgia Support Group</b> <i>- Informal meetings</i>	19 <sup>th</sup> May, 21 <sup>st</sup> July, 18 <sup>th</sup> August, 20 <sup>th</sup> October, 17 <sup>th</sup> November 10.30am-onwards	<b>Wendy 448 1226</b>	Kings Plant Barn 1 Forrest Hill Road Forrest Hill

<b>North Shore Harmony Club</b> - <i>Music club</i>	1 <sup>st</sup> Wednesday of month (March-December) 7.30pm-9.30pm	<i>Pam 410 5199</i>	Milford Senior Citizens Hall 141A Kitchener Road Milford
<b>Northcote 60's Up Movement</b> - <i>Bi-monthly trips</i>	9.00am-onwards	<i>419 0756</i>	
<b>Northcote Central Senior Citizens</b> - <i>Bus trip to places of interest</i>  - <i>Meeting and speaker, or entertainer</i>	3 <sup>rd</sup> Wednesday of month 9.30-mid afternoon 1 <sup>st</sup> Wednesday of month February-December 1.30pm-onwards	<i>480 8364 or 419 0407 or 418 2146</i>	Citizens Hall Corner of Ernie Mays Street and College Road Northcote
<b>Northcote Ladies Probus</b> - <i>Friendship, fun, guest speakers, bi-monthly trips</i>	3 <sup>rd</sup> Wednesday of month 10.00am-12.00noon	<i>Joyce 443 5289</i>	Citizens Hall, Corner Ernie Mays Street and College Road Northcote
<b>Prescott Club</b> - <i>Social contact, companionship, entertainment, and lunch</i>	Wednesday (during school terms) 9.30am-12.30pm	<i>Age Concern Office 489 4975</i>	St Joseph's Church Hall 10 Dominion Street, Takapuna
<b>SeniorNet North Shore (Inc)</b> - <i>Computer classes, tutorials, discussion groups</i>	10.00am-12.30pm 1.30pm-4.00pm	<i>486 2163</i>	St John Ambulance Centre Shea Terrace Takapuna
<b>Sunnynook Community Centre</b> - <i>Rock &amp; Roll - North Harbour Rockers</i>	7.00pm-10.00pm	<i>570 2985 or 027 277 8059</i>	Sunnynook Community Centre 148 Sycamore Drive, Sunnynook
<b>Sunnynook Probus Club (Ladies)</b> - <i>General meeting and social get together</i>	1 <sup>st</sup> Wednesday of month 10.00am-12noon	<i>478 6859 or 478 1911</i>	Sunnynook Community Centre 148 Sycamore Drive Sunnynook
<b>Takapuna 60's Up Movement</b> - <i>Trip</i>	1 <sup>st</sup> Wednesday of month	<i>489 5922</i>	
<b>U3A (University of 3rd Age) Devonport</b> - <i>Providing mental stimulation for Senior Citizens</i>	2 <sup>nd</sup> Wednesday of month 10.00am-12noon	<i>445 7522</i>	Harmony Hall 4 Wynyard Street Devonport
<b>U3A (University of 3rd Age) Takapuna</b> - <i>Study and interest group (members only)</i>	1 <sup>st</sup> Wednesday of month 9.45am-onwards	<i>489 4425</i>	Northcote Senior Citizens Hall Corner Ernie Mays Street and College Road, Northcote

#### THURSDAY - EXERCISE PROGRAMMES

<b>ActivSenior</b> - <i>Aqua and BodyVive - both pool and land based exercises</i> - <i>AquaShallow - gentle exercise in water</i>	9.30am-10.45am  12noon-1.00pm	<i>444 6340</i>	North Shore Leisure - Glenfield Bentley Avenue, Glenfield <b>North Shore Leisure - Takapuna 37 Killarney Street, Takapuna</b>
<b>Beachside Cardiac Club</b> - <i>Fitness, flexibility, strength, stability</i>	11.00am-11.45pm	<i>479 2924</i>	Beachside Health and Fitness 30 Anzac Road, Browns Bay
<b>Badminton North Harbour</b> - <i>Over 55's Club</i>	1.00pm-3.00pm	<i>Gerard 410 9223</i>	Badminton North Harbour Bond Crescent, Forrest Hill
<b>BodyBalance</b> - <i>Yoga, Tai Chi, Pilates workout that builds flexibility and strength</i>	7.15pm-8.15pm	<i>444 6340</i>	North Shore Leisure - East Coast Bays, Bute Road, Browns Bay
<b>Born Again Bodies</b> - <i>Strength, balance &amp; flexibility at any age. Supervised exercise programme</i>	9.30am-10.30am	<i>479 2212</i>	Presbyterian Church Hall, Corner of Katui Street & Seaview Road

