



helping families

OVER 18 YEAR OLD ACTIVITIES

AUCKLAND WIDE

Art / Craft / Games

Communicare Friendship Centres

Located all across Auckland and a wide variety of activities available to all. Great for company and just to be able to have something to do. The Friendship Centres listed are each open on one day a week, except during school holidays. Our guests enjoy various crafts, play cards or indoor bowls, enjoy sit dance to music and relax in the friendly companionship. Morning tea and lunch are served at a minimal weekly cost. Most Friendship Centres are open between 9.30 am and 1.00 pm. Outings are arranged from time to time. These are run in Avondale, Balmoral, Blockhouse Bay, Ellerslie, Glen Innes, Henderson, Hillsborough, Howick, Mangere, Manurewa, Massey, Mt Eden, Mt Roskill, Pakuranga, Panmure, Papakura, Papatoetoe, Pukekohe, Remuera, Royal Oak, Te Atatu. Click on the link above for more details.

Arts 4 Us - For children on the Autism Spectrum & related disorders including ADHD, Anxiety, PDD and Developmental Delays

Arts 4 Us Specialty Art Therapy Group - Program activities include art making with the aim to support social skills, emotional literacy, friendship skills and sensory integration. Contact Dance Therapy NZ info@dancetherapy.co.nz, 09 636 3029

Dance/Drama/Music

Dance Therapy NZ - For children on the Autism Spectrum & related disorders including ADHD, Anxiety, PDD and Developmental Delays

STARS Dance Movement Therapy Groups: Program activities include dance, movement, music, play and body awareness with a focus on developing social skills and emotional literacy. Onehunga, Mt Albert, Northcote and Pakuranga.

Interacting Theatre Community Classes

For Young people with a disability. These fun, well classes take place weekly during term time and give the opportunity to make friends, learn skills and build confidence. We operate out of four Auckland venues and classes are \$10 per session. For more details contact Paula 09 849 5595 or email interacting@ihug.co.nz. Drama on Mondays in Takapuna 1-2.30pm, Drama and film making on Thursdays in Manurewa 10am-12pm and 12-2pm. Drama on Fridays in Henderson 9.30-11.30am and Hip Hop on Fridays in Henderson 12-1.30pm. Drama in Mt Albert on Fridays 12.30-2pm.

Mind over Manner

These workshops are designed for the parents, siblings, families, community members first responders and professionals in close association with these teenagers. The teenagers may be undiagnosed high functioning or diagnosed with such labels as Asperger's, OCD, ADHD, Dyspraxia, ADD, ODD and others. They normalize what's often viewed as dysfunction or disability and reframes it as cognitive difference, levelling communication barriers between all of our neurodiversity. That person that's been put in that "label or box" is just another person. They were established because there is a desperate and exponential need for our workshops. We are all aware there is a significant increase in teenage anxiety, youth alienation, unemployment, teenage runaways and youth suicide. Helps parents and professionals keep going when they just don't know what to do next. Mind over manner uses applied theatre techniques and works with theatre practitioners. By re-constructing highly-charged events drawn from life experiences, exercises deliver "active-reality" scenarios so parents, family, caregivers, teachers, youth workers and police have the chance to participate and reassess their responses to these most difficult times. If you are interested in booking a Mind over manner workshop please visit our website www.mindovermanner.co.nz or contact Susan Haldane 027 665 8084 (txt only) sue@mindovermanner.co.nz

National Youth Theatre Company

Our OnStage programme, for young people aged 7-21, is an All-Access programme in which we strongly believe any child who wants the opportunity to participate in the performing arts should be able to. We work with many different young people and accommodate everyone's needs as best we can. We have had a student in a wheel-chair in our shows, as well as students with Autism, Aspergers and similar learning difficulties or intellectual disabilities. Our programme is based around

the process of creating a full-scale musical production, so our students generally need to be able to be onstage under bright lights (often for sustained periods of time) without aid, and able to be part of the cast of a show. However, we would be delighted to talk with any family who might be unsure about the suitability of our programme to see how we can best serve the needs of the particular student. For more details email info@nytc.co.nz

StarJam

They are a not-for-profit organisation that empowers young people with disabilities through music and performance. They have places available now in their singing, dancing, drumming and guitar workshops for young people with disabilities. Workshops are a safe environment, supported by a tutor and volunteers to learn new skills, have loads of fun, make friends and experience the belief that anything is possible. Contact info@starjam.org or call 0800 4 STARJAM to find out more! [Click here](#) for flier. There are spaces available at present in Singing, dancing, drumming workshops for young people with disabilities in Auckland. Contact auckland@starjam.org for more information.

Recreation

Adaptive Athletes

Personal Training, Fitness Programmes, Group classes, Special courses and many more. Contact Adam 021 289 5044

Halberg All Sports

The Halberg Disability Sport Foundation's community programme to enhance the lives of physically disabled young people by enabling them to participate in sport and recreation.

Jump Sensory Sessions

Available at North Shore, Avondale and East Tamaki. Please contact or look at their website for more details

Junior Athletics and Swimming Development Programme

11 weeks alternating athletics and swimming, weekends, venues across Auckland. 8-21 year olds with visual and physical impairments. Expert coaches with guest appearances from Paralympic athletes and a fun, friendly environment. We are hoping to develop life-long participation amongst our youth generation. \$107 programme fee which includes 10 coaching sessions, JDG entry, Wheel black game tickets, payment plan or lump sum accepted with online registration. To find out more go to www.parafedauckland.co.nz/jdpg. Frequently asked questions [here](#).

Parafed - launching a new youth Wheelchair Basketball programme

Wheelchair Basketball is New Zealand's biggest sport for the physically disabled – you don't need to be a wheelchair user to participate. It is ideal for anyone with a locomotive impairment, including amputees, those with Cerebral Palsy and Spinal Impairments. For information contact: Hamish Meacham, Parafed Auckland, 09 270 2503 or 027 324 1976 hamishm@parafedauckland.co.nz website www.parafedauckland.co.nz

Recreate Trust

Run Adventure, Recreation, Social and Education programmes: Address: 48 Windmill Road, Epsom ph 09 638 5364 or email: info@recreate.org.nz.

Special Olympics Training Opportunities Programme

Special Olympics sports training sessions are held weekly in most areas, except Public Holidays, and school holidays in some areas. Groups break around the first week in December and resume in early February.

Please ensure you contact the Coordinator before attending a training session to ensure there haven't been any changes to the timetable. Activities include Ten Pin Bowling, Swimming, Equestrian, Basketball, snow Sports, Football, Basketball, Golf, Indoor sports, Table tennis, Powerlifting, Athletics, Indoor bowls, Boccia in different areas. Run in Hibiscus Coast, Greenhithe, North Harbour, Waitakere, Central Auckland, Howick/Pakuranga, Manukau, Pukekohe, Mangere, Tamaki, Papakura. Click on above link for the contact details or each area.

Other

Discovery for Teens

The Discovery Foundation exists to give young people the skills, tools and strategies that enable them to get the best out of life and to deal effectively with life's challenges. The Discovery programmes are designed to promote self-esteem and to encourage children and teenagers to reach their full potential. The programmes have a ratio of 1:4 which enables them able to accommodate children who have learning and or physical difficulties. Have a look at their brochure [here](#).

Flourishing Friendships

Provides a personalised, respectful, safe and welcoming service in your local community. If you struggle to meet new people and social media/online dating isn't for you, talk to us. We welcome people over the age of 18, from all walks of life, culture, diversity and disability. You can expect a one to one meeting with our friendly team to get to know more about you, what you enjoy and the type of people you want to meet. For more information contact us on flourishingfriendships16@gmail.com or Sarah 021 135 3560 / 027 629 0696 [Page 1](#) and [Page 2](#)

"Ice-Breaker" Anti-Bullying Workshops for Young People

A workshop designed by *The Cube and Yes Disability* delivered by six young leaders from within the disability sector. Have a look at the [flier](#) for contact details.

PHAB Deaf Club Interest

PHAB are Auckland's leading disability social and recreational organisation. We are currently looking at setting up a PHAB For Deaf club for young people with disabilities aged 16 - 30 to meet up regularly for social events and activities in Auckland. Days, times and location to be confirmed once interest has been registered. To register your interest in a PHAB For Deaf social club please email Miranda on: office@phab.org.nz.

Phab Social groups:

PHAB clubs are a safe engaging environment where you can have lots of social and recreational interactions whilst increasing confidence, community involvement, life skills and most importantly of all.....have FUN! We have 14 clubs Auckland wide and 2 in Christchurch. Some of the activities we get involved in: Movies, bowling, Meals, cooking, arts and crafts, visits to attractions and events, treasure hunts, make a movie, photo shoot, fancy dress party, games night, interactive music session, pot luck dinner, Photo shoot hunt, my kitchen rules, dance class, horse riding, pet therapy and disco's. We do have spaces in some of our clubs so please contact us if you or someone you know is looking for increased social interaction, a chance to build social skills, develop independence and have fun! For inquiries contact chewy@phab.org.nz or call the office on 09 488 7490

PHAB

PHAB have spaces in their fun, interactive, engaging and empowering groups all over Auckland. These groups are aimed towards people with disabilities aged 16 and over. The groups run in the early evening and are a great place to meet people, make friends, gain life skills and develop independence. If you're interested please contact Chewy on 09 488 7490 or email chewy@phab.org.nz

CENTRAL AUCKLAND

Art / Craft / Games

Art Group Mt Eden

Beginners and experienced artists are welcome to join our friendly informal painting and drawing groups. Tuesdays and Thursdays 10am-12pm, Wednesdays 7-9pm, NZ Fellowship of Artists, Gifford Gallery. Phone Margie 09 630 4754 or 022 120 7138 for details

Blind Social Group – Panmure

Meets on first Thursday of month. Although it is foremost for blind or vision impaired people, all are welcome. Ph John 09 576 0009

Board Game Club Remuera Library

Tuesdays, 3-5pm, 429 Remuera Road, Remuera. Free. Bored after school? Join us for a round or two of your favourite boredom busting board games. We have some great games, including Monopoly, Battleships, UNO, checkers, Guess Who, Chess, playing cards, Pick-Up Sticks, and more. Can you beat the librarians? All ages welcome

Ceramics Studio – Auckland City

Wednesdays 10am-2pm, 1 Ponsonby Road, bookings are limited \$20 per person for 4 hours studio time. For more information info@studioone.org.nz or 09 376 3221

Chess for Success – Avondale Library

Every Friday, 3.30pm - 5pm, during term time only, 93 Rosebank Road, Avondale, Free. Come along to our weekly chess club to improve your skills and make new friends. Chess is the hot game at the moment - it's fun, educational and will improve your problem-solving and tactical skills. Learn to play and share your skills with others. This event is suitable for all levels of ability from beginners to skilled players. Ages 7 and up. All welcome. Chess boards provided, plus a GIANT chess set is available.

Community Arts Centre Orakei

Activities and friendship, Monday and Wednesday afternoons, embroidery class Wednesday morning, untutored art classes Thursday and Friday mornings. New members welcome. Classes are in the RSA rooms, Kapa Road, Orakei, phone Anne 09 524 9996 for more details to secure your spot

Dayspring Art Class New Lynn

Our Creative Art Classes are suitable for all levels. Each participant will receive a starter pack that includes a Visual Art Diary and a range of pencils. All paints and canvas paper will be provided. Working together in a group provides the

opportunity to learn and be inspired by others. Our facilitators will guide you through your journey, showing you basic skills and techniques and helping you find your own style. Facilitators Leao Tildsley and Jo Marshall. Term 4 Monday 16 October - Monday 11 December, 10am-1pm, Dayspring Trust, 2 Seabrook Avenue, New Lynn. Cost: \$80 creche available for 0-5's for \$1 per session while you attend art. Please phone Karen 09 827 6321 to register for more [information](#). Please note fees to be paid at time of booking. Fees are not refunded if you withdraw within 48 hours before commencement. All courses need a minimum number of enrolments. If the course does not have the required numbers, we regret that we will need to cancel. You will be contacted 2-3 days prior to scheduled start date and we will refund your money.

