

Reconnecting Seniors Calendar

October 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<ul style="list-style-type: none"> Yoga Aqua Fit Fit for Function Stay Strong Pickleball Digital Help 	<ul style="list-style-type: none"> Petanque Senior Circuit Parkinson's Exercise Class Senior Strength Pro Dance Steady As You Go 	<ul style="list-style-type: none"> Yoga Aqua Fit Pickleball Fit for Function Stay Strong, Stand Tall Dance Legends 60+ 	<ul style="list-style-type: none"> Petanque Senior Circuit Aspiring Wanderers Dance Legends 60+ 	<ul style="list-style-type: none"> Yoga Aqua Fit Pickleball Fit for Function Music & Movement 		<ul style="list-style-type: none"> Petanque Pickleball
<ul style="list-style-type: none"> Yoga Aqua Fit Fit for Function Stay Strong Pickleball Digital Help 	<ul style="list-style-type: none"> Petanque Senior Circuit Parkinson's Exercise Class Senior Strength Pro Dance Steady As You Go 	<ul style="list-style-type: none"> Yoga Aqua Fit Pickleball Fit for Function Stay Strong, Stand Tall Dance Legends 60+ 	<ul style="list-style-type: none"> Aspiring Wanderers Petanque Senior Circuit Primetimers Seniornet Dance Legends 60+ Movie Matinee 	<ul style="list-style-type: none"> Yoga Aqua Fit Pickleball Fit for Function Dementia carer support group WānaKai Music & Movement 		<ul style="list-style-type: none"> Petanque Pickleball
<ul style="list-style-type: none"> Yoga Aqua Fit Fit for Function Stay Strong Pickleball Digital Help Ronnie Gardiner Coffee Connection & presentation 	<ul style="list-style-type: none"> Petanque Senior Circuit Parkinson's Exercise Class Senior Strength Pro Dance Steady As You Go 	<ul style="list-style-type: none"> Yoga Aqua Fit Pickleball Fit for Function Stay Strong, Stand Tall Dance Legends 60+ 	<ul style="list-style-type: none"> Petanque Senior Circuit Aspiring Wanderers Dance Legends 60+ 	<ul style="list-style-type: none"> Yoga Aqua Fit Pickleball Fit for Function Music & Movement 		<ul style="list-style-type: none"> Petanque Pickleball
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<ul style="list-style-type: none"> Yoga Aqua Fit Fit for Function Stay Strong Pickleball Digital Help Ronnie Gardiner Age-concern drop-in 	<ul style="list-style-type: none"> Petanque Senior Circuit Parkinson's Exercise Class Senior Strength Pro Dance Steady As You Go 	<ul style="list-style-type: none"> Yoga Aqua Fit Pickleball Fit for Function Stay Strong, Stand Tall Dance Legends 60+ 	<ul style="list-style-type: none"> Petanque Senior Circuit Dance Legends 60+ Dementia Coffee Club 	<ul style="list-style-type: none"> Yoga Aqua Fit Pickleball Fit for Function Music & Movement 		<ul style="list-style-type: none"> Petanque Pickleball

Coffee Connection

Morning tea and a chat.
All seniors welcome.

Monday, October 13th
from 10.00am

Wānaka Community Hub
34 McDougall Street



Followed by Age Concern Presentation

10.30-11.30am
Meeting Room

Rosanna from Age Concern
will be presenting a talk
about Elder Abuse.

Featured events – Times and information – October

For further information contact: 03 443 7799 or pop
in to see us at: Wānaka Community Hub, 34
McDougall Street,
www.communitylink.nz



AquaFit: \$5.30 to attend - Wanaka Recreation Centre

Monday | Wednesday | Friday 8.00 - 8.45 am

Aspiring Wanderers: for people with mild to moderate dementia

Registration Required - Contact Robyn: 027 441 4001 or
wanaka@alzheimersotago.org.nz | 10am - 1pm

Coffee Connection: seniors morning tea and casual chat

Second Monday of the Month | 10.00 - 11.30am | Wānaka Community Hub
Contact Community Link: 03 443 7799 | info@communitylink.nz

WānaKai: Cook, connect and enjoy a shared lunch - no skills required. All Welcome!