<b>Born Again Bodies</b> <i>www.bornagainbodies.co.nz</i>	<b>11.15am-12.15pm</b>		<b>Windsor Park Baptist Church</b> <b>550 East Coast Road</b>
<b>Devonport Walkers</b>	9.00am-10.00am	445 2743	Outside Caroline Sills 26 Clarence Street
<b>Fitness League of NZ (Inc)</b> <i>- Balanced exercise programme, easy exercise</i>	10.00am-11.00am <b>6.30pm-onwards</b>	486 6964 <b>479 2221</b>	St George's Presbyterian Church Hall, 2 The Terrace, Takapuna <b>Glenfield War Memorial Hall</b> <b>Glenfield</b>
<b>Line Dancing</b> <i>- For beginners</i> <i>- Advanced</i>	9.00am-10.00am <b>10.00am-12noon</b>	834 4202	Sunnynook Community Centre 148 Sycamore Drive, Sunnynook
<b>Mairangi Bay Walking Networks</b>	9.00am-10.00am	478 9115	Milford Beach – North end
<b>never2old active ageing programme</b> <i>- Fitness training programme focusing on improving older adults functional fitness for continued independent living</i>	9.30am-10.30am <b>1.00pm-2.00pm</b>	<i>Dennis / Phillipa</i> 921 9999 ext 7716	AUT Sports and Fitness Centre Akoranga Drive Northcote <i>www.never2old.net.nz</i>
<b>Power Yoga</b>	10.30-11.45	<i>Marcel 478 7718</i>	Bays Community Centre 2 Bute Road, Browns Bay
<b>Senior Movement</b> <i>- Low impact, gentle exercises</i>	10.30am-11.30am	444 6340	North Shore Leisure - East Coast Bays, Bute Road, Browns Bay
<b>Stretch and Move Class</b>	6.00pm-7.00pm	473 6576	Sunnynook Community Centre 148 Sycamore Drive Sunnynook
<b>Tai Chi</b>	9.00am-10.00am	<i>Wai Ling 478 3309</i>	Bays Community Centre 2 Bute Road, Browns Bay
<b>Tai Chi Falls Prevention</b> <i>- Beginners Class</i>  <i>- Maintenance class</i>  <i>- Level 1</i>  <i>- Level 2</i>	9.30am-10.30am  <b>11.00am-12noon</b>  1.00pm-2.00pm  <b>2.30pm-3.30pm</b>	<i>Harbour Sport</i> 415 4610	St Peter's Church Hall, 11 Killarney Street, Takapuna <b>Sunnynook Scout Den</b> <b>Sunnynook Road</b> Milford Senior Citizens Hall 141A Kitchener Road <b>Milford Senior Citizens Hall</b> <b>141A Kitchener Road, Milford</b>
<b>Yoga</b> <i>- For all levels and experience</i>	6.15pm-7.15pm	444 6340	North Shore Leisure - Glenfield Bentley Avenue, Glenfield
<b>Yoga Workshop</b> <i>- Beginners yoga class</i> <i>- Seated yoga class</i>	9.15am-10.15am 10.30am-11.30am	<i>David 445 3757</i>	The Rose Centre School Road, Belmont
<b>THURSDAY - OTHER PROGRAMMES</b>			
<b>Alzheimers North Shore Support Groups</b> <i>- For carers</i>	1 <sup>st</sup> Thursday of month  2 <sup>nd</sup> Thursday of month <b>10.30am-12noon</b> 3 <sup>rd</sup> Thursday of month 1.00pm-2.30pm 4 <sup>th</sup> Thursday of month	<i>Contact Mike</i> 444 2993 for details <b>Tricia 444 2994</b>  <i>Tricia 444 2994</i>  <i>Contact Mike</i> 444 2993 for details	Albany  <b>St George's Church Hall</b> <b>2 The Terrace, Takapuna</b> Glenfield Community Centre Cnr Bentley Ave & Glenfield Rd <b>Mairangi Bay</b>

Age Concern North Shore  
"Serving the needs of older people"

