








Franklin FUN for Seniors (updated 30 July 2019)


CLUB	DAY	TIME	LOCATION	CONTACT	Information and EMAILS
			WAIUKU		
Waiuku Rotary Club – District 9920	Wednesday	6:00pm for 6:30pm dinner	Waiuku Community Centre King St, Waiuku		https://www.rotarydistrict9920.org/clubinfo/waiuku-(inc) https://www.facebook.com/pg/RotaryClubOfWaiuku/about/?ref=page_internal waiuku.rotary@gmail.com http://www.rotary.org.nz/club.cfm?ID=43
Waiuku Lions Club – Zone 8	4th Monday	6:30pm Waiuku Dinner Meeting	Lions Station, Belgium St, Waiuku	09 235 7385	https://www.facebook.com/pg/WaiukuLions/about/?ref=page_internal http://www.lionsclubs.org.nz/Clubs/202K/Zone-8/Waiuku
Franklin Woodturners Club	Thursday	7:00pm, at the Clubrooms	23A Collingwood Rd, Waiuku 2123	Mick Irwin 021 360 294 President - Norm Jenner 09 235 7657	https://www.facebook.com/Franklin-Woodturners-Club-1443673838980383/ https://naw.org.nz/2016/11/24/franklin-woodturners-club/ Club website www.franklinwoodturners.org Mick Irwin mandjirwin@xtra.co.nz President - Norm Jenner normandpat@clear.net.nz
Smiling Dragon Tai Chi & Qigong 	Thursday (school terms)	9:15am ~ Adv 9:30am ~ Ext 10:30am ~ Int 11:30am ~ Beg	Waiuku Scout & Guide Hall	Tamara 021 255 1087	Falls Prevention, fitness, flexibility, muscle strength, stress management, fun, socialisation 13 classes in Franklin (Pukekohe, Tuakau, Waiuku , Mauku) www.smilingdragon.co.nz
50+ Young at Heart – Fitness Class	Thursday	9:30-10:15am	Waiuku Cosmopolitan Club	Alissa Bell 021 293 6622	Fitness Class, Groove to Music, \$8
Line Dancing	Wednesday Friday	9:30-11am (Exp) 9:30-10:30am Beg 10:30-11am (Int)	Waiuku Cosmopolitan Club	Jan	
Tone Up for Summer	Monday	6-6:35pm	Sandspit School Hall	Alissa Bell 021 293 6622	Toning Class suitable for everyone including 50+




Gentle Yoga	Monday	2-2:45pm	Yoga Lane, 40 Queen Street, Waiuku	Kirsty 027 554 7785	Specialised for seniors \$10/class
Waipipi Bowling Club	Tuesday Saturday	9:30am	Waipipi Hall 49 Creamery Road, Pollok, Waiuku	Nola 09 235 8496	
Waiuku Red Hatters	3 rd Thursday	11:30am	Kentish Hotel, Waiuku	Elaine 09 235 7131	Fun, friendship and food
Waiuku Senior Citizens Club	2 nd Monday	1:30pm	Waiuku Cosmopolitan Club	Nancy 09 235 8883	Entertainment, raffles, afternoon tea Monthly bus trip ... to somewhere
Sunset Coast Big Band	Thursday	7:30-9:30pm	Bandroom, Belgium Street, Waiuku	Ed 027 260 6568	All welcome
Mah Jong Club	Thursday	12:30pm	Waiuku Cosmopolitan Club	09 235 9877 (evenings)	
Waiuku 500 Club	Wednesday	12:30pm	St John Hall, Constable Road, Waiuku	09 235 9877 (evenings)	
Rummy Cub	Wednesday	1-3pm	Waiuku Library	Leonie	
Murphy's Travel Club			2631 River Road, Tuakau	Lorraine & Wally 09-236-8166 09-232-2535	Picks ups Waiuku , Pukekohe & Tuakau

CLUB	DAY	TIME	LOCATION	CONTACT	Information and EMAILS
		MAUKU &	PATUMAHOE		
Patumahoe Bowling Club			3 John St, Patumahoe	09 236 3967	
Patumahoe Garden Group			Mauku Church		
Pilates			Mauku Church		
Smiling Dragon Tai Chi & Qigong 	Wednesday	1:30pm ~ Beg/Int	Mauku Victory Hall, 430 Union Road, Mauku	Tamara 021 255 1087	Falls Prevention, fitness, flexibility, muscle strength, stress management, fun, socialisation 13 classes in Franklin (Pukekohe, Mauku, Tuakau, Waiuku) Classes during school terms www.smilingdragon.co.nz
Spud Union Community Singing Groups	Thursday	12:30-2pm	Mauku Victory Hall, 430 Union Road, Mauku	Sidharth Pagad 021 072 4205	Singing for wellbeing ... aiming to reduce social isolation and promote wellbeing. The session is run by Sidharth, a registered music therapist and community musician, and two occupational therapists.
Zest for Life 	Monday Wednesday	10:30- 11:30am 10:00-11:00am	Better Health PT Studio - 271 Union Road, Mauku	?	A fun social, low impact class focused on improving strength, balance, fitness, and reinvigorating your Zest for Life! \$7 per class

