



# Reconnecting Seniors Calendar

## March 2026



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<ul style="list-style-type: none"> <li>• Yoga 26</li> <li>• Aqua Fit</li> <li>• Fit for Function</li> <li>• Pickleball</li> <li>• Digital Help</li> </ul>	<ul style="list-style-type: none"> <li>• Petanque 27</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 28</li> <li>• Pickleball</li> <li>• Fit for Function</li> <li>• Dance Legends</li> </ul>	<ul style="list-style-type: none"> <li>• Petanque 29</li> <li>• Senior Circuit</li> <li>• Dance Legends</li> <li>• Taurite Tu</li> </ul>	<ul style="list-style-type: none"> <li>• Aqua Fit 30</li> <li>• Pickleball</li> <li>• Fit for Function</li> <li>• Senior Strength</li> </ul>	31	<ul style="list-style-type: none"> <li>• Petanque 1</li> <li>• Pickleball</li> <li>• Sunday Boogie</li> </ul>
<ul style="list-style-type: none"> <li>• Yoga 2</li> <li>• Aqua Fit</li> <li>• Fit for Function</li> <li>• Pickleball</li> <li>• Digital Help</li> </ul>	<ul style="list-style-type: none"> <li>• Petanque 3</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 4</li> <li>• Pickleball</li> <li>• Fit for Function</li> <li>• Dance Legends</li> <li>• Dementia-Mate</li> </ul>	<ul style="list-style-type: none"> <li>• Petanque 5</li> <li>• Senior Circuit</li> <li>• Dance Legends</li> <li>• Aspiring Wanderers</li> <li>• Taurite Tu</li> <li>• Primetimers</li> </ul>	<ul style="list-style-type: none"> <li>• Aqua Fit 6</li> <li>• Pickleball</li> <li>• Fit for Function</li> <li>• Senior Strength</li> <li>• Seniorsnet</li> <li>• Dementia carer support group Hawea</li> </ul>	7	<ul style="list-style-type: none"> <li>• Petanque 8</li> <li>• Pickleball</li> <li>• Sunday Boogie</li> </ul>
<ul style="list-style-type: none"> <li>• Yoga 9</li> <li>• Aqua Fit</li> <li>• Fit for Function</li> <li>• Stay Strong</li> <li>• Pickleball</li> <li>• Coffee Connection</li> <li>• Digital Help</li> </ul>	<ul style="list-style-type: none"> <li>• Petanque 10</li> <li>• Parkinson's Exercise Class</li> <li>• Senior Strength</li> <li>• Pro Dance</li> <li>• Steady As You Go</li> <li>• Senior Circuit</li> </ul>	<ul style="list-style-type: none"> <li>• Yoga 11</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 12</li> <li>• Dance Legends</li> <li>• Aspiring Wanderers</li> <li>• Taurite Tu</li> <li>• Senior Circuit</li> </ul>	<ul style="list-style-type: none"> <li>• Aqua Fit 13</li> <li>• Pickleball</li> <li>• Fit for Function</li> <li>• Senior Strength</li> <li>• WānaKai</li> </ul>	14	<ul style="list-style-type: none"> <li>• Petanque 15</li> <li>• Pickleball</li> <li>• Sunday Boogie</li> </ul>
<ul style="list-style-type: none"> <li>• Yoga 16</li> <li>• Aqua Fit</li> <li>• Fit for Function</li> <li>• Stay Strong</li> <li>• Pickleball</li> <li>• Digital Help</li> <li>• Dementia carer support group Wanaka</li> </ul>	<ul style="list-style-type: none"> <li>• Petanque 17</li> <li>• Parkinson's Exercise Class</li> <li>• Senior Strength</li> <li>• Pro Dance</li> <li>• Steady As You Go</li> <li>• Younger Onset Dementia Homeshare</li> <li>• Senior Circuit</li> </ul>	<ul style="list-style-type: none"> <li>• Yoga 18</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> <li>• After Work Dementia Carer Support Group</li> </ul>	<ul style="list-style-type: none"> <li>• Petanque 19</li> <li>• Dance Legends</li> <li>• Dementia Coffee Group</li> <li>• Aspiring Wanderers</li> <li>• Taurite Tu</li> <li>• Senior Circuit</li> </ul>	<ul style="list-style-type: none"> <li>• Aqua Fit 20</li> <li>• Pickleball</li> <li>• Fit for Function</li> <li>• Senior Strength</li> </ul>	21	<ul style="list-style-type: none"> <li>• Petanque 22</li> <li>• Pickleball</li> <li>• Sunday Boogie</li> </ul>
<ul style="list-style-type: none"> <li>• Yoga 23</li> <li>• Aqua Fit</li> <li>• Fit for Function</li> <li>• Stay Strong</li> <li>• Pickleball</li> <li>• Digital Help</li> </ul>	<ul style="list-style-type: none"> <li>• Petanque 24</li> <li>• Parkinson's Exercise Class</li> <li>• Senior Strength</li> <li>• Pro Dance</li> <li>• Steady As You Go</li> <li>• Younger Onset Dementia Homeshare</li> <li>• Senior Circuit</li> </ul>	<ul style="list-style-type: none"> <li>• Yoga 25</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 26</li> <li>• Dance Legends</li> <li>• Dementia Coffee Group</li> <li>• Taurite Tu</li> <li>• Senior Circuit</li> </ul>	<ul style="list-style-type: none"> <li>• Aqua Fit 27</li> <li>• Pickleball</li> <li>• Fit for Function</li> <li>• Senior Strength</li> <li>• WānaKai</li> </ul>	<ul style="list-style-type: none"> <li>• Saturday Socials 28</li> </ul>	<ul style="list-style-type: none"> <li>• Petanque 29</li> <li>• Pickleball</li> <li>• Sunday Boogie</li> </ul>

