

WHAKATIPU SENIORS' GIG GUIDE - OCTOBER 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.

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.

THURSDAYS

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

Walkie Talks: Thursdays 10.15am-11.45am, meeting spot is currently across from the Frankton Arms Taven whilst the construction is happening on Frankton track.

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.

12:30pm: **Leisurelys Gym Intro 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.

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

12:15pm: **Walking Netball** at the 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 Call Annette 0274292245

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

10:30pm: **Leisurelys Gym Class** at Queenstown Events Centre.

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

1.30-2.15pm: **Leisurelys Chair Yoga** at Queenstown Events Centre.

WEDNESDAYS

In Good Company (Alzheimers Otago) brings people living with dementia together for good conversation, meaningful activities & connection. 10am-1pm every second Wednesday at St John's Presbyterian Church Hall, 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*

11am -12pm: **Cuppa & chat with guest speaker** @ St Johns church, (Berkshire street) Arrowtown with Enliven/AgeConcern. This month on October 14th from 11am -12pm.

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 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 **October**, making it easy to see fresh opportunities to stay active, connected and involved in our community.

STAY ACTIVE



Active Ageing: getting on and off the floor

A one-off workshop to help seniors learn to get on and off the floor. You will learn about strategies for falls prevention, how to get on and off the floor safely using different techniques, and exercises to help with strength and mobility. The workshop will involve theory, practical application, and a home program to take away.

When: Tuesday 27 October, 11.30-12.15pm

Where: Queenstown Events Centre

Cost: \$10

Bookings: sign up online or at QEC reception from 12 October

MUSIC



Fresh from Europe: an afternoon of chamber music

Enjoy an hour of chamber music with acclaimed young musicians Christine Jeon (cello) and Matthew Seinafo (piano), performing works by Bach, Leonie Holmes, Chopin, Shostakovich and Ginastera.

When: Friday 2 October, 3 to 4pm, Arvida Queenstown Country Club Clubhouse.

Free event: please RSVP to 021 240 8816.

SHOWSTOPPERS AT YOUR PLACE presented by OPERATUNITY

Showstoppers is a variety concert featuring popular songs from musicals, Irish songs, comedy songs, much loved ballads and more. A feel-good show presented by professional artists who will bring warmth, fun and a smile to your face!

When: Friday 9 October, 10-11am, Arvida Queenstown Country Club Clubhouse.

Free event – please RSVP to 021 240 8816

NEW THIS MONTH:

Walkie Talkies are back: Thursdays 10.15am-11.45am, meeting spot is currently across from the Frankton Arms Taven whilst the construction is happening on Frankton track.

Walking Netball at Queenstown Events Centre: Every Tuesday, 12.15pm – 1.15pm.

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.

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 / 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 / 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 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 / 03 441 0600 or 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 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. Lectures are usually at Te Atamira on Mondays, 10am - 12 noon. A \$5 lecture fee is payable at the door.

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.

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 soulson@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.