CLUB	DAY	TIME	LOCATION	CONTACT	Information and EMAILS
			PUKEKOHE		
TRAVEL					
Murphy's Travel Club			2631 River Road, Tuakau	Lorraine & Wally 09-236-8166 09-232-2535	Picks ups Waiuku, Pukekohe & Tuakau
Pukekohe Travel - Seniors			International and Domestic/national	0800 785 386	https://www.pukekohetravel.co.nz/escorted-tours/
Operatunity Travel				0508 886 489	travel@operatunity.co.nz
Grown Ups				Email from website	www.grownups.co.nz 50+ Lifestyle magazine, travel
MUSIC & Entertainment					
Seniors' Morning Tea & Movie	Wednesday *varies due to film release	10am M-tea 10:30am movie	Cinema 3 Pukekohe	09 237 0216	\$11 ticket ... muffin/brownie + tea/coffee Contact the cinema monthly to verify which Wednesday each month
Impromptu Concert	2 nd Monday	1:30pm	Harrington Hall		Cuppa and biscuit at interval time \$5 entry
Franklin Country Music Club	Thursdays fortnightly	7:30pm	Pukekohe Town Hall, Concert Chamber	Donna 09 238 5806	Perform with a live band and enjoy the music and company
Elevenses with Lisa Lorrell	2 nd Friday	Morning	Pukekohe East Hall	Anne 09 232 6588 Lisa 021 541 511	Entertainment followed by morning tea www.lisalorrell.net

Operatunity Shows				0508 266 237	bookings@operatunity.co.nz
Ukulele Classes for Adults	Tuesday	night	Franklin Arts Centre Franklin, The Centre 12 Massey Ave, Pukekohe 2120	Caro 021 66 2260	carolinezeeman@outlook.com
FITNESS					
Live Stronger for Longer			Pukekohe Waiuku Tuakau Mauku Drury	Lisa Jury 021 960 004 lisaj@accm.org.nz	 www.livestronger.org.nz Find a class with this tick Community Group Strength & Balance Programmes www.ageconcernauckland.org.nz/strengthandbalance
Aqua Aerobics 	Monday Tuesday Wednesday Fridays	9:15am 10:15am 9:15am 9:15am	Franklin Pool & Leisure Centre, 29 Franklin Road	Cindy Stewart 09 238 5240	Green Prescription card holders & CSC & Gold card - \$6 per class, \$10 without Aqua classes are a fun way to improve overall general health with no impact on joints. Use of floatation noodles and dumbbells to improve strength, balance & core stability. So much fun to great music.
Aqua Walking	Mon Wed Fri Tues Thurs	5:30am-8pm 5:30am-8pm 5:30am-8pm 5:30am-9pm 5:30am-9pm	Franklin Pool & Leisure Centre, 29 Franklin Road	09 238 5240	Seniors often come around 7:30am and again in the early afternoons
Pukekohe Ladies Badminton	Wednesday	9:30am-12pm	Franklin Pool & Leisure Centre, 29 Franklin Road	Marilyn 021 460 578 09 238 6943	
We Never Give Up - Indoor Bowls	Wednesday	9am	Pukekohe Cosmopolitan Bowling Club, 78 Nelson Street	Ralph PCC Office 09 238 8404	Indoor bowls for people who have suffered a stroke and the elderly Mobility bus available for local pick-up www.pukekohecosmopolitanclub.co.nz
Indoor Bowls	Friday	12:45-2:30pm	Pukekohe Cosmopolitan Club, 78 Nelson Street	Dianne 027 479 6208 09 238 3270	Leaners and new members welcome \$2 www.pukekohecosmopolitanclub.co.nz

Outdoor Bowls ... 'Indoors'	Wednesday Saturday	9:30am-12noon 9:30am-12noon	Pukekohe Cosmopolitan Club, 78 Nelson Street		Outdoor bowls rules, played on indoor surface Casual mixed & good fun www.pukekohecosmopolitanclub.co.nz
Outdoor Lawn Bowling Club			Pukekohe Cosmopolitan Club, 78 Nelson Street		www.pukekohecosmopolitanclub.co.nz
Buckland Indoor Bowling Club	Monday	7-9:30pm	Buckland Community Hall	Dianne 027 479 6208	Club night, completions
Pukekohe Croquet Club	Wednesday	9:15am	79 Harris Street	John 09 239 1213	
Franklin Rockers Dance Group	Monday	7-9pm	Pukekohe Cosmopolitan Club, 78 Nelson Street	Janice 027 4737 297	Lessons and social dancing
Line Dancing	Tuesday Wednesday	12:45pm 7:45pm	Pukekohe East Hall, 232 Pukekohe East Road	Lynne 09 238 7269 027 40347 767	
EziFit 	Tuesday Thursday	9:15am 9:30 am	Franklin Pool & Leisure Centre, 29 Franklin Road	Cindy Stewart 09 238 5240	Green Prescription card holders & CSC & Gold card - \$6 per class, \$10 without Bringing a social fun factor to exercise, Ezifit is a low impact class with an emphasis on Balance, Posture & Strength. Resistance bands & weights available. Caters for all levels.
Fitness League	Tuesday	9:30am	Pukekohe Town Hall, Concert Chamber	09 238 2246	Exercise
50+ Young at Heart – Fitness Class	Monday	9:45-10:30am	Pukekohe Town Hall	Alissa Bell 021 293 6622	Fitness Class, Groove to Music, \$8
4EverFitness Class	Monday	10:10am	Counties Fitness 151 Manukau Rd, Pukekohe 2120	09-238 1888	Complementary Tea & Coffee Afterwards It's a fun, friendly, low impact class using equipment and bodyweight with appropriate music, with inspiring and passionate instructors aimed at the older population but also good for those looking for a softer approach to group fitness.

