Seniors' October 2026

A month of community-led events and activities for seniors in Kāpiti

AGE CONCERN KĀPITI
He Manaakitanga Kaumātua Aotearoa

Kāpiti Coast DISTRICT COUNCIL
Me Huri Whakamuri, Ka Titiro Whakamua

He taonga te pāhake
To grow old is a gift

Seniors' October 2026

Seniors' October 2026 is a month-long programme of community-led events and activities for older people across the Kāpiti Coast.

Brought to you by Age Concern Kāpiti in partnership with Kāpiti Coast District Council, it is an opportunity to connect, learn, get active, try something new and have some fun.

Seniors' October begins on 1 October, the International Day of Older Persons – a day to recognise and celebrate the contributions, experiences and value of older people in our communities.

Throughout the month, local groups, clubs and organisations invite you to get involved and discover what our community has to offer. A big thank you to everyone taking part and helping make it all possible.

This booklet is your guide to what's happening. Events are listed alphabetically by title, with a full calendar at the back of the booklet. A digital copy is also available on the Age Concern Kāpiti and Kāpiti Coast District Council websites.

Thank you to Kāpiti Coast District Council, Age Concern New Zealand and the TG Macarthy Trust for supporting this project as we work together towards an Age Friendly Kāpiti.

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A–Z Events and Activities

Key: Wheelchair access | Parking | Close to bus routes

Registration: Events requiring registration are clearly marked in the event description.

Age Concern Kāpiti Learn & Connect Session

Tue 20 Oct | **1.30pm – 3.30pm** | Waikanae Baptist Church Cafe, 286 Te Moana Road, Waikanae | Free

Join our October Learn & Connect information session featuring presentations from Health Improvement Practitioner, Emma Fromings on 'Connection – why it matters and how to build it' and MNZAS audiologist Jeanie Morrison-Low on 'Ageing and Hearing Loss'. Enjoy a cuppa and connect with others. **Registration required.**

Age Concern Kāpiti – Holly Stephenson
E office@ageconcernkapiti.co.nz **P** 04 298 8879

Bowls Waikanae 'Give it a Go' Sessions

Wed 7, 14, 21, 28 Oct | **9.30am – 11.00am** | Bowls Waikanae, 354 Te Moana Road, Waikanae | Free

Every Wednesday morning at 9:30am our friendly coaches welcome beginners who want to give bowls a try. If you want to try something new, then we have the place, people, free coaching, and fun to make that happen. Sessions are weather dependent, so check the forecast or call Pat for info.

Waikanae United Bowling Club – Pat Hatwell
E pat.hatwell@gmail.com **P** 021 497 199

Chair Yoga at the Marae

Tue 6, 13, 20, 27 Oct | **1.00pm – 2.00pm** | Whakarongotai Marae, 2 Marae Lane, Waikanae | Free

A gentle movement session supporting wellbeing, strength, flexibility, balance and relaxation. Using a chair for support, participants can move at their own pace while connecting with their tinana, breath, and each other in a friendly environment. Dates subject to change, contact Ine on the day to confirm.

Hora Te Pai Health Services – Ine Faleafaga
E ine.faleafaga@horatepai.org.nz **P** 027 270 4892

Clay and Cuppa

Mon 5 Oct / Fri 16 Oct | **1.00pm – 2.30pm** | "Old Tote Building", Ōtaki Racecourse, 47 Te Roto Road, Ōtaki | Free

Come and join Ōtaki Pottery Club for an afternoon exploring ceramics. Tour OPC, see the amazing pots in the Tote Modern Gallery, check out classes and workshops, meet tutors and members, and even try making a pinch pot. Afternoon tea available.

Ōtaki Pottery Club – Frederick Church
E otakipotteryclub@gmail.com

Coastal Tai Chi Open Week

Tue 13 Oct | **9.45am – 11.00am** | KUP Uniting Church Community Hall, 27 Raumati Road, Raumati Beach | Free
Wed 14 Oct | **7.00pm – 8.00pm** | Waikanae Memorial Hall, 5 Pehi Kupa Street | Free
Fri 16 Oct | **9.30am – 11.00am** | Waikanae Community Centre, 28 Utauta Street | Free

Come along and observe one of our classes in October. Tai Chi involves gentle, low-impact movements performed in a series of deliberate, flowing sequences, which gives benefits for both mental and physical wellbeing. Accessibility may vary depending on location.

