



fun

**for
~~older~~**

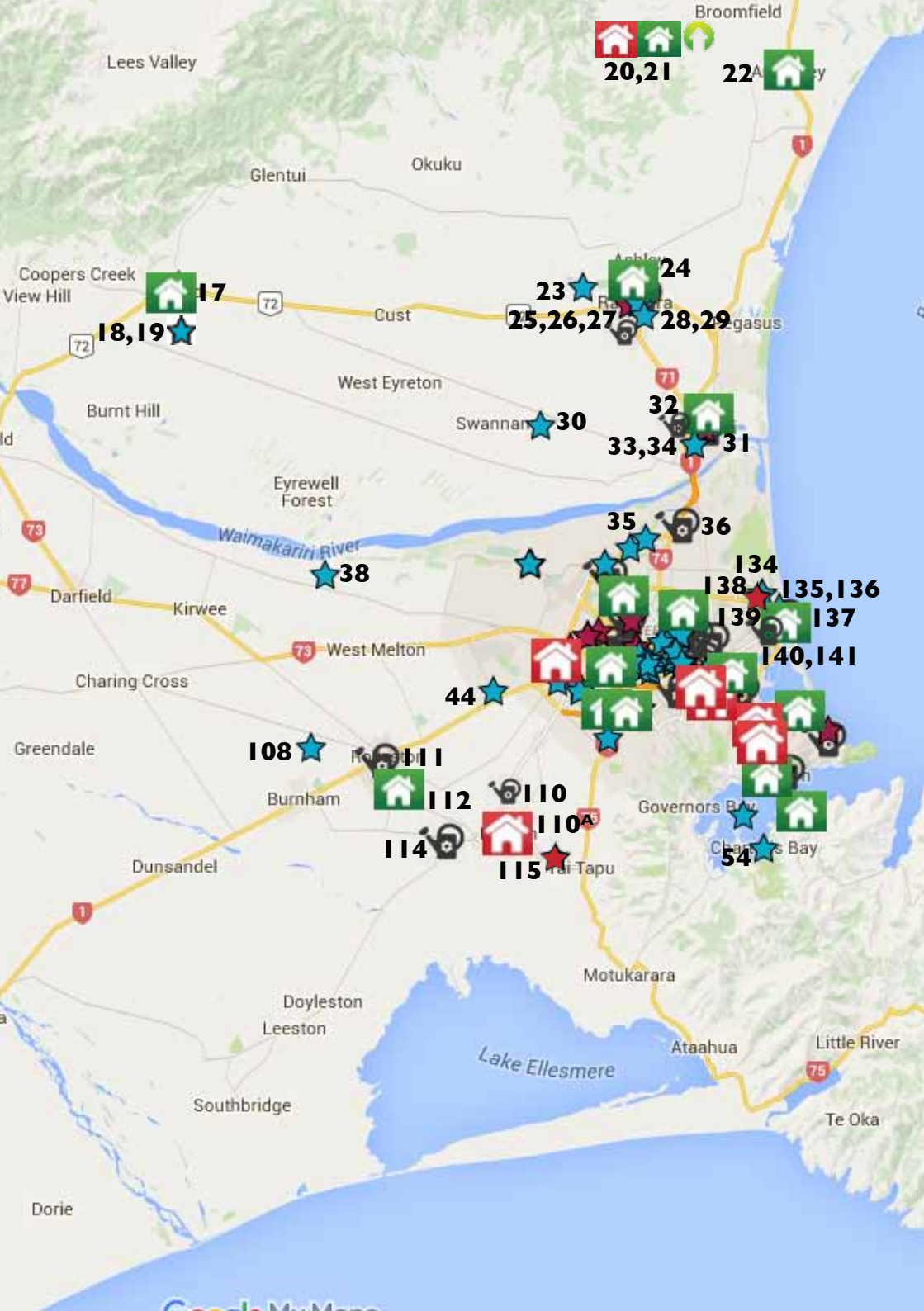


men




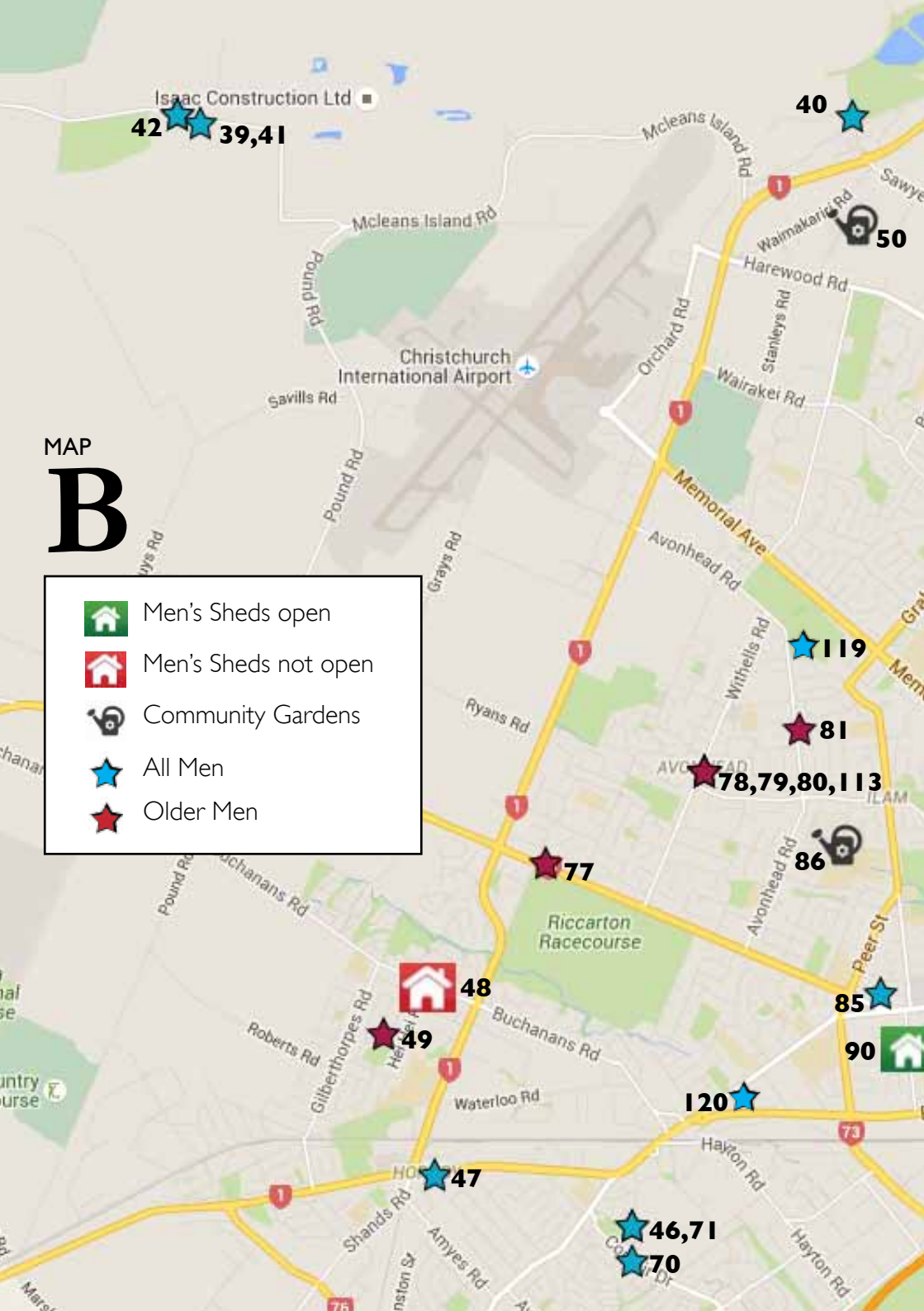
Tāne Whai Ora
**CANTERBURY
MEN'S CENTRE**

