

Te Wiki Kaumātua **Seniors' Week 2023**



**Pēperēkou, Tōna
Ao Katoa - The
whole person**

**1 October to
8 October 2023**

**Absolutely Positively
Wellington City Council**
Me Heke Ki Pōneke

A fun week of events and activities
for seniors, right across the city.

For more information about
what's happening, go to
wellington.govt.nz/seniors-week
or phone 04 499 4444.



Sunday 1 October – Sunday 8 October

SuperGold Card at the Wellington Cable Car

Wellington Cable Car, Lambton Quay Terminal, 280 Lambton Quay
or Kelburn Terminal Upland Road.

Monday – Thursday | 9am–3pm

Friday | 9:30am–3pm & 6:30pm–9pm

Saturday | 8:30am–9pm

Sunday | 8:30am–7pm

There is simply no better way to experience the hidden charm that Wellington has to offer than to take this 5-minute ride from the heart of the city centre, up through the hillside terraced houses of Kelburn, to the lookout perched high above the city.

Enjoy easy access to the Botanic Garden, Cable Car Museum, Space Place (at Carter Observatory) and Zealandia (via free shuttle). Cars depart every 10 minutes.

Although there is some outdoor element, all terminals have ramps installed.

Call **04 472 2199** for more information.

Cost: Free (except for SuperGold card holders within off peak hours).
No event registration.



Sunday 1 October

Tawa MenzShed Open Day

Tawa MenzShed – access to the Tawa Pool car park is currently via Luckie St and then into Davies St due to Davies St being temporarily closed at the north end. From the Tawa Pool, drive south past the skateboard park and the Rural Fire Service building.

1pm-4pm | Sunday 1 October

Join us at the MenzShed open day!
Come in and see what we're up to
and if it would be the right fit for you.

Tawa MenzShed is wheelchair accessible.
Plenty of parking.

Contact TawaMenzShed@AoL.com

Cost: \$2 for tea and coffee. No registration needed.



Monday 2 October

Indoor Bowls

Upstairs, Karori Community Centre, 7 Beauchamp St, Karori

12.30pm-3pm | Monday 2 October

Come and give indoor bowls a try. Stay as long as you like.

Lift available.

Call 04 476 4968 or email info@karoricommunitycentre.org.nz
for more information.

Cost: Koha. No registration needed.

Karori Steady As You Go

Upstairs, Karori Community Centre, 7 Beauchamp St, Karori

10.30am-11.30pm | Monday 2 October

Join us for an exercise class for seniors. This class improves your balance, leg strength, flexibility, general fitness and wellbeing.

Lift available.

Call 04 476 4968 or email info@karoricommunitycentre.org.nz for more information.

Cost: \$2. No registration needed.

Seatoun Steady As You Go - Falls Prevention Exercise Class

Seatoun Village Hall, 22 Forres Street, Seatoun

10am-11am | Monday 2 October

Join Age Concern Mondays for a class designed for seniors to improve strength, help prevent a fall and make new friends. Classes consist of a combination of sitting, standing, and walking exercises, and take around an hour. They are ideal for complete beginners and are ongoing.

Accessible building.

Call 04 499 6646 for more information.

Cost: Koha. No registration needed.



Seated Exercise and Spin Poi Class

Kilbirnie Lyall Bay Community Centre, 56-58 Bay Road, Kilbirnie

2pm-3.15pm | Monday 2 October

45min of fun, gentle exercises all done while seated! Followed by 30min of poi. Complete with groovy music to get everyone wiggling and a jiggling! Give it a go! Tea/coffee afterwards.

Fully accessible.

Call 04 387 7867 or email info@klbcc.org.nz for more information.

Cost: Free. No registration needed.



Seniors Soup and Slice

Hataitai Centre, 157 Hataitai Road, Hataitai, Wellington

11am-1pm | Monday 2 October

This free event is for all the community to celebrate the seniors in our community. Connect with each other over soup and slices.

Not wheelchair accessible (4 steps to access building).

Call 04 386 2821 or email frances@hataitai.org.nz to register.

Cost: Koha optional.

Seniors Week Tour: Space Place

Space Place, 40 Salamanca Road, Kelburn, Wellington

3pm-5pm | Monday 2 October

Explore the Universe at Space Place's exclusive tour for senior citizens. The guided tour includes afternoon tea, a planetarium show and live star talk.

Space Place has wheelchair access for entry, bathroom and planetarium.

Call 04 910 3140 or email spaceplace@experiencewellington.org.nz for more information.

Please book tickets online at <https://bit.ly/3YGqslk> or call 04 910 3140.

Cost: \$12.



Have a Go - Social Table Tennis

Newlands Community Centre

9.30am-11.15am | Monday 2 October

Drop-in session of table tennis. People at all levels are welcome and all equipment is supplied.

Wheelchair access.

Call 04 477 3742 for more information.

Cost: Free during Seniors Week (usually \$2 per session, runs weekly).
No registration needed.