Coastal Tai Chi – Jillian Kuch
E coastal.taichi@gmail.com

Coffee and a Social Walk

Wed 7, 14, 21, 28 Oct | **9.45am – 12.00pm** | Cafés selected to suit each walk | Free (cost of coffee)

Join us for morning coffee and a chat with our friendly social walking group. After coffee, feel free to join the walkers as they head off on a planned route. It is a great way to discover easy walking paths around Kāpiti, all the while enjoying social interaction with others. Accessibilty may vary depending on location.
Registration required.

Waikanae Millennium Rebus Club – Rosemary Wells
E wmrc5036@gmail.com
P 021 262 2567

Community and Connection Coffee Morning

Wed 7 Oct | **9.30am – 11.30am** | Ocean Road Community Centre, 45 Ocean Road, Paraparaumu | Free

Join us for our October coffee morning, featuring an informative guest speaker (to be confirmed). Kāpiti Grey Power supports and empowers everyone aged 50+ on the Coast. Whether you're retired, still working, caring for someone or simply wanting to stay informed, we're here for you.

Kāpiti Grey Power – Emiliia McDonald
E office@kapitigreypower.co.nz **P** 04 902 5680

Craft and Kōrero

Tue 13 Oct | **10.30am – 11.30am** | Paraparaumu Library, 9 Iver Trask Place, Paraparaumu | Free

A cosy and welcoming space to bring your yarn projects, learn new skills, share ideas, and enjoy friendly kōrero with fellow craft lovers. Everyone welcome!

Paraparaumu Library – Nisa Promchot
E nisa.promchot@kapiticoast.govt.nz **P** 027 252 9280

Digital Device Support

Thu 1, 8, 15, 22, 29 Oct | **10.00am – 12.00pm** | Paraparaumu & Waikanae Libraries | Koha appreciated
Wed 7, 14, 21, 28 Oct | **10.00am – 12.00pm** | Raumati & Waikanae Bowling Clubs | Koha appreciated

Volunteers are available to help seniors with all kinds of digital devices, one-on-one training, how-to's, next-purchase needs and general questions. Come and learn more about avoiding scams, how to use AI and using your device to it's fullest potential. Accessabilty may vary depending on location.

Digital Seniors Kāpiti – Buddy van den Berg
E contact@digitalseniors.co.nz **P** 0800 373 646

Enjoy your Mobility Vehicle

Wed 21 Oct | **12.00pm – 2.00pm** | The Jolly Pub and Kitchen, 93 Mazengarb Road, Paraparaumu Beach | Cost of lunch

Join the Kāpiti Mobility Scooter Group for our monthly lunch. Come by scooter, wheelchair, car, lift or taxi. We enjoy outings to local markets, cafés, BBQs and group rides. Free training is available for scooter newbies and oldies, covering train travel, safety measures and vehicle maintenance. **Registration required.**

Kāpiti Mobility Scooter Group – Pandora
E pandy22.t@gmail.com **P** 022 580 9038

Falling in Love with Falling Asleep Again

Wed 14 Oct | **10.00am – 12.00pm** | Tui room, Kāpiti Impact Hub, 6 Tongariro Street, Paraparaumu | Free

A no-shame, no-blame approach to understanding why sleep becomes dysregulated and the steps you can take to build confidence and pleasure back into sleep. An interactive skills based mini workshop. Presented by Keri Onyewu, Health Improvement Practitioner. Book early, this will be popular! **Registration required.**

Tū Ora Compass Health – Emma Fromings
E emma.fromings@tuora.org.nz **P** 022 059 2455

Help with Genealogy

Wed 7, 14, 21, 28 Oct | **10.00am – 12.00pm** | Alison Proctor Family History Centre, in the Paraparaumu Library, 9 Iver Trask Place, Paraparaumu | Free

Come along and get help with starting your genealogy journey or with queries about your existing research. Our friendly helpers look forward to meeting you.

