

JULY

Technology Workshop

Update your technology skills at this practical, hands-on workshop. If you have a laptop or iPad bring them along. A desktop computer will also be available.

Friday 17 July

- 10.30am to 12.30pm
- Te Tuhi, 13 Reeves Road, Pakuranga

Day trip to the Auckland Art Gallery

Join with other members and explore the latest exhibitions at the Auckland Art Gallery or simply enjoy the beautiful building as you wander through the gallery. Max 10 people.

Thursday 23 July

- 10am to 2pm with lunch at the gallery
- Departing from HBH Senior Living, 139 Union Road, Howick

Monthly coffee & catch-up

Held on the last Tuesday of every month, this relaxed get-together is a great opportunity to meet other seniors and get to know each other over a cuppa.

Tuesday 28 July

- 10.30am to 12.30pm
- Te Tuhi, 13 Reeves Road, Pakuranga

AUGUST

Move to stay mobile

As we age, moving is vital to our physical and mental well-being. If you're fit and well, this 8-week fitness programme helps you to

maintain your fitness. Max 10 people.

Wednesday 5 August to 23 September

- 1.30pm to 2.15pm
- Gym, HBH Senior Living, 139 Union Road, Howick
- Gold coin donation

Book swap

If you're interested in reading, join us at this relaxed get-together with other liked-minded readers. Share, swap, recommend and chat about books over a cuppa.

Thursday 6 August

- 10.30am to 12pm
- HBH Senior Living, 139 Union Road, Howick

Monthly coffee & catch-up

Join other seniors for this relaxed monthly get-together – a chance to connect and chat over a cuppa.

Tuesday 25 August

- 10.30am to 12.30pm
- Te Tuhi, 13 Reeves Road, Pakuranga

SEPTEMBER

Day trip to the Auckland Domain Winter Gardens

Enjoy a leisurely stroll around the Winter Gardens at the Auckland Domain. See rare lush tropical and temperate plants and the popular fernery.

Thursday 17 September

- 10.00am to 2.00pm with lunch at the cafe
- Departing from HBH Senior Living, 139 Union Road, Howick

Monthly coffee & catch-up

Join other seniors for this relaxed monthly get-together – a chance to connect and chat over a cuppa.

Tuesday 29 September

- 10.30am to 12.30pm
- Te Tuhi, 13 Reeves Road, Pakuranga

OCTOBER

Simple summer dishes for Seniors

As we age so do our nutritional needs. This short 3 week course will show you how to prepare delicious, healthy summer dishes. Recipes will be provided.

Thursday 1 October to 15 October

- 10am to 11.30am
- All Saints Church, 17 Selwyn Road, Howick

Information morning

Find out what benefits and services are available to you as a senior citizen, either now or in the future. A free seminar that shares what services are available and how to access them – and meet the people who offer them.

Friday 16 October

- 10.30am to 12.30pm
- Te Tuhi, 13 Reeves Road, Pakuranga

Book swap

Join us for this relaxed get-together with liked-minded readers. Share, swap, recommend and chat about books over a cuppa.

Tuesday 20 October

- 10.30am to 11.30am
- HBH Senior Living, 139 Union Road, Howick

Monthly coffee & catch-up

Our monthly coffee group and catch-up. All seniors are welcome!

Tuesday 27 October

- 10.30am to 12.30pm
- Te Tuhi, 13 Reeves Road, Pakuranga

NOVEMBER

The NEW VVE walking group

If you like to walk, then come along and enjoy the company of others as we walk

through Lloyd Elsmore Park. A variety of paths are available to suit every need. Coffee will follow at the Cafe afterwards.

Thursday 5 November

- 10am at the Homestead Cafe
- Meet at the Homestead Cafe, 2R Bells Road, Pakuranga Heights

Trip to Cornwall Park

Come along to enjoy a stroll and morning tea at Cornwall Park.

Tuesday 10 November

- 10am to 12noon with morning tea at the Cornwall Park Cafe
- Departing from HBH Senior Living, 139 Union Road, Howick

Monthly coffee & catch-up

This casual monthly get-together is a great opportunity to get to know other seniors over a cuppa. All welcome!

Tuesday 24 November

- 10.30am to 12.30pm
- Te Tuhi, 13 Reeves Road, Pakuranga

DECEMBER

Christmas crafts

Enjoy a relaxed and creative morning with other members of Virtual Village East. Create lovely crafts for Christmas and enjoy a cuppa while you're there.

Tuesday 8 December

- 10.30am to 12noon
- HBH Senior Living, 139 Union Road, Howick

Coffee & catch-up – Christmas shared morning tea

A special shared Christmas morning tea with lots of Christmas spirit and joy.

Tuesday 15 December

- 10.30am to 12noon
- HBH Senior Living, 139 Union Road, Howick

Numbers are limited for many of the activities, so please register to secure your spot – simply call Lee on 09 538 0827 or email co-ordinator@virtual-village-east.org.nz