

Te Wiki Kaumātua Seniors' Week 2024

25 Sept-2 Oct



Tō tātou wāhi
Our Place

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**.



Wednesday 25 September

Bring a friend to the pool for free

Freyberg, Tawa and Keith Spry Community Pools

11am-3pm | Weekdays from Wed 25 Sept to Wed 2 Oct

Bring a friend along to try out the pool with you for free, 11am-3pm on weekdays during Seniors' Week. Aquajog together, race in the lanes, or relax in the spa. This is a fantastic opportunity to stay active with friends and continue, or start, some good exercise habits.

This location is on multiple bus routes.

Assisted entry to pool available at Freyberg and Tawa Pools.

Wheelchair access into the pool available at Keith Spry Pool.

Email buscommunitypoolmanager@wcc.govt.nz for more information.

Cost: Free entry for 1 person with another paying Standard Pool Entry from \$5.76 with a Senior Gold Card (additional fees for spa, sauna and steam room).

No registration required.

Running with Scissors - a creative triathlon

Karori Arts and Crafts Centre, 7 Beauchamp Street, Karori

10am-1pm | Wednesday 25, Thursday 26, Monday 30 September, Tuesday 1 October

Experience the joy of Karori Arts and Crafts through an engaging, fun and accessible four-day event for seniors. Art, craft and writing events are spread across three days, followed by a humorous awards ceremony and tea on day four. Participate in one event or all four days.

Entry by ramp or stairs, lift to upstairs rooms, mobility scooter friendly.

Buses No. 2, 18, 21 from the central city.

More information at kacc.org.nz/special-events-1

Email info@KACC.org.nz or call 04 476 6817 for more information.

Cost: Free

SuperGold Card at the Wellington Cable Car

Lambton Quay Terminal at 280 Lambton Quay
or Kelburn Terminal at Upland Road

Off peak hours

**9am-3pm Monday to Friday and after 6.30pm;
all day weekends and Public Holidays.**

Experience the hidden charm of Wellington as you ride from the heart of the city centre 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). Cable cars depart every 10 minutes.

Wellington Cable Car works hard to ensure everyone has an opportunity to experience New Zealand's only historic funicular railway. All terminals have ramps installed for wheelchair/mobility scooter users, deaf or blind visitors, and visitors with other impairments.

This location is on multiple bus routes.

Call the ticket office on **04 472 2199** for more information.

Cost: Free off-peak for SuperGold Card holders - card must be presented and scanned at gate. Concession rates during peak times.

No registration required.

Senior Movie Magic

Newlands Community Centre, 9 Batchelor Street, Newlands

12.30pm | Wednesday 25 September

We will be screening *'The Great Escaper'*, a recently released biographical comedy-drama about a veteran's odyssey to join D-Day commemorations (1hr, 36m). Refreshments and baking provided.

Wheelchair accessible and captions will be used.

Buses No. 52 and 1 from the central city.

Call Emma Gordon on **04 477 3724** for more information.

Cost: Free

No registration required.

Thursday 26 September

Seated Exercises

Te Pokapū Hapori (The Y), 105 Manners St, Wellington Central

11am (please come a few minutes early) | Thursday 26 September

30 minutes of safe, gentle and fun exercises, mostly seated. Suitable for various forms of arthritis, recovery from strokes or heart attacks, chronic fatigue, MS, impaired vision, seniors easing back into exercise, and more.

Find out more: [getfit.kiwi](https://www.getfit.kiwi)

Wheelchair accessible (all flat).

This location is on multiple bus routes.

Email deb.gully@gmail.com for more information.

Cost: Free

No registration required.

Kaicycle Urban Farm Guided Tour and Tea

Kaicycle Urban Farm, 5 Hospital Road, Newtown

2pm-3.30pm | Thursday 26 September

Come and learn about our regenerative gardening methods and local composting to reduce waste and feed the soil and community.

Tour followed by tea and cake. More info at [kaicycle.org.nz](https://www.kaicycle.org.nz)

Facilities: No electricity on site, some covered shelter, Port-a-loo only.

This event is weather dependent (email us if you're unsure on the day).

Flat but uneven paths, limited wheelchair access.

No designated parking but drop-offs are possible at the farm gate.

Bus stop is outside Newtown Woolworths, five minutes away.