Green Prescription	Mon-Fri	9am-3pm	Franklin Pool & Leisure Centre, 29 Franklin Road	Jacinta 09 238 7906 Pukekohe Healthy Lifestyle Advisor	www.sportauckland.co.nz Sport Auckland 0800 228 483
Supple Seniors 	Wednesday	10am-11am	St John Community Room, 19 Roulston Street	Bruce Blomfield	\$5 - Supple Seniors aims to improve your quality of life through enhancing flexibility, improving breathing habits, minimise stress, improve muscle tone/strength, improve sleep patterns and promotion of inner wellbeing and relaxation. Participants are seated on/or supported by a chair. Routines are designed for persons with mobility limitations, however is suitable for the able bodied.
Smiling Dragon Tai Chi & Qigong 	Tuesday Tuesday Tuesday Wednesday Wednesday Friday Friday	9am ~ Int 10am ~ Int 11am ~ Beg 1pm ~ Beg/Int 11:30pm ~ Beg/Int 1:30pm ~ Beg/Int 9am ~ Extended 10am ~ Int/Ext	St Patrick's Church St Patrick's Church St Patrick's Church Ryman activities room Wesley Church Mauku Hall St Patrick's Church St Patrick's Church	Tamara 021 255 1087	Falls Prevention, fitness, flexibility, muscle strength, stress management, fun, socialisation 13 classes in Franklin (Pukekohe, Mauku, Tuakau, Waiuku) Classes during school terms www.smilingdragon.co.nz
Tai Chi for Wellbeing 	Thursday	1:15-2:30pm	St Andrew's Anglican Church Hall, corner Queen Street & Wesley Streets	Stacy Shramana 09 576 3705	Tai Chi for health and wellbeing that is fun. We include functional movements to improve your strength & balance that support your everyday living. Chairs are available to aid standing balance exercises.
Pukekohe Tennis	Wednesday	7-8:30pm	Counties Tennis Centre 82-86 West Street	Cherie 027 459 6075	Teams of two men and two women, each play at doubles and mixed doubles match Non-members welcome, first two sessions FREE
Pukekohe Tennis	Thursday	6:30-late	Counties Tennis Centre 82-86 West Street	Cherie 027 459 6075	Senior Social Club Night Non-members welcome, first two sessions FREE
Pukekohe Table Tennis Club	Monday	6pm	Pukekohe Youth Centre, 1 Roulston Street	Peter 09 232 8778	Players of all levels and age groups are welcome
Golden Oldies Table Tennis	Tuesday	1pm	Buckland Community Hall, Buckland	Ray 09 236 8673	Table Tennis
Walking Group	Wednesday	9:30am 10:15am	Pukekohe Rugby Club Hospice (for morning tea)	09 238 9376	Franklin Hospice - 29 Hall St, Pukekohe Shirley – walking group contact person

	Chair Yoga	Friday	10am	Ryman Possum Bourne Retirement Village, Lisle Farm Drive	Bruce Blomfield	\$5 Chair Yoga aims to improve your quality of life through enhancing flexibility, improving breathing habits, minimise stress, improve muscle tone/strength, improve sleep patterns and promotion of inner wellbeing and relaxation. Participants are seated on, or supported by a chair. Routines are designed for persons with mobility limitations, but are suitable for the able bodied.
	Pukekohe Yoga Club	Mondays	10:15am	Franklin Bridge Club, 20 Edinburgh Street	Carole 09 236 8348	Beginners Yoga, relaxation class. Bring mat and blanket
	ACTIVITY					
	Art Group	Thursday	10:00am – 12:00pm	Pukekohe Youth Centre, Pukekohe, 1 Roulston Street	Margaret 09 238 1011	
	Franklin Bridge Club	Monday Wednesday Thursday - Beginners Day Friday	7:15 pm 7:15 pm ? 10 am	20 Edinburgh Street, Pukekohe	09 238 5760	secretary@franklinbridgeclub.org.nz
	Franklin Chess Club	1 st Thursday (except January)	7-8:30pm	Franklin: The Centre, Leslie Common Room (upstairs)	Ron Lanning 027 212 8232 Work hours 09 269 0285	ron-lanning@xtra.co.nz ron@ykk.co.nz
	Pukekohe Floral Art Club	1 st Thursday	7:30pm	West Street, Pukekohe	Christine 09 235 8070	cmblack@tuinet.nz
	Counties Embroiderers Guild	1 st Thurs 2 nd Thurs 3 rd Thurs	9:30am-12pm 9:30am-12pm 9:30am-12pm	Old Central School Crnr Great south Road and Wood St, Papakura St Andrews Church, Crn Queens St and Wesley St	Valerie 07 560 4280 022 362 5795	
	Franklin Fuchsia Group	2 nd Thursday	1pm	Different locations	Carol 021 0499 706 Mary 027 287 2681	