Friday Art and Coffee Day Mt Albert

All are welcome to join us for some art work and coffee starting at 10am. For more information contact Karen 027 435 826, Mt Albert Presbyterian Church, 14 Mt Albert Road, Mt Albert

Mindful Colouring for Adults - St Heliers Library

Wednesdays 10-11am, 32 St Heliers Bay Road, St Heliers, Free. Colouring sheets and pencils provided

Minecraft club at Mt Albert Library

Every Wednesday, 3.30pm - 5pm, 84 St Lukes Road, Mt Albert, Free. Come along to our weekly Minecraft sessions, meet other like-minded gamers and swap tips and tricks. This is an opportunity for young Minecrafters to get together and have an hour of play in a safe environment. Please bring your own device (laptop, iPad, iPod, Android, etc) as library computers will unfortunately be unavailable. You will require your own Minecraft registration and login. This is available from www.minecraft.net

Oranga Art Group

With Keith Thownshend, term time only, 10am-12pm, Tuesdays, Oranga Community Centre, 52 Waitangi road, Oranga

Unplugged Gaming Club - Waiheke Library

Last Saturday of the month, 1.30-3.30pm, Free. An afternoon of fun and interesting board games at Waiheke Library. Want to play a variety of cool tabletop board games, meet new people and have an overall great time? Come along to Waiheke Library on the last Saturday of the month and join in our unplugged gaming club! Some of the games on offer include Catan, Codenames, Forbidden Desert, Camel Up and Hanabi. If your board gaming experience is limited to Monopoly and Snakes & Ladders, you need to try playing our games - you will not be disappointed! Open to ages 12 and over. Get in touch with Jamie on (09) 374 1325 or Jamie.ward@aucklandcouncil.govt.nz for more information.

Youth Nights - Panmure

Every Tuesday 4-8pm, Wednesday 4-7pm, Panmure Community Hall, Pilkington Road, Panmure, Graffiti wall, food, volleyball, creative space, arcade games, free wi-fi, chill, table tennis, b-ball. Free for youth 13+

Zine and Comic Creations Auckland

1 Ponsonby Road, Auckland, Year 12 upwards, Wednesdays 4-5.30pm, term time \$175. Class size max 10. Enjoy the art of comic and zine creation with mixed media and see the ideas you have come to life on the pages you create. We will be experimenting with comic and cartoon imagery and design layout to come up with your own finished comic or zine featuring your own characters, stories and ideas. For more information info@studioone.org.nz or 09 376 3221

Dance/Drama/Music

Circability

We are offering a new [Applicable Circus Class](#) for physically disabled people (16-30yo) and a new [Funky Friday](#) mixed ability class for all ages at Circability Central in Victoria Park. Please register [here](#).

Dance 4 Everyone - Dance and movement for all ages and abilities

Dance4everyone provides specialist dance programmes to special schools, day centres and community groups in Auckland, New Zealand. Their dedicated staff are committed to ensuring dance is accessible and enjoyable for people of all ages. Dance4everyone provide recreational dance classes for students with special learning needs. Classes are held outside of school hours and are carefully designed to suit the ability of each student. We offer fun, educational classes, encouraging social interaction and holistic development. Each term we choose a theme to explore through movement. We adopt a creative dance approach to allow all students to contribute to the process. Students also have the opportunity to learn specific dance styles and performance skills. Our recreational classes provide students with special needs a supportive environment to learn new skills, be a part of a team, and build confidence in their ability. Please [contact us](#) for more information about our recreational programmes and for enrolment details. Wednesday 4-5pm, Rosehill Special School, Papakura and Thursday 3.30-4.30pm (school age) and 4.30-5.30pm Teenage and young adult both at Orakei Community Centre, 156 Kapa Road, Orakei

Dance and Stretch with Rita - Parnell

Monday 11.10am-12.10pm, An hour of fun moving and stretching to music. Rita has taught dance and fitness for more than 30 years. Her programme of safe body moves, combined with irresistible dancing music, will make you feel confident about your body image, and improve your coordination and posture. Join this friendly group and you'll leave feeling energised and

energetic, with a smile on your face. All levels welcome. \$95 a term. For more details 09 555 5164 or community@parnell.org.nz

Dance and Fitness Oranga

Oranga Community Centre ,52 Waitangi Road, Oranga, Wednesdays 6.15-7.45pm

Dancing in the Dark Blockhouse Bay

Dance and move to music with nobody watching. Thursdays 7.30-8.30pm, Blockhouse Bay Community Centre, 524 Blockhouse Bay Road, Blockhouse Bay, Contact Nick on 021 863 604.

High Notes Onehunga

A free music therapy class that engages people with physical, learning and intellectual disabilities. Fridays 11.30-12.15pm, 83 Church St, Onehunga, Yates Room. Contact kkni746@aucklanduni.ac.nz

Hip Hop Dance Workshop

2 Freyberg Place, Auckland, 7-9pm, Thursdays

Hot Hula Dance – Oranga

Oranga Community Centre, 52 Waitangi Road, Oranga, Saturdays 7.30-8.30am

Interacting weekly classes in the community in drama, film making and Hip hop

Sign up for these fun friendly classes that run every week during term time.

Fridays at YMCA Mt Albert

Drama 12.30-2pm

Fridays in Henderson

Drama 9.30-11.30am

Hip hop 12-2pm

All classes cost \$10 and are run by experienced tutors. For more details and to book a place call Paula 09 849 5595

Interacting123@gmail.com

Mt Albert Weekly Drama Sessions

Drama for young people with a disability. These fun classes take place weekly at Mt Albert YMC and the opportunity to make new friends. Classes are \$10 per session. Call 09 849 5595

Touch Compass Inclusive Group Grey Lynn

Develop new skills in dance that will encourage coordination, confidence and connection with others, through movement and improvisation exercises. Open to ages 13-24. Grey Lynn Community Centre Hall, 510 Richmond Rd, Grey Lynn, \$120 (Carer support available)

Touch Compass Community Class Grey Lynn

An established class run by the highly experienced Sue Cheesman. Participants will gain experience in contemporary / improvisation techniques plus composition in a playful and supportive environment. It is open to new applicants 13+. Volunteer support dancer roles available. Saturdays, 1.30-3.30pm, Grey Lynn Community Centre Hall, 510 Richmond Rd, Grey Lynn, \$150 (Carer support available)

Recreation

After School Access Glen Innes

Free time in the sports hall for any young person currently at school, adults or over 18 years, \$3 per visit, Sportshall Tamaki Recreation Centre, Elstree Ave, Glen Innes reception@tamaki.ac.nz , 3-5pm each weekday

Avondale Green Prescription Health and Wellness Programme

Held at Avondale Community Centre, 99 Rosebank Road, Avondale. A variety of activities available to those who have access to Green Prescription. Contact Brooke brookem@sport Auckland.co.nz or 09 623 7924 or <http://www.sport Auckland.org.nz/>

Bollyhop Fitness Blockhouse Bay

Mondays 8-9pm, Blockhouse Bay Community Centre, 524 Blockhouse Bay Road, Blockhouse Bay, \$5 per person Ph Shrenika 021 046 2151

Glen Innes weight loss and healthy lifestyle programme

This eight week course is designed for adults aged 16 and over in the local area who are struggling with their weight. Learn more about healthy nutrition, fun exercises, goal setting and quick and easy meal preparation. The course starts on 21 February, 7pm-8pm, Glen Innes Community Centre. Gold coin donation. For more information email spir006@aucklanduni.ac.nz phone 027 406 2569.

Have a Go at Lawn Bowls Mt Eden

Every Saturday, 12.30pm, we'll show you how to play, then join in a couple of games and finishing around 3pm. Ages 12 up, Balmoral Bowls Club 14 Mont Grand Road, Mt Eden.

Indoor Bowls – Greenlane

First and third Saturday of month, Greenlane Christian Centre, 17 Marewa Road, Greenlane, 9am. Ph Dorothy 09 579 4509

Mixed Abilities Rugby

What is Mixed Ability Rugby – [here](#) is some more information in general done in collaboration with IMAS (Internationally mixed ability sports) which is a proven model started in England to include everyone in mainstream sports. Mixed ability involves players, coaches, volunteers both with and without disabilities in mainstream sport activities, generating social inclusion and improving health, confidence and social skills. Mixed Ability Rugby can sound like a daunting idea in a sport known for its physicality, however within the wider rugby offer. To start we will organise a 'Have a go' training where we would like to invite anyone who is keen to join our Mixed ability Rugby team, trainings will be on Monday evening 6.30-8pm starting 17th July, College Rifles, Remuera. Please contact expression of interest via marugby.nz@gmail.com so we can inform you of start date. Or contact 027 246 8461

Mt Albert Green Prescription Lifestyle Programme

Held at Mt Albert Community and Recreation Centre YMCA, 773 New North Road, Mt Albert. A variety of activities available to those who have access to Green Prescription. Contact Jemi, jemi@sportauckland.co.nz or 09 623 7958. Or <http://www.sportauckland.org.nz/>

Pasifika Beats – Oranga

Orange Community Centre, 52 Waitangi Road, Oranga, 10am-11am Tuesdays

Mt Roskill Green Prescription Day and Evening Health and Wellness Programme

Held at Tri Star Gymnastics, Conference Room, 55 Arundel St, Mt Roskill. A variety of activities available to those who have access to Green Prescription. Contact Emma, emmaw@sportauckland.co.nz or 09 623 7963 or <http://www.sportauckland.org.nz/>

Onehunga Green Prescription Health and Wellness Programme

Held at Onehunga War Memorial Pools. A variety of activities available to those who have access to Green Prescription. Contact Sophie, sophiep@sportauckland.co.nz or 09 623 8560 or <http://www.sportauckland.org.nz/>

Social Badminton – Glen Innes

Sportshall Tamaki Recreation Centre, Elstree Ave, Glen Innes reception@tamaki.ac.nz, 10.45am-1pm, Tuesday and Thursdays, \$3 entry, \$1 racket hire, \$3.50 shuttles

Table Tennis Day Club - Epsom

Contact: Yi-Chern Lee, Ph 021 029 22458, info@nzctta.org.nz, Mon, Wed, Sat, Sun 9.30am-12.30pm. \$10.00 per session, FREE for stadium keyholder members, N.B. An annual administration fee of \$15.00 applies for all players. Auckland Table Tennis stadium, 99a Gillies Ave, Epsom. For all ages and levels of play. Entrants match up against other attendees and play a series of games before matching up with different players.