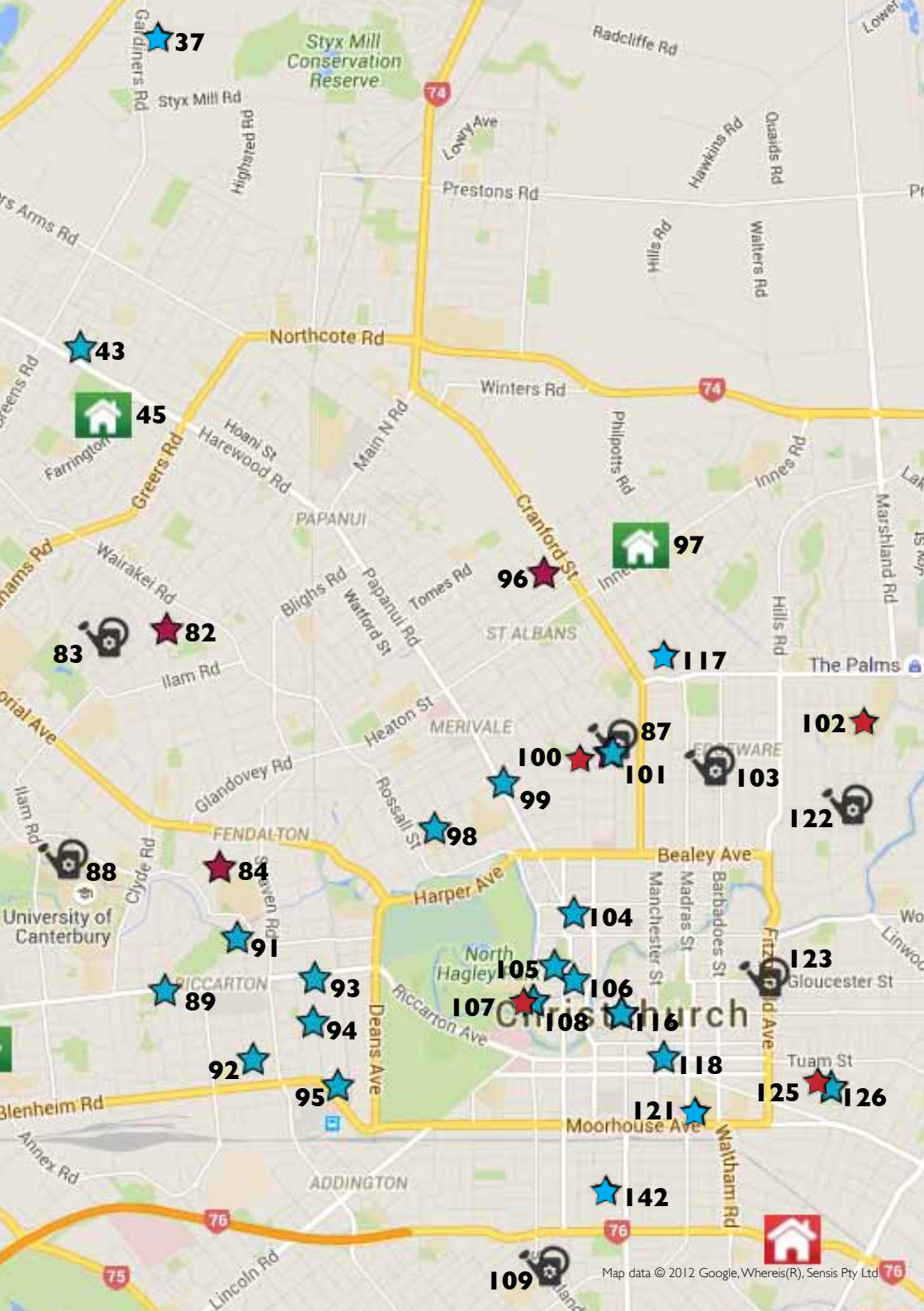


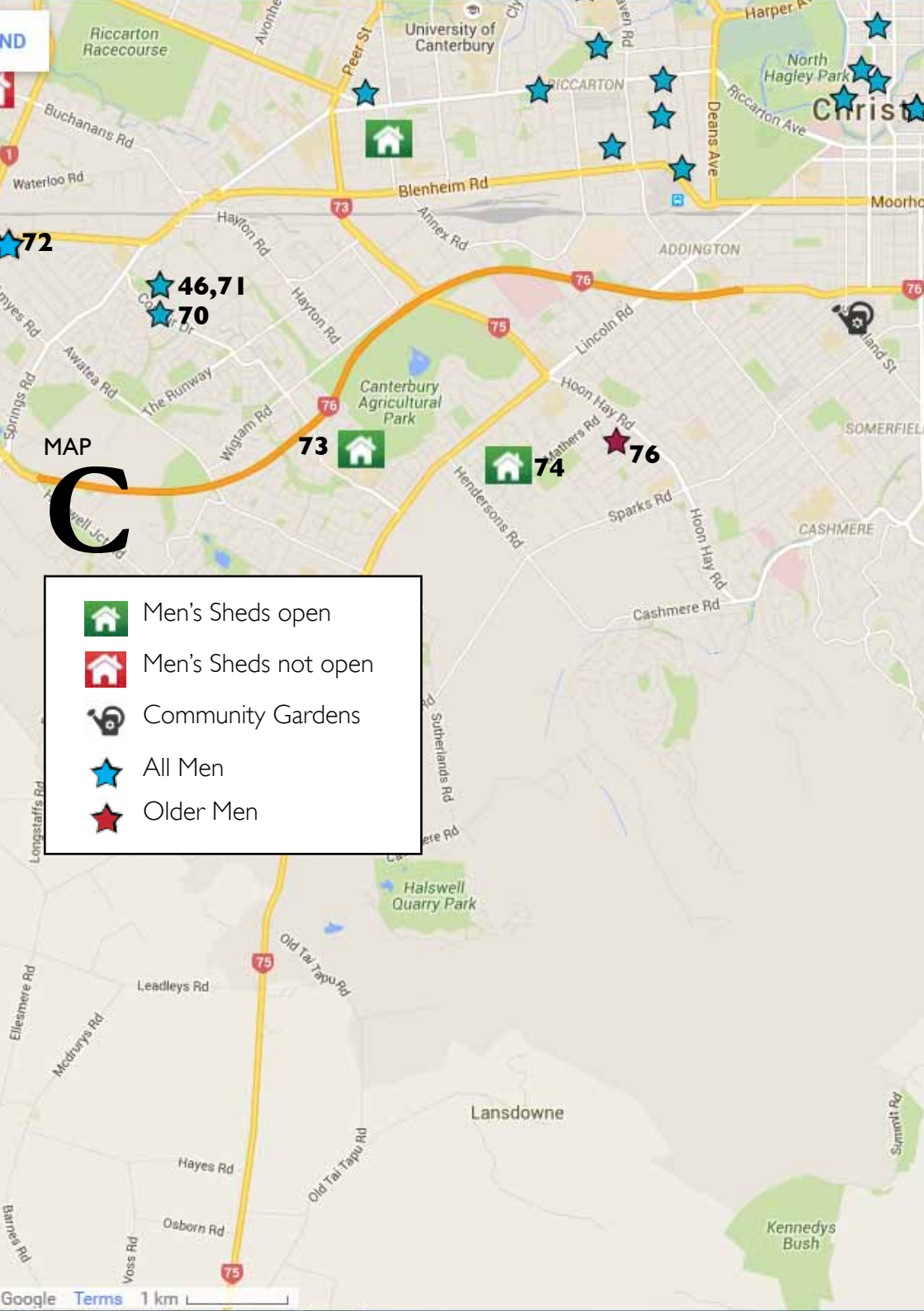


MAP B

-  Men's Sheds open
-  Men's Sheds not open
-  Community Gardens
-  All Men
-  Older Men