<b>Bays Community Centre</b> - <i>Tuis patch and piece, patchwork for all levels</i> - <b>Bays patchwork - demonstrations, classes, sharing</b>	10.00am-12 noon  <b>Fortnightly on Thursdays 7.00pm-9.30pm</b>	<i>Alma 478 7263</i>  <b>Robyn 479 7854</b>	Bays Community Centre 2 Glen Road Browns Bay
<b>Beach Haven Community House</b> - <i>Oil painting</i>	10.00am-12noon	<i>483 9942</i>	Beach Haven Community House 130 Beach Haven Road
<b>Browns Bay Senior Citizens</b> - <i>Indoor bowls</i>	11.00am-2.00pm	<i>478 6251</i>	9 Inverness Road Browns Bay
<b>Devonport 60's Up Movement</b> - <i>Musical Appreciation Group</i>  - <b>Choir</b>	4 <sup>th</sup> Thursday of month 1.00pm-3.00pm 3 <sup>rd</sup> Thursday of month 1.30pm-3.00pm	<i>489 5273</i>  <b>445 2809</b>	Holy Trinity Church Hall 20 Church Street Devonport
<b>Devonport Community House</b> - <i>Mahjong</i> - <b>Devonport Bridge Club</b>	11.30am-3.00pm  <b>7.00pm-onwards</b>	<i>445 3068</i>	Devonport Community House 32 Clarence Street Devonport
<b>Glenfield Senior Citizens</b> - <i>Snooker</i> - <b>Day trips</b>	Afternoons	<i>444 6578</i> <i>443 2656</i>	Glenfield Senior Citizens 7 Mayfield Road Glenfield
<b>Highbury Community House</b> - <i>Patchwork and sewing</i> - <b>Walking group</b> - <i>Adults drawing &amp; acrylic painting</i> - <b>Writers group</b>  - <i>Transmission meditation</i>	9.45am-11.45am <b>9.45am-onwards</b> 12.30pm-2.30pm 1 <sup>st</sup> Thursday month <b>7.15pm-onwards</b> 7.00pm-onwards	<i>480 5279</i> <b>480 5279</b> <i>Eion 483 6703</i> <b>480 5279</b>  <i>Geoff 444 1429</i>	Highbury Community House 110 Hinemoa Street Birkenhead
<b>Mairangi Arts Centre</b> - <i>Discover your talent- acrylics</i> - <b>As you like it</b> - <i>Garden sculpture</i> - <b>Discover your talent</b>	9.30am-12.30pm <b>9.30am-12.30pm</b> 1.00pm-3.00pm <b>1.00pm-4.00pm</b>	<i>478 2237</i>	Mairangi Arts Centre 20 Hastings Road Mairangi Bay <a href="http://www.mairangiarts.co.nz">www.mairangiarts.co.nz</a>
<b>Milford Senior Citizens</b> - <i>Keep fit including line dancing</i>	10.30am-12noon	<i>410 5199</i>	141A Kitchener Road Milford
<b>North Shore Centres Of Mutual Aid</b> - <i>Companionship and morning activities for seniors isolated in the community.</i> <i>Transport arranged - lunch provided</i>	10.00am-12.30pm  <b>10.30-12.30pm</b>	<i>489 8954</i>	Glenfield War Memorial Hall Hall Road, Glenfield <b>Rose Centre, School Road Belmont</b>
<b>North Shore Widows' and Widowers' Society</b> - <i>Coffee morning and meeting</i>  - <b>Trip</b>	2 <sup>nd</sup> Thursday of month 10.00am-12noon 3 <sup>rd</sup> Thursday of month	<i>479 6042</i>	Taiaotea Trust Progress Hall Anzac Road Browns Bay
<b>Northcote 60's Up Movement</b> - <i>Ten pin bowling</i>	8.30am for 9.15 start- 11.30am	<i>Audrey Hill</i> <i>449 0747</i>	Ten Pin Bowling Centre Fred Thomas Drive, Takapuna
<b>Northcote Central Senior Citizens</b> - <i>Keep fit classes</i>	10.00am-11.00am	<i>480 8364 or</i> <i>419 0407 or</i> <i>418 2146</i>	Citizens Hall, Corner of Ernie Mays Street and College Road Northcote

