

Reconnecting Seniors Calendar

December 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
- Yoga - Aqua Fit - Fit for Function - Stay Strong - Pickleball - Digital Help	- Petanque - Senior Circuit - Parkinson's Exercise Class - Senior Strength - Pro Dance - Steady As You Go	- Yoga - Aqua Fit - Pickleball - Fit for Function - Stay Strong, Stand Tall - Dance Legends	- Petanque - Senior Circuit - Aspiring Wanderers - Dance Legends - Primetimers - Seniornet	- Yoga - Aqua Fit - Pickleball - Fit for Function - Dementia carer support group		- Petanque - Pickleball - Sunday Boogie
- Yoga - Aqua Fit - Fit for Function - Stay Strong - Pickleball - Digital Help - Dementia carer support group - Coffee Connection	- Petanque - Senior Circuit - Parkinson's Exercise Class - Senior Strength - Pro Dance - Steady As You Go	- Yoga - Aqua Fit - Pickleball - Fit for Function - Stay Strong, Stand Tall - Dance Legends - Dementia-Mate HomeShare	- Petanque - Senior Circuit - Dance Legends - Movie Matinee	- Yoga - Aqua Fit - Pickleball - Fit for Function		- Petanque - Pickleball - Sunday Boogie
- Yoga - Aqua Fit - Fit for Function - Stay Strong - Pickleball - Digital Help	- Petanque - Parkinson's Exercise Class - Senior Strength - Pro Dance - Steady As You Go	- Yoga - Aqua Fit - Pickleball - Fit for Function - Stay Strong, Stand Tall - Dance Legends - Dementia-Mate HomeShare	- Petanque - Dance Legends - Dementia Coffee Group	- Yoga - Aqua Fit - Pickleball - Fit for Function		- Petanque - Pickleball - Sunday Boogie
- Yoga - Aqua Fit - Fit for Function - Stay Strong - Pickleball - Digital Help	- Petanque - Parkinson's Exercise Class - Senior Strength - Pro Dance - Steady As You Go	- Yoga - Aqua Fit - Pickleball - Fit for Function - Stay Strong, Stand Tall - Dance Legends				Petanque
	Petanque					- Petanque - Pickleball

Coffee Connection

Morning tea and a chat.
All seniors welcome.

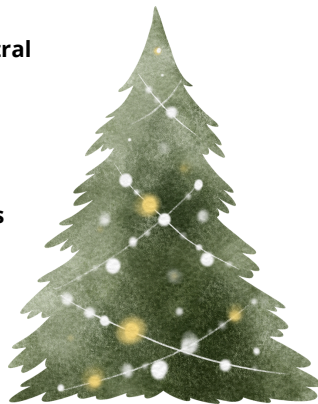
Monday, December 8th
from 10.00am

Wānaka Community Hub
34 McDougall Street



Featured events - Times and information - December

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)

To register contact Karin 022 535 474, hscoordinator@alzheimersotago.org.nz
Every Wednesday 10am-1pm

Aspiring Wanderers: for people with mild to moderate dementia

Registration Required - Contact Robyn: 027 441 4001 or
wanaka@alzheimersotago.org.nz | 10am - 11.30am

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

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

\$10 to attend. 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

Aquafit: \$5.30 to attend - Wanaka Recreation Centre

Monday | Wednesday | Friday 8.00 - 8.45 am

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: 10am-12pm
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

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 8.55am and 10am, Every Thursday 10am - 11am (ending mid-December for this year)

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

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

Monday: 9:15am at St John's Wanaka

Wednesdays: 9:15am class at St John's Wanaka (except 12.11.25- no class)

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

Share the Spirit with a Seniors Christmas Gift Bag

Christmas is a magical time but for many seniors in our community, it can also be a time of feeling alone and forgotten. That's why Community Link is preparing special Christmas bags of goodies to be delivered to older residents just before Christmas.

You can nominate someone by emailing

connect@communitylink.nz or calling 03 443 7799 before 8th December.