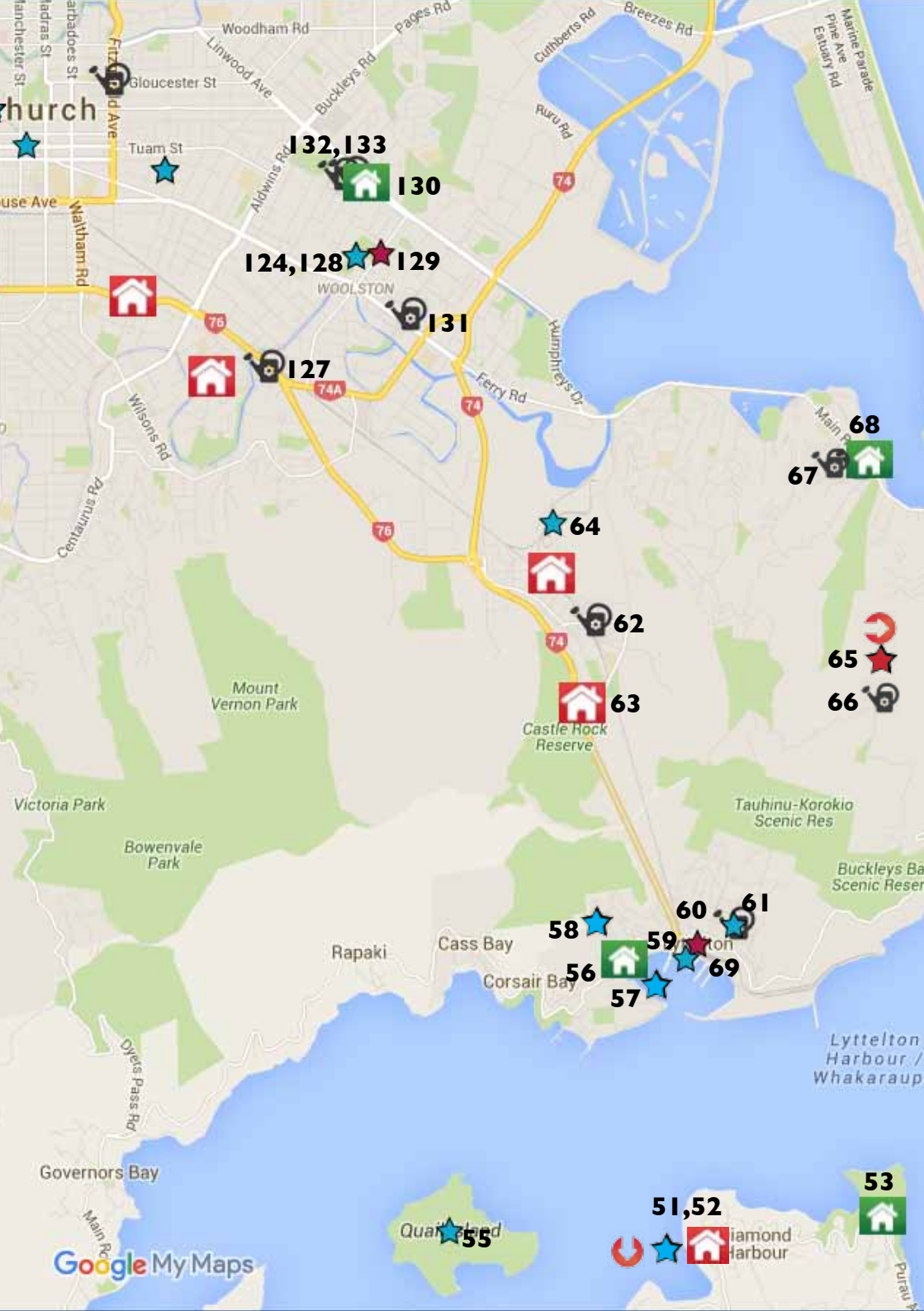
 Men's Sheds open

 Men's Sheds not open

 Community Gardens

 All Men

 Older Men



TIME TO GET A ROUND TUIT

board games

try to remember what I did yesterday

DO SOME ASTRONOMY

try a new cafe

build a bird feeder

ballroom dancing

GET BLOGGING

grow a mustache

learn to cuss in Spanish

understand the theory of relativity

be a life model

Teach an adult how to read

fishing

go tramping

SAIL TO AUSTRALIA

stop lying

genealogy

ham radio

The world is your oyster. What were the fun things you used to do?

get a tattoo

surfing

leather working

finish my bucket list

billiards

GET A MOHAWK HAIRCUT

go geocaching

go to the Wild Foods festival

fly an aeroplane

MAGIC

archery

Zen meditation

Go on a humanitarian trip to Africa

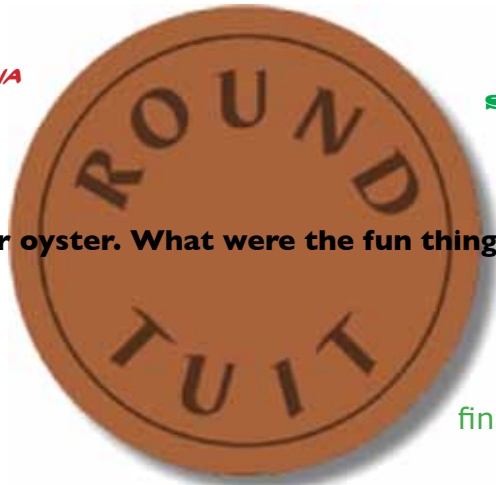
fencing (both kinds)

try out a smart phone

blacksmithing

BECOME A KILLER AT PAINTBALL

go double parasailing



THE BIG DOORS

These are the main places to find information about what is happening in your community. Most of the info is on the internet (available at your library), but some are paper based.

General Information

Older Adults Recreation Guide:

This is a free booklet you can get at your local library or service centre

Age Concern:

0800 803 344 ageconcerncan.org.nz has a lot of practical and leisure information

ElderNet: www.eldernet.co.nz

Volunteering Canterbury: 366 2442 www.volcan.org.nz

Events

Be There: bethere.co.nz a well maintained events calendar for Canterbury

Event Finder: www.eventfinder.co.nz

Clubs

CINCH: (Community Information Christchurch) at cinch.org.nz
Car Clubs, Probus Groups, Rotary Groups, Military History, Chess Clubs...

Probus: 0800 1477 6287 probussouthpacific.org

Rotary: 0800 4ROTARY www.rotary.org.nz

Lions Clubs: See cinch.org.nz (mentioned above) There are over 30 Lions Clubs Canterbury wide. Lions are ordinary people from all walks of life. United in their desire to make a difference by contributing their time and talents to help other people. Their motto is "We Serve".
lionsclubs.org.nz

Exercise

Active Canterbury: A great listing of relevant exercise, recreation and sports
0800 ACTIVE / 0800 228 483 activecanterbury.org.nz

Walking Groups: resources.ccc.govt.nz/files/WalkingGroups-walking.pdf

AROUND CANTERBURY

1 Car Clubs

There are over 60 car clubs in Canterbury.

Cinch.org.nz has sooooo much in it that may be of interest to you.

2 Tramping Clubs

37 tramping clubs in Canterbury.

<http://www.cinch.org.nz/entries?keyword=tramping>

3 Probus

Probus is an association for active members of the community, and for those no longer working full time, to join together in clubs for a new lease of life.

probussouthpacific.org 0800 1477 6287

4 Paragliding/Hang Gliding

5 different groups at <http://www.cinch.org.nz/entries?keyword=gliding>

5 FWEA Book Discussion Scheme

There are LOTS of book discussion groups around Canterbury. Check the map at <http://www.bds.org.nz/index.php/getinvolved/join-a-group.html> and see which groups are looking for new members in your area.

