Community Recreation

Hagley/Ferrymead

Activity Guide for Older Adults

active CANTERBURY

Christchurch City Council

Kia ora and a warm welcome to Hagley/Ferrymead's activity guide for older adults

The Council encourages people to be active and enjoy their leisure time with others through participation in community recreation activities. This guide offers you over 100 ways to do that within Hagley/Ferrymead.

We hope you will find the booklet useful to help you discover a new hobby, rekindle an old interest, make new friends and discover the gems within your community.

Many thanks to all the organisers of clubs and groups who help make our communities such vibrant, fun, fascinating, supportive places to live.

If you know of activities that we have missed please contact Community Recreation Adviser, Diana Saxton on 941 6628 or diana.saxton@ccc.govt.nz and we may be able to add them in the next edition.

Enjoy!

Islay McLeod
Chairperson
Hagley/Ferrymead Community Board

Diana Saxton
Community Recreation Adviser
Christchurch City Council

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"We don't stop playing because we grow old. We grow old because we stop playing."
George Bernard Shaw

A Heathcote River Ramble in Woolston – a self guided walk

Prepared by Linwood Walk 'N' Talk Leader Trudy Hart

Take yourself on a 40 minute self guided walk that includes the lovely Woolston Park and the historic Heathcote River between Ferry and Opawa Roads.

From the Woolston Community Centre (near the Tilford Street intersection), walk down Ferry Road until you reach the Heathcote River. Here you will find an information board about an 1851 Wharf that was situated there. The river was very valuable to early European Settlers for bringing goods into Christchurch from Lyttleton.

Turn right down Hargood Street and, as soon as you are across the bridge, turn right again into Clarendon Terrace. You will note several houses are elevated to protect themselves from flood waters. Continue along Clarendon Terrace until you reach the Opawa Road Bridge. Maori had a Pa situated very near this bridge. This was a resting place on the journey between Kaiapoi and Banks Peninsula.

Turn right again over the Opawa Bridge and walk back down Richardson Terrace. The original name of the river was O-pa-waho meaning Place of the Outward Pa (see previous note about a Pa). It was renamed the Heathcote by Europeans after Sir William Heathcote, who was Secretary of the Canterbury Association (an early immigration company).

Continue down Richardson Terrace, noting another old wharf site opposite MacKenzie Avenue. Pass Wildberry and Silvester Streets until you reach the back entrance into Woolston Park. From there you can enjoy the wander back through the park to the Community Centre.

Map:

nz.mapometer.com/en/running/route_1284842.html

Places to go, things to do, people to meet every day of the week

A guide to free or low cost activties for older adults living in Hagley/Ferrymead

Thanks to all the community groups in the Hagley/Ferrymead ward, there are many places to go, things to do, people to meet every day of the week! If you can't find what you are looking for ask your neighbours, friends and family about great things that are happening in the community. If you find something we've missed, give us a call – we'd love to try and list it in our next edition. Contact Community Recreation Adviser, Diana Saxton on 941 6628 or diana.saxton@ccc.govt.nz.

Gentle Exercise

GREEN PRESCRIPTION

Do you want to become more active but are unsure about what to do, or how to get started, then a Green Prescription from Sport Canterbury may be for you.

This free service provides support, motivation and guidance to get started – and get active. Sport Canterbury's Green Prescription team will talk through your current activity level, and help you set an activity plan and realistic goals suited to your individual needs, health and lifestyle.

Four months of ongoing support and advice are then offered to help you stay on track, and adjust your activity plan to match your changing fitness.

In addition to the individual consultations, Sport Canterbury's Green Prescription team also provides a group activity session and a variety of activity tasters.

Phone: 0800 ACTIVE, 0800 228 483
www.activecanterbury.org.nz

SUMNER GENTLE EXERCISE

Low impact, enjoyable exercise class for older adults.

Tuesday 9.15 – 10.15am, Sumner Community Centre (Sumner old school hall), Wiggins Street

Cost: $3.50

Phone: Broni 0800 000 929

REDCLIFFS GENTLE EXERCISE

Thursday 9 – 10am, Redcliffs Bowling Club

Cost: $4 casual or $35 for 10 classes

Phone: Chris 326 5637

WHANAU TAUTOKO SIT 'N' BE FIT

Join Heleni for enjoyable chair based exercise classes that are invaluable for people wanting to improve fitness levels and may have limited mobility.

Linwood Monday 9.30 – 10.30am
Linwood Community House, 223a Linwood Avenue

Cost: $2

Phone: 389 0009 or 381 8006

Linwood North Monday and Wednesday
11am – 12 noon, Waipuna, 349 Woodham Road

Cost: $2

Phone: 381 8006

WOOLSTON GENTLE EXERCISE WITH JANET

Wednesday 10 – 11am, Woolston Community Centre, Woolston Park, Ferry Road

Cost: $4

Phone: Doreen 389 3720

PHYSIOTHERAPY EXERCISES TO MUSIC

Do you want to keep fit, healthy and independent? Try exercising to music with physiotherapists who are experts in exercise for ageing, arthritis and the disabled.

