

Steady As You Go (SAYGo)

Falls Prevention – Exercise Classes in Canterbury (February 2024)

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 (Waitlist)	St Albans Community Centre, 1049 Colombo Street.
Mon 10.00am	Redcliffs	Port Hills Uniting Church, Augusta St, Redcliffs.
Mon. 10.00am	Redwood (Waitlist)	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 (Waitlist)	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 New Brighton (Waitlist)	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 21 st Jan. '24)	Anglican Church, 23 Cass Street, Kaiapoi.