

# 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



# Clubs and organisations

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## Blenheim Probus Club

<b>Contact</b>	Anne (03) 578 7046 Jan 022 635 3919
<b>Address</b>	Lansdowne Hub - 6B Lansdowne Street, Blenheim
<b>Details</b>	<p>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'.</p>
<b>When</b>	Meetings are held on the 1 <sup>st</sup> Wednesday of the month at 10am (except January)
<b>Cost</b>	Membership fee is \$30 per annum, plus a joining fee of \$25
<b>Transport</b>	Organisers try and 'partner up' any members who may need transport with a member in the same area
<b>Comments</b>	<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 3<sup>rd</sup> 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 2<sup>nd</sup> 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

<b>Contact</b>	John Griffith jgriffith@slingshot.co.nz
<b>Phone</b>	(03) 578 7767
<b>Address</b>	172 High Street, Blenheim
<b>Details</b>	Social club for people 50 yrs and over
<b>When</b>	Meetings take place on the 2 <sup>nd</sup> and 4 <sup>th</sup> Wednesday of each month at 2pm
<b>Cost</b>	Yearly membership \$10
<b>Transport</b>	Transport is available if required
<b>Comments</b>	Entertainment is provided in the form of guest speakers and music etc. A small raffle is run, and housie also. Afternoon tea is provided.

## U3A

<b>Contact</b>	Anne Turnbull u3a.marlborough@gmail.com
<b>Phone</b>	020 4144 0371
<b>Address</b>	Cloudy Bay Funeral Rooms, Boyce Street, Blenheim (enter from carpark doors)
<b>Details</b>	<p>Aims to provide education and interests for older people who are no longer employed full time and also to stimulate the intellectual, cultural and aesthetic senses.</p> <p>Speakers offer information on an a wide assortment of topics i.e. Travel, Wine, Art and music appreciation.</p> <p>Enjoy the companionship offered and make new friends.</p>
<b>When</b>	2 <sup>nd</sup> Monday each month, Feb - Dec 2pm
<b>Cost</b>	\$10 per annum

## Blenheim Menz Shed

<b>Contact</b>	Dave Oliver daveo52@yahoo.co.nz
<b>Phone</b>	021 234 0057
<b>Address</b>	4 Dillons Point Road, Bright Centre
<b>Details</b>	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.
<b>When</b>	Monday and Thursdays from 1pm - 4pm Saturdays 9am - 12pm noon (approx.)
<b>Cost</b>	\$25 per year
<b>Transport</b>	Can be arranged with other members
<b>Comments</b>	Help with various community projects.

## Citizens Advice Bureau Marlborough

<b>Address</b>	Marlborough Community Centre, 25 Alfred Street, Blenheim
<b>Phone</b>	(03) 578 4272
<b>Website</b>	<a href="http://marlborough.cab.org.nz">marlborough.cab.org.nz</a>
<b>Details</b>	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).

# 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<sup>st</sup> 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

**Comments** Surplus items for donation very welcome.

# Marlborough Stroke Club

<b>Contact</b>	Barbara marlbstroke@gmail.com
<b>Phone</b>	021 122 5891
<b>Details</b>	Offer support, education & friendship. Our club is dedicated to the wellbeing of those who have experienced a stroke & to support their caregivers.
<b>When</b>	<b>Friday Group</b> Meets fortnightly at St Marys. Transport available. <b>WAGS (Weekend Activities Group for Stroke)</b> 3 <sup>rd</sup> Saturday of the month <b>Carers</b> 2 <sup>nd</sup> Tuesday of the month <b>Young Ones</b> 3 <sup>rd</sup> Thursday of the month <b>Picton</b> This group is for stroke survivors, caregivers and family meeting dates and venue to be advised. Carolyn, Ph: 021 135 2318.
<b>Cost</b>	\$20 / year
<b>Comments</b>	The Pete Carpenter Wellness Fund provides subsidised funding for physical & speech rehabilitation.