Linwood Tuesday 10 – 11am, Linwood Avenue Union Church, 378 Linwood Avenue

Sumner Thursday 10.30 – 11.30am, St Paul's Church, corner Nayland and Hardwicke Streets

Cost: $4 (Arthritis NZ members) or $6 (non members)

Phone: 389 5303, Therapy Professionals 377 5280, Arthritis New Zealand 366 8383

Places to go, things to do, people to meet every day of the week

Gentle Exercise continued

WAINONI AVONSIDE SIT & BE FIT WITH JANET

Wednesday 10.30 – 11.30am, Wainoni Methodist Church, 878 Avonside Drive

Cost: $2

Phone: Betty 389 2285

WAINONI AVONSIDE ZUMBA GOLD WITH PAULA

Wednesday 1 – 2pm, Wainoni Methodist Church, 878 Avonside Drive

Cost: $2

Phone: Betty 389 2285

Tai Chi and Yoga

LINWOOD TAI CHI

Low impact, relaxing form of exercise, the benefits of Tai Chi are incredible.

Wednesday and Friday, 9.30 – 10.30am, Linwood Avenue Union Church, 378 Linwood Avenue. Limited spaces.

Cost: $2

Phone: 389 5303, 980 9827 or Jean 389 6571

WAINONI AVONSIDE TAI CHI

Tuesday 12noon – 1pm, Wainoni Methodist Church 878 Avonside Drive

Cost: $2

Phone: Betty 389 2285

SUMNER TAOIST TAI CHI

Improve your flexibility, mobility and balance, and learn to relax. Suitable for all ages.

Wednesday 7 – 8.30pm, Sumner Community Centre (Old School Hall), Wiggins Steet

Cost: Six weeks free (or gold coin donation)

Phone: David 326 4748 (evenings)

LINWOOD YOGA

Monday 6 – 7pm, Linwood Avenue Union Church, 378 Linwood Avenue.

Cost: $5

Phone: 389 5303, 980 9827 or Ambika 021 1687 504

ENLIVEN – STAND TALL TAI CHI PROGRAMME

A programme run by Presbyterian Support. Great for arthritis sufferers aged 65 years and over.

Cost: Programme subsidised by ACC

Phone: Hilary 373 8280

Walking Groups

Walking is the most ancient exercise and still the best modern exercise! There are at least 90 walking groups in Christchurch. Pick up a copy of the Walking Groups Booklet from a Christchurch City Council Library or Service Centre.

LINWOOD WALK 'N' TALK

Join friendly, experienced walk leader Trudy on a 30 minute walk on the flat, meet new people, feel great and discover the hidden gems in your community. Enjoyable, informative talks are held after the walk on the second and fourth Wednesday. Newcomers of all ages and abilities are welcome.

Wednesday 10am, Linwood Avenue Union Church, 378 Linwood Avenue

Cost: Free

Phone: Council 941 8999 for a programme

SUNDAY WALKS WITH WARREN CAIN

Fascinating walks around Christchurch. All walks are on the flat and are for approximately 60 minutes.

Sunday 10.30am, various departure points.

Cost: Free

Phone: Council 941 8999 for a programme

TE AWA O TE ORA WALKING GROUP

Thursday 10am, Te Awa O Te Ora Trust, 483 Tuam Street

Cost: Free

Phone: 389 7575

WAINONI AVONSIDE WALKING GROUP

Flat walks around the local area, for 3 – 5km.

Thursday 10am, Wainoni Methodist Church, 878 Avonside Drive

Cost: $2

Phone: Betty 389 2285

SALVATION ARMY LINWOOD WALKING GROUP

Walks around various areas in Christchurch for 1 – 1.5 hours. All ages and abilities welcome.

Tuesday 9.30am, Salvation Army Linwood, 173 Linwood Avenue

Cost: $1

Phone: 389 3723

MT PLEASANT WALKERS

Walks are on mostly flat terrain for approx 2 hours. Meet at Mt Pleasant Community Centre Carpark, McCormacks Bay Road.

Cost: $2 – $3 for transport

Phone: Rosemary 384 4523 or Jill 384 5453

Dancing

ROCK 'N' ROLL

A friendly group of adults who enjoy Rock 'n' Roll dancing.

Tuesday 7.30pm, Bromley Community Centre, Bromley Road

Cost: $3

Phone: Diane 388 4403, 027 227 0878 or Claire 389 1657

LINE DANCING

If you like to dance, want a social life with a friendly bunch of people then line dancing could be just what you are looking for.

Wainoni/Avonside with Dawn Tuesday 1 – 2pm

Cost: $2

Phone: Betty 389 2285 or Dawn 388 1990

Woolston with Mary Tuesday and Wednesday, 11am – 3.15pm (first half hour of each class is strictly for new dancers) Sports Hall, Woolston Club, Hargood Street

Cost: $5

Phone: Mary 389 8809 or 021 216 3382

Woolston with Pauline Tuesday 4 – 6pm and Friday 6 – 8pm (intermediate level), St John's Church Hall, corner Ferry Road and St John's Street

Cost: $6

Phone: Pauline 329 4857 or 027 7128074

Linwood with Dawn Tuesday and Friday, Advanced 9.30 – 11am, Beginners 11am – 12.30pm Linwood Community House, 223a Linwood Avenue

Cost: $2

Phone: Ann 389 0009 or Dawn 388 1990

Linwood North Beginners' Winter Warmer Line Dancing.

Friday 1.30 – 2.30pm (follows Community Lunch), St. Chad's Church, corner Buckleys Road and Carnarvon Street

Cost: Donation

Phone: 389 5833

SOCIAL DANCE EVENINGS

Rock 'n' Roll and Cha Cha and more. Newcomers and beginners welcome.

Thursday 7.30 – 9.30pm, Bromley Community Centre, Bromley Rd

Cost: $3

Phone: Manu 960 1306 or Claire 389 1657

SUMNER CIRCLE DANCES

Enjoy traditional and contemporary forms of circle dancing for fun, relaxation and group unity.

