

Community Activities

MORRIS DANCERS ON THE GREEN!



Wed 24 Jan 10am-11:30 the library will be welcoming the Auckland City Morris Dancers who will be performing outside the library & running a workshop to teach Morris dancing moves to willing participants.

We are expecting around 40 Morris dancers, so this should be quite a spectacle.

Free. All welcome.

ZUMBA IN THE BAYS

Browns Bay Presbyterian Church Hall
Wed 6pm

Ph Susanne 021 132 5655

Torbay Community Hall

Mon, Fri 9.15.

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Browns Bay Progress Hall

Mon-Fri morning, lunchtime, evening classes

Ph Amy 021 185 3465

Browns Bay School

Mon, Tue, Thu 7pm

Ph Mami 021 023 37344St Anne's Hall

St Anne's Hall

Zumba Gold (a less-strenuous form of Zumba); Mon 1.30

Ph Kat 021 075 9628



BORN AGAIN BODIES

Strength, balance & flexibility at any age. Resistance exercises with light dumbbells plus taichi-like exercises.

Cost \$5 per session. Ph Gary 479 2212 or bornagainbodies@actrix.co.nz

SENIOR TENNIS PLAYERS:

Play Tennis this Summer....

We are about 20 "veteran" tennis players, ages 50s-70s plus.

We meet Fri mornings from 9 am at the Browns Bay Racquets Club, 4 Woodlands Crescent.

We enjoy very friendly, not too competitive,

doubles (men's, ladies', mixed) on all-weather, synthetic courts.

Its nothing like Wimbledon !! & we sure do have a lot of fun.

Tea and bikkies /no charge first time. Free racquet available.

So come give it a try.

Ph Roy 021 2562192

or just show up
Fridays from 9 am.



TAI CHI

The Health Benefits

Immediate Effects:

Relaxes mind & body
Relieves tension & improves sleep
Increases energy
Improves breathing & circulation
Improves balance
Promotes digestion



Bruno Rubini has taught Tai Chi in NZ for 25 years.
Classes Mon 7pm & Wed 1.30pm at the Bays Community Centre.

bruno@actrix.co.nz

021 155 4606

SCOTTISH COUNTRY DANCING



Have you ever wondered what Scottish country dancing involves? Then look out for Braemar Club dancers at

Waiake beachfront on Feb 6 or at Browns Bay beachfront on Feb 13 around 6pm.

You can even join in and have a go. Following these events, Braemar Scottish Country Dance Club has 2 free open nights on Tue 20 & 27 Feb at St Anne's Hall, starting at 7.30pm.

If you have been thinking about trying Scottish Country Dancing now is the time to join us.

Our qualified teachers provide particular support for beginners in the first 10 weeks of club nights. Age is irrelevant and you do not need to bring a partner. The dancing is fun and the group very friendly. Do come and join us.

For more information ph Yvonne 410 9126 or Sue 473 3633

BROWNS BAY PETANQUE CLUB

Wednesdays & Sundays at the petanque terrain, Beachfront Lane.

BYO boules,

or you can borrow some of ours.

Ph Val 479 2305 for more info.

Outside of these times; feel free to gather a group of friends & give it a go

SHAKE YOUR BOOTY

Every Sunday morning, 9-10am on the Browns Bay beachfront.

No charge; just turn up!

A great way to kick off your Sunday.