<http://www.bds.org.nz/index.php/getinvolved/join-a-group.html> bds@bds.org.nz
365 6210

6 Rotary

Rotary creates a community impact on a local and a global scale. Being part of Rotary is about bringing your skills, experience and enthusiasm to help your community thrive, while making some great friends along the way.

www.rotary.org.nz 0800 4ROTARY

7 Canterbury Axemen's Association

Organising wood chopping events throughout Canterbury

<https://www.facebook.com/canterburyaxeman/>
smithgsctpe@clear.net.nz 322 7262

8 Canterbury Croquet Clubs

13 Croquet Clubs listed at this link.

<http://croquetcanterbury.com/canterbury-clubs/>

SPECIFIC LOCATIONS IN CANTERBURY

9 Lions Clubs

Lions Clubs: There are over 30 Lions Clubs Canterbury wide. Lions are ordinary people from all walks of life United in their desire to make a difference by contributing their time and talents to help other people.

lionsclubs.org.nz <http://www.lionsclubs.org.nz/find-a-club>

10 Neighbourhood Support Canterbury

Aiming to make our homes, streets, neighbourhoods and communities safer and more caring places in which to live.

<http://www.nscanterbury.org.nz/>
canterbury@paradise.net.nz 420 9944

12 Timaru Menz Shed

Kevin Wildey, President 67 Otupua Road, Timaru

kwkevlights061@gmail.com 021 206 7291 or 03 6846087

13 U3A Timaru

University of the Third Age group. Retirement coming up? Looking for a CHALLENGE? Have fun while learning new skills. at 10-30 am on Monday. 7 Oaks Reception Centre, 64 Wai-iti Road, Timaru

<http://www.u3a.nz/local.htm?59> crawfordjuliet@hotmail.com 03 686 1717

14 Ashburton Men's Shed

Lindsay Barnett , 182 Methven Highway, Ashburton

menzshed@outlook.com 03 424 0688 Ashburton

15 U3A Geraldine

University of the Third Age group. Retirement coming up? Looking for a CHALLENGE? Have fun while learning new skills. At 10am on 2nd Wednesday monthly Senior Care Function Centre Geraldine

<http://www.u3a.nz/local.htm?55> 03 693 7606

16 U3A: Hakatere/Ashburton

University of the Third Age group. Retirement coming up? Looking for a CHALLENGE? Have fun while learning new skills. 9-30am on 4th Tuesday monthly St Davids Church, 48 Allens Road, Allenton Ashburton

<http://www.u3a.nz/local.htm?54> u3a.ashburton@gmail.com 03 308 2175

17 McIver's Oxford Community Men's Shed

Bob Norrish, Secretary/Treasurer Pearson Park Oval, Oxford
oxfordcommunitymensshed@gmail.com 03 312 4977

18 Time Travellers Museum

A variety of things that were popular like toys, games, TV and film items, film posters, valve radio; a time machine, vintage vending machine, dalek, etc 176 High Street Oxford

<http://www.nz museums.co.nz/account/3830> timetravellersmuseum@gmail.com
03 312 3338

19 Oxford Museum and Historical Records Society

Volunteers who manage the local museum and are concerned with local district memorabilia 75 Main Street Oxford

<http://www.nz museums.co.nz/account/3246> 03 312 3696

20 Hanmer Men's Shed

Scott Rose scott.rose@hurunui.govt.nz 03 314 0019 or 027 528 6975

21 Kaikoura Mens Shed

Peter Fey, 50 Scarborough Rd, Kaikoura
petercfey@gmail.com 03 319 7573

22 Amberley Menz Shed

Stuart Reesby, Chairman

stuartandsandra01@xtra.co.nz 03 314 8209 or 027 608 3308

23 Heron's Steam Museum

See steam-powered farm machines: traction engines, threshing mill, steam hammer; early leather and shoe-making machinery etc. 183 Mertons Road Fernside, Canterbury

www.museumsaotearoa.org.nz/museums-directory/22977/details
gkheron@xtra.co.nz 03 313 7692

24 Rangiora Menz Shed

Peter Cornelius, Chairman A&P Showgrounds, Rangiora

Peter-C@triumph.gen.nz 03-313-5992

25 Rangiora Community Garden

Contact us for hours 115 East Belt Rangiora

<http://www.ccgga.org.nz/garden-directory/rangiora/rangioracommunitygarden@snap.net.nz> 313 9438

26 North Canterbury U3A

University of the Third Age group. Retirement coming up? Looking for a CHALLENGE? Have fun while learning new skills. 9-30 am on Last Tuesday monthly Function Centre Showgrounds, Ashley Street Rangiora

<http://www.u3a.nz/local.htm?57> jobo@gumbrell.net 03 312 8933

27 Neighbourhood Support North Canterbury

Creating safer communities throughout North Canterbury by promoting and supporting the establishment and continued development of neighbourhood support groups 309 High Street Rangiora, Canterbury

http://www.nscanterbury.nz/neighbourhood_support/contact_neighbourhood_support ncns@outlook.com 03 313 2681

28 North Canterbury Chess

Promotion of chess playing in North Canterbury. Rangiora War Memorial Centre 24 High St Rangiora, Canterbury

<http://www.northcanterburychess.com/>

29 North Canterbury Woodcraft Club

To help promote woodcraft as a hobby in North Canterbury Northbrook Studios, 187 Northbrook Rd, Rangiora, Canterbury alfordbnf@clearnet.nz

03 313 1667

30 Kaiapoi Model Aero Club

Feel free to come and watch all the types of aircraft we fly, from WarBirds, aerobatics as well as many aircraft being used for learning. If you would like to see what it's like to have "Hands On", you can contact us No 10 Road Swannanoa, Canterbury <http://www.kmac.org.nz/> info@kmac.org.nz 027 7045894

31 Rockers of Ages Choir

A chance to sing contemporary and world music during the day in an 'elder friendly' environment Kaiapoi Baptist Church, 67 Fuller Street, Kaipoi

<http://www.facebook.com/TheMuseNZ?ref=ts&fref=ts> info@themuse.org.nz

0800 843 687

32 Menz Shed of Kaiapoi

Frank Overend, Secretary Dale Street, Kaiapoi
bdirect@xtra.co.nz 03 327 2737 or 027 683 8286

33 Kaiapoi Community Garden

Regular Hours: Wednesday 10am–12pm 48-52 Hilton St Kaiapoi
<http://www.ccca.org.nz/> helenroberts@slingshot.co.nz 327 2821

34 Kaiapoi Photographic Club

To promote photography with like-minded people. Catering for all ages and photographic experience. 9-11 Belcher Street Kaiapoi, Canterbury
<http://www.kaiapoiphotographicclub.org/>
secretary@kaiapoiphotographicclub.org 327 3588

35 Canterbury Model Boat Club

Model boating: scale electric, steam, sail. No internal combustion motors and non-competitive The Groyne, 182 Johns Road Christchurch
<http://www.cinch.org.nz/categories/a-z/m/374/entries/2172>
bjacques@clear.net.nz

36 Belfast Community Garden

Friday mornings Spring–Autumn 805 Main North Rd, Belfast Christchurch
<http://www.ccca.org.nz/> shanekim10@xtra.co.nz 323 8088

37 Canterbury J Class Owners' Association

Administering, fostering and promotion of the J Class yacht and its affairs. Our contact details change often so please use our webpage. The Groyne, Johns Road Christchurch <http://www.canterbury-j-class.org.nz/> cjoasec@gmail.com
322 7777

38 Christchurch Model Aero Club

A model aircraft club situated on the beautiful Canterbury Plains of New Zealand catering for all types and sizes of model planes and flying types. Thompsons Road, West Melton Christchurch <http://cmac.synthasite.com/>
harveyi@plantwise.co.nz 348 8206

39 Christchurch Pistol Club

Caters for all the many types of competitions, matches, and recreational pistol shooting 599 McLeans Island Road Christchurch <http://chchpistolclub.org.nz/>
newmembers@chchpistolclub.org.nz

40 Harewood Radio Control Car Club

To race both off-road and on-road 1/10 scale electric radio controlled cars. The club is one of the strongest in New Zealand. 550 Sawyers Arms Road Christchurch <http://www.harewoodrc.com/> secretary@harewoodrc.com