Email Alice Boulton or Rose Dohig (Community Farm Managers) at community@kaicycle.org.nz

Cost: Gold coin koha (donation)

No registration required.

Community Cards and Boardgames

Johnsonville Community Centre, entrance at 3 Frankmoore Avenue.

1pm-3pm | Wednesday 25 September and Wednesday 2 October

A social afternoon of playing cards and boardgames (Five Crowns, Rummikub and more). Everyone welcome. Bring a friend.

Level access off the street.

Bus No. 1 from the central city or 3 min walk from Johnsonville train station.

Contact info@johnsonvillecommunitycentre.org.nz or call 04 478 8628 for more information.

Cost: Free

No registration required.

Activate Yoga at Kilbirnie Pool

Wellington Regional Aquatic Centre, 63 Kilbirnie Crescent, Kilbirnie

1.30pm | Thursday 26 September

Join our popular Activate yoga classes at Kilbirnie Pool. Move your body into gentle Yoga shapes, focus on breathing and relaxation. Suitable for all levels. Bring a mat or a towel and a water bottle.

Accessible building.

Bus No. 2 from the central city.

Contact clubactive@wcc.govt.nz to register (limited to 25 people).

Cost: Free



Pukeahu National War Memorial Park Tour

Pukeahu Education Centre, 191 Tory Street

11.15am-12.15pm | Thursday 26 September

Pukeahu National War Memorial Park has partnered with Age Concern Wellington Region to offer park tours for Seniors. Join us for tea, coffee and a light morning tea at the Pukeahu Education Centre (the historic Sisters of Compassion Crèche). A tour of the park will follow, touching on our military history and remembering New Zealand's experience of war, peacekeeping, and countries who have served alongside us.

More information at acwellington.org.nz/events or find them on Facebook.

Pukeahu Education Centre is wheelchair accessible.
Parking available next to the Education Centre.

This location is on multiple bus routes.

Call Vanessa on **027 248 0335** or email events@acwellington.org.nz to register or for more information.

Cost: Free



Friday 27 September

Ezy Movers

Tawa Community Centre, 5 Cambridge Street, Tawa

9.30am-10.15am | Friday 27 September

Build cardiovascular fitness and strength in this fun, low-impact aerobics class.

Email arana.kenny@wcc.govt.nz
or call 04 479 2022 for more information.

11 mins walk from Tawa train station.

Cost: \$6 and bring a friend for free

No registration required.

Seniors' Afternoon Tea

Nairnville Recreation Centre, Corner of Cockayne Road
and Lucknow Terrace, Khandallah

2.30pm-3.30pm | Friday 27 September

Come along for afternoon tea and learn about the programmes we can offer you at discounted rates.

Easy accessibility.

7 mins walk from Box Hill train station. Bus No. 24
from the central city, No. 22 from Johnsonville.

Find out more at wellington.govt.nz/recreation/facilities-and-centres/recreation-centres/nairnville-recreation-centre

Email josefa.logavatu@wcc.govt.nz or 04 479 2022 for more information.

Cost: Free

No registration required.



Chair Yoga Dance

Te Tūhunga Rau, 108 Strathmore Ave, Strathmore Park

10am | Friday 27 September

This joyful 45 minute Chair Yoga Dance class helps to support active aging. We will be using a chair for support to perform gentle yoga moves and dances, followed by morning tea.

We would love to have kuia, koroua and matua join us to improve stability, flexibility, strength, balance and coordination while having fun together.

Two disability parks are available. On the No. 4 bus route.

Email aroha@spcc.org.nz or 04 388 2776 for more information.

Cost: Free

No registration required.

Seniors' Quiz and Morning Tea

Tawa Community Centre, 5 Cambridge St, Tawa (main entrance)

10.30am | Friday 27 September

Our Seniors' Quiz will have a fun selection of trivia questions and a light morning tea. All welcome.

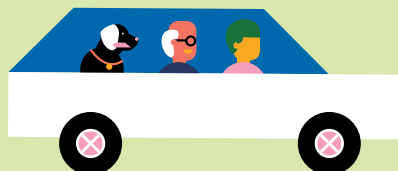
Accessible.

11 mins walk from Tawa train station.

Find out more at itawacc@wcc.govt.nz or call 04 232 1682.

Cost: Free

No registration required.



