

# Recreation Guide for Older Adults

2023–24



**active**  
CANTERBURY

Christchurch  
City Council 

# Introduction

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**Being active helps us maintain and improve wellbeing, and this is especially important as we age. Retirement offers an opportunity to reinvent ourselves and to pursue new activities and experiences.**

This guide highlights the many exciting opportunities for leisure and community activities available for older adults. We hope it helps you to discover a new hobby or rekindle an old interest and make new friends.

It's a good idea to discuss any new exercise programme with your doctor, especially if you have a medical condition or any health worries.

## **Benefits of an active lifestyle can include:**

- feeling better about yourself
- meeting new people
- having fun
- stronger bones
- lower blood pressure
- better mental health
- lower levels of stress and anxiety
- better sleep
- weight maintenance and control
- increased mobility
- improved balance and a lower risk of falls
- better heart and lung function

# Recreation and Sport Centres

We welcome you to our Council-owned and operated Recreation and Sport facilities. These centres offer a fantastic range of recreation and fitness options for all ages and abilities.

## Leisure for life – experience it!

This is the philosophy and vision we live by – It's leisure throughout life, at all ages and stages, and getting out and participating at all levels.

The benefits of active leisure are extensive. This is foremost in our minds when we design programmes for our facilities. Being active gives us more energy, reduces stress and makes us feel good. Our facilities make it easy to be active, and we encourage you to find out more about our programmes, classes and centres online at: [ccc.govt.nz/recreationandsport](http://ccc.govt.nz/recreationandsport)

Our centres throughout the city offer a wide range of classes and programmes suitable for older adults, including gentle exercise, aqua jogging, low impact exercise and pickleball.

## Facilities:

- Graham Condon Recreation and Sport Centre
- Jellie Park Recreation and Sport Centre
- Pioneer Recreation and Sport Centre
- Taiora QEII Recreation and Sport Centre
- Te Pou Toetoe-Linwood Pool



# active CANTERBURY

Regular physical activity can improve your health,  
help you feel great, and make daily tasks easier.



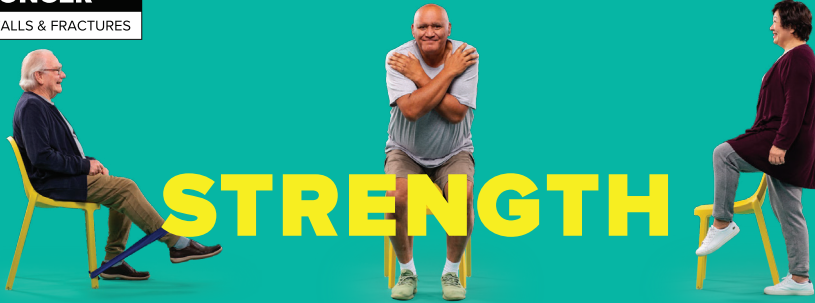
**Staying active can add years to your life  
and life to your years.**

Visit the Active Canterbury website to find classes,  
groups, programmes and activity tips:

**[www.activeCANTERBURY.ORG.NZ](http://www.activecanterbury.org.nz)**

LIVE STRONGER  
FOR LONGER

PREVENT FALLS & FRACTURES



STRENGTH



BALANCE



AND A  
GOOD YARN

Join an approved class near you.

Visit [livestronger.org.nz](http://livestronger.org.nz) or phone Sport Canterbury on 0800 228 483.



[WWW.LIVESTRONGER.ORG.NZ](http://WWW.LIVESTRONGER.ORG.NZ)

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To the best of our knowledge the information in this guide was correct at the time of writing, however all programme information is subject to change. We do not necessarily endorse organisations or facilities in this guide. We have not deliberately left out any organisation or facility.

If you're a programme provider and would like to update or include programme information in future editions of this guide, please contact a Community Recreation Advisor on 03 941 8999.

