

# Activities and Classes

## November 2022

Pool and Gym open Monday to Thursday 7am to 7pm, Friday 7am 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
9:15am	Circuits	Circuits	Circuits	Circuits	Circuits	
10:00am		Stretch & Core	Line Dancing	Tai Chi	Stretch & Core	
11:00am	Aquarobics	Aquarobics	Aquarobics	Aquarobics	Aquarobics	11.30am Adapted Yoga
		Strength & Balance				
12:30pm	Aqua Blast	Aqua Blast	Aqua Blast (45mins)	Aqua Blast		
1.30pm				Walking Group		
2.00pm		Brain Gym	SitFit			

### Walking Group – Thursdays, 1.30pm

#### Thursday 3rd November - Abberley Park (45 mins)

Enjoy the lawns, stream and extensive planting in this lovely park in St Albans.

#### Thursday 10th November - St Albans Park (45 mins)

1 or 2 loops of this picturesque wide-open green space.

#### Thursday 17th November - Nga Puna Wai (45 mins)

Picking up the track from Augustine Drive, we'll walk around Nga Puna Wai sports complex. Track includes a small native forest and runs next to the Heathcote River.

#### Thursday 24th November - Ernle Clark Reserve Walk (45 mins)

Starting at the Heathcote River opposite the South Christchurch Library (Cashmere), this gravel track follows the river through a woodland park.



Christchurch Symphony Orchestra

### Spring Strings

A CSO String Quartet returns this November to Arvida Good Friends for an afternoon of delightful music including movements from Haydn's 'Sunrise' quartet, Grieg's first string quartet, Nordic folk tunes and – to get us all in the Christmas spirit – a festive tune or two!

Monday 28 November at 2pm.

This event is FREE, however bookings are essential – visit

[www.goodfriends.co.nz](http://www.goodfriends.co.nz) or call 0800 20 41 20.



Natter Café is open Monday to Friday, 8am–4pm.

Please note: The café will be closed on Saturdays for the rest of 2022.



## Summer Fashion & Christmas Gifting

**After rave reviews, we're bringing it back!**

Join Jan from Spoilt Boutique for a runway event showcasing the best of summer fashion and Christmas gifting. Jan has an amazing eye for fashion, and an incredible sense of customer service – this event is not to be missed!

**Friday 2 December at 10am.**

This event is **FREE**, however we have limited capacity, so bookings are essential.

Visit [www.goodfriends.co.nz](http://www.goodfriends.co.nz) or call 0800 20 41 20.

## 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 Blast (Monday to Thursday, 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, 9.15am)

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)

Learn the basics of line dancing.

### SitFit (Wednesday, 2pm)

This gentle, chair-based workout strengthens muscles, builds balance and aids mobility.

### Strength & Balance (Tuesday, 11am)

Improve your balance, leg and core strength.

### Stretch and Core (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)

45-60 min walk in the parks and gardens of the city.  
**\$5 fee for transport and coffee from Natter Café.**



## Join a team and get quizzing!

**Don't miss out on all the fun at the Natter Quiz, on the last Thursday of every month.**

From 4.30pm to 6pm, join Quizmaster Tom and be put through your general knowledge paces. Enjoy a beverage or two and treat yourself to the Natter special pizza and chips menu.

**Thursday 24 November  
4.30–6pm, Natter Café.**

**\$10 non-member teams / \$5 member teams**

**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](http://goodfriends.co.nz/whats-on)