Tai chi Panmure

Gentle exercise for modern living. Great for health, balance and strength. This class runs throughout the year with a short break in December and January. \$5 per session Wednesday, 10.30- 11.30am Phone Stacy, 576 3705. Dunkirk Road Activity Centre, 50 Dunkirk Road, Panmure

Tamaki Green Prescription Health and Wellness Programme

Held at Tamaki Recreation Centre, 60 Elstree Ave, Glen Innes. A variety of activities available to those who have access to Green Prescription. Contact Whiria, whiria@sportauckland.co.nz or 09 623 8561. Or <http://www.sportauckland.org.nz/>

Tristar Gymnastics for all ages

Is your child wishing to jump on the trampoline? Swing on the bars? Gain confidence on the playground? Why not check out Tri Star Gymnastics Disability Programme for an opportunity to learn gymnastic skills in a personalised setting, while also improving coordination, strength, balance and motor skills. With our personalised approach we are able to adapt to any age or ability and create a class around the athlete's individual needs and goals. Our classes are a great way to build self-confidence and physical literacy in a fun and safe environment. If you are interested in more information or would like to pursue private lessons for your child or yourself please contact: Leigh Dawson, Disability Gymnastics Coordinator leigh.dawson@tristar.org.nz

Yoga Mt Roskill

Monday and Thursdays 9.30-10.30am, Roskill Youth Zone, 746 Sandringham Road Ext, Mt Roskill, free, beginner to intermediate yogawithfleur@gmail.com

[Yoga Panmure](#)

This is yoga class designed to introduce you to Yoga. Come and spend a little time on yourself. We will concentrate on breathing, relaxing and stretching. If you can't get onto the floor, all exercises can be done sitting on a chair. Mondays 1-2pm, Koha/donation - we suggest between \$2 and \$5 each session, wear comfy clothes and bring your exercise mat or towel to sit on. Dunkirk Road Activity Centre, 50 Dunkirk Road, Panmure

[Zumba Gold Green Bay](#)

Wednesday 1-2.00pm 1 Barron Green Drive, Green Bay \$7.50, the teacher is a Special needs teacher by profession. Contact Kat via email on zumbagoldwithkat@gmail.com

[Zumba Gold Glen Innes](#)

Tuesday 1pm, Tamaki Recreation Centre, Elstree Ave, Glen Innes 09 521 6438. This special class is for the person that hasn't exercised for a long time, may have special conditions to work with or is more mature. Its loads of fun. Contact Manager Lee Jones

[Zumba Onehunga](#)

Onehunga RSA, 57 Princess St, Onehunga, Thursday 6.30pm, between \$3 and \$5. A Total workout combing all levels of fitness. Adults \$5 / Adult students & Seniors \$3 / \$2 school students. Ph 021 899 911

[Zumba Onehunga](#)

We have Zumba for everyone every Tuesday, Wednesday, and Thursday morning with Jocelynn. Running from 9.45-10.45am come on down and have a great time dancing. There are also classes on Wednesday nights from 7pm-8pm and every Sunday morning from 8am-9am with Claire. Great times is you can make it during the working week! At only \$5 per session, it is a great way to get fit while having heaps of fun and also being a reasonable price! Both classes are run at the Pearce Street Hall, just behind the Community Centre. For more information contact Claire: 022 176 8608 / Jocelynn 021 072 6477

[Zumba Meadowbank](#)

Monday 4.40pm and Wednesday 7.15pm, All welcome, no experience necessary. Have fun in a supportive environment. Ditch the workout and join the party. Tahapa Crescent Community Centre, 22 Tahapa Cres, Meadowbank. 021 393 169

Other

[Anju Chinese club at Onehunga Library](#)

53 Church St, Onehunga, Second and fourth Wednesday of every month 11am to 12pm Free, 生活英语安居俱乐部。时间：每个月第二和第四个星期三，上午 11 : 00 点至 12 : 00 点。Come and join our friendly Onehunga Chinese community to learn basic living English, share Chinese culture, get the latest Chinese new releases and discover current and upcoming programmes and events. 欢迎参加 Onehunga 图书馆 举办的'生活英语安居俱乐部'。我们将讲解生活英文、交流与分享中国文化、介绍图书馆最新中文图书和近期活动等。

[Community Gardens - Orakei](#)

Meet gardeners, make friends and trade knowledge. Free. Every Wednesday 10.30am-12pm, Orakei Community Centre, 156 Kapa Road, Orakei. Call 021 142 9847 or just turn up.

[Easy Eats](#)

\$3 per class, 83 Church St, Onehunga 1.15-2.15pm weekly on Thursdays Rebecca 021 149 1320 - Easy Eats is a weekly class every Thursday led by Rebecca and aimed at those who are interested in learning how to cook but require the assistance of a caregiver. Classes are \$3. If you are interested in participating please contact Rebecca.

[St Heliers Chinese Friendship Group 聚友会](#)

St Heliers Library, 32 St Heliers Bay Road, first and third Thursday of every month 10.30am to 12pm Free. Meet new people and join us for a chat 每个月的第一个和第三个周四 Come to St Heliers Library on the first and third Thursday of the month. Share life experiences, skills & Hobbies, favourite reads, and find out what is new in the library's Chinese Language Collection. 欢迎参加 St Heliers 图书馆 '聚友会'。您将在这里结识朋友,交流分享读书心得,生活经验与技能爱好,以及了解图书馆最新中文图书和近期活动等。See you there! 期待光临!

[The Chat and Chill Group](#)

A social skills group for students and young adults with Asperger Syndrome between 14-22years old. \$20 per week payable on arrival. Located in Royal Oak. Please contact Samantha McGillivray 021 069 2506 email info@speech4all.co.nz

[The Drop in Centre - Elevate Christian Disability Trust](#)

The Drop in Centre is a great place to connect with other people with disabilities. A friendly, family atmosphere is provided here which encourages spiritual learning, fellowship and support to people. We regularly have Bible studies, guest speakers, visits from other ministries and groups, along with craft sessions and outings. We know you will enjoy your time with us, so

PO Box 13385 Onehunga Auckland 1643

P: (09) 636 0351 F: (09) 636 0354 E: admin@disabilityconnect.org.nz W: www.disabilityconnect.org.nz

come and see us soon. The centre is located at 173 Mt Smart Rd, Onehunga, Auckland. It operates every Tuesday, Wednesday and Thursday during the school term from 10.00am to 2.00pm.

SOUTH AUCKLAND

Art / Craft / Games

Adult Colouring Manukau Library

First Wednesday of month 10.30-11.30am, free, Colouring is an extremely calming and relaxing activity. Choose the colours to create your picture. Colouring sheets and pencils provided

Anime Club at Mangere Town Centre Library

Bader Drive, Mangere, Every second Thursday, 4-6.30pm, Free. Do you love anime characters and movies? Reading manga and graphic novels? Hearing about series that others have enjoyed? At our fortnightly Anime Club that meets after school we do just that! Come along and meet up with others who have the same passion for anime, manga and movies. Pop into the library and ask for Kyle. Upcoming dates: August 10, 24. September 7, 21. Please note: This club only takes place during school term time.

Art - Te Rito Community Lifestyle Centre

Monday 10.30am-12pm, 7 Piki Thompson Way, Otahuhu 09 270 0342. Mosaics, pottery, card making, painting. Koha donation. Upstairs

Art Classes and Art Therapy at Māpura Studios

Māpura Studios are accepting enrolments for children, teens and adults with diverse abilities, including visual art, movement and art, cartooning, creative music group, and two new creative art classes for Teens in Takapuna, and Pukekohe. Enrol now. Contact Māpura Studios for more information 09 845 5361 or info@mapurastudios.org.nz

Arty Yarns

Learn the art of visual storytelling. Come along with your favourite story, nursery rhyme or dark tale as your inspiration and learn how to illustrate and create imagery that supports the story. NZ's multitalented and award winning illustrator and animation director Raymond McGrath will guide you through his process of creating illustrations that tell a story – after all a picture is worth a thousand words. Your favourite personal image will be framed at the end of the course. The course is for anybody and everybody interested in this field of creativity. No artistic or writing experience is necessary and the only requirement is to come in and have a go at something new and exciting. 16 years plus Thursday 7-9pm, Weta Workshop, the centre, Massey Ave, Pukekohe, 3rd Aug-21st September Please book [here](#)

Chess Club – Papatoetoe

Meets Wednesday, Papatoetoe Bowling Club 84 Cambridge Terrace, Papatoetoe, Juniors 6+, 6.15pm. Seniors 7.30pm. All abilities welcome \$2 per night. John 278 4520

Colour your world: Adult Colouring In – Sir Edmund Hillary Library

Every Monday, 11am-12 noon, 209 Great South Road, Papakura, Free. Head along to Sir Edmund Hillary Library to chat and relax while enjoying some colouring-in. Templates and colour pencils are supplied but you are welcome to bring your own pencils if you wish. There's no need to book a spot, simply come along on the day. If you have ever wanted to unleash your inner creativity, here's your chance! Please note: this programme does not run through January.

Colouring and Conversation for adults at Papatoetoe Library

Every Friday, 10.30am-11.30am, 30 Wallace Road, Papatoetoe, Free. Colouring and conversation is a weekly library club for adults. Colouring is an extremely calming and relaxing activity. Explore your creative side. Choose the colours to create your picture. Join us for this gentle activity. Colouring sheets and pencils provided. This event continues during school holidays.

Come Knit with Us Te Matariki Clendon Library

Every Monday, 3pm - 4.30pm, 17 Palmers Road, Clendon, Free. Come along to our friendly knitting and craft group. Learn new skills and get creative.

Computer classes for Hindi speakers – Otahuhu

Otahuhu Library, Mason Ave, Otahuhu. every Wednesday 10-11am, free. This class is great chance to learn, have fun and make friends. Come along to Ōtāhuhu Library and take part in our computer classes for Hindi speaking customers. A great chance to learn, have fun and make friends. while picking up useful skills. Classes will be held in the Mealamu Room.

Creative Arts Class Clover Park Community Centre

In these classes you create a different piece of work each week. Easy to learn you don't have to be a professional, open for everyone at no cost. Every Wednesday from 5.30pm to 6.30pm. 16a Israel Ave, Clover Park. In the Israel Room.

Digital Devices at Otahuhu Library

Every Monday, 10.30-11.30am, Mason Ave, Otahuhu. Free digital device training. Bring your own laptop, ipad, tablet, smart phone or e-reader or use one of our ipads and learn how to get the most out of them.

Expressing Ourselves with Paint - St Johns Papatoetoe

A course designed for those with special needs and disabilities exploring visual expression in abstract painting, investigating colour, texture and emotion. A programme designed to uncover your artistic potential and develop confidence with the painting medium. In this course students will learn to use some of the techniques associated with this painting process. Using both dry media, and acrylic paints they will become comfortable developing and creating their own journey through a variety of techniques within the painted surface. General note on abstract painting Abstract and gestural painting, often referred to as action painting, incorporates methods such as splashing, dripping, scoring, pouring, scraping and splattering paint. Emphasis is put on colour and texture and the actual act and physicality of the painting process itself. Gerard Gopas, 10am-12pm, Wed Aug 9th for 8 weeks. \$20 with separate payment to tutor of \$15 for materials. 120 Great South Road, Papatoetoe.

Film Making Workshop - Interacting Theatre: A Disability Arts Theatre Company (17+)

Thursdays, 10am-12pm, Tutor: Hank Snell, \$15 per person, per class, paid each term. In these two hour workshops we will film, edit and produce a short film from ideas sourced from the group. At the end of the 8 week course students will have a DVD of the film to share with friends and family. Tutor, Hank Snell, has been working in the film and television industry for 20 years. Nathan Homestead, 70 Hill Road, Manurewa. For more details and to book Email interacting@ihug.co.nz or ph 09 849 5595 www.interacting.org.nz

Gamer Friday Te Matariki Clendon Library

Every Friday, 3.30pm - 5pm, 17 Palmers Road, Clendon, Teens area, Free, Have a jam, and see if you can be the champion gamer in our library. Suitable for 11 years+. Bring your student ID for R16 games.

Knitting and Craft Group at Papatoetoe Library

Every Friday, 1pm-3pm, 30 Wallace Road, Papatoetoe, Free. Bring along your current crafty project or just yourself and join us 1.30-3.00pm on Fridays. If you have some skills to share we would love to meet you. Refreshments provided.

Lets Get Crafty Mangere Bridge Library

First and third Thursday of the month, 10.30am-12pm, 5-7 Church St, Mangere Bridge, Free. Join Mangere Bridge's social craft group for adults. We have a craft demonstration on the first Thursday of each month and a 'bring your own' craft morning on the third Thursday of each month. Morning tea is provided. Come and join us for fun craft and great company.

Mahi raranga harakeke - Te Rito Community Lifestyle Centre

Tuesday 10.30am-12.30pm, 7 Piki Thompson Way, Otahuhu 09 270 0342. Learn the art of traditional maori weaving, Free, upstairs and downstairs

Mangere East Knitting and Craft Club

Every Thursday, 10.30am-12pm, 370 Massey Road, Mangere, Free. Come along to our fun and interactive new knitting and craft group for beginners and experts. Bring your knitting needles and wool, or craft projects to meet in a friendly informal group. All ages welcome. Cup of tea provided.