Kāpiti Genealogy – Jenny Wilson
E secretary@kapitigen.org **P** 04 904 8443

Home4All House & Garden Tours

Mon 5, 19 Oct | **1.00pm – 3.00pm** | 108 Elizabeth Street, Waikanae | Free

Tour the home and gardens of what was once a hobby winery, now home to a day programme for Early Stage Dementia. Discuss how outside, purposeful activity can assist with brain health. Please register as arrival times will be scheduled between 1pm – 3pm to ensure access on the one-lane driveway. **Registration required.**

Home4All – Ruthie Emeny
E ruthie@home4all.co.nz **P** 022 066 4663

How to Have Fun and Stay Safe Online

Mon 19 Oct | **1.30pm – 4.00pm** | SeniorNet Kāpiti Learning Centre, 200 Matai Road, Raumati Beach | Free

Technology offers many great tools. But there are also a lot of rogues with a bag of dirty tricks, from scams to more subtle ways of making us sign up for stuff we don't want or need. Join us for some useful tips on how to recognise and avoid these pitfalls and some advice on password management. **Registration required.**

SeniorNet Kāpiti – Teresa Urutia
E SNKBookings@gmail.com **P** 021 169 6256

Introduction to Outdoor Bowls

Wed 7 Oct | **12.45pm – 3.30pm** | Raumati Bowling Club, 1 Matatua Road, Raumati Beach | Free

Come along to Raumati Bowling Club for an introduction to outdoor bowls. Enjoy a demonstration and some instruction, followed by the opportunity to have a go yourself. Please wear flat-soled shoes. **Registration required.**

Raumati Bowling Club – Laurie Flynn
E laurie.flynn@xtra.co.nz **P** 027 297 8406

Introduction to Playing Bridge

Wed 14 Oct | **1.30pm – 3.30pm** | Ōtaki Bridge Club, 75 Aotaki Street, Ōtaki | Free

Come along to Ōtaki Bridge Club and discover the card game of Bridge. You'll be introduced to the game, followed by some Mini Bridge practice games. **Registration required.**

Ōtaki Bridge Club – Claudia Duncan
E otakibridge@outlook.com **P** 021 885 514

Kāpiti Coast Environmental Groups' Catch-Up

Wed 21 Oct | **9.30am – 11.30am** | Kāpiti Coast District Council Chambers Civic Building, 75 Rimu Road, Paraparaumu | Free

A morning tea for Kāpiti Coast environmental groups, volunteers, and newcomers. Hear updates from Council and enjoy short talks from local groups on their projects, challenges, and successes. Connect and share ideas and experiences with others caring for our environment.
Register by 9 October.

Kāpiti Coast District Council – Janey Hilford
E biodiversity@kapiticoast.govt.nz

Kāpiti Cottage Open Day

Thu 15 Oct | **1.30pm – 3.00pm** | 14 Tongariro Street, Paraparaumu | Free

Come along to our Open Day and discover Kāpiti Cottage. Meet our friendly team, explore our welcoming space, and learn how our day programme supports older people with friendship, activities, carer respite, and dementia care.

Presbyterian Support Central, Enliven – Gloria McGoldrick
E gloria.mcgoldrick@psc.org.nz **P** 04 298 8060

Kāpiti Herb Society Monthly Meeting

Tue 13 Oct | **10.00am – 12.00pm** | Ocean Road Community Centre, 45 Ocean Road, Paraparaumu | Free (coins for raffles/sales table)

Kāpiti Herb Society invites everyone who has a desire to learn more about herbs to come and join us. We have speakers, a sales table and raffles. The speaker this month will be Cheryl from Mitre 10.

Kāpiti Herb Society – Cheryl Roberts
E kapitiherb@gmail.com

Kāpiti Horticultural Society Monthly Meeting

Fri 2 Oct | **7.00pm – 9.00pm** | Kāpiti Uniting Parish Community Hall, 10 Weka Road, Raumati Beach | Gold coin koha

Join our friendly group for an enjoyable evening with a guest speaker, raffles, a sales table and supper. The guest speaker will be announced on our Facebook page and in the Kāpiti News Community Notices the week before the meeting. New members and visitors are welcome.