Pukekohe 500 Club	Fridays	1pm	Wesley Methodist Hall, Crn Queens and Wesley Streets, Pukekohe	Connie 0274 177 329	
Gardening Club Onewhero /Pukekohe	3 rd Wed	10am	Pukekohe Netball Courts	Raewyn 09 232 8005	
Korowai classes	Wednesday Friday Sunday	9:30am-2:30pm 10:30am-12:30pm 10:30am-2pm	Beatty's Road Double Garage	Emily Whyte 09 238 6965	Hourly rates
Franklin Women's Club: Mah Jong	Monday Thursday	1pm	29 Hall Street	Margaret 09 238 6323	Mah Jong
Housie	Thursday	11am-1:30pm	Pukekohe Cosmopolitan Club, 78 Nelson Street	Office 09 238 8404	The game of Housie is similar to American Bingo
Franklin Historical Society Inc	Sunday	11:30am- 3:30pm	Pioneer Cottage, Roulston Park	0211 237 960	Come and see how the Martin family lived in the 1800's, bring your stories Entry by donation and appointment franklinhistoricalsociety@gmail.com
Counties Country Quilters	Every 2 nd Monday	9am-2pm	PIA Events Centre,	email	New members welcome, bring something to work on ccq.quilters@gmail.com
Scrapbooking and Papercraft	4 th Saturday (Can vary)	10am-5pm	Waiau Pa Community Hall, Crn McKenzie and Waiau Pa Roads, Waiau Pa- Clarks Beach	Denise 021 297 3072	Saturday date can vary, please contact Denise
Pukekohe Stamp Club	1 st Sunday	1:30-3:30pm	Reid Anderson Hall, St Andrew's Anglican Church, Corner Queens & Wesley Streets	email	Our membership costs \$10 per year Pukekohe Club Email is pukekohestamps@gmail.com
Pukekohe Stamp Club	3 rd Monday	7:30pm	Plunket Rooms	Eric Muir	Public meeting
Franklin Toastmasters	Every 2 nd Monday	7-9pm	Bledisloe Park Sports Centre, 18 John Street, Pukekohe		www.franklintoastmasters.co.nz Please note our Vice President membership coordinator changes each July, so it would be a good idea to check the website for the correct contact person.

U3A	3rd Tuesday 3rd Tuesday 1 st Wed 4 th Monday 3 rd Thurs 3 rd Friday 4 th Thurs 1 st Tuesday 2 nd Thurs 3 rd Wed 2 nd Tuesday 1 st Thurs 2 nd Friday 2 nd Wed 3 rd Mon Varies Varies	10:30pm ~ 12noon 9:45am 9:45am 9:45am 9:45qm 1pm 9:45am Varies 9:45am 9:45am 9:45am 10:30am Varies Varies	Bridge Club Franklin Club Contact Jillian Contact Ngaire Contact Doreen Contact Mark Contact Ralph Contact Ian Contact Jack Contact Ian Contact Dawn Contact Joan Contact Paul Contact Wayne Contact Wayne Contact Betty Contact Lorraine	Mark 09 294 8927 Carole 09 236 8348 Jillian 0274 865378 Ngaire 09 238 6201 Doreen 092387772 Mark 09 294 8927 Ralph 09 238 4487 Ian 09 239 2049 Jack 09 238 1651 Ian 09 239 2049 Dawn 09 235 9862 Joan 09 238 4033 Paul 09 238 6547 Wayne 09 5521097 Wayne 09 5521097 Betty 09 235 7079 Lorraine 239 1936	Chapter Meeting Lunch after Chapter Meeting Art Appreciation Aspects of NZ Biographies Current Affairs Digital Devices Environmental Studies Film Studies History Literature Appreciation Music Appreciation (2 nd contact Sandra 09 294 8927 Transport Travellers' Tales World Geography Gallivanting macdonald.betty@gmail.com Writing Group
Franklin Writers	Tuesday	12:45-2:45pm (school terms)	Ed Hillary Room, Franklin: The Centre	Barbara 027 5606 777	