# Community Elder Care

<b>Contact</b>	Donna Wahlich
<b>When</b>	<b>SAYGo Balance/Exercise Class for Seniors</b> Tuesdays 11.30am - 12.30pm followed by a cuppa. \$3 each. Gentle exercise that improves flexibility, general fitness and wellbeing.  <b>Stretch and Breathe Exercise Class for Seniors</b> Wednesdays 10am - 11am followed by a cuppa. \$3 each. A little more physical using stretchy bands and balls.  <b>Keeping U Moving Gentle Indoor Walking Circuit for Seniors</b> 11.30am - 12.30pm every Thursday of the month except the 4 <sup>th</sup> Thursday. \$3 each. Maintain and increase mobility confidence, fitness and balance. Bring good walking shoes and a drink bottle.  <b>Older Persons Seminars</b> Every 4 <sup>th</sup> Thursday of the month at 10am - 1pm. \$6 each. Morning tea and lunch, guest speakers, entertainment, quizzes and chat.

## Riversdale Community House

<b>Contact</b>	Hin  riversdalecommunityhouse@xtra.co.nz
<b>Phone</b>	022 300 73742 Office hours: 9.30am - 12pm weekdays
<b>Address</b>	131 Budge Street, Riversdale, Blenheim
<b>Details</b>	Provides rooms for community groups. Facilities for seminars and meetings. Seating for 30-40.
<b>When</b>	<b>Sit &amp; Be Fit</b> Tuesdays and Thursdays at 1pm. Cost \$2.  <b>Yukele Music Group</b> Tuesdays at 6.30 pm. Cost \$5.

# The Salvation Army

## Women's fellowship meeting

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

## Games afternoon

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

# Age Concern Friendship Group

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



# Alzheimers Marlborough

## Wither Road Club

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

## Café Clubs

<b>Contact</b>	Office
<b>Phone</b>	(03) 577 6172
<b>Details</b>	A social outing for people diagnosed with mate wareware / dementia and their families to enjoy together and meet others.
<b>When</b>	<b>Omaka Café Club</b> 1 <sup>st</sup> Tuesday of each month, 2pm - 3pm Omaka Café – 79 Aerodrome Road, Blenheim  <b>Picton Café Club</b> 3 <sup>rd</sup> Thursday of each month, 1.30pm - 2.30pm Picton Library – 2 Dublin Street, Picton
<b>Comments</b>	Cafe clubs give families the opportunity to enjoy an outing, have fun and socialise with other families living with dementia.

## Social Club

<b>Contact</b>	Office
<b>Phone</b>	(03) 577 6172
<b>Address</b>	8 Wither Road
<b>Details</b>	A social club for people diagnosed with mental wareware / dementia and their families to enjoy together and meet others.
<b>When</b>	Last Tuesday of each month meeting at 5.30pm
<b>Comments</b>	Our social club provides the opportunity to keep the mind active, feel connected, relax, make friends and join in with great outings and activities. From Fish and Chips on the foreshore, to a movie night, mystery car rallies and more.

## Marlborough RSA

<b>Phone</b>	0211831428
<b>Address</b>	Blenheim Bowling Club, 65E Weld Street, Blenheim
<b>Details</b>	RSA membership is open to war veterans, ex-servicemen and women, their families and friends, serving members of the New Zealand Defence Force, sworn New Zealand Police officers, as well as men and women without military connections who share the ideals of the RSA movement.
<b>When</b>	Fridays 4.00pm - 7.00pm
<b>Comments</b>	There are raffles, and a meal available.

# Marlborough Multiple Sclerosis and Parkinson's Society

<b>Contact</b>	Community Support Worker mmss@xtra.co.nz
<b>Phone</b>	(03) 578 4058 / 027 255 1299
<b>Address</b>	Community Centre, Room 7 25 Alfred Street, Blenheim
<b>Details</b>	<b>The society offers:</b>  Support for people with MS, Parkinsons and other rare neurological conditions  Referrals and liaison to health professionals  General advice, e.g. parking permits, home help, etc  Advocacy  Social activities  Exercise groups

## Marlborough Bridge Club

<b>Contact</b>	Jane Jordon (chairperson)
<b>Phone</b>	027 684 2286
<b>Address</b>	Connect Church Hall, 8 Beaver Road, Blenheim
<b>Details</b>	Marlborough Bridge Club provides bridge play at all levels and has classes for beginners.
<b>When</b>	Monday at 6.45pm Tuesday at 6.45pm Wednesday at 12.45pm