Minecraft Club at Mangere Bridge Library

Third Friday of each month, 3.30pm - 4.30pm, 5-7 Church St, Mangere Bridge, Free. Part of our Funtastic Fridays programme. Come along to our weekly Minecraft sessions, meet other like-minded gamers and swap tips and tricks. This is an opportunity for young Minecrafters to get together and have an hour of play in a safe environment. Please bring your own device (laptop, iPad, iPod, Android, etc) as library computers will unfortunately be unavailable. You will require your own Minecraft registration and login. This is available from minecraft.net.

Scratch Workshop Pukekohe

Learn all about the fun and beginner-friendly programming language that is Scratch. The free workshop consists of three hour long sessions on a Saturday morning. 9.30-10.30am, Places are limited so please book at the library or call 09 237 0040

Dance/Drama/Music

Dance 4 Everyone - Dance and movement for all ages and abilities

Dance4everyone provides specialist dance programmes to special schools, day centres and community groups in Auckland, New Zealand. Their dedicated staff are committed to ensuring dance is accessible and enjoyable for people of all ages. Dance4everyone provide recreational dance classes for students with special learning needs. Classes are held outside of school hours and are carefully designed to suit the ability of each student. We offer fun, educational classes, encouraging social interaction and holistic development. Each term we choose a theme to explore through movement. We adopt a creative dance approach to allow all students to contribute to the process. Students also have the opportunity to learn specific dance styles and performance skills. Our recreational classes provide students with special needs a supportive

environment to learn new skills, be a part of a team, and build confidence in their ability. Please [contact us](#) for more information about our recreational programmes and for enrolment details. Wednesday 4-5pm, Rosehill Special School, Papakura and Thursday 3.30-4.30pm (school age) and 4.30-5.30pm Teenage and young adult both at Orakei Community Centre, 156 Kapa Road, Orakei

Drama Workshop Manurewa

Thursdays, 12-2pm, Tutor: Janet Marks, \$15 per person, per class, paid each term. In these two hour workshops we will be making friends, learning skills and having fun. Janet Marks is a drama specialist experienced in running workshops for performers with a range of abilities. Nathan Homestead, 70 Hill Road, Manurewa. For more details and to book Email interacting@ihug.co.nz or ph 09 849 5595 www.interacting.org.nz

Hip Hop Dance Manurewa

With Heather Holland, Tuesdays 6-7pm, \$95, A fun class for adults learning hip hop and pop routines, and also working on stretching and flexibility. Each week you'll be taken through routines step by step so as to suit all levels. No experience necessary just a good attitude. Nathan Homestead, 70 Hill Road Manurewa

Interacting weekly classes in the community in drama, film making and Hip hop

Sign up for these fun friendly classes that run every week during term time.

Thursdays at Nathan homestead, Manurewa

Film making 10am-12pm

Drama 12-2pm

All classes cost \$10 and are run by experienced tutors. For more details and to book a place call Paula 09 849 5595

Interacting123@gmail.com

Latin Passion Mangere East

Tuesday 7-8 pm, free If you can walk you can dance! Great low impact aerobic work out. Fun, anyone can do it. Introducing basic footwork and body movement. Ph 09 275 6161, 372 Massey Road, Mangere East

Line Dancing Otahuhu Town Hall

Line Dancing Wednesday (term time only) 1.15-3.15pm, \$4 per session. To register contact 09 276 7343 or

bookings@otahuhucommunitycentre.co.nz

Movement and Dance St Johns Papatoetoe

(limited to 12 students) This class is particularly designed for students with a range of special needs & disabilities. With the use of bodies, voices and handmade percussion instruments, people are encouraged to move and dance freely to their heart's content! This is a fun, challenging and gentle class not to be missed! Monica Fa'alava'au, 10am-12pm, Tuesday 8th August for 8 weeks. \$20 for term and \$10 separate payment to tutor to cover the cost of dance and sound. 120 Great South Road, Papatoetoe

Salsa Classes Mangere East

Tuesday 6.30-7.30 pm (beginners) 7.30-8.30pm (intermediate), Free. Get your hips moving in a friendly and fun environment, all welcome. Ph 09 275 6161, 372 Massey Road, Mangere East

Waiata / Jam Session - Te Rito Community Lifestyle Centre

Friday 9am-12pm, 7 Piki Thompson Way, Otahuhu 09 270 0342. Come and learn some songs and try out a new instrument. Free

Why not Wednesdays? Quizzes and brain teasers

Every third Wednesday of the month, 10.30 - 11.30am. 3 Osterley Way, Manukau. Free. Challenge your brain! Fun quizzes / word games / brain teasers and mind games to improve your IQ!

Why not Wednesday! Jigsaw Puzzles for adults – Manukau Library

Every second Wednesday of month 10.30-11.30am, join us to find pieces and solve puzzles with our jigsaw collection. Great time to have fun and make friends

Why not Wednesday! Adult Board Games – Manukau Library

Wednesdays 10.30-11.30am, Playing board games is an excellent way to kick back and relax. Come and socialise with like minded people in a friendly environment

Recreation

Aqua Aerobics

Low impact entry level class that uses resistance of water to burn calories – Mon and Wed, 11am-12pm, Free. Moana Nui A Kawa Pool and Leisure Centre, 66r Mascot Ave, Mangere, 09 261 8040

Badminton

Papatoetoe Midweek Badminton Club, Tuesday 10am-12pm, Alan Brewster Centre, Social Badminton, everyone welcome. Phone Claire 09 266 0304, Barbara 09 267 7644

Bombay Indoor Bowls

Wednesday, 7.15pm, Bombay Rugby Club, Paparata Road, Bombay. All welcome, phone Andre 09 236 0513

Crossfit - Otahuhu Town Hall - FREE

10 High Street, Otahuhu, Monday Crossfit 4-6pm. To register contact 09 276 7343 or bookings@otahuhucommunitycentre.co.nz.

Fitlife - Otara and Mangere

8 week programme, FITLIFE is a FREE community health and fitness program initiated and run by D65 Fitness. Now in its fourth year it started in 2011 with 75 participants. Sessions take place in Mangere and Otara and the program now boasts more than 200 participants at each venue, changing the lives of people of all ages, shapes, sizes and abilities. Fitlife creates the right atmosphere for transformational change. The majority of people who attend the programmes are not your typical gym members, they are everyday people participating with friends, family and others within their communities. From parents, grandparents and youth, to beginner fitness levels and elite athletes, it is open to everyone looking for a challenge. For more information ph 021 631 781 or email info@d65fitness.co.nz

Fitness Class - Manurewa

Low impact rhythmical movement to music. Have fun and get moving at Hillpark School, Grande Vue Road, Manurewa at 7pm Mondays, Phone Beryl 09 266 3803 or 021 153 3126

Fun and Ezy Exercise class

Otahuhu Recreation Centre, Mason Ave, Otahuhu every Monday 10.30am, Mason Ave, \$2. phone Christine 276 8207

Haumono Boxfit - Te Rito Community Lifestyle Centre

Monday, Wednesday, Friday 10.30am-12pm, 7 Piki Thompson Way, Otahuhu 09 270 0342. A fun fitness class for all abilities and fitness levels. Gloves provided, koha in gymnasium.

Hula Fitness Mangere East

Tuesday 6-7pm, free (bring a pareu) Learn the traditional art of Hula dance. Ph 09 275 6161, 372 Massey Road, Mangere East

Indoor Bowls - Papatoetoe

Holy Cross meets every Tuesday night, 7.15pm, fun, friendly and cheap game. Cnr Fairview and Carruth St, Papatoetoe. Phone Stefan, 09 278 1691

Indoor Bowls - Papatoetoe

Meets every Thursday at the back of the Methodist Church, 37 Kolmar Road, Papatoetoe. Come and play a friendly game. Ph Beryl, 09 278 7772.

Mangere Green Prescription Day and Evening Health and Wellness Programme

Held at Mangere Pools, Waddon Place, Mangere A variety of activities available to those who have access to Green Prescription. Contact Rochelle, rochelle@sportauckland.co.nz or 09 623 7952.

Manurewa Green Prescription Lifestyle Programme

Held at Te Matariki Clendon Community Centre and Library, 17 Palmers Road, Manurewa A variety of activities available to those who have access to Green Prescription. Contact Daniel, daniel@sportauckland.co.nz or 09 623 7954 or <http://www.sportauckland.org.nz/>

Manurewa RSA

Sports and Recreation programmes, available to all in the community. The offer snooker, indoor bowls, golf, fishing, trips out in the community, darts and 8ball. Restaurant available Tues-Sun 12-2pm or dinners. They are welcoming the disability community. For more information call 9 297 0515 or 09 267 0552, email: reception@manurewarsa.co.nz, 2/8 Maich Road, Manurewa

Mau Rakau- Te Rito Community Lifestyle Centre

Thursday 11am-12pm, 7 Piki Thompson Way, Otahuhu 09 270 0342. Learn the art of Te Taura - with Winiata Talbot. Appropriate attire tracksuit pants and t shirt. Rakau provided. Cost \$5, in gymnasium

Midweek walk Taylors Bay

For more information contact Mark Leys 09 294 8924, Pukekohe Tramping Club

Otahuhu Town Hall Various Activities - FREE

Want to get fit and healthy and have fun. Learn new sports and make new friends. Whatever your fitness level this is the class. 10 High Street, Otahuhu, Monday Sessions include Crossfit 4-6pm, Yoga 6-6.30pm, Eat4U 6.30-7pm, Zumba Dance

7-8pm. Wednesday sports 4-6pm, Tai Chi 6-7pm, Pila Tomu Aerobics, Friday 10-11am. Line Dancing Wednesday (term time only) 1.15-3.15pm, \$4 per session. To register contact 09 276 7343 or bookings@otahuhucommunitycentre.co.nz

Otahuhu Green Prescription Health and Wellness Programme

Held at Otara Leisure Centre, Newbury St, Otara. A variety of activities available to those who have access to Green Prescription. Contact Rochelle, rochelle@sportackland.co.nz or 09 623 7952 or <http://www.sportackland.org.nz/>

Otara Green Prescription Health and Wellness Programme

Held at Te Matariki Clendon Community Centre and Library, 17 Palmers Road, Manurewa. A variety of activities available to those who have access to Green Prescription. Contact Pierre, pierre@sportackland.co.nz or 09 623 7962. <http://www.sportackland.org.nz/>

Papakura Green Prescription Lifestyle Programme

Held at Redhill Community Centre, 163 Dominion Road, Papakura. A variety of activities available to those who have access to Green Prescription. Contact Brooke, brookem@sportackland.co.nz or 09 623 7924 or <http://www.sportackland.org.nz/>

Pila Tomu Aerobics for Health

Free exercise class, Friday 10-11am. Otahuhu Town Hall / Community Centre, 10-16 High St, Otahuhu. To register contact 09 276 7343 or bookings@otahuhucommunitycentre.co.nz.

Pukekohe East Indoor Bowls

Pukekohe East Hall, 7pm, Tuesdays. Start all welcome. 09 238 8627

Pukekohe Green Prescription Health and Wellness Programme

Held at Franklin Pool and Leisure Centre, 29 Franklin Road, Pukekohe. A variety of activities available to those who have access to Green Prescription. Contact Nicole, nicoled@sportackland.co.nz or 09 238 7906 or <http://www.sportackland.org.nz/>

Pukeoware Table Tennis Club

7.30pm, Pukeoware Hall, Waiuku. Tuesdays and Saturdays, All welcome, phone Neville 021 023 03481.