## Coffee Connection

Morning tea and a chat.  
All seniors welcome.

Monday, March 9th  
from 10.00am

Wānaka Community  
Hub  
34 McDougall Street



# Featured events - Times and information - March

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)**

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**

Thursdays 10am-1pm

Registration Required - Contact Robyn: 027 441 4001 or [wanaka@alzheimersotago.org.nz](mailto:wanaka@alzheimersotago.org.nz)

## **Dementia Coffee Group (for people with dementia and their care partners)**

Last Thursday of the month: 10.00 - 11.30am

Enquiries Robyn 027 441 4001 or [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)

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

Wānaka and Hāwea- monthly Mondays or Fridays

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

## **Wānaka Kai: 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)

**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: email [fiona.gallagher@qldc.govt.nz](mailto:fiona.gallagher@qldc.govt.nz)

**Senior Strength Class:** Every Tuesday 11am-12pm and every Friday 10.30 - 11.30am at Paetara Aspiring Central. \$15 to attend or \$12 per class if you book 10.

For enquiries contact Elaine [hell@elainekellywellness.com](mailto:hell@elainekellywellness.com) or 027 6541452

## **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

## **Digital Help**

At the Wānaka Library- 3:30-5:00pm - Every Monday, drop-in.

**Taurite Tu** a wellness, strength, movement and balance programme, for Maori 50+ and their whanau Wānaka Community Hub - free- Thursdays 10am-12- contacts: Liz 021 79 1961 or Shiralee 027 372 8228

## **Library Movie Matinee - NEXT SCREENING 23<sup>rd</sup> APRIL**

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](mailto:wanaka.library@qldc.govt.nz)

## **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 - Wānaka 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 9.30am -10.30am, Every Thursday 10am -11am

## **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 Wānaka

Wednesdays: 9:15am class at St John's Wānaka (except 12.11.25- no class)

Parkinson's Exercise Class: Tuesdays 11am-12:15pm at the Wānaka 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 - Wānaka 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)

## **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

## **Younger Onset Dementia HomeShare**

(for people under 65 years living at home)

Tuesdays 10am to 1pm

To register contact Kate 022 515 4411, [kate@alzheimersotago.org.nz](mailto:kate@alzheimersotago.org.nz)