# Combined Club of Beavertown

Affiliated to Friendship NZ Inc

<b>Contact</b>	Les McKay les.mckay@xtra.co.nz
<b>Phone</b>	021 463922
<b>Address</b>	St Marys Parish Centre, Maxwell Road, Blenheim
<b>Details</b>	A social club for all aged 55yrs plus. Aims are very simple to provide a platform of friendship, fellowship and fun.
<b>When</b>	<p>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.</p> <p>Format is 30 minute meeting which includes a brief address by a member, 30 minutes morning tea at cost of \$5 then a guest speaker for 45 minutes.</p>
<b>Cost</b>	Annual subscription cost involved. New members get a one off joining fee. For this members enjoy arranged meetings, outings plus a monthly bulletin giving you news of the day.
<b>Comments</b>	<p>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 at 10am or lunch at 12 noon. Members/visitors are advised each month as to what's on.</p> <p>We welcome and encourage people to come to our meeting at no cost for two meetings to decide whether to become a member.</p>

# Nativity Anglican Church Care and Share

**Contact** Church Office  
info@nativity.org.nz

**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<sup>nd</sup> Monday at 9.30am - 11.30am approx. Gold coin donation and morning tea provided.

**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 - Blenheim and Picton queries

**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

<b>Contact</b>	Cathy Brown picton@newcomers.co.nz
<b>Phone</b>	(03) 573 9111 / 021 045 1799
<b>Website</b>	newcomers.co.nz
<b>Details</b>	<p>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.</p> <p>Various locations, times and dates. Please contact Cathy for further information.</p>

## Picton Senior Citizens Club

<b>Contact</b>	Mary Love
<b>Phone</b>	(03) 577 6169
<b>Address</b>	Union Parish Church, Picton
<b>Details</b>	<p>For companionship, entertainment and social outings. The Club extends a welcome to any senior citizens visiting Picton.</p> <p>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.</p>
<b>When</b>	The club opens at 12.00 noon. BYO your lunch and have a chat and cuppa each Monday. Housie starts at 1.30pm. Sales table and raffles.
<b>Cost</b>	For local residents, the cost of joining the club is \$15 yearly.

## Picton Menz Shed

<b>Contact</b>	Bill Rogers
<b>Phone</b>	(03) 573 5507
<b>Email</b>	rogering123@yahoo.com
<b>Address</b>	2 Market Street, Picton
<b>Details</b>	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.
<b>When</b>	Wednesdays 8.30am - 3pm Saturdays 9am - 12 noon
<b>Cost</b>	\$25 per year
<b>Transport</b>	Potentially possible with prior arrangement

## Picton Little Theatre

<b>Contact</b>	Carmen pictonlittletheatre1@gmail.com
<b>Phone</b>	021 662 306
<b>Address</b>	9 Dublin Street, Picton
<b>Details</b>	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.

# Spinners and Knitters Meetup

<b>Contact</b>	Sue Cooper
<b>Phone</b>	(03) 573 7228
<b>Address</b>	Picton Library, 2 Dublin Street
<b>Details</b>	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.
<b>When</b>	Tuesday 10.30am - 1.30pm (BYO lunch)

## Picton RSA & Club

<b>Contact</b>	Joy Fletcher pictonrsa2@gmail.com
<b>Phone</b>	020 485 4891 or 03 573 6490
<b>Address</b>	Back Bar, Texas Bar and Grill 18 High Street, Picton
<b>When</b>	<b>Quiz Night</b> Are advertised locally  <b>Members and Raffle Night</b> Thursdays from 4.30pm - 7pm
<b>Details</b>	The Picton RSA is open to war veterans, ex-service men and women, their families and friends, serving members of the New Zealand Defence Force, sworn New Zealand Police officers, as well as men and women without military connections who share the ideals of the RSA movement.
<b>Cost</b>	\$25 / year
<b>Transport</b>	A courtesy bus is available for members night
<b>Comments</b>	The Picton RSA is keen to attract new members

# Picton Library Activities

<b>Contact</b>	Library staff pictonlibrary@marlborough.govt.nz
<b>Phone</b>	(03) 520 7493
<b>Address</b>	Picton Library, 2 Dublin Street
<b>Details</b>	<b>Scrabble Group</b> Mondays at 1pm - 4pm, during term time <b>The Company Café</b> Cuppa and chat on Thursdays at 10.30am <b>Book Chat</b> 2 <sup>nd</sup> Wednesday of the month at 10.30am There are many other activities available throughout the year.