Table Tennis – Papatoetoe

A small group of social table tennis players meet every Friday (except school holidays) 1-3pm, Allan Brewster Rec Centre, Tavern Lane, Papatoetoe, Ph 09 277 7222 or Jill 09 262 4165

Tai Chi Otahuhu Town Hall

Want to get fit and healthy and have fun. Learn new sports and make new friends. Whatever your fitness level this is the class. 10 High Street, Otahuhu Tai Chi Wednesday 6-7pm Free with Otahuhu Fit Club or \$4 per session. To register contact 09 276 7343 or bookings@otahuhucommunitycentre.co.nz

Tai Chi Mangere East

Wednesday 12.30-1.30pm, free. Keep your body moving! Low impact and gentle fitness with our experienced and motivating tutor. Ph 09 275 6161, 372 Massey Road, Mangere East

Tai Chi Exercise Manurewa/Takanini

For the young at heart, subsidised friendly classes, well known club. Great for flexibility, leg strength, energy levels and de-stressing. Classes for newcomers available to join throughout July/August. Subsidised at \$7. Manurewa RSA, Maich Road, Manurewa 11.30am Tuesday w Malisa, 09 266 7473 or Takanini Community Centre, 8 Takanini Road, 10am Monday and Wednesday with Elaine, 09 292 7652

Waipipi Indoor Bowls

Waipipi Hall, Creamery Road, Waipipi. Every Wednesday night 7.30pm, Contact 09 235 9808

Winter Lawn Bowls – Pukekohe

12.30pm, Thursdays, \$5 entry, Pukekohe Cosmopolitan Club, Pukekohe

Zumba Mangere East Community Centre

Free Monday and Wednesday, 6.30-8.30pm. Lets dance ourselves to a healthier tomorrow through basic dance moves. Ph 09 275 6161, 372 Massey Road, Mangere East

Yoga Otahuhu Town Hall – FREE

10 High Street, Otahuhu, Monday Yoga 6-6.30pm To register contact 09 276 7343 or bookings@otahuhucommunitycentre.co.nz

Zumba Otahuhu Town Hall – FREE

Want to get fit and healthy and have fun. Learn new sports and make new friends. Whatever your fitness level this is the class. 10 High Street, Otahuhu, Monday Zumba Dance 7-8pm. To register contact 09 276 7343 or bookings@otahuhucommunitycentre.co.nz

Zumba with Laura!

Clover Park Community Centre, 16a Israel Ave, Clover Park. Come and join us for Zumba fitness and enjoy a nutrition shake after. Every Tuesday's and Friday's in the Tutakina room. Each Zumba class costs \$2 with an optional nutrition shake for \$5. Zumba fitness starts at 9.30-10.15am following a nutrition drink at 10.15-11.00am

Other

Ambury Park Centre – Riding for Disabled

Modern riding therapy embraces a holistic approach to riding, taking from riding what we need - recreation, sport, rehabilitation, physical and psychological therapy. Riding provides a gentle, rhythmical, symmetrical exercise in a healthy atmosphere. It is challenging and above all, enjoyable. For someone physically impaired either at birth or as a result of an accident, muscle groups cease to function normally. The regular, rhythmical movement of the horse enables the rider to work all the muscles, and in particular those muscles that provide balance for sitting and walking. The riders, mostly children, attend these courses usually once a week during the school term. The Intensive Programme. The Intensive Therapy programme offers clients physiotherapy with a difference, working one-on-one with a qualified physiotherapist, occupational or conductive therapist. The rider participates in a 30-minute session that focuses on physical, cognitive, psychological, behavioural or perceptual areas - (Ambury Park Centre has an affiliation with NZRDA). The Remedial Programme - The Remedial Therapy programme is intended for those with more moderate physical or intellectual disabilities. The one-hour session is led by a qualified therapist or coach, and involves up to four riders at a time. Areas of focus include communication, language development, social interaction, body movement, co-ordination, improved balance, self-awareness and self-confidence.

Bloom

Bloom is a social enterprise for youth and individuals with learning disabilities. We offer meaningful activities based on horticulture for our vulnerable people, a connection to our greater community through markets and projects. We aim to provide life skills, social interactions and a sense of well being for all participants. We are based at the Tui Glen nurseries alongside Te Whangai Trust. We are open for students and plant sales on Monday to Friday, 9am to 12pm. Feel free to contact us for more information. Jessica griffin 021932499 or bloompukekohe@gmail.com.

Community Cooking Classes

Make quick, delicious, affordable, and healthy meals. Everything is provided, just bring yourself! In Elsmore Room, Wednesday during school term. 9-11am, A gold coin donation towards room hire is appreciated. For more information please text Shona, the class facilitator, on 021 100 1560. Clover Park Community Centre. Call cloverparkch@gmail.com 09 263 8261

Community Participation Service

The personal focus, community participation service offers customised one on one support for people who express a desire to overcome barriers to education, employment and or participation in the community. For more information click here – [page 1](#) and [page 2](#). For more details contact phone 09 815 5113 or email pf.admin@framework.org.nz

EAT4U – Otahuhu Town Hall – FREE

Want to get fit and healthy and have fun. 10 High Street, Otahuhu, Monday Eat4U, 6.30-7pm To register contact 09 276 7343 or bookings@otahuhucommunitycentre.co.nz.

Framework Activities Timetable – July-Sept 2017

Includes Cooking, Yoga, Activate, Wellbeing, Learners Driving Licence, Mindfulness and Stress Management, Chinese Social Group, Badminton, Thai Kick Boxing and 30 and under social group. For timetable click here [page 1](#) and [page 2](#). To register phone 09 815 5113 or email pf.admin@framework.org.nz

Friendship Centre – Papatoetoe

Friendship group for Older, Lonely or disabled people. Meets every Wednesday 9.30am-1pm, Wesley Methodist Church, Kolmar Road, Papatoetoe. Friendship, exercise, social and intellectual activities. Cost \$6 which includes morning tea and lunch. Phone Maree 09 631 5968

GROW Group – Papatoetoe

GROW Mental Health Wellbeing group. If you have a mental health issue, an emotional problem or just want to observe the group then just turn up. Meetings are held weekly on a Monday 10am-12pm, Seventh Day Adventist Church, 16 Puhinui Road, Papatoetoe. Phone Sandy 09 846 6869.

Literacy and Numeracy - Te Rito Community Lifestyle Centre

Wednesday 10.30am-12.30pm, 7 Piki Thompson Way, Otahuhu 09 270 0342. Learn the art of traditional maori weaving, gold coin donation. Upstairs

Redhill Community Centre

There are some new programmes that people with a disability are welcome to attend. A variety of games, table tennis, youth groups, lunches and way more.

Rescare Homes – Day Service

“Rescare Homes Trust is opening a new specially designed Day Service for young men with autism at our Flatbush, East Auckland lifestyle community. We have at least 3 vacancies for young men for between 3-4 days per week 9am – 3pm Monday to Friday (excluding 3 weeks over the Christmas period). Interested parties MUST qualify for Very High Needs funding (ie they must be on VHN ORRS funding at school and ready to transition from school at the end of this year - transitioning may start in October 2017 if support staff are provided) OR may already be attracting VHN funding but want a Day Service more suited to their specific needs. We believe this will be the first service in the region to cater specifically to the needs of this client group and we are very excited to see it up and running. If you would like to learn more about this service please contact Tania Shine on 09 267 3686.

Social Club Pukekohe

A place to gather for friendship, fun and food. Fortnightly fun and friendship. Activities include Pool, table tennis, music and activities. Pukekohe Youth Centre, 1 Roulston St, Pukekohe. Doors open 5.30pm. phone 529 8748 or email evelyn.ritchie@idea.org.nz. \$2 door charge.

Soul Food Cooking Class Mangere East

Wednesday 5.30-7.30pm, free. Learn to cook Low Carb SoulFood - perfect for families on a budget and want to learn how to make basic healthy meals for their family Ph 09 275 6161, 372 Massey Road, Mangere East

Supported Learning Courses

We have 2 new programmes below that help learners whom have learning disabilities, it's designed to support students who need extra help, to gain skills and confidence to take on further study and or employment in the future. We currently have a variety of students with different needs we also keep class to a minimum of 10-12 for effective one on one learning. It is a free course for students 16 years and over. I have attached the Supportive Learning Brochure - Level 1 - NZ Certificate in Skills for Living, 20 weeks (55 credits)

Level 2 - NZ Certificate in Foundation Skills

21 weeks (60 credits)

Manukau City Campus, MSL Training, 601-603 Great South Road, Manukau. Ph 0800 224 38 or info@msltraining.ac.nz

Te Reo Maori - Te Rito Community Lifestyle Centre

Tuesday 9.30am-12pm, 7 Piki Thompson Way, Otahuhu 09 270 0342. A supportive learning environment for beginners/intermediate. Koha donation. Upstairs

Te Rito Community Lifestyle Centre

This centre enables people with disabilities to get out and participate in the community, as well as learn a new skill or connect with others. Te Rito offers a range of activities and classes throughout the week – Monday to Friday, 7 Piki Thompson Way, Otahuhu 09 270 0342

Young Adult Groups running in Counties area

Did you know that IDEA Services have a Young Adults group running in the Papakura and Pukekohe areas? These groups have been created to enable young adults to build on their life skills through a variety of activities including sports, recreation, and volunteer work. For more information please contact Community Liaison Coordinator Iris Philip on 09 529 8714, 022 010 8243 or email iris.philip@idea.org.nz. To gain an understanding of what the groups do, especially the Pukekohe group please visit their Facebook page (Youth Activities Pukekohe).

EAST AUCKLAND

Art / Craft / Games

Colour our World Beautiful Botany Library

Fridays 10am-11.30am, Free. Adult colouring is a great way to bring out your inner child and help relieve stress and tension. Botany Library will supply a variety of colouring sheets and pencils for you to give it a try. You are welcome to bring your own. For more information phone (09) 272 0010

Colour Yourself Happy Highland Park

Every Wednesday 2-3pm Free, Reap the soothing benefits that come with a session of creative colouring. Feel yourself grow calmer and clearer in your mind with an hour of creative colouring every Wednesday at Highland Park Library. Enjoy the benefits of this relaxing, mindful activity in a fun, adult setting. Colouring pages, pencils and a happy place will be provided. Come in, give it a try ... and unwind

Drop in Craft – Highland Park

Join this friendly and relaxed group and work on your handcrafts. Weekly on Wednesday 9am-12pm. Contact Alison 021 147 6565. Highland Park Community Centre, 47 Aviemore Drive, Highland Park

Lego in the library at Highland Park

PO Box 13385 Onehunga Auckland 1643
P: (09) 636 0351 F: (09) 636 0354 E: admin@disabilityconnect.org.nz W: www.disabilityconnect.org.nz

Last Sunday of each month, 10am-3pm, 16 Highland Park Drive, Highland Park, Free. Drop in at any time between 10am and 3pm and have fun building and creating with Lego bricks

Minecraft Club at Pakuranga Library

Second and fourth Tuesday of every month, 3-4.30pm, Pakuranga Shopping Centre, Free, Participants must own a copy of Minecraft Pocket Edition, Are you ready to build your very own blocky world? Come along on an exciting adventure with some new friends at the Pakuranga Library Minecraft Club! Go exploring in forests or caves, make a rollercoaster, or design your very own castle. Be sure to bring along your own device with an up-to-date copy of Minecraft Pocket Edition loaded onto it.