Kāpiti Horticultural Society – Judith van Boxel
E kapiti.horti.soc@gmail.com

Kāpiti Petanque Club Days

Thu 1, 8, 15, 22, 29 Oct | **9.15am – 11.00am**
Sat 3, 10, 17, 24, 31 Oct | **1.15pm – 3.00pm**
Kāpiti Petanque Club Grounds, Paraparaumu Domain, 32 – 57 Aorangi Road, Paraparaumu | Free

Kāpiti Petanque welcomes visitors to our Thursday and Saturday club days. We play two 40 minute games, then have a tea/coffee break and play an optional third game. We will provide visitors with Petanque boules. If you can't make these days we also play on Tuesday and Sunday afternoons.

Kāpiti Petanque Club – Kevin McFadgen
E kmcfadgen701@gmail.com **P** 027 353 4841

Kāpiti Thursday Walkers

Thu 1 Oct | **10.00am – 12.00pm** | Weka Park, Raumati (By Scots Hall) | Free

Join us for an easy walk from Raumati Beach to Paraparaumu Beach and back. Walk and talk for two hours. As the walk will start sharp at 10am it is a good idea to arrive at 9.50am. No dogs, please.

Kāpiti Thursday Walkers – Allison Basire
E kapitithursdaywalkers@gmail.com

Kāpiti Women's Club of Paraparaumu Monthly Meeting

Thu 15 Oct | **9.45am – 11.30am** | Ocean Road Community Centre, 45 Ocean Road, Paraparaumu Beach | Free

Join us at our monthly meeting for morning tea and a fashion parade by Merric Fashion Coastlands, featuring affordable women's clothing modelled by our members. Our club of friendly mature women also offers a range of groups, including Rummikub, Mahjong, movie, book, lunch, and coffee groups.

Kāpiti Women's Club of Paraparaumu – Mary Manderson
E kapitiwomensclub@gmail.com **P** 027 488 0266

Kāpiti Writers' Group – Focus Group Meeting

Mon 12 Oct | **5.00pm – 7.00pm** | Kāpiti Women's Centre, 7 Ngahina Street, Paraparaumu | Free

Dr Angela Robertson will give tips on writing a memoir, life history, or memory book for grandchildren. Her new book, Penning Your Past, will be available for sale. The meeting includes a writing skill focus and members reading their work. Writers of all levels are welcome. **Registration required.**

Kāpiti Writers' Group – Bev Bunker
E kapitiwritersgroup@gmail.com

Line Dancing

Fri 2, 9 Oct | **10.00am – 11.00am** | Paraparaumu Memorial Hall, 5 Tutanekai Street, Paraparaumu | Free

Come along and give line dancing a try at Kāpiti Coast Line Dancers' beginner class. We are a very friendly group, mostly retirees, and would love to welcome you. Enjoy two free one-hour classes at our regular Friday sessions during October.

Kāpiti Coast Line Dancers – Kerrin Halvorsen
E kclinedancer@gmail.com **P** 022 108 3562

Meet the Candidates

Mon 12 Oct | **1.00pm – 3.30pm** | Ōtaki Memorial Hall, 69 Main Street | Free
Thu 15 Oct | **1.00pm – 3.30pm** | Paraparaumu Memorial Hall, 5 Tutanekai Street | Free
Mon 19 Oct | **1.00pm – 3.30pm** | Ngāti Toa Hall, in the Ngāti Toa Domain, Mana | Free
Tue 20 Oct | **7.00pm – 9.00pm** | Waikanae Baptist Church, 286 Te Moana Road | Free

Kāpiti Grey Power is working for a stronger, safer and more connected community. This year with the general election Kāpiti Coast Grey Power will be holding 'Meet the Candidate' meetings which you are warmly invited to attend. For further information on the speakers at each meeting, please email us. Accessibility may vary depending on location.

