



# Regular Events

**60 Plus**, Held the last Thursday of each month, 10am morning tea provided, a great opportunity to meet others in a relaxed friendly atmosphere. Held at Magnify, 118 Commercial Rd, around the back, downstairs. (There is a ramp) Jocelyn Read 0211-726-547.

**Al-Anon Family Groups** can help. Free lunchtime meeting every Wednesday, 12.30 pm in small office at rear of carpark Magnify, 118 Main Road, [www.al-anon.org.nz](http://www.al-anon.org.nz).

**Aqua Aerobics** – Low impact exercises to improve your health - Green Prescription – with or without. Classes: Mon, Wed, Fri, 9am – 10am, held in outdoor pool all year, except public holidays. Cost: \$2 per class. Parakai Springs Hot Pools. Contact Ruth on 0210-2277-481 for more details.

**Citizens Advice Bureau**: Helensville, is open every Saturday from 10am to noon at 16 Commercial Rd, Helensville. JPs are always available. Come for information and advice.

**Diabetes & Arthritis Group** - First Monday in the month unless it's a public holiday. Held at the Anglican-Methodist Church, 60 Garfield Road, Helensville, from 10am to 12pm. Morning tea provided. Speaker and fun times. Contact Shirley on 420-6501 or Glennis on 420-2801.

**FLexercise with Fitness League**: Friday 10am - Kaipara Cruising Club. FLexercise low impact exercise to music incorporating balance and flexibility-move dance enjoy. All ages and abilities. Call Christine 0212602190 Web [www.thefitnessleague.org.nz](http://www.thefitnessleague.org.nz)

**Freemasons at Helensville**; Regular meetings at The Duke of Albany Lodge, Kowhai Street, Helensville. For more information call Bob Greenough on 0210-829-2345

**Groovy Line Dancing** Tuesday 9.30am – War Memorial Hall, Helensville. \$6 – Levia Aukino-Uruamo. Ph 022-626-7030

**Hana's Group Fitness Classes**, small group fitness bootcamps at Rautawhiri Park 3 times per week Mon, Thurs & Fri at 9am. Please contact Hana on 0211623362 or on Facebook @ HanasGroupFitnessHelensville.

**Helensville Floral Art Club**, Third Thursday of the month at Helensville Masonic Lodge, 9 Kowhai Street. All welcome. Contact Cushla 420-8905 [cushanddez80@gmail.com](mailto:cushanddez80@gmail.com) for more information.

**Helensville Healing Rooms**, now at outside rooms of River Valley Baptist Church, Fordyce Road Parakai, opposite Parakai Primary School, Every 1st and 3rd Saturday, 11a.m-12p.m. We offer prayer for help with what you need healed, All welcome, no appointment, no charge, ph 0276-058-225

**Helensville Lions Club**, meet 2nd and 4th Mondays of the each month, in the Tennis Club building, 124/164 Rautawiri Road, 6.30pm for 7pm start. Just come along to any meeting to see what we are about - you will be made very welcome. Contact Chris 420-8527.

**Helensville River Valley Country Music Club** Held 3rd Sunday of the month at Tennis Club Building, Rautawhiri Park. 1pm start. All Welcome Contact Marion 420-8867.

**Helensville St John Youth**: Ages 5-18 yrs see [youth@stjohn.org.nz](mailto:youth@stjohn.org.nz) for more information. Monday 5.30-7pm during school terms, Makiri Street, Helensville. Contact: Carla. [carla.lang@stjohn.org.nz](mailto:carla.lang@stjohn.org.nz)

**Hot Pool Stretching and Exercise Class**: Every Tuesday 8-30-9.30am. Suitable for arthritis sufferers or those wanting to warm up these muscles and stay flexible. Lots of fun; pool noodles available and fully instructed. At Parakai Springs Hot Pools. For more information contact Chrissy on 027-258-2010

**Kaukapakapa St John Youth**: Ages 5-18 yrs see [youth@stjohn.org.nz](mailto:youth@stjohn.org.nz) for more information. Tuesday 5.30-7pm during school terms, 1015 Kaipara Coast Highway, Helensville. Contact: Sheryl 0211900591, [sheryl.pawley@stjohn.org.nz](mailto:sheryl.pawley@stjohn.org.nz)

**Kumeu Friendship Club**. Friendship New Zealand Inc. is a welcoming social organisation for people living in New Zealand who are retired or semi-retired. Come along and join us on the fourth Thursday of the month at 10am at St. Chad's Church, 7 Matua Rd, Huapai.

**Our Village Coffee/Playgroup** - Northwest (Find us on Facebook). Social community group for all ages and stages. Everyone welcome along: Parents, caregivers, grandparents, all the whānau, with/without children. Every Thursday 930am - 130pm St Matthews Church Lounge - 60 Garfield Rd, Helensville. Email: [ourvillagenorthwest@gmail.com](mailto:ourvillagenorthwest@gmail.com)

**Peggy squares knitting group**, Wednesdays 10am - 11:30am Join us for a coffee and a chat while knitting your Peggy Squares and assist us in creating community blankets for children in your community. Glenys 09-411-5151

**SeniorNet Kumeu Inc.**, Have you ever thought about joining SeniorNet? The Kumeu branch meets in St Chads Church, Huapai, with a Helensville outpost in a private home in Garfield Rd. The cost of entry is \$3. Why not come along and find out what we have to offer. Contact details: Brian Lacey [brian@lacey.nz](mailto:brian@lacey.nz), 0221-831-811, Beverley Meredith, [meredithpb@xtra.co.nz](mailto:meredithpb@xtra.co.nz), 09-411-5201.

**U3A South Kaipara**: 1st Tuesday of the month for general meeting. See What's happening this month column for more information or contact Gloria Middleditch. [jandgmiddleditch@outlook.com](mailto:jandgmiddleditch@outlook.com) 09-420-3007/0211-658-428.