## Activity and Social Clubs

Age Concern Canterbury	366 0903
Ascot Leisure Club for Older Adults	941 5333
Avebury House <a href="#">Various activities quilts, chit chat exercise</a> <a href="https://facebook.com/AveburyHouseTrust/">facebook.com/AveburyHouseTrust/</a>	381 6615
Avon Bonsai Society	<a href="mailto:avonbonsai@hotmail.co.nz">avonbonsai@hotmail.co.nz</a>
Avonhead Garden Club	377 4079
Avonside Holy Trinity Church Wednesday Café & Exercise Group, Thursday Elder Care	389 6948
Bishopdale Community Trust	359 1741
Bromley Community Centre <a href="#">Various groups and activities</a>	389 1657
Burwood All Saints <a href="#">Cardmaking</a>	383 4656
Canterbury Cake Decorators Guild	942 1705
Canterbury Federation of Women's Institutes	351 6523
Canterbury Fiji Social Services <a href="#">Elders group</a>	942 9498
Canterbury Herb Society	<a href="mailto:herbalchch@gmail.com">herbalchch@gmail.com</a>
Canterbury Horticultural Society	366 6937
Canterbury Workers' Educational Association (CWEA)	366 0285
Cashmere Club Inc <a href="#">Badminton, cards, darts</a>	332 0092
Cashmere Garden Club	332 8319
Christchurch Cathedral Handbell Group	385 9392
Christchurch Multicultural Council	0212951089
Christchurch Petanque Club	338 5559
Christchurch Red Hatters	0274071909
Christchurch Senior Citizens Activity groups	383 4682
Church Corner Leisure Club <a href="#">Handcrafts, painting, leather work, exercises and bowls</a>	348 9260

## Activity and Social Clubs

Crockfords Bridge Club	348 7478
Delta Community Trust <b>Activities and services under the Friendship Link for persons with intellectual disabilities</b>	389 0212
Enliven Harakeke and Tōtara Clubs Day <b>Activity programme for people diagnosed with cognitive impairment/dementia (Linwood and Riccarton)</b>	0800 477 874
Evergreen Club <b>Older persons activity programme</b>	960 3228
Facet Friendship Club	021 267 2094
Halswell Garden Club	322 5529
Heathcote-Mt Pleasant Association of Anglican Women's Group	328 8182
Heathcote-Mt Pleasant Parish Mahjong Group	326 6207
Hei Hei Leisure Club for Older Adults <b>Social group with various outings and activities</b>	967 4673
Hoon Hay Presbyterian Church <b>Craft Group</b>	338 8901
Hornby Good Companions <b>Social group with activities and bus trips</b>	020 417 37455
Lincoln Area Senior Citizens Club	325 2449 or 027 391 283
Linwood Ave Community Corner Trust <b>Various social groups</b>	980 9827
Linwood Arts <b>Classes, exhibitions and arts activities</b>	981 2881
Linwood Resource Centre <b>Community garden, special interest groups, information and services</b>	981 5594
Mary Potter Community Centre, St Albans <b>Various activities</b>	372 9224
Merivale Corner Community Hub	021 222 7543
Multiple Sclerosis and Parkinson's Canterbury	366 2857
Neighbourhood Trust Golden Connections <b>Social group, bus trips etc</b>	027 710 0022
New Horizons Trust <b>Friendship Group, Crafts, Foot Clinics, Coffee/Lunches</b>	338 4163 ext 221



## Activity and Social Clubs

North Christchurch Sunshine Club Social club, occasional bus trips and lunches	352 7319
Northgate Community Services Trust – Papanui Senior Men’s and Women’s low impact exercise, social connection, electronic device support	375 0850
Oak Development Trust – Riccarton Nail care clinic and social gatherings	960 6878
Opawa Community Church Womens Support Group	337 0092
Papanui Club A friendly club with a variety of activities	359 9586
Papanui Welcome Club	022 623 0945
Parklands Baptist Church Various social clubs	383 1356
Phillipstown Leisure Club for Older Adults Social group with various outings and activities	379 3256
Rewi Alley Chinese School Older adults cultural group	343 0136
Risingholme Community Centre Various locations	332 7359
Rowley Resource Centre Arts and crafts, gardening, community shed, computing	960 1776
Senior Citizens Clubs Contact Age Concern for local club details	366 0903
Shirley Community Trust Various activities for people of all ages and abilities	981 5521
South West Baptist Church Coffee mornings, education sessions, companionship, trips, crafts, etc	338 4163
126 on the Corner, Hornby Crafts, exercise, men’s groups and bus outings	022 017 6278
St Albans Baptist Church	355 6522
St Christophers Church Ukelele group, mahjong and chat group and women's group	358 8780
St Columbus Church ‘Time for You’ Variety group	349 7311
St Marks Art Group	03 361 1131

