

ACTIVITY	DESCRIPTION	DAY/TIME	CONTACT	VENUE
CARD/BOARD GAMES				
Backgammon		Wed afternoons	Linda 021 216 3050	
Bridge		Various.	09 479 4689; ecbridge@ihug.co.nz	ECB Bridge Club, Seaton Reserve, Murrays Bay
Mahjong.		Thursday 9.15am-2pm	Dianne 021 113 7800 Stella 021 0544 922	Heart of the Bays, 2 Glen Rd Browns Bay
Browns Bay 60s Up	Bowls, rummikub	Tuesday 1-3pm	Pat 09 419 8671	Progress Hall, 6 Anzac Rd Browns Bay
Rummikub		Wednesday 10am-12pm	Annette 021 061 2199	Heart of the Bays, 2 Glen Rd Browns Bay
COFFEE MORNINGS				
Browns Bay 60s Up Coffee group		1st Monday of the month 10am	Leslie 09 478 9447	White Flower Café 88 Clyde Rd Browns Bay
Age Concern café mornings		Various	Age Concern, 09 489 4975	Various
CRAFTS & HOBBIES				
North Shore Cake Decorating Club		1st Wednesday of the month 12-3.30	Gayle 09 483 8417/027 737 3188	Kennedy Park, 137 Beach Rd Castor Bay
On the Hook Crochet Club		Saturday 3.30-5pm.	Olga 021 023 84495	Heart of the Bays, 2 Glen Rd Browns Bay
Bays Patchwork		Fortnightly Thursday 6.45-9.15pm; Monday 9.30-2.30	Marilyn 021 174 4440	Heart of the Bays, 2 Glen Rd Browns Bay
Crazy Quilters		4th Saturday of the month 9.30-3pm	Marilyn 021 174 4440	Heart of the Bays, 2 Glen Rd Browns Bay
Browns Bay Evening Spinners		2nd & 4th Tuesday of the month 7.30pm	ngrassmeyer@hotmail.com	Heart of the Bays, 2 Glen Rd Browns Bay
Kaipatiki Spinners & Weavers		2nd & 4th Wed of the month 10am-2pm	auckland@creativefibre.wordpress.com	Mairangi Bay Presbyterian Church
Hauraki Floral Art Club	Floral arrangements	2nd Wednesday of the month, 9.30-1.30	Pauline 09 473 9916	Outram Hall, 478 Beach Rd Murrays Bay
Torbay Garden Club		1st Wednesday of the month, 1.30-3pm	Hillary 09 478 1601	Torbay Community Hall, 37 Watea Rd Torbay