Seated Exercises

Karori Recreation Centre, 251 Karori Rd, Karori

10am (please come a few mins early) | Friday 27 September

50-60 minutes of safe, gentle and fun exercises, mostly seated. Suitable for various forms of arthritis, recovery from strokes or heart attacks, chronic fatigue, MS, impaired vision, seniors easing back into exercise and more.

More information: getfit.kiwi

Wheelchair accessible (via ramp)

No. 2 bus from the central city.

Email deb.gully@gmail.com for more information.

Cost: Free

No registration required.

Morning Tea at Island Bay Community Centre

Island Bay Community Centre, 137 The Parade, Island Bay

10.30am-12 noon | Friday 27 September

Join us for a special Seniors' Week morning tea at Island Bay Community Centre. Meet your neighbours, have a chat, and enjoy our delicious sandwiches and cakes. Everyone is welcome.

Fully accessible by wheelchair, accessible toilet, one disability car park.

Buses No. 1 & 29 from the central city.

Email islandbaycc@wcc.govt.nz
or call 04 383 7464 to find out more.

Cost: Free

No registration required.



Sunday 29 September

Gardening Bee

Tawa Community Garden, Oxford St, Tawa

1.30pm-3pm | Sunday 29 September

Everyone is welcome to come and talk about spring planting, composting and all things garden related.

Level - on grass and bark/mulch.

18 minutes walk from Tawa train station.

Call Alison Bayly on **0274 379 215** for more information.

Cost: Free

No registration required.



Monday 30 September

Club Active Dance

Kilbirnie Recreation Centre, Kilbirnie Cres (next to the library)

9.10am | Monday 30 September

Join our popular Club Active Dance classes to sing, dance and have fun. Easy-to-learn new dance steps to old time favourite tunes are suitable for all levels.

Fully accessible.

On No. 2 bus route.

Email clubactive@wcc.govt.nz to register or for more information.

Cost: Free

Registration limited to 25 people.

Zumba Gold

Wellington Indian Association, 48 Kemp St, Kilbirnie

9.30am | Monday 30 September

Natasha has been teaching Zumba for 13 years. Follow her easy moves and dance to classic songs from the 50s, 60's and 70's and all around the world-Bollywood, Afro, Latin and Pacifica. Beginners welcome.

Parking available and wheelchair access available.

Short walk from Bus No. 2 & AX from central city.

Email Natasha Macauley at zumbapartywgtn@gmail.com or call 021 258 9580 to find out more.

Cost: \$6 per person (bring cash)

No registration required.

Miramar Prison Gardens Tour and Picnic

Miramar Prison Gardens, 1 Main Road, Maupuia

10am-12.30pm | Monday 30 September

Join us to explore this active community garden and historic site.

Please note that part of the garden has a steep incline. Garden and Community Centre staff can assist where possible. No car parking at the garden - please park at the prison and walk 100m.

Wheelchair accessible (via ramp).

On No. 24 bus route.

Email maddie@mmcc.org.nz or grant@mmcc.org.nz with your name, phone number and email address to register, or phone **04 388 1944** for more information.

Cost: Free



Tuesday 1 October

Fitness Dance Class with Peeled Banana Dance

Marist St Pat's Rugby Football Event Clubrooms, Hataitai Park
(above the Velodrome car park), Ruahine St, Hataitai

9.30am | Tuesday 1 October

Take the first bite into this creative and different form of exercise that is unimaginable fun, while improving your cardiovascular fitness, coordination, flexibility, agility, and muscular strength. A series of easy-to-follow dances using both old and new music are pure pleasure.

Easy access. Parking outside or below in Velodrome carpark.

On No. 2 bus route.

Call Lyn Breed on **0274 416 079** for more information.

Cost: Free for new participants

No registration required.



Retire Inspired - navigating the stages of retirement

Johnsonville Library, Waitohi Hub, 34 Moorefield Rd, Johnsonville

2pm | Tuesday 1 October

Globally, the population is ageing. The potential to live extended, healthier, lifespans is changing our perspective on ageing. Later life can be the most creative, productive and fulfilling part of your life. What does it look like to you? Take the time to refresh your mindset and re-envision your future.

Dr Angela Robertson is an inspirational author, speaker, coach and facilitator with 30+ years' experience as a professional learning and development practitioner.

Wheelchair access.

No. 1 bus from central city or 1 minute walk from Johnsonville train station.

