

Older Adults Recreation Guide



Introduction

As we grow older, it is more important than ever to have an active lifestyle to maintain and improve our well-being. For those entering retirement, these years give us the licence to recreate ourselves and to pursue many different activities and experiences.

This guide tells you about many exciting opportunities for leisure and community activities for older adults. There are plenty of ways for you to discover a new hobby, rekindle an old interest and make new friends.

This booklet is available at all Christchurch City Council Service Centres and Recreation and Sport Centres or you can phone 941 8999 and ask for a copy to be sent to you.

To view this booklet online visit: www.ccc.govt.nz/cityleisure/communityservices/leisureclubs.aspx

Disclaimer: Please note that to the best of our knowledge information in this guide was correct at the time of printing, however all programme information is subject to change. We do not necessarily endorse any organisation or facility that is in this guide. Nor have we purposefully left out any organisation or facility.

If you are a programme provider and would like to update or include programme information in future versions of this guide, please contact a Community Recreation Advisor by phoning 941 8999.

Many of the benefits of an active lifestyle can include:

- feeling better about yourself
- meeting new people and having fun
- stronger bones
- lowered blood pressure
- reduced levels of stress and anxiety
- helping you function better
- improved sleep, less fatigue
- improved posture
- better weight control
- improved mobility, more supple joints – less chance of accidents
- improved efficiency of bodily functions, e.g. digestion and problems associated with constipation
- improved circulation and improved heart and lung function

If you suffer from a medical condition or have any health worries it's a good idea to discuss this with your doctor before beginning any exercise programme.





Did you know keeping active and doing regular exercise is important at every life stage? Especially as we get older.

Regular physical activity can improve your health and wellbeing, and make it easier to complete daily tasks. It also helps you to continue doing the things you love, like...

- Keeping up with the grand kids
- Gardening and physical jobs around home
- Participating in recreational pursuits
- Enjoying the great outdoors
- Playing sports
- Joining active social events

Active Canterbury is your local physical activity hub. We gather information about community groups, classes, clubs, parks, facilities and events and put it all in one place, making it super easy for you to find an activity that fits your preferences.

We also provide helpful beginner advice, useful activity tips, physical activity guidelines, related links and key contact information.

So if you're stuck for ideas, need some advice on how to get started, or just want to find out what's available in your local area visit us at www.activecanterbury.co.nz or call our friendly team on 0800 ACTIVE (228 483).

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

www.activecanterbury.org.nz

Recreation and Sport Centres

Christchurch City Council would like to welcome you to our Recreation and Sport Centres. The Centres offer a fantastic range of recreation and fitness options for all ages and abilities. Leisure for life – experience it! It is the philosophy and vision that we at Christchurch City Council live by. It is about leisure throughout your life, leisure for all ages and about getting out and participating at all levels.

The benefits of 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. It is easy to be active at our facilities, and we encourage you to find more about our programmes, classes and centres by reading the website:

www.ccc.govt.nz/recreationandsport

Below is a list of the Christchurch City Council Recreation and Sport Centres. All of them offer a wide range of older adult classes and programmes. These include gentle exercise, tai chi, aqua jogging and low impact exercise classes.

Facilities:

- Graham Condon Recreation and Sport
- Jellie Park Recreation and Sport Centre
- Pioneer Recreation and Sport Centre
- QEII Fitness at Parklands

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Activity and Social Clubs

After Hours Group social outings and meetings	355 4094
Age Concern Canterbury, 250 Barrington Street	366 0903
Ascot Leisure Club for Older Adults	941 8999
Ascot Scrabble Club	980 0083
Avon Bonsai Society	358 2591
Avonhead Garden Club	332 1366
Avonside Holy Trinity Church; Wednesday café, information and clubs	389 6948
Beckenham Baptist Church; craft group	337 1416
Beckenham Friendship Club	332 0603
Belfast Friendly Club	354 6227
Bishopdale Community Trust	359 1741
Bishopdale Senior Citizens Club	359 4344
Bromley Community Centre; various groups and activities	389 1657
Burnside Senior Citizens Club	358 4984
Burwood All Saints; fellowship, crafts	383 4656
Canterbury Badminton	389 8534
Canterbury Cake Decorators Guild	389 5295
Canterbury Fiji Social Services; elders group	942 9498
Canterbury Herb Society	348 3831
Canterbury Horticultural Society Garden	366 6937
Cashmere Club Inc – badminton, cards, darts	332 0092