First and third Friday of the month February to June and August to November 7.30pm - 9.30pm, Union Church, corner Hardwicke & Nayland Streets.

Cost: $5

Phone: Anne 388 1637

Places to go, things to do, people to meet every day of the week

Swimming

TE AWA O TE ORA AQUA JOGGING

Monday 10am – 12noon,
Te Awa O Te Ora Trust, 483 Tuam Street

Phone: 389 7575

AQUA GYM

Private swimming lessons for adults are available for all abilities. Lesson times are flexible to suit the client. Please enquire at reception. A lane is usually provided for aquajogging during public swimming hours, 459 Cashel Street

Cost: Various

Phone: 381 0299

SUMNER COMMUNITY POOL

25 metre pool is open November to April, weather permitting at Sumner School, Hardwicke Street

Phone: Gordon 326 4924 or 021 616541

MAC'S, MCMILLANS AQUATIC CENTRE

Private swimming lessons and lane swimming for adults are available for all abilities, 54 Wickham St, Bromley

Phone: 332 4617

Outdoor Bowls

BOWLS CANTERBURY

Phone: 351 2070

Sumner **Phone: Colin 326 3161, Kenny 384 4669**

Redcliffs/Mt Pleasant **Phone: Bill 384 2217**

Heathcote Valley **Phone: Allan 384 4905**

Bowls Woolston **Phone: Merle 381 0146**

Woolston Park **Phone: Gavin 389 8391 or 021 128 4838**

Linwood **Phone: 389 9240**

Dallington/Burwood Park **Phone: John 389 8296**

Indoor Bowls

Canterbury Indoor Bowls

Phone: 389 9599

Richmond Club Indoor Bowls

Phone: 383 3289

Tui Indoor Bowls

Monday afternoons, Woolston Club, Hargood Street

Phone: Ted 384 3403

Woolston Club Indoor Bowls

Woolston Club, Hargood Street

Phone: Peter 332 2382

Woolston Indoor Bowls

St Johns Church Hall, corner St Johns Street and Ferry Road

Phone: Bev 383 0064, Mike 384 4709

"We tend to forget that happiness doesn't come as a result of getting something we don't have, but rather of recognizing and appreciating what we do have."

Fredrick Koeing

Community Gardens/ Swap Meets

Growing your own vegetables and fruit can be both satisfying and beneficial. Minimising the time from plant to plate maximises the available nutrients, so growing and picking your own fruit and vegetables is the healthiest way to eat. You don't need a huge garden to grow your own. Even the smallest inner city garden or apartment balcony can yield a supply of vegetables and herbs or you may like to join up with a local community garden and enjoy working and harvesting with others.

SMITH STREET COMMUNITY GARDENS

A Te Whare Roimata project. Enjoy the companionship, learn about and practice organic gardening, do as much or as little as you like.

Tuesday, Wednesday and Thursday 10am – 2pm,
180 Smith Street behind the Linwood Service Centre

Cost: Free

Phone: Willi 027 256 5975 or Jenny 379 5134

LINWOOD RESOURCE CENTRE AND COMMUNITY GARDENS

Volunteer in the gardens or have a plot to grow your own veggies. Donate or swap plants, seedlings, fresh fruit and vegetables. Relax and enjoy the gardens.

Monday, Thursday and Friday 9am – 12noon, Tuesdays and Wednesdays 9am – 3pm, 332 Linwood Avenue

Cost: Free

Phone: Mona 981 5594

REDCLIFFS COMMUNITY GARDEN

An initiative of Sumner Bays Union Trust, behind the Redcliffs Union Church, Augusta Street

Phone: Eddie 376 4020

SUMNER VAN ASCH COMMUNITY GARDEN

All welcome! Because it is on school grounds people need to be members of the garden.

Tuesday 9am – 12noon and every other Saturday 10am – 1pm.

Phone: Bailey 021 122 7638

MOUNT PLEASANT SWAP MEET

Bring along your spare fruit, vegetables, seedlings, baking, preserves. Share a cuppa and cake and enjoy entertainment from local musicians (another good way to share if you don't have produce to offer). Our goal is community resilience and sustainability.

Sundays fortnightly 5pm, Mt Pleasant Temporary Community Centre, 3 McCormacks Bay Road.
Closed over winter months

Cost: No money is exchanged

Phone: Jocelyn or Caroline 384 5281 or email jocelyn@mpcc.org.nz

Community Sheds

THE CANTERBURY MEN'S CENTRE – MEN'S SHEDS

The Canterbury Men's Centre support men in the Canterbury area to lead happy, healthy lives. Men's Sheds are one of our main projects. If you want to set up a shed in your area we can help out. Look at www.menssheds.org.nz to find more information.

Phone: Donald 940 9487

REDCLIFFS COMMUNITY SHED

A shed for woodwork, cabinet making, engineering, welding, metal work, arts and crafts is in the making. Available for everyone of all ages and abilities,
99c Main Road.

Phone: Reg 384 3830 for general enquiries, or Maureen 384 9181 and Wendy 376 6400 for arts and crafts information

FERRYMEAD HERITAGE PARK

For anyone interested in heritage hobbies, come and discover the biggest shed in Canterbury! Trams, trains, fire engines and aeroplanes plus photography, radio, theatre, model trains and rural history. 50 Ferrymead Park Drive, Heathcote

www.ferrymead.org.nz

Phone: 384 1970

Places to go, things to do, people to meet every day of the week

Friendship Groups

PHILLIPSTOWN LEISURE CLUB

Games, indoor bowls, gentle exercise activities, guest speakers, musical entertainment, outings and some art and crafts. Programmes run each week during school terms and are a great way to meet new people and do interesting activities.