It's a Matter of Life or Death

Newtown Community Centre Te Whare Hapori o ngā Puna Waiora,
Corner Rintoul & Colombo Streets, Newtown

10.30am-12pm | Monday 2 October

You are very welcome to the Newtown Community Centre for two presentations about life and death:

- Kay Webster (Age Concern Wellington Region) and Sean Thompson (Te Whatu Ora) will make a presentation on Advance Care Planning. Advance care planning is the process of thinking about, talking about and planning for future health care and end of life care; what is important to you, what your concerns are, and what your care preference are.
- Sacha Horton is an End of Life (EOL) Doula. An EOL Doula is a companion who supports a person, and their family, as they navigate life leading up to their death and beyond. Their primary role is to support the person's choices in a kind and non-judgemental way. Sacha Horton-Hoogerwerf is an EOL Doula and funeral celebrant. She will share about the 5 categories of support an EOL Doula can offer.

After the presentations we'll enjoy a cup of tea and some kai together.

This building is accessible. There is a ramp entry to the building, access all-gender toilets. Vegan and GF snacks will be supplied.

Call **04 389 4786** or email **info@newtowncommunity.org.nz** to let us know you're coming - for catering purposes.

Cost: Free.



Curious Conversations

Online (via Zoom)

2pm-3pm | Monday 2 October

Curious Conversations is an online Zoom event that anyone, anywhere can join. Each Curious Conversation lasts around 45 minutes, including some time for questions. A nutritionist will be presenting at this event. Online - internet access required.

Please visit www.acwellington.org.nz/curious-conversations for more information and to register.

Contact **04 499 6648**.

Cost: Free.

Seniors' Week at Smart Newtown: Tech Help Desk Service

Smart Newtown, 9/11 Constable Street

12pm-2pm | Monday 2 October

We invite you to visit Smart Newtown and get 1-to-1 assistance with your pesky tech issues!

Got computer or internet woes? Perhaps you're having trouble transferring files from a USB stick to your hard drive? Can't figure out how to log into Facebook? Struggling with setting up a new phone? Want to make sure your computer has no viruses?

Our friendly team of staff and volunteers can help with a range of common tech problems.

Wheelchair accessible.

Call **04 380 0143** or email matt@smartnewtown.org.nz to book in a time.

Cost: Free.

First Aid Course for Seniors - run by St John

Island Bay Community Centre, 137 The Parade, Island Bay, Wellington

2.30pm-4pm | Monday 2 October

This session consists of 3 Steps for Life (3S4L) which covers DRSABCD including how to do CPR and use a defibrillator.

Wheelchair accessible, accessible toilet and one disability car park.

Call 04 383 7464 or email islandbaycc@wcc.govt.nz for more information.

Cost: There is no cost involved for this programme but koha for the educators is welcomed. No registration needed.

Free Blood Pressure Checks

Island Bay Community Centre, 137 The Parade, Island Bay, Wellington

10.30am-12.30pm | Monday 2 October

Getting your blood pressure checked regularly is important for good health. Come and get a free check at Island Bay Community Centre.

Wheelchair accessible, accessible toilet and one disability car park.

Call 04 383 7464 or email islandbaycc@wcc.govt.nz for more information.

Cost: Free. No registration needed.



Morning Tea and Event Expo

Tawa Community Centre,
5 Cambridge St, Tawa, Wellington

10am-12pm | Monday 2 October

Come along, enjoy some kai, spend time with friends, and get to know others in your community. Alongside morning tea will be an expo of the events for seniors that happen here at the community centre; come to hear more about those and maybe try some out during the week!

Wheelchair accessible.

Call **04 232 1682** or email tawacc@wcc.govt.nz for more information.

Cost: Free. No registration needed.



Movement to Music

Island Bay Community Centre, 137 The Parade, Island Bay, Wellington

11am-12pm | Monday 2 October

Want to get fit? Why not dance! Get your body moving to classic songs that you just can't help but sing along to. No experience necessary just a sense of fun! Drop ins welcome, open to all.

Wheelchair accessible, accessible toilet and one disability car park.

Call **04 383 7464** or email islandbaycc@wcc.govt.nz for more information.

Cost: Free. No registration needed.

Tuesday 3 October

Newtown Steady As You Go - Falls Prevention Exercise Class

Newtown Community Centre, Corner of Rintoul and Colombo Streets, Newtown

12pm | Tuesday 3 October

Join Age Concern for a class designed for seniors to improve strength, help prevent a fall and make new friends. Classes consist of a combination of sitting, standing, and walking exercises, and take around an hour. They are ideal for complete beginners and are ongoing.

Accessible.

Call 04 499 6648 for more information.

Cost: Koha. No registration needed.

Tawa MenzShed Open Day

Tawa MenzShed - access to the Tawa Pool car park is currently via Luckie St and then into Davies St due to Davies St being temporarily closed at the north end. From the Tawa Pool, drive south past the skateboard park and the Rural Fire Service building.

1pm-4pm | Tuesday 3 October

Join us at the MenzShed open day!
Come in and see what we're up to
and if it would be the right fit for you.

Tawa MenzShed is wheelchair accessible.
Plenty of parking.

Contact TawaMenzShed@AoL.com

Cost: \$2 for tea and coffee. No registration needed.



Seniors' Week at Smart Newtown: Tech Help Desk Service

Smart Newtown, 9/11 Constable Street

12pm-12pm | Tuesday 3 October

We invite you to visit Smart Newtown and get 1-to-1 assistance with your pesky tech issues!

Got computer or internet woes? Perhaps you're having trouble transferring files from a USB stick to your hard drive? Can't figure out how to log into Facebook? Struggling with setting up a new phone? Want to make sure your computer has no viruses?

