



RETIRED ADULTS ACTIVITIES

KAIKŌURA HEALTH

TE HĀ O TE ORA



Five Ways to Wellbeing



- Activities of Daily Living (ADL) Exercises
- Sure to Rise Baking Group
- Men's Shed
- Housie
- Ronnie Gardiner Brain Gym
- Line Dancing
- Strength & Coordination Class
- Carer's Support Group
- Blou Brothers Cancer Support Group
- Stroke Support Group
- Parkinson's Support Group
- Quiz afternoon
- Come Dine with Me

“KEEP TRYING, HAVE FUN & LAUGH OUT LOUD - RULES FOR LIFE

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Activities of Daily Living Exercises - ADL



Who is it for:	Retired Men
Where:	Supper Room - Memorial Hall
When:	Monday 10.00am
Transport:	Not Available
Cost:	\$5.00 for activity, cuppa & cake
Bookings:	Not Essential
Contact:	Blou (Belinda) on 027 562 0811



Sure to Rise Baking Group



Who is it for:	Retired People
Where:	Supper Room - Memorial Hall
When:	Monday 1:30pm - 3:30pm (approx)
Transport:	May be available - please ask
Cost:	\$5.00 for activity, cuppa & cake
Bookings:	Essential
Contact:	Blou (Belinda) on 027 562 0811



Men's Shed

Who & When:	Tuesdays - Open sessions 9am Thursday - Group session 9:30am-12pm
Where:	Community Shed (old museum) Ludstone Road
Transport:	May be available - please ask
Cost:	Open sessions - no cost \$5.00 for cuppa & cake on Thursdays
Bookings:	Group sessions require a referral
Contact:	Blou (Belinda) on 027 562 0811

Housie

Who is it for:	Retired People
Where:	Supper Room - Memorial Hall
When:	Tuesday 2pm-3:30pm (approx)
Transport:	Available for additional \$5
Cost:	\$5.00 for activity, cuppa & cake
Bookings:	Not Essential - just turn up
Contact:	Blou (Belinda) on 027 562 0811

Ronnie Gardiner Brain Gym



RONNIE GARDINER METHOD

Healthcare and rehabilitation in harmony with mind, body and spirit!



The Ronnie Gardiner Method (RGM) is a fun way to challenge all parts of the brain for men and women. Like a brain gym, RGM has been used successfully to help people living with neurological conditions like Stroke, Parkinson's, Dementia and MS as well as stimulating the brain for healthy ageing people.

Movement - all moves can be done sitting or standing

Music - who doesn't love music!

Vocal – NO, not singing however if it enhances your experience do it!!

Concentration – it is not difficult, just fun

Laughing – Compulsory

Who – suitable for men or women, typically aged 65 +

RGM is lots of fun and very rewarding for the brain. It is hard to explain in a short advert, so check out the RGM website

www.ronniegardinermethod.com

or contact Blou to chat about RGM and for more information about classes.

Ronnie Gardiner Brain Gym



Who is it for:	Retired People
Where:	157 Beach Rd (garage down the drive)
When:	Thursdays 12pm-1pm - High tempo Thursdays 1pm-2pm - Slower tempo Thursdays 2pm-3pm - Mid tempo Fridays 9.30am-11am - Men's Group
Important:	Introductory Courses required
Transport	Not available
Bookings:	Essential
Cost:	\$5.00
Contact:	Blou (Belinda) on 027 562 0811



Line Dancing

Who is it for:	Retired People
Where:	Memorial Hall
When:	9am-10am Tuesday - more mobile 10am-11am Tuesday - gentle start 7pm-8:30pm Tuesday - All ages
Transport:	Not Available
Cost:	\$5.00
Bookings:	Just turn up & pay at the door
Contact:	Blou (Belinda) on 027 562 0811



Strength and Coordination Class



Who is it for:	Retired Men
Where:	157 Beach Rd (garage down the drive)
When:	Wednesdays 1:30pm
What:	Seated exercises for mind & body
Transport:	Available on request, \$5.00
Bookings:	Essential
Cost:	\$10 per month
Contact:	Blou (Belinda) on 027 562 0811



Carers support group

11:30am, 1st Wednesday of each month

Encounter Kaikoura

For supporter's of people, family or friend going through illness.

Contact Blou (Belinda) on 027 562 0811

Blou Brothers - Men's Cancer support group

10:00am, 2nd Wednesday of each month

The Beach House

For men who have Cancer, or who are supporting others with Cancer

Contact Blou (Belinda) on 027 562 0811

Stroke/TIA support group

10:00am, 3rd Wednesday of each month - support group

Kaikoura Healthcare Meeting Room

1:30pm, Fridays - rebuilding brain & body pathways through exercise

Memorial Hall

For people who have had a stroke, a TIA or similar neurological event, and for their supporters.

Essential: Contact Blou (Belinda) on 027 562 0811

Parkinsons support group

Contact Rosie McDonald

Health Coach on 027 282 5523



Quarterly activities

Quiz Afternoon

Who is it for:	Retired people
Where:	Memorial Hall, doors open 1PM, quiz starts 1:30PM
Cost:	\$5.00 for activity & afternoon tea
Bookings:	Come on your own & join a table or bring a team

Come Dine with me

Who is it for:	Retired people with limited social circles
Where:	Racecourse, Doors open 4:30pm meal at 5:30pm
Cost:	\$35.00 for meal
Bookings:	Essential, call Blou - transport may be available

Singalong

Who is it for:	Retired people
Where:	Memorial Hall, 1.30PM
Cost:	\$5.00 includes a cuppa
Bookings:	Not essential - just good to know



Brainy Feet

GREAT FOR PEOPLE WHO...

- Struggle with balance
- Have neuro issues
 - Stroke
 - Parkinsons
 - Early Dementia
 - Head Injuries



Introducing your brain to your feet! Join us to do a series of activities to improve balance and coordination.

EVERY FRIDAY
COST - \$5

For information on venue and time
Please contact Belinda (Blou) - 027 562 0811