

# Activities and Classes

## August 2021

Open to all – public activities and classes (see overleaf for details).

**\$10 for Non-Members, \$5 for Living Well Members, FREE for Moving Well Members**

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15am	Aquarobics	Aquarobics	Aquarobics			
10:00am	Adapted Yoga	Adapted Yoga	Adapted Yoga	Tai Chi	Adapted Yoga	DigiKiwis tech help
11:00am	Boxfit	Strength & balance	Boxfit	Aquarobics Strength & balance	Aquarobics Boxfit	<b>11.30am</b> Adapted Yoga
1:00pm			Thinking Well Presenter		Zumba Gold	

## Thinking Well Wednesdays

Free to all, 1pm every Wednesday

**4 August** Josh Monaghan, Head Chef – Natter Café and Microbakery  
The Chef Spills – Tips and tricks for Winter cooking

**11 August** Rebecca Harford – Adapted Yoga  
Meditation for Health and Relaxation

**18 August** Rebecca Harford – Adapted Yoga  
Busting Yoga Myths – Why stretching, flexibility and mobility are important to staying steady on our feet

**25 August** Jessie Snowden - On the Go Physio  
Falls Prevention

## Free space for your group

We'd love to welcome you and your good friends to use our spaces. Call Vanessa today to book a fun and free new venue for your book club, card playing group, knitting or quilting circle...

## Special Events at the Living Well Centre

Bookings essential for all events, talk with Alex or Vanessa.

**Saturday 14th August** Special Good Friends Offer!  
Join the Christchurch Symphony Orchestra Dress Rehearsal for 'Crouching Tiger' from 10am to 12pm and then enjoy lunch at Natter Café and Microbakery for only \$25 including door to door transport (or \$32 if you fancy a cheeky glass of wine).

**Saturday 28th August** High Tea comes to Natter Cafe and Microbakery.  
\$45 per person or \$52 with a glass of bubbles.

**Saturday 11th September** French frivolity.  
Join the Natter team for a night of French themed fun. Enjoy a three course set menu for \$55 per person, beverages additional.

**Arvida Good Friends at Park Lane** | 47 Whiteleigh Ave, Addington.

*Parking onsite and at Show Place through connecting gate.*

**0800 20 41 20** | [goodfriends.co.nz/whats-on](https://goodfriends.co.nz/whats-on)

# Living Well Centre

**Opening hours: 8am-4.30pm Monday to Saturday**

## Gym Circuits

Moving Well Members only, with personalised plan.

**Session duration:** 45 minutes.

**Capacity:** 12 people per session.

## Classes

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

**Equipment:** Provided for all classes, please bring a towel.

**Session duration:** 45 minutes.

**Limited Capacity:** Please book to secure your place.

## Aquarobics (Swimming pool)

Move your muscles without strain and get your heart pumping in this fun group fitness class with great music. Work at your own pace with qualified instructors in our heated pool.

## Adapted Yoga (Kererū room, Level 1)

Tailored for you by the fantastic team at Adapted Yoga and Pilates, this class is suitable for all levels and abilities, from beginners to advanced. You are welcome to bring your own mat or sit on a chair.

## Boxfit (Kererū room, Level 1)

Feel strong, feel powerful and have fun at our Boxfit class, specifically designed for vitality and movement. Bring your own gloves if you prefer.

## Balance and Strength (Kererū room, Level 1)

This functional movement class has been developed by Laura Organ, our Moving Well Manager and qualified exercise physiologist. Improve your balance, leg and core strength.

## Zumba Gold (Kererū room, Level 1)

Zumba Gold is our low intensity, minimum impact, maximum fun dance class. Please bring a bottle of water to hydrate as we move!

## DigiKiwis Drop In Tech Help (Good Friends Lobby)

**Saturday 10am to 11am.**

Young mentors help you get savvy on your phone, tablet or personal computer. Help with all tech questions.

**\$5 for Arvida Good Friends members.**

## Free Thinking Well Presentations

Keep up to date with current affairs, new technologies, books, research and adventures as well as hearing from local business owners and inspirational people from our community. Topics for this month are overleaf.

**Free for Arvida Good Friends members.**

## Special events for members

Keep checking our calendar for special member events and deals as these change monthly. Look out for fashion parades, whiskey tastings, dinners at Natter Café and more!

**Free for Arvida Good Friends members.**

## How to book your spot at Good Friends activities

- Book with the team at the Good Friends Centre in person
- Call us on **0800 20 41 20** and book over the phone
- Email us at [hello@goodfriends.co.nz](mailto:hello@goodfriends.co.nz)
- Book online at [www.goodfriends.co.nz](http://www.goodfriends.co.nz)  
(Click 'what's on' and scroll to find your activity)

## Space available

Do you have a community group/board/committee/activity that needs a new FREE home? Talk with Vanessa or Alex to see if we can help here at the centre.

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# Mid-Winter Magic throughout August



## New Natter Mid-Winter Magic deals for August:

- Seafood chowder, served with homemade crusty bread
- Bangers and mash
- Pumpkin and sage risotto
- Golden potato rosti served with lamb kidney, bacon and mushroom sauce (can be made vegetarian)
- Any slice bite and your choice of coffee



## Mid-Winter Magic... Gorgeous deals for August

### Eyes Wide Open

Enjoy a 30 minute facial with our beauty expert and get an eyebrow shape, lash tint and lift for free. **Save \$42!**

### Restyle and relax

Relax into a free 30 minute neck, shoulder and back massage with any haircut. **Save \$60!**

### Brows and nails

Book an express gel manicure/pedicure and get a free custom brow tint and shape. **Save \$28!**

### Top to bottom

Book any hair cut and get 50% off your next gel pedicure. **Save \$35!**



## Crouching Tiger Dress Rehearsal

See the Christchurch Symphony Orchestra dress rehearsal for 'Crouching Tiger' on Saturday 14 August and then enjoy lunch at Natter Café for \$25, including transport!



## French Frivolity

Join the Natter team on Saturday 11 Sept. for a French bistro themed evening. Enjoy a three course set menu for \$55 per person.