SPECIALTY GROUPS					
Adult Seasons for Growth	Tuesday	evening	St Andrew's Anglican Church, corner Queen Street & Wesley Streets	Rev Jan Wallace 0274 521 366 09 238 7723 Office 09 238 7228	For adults who have experienced some form of grief or significant loss in their life pukekohecommunityaction@xtra.co.nz
Age Concern Counties Manukau				09 279 4331, Ext 800 admin@accm.org.nz rg.nz	Community Group Strength and Balance Coordinator - lisaj@accm.org.nz Elder Abuse social workers - maxineo@accm.org.nz and/or slavicam@accm.org.nz Elder Abuse Educator - lynnc@accm.org.nz Counsellor - counsellor@accm.org.nz Accredited Visiting Service - lynnc@accm.org.nz and/or lisaw@accm.org.nz Health Promotion - melaniej@accm.org.nz Handyman Fieldworker - reception@accm.org.nz and/or handyman@accm.org.nz


					Positive Ageing Network and projects - annaj@accm.org.nz For information, resources, total mobility assessments - reception@accm.org.nz Accounts - accounts@accm.org.nz The Vintage Store - tvadmin@accm.org.nz
Autism NZ			Auckland	09 846 0913 0800 288 476	Auckland@autismnz.org.nz ? group monthly meeting
Bereavement Support Group	Every Wednesday			Shirley 09 239 1889 Diane 021 298 3007	For support. Walks, coffee, movies, lunches and day trips
Pukekohe Cardiac Club	Friday	10am-12noon	Masonic Rooms, 8C Roulston Street, Pukekohe	Barbara 09 238 6533	Support, exercise, speakers and friendship Please contact as sometimes we do outings
Pukekohe Communicare CMZ Friendship Centre	Monday (school terms)	9:30am-12:30pm	Plunket Building, Crn Edinburgh & Wesley Streets	09 631 5968	For senior and disabled folk in the community
Dementia Group	3 rd Thursday	10:30am	Ryman Possum Bourne Retirement Village, Lisle Farm Drive	Julie Kerr 0204 08 64 226	Socialisation activities for people with dementia www.dementiaauckland.org.nz 0800 433 636 09 622 4230 Dementia Auckland, Bobby@dementiaauckland.org.nz
Diabetes Support Group	Last Thursday of the month	1-3pm	Wesley Methodist Hall, Crn Queens and Wesley Streets, Pukekohe	Jan 09 239 2049	Connect with others affected by diabetes and learn how to manage diabetes, and share your experience of living with diabetes \$2 members, \$5 non-members
Franklin Family Support Services			82 Manukau Road, Pukekohe	09 238 6233	Website: www.familysupport.org.nz Email: admin@familysupport.org.nz Financial mentoring, parenting, counselling, social work, transport (volunteer drivers to medical appointments), Heartland Services, legal support
Grandparents Raising Grandchildren	Last Tuesday of the month	10am-12pm	St Andrew's Anglican Church, corner Queen	Shirley 021 129 4151	Coffee morning

			Street & Wesley Streets		
Hope Unlimited Trust			14 Harrington Avenue Pukekohe East	09 239 1823	www.hopeunlimitedtrust.org.nz
Parkinson's Gentle Exercise Group	Tuesday	10am	Baptist Church Cafe, 128 Victoria Street West	Rhonda Thorn 027 520 6805 09 299 6607	Gentle exercise & balance, plus morning tea rhonda.thorn@parkinsons.org.nz www.parkinsons.org.nz/our-divisions/auckland
Parkinson's Group Meeting	1 st Thursday	10am	Baptist Church Cafe, 128 Victoria Street West	Rhonda Thorn 027 520 6805 09 299 6607	February to November rhonda.thorn@parkinsons.org.nz www.parkinsons.org.nz/our-divisions/auckland
Parkinson's Carer Meeting	4 th Thursday	10am	Petals 'N Pots Cafe, 25 Paerata Road, Pukekohe	Rhonda Thorn 027 520 6805 09 299 6607	February to November rhonda.thorn@parkinsons.org.nz
Salvation Army	Wednesday Meeting Walk-In	10am-12noon		Gail or Rose 09 238 5641	Salvation Army open Tuesday-Friday 9am-4pm Food bank Support
Special Olympics Counties			Various venues	Rowena, 021 921 902	For people with an intellectual impairment. Ten pin bowling, table tennis, power lifting, basketball, athletics, football and swimming
Pukekohe Stroke Club	Tuesday	9:15-11:30am	Wesley Methodist Hall, Crn Queens and Wesley Streets, Pukekohe	Elaine 027 820 4098	\$1 morning tea, 50c raffles Mobility bus available within Pukekohe
South Auckland & Franklin Stroke Foundation of New Zealand				Joanna Kelly Community Stroke Advisor 09 475 0070 027 895 2046	south.auckland@stroke.org.nz www.stroke.org.nz
SOCIAL GROUPS					
Pukekohe Senior Citizens Club	3 rd Thurs 4 th Tues	12:45-3pm varies	Pukekohe Town Hall varies	Heather Douglas 09 239 1615	Entertainment and a cuppa Bus trip (morning tea, meal, bus trip approx. \$30)

