

Get connected

Social opportunities for positive ageing



The Marlborough District Council has made a commitment to work towards the World Health Organisation’s Age-friendly status. An age friendly community is a place where you can stay connected, healthy, active and respected, whatever your age.

We hope this guide will help the older members of our community with the information they need about the excellent services and support that exists for them in Marlborough. Research has proven that people who feel more connected to others have lower rates of anxiety and depression.

There is an enormous amount of free help and information available on the many issues that arise for this age group. A large range of social services exist here, and it’s important that all people understand their entitlements and know how to access the support or advice they need. I do hope you find this guide helpful in accessing the services and activities available here in Marlborough.

Mayor Nadine Taylor



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Blenheim Probus Club

Contact	Anne 03 578 7046 Jan 022 635 3919
Address	The Wesley Centre, 3 Henry Street, Blenheim
Details	A social club for both men and women primarily over 55 years of age. Their basic purpose is to advance intellectual and cultural interest amongst adults, to provide regular opportunities to progress healthy minds and active bodies through social interaction and activities. Membership age ranges from the late 50s - mid 90s. The club's aim is 'Fun, Friendship and Fellowship'.
When	Meetings are held on the 1 st Wednesday of the month at 10am (except January)
Cost	Membership fee is \$20 per annum, plus a joining fee of \$10
Transport	Organisers try and 'partner up' any members who may need transport with a member in the same area
Comments	<p>Meetings usually include a short talk by a Club Member, morning tea and a Guest Speaker, usually from the community, finishing around 12 noon.</p> <p>There is also usually an outing on the 3rd Wednesday of the month. These range from full day bus trips, lunch outings, launch trips, movie and lunch or afternoon tea, visits to places of interest, a mid-winter lunch and an end of year Christmas lunch in December.</p> <p>There are also two special interest groups – a 'coffee and chat' group who meet on the 2nd Wednesday of the month and a movie group (viewing old time movies in a member's home theatre).</p> <p>Visitors are encouraged to investigate whether they would like to join.</p>

Blenheim Senior Citizens Club

Contact	John Griffith jgriffith@slingshot.co.nz
Phone	(03) 578 7767
Address	172 High Street, Blenheim
Details	Social club for people 50 yrs and over
When	Meetings take place on the 1 st and 3 rd Thursday of each month at 2pm
Cost	Yearly membership \$5
Transport	Transport is available if required
Comments	Entertainment is provided in the form of Guest Speakers and music etc. A small raffle is run also.

U3A

Contact	Anne Turnbull
Phone	(03) 578 4200
Address	Cloudy Bay Funeral Rooms, Boyce Street, Blenheim
Details	<p>The purpose of U3A is to encourage further learning by listening, understanding, contributing, researching and participating in discussion and relevant excursions.</p> <p>Tap the great reservoir of knowledge, skills and experience that older people have.</p>
When	2 nd Monday each month, Feb - Dec 2pm
Cost	\$10 per annum

Blenheim Menz Shed

Contact	Dave Oliver dave052@yahoo.co.nz
Phone	021 234 0057
Address	4 Dillons Point Road, Bright Centre
Details	The Menz Shed aims to be a fully equipped workshop where skilled and unskilled men can share time with one another, swap yarns and work on personal and community projects.
When	Monday and Thursdays from 1pm - 4pm Saturdays 9am - 12pm noon (approx.)
Cost	\$25 per year
Transport	Can be arranged with other members
Comments	Help with various community projects.

Nativity Anglican Church Social Activities

Contact	lemke Moore
Phone	(03) 578 3909
Address	Nativity Church Lounge, 76 Alfred Street
Details	Social afternoon for seniors although others are encouraged to come too. Cards, rummikub, etc.
When	1.30pm - 3.30pm on Fridays
Cost	\$2.00 (afternoon tea also)
Transport	None provided

Crossroads Marlborough - Koha Cafe

Address	2 Redwood Street (next to The Warehouse)
Phone	(03) 578 5395
Details	Community Cafe Breakfast from 8.30am - 10am. Low cost lunches. Shower and laundry facilities available. Community Dinner Dinner every Wednesday 5pm - 7pm for gold coin donation. Donations of food, cash and help are welcome. Bread available for donation from 8am daily. Urban Harvest Dependent on availability excess produce can be donated and is available for taking 8.30am - 1.30pm. Crop Swap 1 st Saturday of each month. Brings back yard gardeners together for swapping and sharing high-quality local food.