## Activity and Social Clubs

St Marks Choir	03 358 2218
St Marks Community English	358 5443
St Marks Foot Clinic	358 8911
St Marks Knitting Group	03 358 5172
St Marks Retired Peoples Fellowship	03 361 1198
St Marks Presbyterian Church <a href="#">Various activities</a>	358 5443
Stroke Club <a href="#">Social activities</a>	381 8500
Sumner Senior Citizens Club	384 1605 / 021 074 0113
Te Whare Roimata <a href="#">Weekly social group</a>	379 5134
The Christchurch Scrabble Club	03 335 0610 / 027 258 2629
The Muse singing groups <a href="#">Rockers of Ages and Keepsake Singers</a>	0800 843 687
The Village Bryndwr <a href="#">Foot clinic</a>	03 351 6664
The Village Papanui Creative Nest – Papanui	352 6197
The Village Redwood Sunshine Club	351 6664
United Bridge Club	027 557 6642
Wainoni/Avonside Community Services Trust	389 2285
Waltham Community Cottage	942 2173
Whareora House of Life <a href="#">Craft and card groups, regular bus trips</a>	337 2731
Women’s Centre	371 7414
Woolston Club <a href="#">Many groups/clubs</a>	389 7039
Woolston Development Project: Women’s Recreation Group	389 4448
Y.M.C.A Bishopdale Life Fit Programme	359 8320

## Activity and Social Clubs

### Probus and Friendship Clubs

Avonhead Friendship Club	342 7726
Belfast Redwood Combined Friendship Club	385 9828
Bishopdale Ladies Friendship Club	03 359 6387 / 021 158 2704
Centaurus Combined Probus Club	021 298 4657
Halswell Friendship Club	322 8288
Mt Herbert/Te Ahu Patiki Friendship Club	329 4066
Parklands Ladies Friendship Club	022 010 8650
Riccarton Friendship Club	341 8455
Shirley Ladies Friendship Club	021 185 6532
St Martins/Opawa Combined Club	027 647 7443
Sumner Redcliffs Friendship Club	326 6195
Woolston Friendship Club	027 895 2488 / 03 388 7277



## Aquacise and Swimming

Remember you  
don't have to be  
able to swim to  
enjoy aquacise!

Aquagym <i>Lessons, aqua jogging</i>	381 0299
Canterbury Swim School	03 260 2220
Graham Condon Recreation and Sport Centre	941 6888
Jellie Park Recreation and Sport Centre	941 6888
Kings Swim School <i>Lessons</i>	341 7579
Pioneer Recreation and Sport Centre	941 6888
Propeller Swim School	0272 776 735
Taiora QEII Recreation and Sport Centre	941 6888
Te Pou Toetoe: Linwood Pool <i>Including women only hours</i>	941 6888
126 on the Corner, Hornby	022 017 6278 / 925 8018
Wharenui Sports Centre and Swimming Club <i>Adult Learn to Swim</i>	348 6488

## Badminton

Ashgrove Club	022 023 0299
Avon Badminton Club <i>Social</i>	027 268 9537
Badminton Canterbury <i>All ages and abilities</i>	389 8534
Diamond Harbour Indoor Sports Association	329 4521
Knox – Tekura	027 551 4738
Masters Badminton Club	389 8534
Pioneer Recreation and Sport Centre	941 6888
St Marks Presbyterian Church Badminton	351 8280
The Village Community Centre <i>Half-court/social</i>	352 6197
UCBC	021 0275 9575 or ucanbclub@gmail.com
Windsor	383 4996 / 027 586 2766