Franklin Lioness Club	1 st Tuesday	7pm	Pukekohe Cosmopolitan Club, Nelson Street	Dinie 09 238 5633	Business Meeting
Franklin Lioness Club	3 rd Tuesday	7pm	Pukekohe Cosmopolitan Club, 78 Nelson Street	Dinie 09 238 5633	Dinner with speaker * Bookings essential
Probus Club of Pukekohe Ladies	1 st Tuesday	10am	Pukekohe Cosmopolitan Club, 78 Nelson Street	Maureen 09 238 4400	
Pukekohe Men's Probus Club	2 nd Tuesday	10am-12pm	Pukekohe Cosmopolitan Club, 78 Nelson Street	Paul Burt 09 238 7702	Social, speakers, morning tea Interest Groups: film, trips, walking gardening, bowling 56 members
Combined Probus of Pukekohe	3 rd Monday	10am-12pm	Pukekohe Cosmopolitan Club, 78 Nelson Street	Elaine 09 239 2943	Cup of tea and guest speaker (120 members in group) Extra Clubs ... Video Group (2 nd Wednesday of month, 2pm, at Ryman), Card Group, Bowling Group, Discussion Group etc
Combined Probus of Franklin	4 th Monday	10am	Pukekohe Cosmopolitan Club, 78 Nelson Street	Joan 09 238 7766	Monthly meeting
Combined Probus of Franklin	2 nd Monday	10:15-11:15am	Alyssum Café, Franklin: The Centre	Joan 09 238 7766	Coffee morning
60's Up Group - Pukekohe	2 nd Wednesday	10:30am	Pukekohe Town Hall	Lavinia 09 238 3141	Entertainer, speakers and shared lunch Bi-monthly bus trip Bi-monthly shared lunch
Pukekohe Selwyn Centre	Tuesday & Thursday	9:15-11:30am	Pukekohe Anglican Church hall, corner of Wesley & Queen Streets	Jo O'Malley 027 469 6865 Office on 09 2387723	Morning tea (\$2) and lunch (\$5, Tuesdays only) are available for all, with no advance notice required. pukekohecommunityaction@xtra.co.nz social morning for people aged 65+. Selwyn combines a gentle exercise programme, designed to improve mobility and prevent arthritis, with social activities and games in a fun, friendly atmosphere. Morning tea is provided and special events are organised throughout the year, especially at Easter & Christmas. Those attending enjoy peer

					companionship along with spiritual support when needed – sensitively addressing issues such as ageing and dying.
Pukekohe Red Hatters	4 th Wednesday of every month	11:30am	Cosi Club, 78 Nelson Street	Ann 09 238 7313	P&O Cruisers Lunch, friendship
RSA Franklin Returned Services Association	Tuesday Friday (Bar) Diggers' Hour	11am-2pm 4-8pm	17 Edinburgh St, Pukekohe	09-238 7869 Mac 027 785 9737 021 105 5152	rsafranklin@outlook.com www.facebook.com/RSAFranklinInc www.rsa.org.nz/franklin
RSA Franklin Returned Services Association	Every 2 nd Tuesday RSA Senior Citizen lunch	Lunch 'pension day'	17 Edinburgh St, Pukekohe	09-238 7869 Mac 027 785 9737 021 105 5152	rsafranklin@outlook.com www.facebook.com/RSAFranklinInc www.rsa.org.nz/franklin
Rural Women	1 st Wednesday	1pm	Wesley Methodist Hall, Crn Queens and Wesley Streets, Pukekohe		

CLUB	DAY	TIME	LOCATION	CONTACT	Information and EMAILS
			TUAKAU		
Book Talk	Last Wednesday each month	1:30pm - 3pm- ish	Tuakau Library 72 George St, Tuakau, 2121	09-236 9823	This group started in 1997 ... they get together and 'talk' about books.
Tuakau Senior Citizens Club	2 nd Thursday	1:30-4pm	Tuakau Cosmopolitan Club	Lois 09 232 9796	
Tuakau Garden Club	1 st Monday	8:30am – all day	Murphy's Bus Depot, 2631 River Road, Tuakau	Marie Morrison	Bus trip to varies garden destinations