41 New Zealand Handloaders Pistol Club

Safely shooting a variety of targets in all of the pistol shooting disciplines. 597 McLeans Island Road Christchurch
<http://www.canterburys shooting.org.nz/HPC/index.htm> nzhpc@orcon.net.nz
359 8832

42 New Zealand Deerstalkers North Canterbury Association

We can help you get more out of your hunting and enhance your love of the outdoors. You will meet new friends and may even find a permanent hunting companion. 599 McLeans Island Road Christchurch
<http://www.nzdacanterbury.org/> enquiries@nzdacanterbury.org 339 7038

43 New Zealand Family History Society

Christchurch Branch Family history research. Excellent library, microfiche readers, New Zealand and overseas records and information. Helping for people discovering family trees. Open on a Mon & Sat 10 am -12noon St Johns, Bishopdale Kingrove Street Christchurch
http://www.cinch.org.nz/entries/3448_familyhistory.nz@hotmail.com 352 4506

44 Christchurch MicroHeli Group

A free association of people who build and fly miniature (indoor) radio-controlled helicopters Templeton Community Centre, 64 Kirk Road Christchurch
<http://www.christchurch.microhelis.com/index.html> chchHeli@gmail.com

45 Bishopdale MeNZ Shed

Bill Greenwood, Facilitator 100 Farrington Avenue, Bishopdale
greenwoodbill@hotmail.com 359 6752 or 021 921 897

46 Air Force Museum of New Zealand

Preserving the history of New Zealand Military Aviation for commemoration, inspiration, learning and enjoyment. Our collection of items number in the millions. 45 Harvard Ave, Wigram Christchurch
<http://www.airforcemuseum.co.nz/> info@airforcemuseum.co.nz 343 9532

47 CPIT

Computing for Free A self-paced learning programme for anyone who wants to learn basic computing. Clock Tower Centre, Building 1, Christchurch
<http://www.cpit.ac.nz/study-options/our-study-interest-areas/campus-connect/computing-for-free-courses> 940 8000

48 Hei Hei Men's Shed@126

Henk Buunk, 126 Hei Hei Road, Hei Hei htbuunk@hotmail.com

49 Leisure Clubs for Older Adults

Weekly programmes feature gentle exercise activities, games, ten pin bowling, indoor bowls, guest speakers, mystery tours, outings and some art and crafts
Salvation Army Church Hall, Manurewa Street, Hei Hei Christchurch
<http://www.ccc.govt.nz/cityleisure/communityservices/leisureclubs.aspx>
info@ccc.govt.nz 941 8999

50 Wai-ora Trust Community Garden

Regular Hours: Open Access 24/7 48 Watsons Rd, Harewood Christchurch
<http://www.waioratrust.org.nz/> 359 7407

51 Little River Railway Station Trust

Heritage status historic railway station that is operated by a team of volunteers who maintain the buildings and surroundings. 4213 Main Road, Little River Canterbury 325 1007

52 Akaroa Community Men's Shed

Lyndon Forrest, Secretary info@amst.nz lyndon@bugcontrol.co.nz
03 304 7027 or 03 304 7027

53 Diamond Harbour Mens Shed

Paul Pritchett,, Stoddart Cottage Shed, 6 Waipapa Ave, Diamond Harbour
ppritchett@eznet.co.nz 03 329 4826

54 Orton Bradley Park

We meet on Monday's starting at 10am outside the millhouse for a cuppa, yarn, and planning session. It would be great to see some new faces. Charteris Bay Christchurch <http://www.ortonbradley.co.nz/> ortonbradley@xtra.co.nz
03 3294 730

55 Otamahua | Quail Island Ecological Restoration Trust

A 20-year restoration plan is in the 14th year. The planting has transformed the island – and we are starting to see the return of certain bird species. Become a volunteer now <http://www.quailisland.org.nz> 03 384 5338

56 Lyttelton Men's Shed

Christine Wilson, 30 Godley Quay, Lyttelton
christine@lytteltoncommunityhouse.org.nz 03 328 7472

57 Torpedo Boat Museum

Housed in the historic powder magazine building (1874) at Magazine Bay, Lyttelton. Displaying the partly re-constructed bow and stern of the Lyttelton torpedo boat (1883) Access from Charlotte Jane Quay carpark adjacent Naval Point Yacht Club heritage building and historic reserve Christchurch
<http://www.lytteltonheritage.co.nz/> 328 9093

58 Whakaraupo Carving Centre

Great place to learn contemporary and traditional Maori wood carving, knowledge and history. 30 Godley Quay, Lyttelton Christchurch
<https://www.facebook.com/whakaraupo.centre>
whakaraupo.carving@xnet.co.nz 03 741 1410 or 027 352 2288

59 Naval Point Old Salts Lunch

The Old Salts Lunch is being held on the 2nd Tuesday of every 2nd month @ 12:00 with 2 course lunch commencing @ 12:45.
Contact Barry Bowater 329 4828 or 0272743520
Naval Point Club Lyttelton 329 4828 or 0272743520

60 Project Lyttelton

A Main Street project devoted to the preservation, promotion and enhancement of Lyttelton and the surrounding area, including streets, reserves, buildings and commercial organizations. The aim is to make the Lyttelton area more attractive to visitors and residents 54A Oxford Street, Lyttelton Christchurch
<http://www.lyttelton.net.nz/> office@lyttelton.net.nz 328 9243

61 Lyttelton Community Garden

Open every day, regular workings hours 10am with a shared lunch at 12.30pm
58 Oxford St, Lyttelton Christchurch <http://www.ccca.org.nz/>
office@lyttelton.net.nz 328 9243

62 Heathcote Community Garden

Wed 1–3 pm, subject to change 2 Truscotts Rd, Heathcote Christchurch

<http://www.ccca.org.nz/> saratempleton@clear.net.nz 384 7889

63 Heathcote Community Men's Shed

Keith Jenkin, kjenkin@paradise.net.nz 03 376 4501 or 021 0606 760

64 Ferrymead Park Societies Listing

SO MANY OPTIONS: Canterbury Railway Society, Diesel Traction Group Inc., Ferrymead Aeronautical Society, Ferrymead Museums of Road Transport Inc, Ferrymead Post & Telegraph Society, Ferrymead Printing Society, Ferrymead 2ft Railway, Fire Services Historical Society, Friends of Ferrymead Fraternity Inc., Garden City Model Railway Club, Heathcote Studios Theatrical Society, Heritage Youth Inc., National Railway Museum of New Zealand Inc., Radio Preservation Society of New Zealand, The Society of Rural History Inc., Tramway Historical Society, Youth Heritage Education Trust 50 Ferrymead Park Dr, Heathcote Christchurch <http://www.ferrymead.org.nz/2012-11-04-04-22-17/societies> info@ferrymead.org.nz 03 384 1970

65 Rockers of Ages Choir

A chance to sing contemporary and world music during the day in an 'elder friendly' environment Sumner Bridge Club, 57 Dryden St Christchurch

<http://www.facebook.com/TheMuseNZ?ref=ts&fref=ts> info@themuse.org.nz

0800 843 687

66 Sumner van-Asch Community Garden

Regular Hours: Tuesdays 9am-12pm 86 Heberden Ave, Sumner Christchurch

<http://www.ccca.org.nz/> local_food@sumnercommunity.org.nz 326 6927

67 Redcliffs Community Garden

Contact us for hours 4 Augusta St, Redcliffs Christchurch

<http://www.ccca.org.nz/garden-directory/redcliffs/> sumnerbays@xnet.co.nz

376 4020

68 Redcliffs Community Shed

Neville Dell, Chairman 99c Main Rd, Redcliffs

nevdell@xtra.co.nz 027 432 8588 or 03 384 8440

69 Tug Lyttelton Historical Society

The Tug 'Lyttelton' Preservation Society is a non-profit organisation whose aims and objects are to restore and maintain the vintage steam Tug 'Lyttelton' in working order. We seek men that want to support our on-going efforts and have fun at the same time. Wharf 2 Christchurch www.tuglyttelton.co.nz/
info@tuglyttelton.co.nz 332 6368