## Bowls (Indoors)

Avonhead Indoor Bowls Club	027 595 5357
Celtic Indoor	960 6294
Diamond Harbour Community Centre	329 4066
GardenCity/Linwood Ave Indoor Bowls Club	027 201 7125/ 388 4258
Hornby Working Mens Club – Indoor Bowls section	349 9026
Indoor Bowls Association	389 9599
Irish Society Indoor Bowls	338 8020 / 331 7011
Morrison Avenue Bowling Club	352 6082
North New Brighton	383 3622
Opawa Methodist Indoor Bowls	03 322 4601
Papanui Club	027 332 9982
Parklands Wednesday Club Recreational activities of Indoor Bowls only	383 5917
Riccarton Race Course Bowling Club	021 889 651
Richmond Club	389 5778
St Christopher's Indoor Bowls Club	358 8780
St Joseph's Indoor Bowls Club	359 3374
St Paul's Indoor Bowls	027 630 4024
St Peter's Indoor Bowls Club	745 9170
The Village Community Centre Bryndwr	351 6664
The Village Community Centre Papanui	352 6197
Tui Indoor Bowls Club	022 491 4432
Woolston Club Indoor Bowls	027 375 0764

## Bowls (Outdoors)

Avon Park Bowling Club	389 5215
Barrington United Bowling Club	332 3611
Beckenham Bowling Club	332 9898
Belfast Bowling Club	323 7205
Bowls Canterbury Inc <a href="#">Information on all outdoor bowling clubs</a>	351 2070
Bowls Papanui	027 488 6469
Burnside Bowling Club	358 4617
Cashmere Bowling Club	332 7310 / 0204 070 5606
Diamond Harbour Bowling Club	329 4066
Elmwood Bowling Club	355 7122
Fendalton Bowling Club	351 9048
Halswell Bowling Club	322 7269
Hornby Club – Outdoor Bowls section	349 9026
Morrison Avenue Bowling Club	352 6082
New Brighton Bowling Club	388 9059
Parklands Bowling Club	383 3365
Papanui Club – Outdoor Bowls Section	021 207 7595
Redcliffs Mt Pleasant Bowling Club	384 3733
Riccarton Racecourse Bowling Club	342 7029
St Albans Park	027 434 1771
St Martins Bowling Club	332 7216
Sumner Bowling Club	326 6247
Woolston Park Bowling Club	389 7562



## Croquet

Akaroa Croquet Club	03 304 7124
Barrington Park	022 309 2856
Canterbury Croquet Assn	332 6947
Cashmere	021 0232 6212
Diamond Harbour and Districts Croquet Club	021 149 0814
Edgware	021 303 843
Elmwood	03 352 6857
Fendalton Park	027 804 5784
Holmes Park Croquet Club	027 416 0220
Hornby Croquet Club	349 8272
Kaiapoi Croquet Club	021 0293 7591
St James Park Croquet Club	352 8174
St Martins Croquet Club	021 958 357
United Croquet Club	027 209 7767

## Christchurch Community Gardens

Kaiapoi	327 2821
Linwood	021 582 363
Lyttelton	328 9243
New Brighton	388 6506
Richmond Community Garden	021 0248 7149

## Dance

Avon Sequence Dancers	021 217 6994
Banks Peninsula Scottish Country Dance Club	03 304 7619
Cathedral City Line Dancers	021 180 6794
Christchurch Rock n Roll Club	021 210 5841
Christchurch Senior Citizens Edgeware	383 4682
Dance Fitness – Merivale Corner Community Hub	021 821 260
Fevah Modern Jive	021 234 7064
Good Companions Social Club	354 4293
Garden City Sequence Dancers	03 349 6516
Hoon Hay Scottish Country Dance Club	021 156 5575
Katleen Dance	349 6929
Line Dance Christchurch <a href="#">Various locations</a>	329 4857
Mature Movers Dance Halswell	021 269 2391
St Marks Line Dancing	03 388 1990
The Village Community Centre, Bryndwr <a href="#">Line dancing</a>	351 6664
The Village Community Centre, Papanui <a href="#">Sequence, Latin and ballroom dancing</a>	352 6197
Vicky Line Dance Club	027 827 2791
WEA Belly Dancing – Soul Star Tribe	027 652 5993
Zumba Gold at YMCA – Life Fit	359 8320



