

# Reconnecting Seniors Calendar

## January 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			29 * Happy New Year 2026	1	2	3
• Aqua Fit • Fit for Function • Pickleball	5 • Petanque • Senior Circuit • Senior Strength • Pro Dance • Steady As You Go	6 • Aqua Fit • Pickleball • Fit for Function • Dance Legends	7 • Petanque • Senior Circuit • Dance Legends	8 • Yoga • Aqua Fit • Pickleball • Fit for Function • Dementia carer support group	9	10 • Petanque • Pickleball • Sunday Boogie
• Yoga • Aqua Fit • Fit for Function • Stay Strong • Pickleball • Coffee Connection	12 • Petanque • Parkinson's Exercise Class • Senior Strength • Pro Dance • Steady As You Go	13 • Yoga • Aqua Fit • Pickleball • Fit for Function • Stay Strong, Stand Tall • Dance Legends • Dementia-Mate	14 • Petanque • Dance Legends • Dementia Coffee Group	15 • Yoga • Aqua Fit • Pickleball • Fit for Function • Dementia carer support group	16	17 • Petanque • Pickleball • Sunday Boogie
• Yoga • Aqua Fit • Fit for Function • Stay Strong • Pickleball	19 • Petanque • Parkinson's Exercise Class • Senior Strength • Pro Dance • Steady As You Go	20 • Yoga • Aqua Fit • Pickleball • Fit for Function • Stay Strong, Stand Tall • Dance Legends • Dementia-Mate	21 • Petanque • Dance Legends • Dementia Coffee Group • Aspiring Wanderers	22 • Yoga • Aqua Fit • Pickleball • Fit for Function	23	24 • Petanque • Pickleball • Sunday Boogie
• Yoga • Aqua Fit • Fit for Function • Stay Strong • Pickleball • Age Concern Drop-in Session	26 • Petanque • Parkinson's Exercise Class • Senior Strength • Pro Dance • Steady As You Go	27 • Yoga • Aqua Fit • Pickleball • Fit for Function • Stay Strong, Stand Tall • Dance Legends • Dementia-Mate	28 • Petanque • Dance Legends • Dementia Coffee Group • Aspiring Wanderers	29 • Yoga • Aqua Fit • Pickleball • Fit for Function	30 • Saturday Socials	31 • Petanque • Pickleball • Sunday Boogie

## 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)

## Wānaka: 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)