Tuesday 12.30 – 2.30pm, Phillipstown Community Centre, 39a Nursery Road

Cost: $3, Outings may incur additional fees

Phone: Council 941 8999, Diana 941 6628 or Mary Ann 379 3256 for a programme

AVONSIDE HOLY TRINITY FRIENDSHIP GROUPS

Wednesday café second Wednesday of the month providing lunch and a speaker 11.30am – 1.30pm.

Cost: $2.50

Thursday friendship group, first Thursday of the month 11.30am – 1.30pm with shared lunch

Cost: Free

Both held at Avonside Holy Trinity, 168 Stanmore Road

Phone: 389 6948 or Rosalyn 383 7980, 021 294 6225

CHIT CHAT CLUB AND GENTLE EXERCISE

Monday 10am – 12noon, North Avon Baptist Church Lounge, North Avon Road

Cost: $5 or donation

Phone: Lesley 381 6615

LINWOOD COMMUNITY HOUSE COFFEE GROUP

Wednesday 10am – 12noon (or drop in anytime Monday to Friday from 9am – 12noon for a chat and a cuppa with Ann), Linwood Community House, 223a Linwood Avenue

Cost: Free

Phone: Ann 389 0009

WOOLSTON BOARD GAMES AND AFTERNOON TEA

First Thursday of the month, 1 – 3.30pm, Woolston Community Centre, Woolston Park, Ferry Road

Cost: Free

Phone: Doreen 389 3720

LINWOOD AVE FRIENDSHIP CLUB

Third Thursday of month, 1.30pm with entertainment for over 60s and afternoon tea, Linwood Avenue Union Church, 378 Linwood Avenue

Cost: $2

Phone: 389 5303 or 980 9827

LINWOOD NORTH FRIENDSHIP AFTERNOON

Cards, bowls, board games etc plus afternoon tea

Tuesday 1 – 3pm, St Chad's Church, corner Buckleys Road and Carnarvon Street

Cost: Free/coin donation

Phone: 389 5833

LINWOOD NORTH COMMUNITY LUNCH

Two course lunch every Friday 12noon – 1pm, St Chad's Church corner Buckleys Road and Carnarvon Street

Cost: Gold coin donation

Phone: 389 5833

LINWOOD RESOURCE CENTRE AND COMMUNITY GARDENS

Various groups meet throughout the week including art, craft and garden groups plus free beauty therapy and acupuncture. A safe place to just relax, meet new people and have a cuppa. Linwood Resource Centre, 332 Linwood Avenue

Cost: Free, $2 donation

Phone: Mona 981 5594

SUMNER SENIOR CITIZENS CLUB

Entertainment, speakers and bus trips as often as possible.

Second and fourth Wednesday of month, 1.30pm, Union Hall, corner of Nayland and Hardwicke Streets

Phone: Lola 384 9889

TE WHARE ROIMATA

Outings, entertainment afternoons and gold coin café, 274 Gloucester Street

Cost: Free, low cost

Phone: Jenny 379 5134

WOOLSTON WELCOME CLUB

Wonderful entertainment every week plus regular bus trips and raffles. New members are very welcome.

Monday 1.30 – 3.30pm, Woolston Club, upstairs West Lounge Hargood Street

Cost: $10 annual membership fee and $2 at the door

Phone: Vera 389 9206

WAINONI AVONSIDE INDOOR BOWLS WITH DAPHNE

Thursday 10am – 12noon, Wainoni Methodist Church, 878 Avonside Drive

Cost: $2

Phone: Betty 389 2285

WAINONI AVONSIDE INDOOR GAMES, SCRABBLE, TABLE TENNIS, MOVIES

Thursday 10am – 12noon, Wainoni Methodist Church, 878 Avonside Drive

Cost: $2

Phone: Betty 389 2285

FRIENDS OF EDMONDS FACTORY GARDEN

Gardening group meets most Saturdays at 10am corner of Ferry and Aldwins Road

Community concerts in December and February

Cost: Free

Phone: Jenny 389 3584

HEATHCOTE MID DAY COMMUNITY LUNCH

Fourth Thursday of each month, St Marys Church Hall, Heathcote

Phone: Anne 384 5467

HEATHCOTE BYO PUB

Friendly get together with BYO drinks, nibbles and entertainment.

Friday 5.30 – 7.30pm, St Marys Village Hall, Heathcote

Phone: Mary 384 1261 or Jeanie 338 1770

REDCLIFFS COFFEE & CONVERSATION

Thursday 10.30am – 12noon, Redcliffs Union Church, Augusta Street

Phone: Eddie 376 4020

EVERGREEN CLUB

Caters for a small group of older people who enjoy meeting with their peers, participating in exercises and taking part in a variety of other activities.

Monday to Friday, 9am – 3pm, Delta Community Support Trust, 105 North Avon Road, Richmond

Cost: Transport provided $15 per day, own transport $12 per day

Phone: 389 0212 or Faye 021 156 3110

CHRISTCHURCH STROKE CLUB

Support group for friendship, entertainment, outings and gentle exercises with a physiotherapist. Meets first three Thursdays each month from 10am – 2pm, Woolston Club Hargood Street

Cost: $25 annual subscription fee

Phone: Vera 385 9856

Places to go, things to do, people to meet every day of the week

Arts and Crafts

WAINONI AVONSIDE CRAFTS AND ART

Friendly group with tutor Jeanie Roberts.