70 Christchurch Woodturners Association

Learn how to turn wood and how to improve your technique. At the same time you will be mixing with a great group of people, all with one aim—to turn wood! Harvard Community Lounge on Corsair Drive Christchurch
<http://www.woodturning.nz/> secretary.chchwoodturners@gmail.com
366 9795

71 Wigram Model Aero Club

Flying radio controlled model aircraft RNZAF Museum, 45 Harvard Avenue Christchurch <http://www.cinch.org.nz/categories/a-z/a/329/entries/5201>
allanwoodley1@gmail.com 338 0462

72 CPIT

Computing for Free A self-paced learning programme for anyone who wants to learn basic computing. 1 Brynley Street, Hornby Christchurch
<http://www.cpit.ac.nz/study-options/our-study-interest-areas/campus-connect/computing-for-free-courses> 940 8000

73 Halswell Men's Shed

Roger Spicer, St John of God Hospital, rogers@xtra.co.nz 027 229 1928

74 Rowley Community Men's Shed

Bruce Hussey, 89 Rowley Ave, Hoon Hay brucehussey@clear.net.nz
03 960 1776

75 Canterbury Society of Model and Experimental Engineers

For people interested in design, construction and operation of models and machines. Halswell Domain, Halswell Christchurch <http://www.csmee.org.nz/>
343 1443

76 U3A Porthills Inc

This University of the Third Age group is designed to appeal to those of over 55 years-of age. THERE IS A WAITING LIST please email your name and contact details to porthillsu3a@yahoo.co.nz. Presbyterian Church Hall, 5 Downing Street, Hoon Hay Christchurch <http://www.u3aporthills.org.nz/porthillsu3a@yahoo.co.nz>

77 U3A Okeover

University of the Third Age group. Retirement coming up? Looking for a CHALLENGE? Have fun while learning new skills. Normally at 10am on Thursday St Stephen's Church, 376 Yaldhurst Road, Yaldhurst Christchurch <http://www.u3a.nz/local.htm?66> flemingn@ihug.co.nz 03 351 7798

78 Mountfort U3A

University of the Third Age group. Retirement coming up? Looking for a CHALLENGE? Have fun while learning new skills. Normally at am on Wednesday St Marks Church, 150 Withells Road, Avonhead Christchurch <http://www.u3a.nz/local.htm?65> 03 349 5535

79 U3A Arts Centre

University of the Third Age group. Retirement coming up? Looking for a CHALLENGE? Have fun while learning new skills. at 10am on Friday St Marks Church, 150 Withells Road, Avonhead Christchurch <http://www.u3a.nz/local.htm?60> lank.davies@xtra.co.nz 03 379 1521

80 U3A Godley

University of the Third Age group. Retirement coming up? Looking for a CHALLENGE? Have fun while learning new skills. Normally at 10am on Mondays St Marks Church, 150 Withells Road, Avonhead Christchurch <http://www.u3a.nz/local.htm?56> 09 343 3131

81 Avon U3A plus the Kate Sheppard U3A

University of the Third Age group. Retirement coming up? Looking for a CHALLENGE? Have fun while learning new skills. Avon U3A at 1-30 pm on Mondays St Christophers Church, 244 Avonhead Road christchurch <http://www.u3a.nz/local.htm?6> tmander@clear.net.nz 03 385 1833
Kate Sheppard U3A on Thursdays, 10 am, 244 Avonhead Road Christchurch, <http://u3anetworknz.org/Canterbury/KateSheppard/> u3akates@xtra.co.nz

82 U3A Christchurch North West

University of the Third Age group. Retirement coming up? Looking for a CHALLENGE? Have fun while learning new skills. Normally at 9-45 am on First Wednesday monthly St Matthews Hall, Cnr Idris/Jeffreys Roads, Bryndwr Christchurch <http://www.u3a.nz/local.htm?63> ejmiller11@gmail.com
03 355 4834

83 Bryndwr Community Garden

Contact us for opening hours 35 Morley St, Bryndwr Christchurch
<http://www.ccga.org.nz/garden-directory/bryndwr/> johnluke.day@gmail.com

84 Leisure Clubs for Older Adults

Weekly programmes feature gentle exercise activities, games, ten pin bowling, indoor bowls, guest speakers, mystery tours, outings and some art and crafts St Barnabas Hall Corner Fendalton and Tui Streets Christchurch
<http://www.ccc.govt.nz/cityleisure/communityservices/leisureclubs.aspx>
info@ccc.govt.nz 941 8999

85 Canterbury Plainsmen

Men who like to sing Barbershop songs. You don't have to be the world's best singer to join a chorus; we are regular guys having fun. Methodist Hall, Cnr. Yaldhurst Road & Brake Street Christchurch <http://www.plainsmen.co.nz/>

86 Dovedale Community Garden

Anyone is free to wander through the gardens and for those wanting to get more involved, come along to one of the regular gardening times. Solway Avenue Christchurch
http://www.sustain.canterbury.ac.nz/comm_garden/index.shtml
katie.nimmo@canterbury.ac.nz 364 2025

87 Edgware Village Green Community Garden

Regular Hours: Tuesday 4pm–5.30pm 43 Edgware Rd, St Albans Christchurch
<http://www.ccga.org.nz/> rosoryl@gmail.com 021 022 53650

88 Okeover Community Garden

Anyone is free to wander through the gardens and for those wanting to get more involved, come along to one of the regular gardening times. Engineering Road, Ilam Christchurch
http://www.sustain.canterbury.ac.nz/comm_garden/index.shtml
katie.nimmo@canterbury.ac.nz 364 2025

89 Christchurch West Amateur Radio Club Inc

To promote amateur radio. All welcome. Auburn Park, Riccarton Road
Christchurch <http://www.radioamateurs.org.nz/>
president@radioamateurs.org.nz 342 9013

90 Riccarton Menz Shed

Rob Fergusson, Coordinator 59 Hansons Lane, Upper Riccarton
robdawnferg@gmail.com 029 770 8759

91 New Zealand Antique Arms Association

Canterbury Branch Dedicated to the discovery, collection and preservation of
arms of all descriptions with a view to contributing to the pool of knowledge and
to the balance of understanding of their place in society at all periods of history
Parade Room Riccarton Park, Riccarton Christchurch
<http://www.antiquearms.co.nz/> iroc28babe@gmail.com

92 Christchurch Photographic Society

To further the art of photography. We have competitions, workshops, field trips
and speakers 44 Elizabeth St, Riccarton Christchurch
<http://www.cinch.org.nz/categories/a-z/p/128/entries/598>
secretary@cpsnz.com 358 4912

93 Canterbury Horticultural Society

Information and support group for the home gardener, with interesting speakers
and outings. 57 Riccarton Ave Christchurch
<http://www.chsgardens.co.nz/> office@chsgardens.co.nz 366 6937

94 Christchurch (N.Z.) Philatelic Society

Dedicated to promoting philately and philatelic interests in the wider Canterbury
area. We welcome those who are starting out on the hobby to old hands. Please
check the map and CPS web site as venue may change in March 2016. Philatelic
Centre, 67 Mandeville Street Christchurch
<http://www.cps.gen.nz/> secretary@cps.gen.nz

95 Canterbury Chess Club

To promote chess, to provide addresses of players in the Canterbury Region, to
organize tournaments and to help new players, young and old, to play chess at all
levels. Unit 9, 27 Tyne St Christchurch <http://www.chess.org.nz/>
canterbury@chess.org.nz

96 Golden Connections

Weekly events, services and care for those in their 'Golden' years 64 McFaddens Road Christchurch

<http://www.nht.org.nz/youth-programmes/golden-connections> 355 6522

97 Aldred/St Albans Community Men's Shed

Bill Percy, Papanui High School, Langdons Road, Papanui

bandvpearcy@gmail.com 03 980 9538

98 Christchurch Liedertafel

A vibrant, diverse group drawn together by a common love of male voice choral music who, sing for pure enjoyment and camaraderie 59 Hewitts Rd, Merivale

