



Activities are free and all seniors are welcome!



SOCIALISING

- ▶ **Monthly Coffee & Catch-up**
Every Tuesday – 28 March, 18 April, 30 May, 27 June
 - 10:30am – 12:30pm
 - Te Tuhi, 13 Reeves Rd, Pakuranga
- ▶ **Rummikub**
The third Monday of every month
 - 1:30pm – 3:00pm
 - Library, HBH Howick Views, 139 Union Road, Howick



ONLINE

- ▶ **Mid-Monthly Meet-up**
Wednesday 15 March, 12 April, 17 May
 - 10:30am – 12:30pm
 - Zoom



LEARNING

- ▶ **International cuisine**
Tuesday 7, 14, & 21 March
 - 10:00am – 11:30am
 - Member house
- ▶ **Information morning**
Friday 17 March and Tuesday 13 June
 - 10:30am – 12:30pm
 - Te Tuhi, 13 Reeves Rd, Pakuranga



MENTAL WELLBEING

- ▶ **Mindfulness course**
Wednesday 7, 14, 21, & 28 June
 - 10:00am – 12:00pm
 - Library, HBH Howick Views, 139 Union Road, Howick



EXERCISING

- ▶ **Safe & Strong exercise programme – experienced**
Every Tuesday starting 14 March
 - 1:30pm to 2:15pm
 - Physio Gym, HBH Howick Views, 139 Union Road, Howick
- ▶ **Safe & Strong exercise programme – beginners**
Every Wednesday starting 15 March
 - 1:30pm to 2:15pm
 - Physio Gym, HBH Howick Views, 139 Union Road, Howick
- ▶ **Weekly walking group**
Every Thursday starting 9 March
 - 10:00am
 - Meet at Homestead Café, 2R Bells Road, Pakuranga inside Lloyd Elsmore Park



OUTINGS

- ▶ **Auckland Domain Wintergardens**
Wednesday 5 April
 - 10:00am – 2:00pm
 - Transport provided
- ▶ **Cornwall Park**
Wednesday 3 May
 - 10:00am – 2:00pm
 - Transport provided
- ▶ **Auckland Museum**
Tuesday 6 June
 - 10:00am – 2:00pm
 - Transport provided
- ▶ **Movies at Monterey Cinema**
Tuesday 4 April, 2 May, 20 June
 - 10:00am – 1:00pm
 - 4/2 Fencible Drive, Howick