Northcote Point Senior Citizens - <i>Social, entertainment</i>  - <i>Outing</i>	Every 3 <sup>rd</sup> Thursday of month 10.00am-12noon Every 4 <sup>th</sup> Thursday	418 2349	119 Queen Street Northcote Point
Parkinsonism Society Support Group - <i>Education and support</i>	2nd Thursday of month 10.00am-onwards	278 6918	Parklane Retirement Village 106 Becroft Drive, Forrest Hill
Rose Centre - <i>Companionship and morning activities for over 65</i>	10.00am-12.30pm	Cheryl 489 8954	The Rose Centre School Road, Belmont
SeniorNet North Shore (Inc) - <i>Computer classes, tutorials, discussion groups</i>	10.00am-12.30pm 1.30pm-4.00pm	486 2163	St John Ambulance Centre Shea Terrace Takapuna
Sunnynook Community Centre - <i>Indoor bowls</i>	12.45pm-3.00pm	410 4902	Sunnynook Community Centre 148 Sycamore Drive Sunnynook
Takapuna 60's Up Movement - <i>Cards, exercises, Tai Chi</i> - <i>Speaker and entertainment</i>  - <i>Singing group</i>  - <i>Indoor bowls, Rummikub</i>	10.00am-12.15pm 3 <sup>rd</sup> Thursday of month 10.00am-12noon 3 <sup>rd</sup> Thursday of month 12.30pm-1.30pm 12.45pm-2.00pm	489 5922	Takapuna Methodist Church Corner Lake Road and Tennyson Avenue, Takapuna
Takapuna Stroke Club - <i>Cards, art, indoor bowls, exercises, outings, Housie</i>	10.00am-1.00pm	441 8959	St Joseph's Catholic Church Hall 10 Dominion Street, Takapuna
Torbay 60's Up Movement - <i>500 cards - members only</i>	1.30pm-onwards	473 9538	Different venues
<b>FRIDAY – EXERCISE PROGRAMMES</b>			
Beachside Cardiac Club - <i>Fitness, flexibility, strength, stability</i>	11.00am-11.45am	479 2924	Beachside Health and Fitness 30 Anzac Road, Browns Bay
East Coast Bays Walkers	8.20am-onwards	Pam 302 4882	Glen Road, (by Browns Bay Plunket Rooms)
Fitness League of NZ (Inc) - <i>Balanced exercise programme, easy exercise</i>	10.00am-11.00am	475 5215	Sunnynook Community Centre 148 Sycamore Drive, Sunnynook
Mairangi Bay Walking Networks	9.00am-10.00am	478 9115	Mairangi Bay Arts Centre 20 Hastings Road, Mairangi Bay
never2old active ageing programme - <i>Fitness training programme focusing on improving older adults functional fitness for continued independent living and improve quality of life</i> <i>www.never2old.net.nz</i>	9.30am-10.30am 11.00am-12.00noon 1.30pm-2.30pm	Dennis / Phillipa 921 9999 ext 7716 Sam Lyle 445 4696 Sam Lyle 445 4696	AUT Sports & Fitness Centre Akoranga Drive, Northcote Just Workout, Level 1 17 Clarence Street, Devonport Just Workout, 250 Forrest Hill Road, Forrest Hill
Tai Chi Falls Prevention - <i>Maintenance class</i>	10.30am-11.30	Harbour Sport 415 4610	Torbay Community Hall Beach Road, Torbay
YMCA Northcote - <i>Activeseniors - low intensity class</i> - <i>Movement therapy low level exercise 50-90 year olds</i>	10.35am-12noon 1.00pm-2.00pm	480 7099 Appointment needed	YMCA North Shore 5 Akoranga Drive Northcote