## Gentle Aerobics/Exercise

Active Health Club – Merivale Corner Community Hub	021 227 543
Avebury House	381 6615
Bromley – Katang Fitness	027 496 6845
Burnside Elim Church – Move It or Lose It 70+	027 326 3958
Cardiac Companions Association <a href="#">Burwood Hospital and Avonhead</a>	020 410 30851
Christchurch City Council: Jellie Park, Pioneer Recreation and Sport Centre, Taiora QEII and Te Pou Toetoe: Linwood Pool	941 6888
Exerdance <a href="#">Dance exercise for women only</a> Various locations	388 5681
Female Federation	962 0060
Keep Active in Halswell	337 1674 / 384 163
Keep Active in Spreydon	338 1674 / 384 163
Linwood Ave Community Corner Trust	980 9827
Mary Potter, St Albans	372 9224
Move It or Lose It – Burnside Elim Church	027 326 3958
Move It or Lose It – Fendalton Community Centre	027 326 3958
Move It or Lose It – Halswell St Marys Church	027 326 3958
Move It or Lose It – Hornby 126 on the Corner	027 326 3958
Move It or Lose It – Wainoni Avonside Trust	027 326 3958
Multiple Sclerosis and Parkinson’s Canterbury	366 2857
Neighbourhood Trust, St Albans Baptist Church	027 710 0022 / 355 6522
PEPSA Exercise <a href="#">Various venues</a>	0274 376417
Respiratory Relief Society <a href="#">Gentle exercises</a>	03 374 6399
Senior Fitness Class: Somerfield Community Centre	359 5648 021 045 9721

## Gentle Aerobics/Exercise

St Faiths Anglican Church, New Brighton	027 496 6845
St Nicholas Church, Spreydon	337 0006
St Silas' Anglican Church <a href="#">Gentle exercise group</a>	352 1366
Stroke Foundation of NZ <a href="#">Clubs, physiotherapy and exercise groups</a>	381 8500
Sumner Community Centre <a href="#">Keep fit classes</a>	027 496 6845
Te Whare Roopu o Oterepo Waltham Community Cottage	942 2173
The Corner Merivale Community Hub	021 222 7543
The Village Community Centre, Bryndwr <a href="#">GoGrans</a>	03 351 6664
The Village Community Centre, Papanui <a href="#">Steady as You Go exercise classes</a>	351 6664
The Village Community Centre, Redwood <a href="#">Sit &amp; Be Fit</a>	351 6664
YMCA <a href="#">Various centres: gentle exercises for older adults</a>	366 0689 / 359 8320
126 on the Corner, Hornby	027 326 3958



## Golf

Avondale Golf Club	388 8203
Bottletlake Golf Club	383 1403
Canterbury Golf Association	359 4000
Canterbury Women's Golf Inc.	359 4000
Christchurch Golf Club	385 9506
Clearwater Resort Golf Club	360 2146
Harewood Golf Course	359 8843
Kaiapoi Golf Club	327 7320
McLeans Island Golf Club	359 9768
Templeton Golf Club	349 7571
Waimairi Beach Golf Club	383 0307

## Gyms

Christchurch City Council: Graham Condon, Jellie Park, Pioneer, Taiora QEII	941 6888
Female Federation	962 0060
Multiple Sclerosis and Parkinson's Canterbury	366 2857
Shoreline Fitness Centre	388 3006
Wharenui Sports Centre	348 6488
YMCA (City)	366 0689
YMCA (Bishopdale)	359 8320

## Ice Sports

Masters Figure Skating – Alpine Ice	385 2261 / 027 310 2505
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## Pickleball

Pioneer Recreation and Sport Centre	941 6888
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## Pilates

Christchurch City Council Recreation	941 6888
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Female Federation	962 0060
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Pilates+Barre <a href="#">Boutique studio</a>	021 330 623
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YMCA	359 8320
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## Sit 'n' Be Fit Exercises

Avebury House	381 6615
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Bromley Sit n Be Fit	027 496 6845 / 389 1657
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Diabetes Christchurch Inc	925 9972
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Move It or Lose It – Burnside Elim Church	027 326 3958
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Move It or Lose It – Fendalton Community Centre	027 326 3958
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Move It or Lose It – Halswell St Marys Church	027 326 3958
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Move It or Lose It – Hornby 126 on the Corner	027 326 3958
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Move It or Lose It – Wainoni Avonside Trust	027 326 3958
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Pioneer Stadium	941 6888
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Phillipstown Hub	379 3256
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YMCA Bishopdale	359 8320
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## Sports (Masters)