Tuakau 500 Club	Wednesday	1pm	Tuakau Cosmopolitan Club	Barbara 027 5606 777	
Tuakau Country Music & Variety Club	3 rd Sunday	1:30-4pm	Harrisville School Hall	Wayne 022 486 9968	
Selwyn Centre	Tuesday Wednesday	9:30am-12noon	St John's Anglican Church, 148 Buckland Rd, Tuakau	0800 30 1234	Selwyn Centre in Tuakau is a day care centre for older people who may be lonely and in need of help and support and also respite care for those suffering from dementia. The centre offers gentle exercise, social games and morning tea with a cooked lunch on Monday. There is a charge of \$3.00 for lunch and transport is available for a small donation.
Knitting Group	Wednesday	10am	St John's Anglican Church, 148 Buckland Rd, Tuakau		
Smiling Dragon Tai Chi & Qigong 	Wednesday (school terms)	10am ~ Beg/ Int	Tuakau Town Hall	Tamara 021 255 1087	Falls Prevention, fitness, flexibility, muscle strength, stress management, fun, socialisation 13 classes in Franklin (Pukekohe, Tuakau , Waiuku, Mauku) www.smilingdragon.co.nz
Murphy's Travel Club			2631 River Road, Tuakau	Lorraine & Wally 09-236-8166 09-232-2535	Picks ups Waiuku, Pukekohe & Tuakau
Tuakau Rotary			Tuakau Hotel		tuakaurotary@gmail.com www.rotarytuakau.club
Tuakau Lions Club	2 nd Tuesday 4 th Tuesday	7pm 6:30pm	Tuakau Cosmopolitan Club, Corner of Madill and Carr Streets, Tuakau	Warwick Martin 09 237 8120 Bob Bell 09 236 8384	Business Meeting Dinner meeting and guest speaker

Huakina Trust	Thursday	9am-12:30pm	Tuakau Cosmopolitan Club, Corner of Madill and Carr Streets, Tuakau	Robert 021 722 476 09 237 3325	Seniors morning and lunch robert@huakina.co.nz
----------------------	----------	-------------	---	--------------------------------------	---

Transport Links

Taxis United	0800 701 259	09 295 100	www.taxisunited.co.nz
St Johns Health Shuttle	0800 WAKA ORA	0800 9252 672	mairiana.roxas@stjohn.org.nz Health related appointments (Koha or gold coin)
Franklin Transport Services	09 238 6233	www.franklinfamilysupport.org.nz	medical appointment transport 48 hours' notice required
White Rose Cars	09 238 9728	021 10 20 678	shuttle, private,
Freedom Companion Driving	0800 956 956	09 218 7475	info@freedomdrivers.co.nz
	Pukekohe	Kirsten Jones	09 218 7475
			Medical appointments, ACC funded transport, scenic drives, social, shopping, personal grooming, Total Mobility Service, wheelchair accessible vehicles, airport

Counselling Services

Hope Unlimited TRUST, Counselling & Social Support Services, 14 Harrington Ave, Pukekohe - 09 239 1823, www.hopeunlimitedtrust.org.nz

Document Created by Tamara Bennett ... Smiling Dragon Tai Chi & Qigong ... www.smilingdragon.co.nz ... smilingdragontaichi@gmail.com ... 021 255 1087

Home Support

Enliven Counties Manukau – Maximising Independence, 217 Weymouth Road, Manurewa, northern.enliven.org.nz. Provide home and community support services for older people and those with disabilities or injuries. Is part of Presbyterian Support Northern charitable social services organisation, 09-269 0112,

<https://www.eldernet.co.nz>

https://www.eldernet.co.nz/Facilities/Home_Help_and_Personal_Care_Assistance/Enliven_Counties_Manukau/Service/DisplayService/FaStID/14614

Therapy

Speech Language Therapist

Jenny Button 021784594

Jenny.Button@middlemore.co.nz

COUNTIES MANUKAU DISTRICT HEALTH BOARD

Franklin Locality

Counties Manukau Health

Hours of work: Monday- Friday (8am-4.30pm)

countiesmanukau.health.nz

|

Useful Links

Eldernet: www.eldernet.co.nz

Health Point: <https://www.healthpoint.co.nz/community-health-services/south-auckland/pukekohe/> <https://www.newzealandnow.govt.nz/regions-nz/auckland/community-services>

Work and Income: <https://www.workandincome.govt.nz/eligibility/seniors/index.html#null>

Super Seniors: <http://www.superseniors.ms.govt.nz/about-superseniors/index.html>

Family Support: <http://www.familysupport.org.nz/>

Waiuku Family Support: 09 235 9099 , admin@waiukufamilysupport.co.nz

Strengthening Families; <http://www.strengtheningfamilies.govt.nz>

Chinese Positive Ageing Charitable Trust is a non-profit organization, established by a group of professionals for the physical, psychological wellbeing of the Chinese elderly in New Zealand. CPA Telephone Befriending Service (TBS) aims to assist Chinese elderly to combat their loneliness and maintain their mental well-being. Our specially trained volunteers who can speak your language will phone you regularly at your convenience to listen to your concerns, provide culturally appropriate support and a friendly chat with confidentiality. Enquiries 聯絡我們, Sandy Nip 聶太 (小江), 09 624 1368 (Voicemail 留言), 021 052 0930, cpa.trust@gmail.com

Asian Health & Wellbeing Community Network; Kitty Ko, Asian Health Gain Advisor | Population Health, M: 021 840 200, kitty.ko@middlemore.co.nz

