

Reconnecting Seniors Calendar

November 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
- Yoga 27 - Aqua Fit - Fit for Function - Stay Strong - Pickleball - Digital Help	- Petanque 28 - Senior Circuit - Parkinson's Exercise Class - Senior Strength - Pro Dance - Steady As You Go	- Yoga 29 - Aqua Fit - Pickleball - Fit for Function - Stay Strong, Stand Tall - Dance Legends	- Petanque 30 - Senior Circuit - Aspiring Wanderers - Dance Legends	- Yoga 31 - Aqua Fit - Pickleball - Fit for Function	1	- Petanque 2 - Pickleball
- Yoga 3 - Aqua Fit - Fit for Function - Stay Strong - Pickleball - Digital Help	- Petanque 4 - Senior Circuit - Parkinson's Exercise Class - Senior Strength - Pro Dance - Steady As You Go	- Yoga 5 - Aqua Fit - Pickleball - Fit for Function - Stay Strong, Stand Tall - Dance Legends - Dementia-Mate HomeShare	- Aspiring Wanderers 6 - Petanque - Senior Circuit - Primetimers - Seniornet - Dance Legends - Movie Matinee	- Yoga 7 - Aqua Fit - Pickleball - Fit for Function - WānaKai - Music & Movement	8	- Petanque 9 - Pickleball
- Yoga 10 - Aqua Fit - Fit for Function - Stay Strong - Pickleball - Digital Help - Coffee Connection	- Petanque 11 - Senior Circuit - Parkinson's Exercise Class - Senior Strength - Pro Dance - Steady As You Go	- Yoga 12 - Aqua Fit - Pickleball - Fit for Function - Stay Strong, Stand Tall - Dance Legends - Dementia-Mate HomeShare	- Petanque 13 - Senior Circuit - Dance Legends - Dementia Coffee Group	- Yoga 14 - Aqua Fit - Pickleball - Fit for Function - Music & Movement - WānaKai - Dementia carer support group	15	- Petanque 16 - Pickleball
- Yoga 17 - Aqua Fit - Fit for Function - Stay Strong - Pickleball - Digital Help - Dementia carer support group	- Petanque 18 - Senior Circuit - Parkinson's Exercise Class - Senior Strength - Pro Dance - Steady As You Go	- Yoga 19 - Aqua Fit - Pickleball - Fit for Function - Stay Strong, Stand Tall - Dance Legends - Dementia-Mate HomeShare	- Petanque 20 - Senior Circuit - Dance Legends - Aspiring Wanderers	- Yoga 21 - Aqua Fit - Pickleball - Fit for Function - Music & Movement	22	- Petanque 23 - Pickleball
- Yoga 24 - Aqua Fit - Fit for Function - Stay Strong - Pickleball - Digital Help - Age-concern drop-in	- Petanque 25 - Senior Circuit - Parkinson's Exercise Class - Senior Strength - Pro Dance - Steady As You Go	- Yoga 26 - Aqua Fit - Pickleball - Fit for Function - Stay Strong, Stand Tall - Dance Legends - Dementia-Mate HomeShare	- Petanque 27 - Senior Circuit - Dance Legends - Aspiring Wanderers	- Yoga 28 - Aqua Fit - Pickleball - Fit for Function	Saturday Socials 29	- Petanque 30 - Pickleball

Coffee Connection

Morning tea and a chat.
All seniors welcome.

Monday, November 10th
from 10.00am

Wānaka Community Hub
34 McDougall Street



Featured events - Times and information - November

For further information contact: 03 443 7799 or pop
in to see us at: Wānaka Community Hub,
34 McDougall Street,
www.communitylink.nz



Dementia-Mate Wareware HomeShare (for people with dementia living in the community)

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

Aspiring Wanderers: for people with mild to moderate dementia

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

Coffee Connection: seniors morning tea and casual chat

Second Monday of the Month | 10.00 - 11.30am | Wānaka Community Hub
Contact Community Link: 03 443 7799 | info@communitylink.nz

WānaKai: Cook, connect and enjoy a shared lunch - no skills required. All Welcome!