When	Monday to Friday from 8.30am - 1pm Wednesday 5pm - 7pm
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Comments	Surplus items for donation very welcome.
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Citizens Advice Bureau Marlborough

Address	Marlborough Community Centre, 25 Alfred Street, Blenheim
Phone	(03) 578 4272
Website	marlborough.cab.org.nz
Details	At the CAB we try to help people to know and understand their rights and obligations and how to use this information to get the best outcomes. We provide a free and independent service to all. Information on groups and activities in Marlborough is available by phone or visit the community directory via the CAB website (above).

Marlborough Stroke Club

Contact	Emily May (03) 578 3603
Details	Offer support, education & friendship. Our club is dedicated to the wellbeing of those who have experienced a stroke & to support their caregivers.
When	Friday Group Meets fortnightly at St Marys. Transport available. WAGS (Weekend Activity for Stroke) 3 rd Saturday of the month. Carers 2 nd Tuesday of the month. Young Ones 3 rd Wednesday of the month. Picton This group is for stroke survivors, caregivers and family meeting dates and venue to be advised. Carolyn, Ph: 021 135 2318.
Cost	Donations are welcome. Raffles most meetings.
Comments	The Pete Carpenter Wellness Fund provides subsidised funding for physical & speech rehabilitation.

Community Elder Care

Contact	Donna Wahlich
Phone	0275 385 2333
Address	St Christopher's Church Hall, Weld Street, Blenheim
When	SAYGo Balance/Exercise Class for Seniors Tuesdays 11.30am - 12.30pm followed by a cuppa. \$2 each. Stretch and Breathe Exercise Class for Seniors Wednesdays 10am - 11am followed by a cuppa. \$2 each. Keeping U Moving Gentle Indoor Walking Circuit for Seniors 11.30am - 12.30pm every Thursday of the month except the 4 th Thursday. \$2 each. Bring good walking shoes and a drink bottle. Older Persons Seminars Every 4 th Thursday of the month at 10am - 1pm. \$5 each. Morning tea and lunch, guest speakers, entertainment, quizzes and chat.

Riversdale Community House

Contact	Margaret Dorreen riversdalecommunityhouse@xtra.co.nz
Phone	(03) 578 0469 or 022 300 73742 Office hours: 9.30am - 12pm weekdays
Address	131 Budge Street, Riversdale, Blenheim
Details	Provides rooms for community groups. Facilities for seminars and meetings. Seating for 30-40.
When	Sit & Be Fit Tuesdays and Thursdays at 1pm. Cost \$2. Cardmaking Group 2 nd Thursday 9am - 12pm. Cost \$7.50. Ring for which Thursday. Yukele Music Group Tuesdays at 6.30 pm. Cost \$5.

The Salvation Army

Women's fellowship meeting

Contact	Jenny Hair
Phone	(03) 5786820 / 021 1810636
Address	The Salvation Army Building Corner George and Henry Street, Blenheim
Details	Women's fellowship meeting which includes speakers, outings, craft and morning tea, etc.
When	Tuesday 10am - 11.30am
Cost	\$2
Transport	May be arranged

Games afternoon

Contact	Salvation Army Blenheim
Phone	(03) 578 0862
Address	The Salvation Army Building Corner George and Henry Street, Blenheim
Details	Cards, rummy, or whatever you want to play
When	Friday 1pm - 4pm
Cost	\$2
Transport	May be arranged, if someone lives nearby
Comments	Afternoon tea provided

Age Concern Friendship Group

Contact	Community Support Worker
Phone	(03) 579 3457
Address	Marlborough Community Centre, 25 Alfred Street
Details	A social group where guests gather for a cup of tea and a chat, entertainment and/or guest speaker
When	Second Tuesday of the month at 10am - 11.30am Sowmans Lounge Hutchenson Street
Cost	\$2 - please confirm your attendance for catering purposes
Transport	Please phone the office to discuss
Comments	You must be a member of Age Concern to attend. Membership of Age Concern costs \$20 for an annual subscription.