Social Group Howick

The Selwyn Centre, 30 Cook St, Howick, drop in programmes, Monday, Wednesday and Friday 9.30am – 1.30pm, friendly social activities including exercise programme, games including Rummicub, bingo, art and crafts, painting, card making

Dance/Drama/Music

Senior Dance Te Puru Beachlands

Senior Dance, 954R Whitford Maraetai Road, Beachlands, 09 536 5360, Tuesday 10-10.45am

Recreation

Badminton Te Puru Beachlands

Casual Badminton, 954R Whitford Maraetai Road, Beachlands, 09 536 5360, Monday 7.30-8.45pm

Highland Park Green Prescription Health and Wellness Programme

Held at Highland Park Community House, 47 Aviemore Drive, Highland Park. A variety of activities available to those who have access to Green Prescription. Contact Sheerti, sheertic@sportauckland.co.nz or 09 623 7955 or <http://www.sportauckland.org.nz/>

You Choose Wednesdays Howick

Aimed at people with special needs. Choose from a range of sports and activities to play with our staff. Come along and make new friends in a friendly and fun setting. Wednesday 1.20-2.10pm (except school holidays), all ages, \$2.50 per session. Howick Leisure Centre, 563 Pakuranga Road, 09 261 8436

Other

Cooking the Kiwi Way Pakuranga

Learn to cook traditional NZ food. Recipes available and tastings at each class. Fee covers food costs. 20 Oct—15 Dec Fridays Weekly during the term from 10am-12.30pm, \$50.00 per person (9 weeks) Anchorage Park Community House, 16 Swan Cres, Pakuranga

LifeKidz Youth Group – Community Participation Programme

This programme is developed for Very High Needs and High Needs Youth for over 18year olds. Running Monday to Wednesday 8.30am-3pm. The vision for the youth programme is to: form a group for 18 year olds and over where they can express and excel in everyday life and experiences and join in the local community. Our facility at The Depot is wheelchair friendly, we have a large gym, playground, quiet rooms, large kitchen and social room. Our goal is to do a variety of activities every day including cooking, swimming, visiting our local library, villages and participating in community events. We will create personal goals for each youth member and help achieve them. Call Deearna and make a time to come and visit. We can discuss payment options with you. 09 533 6360 or email deearna@lifekidz.org.nz

Play Petanque

Rain or shine, join friendly players, easy to learn game, boules available. It's a social activity and great way to keep fit at the same time. Sunday /Wednesday 1.15pm onwards Yvonne 534 5111, Cockle Bay Reserve

WEST AUCKLAND

Art / Craft / Games

[Adults Drawing Classes - Starts 30th Oct - 4 Dec 2017 Green Bay](#)

Mondays 11.30am-2.00pm (6 weeks) cost \$120, all levels, most materials supplied. An expressive drawing class in which you will learn core drawing techniques while exploring a creative personal approach. 1 Barron Drive, Green Bay, Reigster with Louise artwithlouis@gmail.com

[Crafter Corners Te Atatu](#)

Crafters Corner is held at the centre every Thursday from 9.30am - 2pm in the Kuaka - Godwit Room. Come socialize and work on crafts. Gold coin donation is appreciated. Thursdays 9.30am-2pm, 595 Te Atatu road, Te Atatu

[Craft Group Henderson Library](#)

Every Thursday morning from 10am, Ratanui St, Henderson, Free. Come and craft with us! Come and give it a go and enjoy a cup of tea and a bikkie while learning and sharing. Suitable for adults and children 12 years and up.

[Creative Colouring Green Bay](#)

Wednesdays 9.30-11.30am \$2 donation, bring your own books and materials, all welcome, 1 Barron Drive, Green Bay

[Dayspring Art Class New Lynn](#)

Our Creative Art Classes are suitable for all levels.

Each participant will receive a starter pack that includes a Visual Art Diary and a range of pencils. All paints and canvas paper will be provided. Working together in a group provides the opportunity to learn and be inspired by others. Our facilitators will guide you through your journey, showing you basic skills and techniques and helping you find your own style. Facilitators Leao Tildsley and Jo Marshall. Term 4: Monday 16 October - Monday 11 December, 10am-1pm, Dayspring Trust, 2 Seabrook Avenue, New Lynn. Cost: \$80 creche available for 0-5's for \$1 per session while you attend art. Please phone Karen 09 827 6321 to register for more [information](#). Please note fees to be paid at time of booking. Fees are not refunded if you withdraw within 48 hours before commencement. All courses need a minimum number of enrolments. If the course does not have the required numbers, we regret that we will need to cancel. You will be contacted 2-3 days prior to scheduled start date and we will refund your money.

[Green Bay Art Group](#)

9.30-11.30am, Wednesdays Tutor available, \$2 donation. Bring your own project along. All Art Mediums & Styles welcome. 1 Barron Drive, Green Bay

[Minecraft Club at Titirangi Library](#)

Thursdays, 3.30pm - 4.30pm, 500 South Titirangi Road, Titirangi, Free. Come along to our weekly Minecraft sessions, meet other like-minded gamers and swap tips and tricks. This is an opportunity for young Minecrafters to get together and have an hour of play in a safe environment. Please bring your own device (laptop, iPad, iPod, Android, etc) as library computers will unfortunately be unavailable. You will require your own Minecraft registration and login. This is available from minecraft.net. Novices welcome! Please note: This club does not run during the school holidays.

[Miniature Wargaming and Boardgaming Club](#)

Every 2nd Sunday, 2.30-6.30pm, Members \$50 / \$15 a term plus \$2 a session. Non members \$3 a session. 58 Sturges West Community House, Summerland Drive, Henderson. Ph Daniel 021 035 8894 or email thatcluboutwest@gmail.com

[Sensory Storytime for adults Henderson](#)

3 Ratanui St, Henderson. Last Tuesday of every month 9.30-10.30am Free, Come join us for storytime, dancing and craft activities. Enjoy a fun session of sensory storytime for adults on the last Tuesday of every month.

[Sewing Classes New Lynn](#)

Suitable for beginners to advanced sewers. Build your skills week by week and choose your projects. Make your own clothing, children's clothing, crafts or accessories. Sewing machines and overlockers supplied. Please bring your own pins, scissors, cotton, material, patterns, tape measure, unpicker and tailor's chalk/pencil. Classes are held every Friday in term time. Term 4 dates: Friday 20th October 2017 until Friday 15th December 2017, Time: 9:30am - 2:00pm, Cost: \$65 to be paid at time of booking. Dayspring Care Centre, 2 Seabrook Avenue, New Lynn. Booking is essential.

[Tap Lab: Weekly Hack and Sack - Te Atatu](#)

Learn about 3D printing, Arduinos & electronics or work on your pet project - you decide. Hack n Snack is an open night in a supportive environment with peers and experts on hand to help out. Would you like to create a party jacket that lights up when someone approaches? How about a planter box that sends you an email when it needs watering? Are intelligent robots or internet connected light bulbs more your thing? All this is could be possible as the amazing world of electronics is now within your grasp. Hack n Snack caters for people at all levels; 1) Absolute beginners. Welcome! learn the basics of circuits,

make things blink under computer control. 2) Using Arduino to read sensors for beginners. There will be a number of sensors to try. Making electronics aware of the world around them is the key to creating interactive gadgets. We will introduce you to creating gadgets using the Arduino and breadboard prototyping techniques (no previous electronics knowledge or soldering required) 3) Hack session for intermediate level and beyond. Bring along your current or stalled project to tinker with the help and advice of others. Donation. A \$5 recommended donation would really be appreciated (it helps us buy more materials). Some kit will be available for purchase - no obligation. Refreshments and finger food are provided. Children under 16 to be accompanied by a responsible adult. At times, members will be unavailable on a given week, in which case the event will be cancelled. So please ensure you view the website below to ensure that you are kept up to date. Upstairs in the Te Atatu Peninsula Creative Lab Contact: teatapuninsulacc@aucklandcouncil.govt.nz Tuesdays 7pm

[Waitakere Knitting Club, Henderson Library](#)

Every Thursday, 10am-2pm, 3 Ratanui St, Henderson, Free. Come along to Waitakere Central Library and get knitting! Have fun in our informal group, while you learn new techniques and patterns. No need to book a spot, simply turn up on the day and knit away.

Dance/Drama/Music

[Cosplay Meetup – Te Atatu](#)

We are opening up the Creative Lab Makerspace to the Cosplay community! This is an opportunity to meet and greet and check out the equipment we have available in the makerspace that could be useful for cosplay. We have 3d printers, vinyl cutting, electronics, soldering and all sorts of other equipment. No need to register just come along! This currently a fortnightly event that will take place on Mondays from 6-9pm. It is free to attend. If you are using Tap Lab resources we appreciate a Koha to go towards keeping resources available for everyone. Fortnightly on Mondays, 595 Te Atatu Road, Te Atatu

[Dancing Fit – Henderson](#)

Tuesday 6-7pm, Full Dancing Fit. Thursdays 6-7pm Dancing Fit and Hula/Island Mix. \$20 for 5 sessions or \$3 casual. 58 Sturges West Community House, Summerland Drive, Henderson. Rachel 021 057 8228 or Rachel.Skeen1944@gmail.com

[Hawaiian Dance for Beginners - Henderson](#)

Mondays 12.30-1.30pm, Term 4 starts 30th October, register with Kanayo 021 355 092, Sturges West Community House, 58 Summerland Drive, Henderson. \$8 per class. Please ph Kanayo or email for more information happylifenz@gmail.com

[Interacting weekly classes in the community in drama, film making and Hip hop](#)

Sign up for these fun friendly classes that run every week during term time.

Fridays in Henderson

Drama 9.30-11.30am

Hip hop 12-2pm

All classes cost \$10 and are run by experienced tutors. For more details and to book a place call Paula 09 849 5595

Interacting123@gmail.com

Recreation

[Boxtec Community Boxing class Green Bay](#)

Saturday 7.30-8.30am, \$5 adults, Gold coin for ages 8-11 years, 1 Barron Dr, Green Bay 09 827 3300

gbcommunityhouse@gmail.com

[Dancefit Glen Eden](#)

Every Thursday for teens and adults. 6.30-7.15pm, low impact workout, 7.15-7.45pm, introduction to Jazz. St Andrews Hall, 8 Clayburn Rd, Glen Eden. Gold coin donation. Call Debbie 09 818 4449

[Hip Hop for Adults - Ranui](#)

Contact 09 833 6280, Tuesdays 10-10.45am, 474 Swanson Road, Ranui

[Table Tennis – Glen Eden](#)

Waitemata Table Tennis every Monday, Wednesday and Thursday, 10am-12pm, 72a Seymour Road, Glen Eden, \$5 per session. Ph 09 627 3000

[Workout Class Glen Eden](#)

Every Monday during term time, Stretch and flex classes for teens and adults. 7-7.45pm. St Andrews Hall, 8 Clayburn Rd, Glen Eden. \$5 per class, call Andrea 027 477 6014

[Zumba Gold Glen Eden](#)

Thursday 1-2pm, \$7.50 for under 65, Concession cards available. Gold Coin donation for Green Prescription Holders

PO Box 13385 Onehunga Auckland 1643
P: (09) 636 0351 F: (09) 636 0354 E: admin@disabilityconnect.org.nz W: www.disabilityconnect.org.nz

Zumba Gold is a fun, safe and effective total body work-out for the active older adult, people recovering from injury or people who want to increase their fitness. ZUMBA Gold is modified Zumba with moves at lower intensity and slower pace - easy to follow for everybody or more information contact Kat 021 075 9628 or zumbagoldwithkat@gmail.com

Other

[Deaf Day Programme](#)

Angela Treanor is working as a Deaf Day Programme Facilitator with Mt Tabor as this organization works with Deaf Plus clients. There are four different classes which are NZSL, Arts, Cooking and Education. It is a great opportunity for Deaf plus clients to enjoy different skills in any of those classes and socialise with the others in the class in NZSL. They can have a go in the NZSL class or enjoy painting or cartoons/drawings, have a taste of cooking, and enjoy the Deaf Day Program trips to different places or enjoy the computer skills, puzzles, Math or English in general. If you are interested, contact Angela Treanor for more information, email her at angela.mttabor@gmail.com or text her 0210790993. [Here](#) is a link to the programme.

[FREE4U Computer courses – Unitec Henderson and Albany](#)

Did you know about these free self-paced level one courses? These courses come with a facilitator on hand.