Writing Family Memories for Future Generations	Older Women's Network.	2nd Saturday of the month 10am-12pm	Patricia 021 064 9522	Heart of the Bays, 2 Glen Rd Browns Bay
CULTURAL & EDUCATIONAL GROUPS				
Korean group	table tennis, karaoke, social activities	Monday 9am-5pm Thursday 12pm-5pm	09 479 6041	Senior Citizens; Inverness Rd Browns Bay
Chinese group	Singing, cards, table tennis, mahjong	Wednesday 12.30-4pm Saturday 12.30-4pm (except 1st Saturday of month)	Kangmei 09 479 9818 Chomg Bin Cxu 022 176 7199	Senior Citizens; Inverness Rd Browns Bay
Chinese group	English class	Wednesday 10am-12pm Saturday 10am-12pm	Kangmei 09 479 9818	Senior Citizens; Inverness Rd Browns Bay
French classes		various	Corinne 09 426 1104/021 880 649. corinne.monecole@gmail.com	Heart of the Bays, 2 Glen Rd Browns Bay
NZ Sign Language		Thursday evenings	09 630 6980. nzsl@auckland-deaf.org.nz.	Heart of the Bays, 2 Glen Rd Browns Bay
Tea & Topics		Wednesday, monthly. 10am		ECB Library, Bute Rd Browns Bay
U3A Browns Bay	Over 30 interest groups	Various	myfanwy@xtra.co.nz www.u3abb.net.nz	Various venues
Creative Keyboard	Musical entertainment	2nd Sun of the month	Marlene 09 478 3166	ECB Family Centre, 45 Anzac Rd Browns Bay
EXERCISE & WELLBEING				
Born Again Bodies		Wednesday 1-2pm	Gary 09 479 2212 aandsyme@gmail.com	Mairangi Bay Presbyterian Church, Hastings Rd Mairangi Bay
Born Again Bodies		Thursday 10.30-11.30	Gary 09 479 2212 aandsyme@gmail.com	Windsor Park Baptist, 550 East Coast Rd Mairangi Bay
Braemar Scottish Dancing		Tuesday 7.30-10pm	Yvonne 09 410 9216	St Anne's Hall, cnr Glencoe/Beach Rds Browns Bay
Exercise Group	For senior women	Thursday 10am-11am	Jill 09 473 1932	Long Bay Baptist Church, 282 Glenvar Rd Torbay
Gentle Exercise	30 mins stretching 30 minutes seated	Wednesday 10-11am		St Mary by the Sea, Deep Creek Rd Torbay
Indoor Bowls		Monday 7pm.	Kevin 09 473 3253	Torbay Community Hall, Watea Rd Torbay
Laughter Yoga		Saturday 9-9.45 am.	Melanie 021 072 4198 laughterbrownsbay@gmail.com	Heart of the Bays, 2 Glen Rd Browns Bay

Petanque		Tuesday & Thursday 1-3pm	Roger 022 353 7606	Kennedy Park Petanque,137 Beach Rd Castor Bay
Petanque		Wednesday & Sunday 1-3pm	Val 09 479 2305	Browns Bay Petanque Terrain, Beachfront Lane
Senior Movement		Thursday 10am-12pm	09 479 6041	Senior Citizens Rooms, Inverness Rd Browns Bay
Table Tennis		Monday & Friday 11.30-1.30	09 478 4301	St Anne's Hall, cnr Beach & Glencoe Rds
Walkers	For all ages & levels of ability	Friday 8.20		Mairangi Arts Centre or Mairangi Bay beachfront
Walking Network	East Coast Bays	Friday 8.20am	Pam 09 302 4882	2 Glen Rd Browns Bay
Walking Network	Mairangi Bay	Monday, Tuesday, Wednesday, Friday 9-10am	Paula 09 444 6435	Mairangi Arts Centre or Mairangi Bay beachfront
Walkers	Mairangi Bay	Saturday 8.30-9.30	Paula 09 444 6435	Mairangi Bay carpark by Village Green
Walkers & Talkers	East Coast Bays	Tuesday 8.20	Pam 09 302 4882	2 Glen Rd Browns Bay
Walkers & Talkers	Campbells Bay	Wednesday 9.30-11am	09 410 4019 or 09 478 6702	various
Walkers	Torbay	Wednesday 4-5pm	Irene 09 473 1159	Garden seat, Torbay Village
Seniors Exercise to Music		Monday & Wednesday 11am-12pm	Julie 021 233 7607	36a Anzac Rd Browns Bay
Tai Chi		Thursday 8.15-9.15am	021 764 980; wailingwan@gmail.com.	Heart of the Bays, 2 Glen Rd Browns Bay
Zumba Gold		Tuesday 10.15-11am	09 477 2000	AUT Millennium, 17 Atares Pl Mairangi Bay
Sahaja Yoga Meditation		Wednesday 7.30-9pm	Maria 022 303 9918	Heart of the Bays, 2 Glen Rd Browns Bay