Activity and Social Clubs *(continued)*

Cashmere Garden Club	342 7212
Caterpillar Garden Tours: info@gardentour.co.nz info@welcomeaboard.co.nz	0800 88 22 23
<i>Christchurch Community Gardens:</i>	
Kaiapoi	327 4005
Linwood	981 5594
Lyttelton	328 9243
New Brighton	388 6506
Christchurch Multicultural Council	325 3114
Christchurch Petanque Club	338 5559
Church Corner Leisure Club Handcrafts, painting, exercises and various activities	358 5335



Country Women's Institute	356 2676
Crockfords Bridge Club Daytime bridge classes crockfords@xtra.co.nz	348 7478
Dallington Creative Community Cottage Walking groups and various activities	980 9181
Dallington Friendship Group	388 7265
Delta Community Trust: Various activities for people of all ages and abilities 105 North Avon Road.	389 0212
Facet Friendship Club	381 1732
Fendalton Leisure Club For Older Adults; Social group with various outings and activities	941 8999
Friends and Neighbours Fellowship Group: Social group for retirees	322 7328
Garden Group: Cracroft Community Centre	332 5547
Green Prescription Clubs – locations throughout Christchurch, Social sessions for people to experience various exercise, options and learn healthy lifestyle tips	0800 228 483
Halswell Anglican Church Seniors Group	322 6095
Halwsell Friends and Neighbours Group	322 7328
Halswell Garden Club	322 9240
Halswell Quarry Petanque	338 6232
Hei Hei Craft Group: Beginners Welcome	342 5684

Activity and Social Clubs *(continued)*

Hei Hei Leisure Club for Older Adults Social group with various outings and activities	941 6537
Hillsborough Bible Study Group	332 6648
Hoon Hay Presbyterian Church: Craft Group	338 8901
Hornby Good Companions Social group and bus trips	942 4127
Hornby Women's Institute: Social and craft groups	349 8521
Lincoln Area Senior Citizens Club	329 5874
Linwood Ave Community Corner Trust: Various social groups	980 9827
Linwood Community Arts Centre: Workshops available	981 2881
Linwood Community House: Arts and crafts	389 0009
Linwood Resource Centre: Community garden, special interest groups, information and services	981 5594
Lyttelton Hibiscus Friendship Club	328 8899
Mary Potter, St Albans; varied activities	372 9224
Matua Pacific: St Paul's Trinity Church Activities include culture and playing cards	388 4964
Mt Pleasant/Heathcote Anglican Church Social Group	376 6182
Music Centre of Christchurch	377 5000
Neighbourhood Trust Golden connections – social group, bus trips and meals	355 6522

New Horizons Trust: Friendship Group	338 4163
North Christchurch Sunshine Club	352 7319
Northgate Community Services Trust – medical, and various exercises	3750850
Oasis Baptist Elders Group	342 7036
Opawa Senior Fellowship Group	331 8248
Papanui 500 Card Club	352 1185
Papanui Club; petanque, friendly club	359 9586
Papanui Welcome Club	359 7738
Parklands Baptist Church: Various social clubs including crafts, pottery and exercise	383 1356
Parklands Wednesday Club: Recreational Activities	383 5917
Phillipstown Leisure Club for Older Adults: Social group with various outings and activities	941 6840
Piki Te Ora: Health and wellbeing groups	381 8048
<i>Probus Clubs:</i>	
Cashmere Club	385 9327
Centaurus Combined Probus Club	332 1577
Cracroft Ladies Probus Club	332 1582
Cracroft Mens Probus Club	322 7226
Huntsbury Combined Probus Club	379 4871
Mairehau	385 1725

Activity and Social Clubs (*continued*)

New Brighton	383 5208
New Brighton Ladies	384 1138
Shirley	385 0070
St Martins/Opawa Ladies Probus Club	337 1824
St Martins/Opawa Mens Probus Club	332 8605
Quilt making for charity	381 6615
Quilting group for migrants	339 8087
Rewi Alley Chinese School Older adults cultural group	341 7108
Riccarton Baptist Church	960 6878
Riccarton Floral Design	389 8091
Riccarton Garden Club	385 3371
Riccarton Horticultural Society	960 3381
Risingholme Community Centre, Opawa; activities for seniors	332 7359
Rowley Community House; older persons outings, crafts	960 1776
Rowley Resource Centre: Craft Group	960 1776
Sacred Heart Friendship Club, Addington	338 8395
Salvation Army Linwood: Women's groups, crafts and support	389 3723
Salvation Army, Sydenham; explorers, grandparents as parents	332 8277
Scrabble Club	332 5963

