

ACTIVITY	DESCRIPTION	DAY/TIME	CONTACT	VENUE
CARD/BOARD GAMES				
Bridge		Various.	479 4689; ecbridge@ihug.co.nz	ECB Bridge Club, Seaton Reserve, Murrays Bay
Mahjong.		Thursday 9.15am-2pm	Jane 478 5392 /Patsy 475 5763	Heart of the Bays, 2 Glen Rd Browns Bay
Browns Bay 60s Up	Bowls, rummikub	Tuesday 1-3pm	Doris 478 8962	Progress Hall, 6 Anzac Rd Browns Bay
Rummikub		Wednesday 10am-12pm	Annette 441 3019.	Heart of the Bays, 2 Glen Rd Browns Bay
COFFEE MORNINGS				
Browns Bay 60s Up Coffee group		1st Monday of the month 10am	Carmel 479 1730	White Flower Café 88 Clyde Rd Browns Bay
Age Concern café mornings		Various	Age Concern, 489 4975	Various
CRAFTS & HOBBIES				
North Shore Cake Decorating Club		1st Wednesday of the month 12-3.30	Gayle 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 7-9.30pm	Sue 413 8239	Heart of the Bays, 2 Glen Rd Browns Bay
Crazy Quilters		4th Saturday of the month 9.30-3pm	Marilyn 476 9585	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
North Shore Sunday Quilters	Open group, non-teaching.	Sunday	Melva 479 7572.	Heart of the Bays, 2 Glen Rd Browns Bay
Hauraki Floral Art Club	Floral arrangements	2nd Wednesday of the month, 9.30-1.30	Pauline 473 9916	Outram Hall, 478 Beach Rd Murrays Bay
Torbay Garden Club		1st Wednesday of the month 1.30-3pm	Hillary 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 479 7519	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	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 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 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	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	Gloria gward@actrix.co.nz www.u3abb.net.nz	Various venues
Creative Keyboard	Musical entertainment	2nd Sun of the month	Marlene 478 3166	ECB Family Centre, 45 Anzac Rd Browns Bay

EXERCISE & WELLBEING

Born Again Bodies.	Strength, flexibility balance at any age	Wednesday 2.30-3.30	Gary 479 2212 aandsyme@gmail.com	St Anne's Hall, cnr Glencoe/Beach Rds Browns Bay
Born Again Bodies		Wednesday 1-2pm	Gary 479 2212 aandsyme@gmail.com	Mairangi Bay Presbyterian Church, Hastings Rd Mairangi Bay
Born Again Bodies		Thursday 10.30-11.30	Gary 479 2212 aandsyme@gmail.com	Windsor Park Baptist, 550 East Coast Rd Mairangi Bay
Braemar Scottish Dancing		Tuesday 7.30-10pm	Yvonne 410 9216	St Anne's Hall, cnr Glencoe/Beach Rds Browns Bay
Ceroc Dance	No partner required	Wed. Beginners 7.30pm, Intermediate 8.30pm.	0272 957 007 or visit www.modernjivedance.co.nz	St Anne's Hall, cnr Glencoe/Beach Rds Browns Bay
Exercise Group	For senior women	Thursday 10am-11am	Jill 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 473 3253	Torbay Community Hall, Watea Rd Torbay

Indoor Bowls	Widows & Widowers	Tuesday 9.30-12pm Sunday 1.30-4pm	Judith 479 6042	Progress Hall, 6 Anzac Rd Browns Bay
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		Kennedy Park Petanque 137 Beach Rd Castor Bay
Petanque		Wednesday & Sunday 1-3pm	Val 479 2305	Browns Bay Petanque Terrain, Beachfront Lane
Pilates		Tue 9.30-10.30, school terms	Ph Eva 022 076 6112	St Anne's hall, cnr Glencoe/Beach Rds Browns Bay
Power Hooping		Thursday 7pm.	Ph Jackie 027 444 7064	St Anne's Hall, cnr Glencoe/Beach Rds Browns Bay
Seniors' Recreation		Thursday 10am-12pm	479 6041	Senior Citizens Rooms, Inverness Rd Browns Bay
Senior Movement		Tuesday 10.30-11.30 Thursday 11.15-12.15	444 6340	ECB Leisure Centre, Bute Rd Browns Bay
Table Tennis	For all ages & levels of ability	Monday, Tuesday & Friday 11.30am-1.30pm.	Debbie 478 4091	St Anne's Hall, cnr Beach & Glencoe Rds Browns Bay
Walkers	East Coast Bays	Friday 8.20am	Pam 302 4882	2 Glen Rd Browns Bay
Walking Network	Mairangi Bay	Monday, Tuesday, Wednesday, Friday 9-10am	Paula 444 6435	Mairangi Arts Centre or Mairangi Bay beachfront
Walking Network	Mairangi Bay	Saturday 8.30-9.30	Paula 444 6435	Mairangi Bay carpark by Village Green
Walkers	East Coast Bays	Tuesday 8.20	Pam 302 4882	2 Glen Rd Browns Bay
Walkers & Talkers	Campbells Bay	Wednesday 9.30-11am	410 4019 or 478 6702	various
Walkers	Torbay	Wednesday 4-5pm	Irene 473 1159	Garden seat, Torbay Village
Hatha Yoga		Monday 6-7pm	anuyoga37@gmail.com	Heart of the Bays, 2 Glen Rd Browns Bay
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
Tai Chi		Monday 7pm/Wednesday 1pm	Bruno 021 155 4606	Heart of the Bays, 2 Glen Rd Browns Bay
Tai Chi		Tuesday 10-11am	Eileen 486 1051	Torbay Community Hall, Watea Rd Torbay
Zumba Gold		Tuesday 10.15-11am	477 2000	AUT Millennium, 17 Atares Pl Mairangi Bay
Sahaja Yoga Meditation		Monday 7.30-9pm.	Maria 479 9511.	Heart of the Bays, 2 Glen Rd Browns Bay
Reiki		4th Wednesday of the month.	martinturback@icloud.com	Heart of the Bays, 2 Glen Rd Browns Bay