Christchurch <http://www.liedertafel.org.nz/> 365 6765

99 Christchurch Go Club

To play Go, an ancient board game rivalling chess in strategy and depth. It is popular worldwide. New players always welcome. 110 Papanui Road, Merivale

Christchurch http://www.cinch.org.nz/categories/a-z/g/411/entries/3447_w.taylor@math.canterbury.ac.nz 379-6422

100 Christchurch Senior Citizens' Association

Provides activities for senior citizens, including Indoor bowls, cards (euchre and whist) and old time dancing with a live band. Meeting Times

Monday, 12.30pm: Cards - euchre and whist, Tuesday, 12.30pm: Indoor bowls, 1st and 3rd Saturday, 1.30pm-4pm: old time dancing - live band 42 Edgeware Road,

Saint Albans Christchurch <http://www.cinch.org.nz/entries/6111?filter1=1219beth.ron@clear.net.nz> 388 2375

101 Christchurch Savage Club

Musical entertainment, light drama, orchestral, choral and solo. 149 Caledonian Road Christchurch http://www.kindredclubsnz.com/229659016lilian_van_elk@hotmail.com 381 0218

102 The Santa Claus Workshop

This is a Charitable Trust and consists of a group of retired people who meet 2 mornings a week and make new wooden toys which are given away at Christmas. Over 1300 toys in 2015. Shirley Intermediate School, 60 Shirley Road, Shirley, Christchurch.

Dick Johns on 942 8596 or 021 372112

103 Packe Street Park and Community Garden

Regular Hours: Always open (CCC reserve). Working bee on Thursdays 2pm-4pm (weather permitting). 129 Packe St, Edgeware Christchurch
<http://www.ccca.org.nz/> kellysykes@xtra.co.nz 366 3844

104 Whisky Tasting Nights

These tastings vary from distillery focus evenings, food pairings, Islay night, vintage selections and many more 66 Victoria Street Christchurch
<http://www.whiskygalore.co.nz/pages/whisky-tastings> info@whiskygalore.co.nz
377 6824

105 Christchurch Meccano Club

Founded in 1929, and is the oldest continuously running Meccano club in the world. There is a reliable and growing membership of Meccano enthusiasts who meet every month. 25 Armagh St Christchurch
<http://www.nzmeccano.com/CMC.php> jaspersm@clear.net.nz 351 4389

106 Canterbury Workers' Educational Association

Continuing non-formal adult learning through day and evening courses, workshops, seminars. Various special interest clubs. WEA Centre, 59 Gloucester Street Christchurch <http://www.cwea.org.nz/> admin@cwea.org.nz 366 0285

107 Friends of the Canterbury Museum

Monthly coffee mornings providing a wide range of guest speakers comprising museum curators, staff and invited guests Bird Hall, Level 3, Canterbury Museum, Rolleston Avenue Christchurch
<http://www.canterburymuseum.com/support-us/friends>
info@canterburymuseum.com 366 5000

108 Christchurch Radio Flyers

Promotion of aeromodelling as a sport, with emphasis on rally/sport flying (fun). Directions to the field available by phoning. Spectators and new members welcome. Meeting Times 1st Monday, quarterly, 7.30pm. Club flying day: Sunday morning Christ's College, Rolleston Avenue Christchurch
<http://www.cinch.org.nz/entries/2099?filter1=329> jillhewson@xtra.co.nz

109 Christchurch South Community Garden

Regular Hours: Tuesday (10–5pm), Wednesday (1–5pm), Thursday (10–5pm), Friday 1–5pm, Saturday (10–2pm) 188 Strickland St, Spreydon Christchurch
<http://www.ccca.org.nz/> info@cscmmuutygardens.net.nz 942 6630

I 10 Lincoln Community Garden

The Garden consists of community plots for the sharing of produce, and individual plots maintained by local groups and gardening enthusiasts. 1 James St Lincoln
<http://www.lincolnnenvirotown.org.nz/community-garden/>
ruth.wood@xtra.co.nz 325 2193

I 10^A Lincoln Menz Shed

Not open yet. John Doocey, President johnandliz@xnet.co.nz 03 3253 087
Myles Rea, Secretary secretary.lincolnmensshed@gmail.com 03 3252 632

I 11 Rolleston Envirotown Community Garden

Regular Hours: Every second Wednesday. Second Saturday of the month – hours vary with seasons. 39 William St Rolleston
<http://www.rollestonenvirotown.org.nz/> garden@rollestonenvirotown.org.nz

I 12 Rolleston Men's Shed

Neil Bennett, Chairman 54 Dynes Road, Rolleston rollyshed@xtra.co.nz
03 347 3173 or 027 430 3076

I 13 Rolleston U3A

University of the Third Age group. Retirement coming up? Looking for a CHALLENGE? Have fun while learning new skills. at am on Tuesday. St Marks church, 150 Withells Road, Avonhead Christchurch
<http://www.u3a.nz/local.htm?68> a.tizzard@xtra.co.nz 03 352 8926

I 14 Springston Secret Community Garden

The Garden consists of community plots for the sharing of produce, and individual plots maintained by local groups and gardening enthusiasts. 7-9 Leeston Rd Springston
<http://www.lincolnnenvirotown.org.nz/envirotown-groups/springston-let/>
ruth.wood@xtra.co.nz 329 5858

I 15 U3A Ellesmere

U3A Ellesmere (University of the Third Age) meets on the fourth Wednesday starting at 10am. When there are five Wednesdays in a month we will normally have two related topics on the fourth and fifth Wednesdays. Lincoln Events Centre, Meijer Drive Lincoln
<http://u3aellesmere.org/> u3aellesmere@gmail.com 03 741 1855

116 Alan's Men

Specialist entertainment group of men, with repertoire suitable for audiences over 50 years of age. Singers always wanted. Forfar Courts, 91 Forfar Street Christchurch 355 6664

117 Rockers of Ages Choir

A chance to sing contemporary and world music during the day in an 'elder friendly' environment Forfar Courts, 95 Forfar Street, St Christchurch

<http://www.facebook.com/TheMuseNZ?ref=ts&fref=ts> info@themuse.org.nz
0800 843 687

118 Alice in Videoland

A selection of foreign, classic, cult and festival films on video and DVD. Membership login required to access all features 209 Tuam St, Central City Christchurch

<http://www.aliceinvideoland.co.nz/> 365 0615

119 Canterbury Radio Control Car Club

1/10 scale, radio-controlled, electric circuit car racing, 1/8 and 1/10 scale gas racing, 1/8 and 1/10 scale gas off road racing, 1/5 scale petrol circuit car racing soon 330 Avonhead Road, Burnside Bowling Club Christchurch

<http://www.crccc.co.nz/> president@crccc.co.nz

120 Christchurch Slot Car Club

Weekly racing scale model slot cars based on Scalextric, SCX, Ninco, Fly and any other brand 1/32 slot car 149 Main South Road, Sockburn Service Centre Christchurch

http://www.nz sca.co.nz/Clubs_new.htm#Christchurch
btomey@tycoint.com 027 4799 678

121 CPIT

Computing for Free A self-paced learning programme for anyone who wants to learn basic computing. CPIT, Madras Street Campus. Christchurch

<http://www.cpit.ac.nz/study-options/our-study-interest-areas/campus-connect/computing-for-free-courses> 940 8000

122 Delta Community Support Garden

Regular Hours: Fridays 9.30am – 5pm 105 N Avon Rd, Richmond Christchurch

<http://www.cpga.org.nz/> mary.tingey51@gmail.com 389 0212 or 942 6840

I23 Fitzgerald Avenue Community Garden

Tuesday mornings from 9.45 to about 12 191 Fitzgerald Ave Christchurch

<http://greeningtherubble.org.nz/wp/community-garden-fitzgerald-avenue/>

I24 International Plastic Modellers Society. Christchurch Branch

For anyone of all ages interested in scale models of any kind: Military vehicles, Aircraft, Figures, Ships, Civilian vehicles, or Sci Fi in any form, from simple kit sets to fully scratch built in any scale. 2nd Sunday of every Month at 1pm Woolston Club , 43 Hargood Street, Woolston Christchurch