Senior Citizens Clubs	
Contact Age Concern for local club details	366 0903
SeniorNet Garden City – Computer classes for over 50’s	385 4643
Senior Saints Older Adults Group	
Monthly meetings and bus trips	348 4499
Shirley Community Trust	
Various activities for people of all ages and abilities	981 5521
Spreydon Garden Club	332 6002
Spreydon Baptist Church; companionship, trips, crafts, etc	338 4163
St Aidens Church, Hornby; crafts, exercise, outings	342 5864
St Albans Baptist Church	355 6522
St Andrews Community Cottage: Various Groups	382 0995
St Christophers Church Social Group	358 8780
St Columbus Church ‘Time for You’: Variety Group	349 7311
St Georges Church Social Group, Linwood	381 5567
St Lukes Anglican Church, Kilmore Street	366 2253
St Marks Community English	358 5443
St Marks Foot Clinic	358 5458
St Marks Presbyterian Church – various activities	358 5172
St Martins Friendship Club	365 1886
St Mary’s Fellowship Friendship group; speakers and outings	322 8057

Activity and Social Clubs *(continued)*

St Marys Merivale Corner; companionship, crafts, walking	355 3287
St Stephens Church Craft and Fellowship Group	351 6664
St Teresa’s Spirit of Wisdom: Social group and bus trips	348 6456
Sydenham Salvation Army Over 60’s: Senior Citizens Club	337 2843
Sumner Senior Citizens Club	384 9889
Te Whare Roimata – Weekly social lunches	379 5134
The Salvation Army Companions Club	366 0740
The Creative Nest – various activities	3526911
Totara Club, Riccarton; day program, disability and dementia	363 8221
United Bridge Club	358 6422
Upper Riccarton Creative Leisure Club	358 5335
Upper Riccarton Craft Group	358 5335
Wainoni/Avonside Community Services Trust	389 2285
Waltham Community Cottage: Outings Group	942 2173
West Spreydon Senior Citizens Club	338 4784
W.E.A. Field Club	355 2040
Wharenui Super Group 50+: Swimming, dancing and various physical activities	348 6488
Whareora House of Life: Craft Group and Friendship Group	337 2731

Widow and Widowers Society Christchurch	981 7870
Widow and Widowers Society, East Christchurch	383 6224
Women's Centre	371 7414
Women's Leisure Club: Low cost activities for 60+	332 8108
Woolston Club: Many groups/clubs	389 7039
Woolston Development Project: Women's Recreation Group	389 4448
Woolston Welcome Club: social, trips	389 9206
Y.M.C.A Over Fifties Programme	359 8320

Aquacise and Swimming

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

Aquagym

Lessons, aqua jogging 349 3433

Graham Condon Recreation and Sport Centre 941 6888

Halswell Amateur Swimming Club 322 5534

Jellie Park Recreation and Sport Centre
Golden Oldies Programme 941 6888

Kaiapoi Aquatic Centre
Aquacise, Recreation 375 5041

Kings Swim School Lessons 341 7579

Miniswim and Hydrotherapy:
Tuition for people with special needs 382 1922

Pioneer Recreation and Sport Centre 941 6888

Wharenui Sports Centre and Swimming Club
Supergroup 50+ 348 6488



Badminton

Ashgrove Club	359 0007
Avon Badminton Club: Social	355 6045
Canterbury Badminton	386 3554
Canterbury Badminton Club: For all ages and abilities	389 8534
Cashmere Club	332 8869
ChCh Kerala Association Inc	322 7865
Christchurch Club	980 7454
Diamond Harbour Indoor Sports Association	329 4521
Fendalton Badminton Club	359 5300
Ilam Badminton Club	338 6979
Knox - Tekura	027 551 4738
Lincoln	347 9707
Masters Badminton Club	384 0543
Pioneer Leisure Centre	941 6888
St Mark's Badminton	358 8832
St Marks Presbyterian Church	351 8280
Sumner Community Centre	326 6621
UCBC Club	021 352 656
Windsor	383 4996