## Waitohi Social Club

<b>Address</b>	Picton Library, 2 Dublin Street
<b>Phone</b>	(03) 573 5119
<b>Details</b>	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 \$1 donation to pay for coffees. After meeting at the Library, optional lunches at the various cafes in Picton. Anyone is welcome to attend.
<b>When</b>	3 <sup>rd</sup> Wednesday of the month at 10am

# Renwick

## Steady as you go (SAYGo)

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

## Renwick Menz Shed

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

## SeniorNet Marlborough Sounds

<b>Contact</b>	Ian Cameron (Secretary) ianc.cameron@xtra.co.nz
<b>Phone</b>	(03) 574 2558
<b>Address</b>	Linkwater Community Hall, 1349 Queen Charlotte Drive, Linkwater
<b>Details</b>	<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.</p>
<b>Website</b>	<a href="http://www.seniornetsounds.org.nz">www.seniornetsounds.org.nz</a>
<b>Cost</b>	Annual subscription \$20 (single), \$30 (double)
<b>Transport</b>	Not generally but can be arranged

## Havelock Menz Shed

<b>Contact</b>	Ian Cameron ianc.cameron@xtra.co.nz
<b>Phone</b>	(03) 574 2558
<b>Address</b>	Shed 67, Havelock Marina, Havelock
<b>Details</b>	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.
<b>When</b>	Wednesdays 8.30am - 12.00 noon
<b>Cost</b>	Donation
<b>Transport</b>	Not generally but can be arranged
<b>Comments</b>	Open to men of all ages

## Pelorus Area Health Trust Lounge

<b>Phone</b>	(03) 574 1356
<b>Address</b>	Down the driveway behind the Havelock Takeaways on Main Road, next to the charity shop.
<b>Details</b>	Come and check out our new Community Lounge in Havelock. A space to have a cuppa and a download, get health information, have meetings, take a course, and so much more.
<b>When</b>	Monday to Saturday Summer hours: 9.30 am - 3.30 pm Winter hours: 10 am - 3pm



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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)

## Going for Gold

### ACC Falls Prevention approved class

**When** Mondays, Wednesdays, Fridays at 9.30am

**Cost** \$5 per session (Senior Citizen)

## PD Powerplay

### Parkinsons Specific Fitness Class

### ACC Falls Prevention approved class

**When** Tuesdays at 10.30am

**Cost** \$5.00 per session (Senior Citizen)

## Pilates - Matwork - Active Seniors

**Contact** Nadine 021 119 8915

**When** Tuesdays 9am  
Thursdays 5.30pm  
Saturdays 9am

**Cost** \$12.00 per session

## Prosfir

### 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

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

## Blenheim Social Dance Club

<b>Contact</b>	Colin (03) 579 3101 <a href="mailto:colingert@xtra.co.nz">colingert@xtra.co.nz</a>
<b>When</b>	1 <sup>st</sup> Wednesday of the month at 7.30pm - 9pm
<b>Location</b>	Nurses recreation Hall, Wairau Hospital, Blenheim
<b>Comments</b>	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

<b>Contact</b>	Colin Geerston (03) 579 3101
<b>When</b>	Mondays, weather dependent. Group leaves the car park at 10am (need to be there between 9.45am - 9.55am)
<b>Location</b>	Meet at the Brayshaw Park car park, near the museum
<b>Comments</b>	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

<b>Contact</b>	Glen Hurcomb (03) 5792574
<b>When</b>	Various times and days at the different clubs
<b>Location</b>	Various venues
<b>Comments</b>	The club hosts indoor bowls nights. New members welcome. Membership varies - social and competitive. Indoor bowling club night on Mondays, February - October at the Blenheim Bowling Club.

## Brooklyn Croquet Club

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

## Tai Chi - Blenheim

<b>Contact</b>	Sonya Bamton 027 444 9845
<b>When</b>	<b>Wednesdays</b> 10am at Nurses Recreational Hall, Wairau Hospital Cost involved  <b>Thursdays</b> 10am at Senior Citizens High Hall High Street Cost involved
<b>Comments</b>	Majority of participants are 50+

## Mobility & Balance with Tai Chi

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

## Tai Chi and Qi Gong

<b>Contact</b>	Nancy Sherwood (03) 572 2884 (preferred) / 027 572 2881 (text)
<b>When</b>	Thursdays 3pm
<b>Location</b>	Redwoodtown Hall (Oliver Park)
<b>Comments</b>	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

