

# WHAKATIPU SENIORS GIG GUIDE - JULY 2026

Keen to connect? Check out this month's calendar of activities around the Whakatipu Basin:

## MONDAYS

3rd Mon of month, 10:30-11:30am: **Whiskers & Wisdom** dementia-friendly fun with QT Cats at Frankton Library.

10.30-1.30pm: **Dementia Mate Wareware HomeShare** (small community social groups) at Country Club 420 Frankton-Ladies Mile Hwy. Contact Karin 022 535 4747 / [hscoordinator@alzheimersotago.org.nz](mailto:hscoordinator@alzheimersotago.org.nz).

2.30-3.30pm: **Power: Exercise for Parkinson's Disease** at Queenstown Events Centre. Book an assessment before joining via [deni.zawalski@qldc.govt.nz](mailto:deni.zawalski@qldc.govt.nz).

## THURSDAYS

5.30-6.30pm, first Thursday of every month: **Creative Writing Group** at the Queenstown Library.

11am: **Age Concern balance & strength exercise class** at Arrowtown Community Centre. Contact Chris\*.

10am-12pm: **Digital Support** at Arrowtown Library.

11am - 12:30pm: **Digital support appointments** at Queenstown Library. Bookings required: 03 441 0600 / [Queenstown.Library@qldc.govt.nz](mailto:Queenstown.Library@qldc.govt.nz).

12:30pm: **Leisurelys Gym Class** at Queenstown Events Centre.

1:30-2pm: **Leisurelys Balance Class** at Queenstown Events Centre.

3rd Thurs of month, 1.30pm: **Age Concern Men's Group** at The Crown. Contact Chris 027 2743803.

Last Thurs of month, 5:30-6:30pm, **Queenstown Library Book Club**

## TUESDAYS

1st & 3rd Tues of month, 10am-12pm: **Cook Around the World** at Happiness House. Bookings req.\*

10.30am: **Age Concern Balance & Strength exercises** at Te Atamira, contact Chris\*.

11am-1pm: **Taurite Tū - Strength & Balance or Fall Prevention** (ACC accredited) for anyone aged 50+ at Uruuruwhenua Hauora office 70/1 Glendra Dr. Contact 0800 485 111 / [tahuna@uruuruwhenuahealth.co.nz](mailto:tahuna@uruuruwhenuahealth.co.nz).

11am: **Leisurelys Balance Class** at Queenstown Events Centre.

1st Tues of month, 7-8pm: **Community Sing Drop-in Choir** at Te Atamira

2nd Tues of month, 6:30-8pm: **Community Draw** at Te Atamira

3rd Tues of month, 7-8pm: **Community Craft** (either writing, stitching, dancing or cultural event) at **Te Atamira**.

## FRIDAYS

1st Friday of month, 12-2pm: **Kingston seniors** meet at Kingston St John Rooms. Call Carolyn 021 204 1158.

10-11.30am: **Free digital guidance** at Frankton Library.

12pm: **Friday Lunch** with Wakatipu Senior Citizen Association. Booking req.\*

1.30-2pm: **Leisurelys Chair Yoga** at Queenstown Events Centre.

## WEDNESDAYS

\***NEW\* Dementia Group** for conversation, meaningful activities and connection. Every 2<sup>nd</sup> Wednesday from 10am - 1pm @ St John's Presbyterian Church Hall in Arrowtown. To enrol ph Gayle \*

Every 1st and 3rd Wednesday: **Frisbee Golf Social Group** from 11am-12pm. Meet at **Happiness House**, stay for afternoon tea.

12.45-1.15pm: **Leisurelys Strength Class** at Queenstown Events Centre.

1.30-2.15pm: **Leisurelys Pilates Class** at Queenstown Events Centre.

Every 2nd Wed, 3-5pm: **Digital support** at Kingston Library.

Last Wed of month, 1.30-3.30pm: **Digital support** at Glenorchy Library.

Last Wed of month, 10.30am: **Memory Keepers carer support group** for partners, family & friends of those with dementia or cognitive impairment at Remarks Cafe Queenstown Country Club. Contact Gayle\*

1<sup>st</sup> Wednesday of the month 11am -12pm: **Cuppa & chat with guest speaker** @ St Johns church, (Berkshire street) Arrowtown with Enliven/Age Concern.

## WEEKENDS

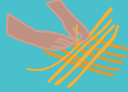
**Saturday Arts Social:** every Sat 10.30am-12.30pm, free drop-in multi-arts programme for over 60s at Te Atamira.

**St John Friendship Drives:** Want to meet new people and get out and about but don't have transport? The St John Health Shuttle can pick you up from your door and take you out on a new adventure. We go to various locations both near and far for a cuppa and a chat. To book contact [sarah.bloxham@stjohn.org.nz](mailto:sarah.bloxham@stjohn.org.nz) or 021 188 5223.

# WHAT'S NEW THIS MONTH

Each month brings new activities, special events and occasional changes to regular programmes. This page highlights what's new or updated for **July**, making it easy to see fresh opportunities to stay active, connected and involved in our community.

## FLAX WEAVING WORKSHOP



### Harakeke Plant guard weaving workshop by Te Kākano

Learn how to harvest harakeke/flax respectfully and weaving technique to make a simple plant guard.

This workshop will cover how to harvest harakeke/flax respectfully and the weaving technique to make a simple plant guard. No previous experience or equipment required.

