

# Steady As You Go (SAYGo)

## Falls Prevention – Exercise Classes in Canterbury (October 2022)

For more information about groups please phone Age Concern Canterbury 366 0903.

A koha of \$2.00 is appreciated. **Each class is a one - hour session.**

CHRISTCHURCH CITY AND SOUTH		
Day /Time	AREA	Location of class
Mon 10.00am	St Albans ( <i>Waitlist</i> )	St Albans Community Centre, 1049 Colombo Street
Mon 10.00am	Redcliffs	Port Hills Uniting Church, Augusta St
Mon 10.30am	Wainoni	Celebration Centre, 81 Bickerton St
Mon 10.30am	Hei Hei	Wycola Ave Community Centre Hei Hei
Mon.11.00am-12.00 noon	Parklands	Gym, Parklands Community Centre, 77 Queens Park Drive, Parklands.
Mon 1.00pm	Harewood ( <i>Waitlist</i> )	St James Church Hall, Harewood Road, airport end
Mon 1.00pm	Halswell ( <i>Waitlist</i> )	Te Hapua, Halswell Service Centre and Library, 341 Halswell Rd
Mon 2.00pm	Harewood	St James Church Hall, Harewood Rd, airport end
Mon 2.00pm	Papanui	Papanui Village Presbyterian Church, Frank Street
Tues 9.30am	Papanui	Age Concern Canterbury, 24 Main North Road Papanui
Tues. 10.00am	South Brighton	South Brighton Community Centre, Beattie Street.
Tues. 10.00am	St Albans	Lamb of God Community Centre, 21 Thames Street, St Albans
Tues 10.30am	Bryndwr ( <i>Waitlist</i> )	Bryndwr Chapel, 179 Idris Road
Tues 1.30pm	Hornby ( <i>Waitlist</i> )	Community Care Centre, Goulding Avenue
Tues 2.00pm	Waltham	Waltham Community Cottage, 201 Hastings St East
Wed 11.30-12.30pm	Halswell ( <i>moved to 11.00am starting Jan 2023</i> )	Te Hapua, Halswell Service Centre and Library, 341 Halswell Rd
Wed 1.30pm	Lincoln	Lincoln Community Care, Lyttelton St,
Wed. 2.00-3.00pm	Papanui	Age Concern Canterbury, 24 Main North Road, Papanui.
Thurs 9.30am	Riccarton ( <i>On Hold</i> )	Kauri Lodge, 148 Riccarton Road
Thurs 10.00am	Heathcote	Malt Works Villa Hall, Port Hills Rd
Thurs 9.30am	St Albans	St Albans Community Centre, 1049 Colombo Street
Thurs 11.00am	Avonside/Linwood	Holy Trinity Church, 168 Stanmore Road
Fri 9.30am	Hoon Hay ( <i>Waitlist</i> )	Hoon Hay Presbyterian Church Lounge, 5 Downing St
Fri 10.00am	New Brighton ( <i>Waitlist</i> )	New Brighton Library – in the Pay and Display Room
Fri 10.00am	Opawa	Opawa Community Church, cnr Opawa Rd and Aynsley Tce
NORTH CANTERBURY		
Day time	AREA	Location of class
Tues 10.00am	Rangiora	RSA Hall, Victoria Street, Rangiora
Wed 10.00am	Rangiora	Ballarat Retirement Village, 21 Ballarat Rd
Wed 11.00am	Amberley	Amberley Library, RSA Room
Thurs 10.30am	Rotherham	Rotherham Hotel, 42 George St
Thurs 10.00am	Oxford	Jaycee Hall, 56 Main Street. Oxford.
Thurs 11.00am	Amberley Beach ( <i>in recess</i> )	Amberley Beach Hall
Thurs 1.30pm	Rangiora	RSA Hall, Victoria Street, Rangiora
Thurs 1.30pm	Pegasus ( <i>Waitlist</i> )	Pegasus Community Centre, Cnr Pegasus Main and Tahuna St
Thurs 2.00pm	Kaiapoi (\$3.00)	Anglican Church, 23 Cass Street, Kaiapoi

**New Classes are highlighted**