

# April 2026 Schedule

## Events and Updates

### **Nursing Student Tour and Talk**

University of Canterbury final-year nursing students will be visiting the Arvida Good Friends Living Well Centre on Monday, 13 April at 1pm. They're looking to chat with older people (65 years and over) about their experiences of ageing in New Zealand. If you'd like to take part, please contact reception on 0800 20 41 20 or visit 47 Whiteleigh Ave, Addington.

### **Birthday Bingo**

Bingo will be held on Wednesday, 15 April at 3pm in the Natter Café. This is a free event with food and drinks available for purchase. Come along for a fun round of Bingo with great prizes to be won. Book at reception or online.

### **Friday Family Game Day**

Join us for Friday Family Game Day on Friday, 17 April from 1pm in the events and class space upstairs in the Living Well Centre. Enjoy a fun-filled afternoon of games and activities, then wrap up the day with a Pool Party from 3pm until 4pm. Bookings can be made at reception or online.

### **Quiz**

It will be on Tuesday, 28 April from 4:30pm. Entry is \$5 per person and held in Natter Café.

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

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



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Ph: 0800 20 41 20  
47 Whiteleigh Ave  
www.goodfriends.co.nz

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		

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