<b>Yoga</b> - For all levels and experience	9.15am-10.15am	444 6340	North Shore Leisure - Glenfield Bentley Avenue, Glenfield
<b>FRIDAY – OTHER PROGRAMMES</b>			
<b>Bays Community Centre</b> - Table tennis, social, casual	11.00am-1.00pm 11.30am-1.30pm	Debbie 478 4301 Debbie 478 4091	Bays Community Centre 2 Glen Road, Browns Bay <b>St Anne's Hall, Cnr Beach Road &amp; Glencoe Road, Browns Bay</b>
<b>Beach Haven Community House</b> - Acrylic painting - Scrabble	9.30am-11.30am 12.30pm-2.30pm	483 9942	Beach Haven Community House 130 Beach Haven Road Beach Haven
<b>Browns Bay Senior Citizens</b> - Korean Senior Citizen - karaoke and Korean dance	1.00pm-3.30pm	479 6041	9 Inverness Road Browns Bay
<b>Devonport Community House</b> - Low-impact aerobics for the young at heart - Art classes for adults with some experience	9.15am-10.15am 9.30am-12.30am	445 3068 Lucy 446 0389	Devonport Community House 32 Clarence Street Devonport
<b>Glenfield 60's Up Movement</b> - Bowls	1.00pm-3.30pm	444 4726	Marlborough Hall Chartwell Avenue, Glenfield
<b>Glenfield Senior Citizens</b> - Housie	12.30pm-3.30pm	444 6578	Glenfield Senior Citizens 7 Mayfield Road, Glenfield
<b>Highbury Community House</b> - Unfinished objects and needlecraft - Fast walkers/medium walkers	9.45am-11.45am 9.45am-onwards	480 5279	Highbury Community House 110 Hinemoa Street Birkenhead
<b>Mairangi Arts Centre</b> - Group with no name - Drawing skills - Untutored contemporary connections	9.30am-12.30pm 9.30am-12.30pm 1.00pm-4.00pm	478 2237	Mairangi Arts Centre 20 Hastings Road Mairangi Bay <a href="http://www.mairangiarts.co.nz">www.mairangiarts.co.nz</a>
<b>Milford Care and Craft</b> - Craft and friendship	10.00am-1.15pm (during school terms)	478 9803	Lady Allum Village 20 Napoleon Avenue, Milford
<b>Milford Senior Citizens</b> - Rummikub - Bingo - Indoor bowls	9.30am-11.30am 10.30am-12noon 12.30pm-3.00pm	410 5199	141A Kitchener Road Milford
<b>Northcote 60's Up Movement</b> - Activities, entertainers, speakers, bus trips	1 <sup>st</sup> Friday of month 10.00am-onwards	419 0756	St Luke's Church Hall 83 Greenslade Crescent Northcote
<b>Northcote Central Senior Citizens</b> - Knitting circle - Mah Jong	10.00am-12noon 1.00pm-3.45pm	480 8364 or 419 0407 or 418 2146	Citizens Hall, Corner of Ernie Mays Street and College Road Northcote
<b>Parkinsonism Society Support Group</b> - Education and support	4 <sup>th</sup> Friday of month 10.00am-onwards	278 6918	Zion Hill Methodist Church Onewa Road, Birkenhead
<b>SeniorNet Bayswater</b> - Meeting, guest speaker <a href="mailto:senionnet.bw@xtra.co.nz">senionnet.bw@xtra.co.nz</a>	Last Friday of month 2.00pm	446 3305	Main Club Room Belmont Park Bowling Club 46 Roberts Avenue, Bayswater