Tuesday 10am – 12noon, Community Services Trust, Wainoni Methodist Church, 878 Avonside Drive

Cost: $2

Phone: Betty 389 2285

LINWOOD ART AND SKETCHING GROUP WITH MAGGI

Thursday 1 – 3pm, Linwood Community House, 223a Linwood Avenue

Cost: $2

Phone: Ann 389 0009

LINWOOD CRAFT GROUP

Craft group for all ages. No experience required.

Tuesday 1 – 3pm, Linwood Community House, 223a Linwood Avenue

Cost: $2

Phone: Ann 389 0009

LINWOOD AVE CRAFT GROUP

Variety of crafts, Friday 10 – 11.30am. Friendly atmosphere, everyone welcome. Linwood Avenue Union Church, 378 Linwood Avenue

Cost: 50c

Phone: 389 5303 or 980 9827

LINWOOD COMMUNITY ARTS CENTRE

Range of low cost art related classes, community events and art gallery, cnr Stanmore Road and Worcester Street

Cost: Free, low cost

Phone: Shirley 381 1665

LA FAMIA CREATIVE ARTS

Weekly art class or mosaics (all materials supplied) for all ages and (dis)abilities.

Thursday (during school term), 10am – 12noon, St Chad's Church, corner Buckleys Road and Carnarvon St

Cost: Art materials $2, or mosaic materials $5

Phone: 389 5833

BROMLEY WOMEN'S GROUP

Wide variety of crafts. No previous experience required. All ages welcome.

Tuesday 10am – 12noon (during school terms), Bromley Community Centre, Bromley Road

Cost: $2

Phone: Claire 389 1657 or 027 716 8476 for an activity programme

WDP WOMEN'S GROUP

Lots of fun, support, creative crafts (no previous experience required) and regular outings.

Wednesday 10am – 12noon (during school term), Woolston Development Project, 497 Ferry Road

Cost: $5 – $8

Phone: Bev 389 4448 for a copy of the term activities

WOOLSTON CRAFT GROUP

Bring your own crafts and enjoy sharing ideas and working on them in the company of others.

Friday 1 – 3pm with afternoon tea, Woolston Community Centre, Woolston Park, Ferry Road

Phone: Doreen/Catherine 389 3720

REDCLIFFS CRAFT GROUP

Everyone is welcome to come along and learn various crafts from our very experienced and friendly tutor.

Thursday 1 – 3 pm, 1 Bayview Road, Moncks Bay

Phone: Eddie 376-4020

TE AWA O TE ORA CRAFTY THINGS, TE REO MAORI, RARANGA, WAIATA

A variety of craft, art, waiata and raranga within a supportive environment.

Monday, Tuesday and Thursday
10am – 12noon and 1 – 3pm
Te Awa O Te Ora Trust, 483 Tuam Street

Cost: Free

Phone: 389 7575

HUGS ALL ROUND QUILTING GROUP

Wednesday 1.30 – 3.30pm, Richmond Community Cottage, opposite Richmond Club, London Street

Cost: Free

Phone: Lesley 381 6615

MT PLEASANT ART GROUP

Join a group of people interested in sketching and painting. No tuition given.

Tuesday 9.30 – 11.30am, Mt Pleasant Yacht Club

Cost: $63 for 6 months

Phone: Libby 326 5455

NATTER OVER NEEDLES

BYO art and craft for everyone interested in arts and crafts. No experience needed. Great opportunity to meet new people with a common interest.

Thursday 7pm – 9pm, Mt Pleasant Temporary Community Centre, 3 McCormacks Bay Road.

Cost: Gold coin

Phone: Di 384 7997 or email ted.n.di@ihug.co.nz

CREATE 'N CONNECT

A great opportunity to meet people, have a cuppa, enjoy creative activities and gather some inspiration! Bring along a project you are working on, or learn something new. Art and craft activities offered include mosaics, painting, knitting, jewellery, card-making, crotchet, patchwork/quilt making, painting on silk, print-making etc.

Thursday 9.30am - 12noon, St Andrews Church, 148 Main Rd, Redcliffs

Cost: $3 plus materials

Phone: Beth 942 288 or 022 678 1252

Places to go, things to do, people to meet every day of the week

Probus

Probus Clubs are for retired or semi retired people for intellectual and cultural stimulation, entertainment and friendship.

WOOLSTON COMBINED PROBUS

Third Monday of the month at 10am and first Monday of the month for outings, Woolston Club Hargood Street

Cost: $25 joining fee

Phone: Val 383 0175, Jess 389 9706

FERRYMEAD LADIES PROBUS

Fourth Monday of the month, 10am, Lions Room, Gate A Ferrymead Park

Cost: $25 annual membership fee

Phone: Kath 384 3469, Barbara 384 9284

SUMNER – REDCLIFFS LADIES PROBUS

First Monday of the month, 10am, Sumner Bridge Club, 57 Dryden St, Sumner

Cost: $35 annual membership fee

Phone: Frances 326 5822, Maureen 384 9813

FERRYMEAD – SUMNER MEN'S PROBUS

Fourth Thursday of the month, 10am, Redcliffs Bowling Club, James Street

Cost: $25 annual membership fee

Phone: Dave 326 3228, Ross 384 4823

U3A

U3A PEGASUS

A learning community organised by and for people who are in retirement, who gather together and share their experience and knowledge gained from the 'University of Life' with speakers, outings and interest groups.