Badminton Masters	03 389 8534
Canterbury Hockey Assn (Christchurch office)	360 3010
Canterbury Masters Athletics	338 0516
Canterbury Tennis Seniors	359 4435
Lawn Bowls Masters	351 2070
Touch Canterbury	323 6102

## Table Tennis

Bishopdale Table Tennis Club <b>Older adults</b>	021 225 8213
Diamond Harbour Indoor Sports Association	329 4521
Harewood Table Tennis Club	027 272 3132
Parklands Table Tennis	960 3826
Pioneer Recreation and Sport Centre	941 6888
Redwood Table Tennis Club <b>Over 40's social</b>	352 4182
Table Tennis Canterbury	341 5561
Te Pou Toetoe: Linwood Pool	941 6888

## Tai Chi

Beginners Tai Chi	981 7468
Chan's Martial Art Tai Chi	366 0791
Linwood Avenue Community Corner Trust	980 9827
Rewi Alley Tai Chi	343 0136
St Marks Tai Chi <b>Intermediate</b>	027 827 2791
Tai Chi	027 438 8364
Tai Chi – Merivale Corner Community Hub	021 227 543
Tai Chi Richmond Community Gardens	381 6615
Te Whare Roopu o Oterepo/Waltham Community Cottage Tai Chi & Qi Gong	942 2173
Wainoni Avonside Community Services	389 2285
WEA Tai Chi, Qi Gong and Hara Body Alignment <b>New Brighton, Lyttleton</b>	03 366 0285



## Tennis

Avonhead Tennis Club	027 813 1884
Barrington Tennis Club	027 434 6731
Beckenham Tennis Club	029 776 6818
Bishopdale Tennis Club	021 061 3254
Burnside Park Tennis Club	358 3272
Burwood Park Tennis Club <i>Seniors welcome</i>	385 8844
Canterbury Tennis Seniors	021 045 6014
Cashmere Tennis Club	027 301 2388
Diamond Harbour Tennis Club	329 4521
Edgware Tennis Club	<a href="mailto:n.jenkins687@gmail.com">n.jenkins687@gmail.com</a>
Elmwood Tennis Club	355 8377
Halswell Tennis Club	027 539 8542
Marshland Tennis Club: Social	354 0101
Mt Pleasant Tennis Club	<a href="mailto:enquiry@mtpleasanttennis.org.nz">enquiry@mtpleasanttennis.org.nz</a>
North Beach Tennis Club	323 6393 / 021 031 2199
Redcliffs Tennis Club	027 376 3971
Redwood Tennis Club	027 314 7744
Riccarton Domain Tennis Club	941 8496
Shirley Tennis Club	385 9531
St Martins Valley Tennis Club	021 335 880
South New Brighton Tennis Club	027 500 1322
St Albans Tennis Club	<a href="mailto:info@stalbanstennis.org.nz">info@stalbanstennis.org.nz</a>
Sumner Tennis Club	021 505 980
Yaldhurst Tennis Club	358 5259 / 022 466 0549

## Walking

Amberley Amblers	027 201 0910
Beckenham Walk 'n' Talk <a href="#">Christchurch City Council</a>	03 941 8999
Bishopdale Ramblers	03 3561819
Bishopdale Trampers	021 312 312
Broomfield Wanderers	03 349 3644
Burnside Joggers and Walkers Club	<a href="https://facebook.com/profile.php?id=100054450400994">facebook.com/ profile.php?id=100054450400994</a>
City Ramblers	021 509 349
Community Care Lincoln	03 325 2007
Diamond Harbour Ramblers	03 329 4639
East Enders	03 332 1338 (Barbara) 03 960 8964 (Nola)
Ellesmere Tramping Group	027 202 2261
Fendalton Walk 'n' Talk <a href="#">Christchurch City Council</a>	03 941 8999
Garden City Walkers	027 227 9283 / 03 338 8604
Halswell Walk 'n' Talk <a href="#">Christchurch City Council</a>	03 941 8999
Happy Ramblers	03 342 5608 / 03 358 5319
Hoon Hay Walking Group	03 338 8306
Inspire	0274 853 639
Kaiapoi Walkers Group	03 312 0145
Kiwifit Northlands	03 352 6535
Lambda Lattes	021 232 2296
Lambda Trampers	022 162 1410
Linwood Walk 'n' Talk <a href="#">Christchurch City Council</a>	03 941 8999
Merivale Seniors Walking Group	0) 356 0098