[Friendship Group - Glendene](#)

Thursday 10am-12pm, 82 Hepburn Road, Glendene, Just pop in or call 09 813 9348 for more information, join us for crafts, games, conversations, gardening, morning tea, walks, knitting and more.

[Friendship Group – West Harbour](#)

Wednesdays 11am-1pm, A friendly weekly meetup with tea and coffee, a gold coin donation and attendees are encouraged to bring a plate. Manutewhau Community Hub, 74b Oreil Ave, West Harbour, 09 416 9397 / 027 722 1144

[REC New Lynn](#)

A free space for young people, aged 12 - 24. Join us for sport, food and music!, Wednesdays 3-6pm, 45 Totara Ave, New Lynn.

[Te Ata Timetable](#)

For people living in West Auckland. Includes Zumba, Mosaic and Crafts, Pools, Art Journalling, Relaxation and Pamper Class, Art, Movies, Creative Writing and Pool Competition. 52 Keeling Road, Henderson.

[The Wagglers – West Harbour](#)

2nd Thursday of the month 7.30-8.30pm, A recreational fishing club for people who are not into the match fishing side if things but still like to go fishing with a group of other people. Monthly meetings. Manutewhau Community Hub, 74b Oreil Ave, West Harbour, 09 416 9397 / 027 722 1144

[Wise Clubs – Massey and Mt Roskill](#)

WISE HUB, Henderson Baptist Church, 319 Great North Road Henderson (near the bus stop). Every Monday Morning, 10am to 12.30pm. WISE HUB Mt Roskill, Wesley Community Centre, 740 Sandringham Road Ext. Mt Roskill, Main floor, "Tarapunga Room" Every Friday Morning 10am to 12.30pm.

NORTH AUCKLAND

Art / Craft / Games

[Art Classes](#)

Art Classes - 1.30-4.30pm Thursdays, Programmes are for over 21 years and finished full time education. Devonport offering an art and craft filled afternoon for young adults with disabilities. We are focused on providing high quality care package services for young adults with disabilities. We strive to achieve highest levels of customer satisfaction and will do everything we can to meet your expectations. All levels of ability are catered for whether it is day time respite, full time care, alternative care, or simply finding something productive to do. We endeavour to give young adults a strong sense of worth and belonging. Our carers are handpicked for their expertise and will be matched up with individuals as they come along. The maximum ratio is 1:4 depending on ability. Email artandsoulggroups@gmail.com

[Art Classes and Art Therapy at Māpura Studios](#)

Māpura Studios are accepting enrolments for children, teens and adults with diverse abilities, including visual art, movement and art, cartooning, creative music group, and two new creative art classes for Teens in Takapuna, and Pukekohe. Enrol now. Contact Māpura Studios for more information 09 845 5361 or info@mapurastudios.org.nz

Art Group Browns Bay

2nd & 4th Wed of the month. All levels of ability welcome (incl beginners). Margaret; Rex.RED@extra.co.nz St Annes Hall, 756 Glencoe Road, Browns Bay

Art-Oils Beach Haven

10am-12pm Every Thursday Beach Haven House, 130 Beach Haven Road, Beach Haven, Bring your work along. All welcome. \$3 per session per person

Art Therapy – Northcote

Art therapy is a form of psychotherapy using artistic expression to improve mental and emotional wellbeing. Through the creative process, thoughts and feelings are explored and shared, emotional conflicts can be reconciled, self-awareness is improved, anxiety is reduced in a safe and welcoming environment. No art skills are needed. Every Monday 16th October-11th December, 10am-12.30pm, Norman King Community Hub, 65 Pearn Cres, Northcote, \$105. Free with a doctor or health professionals referral (which is valid for one year and up to 2 groups per term). To register call 09 441 8989, learning@heartsandminds.org.nz

Art and Soul – North Shore

There are open days on Wednesday mornings in Milford senior citizens hall, 10.15-11.45am which explain all the programmes they offer, how to pay for this. There is a 1:4 ratio of carers to young adults. Offer several programmes – Art Club, Band and Drumming, Computer Skills, Dance Club, Day Tripper Club and Zine Club. Run throughout the week for over 21 year olds who have left full time education, based for families living on the North Shore. More details can be found in our activities attachment page. For more information phone Kate 021 028 36465 or email artandsoulggroups@gmail.com

Boomerang Bags

Thursdays 12.30-3.30 pm Albany House, 575 Albany Hwy, Albany. Boomerang Bags is a community driven initiative tackling plastic pollution - join us to make re-useable bags, using recycled materials as a means to provide a sustainable alternative to plastic bags. Join us to help make these bags and meet new people. No experience required. For more information albanyhousesnz@gmail.com

Craft Group at Orewa Library

Every Thursday, 10-11am, 12 Moana Ave, Orewa, Free. Bring your current crafty project or just yourself and join us for a cuppa and a chat at Orewa Library from 10am to 11am on Thursdays during term time. If you would like to learn a new craft or have some skills to share we would love to meet you. Please call Orewa Library on 09 427 3912 for more information.

Crafternoon at Kumeu Library

Last Wednesday of the month, 2-3pm, 296 Main Road, Huapai, Free (some events may require a gold coin donation) Come along to Kumeu Library and get crafty with likeminded people. Craft a different mini project each month. Have some fun, meet new people and try something creative (for adults). There is no need to book, simply drop in on the day. Refreshments provided.

Creating Happiness – Browns Bay

Art Therapy group. Wed 12.30 artstherapyauuckland@gmail.com East Coast Bays Community, 2 Glen Road, Browns Bay

Highbury House Activities in Mandarin and Korean

Including creative art, patchwork, handcrafts, sewing, walking group, flute class, meditation, 110 Hinemoa St, Highbury, hihouse@extra.co.nz 09 480 5279.

Korean Book-chat at Northcote Library

First Monday of each month 10:30am-12:00pm, Northcote Library, albanyhousesnz@gmail.com

Maker Lab at Birkenhead Library

Second and fourth Fridays of every month, 3.30pm - 5pm (school term only), Neil Fisher Reserve, Hinemoa St, Birkenhead Free. Come play, tinker, explore and create with tools like the 3D Pen, MaKey MaKey invention kit, Snapcircuits, littleBits electronics, Scratch game making software, and iPads, PrintrBot PPlay 3D printer, Windows 7 Laptop. Suitable for kids and adults aged 8+.

Minecraft Club at Birkenhead Library

Third Friday every month, 3.30-5pm, Neil Fisher Reserve, Hinemoa St, Birkenhead, Free. Come along to our weekly Minecraft sessions, meet other like-minded gamers and swap tips and tricks. This is an opportunity for young Minecrafters to get together and have an hour of play in a safe environment. Please bring your own device (laptop, iPad, iPod, Android, etc) as library computers will unfortunately be unavailable. You will require your own Minecraft registration and login. This is available from minecraft.net. Please note: this club will not run during the school holidays.

Minecraft Club at Devonport Library

Every Thursday, 3.30-4.30pm, 2 Victoria Road, Devonport, Free, Come along to our weekly Minecraft sessions, meet other like-minded gamers and swap tips and tricks. This is an opportunity for young Minecrafters to get together and have an hour of play in a safe environment. Please bring your own device (laptop, iPad, iPod, Android, etc) as library computers will unfortunately be unavailable. You will require your own Minecraft registration and login. This is available from minecraft.net. Please note: this club will not run during the school holidays.

Minecraft Club at East Coast Bays Library

Every Thursday, 3.30-4.30pm, Bute Road, Browns Bay, Free, Come along to our weekly Minecraft sessions, meet other like-minded gamers and swap tips and tricks. This is an opportunity for young Minecrafters to get together and have an hour of play in a safe environment. Please bring your own device (laptop, iPad, iPod, Android, etc) as library computers will unfortunately be unavailable. You will require your own Minecraft registration and login. This is available from minecraft.net. Please note: this club will not run during the school holidays.

Minecraft Club at Glenfield Library

Every Sunday, 2pm - 3pm, 90 Bentley Ave, Glenfield, Free. Come along to our weekly Minecraft sessions for papercraft, block and device Minecraft. Meet other like-minded gamers and swap tips and tricks. Please bring your own device (laptop, iPad, iPod, Android, etc) as library computers will unfortunately be unavailable. You will require your own Minecraft registration and login. This is available from minecraft.net.

Minecraft Club at Mahurangi East Library

Every Friday, 3.30pm - 4.30pm, 21 Hamatana Road, Snells Beach, Free. Come along to our exciting Minecraft club and get together with other crafters in a safe, friendly library environment. Learn new tricks and tips. Try out new strategies. Download the app from minecraft.net and bring your own device (laptop, iPad, iPod, Android etc). If you are new to the Minecraft experience you might like to take a turn on our Xbox version. New Minecraft activities will be offered each week for your enjoyment. See you there!

Minecraft Club at Takapuna Library

Every Monday, 3.30pm - 4.30pm, 9 The Strand, Takapuna, Free. Come along to our weekly Minecraft Club+ sessions! We meet after school every Monday to swap Minecraft tips and tricks and complete building challenges. Or simply brag about your latest building achievement! Bring your own device (laptop, iPad, iPod, Android, etc) or share our library iPad. Got a new game? Hook up to our smartTV and share it with us too! And for those without devices, join in with crafts and games. Each week there's something different: 1st Monday of the month: Papercraft or Origami, 2nd Monday of the month: Board game fun, 3rd Monday of the month: Mindful colouring, 4th Monday of the month: XBOX! With four controllers, to battle each other on the big screen. See you here!

Open Studio Art Group - Glenfield

Bring out the artist you always wanted to be amongst friends who also have a passion for art. Basic materials provided. No Experience necessary! Commencing, Wednesday 26th July, 9:30-11.30am (join anytime), \$2 per class, for more information phone 09 444 4618 www.nzwomenscentre.co.nz

Scrapbooking Class - Albany

Albany House, 575 Albany Hwy, Albany, Scrapbooking with Val Wood. Saturday 11.30am-5.30pm once a month. Close To My Heart offers a wide array of paper crafting products, with special emphasis on Scrapbooking and Stamping. It offers a wide range of products for every paper crafting project, with papers, inks, embellishments, and project kits in coordinating colors and designs. Its trademark clear polymer My Acrylix® stamps make it easy to get precise, crisp images every time, exactly where and how you want them. By way of introduction, I've been an independent Scrapbooking Consultant for the last 10 years. I run workshops once a month at Albany House on Saturdays (11.30am to 5.30pm). I run both traditional scrapbooking and digital scrapbooking (doing photo books) as well as card workshops/crafts using the Cricut machines. For Scrapbooking, I help my ladies create their pages 'faster' with a monthly Creative kit depending on the theme/paper collection for that month. These are pre-designed, pre-cut page layouts with full colour photo instructions for you to follow easily. All you need to complete is a paper trimmer, tape runner (adhesive) and your photos! You can then complete these at my workshops or if you like at home. It is a great introduction for those who are new to Scrapbooking as most of the work is done for you and you can create your own beautiful album of memories quickly and easily. Book into one of my workshops by emailing Val Wood at val4cm@xtra.co.nz For more information and to view the current idea book/catalogue for artwork inspiration and shop for products, go to <http://valwood.closetomyheart.co.nz/> Val Wood Phone: 09 445 6460 Mobile: 021 549 833 Email: Val4CM@xtra.co.nz

Sketch it—Paint it - Beach Haven

9:30–11:30am Tuesdays Starts 25 July Come and enjoy sketching and drawing as a preparation for work in water colour media. Beginners welcome 8 week course \$120 per person. For more information contact Loveday loveday@pl.net.nz

Special Hands Art class Birkdale

12.30–2:30pm Wednesdays, A fun art group for people with special abilities. Bring along your work and work together on creations.