Third Monday of the month, 10am, Woolston Club, Hargood Street

Cost: $20 annual membership fee

Phone: Andy 389 0841

Singing

ROCKERS OF AGES ELDERS' CHOIR

Fun choir with a break for morning tea. You don't need to be able to read music and there are no auditions!

Sumner Wednesday 10.30am – 12.30pm, Sumner Union Church, corner Hardwicke & Nayland Street

Linwood Tuesday 10am – 12noon (during school term), St Chad's Church, corner of Buckleys Road and Carnavon Streets

Cost: $5 (suggested donation)

Phone: The Muse 388 0433 or 021 046 9982

MT PLEASANT SING – A – LONG

For the young at heart who love to sing.

Meets monthly on Thursday 2pm - 4pm, Mt Pleasant Temporary Community Centre, 3 McCormacks Bay Road.

Cost: Gold coin.

Phone: Rebekah 384 1656

Fulfil your lifetime with a healthy heart

Heart Foundation

Fulfil a lifetime

Six things you can do

Have a heart health check
Ask your GP or practice nurse about having a heart health check

Know Your Numbers
Know how healthy your heart is. Visit www.knowyournumbers.co.nz

Quit smoking
If you are a smoker, quitting is the single most important thing you can do to reduce your risk of heart disease

Take steps to eat more heart healthy foods
Choosing the right foods is a great way of looking after your heart

Be active every day
Include at least 30 minutes of moderate physical activity on most or all days of the week

Support the Heart Foundation
Donating to the Heart Foundation or volunteering your time helps us continue our life-saving work

Bridge and Mahjong

Members as well as anyone interested in playing are most welcome and encouraged to attend.

SUMNER BRIDGE CLUB

Monday 7 – 9pm, Wednesday 1 – 4pm and first Saturday night of the month, Sumner Bridge Club,
57 Dryden St, Sumner

Phone: Mike 326 7002

SUMNER MAHJONG

Tuesday 1 – 4pm, Sumner Bridge Club,
57 Dryden St, Sumner

Phone: Jenny 326 6644

MT PLEASANT BRIDGE CLUB

Wednesday 7.30pm and Friday 1.30pm,
Mt Pleasant Yacht Club

Cost: $15 to join and $2.50 per session

Phone: Francis 388 3191, Rayleen 384 9677

Library

LINWOOD LIBRARY AT EASTGATE

Enjoy a popular collection of books, magazines, DVDs, large print and talking books, public computers, free internet, printing and photocopying facilities. Housebound services by request

Monday to Friday 9am - 6pm, and Saturday 10am - 4pm, at Eastgate on the first floor.

Phone: 941 7923

MOBILE LIBRARY

Library to go – providing a portable social, recreational and learning space including free wifi.

Monday 10am – 12noon, Mt Pleasant Community Centre and 1.30pm – 4pm, Sumner Library site

Tuesday 10am – 12noon, Streamside Courts, Woolston

Friday 10am – 12noon, Sumner Library site and 2pm – 4pm Station Road layby, Heathcote

Saturday 10am – 2pm, Sumner Library site

Phone: 941 7923

REDCLIFFS COMMUNITY LIBRARY

Volunteer library with latest range of books, especially fiction. DVDs for children and adults. Good range of preschool and emergent reading material.

Monday to Friday, 10am – 4pm and Saturday 10.30am – 12.30pm, temporarily located at Redcliffs Tennis Club hall, Main Road

Cost: Nominal

Phone: Jan 384 2014

BOOKSHELF

The Mt Pleasant Temporary Community Centre has a great collection of second hand books and magazines for swapping. Take one, bring one - it doesn't have to be at the same time - just go with the principle.

Tuesday, Wednesday and Thursday 11am – 3pm, Mt Pleasant Temporary Community Centre, 3 McCormacks Bay Road

Cost: Take one, bring one

Phone: Linda 384 1656

Outings

SAVVY SENIORS

Door to door service offering seniors in the east a wonderful range of excursions at reasonable prices.

Phone: Phil 354 6160 or 021 152 7470 for a programme

SUMNER COURTIERS

For people who enjoy the theatre and going out for an evening but don't like driving at night.

Phone: Ed 326 3055 or Doreen 384 5029 for more details

HOLLYWOOD CINEMA

Lastest movies in historic, 3 screen cinema complex.

Daily, 28 Marriner St, Sumner

Cost: Various

Phone: 326 6102

REDCLIFFS SUMNER HISTORICAL SOCIETY

Annual trip led by Topsy Rule to interesting destinations

Phone: Topsy 384 1139

4TH MONDAY OUTINGS

4th Monday Outings are for those who no longer drive, find public transport difficult and who wish to socialise with others. A range of activities and outings are provided. Transport is provided by volunteers who use their own cars to transport others.

Cost: Free

Phone: Gordon 389 1523

Useful websites

ACTIVE CANTERBURY

www.activecanterbury.org.nz

AGE CONCERN

www.ageconcern.org.nz

BE THERE

www.bethere.co.nz

CHRISTCHURCH CITY COUNCIL

www.ccc.govt.nz

CHRISTCHURCH CITY LIBRARIES

www.christchurchcitylibraries.com

CINCH - COMMUNITY INFORMATION CHRISTCHURCH

www.cinch.org.nz

VOLUNTEERING CANTERBURY

www.volcan.org.nz

Volunteering

BE A VOLUNTEER!

There are so many reasons to volunteer your time and skills! Help the community, meet people, gain experience and skills, support a cause and change society, keep active, gain confidence, feel useful, be part of a team and have fun! Volunteering Canterbury matches volunteers with organisations looking for people with similar skills and interests.