FRIENDSHIP/SUPPORT

Browns Bay Ladies' Club		4th Friday of the month 10am-12pm	Margaret 478 2073 Jenny 479 6026	Torbay Sailing Club, Beach Rd Waiake
Browns Bay 60s Up		4th Monday of the month 10am-12pm.	Cecilia 413 9960	Progress Hall, 6 Anzac Rd Browns Bay
Browns Bay 60s Up Coffee Group		1st Monday of the month, 10am	Carmel 479 1730	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
North Harbour Ladies' Friendship Club		4th Monday of the month 10am-12pm	Trish 443 6386.	Pupuke Golf Club, 231 East Coast Rd
Torbay Friendship Club		2nd Thursday 10am	473 7908	Torbay Community Hall, Watea Ave Torbay
North Shore Centres of Mutual Aid (CMA)	Companionship & fun activities. Transport, morning tea & lunch provided.	Monday 10am-12.30	489 8954	Mairangi Bay Presbyterian Church, 8 Penzance Rd Mairangi Bay
North Shore Widows & Widowers		various	Judith 479 6042	Progress Hall 4 Anzac Rd Browns Bay
North Shore Widows & Widowers	Lunch group	2nd Thursday of the month 12pm	Judith 479 6042	Bays Club, 6 Anzac Rd Browns Bay
Activities morning:	board games, cards, morning tea	1st & 3rd Tuesday of the month 10am-12pm	Margaret 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 476 9180	Heart of the Bays, 2 Glen Rd Browns Bay
International Friendship Group	Morning tea, conversation	Wednesday 10am-12pm School terms only	Debbie, 478 4091	Heart of the Bays, 2 Glen Rd Browns Bay
Friendship Club of ECB	Social events, outings	1st Wednesday of the month, 10am-12pm	pjmckinlay@xtra.co.nz Pamela 475 6696	Mairangi Bay Presbyterian Church, Hastings Rd
Luncheon Club	BYO lunch; entertainment provided	2nd Thursday of the month 12-2pm	Raewyn 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	Sarah Fordyce 478 7567 Sarah_fordyce@nzf.salvationarmy.org	Albany Bays Salvation Army, 90 Rosedale Rd Albany
Parkinsonism Society Carers' Support Group	Education & support	1st Thursday of the month 10am	Carolyn 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 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 473 3259	Senior Citizens' Hall, Watea Rd Torbay
Better Blokes	Men Supporting Men. Support, groups, workshops		northshore@betterblokes.org.nz; Philippe 021 174 9252	Heart of the Bays, 2 Glen Rd Browns Bay
Newcomers' Network		Tuesdays 6pm, monthly.	Eugene@networkfs.co.nz; ph 022 276 0085	Heart of the Bays, 2 Glen Rd Browns Bay
Divine Intervention	Introduction to Self Healing	3-hour morning session	Judy 478 6065	
Women's Institute		Thursday, monthly, 10am	Carol 473 3616	Presbyterian Church, Anzac Rd Browns Bay
Silver Rose Tours	Social adventures	Various	Amanda 218 6254	Pick up from home
Red Hat Society		4th Fri of the month		
Age Concern Coffee Group		Monday 11am	Age Concern 489 4975	White Flower Café, 8 Clyde Rd Browns Bay
Toy Maintenance Retiree Social Group	Repair, clean, test toys in a social environment	1st Monday of month 10am-12pm	Kat 021 022 30179 president.nsctl@gmail.com	1 Sidmouth St, Mairangi Bay