Every second Friday | 11.30am - 2.00pm | Wānaka Community Hub
Booking essential. Contact Diana: mansondiana@gmail.com

Dementia Carer Support Group (for people supporting someone with dementia)

Inquiries Robyn 027 441 4001, wanaka@alzheimersotago.org.nz

Dementia Coffee Group (for people with dementia and their care partners),

Last Thursday of the month: 10.00 - 11.30am, Enquiries Robyn 027 441 4001,
wanaka@alzheimersotago.org.nz

Fit for Function: Fitness classes every Monday, Wednesday and Friday 9.45 - 10.15am at NRG

Library Movie Matinee - Lake Wānaka Centre, Armstrong Room at 2.00pm

With thanks to Beamafilm. Free to attend, bookings essential, transport available.
For bookings & enquires Call Wānaka Library: 03 443 0410 or wanaka.library@qldc.govt.nz

MSD Consults: for senior queries about NZ Super or disability

No onsite clinic this month please contact Community Link: 03 443 7799 | info@communitylink.nz for
more information.

Yoga - Paetara Aspiring Central

Monday | Seniors yoga 9.15am - 10.15am | Wednesday 8.00 - 9.00am & 9.15am - 10.15am (for the young at
heart). Contact Fiona: email fiona.gallagher@qldc.govt.nz

Senior Strength Class: Every Tuesday 11am-12pm at Paetara Aspiring Central

\$15 to attend, For enquiries contact Fiona: fiona.gallagher@qldc.govt.nz

Pro Dance for Seniors and Dance Legends 60+ - Paetara Aspiring Central

\$20 to attend. For enquiries contact Nina: nina@prodancenz.com

Sunday Boogie- At Albie Tavern in Alberttown 4-6pm 7th September TBC

\$10 to attend. Contact Nina: nina@prodancenz.com

Music & Movement (for people with dementia)

For enquiries or more information contact Robyn 0274 414 001,
wanaka@alzheimersotago.org.nz
Fridays 10-11.30am at Wanaka Hotel

Steady As You Go© (SAYGo) is Age Concern Otago's peer-led exercises

Every Tuesday 1 and 2pm at St John's Rooms. Contact 03 448 7075

Age Concern Drop-in Session - Wānaka Community Hub 10am-12pm

Offers seniors the opportunity to access free and confidential information.
For more information contact 03 448 7075 or central@ageconcernotago.co.nz

Petanque: social and fun boules sport

Tuesdays, Thursdays & Sundays: 1.00pm - 3.00pm

Grace Wright Drive, Three Parks. Contact Mary: 021 069 0374

Pickleball: \$5 per class - Wanaka Rec Centre- Monday, Wednesday, Friday & Sunday 9am -11am.

PrimeTimers: Membership - \$30 per year

Meeting: First Thursday of the Month | 2.00 -3.30pm | Wānaka Presbyterian Church

Outing: To be advised - Contact Helen Millar: 021 043 1054 | ucsc.club@gmail.com

Saturday Socials: morning tea, bingo and home-cooked lunch -

\$5 for lunch Last Saturday of the Month | 10.30am - 1.30pm |

St John Rooms, Link Way | Contact Dell: 021 111 5940

Senior Circuit: Prevention on Point - \$20 per class (ACC registered Strength and Balance class)

18 Infinity Drive.

To pre-register or inquire contact Jo on 0212983436 or hello@preventiononpoint.com

Every Tuesday at 9.30 and 10.30am, Every Thursday 10am -11am

Ronnie Gardiner Method: Join us for 8 weeks of energising, brain-boosting fun!

\$160 per person for an 8-week course starting Monday 15th September - 3rd November.

For more information or to register contact hello@preventiononpoint.com or 021 298 3436.

Stay Strong Stand Tall (balance & strength class for over 65s)

Contact Ash on 0220311415 or ashley@synapticphysio.co.nz bookings.

Monday: 9:15am or 10:30am at St John's Wanaka

Wednesdays: 9:15am class at St John's Wanaka

Parkinson's Exercise Class: Tuesdays 11am-12:15pm at the Wanaka Rec Centre.

Wise Ones- A friendship and support group for those over 60 years of age.

Includes Art & Craft Group, Film Club, Card Group and, Senior Exercise Group in Lake Hāwea. Contact

Colleen Carr for more information: chc.lhnz@gmail.com or

027 393 5322

SeniorNet - provides a community learning network that supports and motivates people to confidently use technology in their everyday lives

First Thursday of the month 10.00am-12.00pm at the Presbyterian Church Community Hall

Contact Jan for further details wanaka@seniornet.nz

Digital Help Wānaka Library

Every Monday 3:30pm-5:00pm. Drop in and bring your device, tablet, ipad, smartphone or computer.

Librarian and volunteers are available to help 1:1 for all your tech and digital questions.

For more info please contact: wanaka.library@qldc.govt.nz or 03 443 0410

Mental Health Awareness Month activities

October is jam-packed full of activities you can do to look after your mental wellbeing.

For information and calendar contact Kenzie on connect@communitylink.nz or visit

<https://www.communitylink.nz/events/mental-health-awareness-month>

