

Activities and Classes

September 2023

Pool and Gym open Monday to Thursday 6:30am to 7pm, Friday 6:30am to 4.30pm, Saturday 8am to 4.30pm. Classes are FREE for Moving Well members, \$5 for Living Well Members and \$10 for non-members.

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am	Circuits	Circuits	Circuits	Circuits	Circuits	
10:00am	Stretch & Core	Stretch & Core	Line Dancing	Tai Chi	Stretch & Core	
11:00am	Aquarobics	Aqua Gentle	Aquarobics	Aquarobics	Aquarobics	11.30am Adapted Yoga
11:15am		Strength & Balance				
12:30pm	Aqua Blast	Aqua Blast	Aqua Blast (45mins)	Aqua Blast	Aqua Blast	
1.30pm				Walking Group		
2.00pm		Brain Gym	SitFit	Meditation		
2.30pm			Osteo Aqua			

Aspire Canterbury Presentation

Monday, 11th September, 1.30pm

Aspire Canterbury are a community organisation who enhance the lives of disabled people, and people with impairments by enabling community participation and maximum independence. They'll be presenting information on their services, products and local support available. Family members and caregivers are also welcome but bookings are recommended.



Father's Day Burger & Beer

Don't forget it's Father's Day on Sunday, 3 September. To celebrate Dads, Natter Cafe at Good Friends have a burger and beer deal for all of September. You can grab a beef, chicken, haloumi or falafel burger + a Heineken beer for just \$25!





Craft Market

Come browse a range of handmade crafts for sale created by some of our wonderful Good Friends members in the Natter Lounge. Cash only.

**Thursday 21st September,
9.30am - 2.30pm**

Walking group

Millbrook Reserve (Daffodil Woodland).

Enjoy the spring daffodils in this popular part of Hagley Park!

Please note there is a \$5 charge for any walks using the van.

**Thursday 28th September,
1:30pm**

Living Well Centre Classes

Class prices: FREE for Moving Well Members, \$5 for Living Well Members / \$10 for non-members.

Equipment: All provided, please bring a towel.

Session duration: 45 minutes.

Limited Capacity: Please book to secure your place.

Adapted Yoga (Saturday, 11.30am) Suitable for all levels from beginners to advanced. You can bring your own mat or sit on a chair.

Aquarobics (Monday to Friday, 11am) Work at your own pace with qualified instructors in our heated pool during this fun group fitness class.

Aqua Gentle (Tuesday, 11.00am) A gentle version of our standard Aquarobics class, great if you are new and would like a slower-paced workout.

Aqua Blast (Monday to Friday, 12.30pm) Low-impact strength and cardio pool exercise class.

Brain Gym (Tuesday, 2pm) Develop the seven elements of brain function.

Circuits (Monday to Friday, 9.00am) Exercise stations designed to improve all aspects of fitness. (Note: This class is designed for people who do not require the use of a walking aid.)

Line Dancing (Wednesday, 10am) The first 30 minutes from 10am will be for beginners and the experienced line dancers will join in at 10.30am for an hour.

Meditation (Thursday, 2pm) We have an exciting new addition to the schedule. Catherine, from our Moving Well team, will be leading a guided meditation class every Thursday at 2pm. Step-by-step instructions and guidance provided.

Osteo Aqua (Wednesday, 2.30pm) A class designed to help with symptoms of arthritis. Build strength, ease stiff joints and relax sore muscles.

SitFit (Wednesday, 2pm) This gentle, chair-based workout strengthens muscles, builds balance and aids mobility.

Strength & Balance (Tuesday, 11.15am) Improve your balance, leg and core strength.

Stretch and Core (Monday, Tuesday & Friday, 10am) Core exercises – on a mat, chair or a combo of both.

Tai Chi (Thursday, 10am) Gentle exercises designed to strengthen the lower body and improve balance and co-ordination.

Walking Group (Thursday, 1:30pm) Enjoy a 45 minute walk once per week leaving from Good Friends. Once per month we use the Good Friends Go transport and go out to a walking track.



Nutrimetics Make up Presentation

There'll be skin care tips and make up demonstrations at the 'Spring into Spring' – Nutrimetics presentation on Monday, 2 October from 1pm. You'll also have the opportunity to purchase products too.

Monday 2nd October, 1pm

Friendly Reminder

Please remember to not park in the yellow hatch sections of the carpark. There are gates leading from the carpark and café that become blocked when cars are parked here, making access difficult. Thanks for your support.

Arvida Good Friends at Park Lane

47 Whiteleigh Avenue, Addington.

Parking onsite and at Show Place through gate.

0800 20 41 20

goodfriends.co.nz/whats-on

