

May 2026 Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 AM		Circuits	Circuits	Circuits	Circuits	
10:00 AM	Stretch & Core	Stretch & Core	Renew & Recover	Tai Chi	Stretch & Core	
11:30 AM	Aquarobics	Aqua Gentle	Aquarobics	Aquarobics	Aquarobics	Stretch & Core
1:00 PM	Aquablast	Strength & Balance	Aquablast	Strength & Balance	Aquablast	
2:00 PM	Stride It Out	Renew & Recover Brain Gym	Chair Champions		F.A.B	
2:30 PM			Osteo Aqua			
5:15 PM				Circuits		

Gym Operating Hours
 Monday - Friday 6:30am - 7pm
 Saturday 8am - 4pm
 Sundays and Public Holidays - Closed

Natter Café Hours
 Monday - Friday 7:30am - 4pm
 Saturday and Sunday - Closed



May 2026 Schedule

Events and Updates

ph. 0800 20 41 20
47Whiteleigh Ave 8024
book.goodfriends.co.nz

Bay Audiology Hearing Health Talk - Wednesday 13 May at 2:30pm

Location: Upstairs Classroom at the Arvida Good Friends Living Well Centre

Join Sarah for a talk focusing on ear anatomy and health, causes of hearing loss, hearing loss prevention and living with hearing aids and hearing checks. This is a free event and you can book online, by phone or at reception.

Can You Retrain Reflex - Thursday 14 May at 1:30pm

Location: Upstairs Classroom at the Arvida Good Friends Living Well Centre

Join Maggie-Lee Huckabee - PhD for an insightful talk on swallowing. It's an automatic process we rarely notice until it becomes difficult. Dysphagia, often associated with stroke or Parkinson's disease, can lead to serious health complications. This session explores how the brain controls swallowing and how targeted rehabilitation can improve outcomes.

An Afternoon of Harp Music - Thursday 21 May from 3pm until 4pm

Location: Natter Café at the Arvida Good Friends Living Well Centre

Enjoy live harp music by Bethany in the café. Come along and relax with something from our Cafe.

Birthday Bingo - Thursday 28 May from 3pm until 4pm

Location: Natter Café at the Arvida Good Friends Living Well Centre

This is a free event, with food and drinks available for purchase. Come along for a fun round of Birthday Bingo with great prizes to be won. You can book at reception or online.

Monthly Quiz - Tuesday 26 May from 4:30pm

Location: Natter Café at the Arvida Good Friends Living Well Centre

Test your knowledge and grab a team. Quiz entry is just \$5 per person and will be held in the Café. Bethany will be playing the harp beforehand at 3pm.