Bowls (Indoors)

Arawa Indoor Bowls Club	358 8747
Avonhead Indoor Bowls Club	342 8046
Celtic Indoor Bowls	960 6294
Christchurch North Presbyterian Church	323 6624
Deaf Indoor Bowls Canterbury	347 4718
Diamond Harbour Indoor Sports Association	329 4521
Garden City/Linwood Ave Indoor Bowls Club	352 5632
Halswell Indoor Bowls	322 8702 or 980 0460
Hornby WMC Indoor Bowls	942 8375
Hoon Hay Presbyterian Church: Indoor Bowls	338 8901
Hoon Hay School Indoor Bowls Club	338 5769
Indoor Bowls Association: Holds lists of indoor bowling clubs in Canterbury	389 9599
Irish Society Indoor Bowls	331 7011
Kaiapoi Club Indoor Bowls	327 8561
Morrison Avenue Bowling Club	352 6082
New Brighton Working Men's Club	355 7366
North Brighton Indoor Bowls Club	388 8856
Opawa Methodist Indoor Bowls	388 6776
Papanui Club	352 3338
Quinn's Road Indoor Bowls	980 2881
Redwood Senior Citizens Club	359 9720

Riccarton Race Course Bowling Club	342 7029
Richmond Methodist Church	388 6021
Richmond Working Men's Club	383 7725
Social Indoor Bowls	354 3002
Somerfield Indoor Bowls Club	332 0831
Spreydon Indoor Bowls Club	352 0265
St Albans Park Indoor Bowls Club	980 3986
St Albans-Shirley Club	942 8865
St James Presbyterian Church: Indoor Bowls	337 0611
St Joseph's Indoor Bowls Club	359 4502
St Marks Indoor Bowls	358 5443
St Pauls	383 8148
St Peters Indoor Bowls Club	338 8113
St Stephens Presbyterian Church and Community Centre	351 6664
Sumner Community Centre	326 6621
Tui	384 3403
West Spreydon Ladies Indoor Bowls Club	322 6997
Woolston Club Indoor Bowls	389 1849

Bowls (Outdoors)

Avon Park Bowling Club	389 5215
Barrington Bowling Club	332 3611
Beckenham Bowling Club	332 9898
Belfast Bowling Club	323 7205
Bowls Canterbury Inc; information on all outdoor bowling clubs	351 2070
Bowls Papanui	352 9399
Bowls Woolston	389 7562
Burnside Bowling Club	358 4617



Cashmere Bowling Club	332 7310
Diamond Harbour Bowling Club	329 4515
Edgeware Bowling Club	366 2160
Elmwood Bowling Club	355 7122
Fendalton Bowling Club	351 9048
Halswell Bowling Club	322 7269
Hornby Domain Bowling Club	349 7262
Kaiapoi Workingmen's Club	327 7884
Linwood Bowling Club	389 9240
Morrison Avenue Bowling Club	352 6082
Mt Pleasant Bowling Club	384 3733
New Brighton Bowling Club	388 9059
Parklands Bowling Club	383 3365
Riccarton Race Course Bowling Club	342 7029
St Albans-Merivale Bowling Club	355 9507
St Albans Park	980 3986
St Martins Bowling Club	332 7216
Spreydon Bowling Club	338 8105
Sumner Bowling Club	326 6247
Woolston Bowling Club	389 5640

Croquet

Akaroa Croquet Club	(03) 304 5040
Barrington Park	337 9082
Canterbury Croquet Assn	342 5568
Cashmere	338 8298
Diamond Harbour	329 4646
Edgeware	386 0340
Elmwood	386 2815
Fendalton Park	348 7876
Holmes Park	342 8421
Hornby	349 7126
Kaiapoi	327 4348
St James Park Croquet club	942 8549
St Martins Croquet club	942 0813
United Croquet club	325 7855