Our friendly team of staff and volunteers can help with a range of common tech problems.

Wheelchair accessible.

Call 04 380 0143 or email matt@smartnewtown.org.nz to book in a time.

Cost: Free.



Strength and Mobility for Seniors

Te Tūhanga Rau, 108 Strathmore Ave. Strathmore Park

10.30am-11.30am | Tuesday 3 October

Craig Terris is a qualified personal trainer who wants to get you moving!

This class is aimed at older people who have mobility issues or are trying to prevent them. It will help you build and keep strength. Using mats, walls, or chairs, the class is modified to meet each individual's needs, including those who find movement difficult.

Feel free to stay after class for a cuppa in our beautifully renovated Centre!

The Centre is fully accessible by wheelchair. We have two mobility parking spaces.

Call 021 861 896 or email craigterris@gmail.com to register.

Cost: Free.

Linden Steady As You Go - Falls Prevention Exercise Class

Linden Community Centre, 10 Linden Avenue, Tawa

12pm | Tuesday 3 October

Join Age Concern Mondays for a class designed for seniors to improve strength, help prevent a fall and make new friends. Classes consist of a combination of sitting, standing, and walking exercises, and take around an hour. They are ideal for complete beginners and are ongoing.

Accessible building.

Call 04 499 6648 or visit www.acwellington.org.nz/saygoexercise for more information.

Cost: Koha. No registration needed.

Have a Go - Keep Moving

Newlands Community Centre, 9 Batchelor Street

10.45am-11.30am | Tuesday 3 October

Exercise class suitable for all. Including those with limited mobility. Chairs available for participation in sitting position. Run by a physiotherapist.

Wheelchair access.

Call 04 477 3742 or email NewlandsCommunityCentre@wcc.govt.nz for more information.

Cost: Free during Seniors Week (usually \$2 per session, runs weekly).
No registration needed.



Keeping Safe - Community Presentation

Kilbirnie Lyall Bay Community Centre, 56-58 Bay Road, Kilbirnie

2pm-3.15pm | Tuesday 3 October

Presented by our local policeman, we'll cover some basic safety considerations with living alone, operating a cell phone, and more. You are welcome to stay for tea and coffee after.

Fully accessible.

Call 04 387 7867 or email info@klbcc.org.nz for more information.

Cost: Free. No registration needed.

Have a Go - Newlands Walking Group

Newlands Community Centre, 9 Batchelor Street

Meeting at 9.45am, starting at 10am | Tuesday 3 October

Do you like walking AND good company? The Newlands Walking Group walk every Tuesday, weather permitting, and do a mix of local and "away" walks. Sometimes they will come back to the centre for a cuppa after the walk, or maybe visit a cafe. This group runs weekly and is free to attend.

Wheelchair access into centre.

Call 04 477 3742 for more information.

Cost: Free. No registration needed.

Seatoun Pop-Up Hub for Seniors

Seatoun Village Hall, 22 Forres Street, Seatoun

12pm | Tuesday 3 October

Join Age Concern Wellington Region for a cup of tea and a light lunch at this free monthly social event for seniors. Age Concern pop-up hubs are free monthly social events for over 65s around the Wellington Region.

Fully accessible.

Call 04 499 6648 or visit www.acwellington.org.nz for more information.

Cost: Free. No registration needed.

Te Wiki Kaumātua Seniors' Week Tour

City Gallery Wellington, Te Ngakau Civic Square, 101 Wakefield St, Wellington

4pm-5pm | Tuesday 3 October

We are excited to offer a special tour to older people living in our community.

Join us for a highlights tour of Ayesha Green: Folk Nationalism led by Public Programmes Specialist Graham Frost. In this 30-minute tour you'll hear how artist Ayesha Green (Ngāti Kahungunu ki Heretaunga, Kāi Tahu) examines the histories of Māori and Pākehā representation by co-opting culturally loaded images from the history of Aotearoa.

Join us for insights into this exhibition and continue the conversation and connect with others over a cup of tea in the Gallery Boardroom.

City Gallery is accessible from Te Ngakau Civic Square. The tour will take place on the ground-floor galleries, followed by tea and coffee in the boardroom on the first floor.

Book online to secure a spot at https://nz.patronbase.com/_CityGallery/Productions/SW01/Performances.

Call 04 913-9026 email citygalleryevents@experiencewellington.org.nz for more information.

Cost: Free.



Vogelmorn Steady As You Go - Falls Prevention Exercise Class

Vogelmorn Hall, Mornington Rd, Brooklyn

1pm | Tuesday 3 October

Join Age Concern Mondays for a class designed for seniors to improve strength, help prevent a fall and make new friends. Classes consist of a combination of sitting, standing, and walking exercises, and take around an hour. They are ideal for complete beginners and are ongoing.

Accessible building.

Call 04 499 6648 for more information.

Cost: Koha. No registration needed.

Have a Go - Mahjong

Newlands Community Centre, 9 Batchelor Street

12pm-3pm | Tuesday 3 October

Join our group of Mahjong players for an afternoon of picking your wits against our keen players in this fun tile-based strategy game!

Lift and Wheelchair access.

Call 04 477 3742 for more information.

Cost: Free during Seniors Week (usually \$2 per session, runs weekly). No registration needed.