This is a popular group which has been running for the last twenty three years. New members always welcome.



Alzheimers Marlborough

Wither Road Club

Contact	Catherine Donnelly
Phone	(03) 577 6172
Address	8 Wither Road, Blenheim
Details	A day social programme for people diagnosed with mate wareware / dementia held at the Alzheimer's Centre
When	Monday to Friday, 9.30am - 3.30pm
Cost	DHB funded or can be privately paid
Transport	Transport provided in Blenheim, Renwick and Spring Creek and can also be arranged for Picton people.
Comments	Activities include walking, music, crafts, outings and entertainment. Morning and afternoon tea and lunch provided.

Omaka Café

Contact	Office
Phone	(03) 577 6172
Address	Omaka Café – 79 Aerodrome Road
Details	A social outing for people diagnosed with mate wareware / dementia and their families to enjoy together and meet others
When	1 st Tuesday of each month at 2pm
Cost	For a tea or coffee and something to eat

Alzheimers Marlborough

Cog-Ignite Walking Group

Contact	Office
Phone	(03) 577 6172
Address	Burleigh Road Carpark
Details	A walking group for people diagnosed with mate wareware / dementia and their families.
When	Thursdays 10.30am - 11.30am

Marlborough Multiple Sclerosis and Parkinson's Society

Contact	Community Support Worker mmss@xtra.co.nz
Phone	(03) 578 4058 / 027 255 1299
Address	25 Alfred Street, Blenheim
Details	The society offers: Support for people with MS, Parkinsons and other rare neurological conditions Referrals and liaison to health professionals Advice on how to monitor the effects of medication General advice like parking permits, home help, etc Advocacy Social activities Exercise groups

Combined Club of Beavertown

Affiliated to Friendship NZ Inc

Contact	Les McKay les.mckay@xtra.co.nz
Phone	021 463922
Address	St Marys Parish Centre, Maxwell Road, Blenheim
When	Club meetings are held on the fourth Tuesday of the month at 10am except for December and January, followed by a lunch at a local café or restaurant. Format is 30 minute meeting which includes a brief address by a member, 30 minutes morning tea at cost of \$4 then a guest speaker for 45 minutes.
Cost	Annual subscription \$20. Plus for new members a one off joining fee \$10. For this members enjoy arranged meetings, outings plus a monthly bulletin giving you news of the day.
Comments	A social club for all aged 55yrs plus. Aims are very simple to provide a platform of friendship, fellowship and fun. Outings are a social day out to a venue of interest in Marlborough and/or lunch at a café or restaurant. This is the opportunity to mix with members of like minds. Generally a morning outing 10am or if just a lunch at 12 noon. Members/visitors are advised each month as to what's on. We welcome and encourage people to come to our meeting at no cost for 2 meetings to decide whether to become a member.

Nativity Anglican Church Care and Share

Contact	Iemke Moore
Phone	(03) 578 3909
Address	Nativity Church Lounge, 76 Alfred Street
Details	Craft mornings A place for our creatives to meet, encourage and share their skill. Every 2 nd Monday at 9.30am - 11.30am approx. Gold coin donation and morning tea provided. St Barnabas Chapel. Link Games/puzzles, Rummikub afternoon for adults. Fridays at 1 - 3pm. Gold coin donation and afternoon tea provided.

