

Activities and Classes

July 2024

Pool and Gym open Monday to Thursday 6:30am to 7pm, Friday 6:30am to 4.30pm, Saturday 8am to 4.30pm. Classes are FREE for Moving Well members, \$10 for non-members.

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am	Circuits	Circuits	Circuits	Circuits	Circuits	
10:00am	Stretch & Core	Stretch & Core	Line Dancing	Tai Chi	Stretch & Core	BoxFit
11:00am	Aquarobics	Aqua Gentle	Aquarobics	Aquarobics	Aquarobics Drop in Circuit 11:00-2:00	11:30 Adapted Yoga
11:15am		Strength & Balance	BoxFit (11:30)	Meditation		
12:30pm	AquaBlast	AquaBlast	AquaBlast	AquaBlast	AquaBlast	
1:30pm						Walk and Coffee Group
2:00pm		Brain Gym	SitFit			
2:15pm	Stride it Out			Stride it Out		
2:30pm			Osteo Aqua			

Happiness and Wellbeing

Thursday 4 July, 1:00pm



Robyn Johnston of Transition Navigators was recently at Good Friends talking about navigating different stages of life. Robyn will present her research on the wellbeing of older people. Robyn's PhD research surveyed over 500 older adults who live in the community and retirement villages.

The results are surprising and contrary to the understanding of most people! Join Robyn as she explains her research topic and results in more detail.

July Quiz Night

Tuesday 30 July, 4:30pm

Join us for Quiz Night on the last Tuesday of each month. Grab a drink and a bite to eat from the new menu! Please remember to book your table, or let reception know if you wish to be placed into an existing team.





Grandies Pool Party is back for the summer season! Bring your grandchildren along for fun and games in the pool with the Moving Well Team.

Friday 12 July
 Saturday 13 July
 Friday 19 July
 Saturday July
 2:00pm-4:00pm

Good Friends Market

Spotlight Product this month is Kalaya hand and heel cream! Hand + Heel Repair calms and soothes skin irritation, locking in moisture and creating a natural barrier to the elements.

\$39.95



Living Well Centre Classes

Class prices: FREE for Moving Well Members, \$5 for Living Well Members /\$10 for non-members.
 Equipment: All provided, please bring a towel.
 Limited Capacity: Please book to secure your place.

Adapted Yoga (Saturday, 11:15am) For all levels from beginners to advanced. Can be completed on a mat or on a chair.

Aquarobics (Monday to Friday, 11am) Work at your own pace with qualified instructors in our heated pool during this fun group fitness class. Tuesday's class at 11am is **Aqua Gentle**.
AquaBlast (Monday to Friday, 12.30pm) High intensity strength and cardio pool exercise class.

BoxFit (Wednesday 11:15am, Saturday, 10am) A fun non-contact boxing session. Improve strength, core stability, coordination and balance.

Brain Gym (Tuesday, 2pm) Develop seven elements of brain function. Work on memory, recall, concentration and more in a fun and social environment!

Circuits (Monday to Friday, 9.00am) A higher energy class to improve all aspects of fitness. (Note: This class is designed for people who do not require the use of a walking aid.)

Line Dancing (Wednesday, 10am) The first 30 minutes from 10am will be for beginners and the experienced line dancers will join in at 10.30am for an hour.

Meditation (Thursday, 11.15am) Guided meditation class including step-by-step instructions and guidance provided.

Osteo Aqua (Wednesday, 2.30pm) A class designed to help with symptoms of arthritis. Build strength, ease stiff joints and relax sore muscles.

SitFit (Wednesday, 2pm) A gentle, chair-based workout. Builds balance, strength and mobility.

Strength & Balance (Tuesday, 11.15am) Improve your balance, leg and core strength.

Stretch and Core (Monday, Tuesday & Friday, 10am) Core exercises on a mat, chair or a combo of both.

Tai Chi (Thursday, 10am) Gentle exercises designed to strengthen the lower body and improve balance and coordination.

Stride it Out: Walking Coaching (Monday & Thursday, 2:15pm) A great way to improve your stability so that you can walk safely and improve your overall walking technique.



Mid-Winter Feast

Saturday 3 August, 11:30am

Hosted at Natter Cafe! Come and join us for a three-course buffet and entertainment from the Christchurch City Chorus. Full menu available at Good Friends.

This is a popular event; bookings are essential through reception or over the phone (not available online).

\$65 per person (drinks not included.)

Arvida Good Friends at Park Lane

47 Whiteleigh Avenue, Addington.
 Parking onsite and at Show Place through gate.

0800 20 41 20
goodfriends.co.nz/whats-on