Every second Friday | 11.30am - 2.00pm | Wānaka Community Hub
Booking essential. Contact Diana: mansondiana@gmail.com

Dementia Carer Support Group (for people supporting someone with dementia)

Inquiries Robyn 027 441 4001, wanaka@alzheimersotago.org.nz
Dementia Coffee Group (for people with dementia and their care partners),
Second Thursday of the month: 10.00 - 11.30am, Enquiries Robyn 027 441 4001,
wanaka@alzheimersotago.org.nz

Fit for Function: Fitness classes every Monday, Wednesday and Friday 9.45 - 10.15am at NRG

Library Movie Matinee - Lake Wānaka Centre, Armstrong Room at 2.00pm

With thanks to Beamafilm. Free to attend, bookings essential, transport available.
For bookings & enquires Call Wānaka Library: 03 443 0410 or wanaka.library@qldc.govt.nz

MSD Consults: for senior queries about NZ Super or disability

No onsite clinic this month please contact Community Link: 03 443 7799 | info@communitylink.nz for more information.

Yoga - Paetara Aspiring Central

Monday | Seniors yoga 9.15am -10.15am | Wednesday 8.00 - 9.00am & 9.15am - 10.15am (for the young at heart). Contact Fiona: fiona.gallagher@qldc.govt.nz

Senior Strength Class: Every Tuesday 11am-12pm at Paetara Aspiring Central

\$15 to attend, For enquiries contact Fiona: fiona.gallagher@qldc.govt.nz

Pro Dance for Seniors and Dance Legends 60+ - Paetara Aspiring Central

\$20 to attend. For enquiries contact Nina: nina@prodancenz.com

Sunday Boogie- At Albie Tavern in Alberttown 4-6pm

\$10 to attend. Contact Nina: nina@prodancenz.com

Music & Movement (for people with dementia)

For enquiries or more information contact Robyn 0274 414 001,
wanaka@alzheimersotago.org.nz
Fridays 10-11.30am at Wanaka Hotel

Steady As You Go© (SAYGo) is Age Concern Otago's peer-led exercises

Every Tuesday 1 and 2pm at St John's Rooms. Contact 03 448 7075

Aquafit: \$5.30 to attend - Wanaka Recreation Centre- Monday | Wednesday | Friday 8.00 - 8.45 am

Petanque: social and fun boules sport

Tuesdays, Thursdays & Sundays: 1.00pm - 3.00pm
Grace Wright Drive, Three Parks. Contact Mary: 021 069 0374

Pickleball: \$5 per class - Wanaka Rec Centre- Monday, Wednesday, Friday & Sunday 9am -11am.

PrimeTimers: Membership - \$30 per year

Meeting: First Thursday of the Month | 2.00 -3.30pm | Wānaka Presbyterian Church
Outing: To be advised - Contact Helen Millar: 021 043 1054 | ucsc.club@gmail.com

Saturday Socials: morning tea, bingo and home-cooked lunch -

\$5 for lunch Last Saturday of the Month | 10.30am - 1.30pm |
St John Rooms, Link Way | Contact Dell: 021 111 5940

Senior Circuit: Prevention on Point - \$20 per class (ACC registered Strength and Balance class)

18 Infinity Drive.

To pre-register or inquire contact Jo on 0212983436 or hello@preventiononpoint.com
Every Tuesday at 9.30 and 10.30am, Every Thursday 10am -11am

Ronnie Gardiner Method: Join us for 8 weeks of energising, brain-boosting fun!

\$160 per person for an 8-week course starting Monday 15th September - 3rd November.
For more information or to register contact hello@preventiononpoint.com or 021 298 3436.

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

Contact Kat on 0220311415 or hello@synapticphysio.co.nz bookings as Ash is away this month
Monday: 9:15am at St John's Wanaka
Wednesdays: 9:15am class at St John's Wanaka (except 12.11.25- no class)
Parkinson's Exercise Class: Tuesdays 11am-12:15pm at the Wanaka Rec Centre.

Wise Ones- A friendship and support group for those over 60 years of age.

Includes Art & Craft Group, Film Club, Card Group and, Senior Exercise Group in Lake Hāwea. Contact Colleen Carr for more information: chc.lhnz@gmail.com or 027 393 5322

SeniorNet - provides a community learning network that supports and motivates people to confidently use technology in their everyday lives

First Thursday of the month 10.00am-12.00pm at the Presbyterian Church Community Hall
Contact Jan for further details wanaka@seniornet.nz

Digital Help Wānaka Library

Every Monday 3:30pm-5:00pm. Drop in and bring your device, tablet, ipad, smartphone or computer.
Librarian and volunteers are available to help 1:1 for all your tech and digital questions.
For more info please contact: wanaka.library@qldc.govt.nz or 03 443 0410

Age Concern Drop-in Session - Wānaka Community Hub 10am-12pm

Offers seniors the opportunity to access free and confidential information.
For more information contact 03 448 7075 or central@ageconcernotago.co.nz