Dance

Apollo Club	349 6929
Banks Peninsula Scottish Country Dance Club	(03) 304 7619
Cathedral City Line Dancers	389 8809
Ceroc	366 0123
Christchurch Rock n Roll Club	359 2656
Christchurch Scottish Country Dance Club	357 0922
Christchurch Senior Citizens	352 6295
Good Companions Social Club	354 4293
Hoon Hay Scottish Country Dance Club	980 0775
Hula for Health	389 2411
Line Dance Christchurch: Various locations	329 4857
Line Dancing for Fun	388 9914
Linwood Community House: Line dancing	389 0009
NZ Modern and Classical Sequence Dance Federation	960 6818
Plaza	387 0199
Riccarton Dance Club	349 6929
Salsa Fusion Latin Dance Studio: Beginners Welcome	384 6318
Sequence Dancing	981 7044
South Island Federation of Square and Round Dancing Clubs	942 3482
Templeton Line Dancers	942 7385

Gentle Aerobics/Exercise

Arthritis NZ Canterbury Service Centre: Various venues, exercises and hydrotherapy	366 8383
Beckenham Baptist Church Gentle Exercise Program	337 1416
Bromley Katang Fitness	388 1804
Cardiac Companions Association: Burwood Hospital/Wharenui Gym	942 5453
Christchurch Southern Community Classes (chi-ball, tai chi and more)	332 5116
Christchurch City Council Recreation and Sport Unit Jellie Park Recreation and Sport Centre Pioneer Recreation and Sport Centre	941 8666 941 8666
Diabetes Centre	337 0006
Wharenui Leisure Centre	348 6488
St Lukes Presbyterian and Community Centre	352 2805
Exerdance: Dance exercise for women only Various locations	388 5681
Fendalton Community Centre	351 3236
Gentle Exercise for Over 50's: St Mary's Church	351 3236
New Brighton Dancers; gentle exercise to Scottish music	388 7985
North Avon Baptist Church	337 0006
Hula For Health Gentle exercises with popular Hawaiian tunes	389 2411
Huntsbury Keep Fit	332 8672
Keep Active in Spreydon	338 1674

Gentle Aerobics/Exercise (*continued*)

Limbering Up for the Over 50's: Cracroft Community Centre	338 9303
Linwood Keep Fit: Gentle exercises, Tai Chi	389 5303
Mary Potter, St Albans	372 9224
PEPSA/Gentle Exercise: Various Venues	388 3196
Respiratory Relief Society: Gentle exercises	374 6399
Te Whare Roimata	379 5134
Senior Fitness Class: Pioneer Recreation and Sport Centre, Lyttelton St	941 8666
Senior Fitness Class: Somerfield Community Centre	365 0369
Sport Canterbury Green Prescription 'Have a go' and 'Get active' Clubs	373 5060 0800 ACTIVE
Spreydon Baptist Church: Be Active Program	338 4163
St Aidens, Hornby	342 5864
St Faiths Anglican Church, New Brighton	388 1804
St Marks Presbyterian	358 5443
St Nicholas Church, Spreydon	337 0006
St Sila's Anglican Church Gentle exercise group	352 1366
St Peter's Beckenham	337 0006
St Peter's Exercise Group Church Hall, Main South Road and Yaldhurst Road	348 5653

Stroke Foundation: Exercises at various locations	381 8500
St Stephens Presbyterian Church and Community Centre: Exercise classes	351 6664
St Timothy's Hall, Kendall Ave, Friday 9am - 10am	358 8174
Sumner Community Centre: Keep fit classes	326 6621
Sydenham Community Development Project: Gentle exercise for women	332 7410
He Waka Tapu Trust: General Fitness	373 8150
Therapy Professionals Ltd: Exercises at various locations	377 5280
Woolston Community Centre: Gentle exercise classes	389 3720
Wainoni Methodist Church	351 3236
YMCA: Various Gentle Exercises for Older Adults	359 8320

Golf

Avondale Golf Club	388 8203
Canterbury Golf Association	359 4000
Canterbury Women's Golf Inc.	359 4000
Christchurch Golf Club	385 9506
Clearwater Resort Golf Club	360 2146
Facet Friendship Club: Over 45's Golf	388 3746

Hagley Golf Course hagleygc.org.nz	379 8279
Harewood Golf Course	359 8843
Kaiapoi Golf Club	327 7320
McLeans Island Golf Club	359 9768
Templeton Country Club	349 7571
Waimairi Beach Golf Club	383 0408