Scrabble Fun with Words

Island Bay Community Centre, 137 The Parade, Island Bay

1.30pm-3.30pm | Tuesday 3 October

Love words? Then it's time to warm up the "Little Grey Cells". Come along and join in the fun with our friendly wordsmiths for a game of Scrabble.

Wheelchair accessible, accessible toilet and one disability car park.

Call **04 383 7464** or email islandbaycc@wcc.govt.nz for more information.

Cost: Free. No registration needed.

Johnsonville Steady As You Go - Falls Prevention Exercise Class

Johnsonville Uniting Church, 16 Dr Taylor Terrace, Johnsonville

1pm | Tuesday 3 October

Join Age Concern Mondays for a class designed for seniors to improve strength, help prevent a fall and make new friends. Classes consist of a combination of sitting, standing, and walking exercises, and take around an hour. They are ideal for complete beginners and are ongoing.

Accessible building.

Call **04 499 6648** for more information.

Cost: Koha. No registration needed.

Mahjong

Room 1, Ground Floor, 7 Beauchamp St, Karori

10am-12pm | Tuesday 3 October

Learn the ancient Chinese tile game. Great social activity. Have a laugh and learn at the same time.

Ground floor entry.

Call **04 476 4968** or email info@karoricommunitycentre.org.nz for more information.

Cost: \$2. No registration needed.

Wednesday 4 October

Movies at the Community Centre

Tawa Community Centre, 5 Cambridge St, Tawa

1pm-3pm | Wednesday 4 October

Come and enjoy a free movie and snacks here at the community centre! All welcome.

Tawa Community Centre is wheelchair accessible.

Call 04 232 1682 or email tawacc@wcc.govt.nz for more information.

Cost: Free. No registration needed.



Seniors' Week at Smart Newtown: Tech Help Desk Service

Smart Newtown, 9/11 Constable Street

12pm-2pm | Wednesday 4 October

We invite you to visit Smart Newtown and get 1-to-1 assistance with your pesky tech issues!

Got computer or internet woes? Perhaps you're having trouble transferring files from a USB stick to your hard drive? Can't figure out how to log into Facebook? Struggling with setting up a new phone? Want to make sure your computer has no viruses?

Our friendly team of staff and volunteers can help with a range of common tech problems.

Wheelchair accessible.

Call 04 380 0143 or email matt@smartnewtown.org.nz to book in a time.

Cost: Free.

Tour and Picnic at Miramar Prison Garden

Miramar Prison Garden on Mataimoana/Mt Crawford, Maupuia

10.30am-12.30pm | Wednesday 4 October

Come visit the Miramar Prison Garden atop of Matai Moana/ Mt Crawford in Maupuia. We'll enjoy a nice tour of this garden with a rich and interesting history. Then we can settle down and enjoy some kai and a hot drink amongst the native birds, trees and plants around us whilst hearing more about the garden and what it once used to be.

Please book for catering purposes. There is a possibility of transport so if you can't make it up there on your own let us know and we might be able to help. If raining, please contact us to find alternative date for the following week.

Garden has a steep incline in one part. Our staff can assist where possible. If going by vehicle, please park at the prison and walk down to garden as there is no parking.

Call 04 388 1944 or email grant@mmcc.org.nz to register.

Cost: Free.



Getting Creative

Kilbirnie Lyall Bay Community Centre, 56-58 Bay Road, Kilbirnie

2.30pm-4.20pm | Wednesday 4 October

Karen, our guest artist, is getting in early for Christmas - we'll be making advent calendars and ornaments. Free to make & take home!

Fully accessible.

Call 04 387 7867 or email info@klbcc.org.nz for more information.

Cost: Free. No registration needed.



Karori Steady As You Go

Upstairs, Karori Community Centre, 7 Beauchamp St, Karori

11am-12pm | Wednesday 4 October

Join us for an exercise class for seniors. This class improves your balance, leg strength, flexibility, general fitness and wellbeing.

Lift available.

Call 04 476 4968 or email info@karoricommunitycentre.org.nz for more information.

Cost: \$2. No registration needed.

Have a Go – Tea and Tales

Newlands Community Centre, 9 Batchelor Street

10am-12pm | Wednesday 4 October

(this group is on the 1st Wednesday of every month)

Sit down for a cuppa & a chat with this friendly group, which is open to anyone, especially if you have an interest in books, travel and friendship. Each month this group shares and connects on different topics. Topic for the month of October: Budgeting and money saving tips!

Wheelchair access.

Call 04 477 3742 for more information.

Cost: Free. No registration needed.

Hataitai Steady As You Go – Falls Prevention Exercise Class

All Saints Church, 90 Hamilton Road, Hataitai

12pm-1pm | Wednesday 4 October

Join Age Concern Mondays for a class designed for seniors to improve strength, help prevent a fall and make new friends. Classes consist of a combination of sitting, standing, and walking exercises, and take around an hour. They are ideal for complete beginners and are ongoing.

Accessible building.

Call 04 499 6648 for more information.

Cost: Koha. No registration needed.

Making Connections Event

Johnsonville Uniting Church, 16 Dr Taylor Terrace, Johnsonville
10am-2.30pm | Wednesday 4 October

Age Concern's Making Connections Event has a Wellness focus this year.