Tōtara Club - Enliven Presbyterian Support

Contact	Presbyterian Support Office / Enliven
Phone	(03) 265 4243
Address	22 Alfred Street, Blenheim
Details	Tōtara Day programme Services for older people with a focus on socialisation. Tōtara is hosted at Enliven building situated at 22 Alfred Street, Blenheim. A Totara Day Programme is also available once a week in Picton.
When	Blenheim Monday - Friday 10am - 3pm Picton Wednesdays 10am - 3pm
Cost	Please contact Tōtara Club, subsidy maybe available
Transport	Tōtara Club provides transport to and from the participants home if needed.

Newcomers Group

Contact	Cathy Brown picton@newcomers.co.nz
Phone	(03) 573 9111 / 021 045 1799
Website	newcomers.co.nz
Address	Seabreeze Cafe, cnr London Quay & High Street, Picton
Details	This coffee group provides an opportunity for social connection for all newcomers to Picton, whether they have moved from overseas or from another part of NZ.
When	1 st Tuesday of the month at 10am at Seabreeze Cafe. Friday evenings from 5 - 6pm at Cafe Cortado.

Picton Senior Citizens Club

Contact	Mary Love
Phone	(03) 577 6169
Address	Picton RSA, 66 Wellington Street, Picton
Details	For companionship, entertainment and social outings. The Club extends a welcome to any senior citizens visiting Picton.
When	The Club meets at 1.30pm each Monday and comprises of housie, sales table, raffle and a cuppa.
Cost	For local residents, the cost of joining the club is \$15 yearly.
Comments	There are numerous day outings (by coach) throughout the year with some of these two or three day trips away, plus afternoon teas, lunches, mid-winter dinners and a Christmas dinner.

Picton Menz Shed

Contact	Rex Green
Phone	021 469 191
Email	pictonmenzshed@gmail.com
Address	2 Market Street, Picton
Details	The Shed provides workshop facilities and a meeting place where men can share experiences, knowledge and skills to work in harmony on community and personal projects, in particular restoration work. The Men's Picton Mens Community Shed movement has a strong focus on health and support for its members. New members are welcome and are not limited to interests in wood and metal working.
When	Wednesdays 9am - 4pm Saturdays 9am - 12 noon
Cost	\$25 per year
Transport	Potentially possible with prior arrangement
Comments	Keen to attract new members

Picton Housie

Phone	Seaview Rest Home on (03) 573 6027
Details	Housie or Bingo is a game where tickets or cards containing numbered squares or symbols are matched by participants that are called by an announcer or displayed. Games are held at Seaview Resthome.
When	Mondays at 1.30pm Picton Seaview Rest Home, Seaview Crescent, Picton

Spinners and Knitters Meetup

Contact	Sue Cooper
Phone	(03) 573 7228
Address	Picton Library, 2 Dublin Street
Details	Knitters and Spinners Meetup is for people who enjoy knitting and spinning and chatting at the same time. Bring your knitting along to the library for this regular social catch up.
When	Tuesday 10.30am - 1.30pm

Picton Little Theatre

Contact	pictonlittletheatre1@gmail.com
Address	9 Dublin Street, Picton
Details	Picton Little Theatre Incorporated, is a registered Charity and is owned by its members and had been home for 50 years to the Picton Drama Club (which is now not operating). Membership is by annual subscription. Creativity is encouraged through music and dance. There is one amateur production each year and new members are always wanted.

Quiz & Club Nights

Contact	pictonrsa@gmail.com
Phone	03 573 6114
Address	Picton RSA and Club, 66 Wellington Street, Picton
Details	Quiz Night Tuesdays at 7pm (winter only) Club Night Thursdays at 5pm

Picton Library Activities

Contact	Library staff
Phone	(03) 520 7493
Address	Picton Library, 2 Dublin Street
Details	Scrabble Group Mondays at 1pm - 4pm The Company Café Cuppa and chat on Thursdays at 10.30am Book Chat 2 nd Wednesday of the month at 10.30am

Waitohi Social Club

Address	Picton Library, 2 Dublin Street
Phone	(03) 573 5119
Details	Social club for retired men and women in Picton and the surrounding area. Meetings at the Library with occasional speakers and outings. No fees required and donations only to pay for coffees. After meeting at the Library, optional lunches at the various cafes in Picton.
When	3 rd Wednesday of the month at 10am