Gyms

City Fitness:	
Christchurch	366 2221
Northwood	375 9110
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Contours (Exclusively For Women)	
Papanui	352 9696
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Curves (Women Only):	
Bishopdale Mall	359 1500
Halswell	322 1230
Merivale	355 5667
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Finesse – The Gym for Women:	
Eastgate Shopping Centre	389 2000
Westfield Riccarton Shopping Centre	343 2004
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Jellie Park Recreation and Sports Centre	941 6888
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Les Mills: City Club	379 1140
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Pioneer Recreation and Sport Centre	941 8666
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Shoreline Fitness Centre	388 3006
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Wharenui Sports Centre	348 6488
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Women in Motion – Hornby	349 7500
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YMCA:	
City	366 0689
Bishopdale	359 8320
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Pilates

Christchurch City Council Recreation	941 6888
Fendalton Community Centre	941 8999
Cashmere Club: Cashmere	332 0092
Contours Papanui	352 9696
Diva Ferrymead	962 0060
Parklands Baptist Church	383 1356
Pilates One on One (195 Wairakei Rd and North Beach)	383 3084
Pioneer Recreation and Sport Centre	941 6888
St Mark's Presbyterian Church	342 3172
Wharenui Leisure Centre	348 6488
YMCA	366 0689

Sit and Be Fit Exercises

Arthritis NZ Canterbury Service Centre	366 8383
Ascot Sit n Be Fit	383 2665
Avebury House: Richmond	381 6615
Bromley Sit n Be Fit	388 1804
Burnside Elim Church	358 4486
Diabetes Christchurch	378 6266
Halswell Sit and Be Fit	351 3236
Pioneer Stadium	941 6888
Sit n Be Fit at New Brighton Community Gardens	388 6506

Sit n Be Fit, Opawa	941 5107
St Andrews Community House	382 0995
St Faiths Sit n Be Fit	388 1804
Te Whare Roimata Arm Chair Exercises	379 5134
Wainoni/Avonside Community Services Trust	389 2285
Woolston Community Centre: Woolston	389 1609
YMCA Bishopdale	359 8320
YMCA City	366 0689



Sports (Masters)

Badminton Masters	384 0543
Canterbury Hockey Assn: Christchurch office	360 3010
Canterbury Masters Athletics	332 3921
Canterbury Veterans Tennis Association	389 6484
Lawn Bowls Masters	351 2070
Parafed Canterbury: Sport for people with disabilities	385 4449
Touch Canterbury	323 6102

Tai Chi

Avonhead/Papanui/Fendalton Tai Chi	354 1003
Bishopdale Community Trust	359 1741
Chan's Martial Art Tai Chi	366 0791
Linwood Avenue Community Care Trust	389 5303
Linwood Avenue Union Church	389 5303
Multiple Sclerosis and Parkinson's Society	366 2857 ext 1
Papanui	352 9933
Red Dragon Tai Chi	337 0077

Rewi Alley Tai Chi	341 7108
St Albans Community Centre	374 2465
St Pauls Anglican Church, Papanui	352 9571
Wainoni Avonside Community Services	389 2285
Waltham Community Cottage Tai Chi Gong	942 2173
YMCA – Bishopdale	359 8320



Table Tennis

Avonside Table Tennis: All Ages	332 9904
Bishopdale Table Tennis Club: Older Adults	021 777 094
Diamond Harbour Indoor Sports Association	329 4070
Harewood Table Tennis Club	359 9781
Huntsbury Ladies Table Tennis Club: Non-competitive	942 7420 or 332 3819
Merivale Corner	355 4197
Parklands Table Tennis	382 8931
Redwood Table Tennis Club: Over 40's Social	352 4182
Table Tennis Canterbury	341 5561

Tennis

Avonhead Tennis Club: Senior Tennis Available avonheadtennis.co.nz	342 6046
Beckenham	332 4870
Bishopdale	359 9178
Burnside Park Tennis Club	358 3272
Burwood Park Tennis Club: Seniors Welcome	385 8844
Cashmere	980 7358
Canterbury Veterans Tennis Association: 35+	389 6484
Edgewart Tennis Club	385 8709
Elmwood Tennis Club	355 8377