<http://ipmschch.wix.com/ipms-chch> ipmschch@gmail.com

I25 Leisure Clubs for Older Adults

Weekly programmes feature gentle exercise activities, games, ten pin bowling, indoor bowls, guest speakers, mystery tours, outings and some art and crafts Phillipstown Community Centre, 39a Nursery Road Christchurch

<http://www.ccc.govt.nz/cityleisure/communityservices/leisureclubs.aspx>

info@ccc.govt.nz 941 8999

I26 The Muse Community Music Trust

Rockers of Ages. The Muse Community Music Trust runs music making activities for all ages and abilities, at various locations around Christchurch. They prioritize making their activities accessible in all ways, and using music to build strong communities. 39 Nursery Road, Phillipstown Christchurch

<http://www.themuse.org.nz/>

info@themuse.org.nz 0800THEMUSE

I27 Opawa Community Garden

Regular Hours: Saturday 9am-1pm. Always open to visitors. 165 Opawa Rd, Hillsborough, Christchurch

<http://www.ccca.org.nz/> lynnduggan@clear.net.nz
332 9237

I28 Christchurch Battlegroup Wargamers

Refights of historical battles using model armies. Mostly World War II and American Civil War on a detailed modular landscape; to research historical battles 43 Hargood St Christchurch

<http://www.chchwargaming.org.nz/> info@chchwargaming.org.nz 03 389 7039

I29 U3A Pegasus

University of the Third Age group. Retirement coming up? Looking for a CHALLENGE? Have fun while learning new skills. Working Mens Club, Hargood Street, Woolston Christchurch

<http://www.u3a.nz/local.htm?67> jill@callsouth.net.nz 03 326 7204

I30 Linwood Men's Shed

John Robinson , Shed Coordinator 332 Linwood Ave Christchurch

john.linwoodresource@gmail.com 03 981 5594

I31 IHC/IDEA Community Garden at StJohns Church

Regular Hours: Fridays 10–12 10 St Johns Street, Woolston Christchurch

<http://www.ccca.org.nz/> radleycalc@xtra.co.nz 389 7750

I32 Linwood Resource Centre Community Garden

Regular Hours: Mon, Thurs, Fri, 9.00am – 12 Noon, Tues Wed 9.00am -

3pm, 332 Linwood Ave, Woolston Christchurch <http://www.ccca.org.nz/>

linwoodresourcecentre@paradise.net.nz

I33 Smith Street Community Garden

Contact us for more info. 180 Smith St, Woolston Christchurch

<http://www.ccca.org.nz/garden-directory/smith-street/> willie.kong@clear.net.nz

332 7639

I34 New Brighton Photographic Club

We welcome new members from any area, who are interested in furthering their photographic skills through competitions, tutorials, speakers and field trips.

Meetings: 1st, 2nd and 3rd and the occasional 5th Tuesdays of the month at 7.30pm

Ascot Community Centre, 12 Ascot Avenue Christchurch

<http://www.newbrightonphotoclub.org.nz/> nbpc.photo@gmail.com

03 388 0689

I35 CPIT

Computing for Free A self-paced learning programme for anyone who wants

to learn basic computing. Corner Hawke Street and Shaw Avenue Christchurch

[http://www.cpit.ac.nz/study-options/our-study-interest-areas/campus-connect/](http://www.cpit.ac.nz/study-options/our-study-interest-areas/campus-connect/computing-for-free-courses)

[computing-for-free-courses](http://www.cpit.ac.nz/study-options/our-study-interest-areas/campus-connect/computing-for-free-courses) 940 8000

I36 Christchurch Archery Club

From time to time we run an "Introduction to Archery" beginners course. We also have frequent tournaments. Rawhiti Domain, New Brighton Christchurch
<http://www.archerychch.co.nz/>

I37 New Brighton Menz Shed

Ray Hall, Secretary St Faith's Church, Hawke St, New Brighton
secretary.nbmenzshed@gmail.com 03 388 7277 or 027 895 2488

I38 Leisure Clubs for Older Adults

Weekly programmes feature gentle exercise activities, games, ten pin bowling, indoor bowls, guest speakers, mystery tours, outings and some art and crafts Ascot Community Centre, 12 Ascot Avenue Christchurch
<http://www.ccc.govt.nz/cityleisure/communityservices/leisureclubs.aspx>
info@ccc.govt.nz 941 8999

I39 New Brighton Community Garden

If visitors work for 2 hours a week at the gardens, they get free veges. Opening hours are 10am to 4pm on Mondays, Wednesdays and Fridays, and now Saturdays 10am to 2pm. 136 Shaw Ave, New Brighton Christchurch
<http://www.nbgardens.org.nz/> nbgardens@xtra.co.nz 388 6506

I40 New Brighton Club

Pool tables, billiard room, restaurant, family bar, bistro, sports sections 202 Marine Parade Christchurch
<http://newbrightonclub.co.nz/> brighton@ihug.co.nz 388 9416

I41 New Brighton & Districts Historical Society and Museum

Photographic Museum old New Brighton and districts, also Golden Oldie Movies every Monday afternoon at 1.30pm. 8 Hardy St, New Brighton Christchurch
<http://www.nz museums.co.nz/account/3374> nbmuseum@outlook.co.nz
382 5742

I42 Flyrite Dart Club Inc

Social dart evenings, Friday nights, Names in b4 7:45 pm, 8pm start. 1a Kent Street, Sydenham
<http://m.christchurchcounselling.com> 366 6720

OLDER AND WISER

Age Concern Canterbury:

Home help services, advocacy, health, outings, visitors, information and education for the over 60's.

366 0903 or 0800 803 344

www.ageconcerncan.org.nz

NZ Superannuation and extra financial assistance:

0800 552 002

www.workandincome.govt.nz/individuals/65-years-or-older

Super Goldcard Centre:

0800 254 565

www.supergold.govt.nz

Health and Disability Consumer Service:

For a problem with a health or disability service call an advocate.

377 7501

www.hdc.org.nz

Greypower National Office:

0800 473 979

www.greypower.co.nz

Presbyterian Support Services:

65 years and over services include assessment and information, co-ordination of support services, counselling, advocacy, liaison with other agencies or health professionals, support for carers, elder abuse intervention.

366 5472

Senior Chef:

FREE cooking programme for those 65 and over who live on their own or with one other.

337 7781

senior.chef@cdhb.health.nz or www.seniorchef.co.nz

Canterbury Men's Centre:

Support for men dealing with personal challenges. Counselling, social work support and life coaches on hand

03 365 9000

www.canmen.org.nz

Introduce some of these simple things into your daily life and you will begin to see the benefits to your mental health and wellbeing.

 Mental Health Foundation
of New Zealand
www.mentalhealth.org.nz

CONNECT

NO MAN IS AN ISLAND.
WE'RE STRONGER TOGETHER

**BE
ACTIVE**
GET INTO GEAR.
MOVE YOUR MOOD.

**KEEP
LEARNING**

EXPLORE NEW IDEAS
SHARPEN YOUR SKILLS

**TAKE
NOTICE**

APPRECIATE THE LITTLE THINGS
SAVOUR THE MOMENT

GIVE

IT'S NOT ABOUT MONEY
IT JUST FEELS GOOD





NEW ZEALAND
RED CROSS

RĪPEKA WHEREO AOTEAROA

This booklet and on line map were created by the Canterbury Men's Centre with support funds for this edition coming from The New Zealand Red Cross.

Please send any corrections or suggested additions to ffom@canmen.org.nz. We can update the on line map and may print a second edition if there is interest.



Find this booklet online at canmen.org.nz. To order some free copies please e-mail ffom@canmen.org.nz or phone 03 365 9000. Or better yet, come by 357 Gloucester St. and say hi during regular business hours and get some copies.