Zine Club

Wednesday 1-4pm, based in Devonport. Programmes are for over 21 years and finished full time education. We offer an exciting afternoon of Zine making, producing & distributing for young adults with special needs.. We are focused on

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providing high quality care package services for young adults with disabilities. We strive to achieve highest levels of customer satisfaction and will do everything we can to meet your expectations. All levels of ability are catered for whether it is day time respite, full time care, alternative care, or simply finding something productive to do. We endeavour to give young adults a strong sense of worth and belonging. Our carers are handpicked for their expertise and will be matched up with individuals as they come along. The maximum ratio is 1:4 depending on ability. They hold an art class 1.30-4.30pm Thursdays, offering an art and craft filled afternoon for young adults with disabilities. Email artandsoulgroups@gmail.com.

Dance/Drama/Music

Band and Drumming Lessons

Band and drum lessons – 2-4pm, Mondays, Programmes are for over 21 years and finished full time education, offering an afternoon of drum lessons, karaoke, and band sessions. - 1.30-4.30pm Thursdays, Devonport offering an art and craft filled afternoon for young adults with disabilities. We are focused on providing high quality care package services for young adults with disabilities. We strive to achieve highest levels of customer satisfaction and will do everything we can to meet your expectations. All levels of ability are catered for whether it is day time respite, full time care, alternative care, or simply finding something productive to do. We endeavour to give young adults a strong sense of worth and belonging. Our carers are handpicked for their expertise and will be matched up with individuals as they come along. The maximum ratio is 1:4 depending on ability. Email artandsoulgroups@gmail.com

Dancing in the Dark Birkdale

8-9pm Wednesdays. Birkdale Hall, 136 Birkdale Road, Beside Birkdale House, Join us for fun and fitness with the lights turned off every Wednesday \$5 Per Adult \$3 per student. Email dancinginthedarkbirkdale@gmail.com

Drama Classes – Interacting Theatre

Mondays 1-2.30pm, \$10 per class. Phab, Auburn St, Takapuna, For more details and bookings contact Paula 09 849 5595 interacting@ihug.org.nz

Holiday Programmes

Phab Holiday Programme over 16 year olds

Please call the office for more information 09 488-7490 or chewy@phab.org.nz

Recreation

Chair Yoga / Exervices Belmont

Fridays 10.45-11.30am, For people with limited mobility or those who find it difficult to sit on the floor. A series of exercises including pranayamas (breathing exercises), gentle movements, body rotations and stretches with the primary focus on breathing and deep relaxation. Free - Contact Anjali on 021 02687224 / 555 4073

Hydrotherapy Swimming Sessions

Monday afternoons 3pm – 4pm. Available to children between 12 months and 21 years of age. Sessions are 20 minutes duration with a registered physiotherapist Barbara Rijnbende. We are full for this term, but are compiling a waiting list for next term and hope to be able to increase our pool time next year to enable more children access to hydrotherapy. For enquiries or registration, please contact Carol White, 09 485 3461 www.wilsonhometruster.org.nz

Keep Fit with Dance Devonport

Thursday 12.30-1.30pm, Devonport community House, 32 Clarence St, Devonport, Dancing is one of the best ways to keep your body toned and your cardiovascular system in check. This beginners class is great for those who want to get fit.\$5

Laughter Yoga Browns Bay

Seriously good for you. Join in the fun for an internal jog every Saturday 9-9.45 am. Ph Louise 027 475 3734 or email laughterbrownsbay@gmail.com East Coast Bays Community, 2 Glen Road, Browns Bay

Phab Active Choice Exercise – Free exercise class for young people with disabilities

The award winning Active Choice Exercise (ACE) programme is back again at PHAB in Takapuna for 2018, for its 8th year. The ACE program is a fitness and nutrition programme designed for disabled young people living on the North Shore. PHAB are partnering with Comprehensive Care PHO to deliver the programme. The ACE program aims to create lifestyle change in these young adults, and through exercise and nutrition education, they can play an active part in their own health and wellbeing. Current participants include young adults with physical, sensory and intellectual impairments and parents/caregivers are welcome to attend. The exercise and nutrition sessions are run weekly by local personal trainer Nick Jury. The ACE programme runs from the PHAB Building, 8 Auburn Street, Takapuna on Saturday mornings from 10am to 12pm, Sessions are free, For further information you can contact chewy@phab.org.nz or call 09 488 7490

Table Tennis Browns Bay

Mon, Tue & Fri 11.30am-1.30pm. For all ages & levels of ability. Ph Debbie 478 4091, St Annes Hall, 756 Glencoe Road, Browns Bay

Tai Chi Beginner Classes – North Shore

\$2 per beginner class. Join anytime during term.

Beachhaven - Tuesdays 9.30-10.30am Beachhaven Ratepayers Hall, 336 Rangatira Road, Beachhaven. Instructor Joan Smith

Glenfield – Wednesdays 9.30-10.30am, St Barnabas Church Hall, 470 Glenfield Road, Glenfield. Instructor Joan Smith

Devonport – Monday and Wednesdays 11.30am-12.30pm, Devonport Community House, 32 Clarence St, Devonport.

Instructor Marie Mills

Run by North Shore Women's Centre, 09 444 4618 www.nzwomenscentre.co.nz

Walk with Us- North Harbour Stadium

Monday 9.30-11.30, Harbour Sport, Sports House, Stadium Drive, Albany, Auckland 0632 Join Harbour Sports ActivAsian team, and the Albany Newcomers Network in a series of leisurely walks around Albany. You will meet new people, get to know the community, and discover beautiful walking tracks around the area. All while being physically active! The 45 minutes to 1 hour guided walks are suitable for all fitness levels. David Zhu Ph 021 422 055, albanyhousesnz@gmail.com

Wu Style Tai Chi Albany

Weekly on Sunday 1.15-2.45 pm, Albany House, 575 Albany Hwy, Albany. Wu Style Tai chi Improves Strength Better Balance Pain Relief Reduce Stiffness Reduce Stress Meditation Fighting Techniques And more Discover yourself more by joining us! Contact Yanlin Sun, Ph 021 0838 7485 Email: yanlin_sun@gmail.com

Zumba Birkdale

6:30pm Every Friday, Birkdale Hall, 136 Birkdale Road, Birkdale, 23 hours a day, you run the world but for one full hour you are free! Exercise in disguise. All ages. No co-ordination, experience or rhythm necessary, just your drink bottle and smile. \$2 per person.

Zumba Glenfield

Zumba with Michelle Choi – 10-11am. Fun and Energetic Zumba every Tuesday in the Mission Hall. Casual attendance \$8, monthly \$30. For further information please telephone Michelle on 029 123 8088. 411 Glenfield Road, Glenfield

Other

Computer Skills

Thursdays, 9.30am-12.30pm, based in Devonport. Programmes are for over 21 years and finished full time education. We offer computer lessons, inclusive of personal emails, Facebook & scriptwriting for young adults with disabilities. We are focused on providing high quality care package services for young adults with disabilities. We strive to achieve highest levels of customer satisfaction and will do everything we can to meet your expectations. All levels of ability are catered for whether it is day time respite, full time care, alternative care, or simply finding something productive to do. We endeavour to give young adults a strong sense of worth and belonging. Our carers are handpicked for their expertise and will be matched up with individuals as they come along. The maximum ratio is 1:4 depending on ability. They hold an art class 1.30-4.30pm Thursdays, offering an art and craft filled afternoon for young adults with disabilities. Email artandsoulgroups@gmail.com.

Cozy Coffee Group – Albany

Fridays, 9.30-10.30am, Albany House, 575 Albany Highway, Albany, COFFEE MORNING Starts Friday, 5 February 2016 9:30 am – 10:30 am and every week thereafter! New to New Zealand? New to Auckland? New to Albany? Come along and meet other newcomers in an informal setting. Tea and coffee provided for a gold coin donation at the Albany House but if you are a Coffee 'connoisseur' you may even bring your own! Please TXT Laura on 02 24 188 199 and write your NAME + Coffee to let me know you are coming, thanks!

Crafters Corner – Te Atatu Peninsula

Crafters Corner is held at the centre every Thursday from 9.30am - 2pm in the Kuaka - Godwit Room. Come socialize and work on crafts. Gold coin donation is appreciated. Thursdays 9.30am-2pm, Te Atatu Community Centre, 595 Te Atatu Road, Te Atatu Peninsula

Day Tripper Club

Fridays 9am-5pm, based in Devonport. Offering a fun filled day out visiting educational, art & media shows & events within Auckland for young adults living with disabilities. Programmes are for over 21 years and finished full time education. We are focused on providing high quality care package services for young adults with disabilities. We strive to achieve highest levels of customer satisfaction and will do everything we can to meet your expectations. All levels of ability are catered for whether it is day time respite, full time care, alternative care, or simply finding something productive to do. We endeavour to give young adults a strong sense of worth and belonging. Our carers are handpicked for their expertise and will be matched up with individuals as they come along. The maximum ratio is 1:4 depending on ability. They hold an art class

PO Box 13385 Onehunga Auckland 1643

P: (09) 636 0351 F: (09) 636 0354 E: admin@disabilityconnect.org.nz W: www.disabilityconnect.org.nz

1.30-4.30pm Thursdays, offering an art and craft filled afternoon for young adults with disabilities. Email artandsoulgroups@gmail.com.

FREE4U Computer courses – Unitec Henderson and Albany

Did you know about these free self-paced level one courses? These courses come with a facilitator on hand.

Healthy Cooking Beach Haven

1.30-2.30pm Fridays, A cooking group designed to learn how to prepare healthy meals. Each attendee will take turns to share one healthy recipe that everyone can create. \$10 for 8 weeks. Please contact Rowena 027 452 7472 or Rowena.Zinampan@spectrumcare.org.nz to confirm your space.

Mindfulness Group – Henderson

Practicing Mindfulness is a way of reducing stress and developing greater balance in your life. Learn strategies to bring greater acceptance of self and others. Find out how to participate more fully in your daily life and live in the NOW. This group will also include some Narrative Therapy approaches which will focus on 're-authoring your life story' from a healthier perspective, thereby increasing self-esteem and wellbeing. Every Wednesday, 18th October to 6th December 6.30-8pm (8 sessions) Walsh Trust, 8 Hickory Ave, Henderson, \$100 or free with a doctor or health professionals referral (which is valid for 1 year, and up to 2 groups per term) for more information and registration call 09 441 8989 or email learning@heartsandminds.org.nz

Mindfulness Group – Milford

Practicing Mindfulness is a way of reducing stress and developing greater balance in your life. Learn strategies to bring greater acceptance of self and others. Find out how to participate more fully in your daily life and live in the NOW. This group will also include some Narrative Therapy approaches which will focus on 're-authoring your life story' from a healthier perspective, thereby increasing self-esteem and wellbeing. Every Wednesday, 18th October to 6th December 11am–12.30pm (8 sessions) Raeburn House, 138 Shakespeare Rd, Milford, \$100 or free with a doctor or health professionals referral (which is valid for 1 year, and up to 2 groups per term) for more information and registration call 09 441 8989 or email learning@heartsandminds.org.nz

Ongoing Wellbeing Support Group Northcote

Norman King Community Hub, 65 Pearn Cres, Northcote, 2nd and 4th Tuesday each month 6.30-8.30pm, \$5 donation. Enjoy a hot drink with other group attendees. Open Group is all about connection and friendship, with a view to building resilience. We meet fortnightly, and discuss how life is going, offering ideas, stories and tips to make a positive difference and build on the knowledge gained from previous groupwork. You will be very welcome however often you choose to come along. There is no criteria or expectation of regular attendance. Email: julie@raeburnhouse.org.nz or text 021 160 6882 to confirm attendance if possible.

Raeburn House Wellbeing Support Groups – Orewa, Milford, Northcote, Henderson

A variety of different wellbeing type support groups – Overcoming Anxiety and reducing stress, Managing your emotions and finding balance, Art therapy, Mindfulness, Moving past depression, Stress management. For more details contact learning@heartsandminds.org.nz or 09 441 8989.

This information has been updated until 5th February, please double check if there are changes prior.

Please look on our [Useful Links](#) section of our website for more services / organisations