## Walking

Mt Pleasant Walking Group	03 384 1269
MY Walking Group	03 323 6232 / 027 503 6508 (text only)
New Brighton Hill Walkers	027 376 6128
New Brighton Walk 'n' Talk <a href="#">Christchurch City Council</a>	03 941 8999
North West Hikers	03 352 5473
Papanui Walk 'n' Talk <a href="#">Christchurch City Council</a>	03 941 8999
Papanui Walkers	03 323 6104
Pioneer Trampers	027 571 3699
Port Hills Walkers	027 775 8716 / 03 348 6364
Recreation and Sports Sunday Walk <a href="#">Christchurch City Council</a>	03 941 8999
Shirley Recreational Walkers	03 981 7071 / 027 775 4635
Southbridge Walking Group	03 324 2300
Tuesday Trekkers	027 500 5277
Thursday Walkers	027 337 6256
Tower Tramping Club	981 2831 (Gail) 027 337 3706 (Tess)
WACST@Burwood	027 727 8277
Walkie Talkies	03 388 8687
Wayfarers	021 399 546
Weekend Wanderers	021 108 4249
Westie Wanderers	027 223 6017 / 03 343 2679
Women's Social Walking Group	03 359 1741
XY's Walkers	03 332 7999

## Yoga

Avebury House	03 382 9233
Bromley Community Centre	389 1657 / 021 143 1909
Female Federation	962 0060
Fendalton Community Centre Yoga	021 126 4917
Hatha Yoga at CWEA	03 366 0285
Multiple Sclerosis and Parkinson's Canterbury	366 2857
Risingholme Community Centre	332 7359
St Marks Presbyterian Church Flow Yoga	027 374 3033
The Village Community Centre, Bryndwr	351 6664
YMCA	359 8320
Yoga and Qi Gong School <a href="#">Beginners courses available</a>	326 5255

## Information Services

Age Concern Canterbury	366 0903
Aspire Canterbury – Disability Information Services	03 366 6189
Bishopdale Community Trust	359 1741
Bromley Community Centre <a href="#">Community Development Worker on site with advice and support</a>	389 1657 / 027 746 8476
Canterbury District Health Board <a href="#">Community Services for Older People</a>	337 7765
Canterbury Fiji Social Services Trust <a href="#">Information and Cultural Group</a>	942 9498
Christchurch City Council <a href="#">Information, support and resources for all ages</a>	941 8999
Christchurch Resettlement Services	335 0311

## Information Services

Community and Public Health	378 6721
Diabetes Christchurch Inc	925 9972
Greypower Christchurch Superannuitants Assn Protects the welfare of the aged, offers advice and assistance	0800 473 979
He Waka Tapu	373 8150
Hornby Heartland Service Centre	961 9248
Te Whare Awhero	967 4673
Hāpai Access Card Information on sport/leisure and arts for people with disabilities	941 8999
Multiple Sclerosis and Parkinson's Society Specific classes for PD and MS at different levels	366 2857
Neighbourhood Trust, St Albans Baptist Church	027 710 0022
Presbyterian Support Head office– run various activities	0800 477 874
Problem Gambling	0800 664 262
Stroke Information – Stroke Foundation of NZ	381 8500
Te Puawaitanga ki Otautahi Trust Community Services, health and wellbeing support	344 5062 / 0800 669 957
Te Runanga O nga Maata Waka Inc	382 6628
Te Whare Roimata Support and information	379 5134
Women's Centre	371 7414

**For more information please phone 03 941 8999**



CUS6310 – June 2023

**active**  
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City Council 