Steady as you go (SAYGo)

Contact	Age Concern
Phone	03 579 3457
Address	Anglican Church Hall, 54 High Street, Renwick
Details	Gentle exercise and balance class for seniors
When	Thursdays from 9.30am - 10.30am
Cost	\$3

Friendship Group

Monday Club

Contact	Maria
Email	germieke18@gmail.com
Phone	027 478 2328
Address	Renwick Church Hall, 54 High Street
Details	Activity or speaker followed by lunch
When	1 st Monday of the month at 11am
Cost	\$5 towards lunch
Comments	Good food, conversation, interesting activities and friendship

Mainly Music

Address	Anglican Community Church Hall, 54 High Street, Renwick
Phone	(03) 572 8255
Details	Music and movement for toddlers – a great activity for grandparents to be involved with younger children (0-kindergarten) – morning tea provided for children and adults.
When	Wednesday morning 9.30am during the school term
Cost	\$2
Transport	By arrangement
Comments	Morning tea provided

Renwick Menz Shed

Contact	Dave Packer
Phone	021 02282592
Address	54 High Street, Renwick, on the left hand side of the church
Details	Project work of own choice, or group projects for the community in Renwick. Opportunity for men to get together in a convivial atmosphere.
When	Tues from 8.30am - 2pm / Fri from 8.30am to 12 noon
Cost	No cost unless particular materials need to be purchased
Transport	This is possible through prior arrangement
Comments	Morning tea provided

SeniorNet Marlborough Sounds

Contact	Ian Cameron (Secretary) ianc.cameron@xtra.co.nz
Phone	(03) 574 2558
Address	Linkwater Community Hall, 1349 Queen Charlotte Drive, Linkwater
Details	<p>SeniorNet is a community training network that supports and motivates people aged 50+ to enjoy and use technology in their everyday lives. SeniorNet Marlborough Sounds has its equipment housed in the community room at Linkwater Community Hall, where it runs courses, workshops and presentations.</p> <p>There are three interest groups which are: digital camera group, family history and smartphones/tablets. It also runs courses and workshops twice-monthly in Picton and as required in Havelock.</p>
Website	www.seniornetsounds.org.nz
Cost	Annual subscription \$20 (single), \$30 (double)
Transport	Not generally but can be arranged

Havelock Menz Shed

Contact	Ian Cameron ianc.cameron@xtra.co.nz
Phone	(03) 574 2558
Address	Shed 67, Havelock Marina, Havelock
Details	The Men's Sheds are for men who are no longer in the paid workforce and who are able to get together in a 'garden shed' environment to share practical skills, giving them a comfortable atmosphere to also discuss health and social issues.
When	Wednesdays 8.30am—12.00 noon
Cost	Donation
Transport	Not generally but can be arranged
Comments	Open to men of all ages

Awatere

Actively Ageing, Seddon

Contact	Information Office, 2 Mill Street (in the SuperValue car park)
Phone	(03) 575 7975
Address	Yealands Awatere Memorial Hall Foster Street, Seddon
Details	Social interaction, speakers and outings
When	Mondays and Wednesdays 10.00am—12.00pm
Cost	\$2
Transport	By arrangement



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Stadium 2000

Kinross Street, Blenheim

Phone (03) 577 8300

Aqua Gentle

Gentle Aqua Aerobics

When Tuesday and Thursday at 10am

Cost \$5 per session (Senior Citizen)

Aquacise

Aqua Aerobics

When Mondays, Wednesdays, Fridays at 9.15am

Cost \$5 per session (Senior Citizen)

Brainwaves

Water specific class for those with **Neurological conditions**
e.g. **Stroke, Parkinson's, Dementia, MS**

When Fridays 2.30pm

Cost \$5 per session (Senior Citizen)

Going for Gold

When Mondays, Wednesdays, Fridays at 9.30am

Cost \$5 per session (Senior Citizen)