The event includes:

- Keynote speaker Carolyn Cooper (Aged Care Commissioner)
- Blood pressure checks by the Stroke Foundation
- Total Mobility assessments
- A scam prevention workshop
- Technical support from the AMP volunteer team
- A health workshop
- A seminar on pain management research, and much more.

Accessible building.

Please call 04 499 6648 to register, or visit our website,
www.acwellington.org.nz

Cost: Koha.



MAKING CONNECTIONS

Age Concern Wellington Region
Wednesday 4 October 2023, Johnsonville



Morning part 1, 10 - 10.45 am

Keynote speaker: Carolyn Cooper, Aged Care Commissioner



Morning Tea, 10.45 - 11.15am

Information tables from various organisations and businesses present, including Stroke Foundation, Metlink (Total Mobility assessments) and others



Morning part 2, 11.15am - 12.15pm

Choice of

- Health Workshop - Dementia Wellington & Health Improvement Practitioner
- Scam Prevention seminar
- Tech Support - drop-in session with volunteers from AMP



Lunch 12.15 - 1pm

Information tables from various organisations and businesses present, including Stroke Foundation, Metlink (Total Mobility assessments) and others



Afternoon, part 1, 1 - 1.45 pm

Choice of

- Advance Care Planning workshop
- Seminar on Pain Management, by Dr Hemakumar Devan, University of Otago
- Tech Support - drop-in session with volunteers from AMP



Afternoon, part 2, 1.45 - 2.30 pm

Closing event with fun quiz with spot prizes



Registrations: www.acwellington.org.nz
info@acwellington.org.nz
04 499 6646



Seniors' Morning Tea

Island Bay Community Centre, 137 The Parade, Island Bay

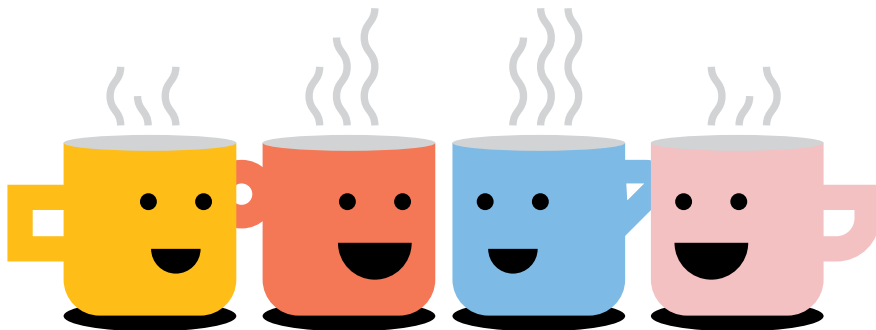
10.30am-11.45am | Wednesday 4 October

Come join us for morning tea. Meet your neighbours, have a chat, and enjoy our delicious sandwiches and cakes. This will be followed by Senior Week Movie Magic.

Wheelchair accessible, accessible toilet and one disability car park.

Call 04 383 7464 or email islandbaycc@wcc.govt.nz for more information.

Cost: Free. No registration needed.



Movie Magic

Island Bay Community Centre, 137 The Parade, Island Bay

12pm-2pm | Wednesday 4 October

Its Movie time! Come in put your feet up, have a cuppa, relax and enjoy the magic of the movies. Contact Island Bay Community Centre the week prior to find out the name of our mystery movie.

Wheelchair accessible, accessible toilet and one disability car park.

Call 04 383 7464 or email islandbaycc@wcc.govt.nz for more information.

Cost: Free. No registration needed.

Have a Go - Monthly Movie Magic

Newlands Community Centre, 9 Batchelor Street

12pm-2.30pm | Wednesday 4 October

Put your feet up and enjoy a free lunchtime movie! Bring your lunch and we'll provide the tea and coffee. Doors open 12noon, movie starts at 12.30pm.

This group is on the 1st Wednesday of every month. Each month we select a different surprise movie!

Wheelchair access.

Call 04 477 3742 for more information.

Cost: Free. No registration needed.

Waterfront Hidden Gems Guided Walk

Meeting Point - at the Red Phone box in Post Office Square. Finishing at or near the Railway Station.

11.30am-12pm | Wednesday 4 October

Join us for an easy stroll around Wellington. This guided stroll includes various talking points about the waterfront, the Wellington Harbour Board, The Grove sculpture, Old Government Building and more. The walk will finish near or at the Railway Station.

Wheelchair friendly route.

Send email to information@walkwellington.org.nz to register.

Cost: Koha.



Retire Inspired: Navigating the 6 Phases of Retirement

Karori Library, level 1, 7 Beauchamp Street

12pm-1pm | Wednesday 4 October

Are you in your 50's, 60's, 70's, 80's, and up? Are you planning ahead, newly retired, or considering fresh possibilities for the future?

This phase can be the most creative, productive, and fulfilling part of your life depending on your mindset. In this workshop we'll:

- Discuss the 6 phases of retirement
- Discover ways of finding meaning and purpose
- Reflect on work and identity, and
- Explore ways of strengthening relationships in the community

Join us to meet new people, share ideas and experiences, and have fun.

About the Facilitator:

Dr Angela Robertson is a local author, inspirational speaker, workshop facilitator and coach, with more than 40 years' experience in adult education and community development.

Wheelchair access, flat entrance, and lift.