SeniorNet North Shore (Inc) - Computer classes, tutorials, discussion groups	10.00am-12.30pm <b>1.30pm-4.00pm</b>	486 2163	St John Ambulance Centre Shea Terrace Takapuna
Takapuna Combined Probus Club - Speakers, friendship, outings	3 <sup>rd</sup> Friday of month 9.30am-11.30am	475 5371	Sunnybrae Bowling Club 9 Argus Place, Glenfield
Takapuna Ladies Probus Club - Friendship, fun, guest speaker	2 <sup>nd</sup> Friday of month 10.00am-12noon	443 3741	Takapuna Bowling Club 9 Bracken Avenue, Takapuna
Takapuna Senior Citizens - Scrabble	10.00am-onwards	Elise 443 8554	5 The Strand Takapuna
<b>SATURDAY - EXERCISE PROGRAMME</b>			
BodyBalance - Yoga, Tai Chi, Pilates workout that builds flexibility and strength	10.30am-11.30am <b>11.15am-12.15am</b>	444 6340	North Shore Leisure - East Coast Bays, Bute Road <b>North Shore Leisure - Glenfield Bentley Avenue, Glenfield</b>
Laughter Yoga	9.00am-9.45am	Louise 444 7247	Bays Community Centre 2 Glen Road, Browns Bay
Mairangi Bay Walking Networks	8.30am-9.30am	478 9115	Mairangi Bay carpark (adjacent children's play area)
<b>SATURDAY - OTHER PROGRAMMES</b>			
Bays Community Centre - Art - North Shore Computer Genealogists - Crazy quilters	9.00am-3.00pm 2 <sup>nd</sup> Saturday of month <b>1.00pm-3.30pm</b> 4 <sup>th</sup> Saturday of month 10.00am-3.00pm	Lee 478 2924 Trevor 444 8402 Marilyn 473 6958	Bays Community Centre 2 Glen Road Browns Bay
Browns Bay Senior Citizens - Chinese Senior Citizens, English lessons	10.00am-12noon	479 6041	9 Inverness Road Browns Bay
Glenfield Senior Citizens - Bowls, Snooker - Social	1.00pm-3.30pm <b>4-5 times year</b>	444 6578	7 Mayfield Road Glenfield
Highbury Community House - European style artisan market	3 <sup>rd</sup> Saturday of month 8.30am-1.00pm	Toni 482 2273	Highbury Community House 110 Hinemoa Street, Birkenhead
North Shore Fibromyalgia Support Group - Formal meetings and speaker	26 <sup>th</sup> June, 4 <sup>th</sup> December 9.30am-12.30pm	Wendy 448 1226	Taitamariki Guide Hall Auburn Street Takapuna
Older Women's Network - Entertainment, speakers, workshops - Writing stories for your grandchildren - OWN's Alone Lunch	3 <sup>rd</sup> Saturday of month 10.00am-12noon 2 <sup>nd</sup> Saturday of month <b>10.00am-12.30pm</b> Last Saturday of month	Sue 475 5736 Edna 445 8452 Sue 475 5736	Different venues <b>Bays Community Centre 2 Glen Road, Browns Bay</b> Different venues
Rose Centre - Writers Group	2 <sup>nd</sup> Saturday of month 2.00pm-4.00pm	Hazel 489 7203	The Rose Centre School Road Belmont

<b>SUNDAY - EXERCISE PROGRAMME</b>			
<b>BodyBalance</b> <i>- Yoga, Tai Chi, Pilates workout that builds flexibility and strength</i>	11.15am-12.15am	444 6340	North Shore Leisure - Glenfield Bentley Avenue, Glenfield
<b>Devonport Walkers</b>	8.30am-9.30am	445 2743	Outside Caroline Sills 26 Clarence Street
<b>Mairangi Bay Walking Networks</b>	9.00am-10.00am	414 2990	Milford Shopping Centre carpark
<b>Yoga Workshop</b> <i>- Beginners yoga class</i>	4.00pm-5.00pm	Matt 446 6531	The Rose Centre, School Road Belmont
<b>SUNDAY - OTHER PROGRAMMES</b>			
<b>Bays Community Centre</b> <i>- North Shore Quilters</i>	2 <sup>nd</sup> Sunday of month 10.30am-3.00pm	Melva 479 7572	Bays Community Centre 2 Glen Road, Browns Bay
<b>Highbury Community House</b> <i>- Free paint, creative, fun painting for adults</i>  <i>- Gnostic union, exploring alternative religious and philosophical ideas</i>	Last Sunday month 10.00am-3.00pm 1 <sup>st</sup> Sunday of month 7.30pm-onwards	Lisa 410 1418  Loveday 483 4523	Highbury Community House 110 Hinemoa Street Birkenhead
<b>North Shore Fibromyalgia Support Group</b> <i>- Formal meetings and speaker</i>	12 <sup>th</sup> September 9.30am-12.30pm	Wendy 448 1226	Taitamariki Guide Hall Auburn Street Takapuna
<b>North Shore Widows' and Widowers' Society</b> <i>- Indoor bowls &amp; games</i>  <i>- Dining out after monthly meeting</i>	1.30pm-4.00pm  2 <sup>nd</sup> Sunday of month 6.00pm onwards	479 6042	Taiaotea Trust Progress Hall Anzac Road, Browns Bay Different venues
<b>SeniorNet North Shore (Inc)</b> <i>- Meeting and guest speaker social</i>	2 <sup>nd</sup> Sunday of month 10.00am-12 noon	486 2163	St John Ambulance Centre Shea Terrace, Takapuna
<b>Sunnynook Community Centre</b> <i>- North Shore Country &amp; Western Music Club, singing and dancing</i>	Fortnightly on Sundays 7.00pm-10.00pm	021 496 752	Sunnynook Community Centre 148 Sycamore Drive, Sunnynook

*Every effort has been made to ensure correct details.  
If a mistake has been made, please accept our apologies.  
If your group has missed being included,  
please advise us for inclusion in the next edition.*