Live Stronger

A class specific for those with cancer at any stage

When Wednesdays 6pm

Cost \$15.00 per session

PD Powerplay

Parkinsons Specific Fitness Class

When Tuesdays at 10.30am

Cost \$5.00 per session (Senior Citizen)

Pilates - Matwork

Contact Nadine 021 119 8915

When Tuesdays 9am

Thursdays 5.30pm

Saturdays 9am

Cost \$12.00 per session

Profit

Men's Prostate Cancer Specific Fitness Class

Contact Murray Eyles 027 608 5667

When Wednesdays 10.30am

Cost FREE (Prostate Cancer NZ Funded)

Line Dancing Marlborough

- Contact** Judith (03) 578 7554 / 021 234 1095
- When** **Beginners Monday**
2pm - 3pm / Monday 6pm - 7pm
\$6 per session
- Improving level**
7pm - 8pm
\$7 per session
- Improving level**
Tuesday 2pm - 3pm
\$6 per session
- Location** Blenheim Senior Citizen's Hall, 166 High Street, Blenheim
- Comments** Very social. No necessity to come with a partner. Fun for all. First lesson free for beginners.

Blenheim Social Dance Club

- Contact** Colin (03) 579 3101
- When** 1st and 3rd Wednesday of the month at 7.30pm - 9pm
- Location** Nurses recreation Hall, Wairau Hospital, Blenheim
- Comments** Don't have to be a great dancer. Very social. Group takes a break between early December and January - starts again in February.

Monday Walking Group

- Contact** Colin Geerston (03) 579 3101
- When** Mondays, weather dependent.
Group leaves the car park at 10am
(need to be there between 9.45am - 9.55am)
- Location** Meet at the Brayshaw Park car park, near the museum
- Comments** Drive first anything up to an hour's drive away. Share cars to walking location. Usually need to take lunch. Need to call for a programme (\$1 charge).

Indoor Bowling Club Association

- Contact** Glen Hurcomb (03) 5792574
- When** Various times and days at the different clubs
- Location** Various venues
- Comments** The club hosts indoor bowls nights.
New members welcome.
Membership varies - social and competitive.

Brooklyn Croquet Club

- Contact** Sue Heagney 021 578 791
- When** 1.00pm Tuesdays, Thursdays and Saturdays
- Location** Whitehead Park, 15 Brooklyn Drive, Blenheim
- Comments** Afternoon tea supplied.
First few visits are free of charge.

Tai Chi - Blenheim

- Contact** Sonya Bamton (03) 573 7973 / 027 444 9845
- When** **Wednesdays**
10am at Nurses Recreational Hall, Wairau Hospital
\$5 per session
- Thursdays**
10am at Senior Citizens High Hall High Street
\$6 per session
- Comments** Majority of participants are 50+

Mobility & Balance with Tai Chi

- Contact** Jilly 027 357 2515
- When** Tuesdays 10am
- Location** Redwoodtown Hall - corner Cleghorn & Weld Streets
- Cost** \$5 per session
- Comments** Improve your mobility and balance. Fun classes.

Tai Chi and Qi Gong

- Contact** Nancy Sherwood
(03) 572 2884 (preferred) / 027 572 2881 (text)
- When** Thursdays (Beginners) at 2pm and 3pm
- Location** Redwoodtown Hall (Oliver Park)
- Comments** A gentle exercise with controlled breathing which improves physical and emotional balance. All ages and abilities are welcome in a supportive social environment. Minimum of 5 participants required.

Blenheim Croquet Club

- Contact** Barb Guillemot 027 499 2456
- When** Association croquet is Wednesday and Saturday from 1 Dec - 15 March. Times vary.
- Golf croquet is Tuesday, Thursday and Sunday 12.45pm - 3pm all year
- Location** 61 Parker Street, next to the Tennis Courts (in Pollard Park)
- Comments** Croquet is suitable for all ages (golf croquet more suitable for the less flexible participants).
- Afternoon tea supplied.