Registration required via the event listing on www.wcl.govt.nz or contact **04 476 8413**, Linda.Stopforth@wcc.govt.nz

Cost: Free.



Thursday 5 October

Tawa Steady As You Go - Falls Prevention Exercise Class

Tawa Community Centre, 5 Cambridge Street, Tawa

1pm-2pm | Thursday 5 October

Join Age Concern Mondays for a class designed for seniors to improve strength, help prevent a fall and make new friends. Classes consist of a combination of sitting, standing, and walking exercises, and take around an hour. They are ideal for complete beginners and are ongoing.

Accessible building.

Call **04 499 6648** or visit www.acwellington.org.nz/saygoexercise for more information.

Cost: Koha. No registration needed.

Tawa MenzShed Open Day

Tawa MenzShed - access to the Tawa Pool car park is currently via Luckie St and then into Davies St due to Davies St being temporarily closed at the north end. From the Tawa Pool, drive south past the skateboard park and the Rural Fire Service building.

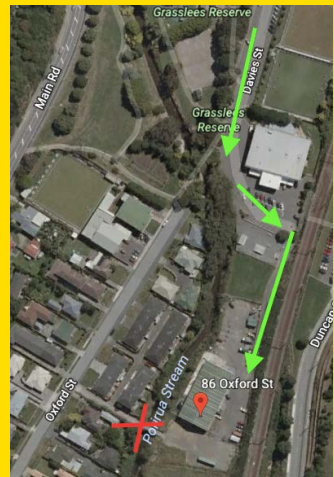
1pm-4pm | Sunday 1 October

Join us at the MenzShed open day!
Come in and see what we're up to
and if it would be the right fit for you.

Tawa MenzShed is wheelchair accessible.
Plenty of parking.

Contact TawaMenzShed@AoL.com

**Cost: \$2 for tea and coffee.
No registration needed.**



Staying Safe Course for Older Drivers

Anvil House, 138 Wakefield Street,
Te Aro

10am-2pm | Thursday 5 October

This FREE classroom-based course will help you re-familiarise yourself with traffic rules and safe driving practices. Includes free lunch.

Accessible building - lift on site.

Please call **04 499 6648** or visit www.acwellington.org.nz for more information and to register.

Cost: Free.



Seniors' Week at Smart Newtown: Tech Help Desk Service

Smart Newtown, 9/11 Constable Street

12pm-2pm | Thursday 5 October

We invite you to visit Smart Newtown and get 1-to-1 assistance with your pesky tech issues!

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Our friendly team of staff and volunteers can help with a range of common tech problems.

Wheelchair accessible.

Call **04 380 0143** or email matt@smartnewtown.org.nz to book in a time.

Cost: Free.

Quiz Game and Lunch

Room 3, Upstairs, Karori Community Centre, 7 Beauchamp St, Karori

11.30am-12.30pm | Thursday 5 October

Enjoy a group quiz game made especially for seniors. Stay and join us for a hot lunch after.

Lift available.

Call **04 476 4968** or email info@karoricommunitycentre.org.nz for more information.

Cost: Free. No registration needed.

Advance Care Planning Preparation

Island Bay Community Centre, 137 The Parade, Island Bay, Wellington

10.30am-12.30pm | Thursday 5 October

Kay Wester, from Age Concern will be talking about how to plan for the future.

Advance care planning is the process of thinking about, talking about and planning for future health care and end of life care; what is important to you, what your concerns are, and what your care preference are.

Fully accessible by wheelchair, has an accessible toilet and one disability car park.

Call **04 383 7464** or email islandbaycc@wcc.govt.nz to register.

Cost: Free.

Newtown Senior Social Drama

Newtown Community Centre / Te Whare Hapori o ngā Puna Waiora -
Corner Rintoul & Colombo Streets, Newtown

11am-12pm | Thursday 5 October

Join the Newtown Social Drama crew (who are all 65+ years) for a casual drop-in showing followed by morning tea. See the creativity in action and get a taste of what we do every week at Newtown Social Drama, then stick around for a cuppa and some kai provided by the Newtown Community Centre!

This building is accessible. There is a ramp entry to the building, access all-gender toilets. Vegan and GF snacks will be supplied.

For more information, contact facilitator Harrison:
austinharrisontheatre@gmail.com or **022 011 7217**.

For catering purposes, let us know if you're coming.
Call **04 389 4786** or email info@newtowncommunity.org.nz

Cost: Free.

Have a Go - Newlands Knitting Group

Newlands Community Centre, 9 Batchelor Street

9.30am-12pm | Thursday 5 October

Come and join this friendly knitting group and knit for various charities like the Ronald McDonald House and the Neonatal unit at Wellington hospital.

Wheelchair access.

Call **04 477 3742**
for more information.

Cost: Free. No registration needed.



Advance Care Planning Preparation

Island Bay Community Centre, 137 The Parade, Island Bay, Wellington

10.30am-12.30pm | Thursday 5 October

Kay Wester, from Age Concern will be talking about how to plan for the future. Advance care planning is the process of thinking about, talking about and planning for future health care and end of life care; what is important to you, what your concerns are, and what your care preference are.

Morning tea provided.

Fully accessible by wheelchair, has an accessible toilet and one disability car park.

Call 04 383 7464 or email islandbaycc@wcc.govt.nz to register.

