

Falls Prevention – Exercise Classes in Canterbury (December 2023)

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 | | |
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| Day/Time | AREA | Location of class |
| Mon 10.00am | St Albans | St Albans Community Centre, 1049 Colombo Street. |
| Mon 10.00am | Redcliffs | Port Hills Uniting Church, Augusta St, Redcliffs. |
| Mon. 10.00am | Redwood (19 th Feb. '24) | Redwood Library, 339 Main North Road, Redwood. |
| Mon 10.30am | Wainoni | Celebration Centre, 81 Bickerton Street, Wainoni. |
| Mon 10.30am | Hei Hei | Wycola Ave Community Centre, Hei Hei, Christchurch. |
| Mon.10.30am | Parklands | Gym, Parklands Community Centre, 77 Queens Park Drive. |
| Mon 1.00pm | Harewood (Waitlist) | St James Church Hall, Harewood Road, airport end |
| Mon 1.00pm | Halswell | Te Hapua, Halswell Service Centre & Library, 341 Halswell Rd |
| Mon 2.00pm | Harewood (Waitlist) | St James Church Hall, Harewood Rd, airport end |
| Tues 9.30am | Papanui (Waitlist) | Age Concern Canterbury, 24 Main North Road, Papanui. |
| Tues. 10.00am | South Brighton | South Brighton Community Centre, Beattie Street. |
| Tues. 10.00am | St Albans (Waitlist) | Lamb of God Community Centre, 21 Thames Street, St Albans. |
| Tues. 10.00am | Fendalton | St Barnabas Church Hall, Fendalton. Christchurch. |
| Tues. 10.00am | Aranui (20 th Feb. '24) | Salvation Army Centre, 32 Portsmouth Street, Aranui. |
| Tues 10.30am | Bryndwr | Bryndwr Chapel, 179 Idris Road, Bryndwr. |
| Tues. 1.00pm | Burnside (Waitlist) | Wairakei Road Bible Church, 392 Wairakei Road, Burnside. |
| Tues 1.30pm | Hornby (Waitlist) | Community Care Centre, Goulding Avenue, Hornby. |
| Tues 2.00pm | Waltham (Waitlist) | Waltham Community Cottage, 201 Hastings St East. |
| Wed 11.00am | Halswell (Waitlist) | Te Hapua, Halswell Service Centre & Library, 341 Halswell Rd. |
| Wed 1.30pm | Lincoln | Lincoln Community Care, Lyttelton St, Lincoln. |
| Wed. 2.00pm | Papanui (Waitlist) | Age Concern Canterbury, 24 Main North Road, Papanui. |
| Thurs 10.00am | Heathcote | Malt Works Villa Hall, Port Hills Rd, Heathcote. |
| Thurs 9.30am | St Albans | St Albans Community Centre, 1049 Colombo Street, St Albans. |
| Thurs 10.30am | Avonside/Linwood (Waitlist) | Holy Trinity Church, 168 Stanmore Road, Avonside/Linwood. |
| Thurs. 11.00am | Avonhead | St Christophers Church, 244 Avonhead Road, Avonhead. |
| Fri 9.30am | Hoon Hay (Waitlist) | Hoon Hay Presbyterian Church Lounge, 5 Downing St. |
| Fri 10.00am | New Brighton (Waitlist) | New Brighton Library – in the Pay and Display Room |
| Fri 10.00am | Opawa | Opawa Community Church, cnr Opawa Rd and Aynsley Tce. |
| Fri. 11.00am | Opawa | Opawa Community Church, cnr Opawa Rd and Aynsley Tce. |
| NORTH CANTERBURY | | |
| Day time | AREA | Location of class |
| Tues 10.00am | Rangiora (Waitlist) | RSA Hall, Victoria Street, Rangiora. |
| Tues. 11.00am | Rangiora | RSA Hall, Victoria Street, Rangiora. |
| Wed 10.00am | Rangiora | Ballarat Retirement Village, 21 Ballarat Rd, Rangiora. |
| Wed 11.00am | Amberley | Amberley Library, RSA Room, Amberley. |
| Wed. 10.00am | Waikuku Beach (17 th Jan. '24) | Waikuku Beach Hall, 1 Bridge Street, Waikuku. |
| Thurs 10.30am | Rotherham | Rotherham Hotel, 42 George St, Rotherham. |
| Thurs 10.00am | Oxford | Jaycee Hall, 56 Main Street. Oxford. |
| Thurs 1.30pm | Rangiora | RSA Hall, Victoria Street, Rangiora. |
| Thurs 1.30pm | Pegasus | Pegasus Community Centre, Cnr Pegasus Main and Tahuna St. |
| Thurs 1.30pm | Kaiapoi (\$3.00) (From 25 th Jan. '24) | Anglican Church, 23 Cass Street, Kaiapoi. |