<b>Contact</b>	Barb Guillemot 027 499 2456
<b>When</b>	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
<b>Location</b>	61 Parker Street, next to the Tennis Courts (in Pollard Park)
<b>Comments</b>	Anyone can come along and play croquet

## Blenheim Petanque Club

<b>Contact</b>	Russell Smith (03) 5791 952
<b>When</b>	Wednesday 1pm - 3pm and Sunday 10am - 12 noon
<b>Location</b>	65A Weld Street, Bowling Club
<b>Comments</b>	\$50 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

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

## Steady As You Go (SAYGo) Classes - Blenheim

<b>Contact</b>	Age Concern Office (03) 579 3457
<b>When</b>	<b>Mondays</b> 10.30am - 11.30am The Foundry, John Street, Blenheim \$2 per session <b>Tuesdays</b> 11.30am - 12.30pm St Christophers Church Hall, Weld Street, Blenheim \$2 per session <b>Wednesdays</b> 1.30pm - 2.30pm Marlborough Community Centre, 25 Alfred Street, Blenheim \$2 per session <b>Thursdays</b> 9.30am - 10.30am Anglican Church Hall, 54 High Street, Renwick \$3 per session (includes refreshments)
<b>Comments</b>	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 Line Dancing

<b>Contact</b>	Carol Richardson
<b>Phone</b>	021 212 5252
<b>Address</b>	Picton Anglican Church, 19 Wairau Road, Picton
<b>When</b>	Tuesday at 10am - 11.30am
<b>Cost</b>	\$7

## Picton Scottish Country Dance Club

<b>Contact</b>	Dianne Gullery
<b>Phone</b>	(03) 573 7784 / 027 610 6832
<b>Address</b>	Picton Little Theatre, 9 Dublin Street
<b>Details</b>	Group meets weekly with tutor to learn and practice Scottish dancing and have fun while getting fit.
<b>When</b>	Wednesday 7.30pm, March to Nov
<b>Cost</b>	\$5 per casual dance \$20 for an annual subscription

## Picton Table Tennis

<b>Contact</b>	Ernest
<b>Phone</b>	0275 888 453
<b>Address</b>	Picton Little Theatre, 9 Dublin Street, Picton
<b>When</b>	Tuesdays 10am - 12pm
<b>Cost</b>	\$5 per session

## Steady As You Go (SAYGo) Classes - Picton

<b>Contact</b>	Age Concern Office (03) 579 3457
<b>When</b>	<b>Tuesdays</b> 1.30pm - 2.30pm Union Parish of Picton, 40 Broadway, Picton \$3 per session
<b>Comments</b>	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%.

# Port Marlborough Pavillon

Endeavour Park, 1 Joseph Sullivan Drive, Picton

Phone (03) 573 5400

## Indoor Bowls

**When** Tuesdays, 12.45pm - 3pm

## Tai Chi with Manu

**When** Wednesdays at 10am

## Table Tennis Club

**When** Thursdays at 10am (\$4 per session)

## Pilates

**When** Tuesdays, 8am - 9am

Thursdays, 4pm - 5pm

## Bridge Club

**When** Mondays, 1pm - 4pm / 6.30pm - 9.30pm

Thursdays at 7pm

## Yoga with Picton Yoga Collective

**When** Tuesdays 6pm - 7pm

Fridays at 9.15am

## Picton Quilters

**When** 2<sup>nd</sup> Wednesday of the month, 6pm - 9pm

# Awatere

## Awatere Community Hub

<b>Contact</b>	(03) 575 7975
<b>Address</b>	Yealands Awatere Memorial Hall
<b>When</b>	Social morning tea plus exercises Mondays & Wednesdays 10:00am - 12:00pm
<b>Comments</b>	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

<b>Contact</b>	Nancy Sherwood (03) 572 2884 (preferred) / 027 572 2881 (text)
<b>When</b>	Thursdays 11am
<b>Location</b>	Peace Memorial Hall, Wairau Valley
<b>Comments</b>	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.

## Notes

This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Please feel free to pass on to those who would benefit from this information.

Further copies are available from the Marlborough District Council:

15 Seymour Street, Blenheim

Ph: (03) 520 7400

For any information which needs to be updated please contact:

[natalie.lawler@marlborough.govt.nz](mailto:natalie.lawler@marlborough.govt.nz)