Cost: Free.

Friday 6 October

Tea and Memories

Island Bay Community Centre, 137 The Parade, Island Bay, Wellington

10.30am-12pm | Friday 6 October

We all have treasured memories that we like to talk about, but there are often less people to share these with, as we get older. Come along to Tea and Memories, sit with others, and share your reminiscences. We are going to introduce the Libraries Memory bags to encourage conversation and stories but please bring along a photo or object you would like to tell us about too.

Tea, cake and tales are all free. Let's make the time to listen.

Fully accessible by wheelchair, has an accessible toilet and one disability car park.

Call 04 383 7464 or email islandbaycc@wcc.govt.nz for more information.

Cost: Free. No registration needed.



SeniorNet Wellington Free Visitors' Session

Level 1, Anvil House, 138-140 Wakefield Street, Te Aro

12.30pm-2.30pm | Friday 6 October

Come along and learn how SeniorNet can help you to understand and make the most of technology, including your computer, laptop, tablet and smartphone. You may also like to help others and share your skills. Tea and coffee provided.

There is a lift onsite.

Booking is preferred. Call **04 380 8097** or email graham.hill@orcon.net.nz

Cost: Free.

Drop In...with Scones!

Kilbirnie Lyall Bay Community Centre, 56-58 Bay Road, Kilbirnie

10am-12pm | Friday 6 October

Our public drop in will be open to all (like normal) but this time... with scones. Come on in and relax, have a chat, read the newspaper. Free tea and coffee available.

Fully accessible.

Call **04 387 7867** or email info@klbcc.org.nz for more information.

Cost: Free. No registration needed.

Have a Go - Newlands Community House Seniors Lunch

Newlands Community Centre, 9 Batchelor Street, Newlands

10.30pm-1pm | Friday 6 October

This community lunch is prepared and served by local volunteers and is available to any senior resident in Newlands over 65yrs. Come along any time after 10.30am for a cuppa and chat. Lunch is served at 12.00 noon.

Wheelchair access.

Call 04 477 3742 or email NewlandsCommunityCentre@wcc.govt.nz for more information.

Cost: \$5 to attend, runs weekly.



Johnsonville Steady As You Go - Falls Prevention Exercise Class

Johnsonville Community Centre, 3 Frankmoore Avenue, Johnsonville
10am-11am | Friday 6 October

Join Age Concern Mondays for a class designed for seniors to improve strength, help prevent a fall and make new friends. Classes consist of a combination of sitting, standing, and walking exercises, and take around an hour. They are ideal for complete beginners and are ongoing.

Accessible building.

Call 04 499 6648 or email info@acwellington.org.nz for more information.

Cost: Koha. No registration needed.

Thorndon Steady As You Go - Falls Prevention Exercise Class

Loaves and Fishes, Wellington Cathedral of St Paul, 2 Hill Street, Thorndon
1pm-2pm | Friday 6 October

Join Age Concern Mondays for a class designed for seniors to improve strength, help prevent a fall and make new friends. Classes consist of a combination of sitting, standing, and walking exercises, and take around an hour. They are ideal for complete beginners and are ongoing.

Accessible building.

Call 04 499 6648 or email info@acwellington.org.nz for more information.

Cost: Koha. No registration needed.





Have a Go - Social Table Tennis

Newlands Community Centre, 9 Batchelor Street, Newlands

1pm-4pm | Friday 6 October

Drop-in session of table tennis, people at all levels are welcome, all equipment is supplied.

Wheelchair access.

Call 04 477 3742 or email NewlandsCommunityCentre@wcc.govt.nz for more information.

Cost: Free during Seniors Week (usually \$2 per session, runs weekly). No registration needed.

Thorndon Steady As You Go - Falls Prevention Exercise Class

Loaves and Fishes, Wellington Cathedral of St Paul, 2 Hill Street, Thorndon

1pm-2pm | Friday 6 October

Join Age Concern Mondays for a class designed for seniors to improve strength, help prevent a fall and make new friends. Classes consist of a combination of sitting, standing, and walking exercises, and take around an hour. They are ideal for complete beginners and are ongoing.

Accessible building.

Call 04 499 6648 or email info@acwellington.org.nz for more information.

Cost: Koha. No registration needed.

Saturday 7 October

Traditional Service for Older Folks with Morning Tea Afterwards

St Hilda's Church, 311 The Parade, Island Bay

10.15am-11.45am | Saturday 7 October

A friendly and relaxed Traditional Anglican Service with traditional Hymns and Communion, led by church members. Afterwards we will have morning tea together, and chance for a chat. Plenty of free parking available just off the Parade in Humber Street beside the church (2 hour limit).

Wheelchair access and accessible toilet on site.

Call 04 383 8547 or email officeislandbayanglican@gmail.com for more information.

Cost: Free. No registration needed.

Tawa MenzShed Open Day

Tawa MenzShed - access to the Tawa Pool car park is currently via Luckie St and then into Davies St due to Davies St being temporarily closed at the north end. From the Tawa Pool, drive south past the skateboard park and the Rural Fire Service building.