Selwyn Pukekohe: <http://www.pukekohecommunityaction.co.nz/selwyn>

Grown Ups: <https://www.grownups.co.nz/> 50+ Lifestyle magazine

Document Created by Tamara Bennett ... Smiling Dragon Tai Chi & Qigong ... www.smilingdragon.co.nz ... smilingdragontaichi@gmail.com ... 021 255 1087

Selwyn Foundation: <https://www.selwynfoundation.org.nz/community/community-support/>

The Selwyn Foundation is able to tailor and coordinate services to support you and your loved ones to continue living at home, remaining well, safe and comfortable. We can assist you to access subsidised care that you may be eligible for, along with additional services that you and your family can pay for. Call Sandi today on call 0800 30 1234 and share with her your needs and requirements, and we will tailor services to meet your needs and budget.

HelpLines

Below is a list of some of the services available in New Zealand that offer support, information and help. All services are available 24 hours a day, seven days a week unless otherwise specified.

National helplines

Need to talk - Free call or text **1737** any time for support from a trained counsellor

Lifeline – 0800 543 354 or (09) 5222 999 within Auckland

Suicide Crisis Helpline – 0508 828 865 (0508 TAUTOKO)

Healthline – 0800 611 116

Samaritans – 0800 726 666

Peer Talk – 0800 234 432 (18yo up, 7 days a week, 17:00 – 24:00)

Anxiety phone line – 0800 269 4389 (0800 ANXIETY)

Victim Support - 0800 842 846

Family Violence - Information Line (0800 456 450) Provides self-help information and connects people to services where appropriate.

Depression-specific helplines

Depression Helpline – 0800 111 757 or free text 4202 (to talk to a trained counsellor about how you are feeling or to ask any questions)

www.depression.org.nz – includes The Journal online help service

Family Services 211 Helpline – 0800 211 211 for help finding (and direct transfer to) community based health and social support services in your area.

Skylight – 0800 299 100 for support through trauma, loss and grief; 9am–5pm weekdays.

Supporting Families In Mental Illness – 0800 732 825 for families and whānau supporting a loved one who has a mental illness.

Other specialist helplines

Alcohol and Drug Helpline – 0800 787 797 or [online chat](#)

Are You OK – 0800 456 450 - family violence helpline, <http://www.areyouok.org.nz/family-violence>

Gambling Helpline – 0800 654 655

Anxiety phone line – 0800 269 4389 (0800 ANXIETY)

Seniorline – 0800 725 463 A free information service for older people

Shine – 0508 744 633 confidential domestic abuse helpline

Quit Line – 0800 778 778 smoking cessation help

Free peer support services - For people experiencing mental illness or those supporting them. Auckland Central 0508 927 654 or 0508 WARMLINE (8pm to midnight, seven nights)

Women's Refuge - 0800 REFUGE (733 843)

Franklin Social Workers Network Support

Maria Astillero	Matariki CMDHB	MariaVictoria.Astillero@middlemore.co.nz
Les Pihema	The Cottage	Les.Pihema@middlemore.co.nz
Leisl Holtzhauzen	Franklin Family Support	LHoltzhauzen@familysupport.org.nz
Sandy Fretwell	Franklin Family Support	Sfretwell@familysupport.org.nz
Karen Orr	Family Works-SWiS	Karen.Orr@fwn.org.nz
Maxine Oakley	Age Concern	MaxineO@accm.org.nz>
Sasha Misur	Age Concern	
Joyleen Dawson	NASC	Joyleen.Dawson@middlemore.co.nz
Vicky Gray	Child Development Team CMDHB	Vicky.Gray@middlemore.co.nz
Dori Phillips	Family Works-SWiS	Dori.Phillips@fwn.org.nz
Abby Alesana	Frameworks	Abby.Alesana@framework.org.nz
Beryl McElroy	Hospice	beryl.mcelroy@hospice.co.nz
Conrad Bezuidenhoud	MHSOP/ILOC	Conrad.Bezuidenhoud@middlemore.co.nz
Kumeroa Phillips	Huakina Development Trust	kumeroa@huakina.co.nz
Patricia Williams	Kidz Social Services	kidzsocalservices@xtra.co.nz
Rachel Kurusa	Frameworks	rachel.kurusa@framework.org.nz
Sonya Pereira	Hope Unlimited Trust	hope@hopeunlimitedtrust.org.nz
Stacey Tuaa	Mahi Marumaru	Stacey.Tuaa@connectsr.org.nz
Michael Aitken	Frameworks	michael.aitken@framework.org.nz
Michael Verner	Mahi Marumaru	michael.verner@connectsr.org.nz
Desiree Donaldson	Stand childrens services	Desiree.Donaldson@standforchildren.org.nz
Maggie Ramalingam	Stand childrens services	maggie.ramalingam@standforchildren.org.nz
Caroline Gatimel	Waiuku Family Support	carolineg@waiukufamilysupport.co.nz
Catrin Susser	Community Health Services cmdhb	catrin.susser@middlemore.co.nz