Phone: 366 2442 or email mgr@volcan.org.nz for more information.

BE THERE.CO.NZ CHRISTCHURCH EVENTS GUIDE

active CANTERBURY

CINCH Community INformation CHristchurch

Age Concern

Woolston Club

43 Hargood Street
Woolston
Christchurch
Phone: 03 389 7039
Fax: 03 389 7036
Email:
Woolston.club@paradise.net.nz

Advantages:

As a member of the Woolston Club inc. you are entitled to:

- Enter into members only draws/promos
- Discount on meals and drinks
- Discounted hire fee's for functions
- Discounted tickets for entertainment
- Reciprocal visiting rights to other Club's
- Birthday Points (Conditions apply)

Membership & services

Joining:

Membership generally takes up to a week to be accepted. You should check at the office a week after you hand in your membership application form to check the progress of your membership. Cards are kept at the Office.

Cards:

Membership cards can be used across the bar, at the bistro and restaurant as well as swiping them at the door kiosk to check your points balance. You will earn points and once built up, these points can be redeemed for meals or drinks.

Billards & Snooker
Peter Logan
Ph. 332 2382

Boxing
Darryll Head
Ph. 027 223 3886

Cards
Sue Macguire
Ph. 385 8174

Cricket
John Stocker
Ph. 021 715 611

Cricket – Junior
Robert Boyd-Tibbots
Ph. 021 656 140

Darts
Carol Williams
Ph. 381 5933

Fishing
Donna Rhodes
Ph. 389 4123

Gardening
Arnold Memory
Ph. 389 2206

Golf
Chris Sara
Ph. 021 124 2570

Indoor Bowls
Lola Rodriquez
Ph. 376 5111
Jan Logan
Ph. 332 2382

Outdoor Bowls
Merle Hall
Ph. 381 0146

Petanque
Glenys Painter
Ph. 388 1188

Pool
Paul McLennan
Ph. 027 238 8335

Quoits
Leigh & Marian Pavelka
Ph. 980 3673

Soccer
Lindsay Clement
Ph. 021 832 861
Rob Harrison
Ph. 022 108 8769

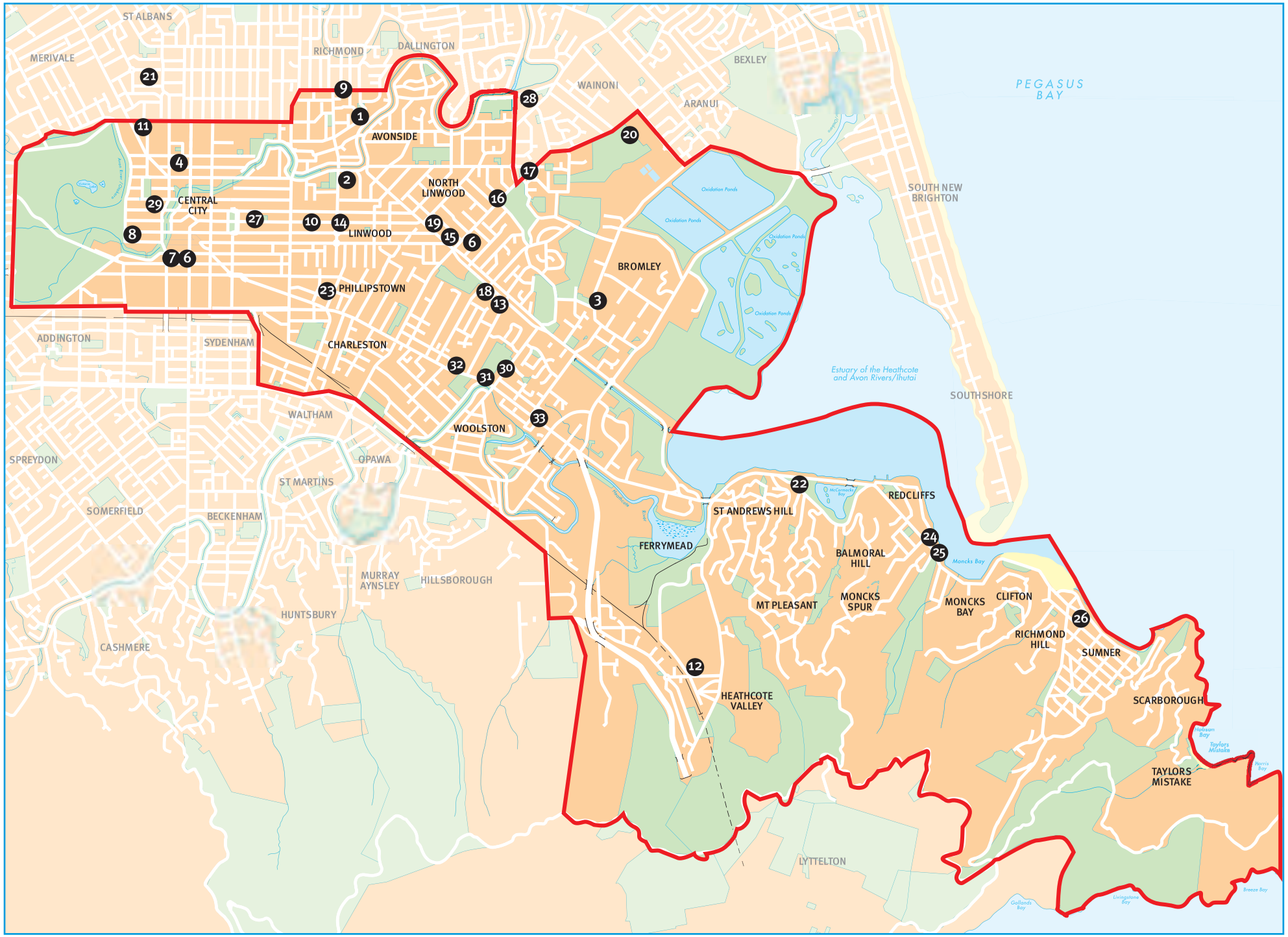
Tennis
Mary Witteman
Ph. 366 9948

Travel
Gordon Reid or Val Willis
Ph. 383 5227

Wargaming
Basil Moskovis
Ph. 379 8812

Local community centres, information hubs and websites

	Organisation	Address	Phone
	Active Canterbury	www.activecanterbury.org.nz	0800 228 483
	Age Concern Canterbury	www.ageconcern.org.nz	366 0903
	CINCH (Community Information Christchurch)	www.cinch.org.nz	
	Heart Foundation	www.heartfoundation.org.nz	366 2112
	Sport Canterbury	www.sportcanterbury.org.nz	373 5036
1	Avebury House, Avonside/Richmond	9 Evelyn Couzins Avenue	381 6615
2	Avonside - Holy Trinity	Lychgate Close, off Stanmore Road	383 7980
3	Bromley Community Centre	Cnr Bromley and Maces Road	389 1657
4	Central Library Peterborough	87 -91 Peterborough Street	941 7923
5	Central Library Tuam	121 Tuam Street	941 7923
6	Christchurch City Council	Linwood Service Centre, Eastgate. www.ccc.govt.nz	941 8999