Email enquiries@wcl.govt.nz to find out more.

Cost: Free

No registration required but seating limited to 25.

Seniors' Movie Magic

Tawa Community Centre, 5 Cambridge St, Tawa (Boardroom entrance)

2pm for 2.15pm start | Tuesday 1 October

Movie Magic is starting again for Seniors' Week. Call Tawa Community Centre from Wednesday 25 September to find out the movie title.

All welcome, so do tell your friends. Tea/coffee available.

Fully accessible.

18 minutes walk from Tawa train station.

Email tawacc@wcc.govt.nz or call 04 232 1682 for more information.

Cost: Free

No registration required.

Wednesday 2 October

Making Connections Day

St James Theatre, Courtenay Place, Wellington

9am-3pm | Wednesday 2 October

Age Concern provides services to help older people live their best lives, thriving, respected and engaged. Join us at St James' Theatre for a very special Seniors' Week event: Making Connections Day. Bigger and better than ever, this event is about making connections with other seniors, with organisations and businesses that can help you, and with Age Concern.

The day will include:

- a keynote address by Hon Casey Costello, Minister for Seniors
- some great topical presentations and seminars
- opportunities for technology support and advice
- lunch and a cuppa with new friends
- some light exercise
- a fun quiz and spot prizes.

See the website for a full programme.

Making Connections Day was fully booked last year, so register today to reserve your seat.

Flat street access, lifts available.

This location is on multiple bus routes.

To register and see a full programme go to acwellington.org.nz or call **04 499 6646**.

Cost: Free



**AGE
CONCERN
WELLINGTON
REGION**

He Manaakitanga
Kaumātua Aotearoa

Morning Tea at Karori Library

Karori Library, 247 Karori Rd, Karori

11am-12 noon | Wednesday 2 October

Like to chat and eat cake? Come along to our Karori Library morning tea.

Our librarians would like to thank you for the interesting conversations, the smiles, and the appreciation you have for our library. We will provide a hot drink and homemade goodies for your enjoyment.

Wheelchair access.

No. 2 bus from the central city.

Call Raewyn Lubransky on 04 476 8413 for find out more.

Cost: Free

No registration required.



Wednesday 25 September

Wellington North Badminton Pickleball

Wellington North
Badminton Hall, Tawa

Registration: None. Fee: \$7pp.
Accessibility: Disabled access
parking available. Building
is accessible.

Steady As You Go

Upstairs Karori
Community Centre

Registration: None. Fee: Free
for newcomers in Seniors' Week.
Accessibility: Parking outside,
flat, and lift to first floor.

Memories of the Royal Family

Karori Library

Registration: None.
Fee: Free. Accessibility:
Wheelchair access.

Movie Magic!

Island Bay Community Centre

Registration: None. Fee: Free.
Accessibility: Wheelchair access,
accessible toilet and one
disability car park.

Craft Group

Johnsonville
Community Centre

Registration: None. Fee: Free.
Accessibility: Wheelchair access,
lift, two disability car parks.

Tai Chi for Intermediate

Johnsonville
Community Centre

Registration: None. Fee: \$4.
Accessibility: Wheelchair access,
lift, two disability car parks.

Tai Chi for Beginners

Johnsonville
Community Centre

Registration: None. Fee: \$4.
Accessibility: Wheelchair access,
lift, two disability car parks.

Aquafit Morning Teas with Community Pools and ClubActive

Tawa Pools

Registration: Required. Fee:
Aquafit Class from \$8.50 or free
with a ClubActive membership.
Accessibility: Assisted entry to
pool available.

Fun Free Bingo

Kilbirnie Lyall Bay
Community Centre

Registration: None. Fee: Free.
Accessibility: Via ramp, car parks
at the rear of the building.

Thursday 26 September

Spin Poi Beginners Class

Te Pokapū Hapori (The Y)

Registration: None. Fee: Free.
Accessibility: Wheelchair access.

Tuffa Puffas

Karori Recreation Centre

Registration: None. Free.

Accessibility: Accessibility ramp.

Ezy Movers

Nairnville Recreation Centre

Registration: None. Fee: \$6

and bring a friend for free.

Accessibility: Accessibility ramp.

Social Drama

Johnsonville Community Centre

Registration: None. Fee: Free.

Accessibility: Wheelchair access, lift, two disability car parks.

