

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



Dementia-Mate Wareware HomeShare (for people with dementia living in the community)

Wednesdays 10am-1pm

To register contact Karin 022 535 474, hscoordinator@alzheimersotago.org.nz

Aspiring Wanderers: for people with mild to moderate dementia

Thursdays 10am-1pm

Registration Required - Contact Robyn: 027 441 4001 or 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 or wanaka@alzheimersotago.org.nz

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

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

Wānaka and Hāwea- monthly Mondays, Wednesdays and Fridays

Inquiries Robyn 027 441 4001 or wanaka@alzheimersotago.org.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

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

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 9.15am - 10.15am (for the young at heart). Contact Fiona: fiona.gallagher@qldc.govt.nz

Senior Strength Class: Every Tuesday 11am-12pm and every Friday 10.30 - 11.30am at Paetara Aspiring Central.

\$15 to attend or \$12 per class if you book 10.

For enquiries contact Elaine hell@elaineKellywellness.com or 022 6441452

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

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

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

Digital Help

At the Wānaka Library- 3:30-5:00pm - Every Monday, drop-in.

Taurite Tu a wellness, strength, movement and balance programme, for Maori 50+ and their whanau

Wanaka Community Hub - Thursdays 10am-12- contacts: Liz 021 79 1961 or Shiralee 027 372 8228

Younger Onset Dementia HomeShare (for people under 65 years living at home)

Tuesdays 10am to 1pm

To register contact Kate 022 515 4411, kate@alzheimersotago.org.nz

Petanque: social and fun boules sport

Tuesdays, Thursdays & Sundays: 1pm-3pm

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

Pickleball, Table Tennis and Walking Netball: \$6 per class - Wānaka Rec Centre.

Pickleball is Monday, Wednesday, Friday & Sunday 9am -11am.

Table Tennis & Badminton is Tuesday 9-11am and Sunday 3-5pm.

Walking Netball is Thursday 10-11am.

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

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 9.30am -10.30am, Every Thursday 10am -11am

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

Contact Ashley on 0220311415 or hello@synapticphysio.co.nz

Monday: 9:15am and 10:30am at St John's Wānaka

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

Parkinson's Exercise Class: Tuesdays 11am-12:15pm at the Wānaka 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

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

Aquafit: \$5.30 to attend - Wānaka Recreation Centre

Monday | Wednesday | Friday 8.00 - 8.45 am

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

Library Movie Matinee

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

Music & Movement for people with dementia

Fridays 10 to 11.30am

To register contact Robyn 027 441 4001, wanaka@alzheimersotago.org.nz

Snap Fitness - Senior Class

Every Monday at 2pm and Friday 8am at 5/1 Sir Tim Wallis Drive, Cost: Members - free or Non-Members - \$10

Contact Nikki: 021 085 66026