7	Christchurch Community House	113 Tuam Street. www.cch.org.nz	365 3139
8	City YMCA	12 Hereford Street	366 0689
9	Delta Community Support Trust, Richmond	105 North Avon Road	389 0212
10	Disabled Persons Centre Trust	314 Worcester Street	366 6189
11	Enliven (Presbyterian Support Services)	44 Bealey Ave	3665472
12	Heathcote - St Mary's Village Hall	Cnr Martindales and Truscott Road	338 1770 or 027 500 7797
13	Linwood Ave Community Corner Trust	Linwood Union Church, cnr Linwood Avenue and Tilford Street	389 5303
14	Linwood Community Arts Centre	Cnr Stanmore and Worcester Street	381 1665
15	Linwood Community House	223a Linwood Avenue	389 0009
6	Linwood Library	Eastgate	941 7923
16	Linwood North - St Chad's Church	Cnr Buckley and Carnarvon Streets	389 5833
17	Linwood North - Whanau Tautoko	349 Woodham Road	381 8006
18	Linwood Resource Centre	332 Linwood Avenue	981 5594
19	Linwood Salvation Army	173 Linwood Avenue	389 3723
6	Linwood Service Centre	Eastgate	941 8999
20	Marae - Nga Hau E Wha	250 Pages Road	382 6628
21	Marae - Rehua	79 Springfield Road	355 5615
22	Mt Pleasant Community Centre	3 McCormacks Bay Road	384 1656
23	Phillipstown Community Centre	Nursery Road	379 3256
24	Redcliffs Information Centre	87 Main Road	0800 234 565
25	Redcliffs Community Shed	99c Main Road	376 4020
25	Sumner Bays Union Trust	99c Main Road. www.sumnerbays.org.nz	376 4020
26	Sumner Community Residents Association Hub	57 Nayland St. www.sumnercommunity.org.net	326 7817
27	Te Whare Roimata	274 Gloucester Street	379 5134
28	Wainoni/Avonside Community Services Trust	Wainoni Methodist Church, 878 Avonside Drive	389 2285
29	WEA - Workers Educational Association	59 Gloucester Street, opposite Art Gallery	366 0285
30	Woolston Club	Hargood Street	389 7039
31	Woolston Community Centre	Woolston Park, Ferry Road	389 3720
32	WDP - Woolston Development Project	497 Ferry Road, opposite Woolston School	389 4448
33	Woolston - St John's Church	Cnr Ferry Road and St Johns Street	384 1737


ST ALBANS
MERIVALE
RICHMOND
DALLINGTON
WAINONI
BEXLEY
ARANUI
PEGASUS BAY
AVONSIDE
NORTH LINWOOD
CENTRAL CITY
LINWOOD
BROMLEY
PHILLIPSTOWN
SOUTH NEW BRIGHTON
ADDINGTON
SYDENHAM
CHARLESTON
Estuary of the Heathcote and Avon Rivers/Ihutai
SOUTHSHORE
WALTHAM
WOOLSTON
SPREYDON
OPAWA
ST MARTINS
REDCLIFFS
ST ANDREWS HILL
SOMERFIELD
BECKENHAM
FERRYMEAD
BALMORAL HILL
MURRAY AYNSLEY
HILLSBOROUGH
MT PLEASANT
MONCKS SPUR
MONCKS BAY
CLIFTON
HUNTSBURY
RICHMOND HILL
SUMNER
CASHMERE
HEATHCOTE VALLEY
SCARBOROUGH
TAYLORS MISTAKE
LYTTELTON

June 2013 5472

Christchurch City Council
53 Hereford Street, Christchurch 8011
PO Box 73014, Christchurch 8154
Telephone 941 8999. Email: info@ccc.govt.nz
Or visit our website: www.ccc.govt.nz

Christchurch City Council