

Subject to change (holidays, Covid, etc.)

Weekly Activities Calendar

(As of March 2023)

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|---|
| | | | Steady as You Go Hampden Mem. Hall 9:30-10:30 03 439 4160 | |
| Genealogy Club 10am-12pm Library 433-0850 | | | | Puzzle Club 10am-1pm Library 433-0850 |
| | Scrabble Oamaru Library 1:00-3:00pm 433-0850 | | Social Sport Rec Centre, Orwell St 1:00-2:30pm 434-6932 | |
| Steady as You Go Salvation Army Hall 1:30-2:30pm Debbie 03 434 8885 | Gentle Exercise Orwell St. Church 1:30-2:45 03 434-7008 | Board Games Oamaru Library 1:30-3:00pm 03 434-7008 | Steady as You Go St. Mary's Church 1:30-2:30pm Joan 03 431 3759 | |
| Steady as You Go Kurow Presbyterian Church 2:00-3:00pm 027 208 2669 | Senior Strong Rec Centre, Orwell St 1:30-2:30pm 434-6932 | Steady as You Go Weston Church 1:30-2:30pm Colin 027 781 2979 | Social Singing Orwell St. Church 1:00pm-2:30pm Sally 434-9396 | |

Sunday Afternoon Outings. Please ring Fiona at 028 406 3004 for details of upcoming trips.



Activity Descriptions

| ACTIVITY | WHAT IS IT? | WHERE? | CONTACT |
|-----------------------------------|--|---|--|
| Board Games (Age Concern) | "Get on Board" and join us for a variety of board games. | Oamaru Public Library 62 Thames Street | Age Concern 434 7008 |
| Genealogy Club (Library) | Need help researching your ancestors? Join others and learn from the experts. | Oamaru Public Library 62 Thames Street | Library 433-0850 |
| Gentle Exercise (Age Concern) | Seated class for strength and flexibility, gentle on the body, plus afternoon tea. | Orwell Street Church 30 Orwell Street | Age Concern 434 7008 |
| Puzzle Club (Library) | Love to do jigsaws and enjoy meeting people? Join us at the Oamaru Library. | Oamaru Public Library 62 Thames Street | Library 433-0850 |
| Scrabble (Library) | Play basic Scrabble in an easy-going, friendly and informal group. | Oamaru Public Library 62 Thames Street | Library 433-0850 |
| Senior Strong (Rec Centre) | Friendly class focusing on mobility, strength, balance, and falls reduction. | Waitaki Recreation Centre 43 Orwell Street | Rec Centre 434-6932 |
| Social Singing (Age Concern) | Singing experiences creating harmony and joy, led by Sally Randall. | Orwell Street Church 30 Orwell Street | Sally Randall 434 9396 |
| Social Sport (Rec Centre) | Enjoy a range of easy sports and activities with a friendly group of like-minded people. (Active Over-65s also welcome at all Rec Center group fitness classes.) | Waitaki Community Recreation Centre 43 Orwell Street | Rec Centre 434-6932 |
| Steady as You Go (Age Concern) | Improve your balance, flexibility, strength, mobility and confidence, and meet new people in this friendly class. | Salvation Army, 255 Thames St St. Mary's, 410 Thames Street Weston Church, Weston Memorial Hall, Hampden | 434 8885 479 3052 027 781 2979 439 4160 |
| Sunday Outings (Age Concern) | Enjoy an afternoon outing in a small group. Destinations vary. Also ad hoc outings such as weekday lunch. | Age Concern Van. Ring Van Coordinator for details or to book. | Age Concern Van 028 406 3004 |

Activities cost \$5 or less, some are no charge or by donation. (Ice creams, lunch, etc. on outings are at own expense/help available.)