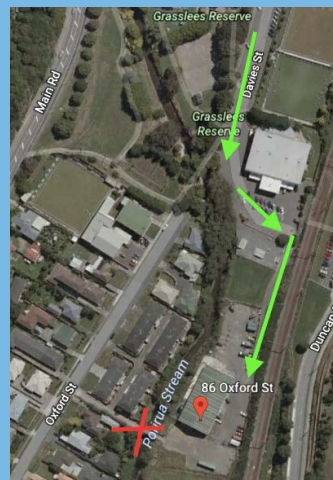
10am | Saturday 7 October

Join us at the MenzShed open day!
Come in and see what we're up to
and if it would be the right fit for you.

Tawa MenzShed is wheelchair accessible.
Plenty of parking.

Contact TawaMenzShed@AoL.com

Cost: \$2 for tea and coffee.
No registration needed.



Dementia Awareness Talk

Karori Library, 247 Karori Road, Karori

2pm-3m | Saturday 7 October

Join us for an informative community discussion on dementia, led by a group of authors and professionals from within the dementia awareness space. We will be sharing first-hand experiences, tips for carers, and helpful library resources for both dementia sufferers and their whānau. This talk is for anyone interested in learning more about dementia, dementia experiences and what steps to take if yourself or a loved one are affected.

Fully accessible.

For more information visit www.wcl.govt.nz

Cost: Free. No registration needed.



Sunday 8 October

**Unleash the Power of Generations:
Grandparents vs. Grandchildren Games Night**

Vogelmorn Upstairs - 93 Mornington Road, Brooklyn

3pm-9pm | Sunday 8 October

Join us for an unforgettable evening of laughter, bonding, and friendly competition that spans the generations!

We will have a selection of board games for you to choose from, including all anticipated Grandparents vs. Grandchildren Table Tennis Tournament (sign up on arrival). Embrace the Joy of Intergenerational Play at the Grandparents vs. Grandchildren Games Night!



Vogelmorn Upstairs is not technically wheelchair accessible however there is a ramp which can be used with assistance and there is an accessible bathroom in the space.

For more information visit vogelmornkitchen@gmail.com

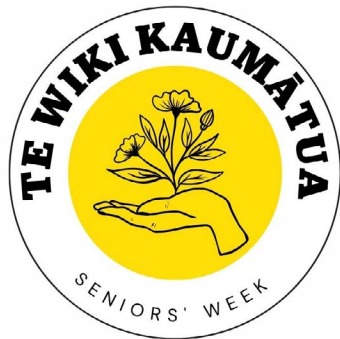
Cost: Free. No registration needed.

Senior Sunday at the Library

Johnsonville Library at Waitohi Hub

4.30pm-6.30pm | Sunday 8 October

Senior Sunday is an event where the library is open after-hours to seniors who wish to explore and experience what the Johnsonville Library has to offer in a welcoming and relaxed environment. “Pods” of activities will be offered in various spaces and the HIVE Makerspace will remain open. Tea, coffee and pizza will also be on the menu!



If those wishing to attend have specific queries about how to engage with the library and our collections, they are more than welcome to contact us before and after this event to discuss further.

Fully accessible - Johnsonville Library has a Platinum Accessibility rating.

To register call 04 477 6151 or email johnsonville.Library@wcc.govt.nz

Cost: Free. No registration needed.

Tawa MenzShed Open Day

Tawa MenzShed - access to the Tawa Pool car park is currently via Luckie St and then into Davies St due to Davies St being temporarily closed at the north end. From the Tawa Pool, drive south past the skateboard park and the Rural Fire Service building.

10am | Sunday 8 October

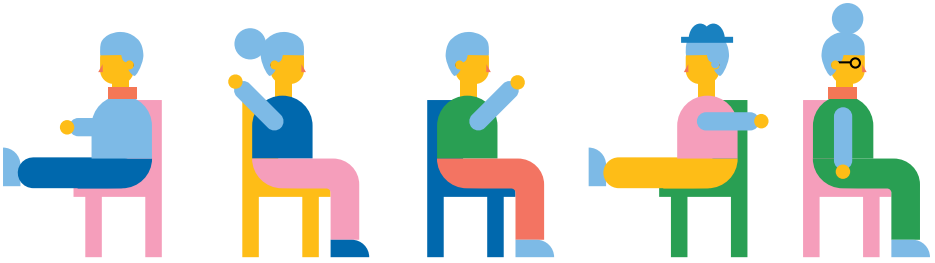
Join us at the MenzShed open day!
Come in and see what we're up to
and if it would be the right fit for you.

Tawa MenzShed is wheelchair accessible.
Plenty of parking.

Contact TawaMenzShed@AoL.com

Cost: \$2 for tea and coffee.
No registration needed.





Friday 13 October

Chair Yoga Dance

Te Tūhunga Rau. 108 Strathmore Ave, Strathmore Park

10am-10.45am | Friday 13 October

This joyful Chair Yoga Dance class helps to support active aging. We use a chair for support to perform gentle yoga moves and dances. Let's Improve stability, flexibility, strength, balance and coordination all whilst having fun together.

This free, upbeat class happens every Friday!

Our building is fully accessible by wheelchair. Our carpark has two mobility parking spaces.

Call 04 388 2776 or email jennifer@spcc.org.nz for more information.

Cost: Free. No registration needed.



Whakatauki – Ahakoa
he iti he pounamu.
Although it is small,
it is greenstone.



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**Absolutely Positively
Wellington City Council**

Me Heke Ki Pōneke