

# Reconnecting Seniors Calendar

## January 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29	30	31	1 ★ Happy New Year 2026 ★	2	3	4
<ul style="list-style-type: none"> <li>• Aqua Fit</li> <li>• Fit for Function</li> <li>• Pickleball</li> </ul>	<ul style="list-style-type: none"> <li>• Petanque</li> <li>• Senior Circuit</li> <li>• Senior Strength</li> <li>• Pro Dance</li> <li>• Steady As You Go</li> </ul>	<ul style="list-style-type: none"> <li>• Aqua Fit</li> <li>• Pickleball</li> <li>• Fit for Function</li> <li>• Dance Legends</li> </ul>	<ul style="list-style-type: none"> <li>• Petanque</li> <li>• Senior Circuit</li> <li>• Dance Legends</li> </ul>	<ul style="list-style-type: none"> <li>• Yoga</li> <li>• Aqua Fit</li> <li>• Pickleball</li> <li>• Fit for Function</li> <li>• Dementia carer support group</li> </ul>		<ul style="list-style-type: none"> <li>• Petanque</li> <li>• Pickleball</li> <li>• Sunday Boogie</li> </ul>
<ul style="list-style-type: none"> <li>• Yoga</li> <li>• Aqua Fit</li> <li>• Fit for Function</li> <li>• Stay Strong</li> <li>• Pickleball</li> <li>• Coffee Connection</li> </ul>	<ul style="list-style-type: none"> <li>• Petanque</li> <li>• Parkinson's Exercise Class</li> <li>• Senior Strength</li> <li>• Pro Dance</li> <li>• Steady As You Go</li> </ul>	<ul style="list-style-type: none"> <li>• Yoga</li> <li>• Aqua Fit</li> <li>• Pickleball</li> <li>• Fit for Function</li> <li>• Stay Strong, Stand Tall</li> <li>• Dance Legends</li> <li>• Dementia-Mate</li> </ul>	<ul style="list-style-type: none"> <li>• Petanque</li> <li>• Dance Legends</li> <li>• Dementia Coffee Group</li> </ul>	<ul style="list-style-type: none"> <li>• Yoga</li> <li>• Aqua Fit</li> <li>• Pickleball</li> <li>• Fit for Function</li> <li>• Dementia carer support group</li> </ul>	17	<ul style="list-style-type: none"> <li>• Petanque</li> <li>• Pickleball</li> <li>• Sunday Boogie</li> </ul>
<ul style="list-style-type: none"> <li>• Yoga</li> <li>• Aqua Fit</li> <li>• Fit for Function</li> <li>• Stay Strong</li> <li>• Pickleball</li> </ul>	<ul style="list-style-type: none"> <li>• Petanque</li> <li>• Parkinson's Exercise Class</li> <li>• Senior Strength</li> <li>• Pro Dance</li> <li>• Steady As You Go</li> </ul>	<ul style="list-style-type: none"> <li>• Yoga</li> <li>• Aqua Fit</li> <li>• Pickleball</li> <li>• Fit for Function</li> <li>• Stay Strong, Stand Tall</li> <li>• Dance Legends</li> <li>• Dementia-Mate</li> </ul>	<ul style="list-style-type: none"> <li>• Petanque</li> <li>• Dance Legends</li> <li>• Dementia Coffee Group</li> <li>• Aspiring Wanderers</li> </ul>	<ul style="list-style-type: none"> <li>• Yoga</li> <li>• Aqua Fit</li> <li>• Pickleball</li> <li>• Fit for Function</li> </ul>	24	<ul style="list-style-type: none"> <li>• Petanque</li> <li>• Pickleball</li> <li>• Sunday Boogie</li> </ul>
<ul style="list-style-type: none"> <li>• Yoga</li> <li>• Aqua Fit</li> <li>• Fit for Function</li> <li>• Stay Strong</li> <li>• Pickleball</li> <li>• Age Concern Drop-in Session</li> </ul>	<ul style="list-style-type: none"> <li>• Petanque</li> <li>• Parkinson's Exercise Class</li> <li>• Senior Strength</li> <li>• Pro Dance</li> <li>• Steady As You Go</li> </ul>	<ul style="list-style-type: none"> <li>• Yoga</li> <li>• Aqua Fit</li> <li>• Pickleball</li> <li>• Fit for Function</li> <li>• Stay Strong, Stand Tall</li> <li>• Dance Legends</li> <li>• Dementia-Mate</li> </ul>	<ul style="list-style-type: none"> <li>• Petanque</li> <li>• Dance Legends</li> <li>• Dementia Coffee Group</li> <li>• Aspiring Wanderers</li> </ul>	<ul style="list-style-type: none"> <li>• Yoga</li> <li>• Aqua Fit</li> <li>• Pickleball</li> <li>• Fit for Function</li> </ul>	<ul style="list-style-type: none"> <li>• Saturday Socials</li> </ul>	<ul style="list-style-type: none"> <li>• Petanque</li> <li>• Pickleball</li> <li>• Sunday Boogie</li> </ul>

## Coffee Connection

Morning tea and a chat.  
All seniors welcome.

Monday, January 12th  
from 10.00am

Wānaka Community  
Hub

34 McDougall Street



# Featured events - Times and information - January

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



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

Wednesdays 10am-1pm

To register contact Karin 022 535 474, [hscoordinator@alzheimersotago.org.nz](mailto:hscoordinator@alzheimersotago.org.nz)

## **Aspiring Wanderers: for people with mild to moderate dementia**

Registration Required - Contact Robyn: 027 441 4001 or

[wanaka@alzheimersotago.org.nz](mailto:wanaka@alzheimersotago.org.nz) | 10am - 11.30am

## **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](mailto:wanaka@alzheimersotago.org.nz)

## **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](mailto: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](mailto:mansondiana@gmail.com)

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

Inquiries Robyn 027 441 4001, [wanaka@alzheimersotago.org.nz](mailto:wanaka@alzheimersotago.org.nz)

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

## **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](mailto:info@communitylink.nz) for more information.

## **Yoga - Paetara Aspiring Central**

Monday | Seniors yoga 9.15am - 10.15am | Wednesday 9.15am - 10.15am (for the young at heart). Contact Fiona: [fiona.gallagher@qldc.govt.nz](mailto: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](mailto: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](mailto:nina@prodancenz.com)

## **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



## **Petanque: social and fun boules sport**

Tuesdays, Thursdays & Sundays: 10am-12pm

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](mailto:ucsc.club@gmail.com)

## **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](mailto:hello@preventiononpoint.com)

Every Tuesday at 8.55am and 10am, Every Thursday 10am - 11am (ending mid-December for this year)

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

Contact Ashley on 0220311415 or [hello@synapticphysio.co.nz](mailto:hello@synapticphysio.co.nz)

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](mailto: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](mailto:wanaka@seniornet.nz)

## **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](mailto:central@ageconcernotago.co.nz)

## **Aquafit:** \$5.30 to attend - Wanaka Recreation Centre

Monday | Wednesday | Friday 8.00 - 8.45 am

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

\$10 to attend. Contact Nina: [nina@prodancenz.com](mailto:nina@prodancenz.com)