FRIENDSHIP/SUPPORT

Books, Board Games & Morning Tea		1st Tues of the month 9.30	Margaret 021 679 019	Mairangi Bay Presbyterian Church, 9 Hastings Rd Mairangi Bay
Browns Bay Ladies' Club		4th Friday of the month 10am-12pm	Margaret 09 478 2073 Jenny 09 479 6026	Torbay Sailing Club, Beach Rd Waiake
Browns Bay 60s Up		4th Monday of the month 10am-12pm.	Fiona 021 758 595	Progress Hall, 6 Anzac Rd Browns Bay
Browns Bay 60s Up Coffee Group		1st Monday of the month, 10am	Leslie 09 478 9447	Java Jungle, Beachfront Lane Browns Bay
Dee's Dementia Social Group		Thursday 10am-2pm	Tangi Joseph 022 657 3223	Mairangi Bay Presbyterian Church 8 Penzance Rd Mairangi Bay
Mairangi Combined Probus		4th Tuesday of the month	09 410 8544	Mairangi Bay Presbyterian Church 8 Penzance Rd Mairangi Bay
North Harbour Ladies' Friendship Club		4th Monday of the month 10am-12pm	Trish 09 443 6386	Pupuke Golf Club, 231 East Coast Rd
Torbay Friendship Club		2nd Thursday 10am	09 473 7908	Torbay Community Hall, Watea Ave Torbay
Friendship Club of ECB		1st Wed of the month	09 479 4853	Mairangi Bay Presbyterian Church 8 Penzance Rd Mairangi Bay
North Shore Centres of Mutual Aid (CMA)	Companionship & fun activities. Transport, morning tea & lunch provided.	Monday 10am-12.30	09 489 8954	Mairangi Bay Presbyterian Church, 8 Penzance Rd Mairangi Bay
Activities morning:	board games, cards, morning tea	1st & 3rd Tuesday of the month 10am-12pm	Margaret 09 489 3176 027 225 8893	Mairangi Bay Presbyterian Church, Penzance Rd
Eat Play Laugh	Craft, games, cooking demo, lunch	1st Monday of the month 10.30-1.30.	Wendy 09 476 9180	Heart of the Bays, 2 Glen Rd Browns Bay
Friday Friends	Lunch group	Every Friday	Patricia trevpat@xtra.co.nz; 09 479 1731	Albany Hall/various cafes
Friendship Club of ECB	Social events, outings	1st Wednesday of the month, 10am-12pm	pjmckinlay@xtra.co.nz Pamela 09 475 6696	Mairangi Bay Presbyterian Church, Hastings Rd

Luncheon Club	BYO lunch; entertainment provided	2nd Thursday of the month 12-2pm	Raewyn 09 410 4423 Raewynhenderson1@gmail.com	Mairangi Bay Presbyterian Church, Penzance Rd
Salvation Army Drop-in	Friendship & support	Wed & Fri 10am-12pm Vegetable table available Weds	09 478 7567 albanybays.corps@salvationarmy.org.nz	Albany Bays Salvation Army, 90 Rosedale Rd Albany
Parkinsonism Society Carers' Support Group	Education & support	1st Thursday of the month 10am	Carolyn 09 818 2793 027 520 4836	Altura Café 25 Anzac Rd Browns Bay
Parkinsonism Society Carers' Support Group	Education & support	2nd Thursday of the month 10am	Carolyn 09 818 2793 027 520 4836	Windsor Park complex, 550 East Coast Rd Mairangi Bay
Torbay International Coffee group	Morning tea, friendship	Thursday 10.15-12pm	Carole 09 473 3259	Senior Citizens' Hall, Watea Rd Torbay
Women's Institute		Thursday, monthly, 10am	Carol 09 473 3616	Presbyterian Church, Anzac Rd Browns Bay
Silver Rose Tours	Social adventures	Various	Amanda 09 218 6254	Pick up from home
Red Hat Society	Social activities	4th Fri of the month	Kathy 021 454 995	
Toy Maintenance Retiree Social Group	Repair, clean, test toys in a social environment		president.nsctl@gmail.com	1 Sidmouth St, Mairangi Bay