**Date:** Thu, 9 July

**Time:** 5.30 - 7.00pm

**Venue:** Arrowtown Library

No charge. Book here or call your library.

<https://www.eventbrite.co.nz/e/harakeke-plant-guard-workshop-arrowtown-library-9th-july-tickets-1991842847576>

## GET INVOLVED AT TE ATAMIRA



Te Atamira's **Saturday Art Socials** welcomes you to this month's event series. Start with a morning cuppa at 10.30am then follow by the session at 11am - 12.30pm. Events are free of charge.

**4 July: Canciones para Compartir / Songs to share** with Pauli

**11 July: Finding the Story Only You Can Tell** with Julian Noel

**18 July: Sharing the Stories That Shape Us** with Julian Noel

**25 July: Air Dry Clay Midwinter Christmas Ornaments** with Svetlana Mickell

Join the **Free Community Nights** at Te Atamira, first three Tuesdays of the month. These are relaxed, drop-in evening of singing, drawing, crafting and more. Explore new creative activities and enjoy the arts with your community. Open to all ages.

**7 July at 7pm: Community Sing Samba Evening - Brazilian Night**

**14 July at 6.30pm: Community Draw: Ancient America Postcards**

**21 July at 6.30pm: Community Craft: Theatre Games and Stagecraft**

## NEW IN JULY



### New Group Alert!

In Good Company (Alzheimers Otago) brings people living with dementia together for good conversation, meaningful activities, and the kind of connection that makes a real difference. 10am-1pm every second Wednesday @ St John's Presbyterian Church Hall in Arrowtown. To enrol ph Gayle on 027 441 4960.

A huge thank you to all the staff and volunteers who keep these groups and activities going and available for our community. You are amazing!

# SUPPORT AND SERVICES

## **Happiness House**

Happiness House is a warm and welcoming community space for all, located on Park Street near the Queenstown Gardens. Pop in for a cuppa and a chat, enjoy the drop-in space, or check out their free activities and events. There's always something happening to help people feel connected. Ph 034426531 or email [info@happinesshouse.org.nz](mailto:info@happinesshouse.org.nz).

## **Leisurelys – Over 60s fit for the future**

Gym & group fitness classes at Queenstown Events Centre. Enjoy safe, enjoyable exercise and social outings with the Leisurelys, an award-winning programme for young-at-heart over 65s. Classes are designed specifically for you and include Pilates, dance, balance, aquafit, RPM (spin bikes), stretch, yogastretch and gym sessions. Class fees \$8.20 per class or \$57 for a 10-visit pass. Before attending any classes, you need to complete a free induction with one of the instructors – book via [leisurelys@qldc.govt.nz](mailto:leisurelys@qldc.govt.nz) / 03 450 9005.

## **Wakatipu Senior Citizens Association**

Activities, social gatherings, outings, speakers and lunch for over 60s. Weekly talks and lunch (\$20 member/\$25 guest). Lunch bookings essential: [manager@wsca.org.nz](mailto:manager@wsca.org.nz) / 03 442 9214.

## **QLDC Libraries programmes**

The libraries run a range of programmes for seniors, as well as support for instructors and caregivers, including digital training and social activities. Check out [www.qldclibraries.govt.nz](http://www.qldclibraries.govt.nz) for more details.

**Book delivery and pick-up service:** Can't get to your library due to mobility or health issues? Contact: [queenstown.library@qldc.govt.nz](mailto:queenstown.library@qldc.govt.nz) / 03 441 0600 or [frankton.library@qldc.govt.nz](mailto:frankton.library@qldc.govt.nz) / 03 441 3680.

## **Te Atamira community arts**

Te Atamira community arts space at Remarkables Park hosts a range of great events, exhibitions and workshops for all ages and abilities. It's a great place to meet people and learn new skills. For more information, visit [www.teatamira.nz](http://www.teatamira.nz) or ph 027 1800 2868.

## **U3A Whakatipu (University of the Third Age)**

Lectures and study groups on a range of topics - find out what's on via [www.u3awakatipu.org/programme](http://www.u3awakatipu.org/programme). Lectures are usually at Te Atamira on Mondays, 10am - 12 noon. A \$5 lecture fee is payable at the door.

## **Volunteer South**

Volunteering is a great way to connect with like-minded people, learn/share skills, give back to your community and improve wellbeing. Contact Paula Denton on 0275065703 / [paula@volunteersouth.org.nz](mailto:paula@volunteersouth.org.nz). [www.volunteersouth.org.nz](http://www.volunteersouth.org.nz)

## **Age Concern**

Advice, support, education and advocacy, including healthy aging and connecting with your community. There are regular coffee groups, outings and exercise classes (transport available). Contact \*Chris 03 441 3490 / [acqt@acinv.org.nz](mailto:acqt@acinv.org.nz).

## **Alzheimers Otago**

Caring for people living with dementia. For advice, support or to find out about therapies / groups to connect with others in the same situation, call Gayle on 027 441 4960.

## **Enliven - SupportLink**

Need some help? SupportLink is a free community service matching volunteers to older people living independently. Email [scoulson@enlivensld.nz](mailto:scoulson@enlivensld.nz) for details.

## **St John Health Shuttle**

Book transport to Invercargill for health-related appointments Monday to Friday from Frankton – Queenstown, ph 0800 103 046.