Blenheim Petanque Club

- Contact** Robert Nuttall 027 899 4109
- When** Wednesday 1pm - 3pm and Sunday 10am - 12 noon
- Location** 65A Weld Street, Bowling Club
- Comments** \$60 for year round membership
- This is a year round activity as play on gravel.
- Very social. Most members retired. Anyone can play.

Sit & B Fit - Riversdale

- Contact** Margaret Dorreen (03) 578 0469
- When** Tuesdays and Thursdays at 1pm
- Location** Riversdale Community House, 131 Budge Street, Blenheim
- Comments** \$2 per session.
- Majority over 50 years of age. Suitable for people with mobility issues.

Steady As You Go (SAYGo) Classes

Contact	Age Concern Office (03) 579 3457
When	Mondays 10.30am - 11.30am The Foundry, John Street, Blenheim \$2 per session
	Tuesdays 11.30am - 12.30pm St Christophers Church Hall, Weld St, Blenheim \$2 per session
	1.30pm - 2.30pm Union Parish of Picton, 40 Broadway, Picton \$3 per session
	Wednesdays 1.30pm - 2.30pm Marlborough Community Centre, 25 Alfred Street, Blenheim \$2 per session
	Thursdays 9.30am - 10.30am Anglican Church Hall 54 High Street, Renwick \$3 per session (includes refreshments)
Comments	Classes are simple exercises, seated in a chair or standing and walking. They are proven to improve balance, flexibility and leg strength. Participating in our classes reduces the risk of you having a fall by 27%.

Picton

Picton Table Tennis

Contact	Ernest
Phone	0275 888 453
Address	Picton Little Theatre, 9 Dublin Street, Picton
When	Tuesdays 10am - 12pm
Cost	\$4 per session

Scottish Country Dance Club

Contact	Dianne Gullery
Phone	(03) 573 7784 / 027 610 6832
Address	Picton Little Theatre
Details	Group meets weekly with tutor to learn and practice Scottish dancing and have fun while getting fit.
When	Wednesday 7.30pm, March to Nov
Cost	\$5 per casual dance You can also join the club for an annual subscription

Line Dancing

Contact	Church Office
Phone	(03) 573 6466
Address	Picton Anglican Church, 19 Wairau Road, Picton
When	Tuesday at 9.30am - 11.30am
Cost	\$6

Picton Walking Group

Address	RSA Carpark, 66 Wellington Street
Details	For people who are interested in walking with a group of likeminded people in Picton.
When	Every Monday at 9.20am meeting at the RSA carpark.

Port Marlborough Pavillon

Endeavour Park, 1 Joseph Sullivan Drive, Picton
Phone (03) 573 5400

MPT Moana Moui Ola Mamas Tai Chi

When Mondays at 11.30am

Indoor Bowls

When Tuesdays at 12.45pm - 3pm

Songbird Yoga

When Tuesdays at 6.30pm

Tai Chi with Manu

When Wednesdays at 10.00am

Table Tennis Club

When Thursdays at 10.00am (\$4 per session)

Pilates

When Thursdays at 5.15pm

Bridge Club

When Mondays 1 - 4pm
Thursdays at 7pm

Yoga with Picton Yoga Collective

When Fridays at 9.15am

Awatere

Awatere Community Hub

Contact (03) 575 7975

Address Yealands Awatere Memorial Hall

When Social morning tea plus exercises
Mondays & Wednesdays 10:00am - 12:00pm

Comments To join these exercise groups or for more information, please call (03) 575 7975. Gym is available at the Yealands Awatere Memorial Hall for seniors at \$30 per month.

Wairau Valley

Tai Chi and Qi Gong

Contact Nancy Sherwood
(03) 572 2884 (preferred) / 027 572 2881 (text)

When Thursdays 11am

Location Peace Memorial Hall, Wairau Valley

Comments A gentle exercise with controlled breathing which improves physical and emotional balance. All ages and abilities are welcome in a supportive social environment. Minimum of 5 participants required.