Blast from the Past Quiz

Upstairs Karori Community Centre

Registration required. Fee: Free.

Accessibility: Parking outside, flat, and lift to first floor.

Island Bay Walking Group: Botanic Gardens

Island Bay Community Centre

Registration: None. Fee: Free apart from bus and cable car fares. Accessibility: Walk mainly downhill.

U3A: Ernest Shackleton's Antarctic Expedition

Island Bay Community Centre

Registration: None. Fee: \$1.

Accessibility: Wheelchair access, accessible toilet, one disability car park.

Crafternoon Tea with Wellington Timebank

Harakeke Room, Newtown Community Centre

Registration: None. Fee: Free.

Accessibility: Accessible venue.

AquaFit Morning Teas with Community Pools and ClubActive

Keith Spry Pool

Registration: Required. Fee:

AquaFit Class from \$8.50 or free with a ClubActive membership.

Accessibility: Wheelchair access into pool available.

Friday 27 September

Free Friday Movie

Kilbirnie Lyall Bay Community Centre

Registration: None. Fee: Free.

Accessibility: Via ramp, car parks at the rear of the building.

Intro to Line Dancing Upstairs Karori Community Centre

Registration: Yes. Fee: Free.

Accessibility: Parking outside, flat, and lift to first floor.

Wellington North Badminton Pickleball

Wellington North Badminton Hall, Tawa

Registration: None. Fee: \$7pp.

Accessibility: Disabled access parking available, building is accessible.

Spin Poi

Karori Community Centre

Registration: None. Fee: Free.
Accessibility: Flat access, parking,
and elevator to first floor.

Table Tennis

Newlands Community Centre

Registration: None. Free for
over 65s, koha for under 65s.
Accessibility: Accessible venue.

Monday 30 September

Steady As You Go

Upstairs Karori Community Centre

Registration: None. Fee: Free
for newcomers in Seniors' Week.
Accessibility: Parking outside,
flat, and lift to first floor.

Qigong Cong

Johnsonville Community Centre

Registration: None. Fee: Free.
Accessibility: Wheelchair access,
lift, two disability car parks.

AquaFit Morning Teas with Community Pools and ClubActive

Freyberg Pool

Registration required. Fee:
AquaFit Class from \$8.50 or free
with a ClubActive membership.
Accessibility: Assisted entry to
pool available.

Zumba Gold

**Newlands Community
Centre, Newlands**

Registration: None. Fee: \$7 cash
pp. Accessibility: Parking available,
wheelchair access available.

Tuesday 1 October

Mahjong

Room 1 Karori Community Centre

Registration: None. Fee: Free.
Accessibility: Parking outside,
flat, and lift to first floor.

Mahjong

Newlands Community Centre

Registration: None. Fee: Free.
Accessibility: Accessible venue.

Seniors' Low Impact Pool Volleyball

Keith Spry Programmes Pool

Registration: None. Fee: Standard
Pool Entry from \$5.76 with a Senior
Gold Card. Accessibility: Assisted
entry to pool available.

Wellington Free Ambulance: What to do in an Emergency

**Kilbirnie Lyall Bay
Community Centre**

Registration required. Fee: Free.
Accessibility: Via ramp, car parks
at the rear of the building.

Wednesday 2 October

Craft Group

Johnsonville Community Centre

Registration: None. Fee: Free.

Accessibility: Wheelchair access, lift, two disability car parks.

Tai Chi for Intermediate

Johnsonville Community Centre

Registration: None. Fee: \$4.

Accessibility: Wheelchair access, lift, two disability car parks.

Tai Chi for Beginners

Johnsonville Community Centre

Registration: None. Fee: \$4.

Accessibility: Wheelchair access, lift, two disability car parks.

For full details of all events

listed above, go to our website

wellington.govt.nz/seniors-week



He taonga te pāhake

To grow old is a gift.



wellington.govt.nz



facebook.com/wellingtoncitycouncil



[WgtnCC](https://www.instagram.com/WgtnCC)



04 499 4444



wellington.govt.nz/enewsletters

Disclaimer: We made this brochure to encourage you to get involved in local events. Wellington City Council has to the best of its knowledge sourced accurate information. We will not be held responsible for any errors, changes in pricing, or misinformation.

**Absolutely Positively
Wellington City Council**

Me Heke Ki Pōneke