Hagley Park Tennis Club	366 2870
Halswell Tennis Club	322 6993
Hornby Tennis Club	349 9635
Kaiapoi Tennis Club	327 5522
Marshland Tennis Club: Social	354 0101
Mt Pleasant Tennis Club	384 5359
North Beach Tennis Club	352 5202
Redcliffs Tennis Club	384 3074
Redwood Tennis Club	352 4182
Riccarton Domain Tennis Club	341 6844
Shirley Tennis Club	389 2667
St Martins	981 4282
South New Brighton Tennis Club	388 8580
St Albans Tennis Club	365 3848
Sumner Tennis Club	326 5390
Wheelchair Tennis New Zealand	323 9117
Yaldhurst Tennis Club	342 3392

Walking

Beckenham Walk and Talk	941 8999
Broomfield Wanderers Walking Group	349 3644
Cardiac Companions: Walking for Heart Patients	942 5453
City Ramblers Walking Group: 50+	323 9277
Crusaders Walkers 55+	960 8228
Dallington Walking Group	942 8692
Fendalton Walk and Talk	941 8999
Halswell Walk and Talk	941 8999
Happy Ramblers Walking Group: 50+	337 4094
Hoon Hay/Hillmorton Kiwi Seniors Walking Group	338 8306



Kiwi Seniors Walking Groups: Sport Canterbury	373 5060
Linwood Ave Community Corner Trust	980 9827
Maryville Kiwi Seniors Walking Group	377 8742
Merivale Corner: Older Adults Walking Group	355 4197
Merivale Kiwi Seniors Walking Group	355 8703
Mt Pleasant Kiwi Seniors Walking Group	384 4523
New Brighton Walk and Talk	941 8999
Nordic Walking	332 0342
Papanui Seniors Walking Group	352 7519
Papanui Walk and Talk	941 8999
Pioneer Trampers	348 6364
Shirley Recreation Walkers	981 7071
Somerfield Kiwi Seniors Walking Group	337 1436
St Peters Walking Group	348 9157
Sunday Walks – Christchurch City Council Different location each week	941 8999
Wainoni/Avonside Community Services Trust: 50+	389 2285
Wayfarers Walking Group: 50+	323 9311
Women Walk: All Ages	384 1921
YMCA	366 0689

Yoga

Fendalton Community Centre Yoga	941 8888
Hatha Yoga	326 6671
Multiple Sclerosis and Parkinson's Society	366 2857 ext 1
Risingholme Community Centre Evening classes at Shirley Boys High School, Christchurch Girls High School and Riccarton High School	332 7359
St Marks Presbyterian Church HathaYoga	359 9600
Viva Ferrymead	962 0060
Yoga and Qigong School: Beginners Courses Available	326 5255



Information Services

Age Concern Canterbury	366 0903
Bishopdale Community Trust	359 1741
Bromley Community Centre: Community Development Worker on site with advice and support	389 1657
Bryndwr Churches Community Support Society	351 7390
Canterbury District Health Board: Community Services for Older Adults	337 7899
Canterbury Fiji Social Services Trust: Information and Cultural Group	942 9498
Christchurch City Council – Community Recreation Advice: Information, support and resources for all ages	941 8999
Christchurch Resettlement Services	335 0311
City Council Metropolitan Community Advisor for Older Adults	941 6279
City Housing Community Support Unit	941 8999
Community and Public Health	364 1777
Diabetes Life Education	3640860
Disability Information Services	366 6189
Greypower Christchurch Superannuitants Assn: Protects the welfare of the aged, offers advice and assistance	0800 047 3979
He Waka Tapu	373 8150 359 7407
Heartland Services	961 9248

Hei Hei Community Development Project	342 5864
Hornby Presbyterian Community Trust	980 2296
KiwiAble Programme: 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 ext 1
Neighbourhood Trust, St Albans Baptist Church	355 6522
Nga Maata Waka: Support and Information	382 6628
Piki Te Ora: Support and Advice	381 8048
Presbyterian Support (run various activities) head office	366 5472
Problem Gambling	379 2824
Project Dietitian: Older persons health service	337 7899
Rewi Alley Education and Cultural Centre	341 7108
Senior Net: Computing for seniors	385 4643
St Andrews Community Cottage: Community worker on site	382 0995
St Stephen's Presbyterian Church and Community Centre	351 6664
Stroke Information	381 8500
Te Puawaitanga ki Otautahi Trust Community Services and Information	344 5062
Te Whare Roimata: Support and information	379 5134

For more information please phone (03) 941 8999

Christchurch City Council

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