Kāpiti Grey Power – Emiliia McDonald
E office@kapitigreypower.co.nz **P** 04 902 5680

MindArt Workshop

Thu 1 Oct | **10.00am – 11.30am** | Tui Room, Kāpiti Impact Hub, 6 Tongariro Street, Paraparaumu | Free

Have fun in a clinically proven MindArt drawing workshop for those living with Mild Cognitive Impairment. This class combines nature, sensory engagement and meditative drawing to reduce stress and anxiety while improving focus and self-esteem. No skill needed – just give it a go! **Registration required.**

MindArt NZ – Emma Febvre-Richards
E E.R.Febvre-Richards@massey.ac.nz **P** 021 254 4088

Open Day at Kāpiti Coast Quilters

Tue 20 Oct | **11.00am – 2.00pm** | Waikanae Bridge Club, 27 Elizabeth Street, Waikanae | Free

Visit us at our regular monthly day meeting. Enjoy a tea or coffee while we tell you about our organisation and the quilts we make for our local community. Learn new skills, enjoy the company of fellow crafters, and stay for as little or as long as you like.

Kāpiti Coast Quilters – Barbara Pope
E kcqsecretary26@gmail.com **P** 027 323 3253

Open Session – Makerspace

Mon 12 Oct | **10.00am – 12.00pm** | Makerspace, Paraparaumu Library, 9 Iver Trask place, Paraparaumu | Free

Come along to an open session at our Makerspace. We have 3D printers, vinyl and laser cutters, sewing machines, hand tools, an expanding library of electronics components, as well as a helpful team and workshops to help you get inspired and create.

Paraparaumu Library – Clark Williams
E Clark.Williams@kapiticoast.govt.nz

Ōtaki Family History Help Desks

Wed 7, 14, 21, 28 Oct | **10.00am – 12.00pm** | Family History Research Area, within the Ōtaki Library, 13 Main Street, Ōtaki | Free

Come along to our Ōtaki Family History Help Desk. Our volunteers can help you get started with your research, using our extensive collections and access to Ancestry, FindMyPast and The Genealogist on our computers. We look forward to seeing you at one or more of our sessions.

Ōtaki Family History Society – Anne Coury
E anneco@xtra.co.nz **P** 027 495 6787

Ōtaki Family History Society Monthly Meeting

Tue 27 Oct | **7.30pm – 9.30pm** | Supper Room, Memorial Hall, Ōtaki | Free

Join us for our regular monthly group meeting on 27 October.
We will be looking at "brick wall" problems solving family mysteries.

Ōtaki Family History Society – Anne Coury
E anneco@xtra.co.nz **P** 027 495 6787

Ōtaki MenzShed at Home

Thu 15 Oct | **10.00am – 1.00pm** | 186 Mill Road, Ōtaki | Free

Come along for an opportunity to find out more about what MenzSheds are all about and how we might help you or someone you know in the community.

Ōtaki MenzShed – Tony King
E otakimenzshed@outlook.com **P** 022 406 9439

Ōtaki Rotunda Tour

Mon 5 Oct | **2.00pm – 4.00pm** | Health Camp Road, Ōtaki Beach | $5.00

Meet behind the rotunda at the former Ōtaki Children's Health Camp for a tour of this historic building. Explore its unique architecture, hear its story and learn about the restoration process. Then enjoy afternoon tea while watching a short film produced for the Friends of the Rotunda. **Registration required.**

Friends of the Ōtaki Rotunda – Di Buchan
E admin@otakirotunda.org.nz **P** 027 684 0213

Probus Club of Kāpiti Coast Monthly Meeting

Thu 29 Oct | **10.00am – 12.00pm** | Ocean Road Community Centre, 45 Ocean Road, Paraparaumu Beach | Free

Join us at our monthly meeting to hear interesting speakers and find out about a variety of interest groups that make it easy to get involved, share interests, and build new friendships. No charge for visitors (up to three visits). Membership costs: Joining Fee $8; Annual Subscription $35.

Probus Club of Kāpiti Coast – Christine Gane
E kapiticoastprobus@gmail.com **P** 021 216 7002

Probus Raumati Club Open Day

Fri 30 Oct | **9.45am – 11.30am** | Scot's Hall, Weka Road, Raumati | Free

Join the Probus Raumati Club's monthly meeting. Listen to a guest speaker, join us for a cup of tea or coffee, and an active display of the Club's activity groups. You do not need to live in Raumati to be a member or guest at our Club.

Probus Raumati Club Inc – Joy Heenan
E joypeter@outlook.co.nz **P** 027 327 9775

Rebus Club of Paraparaumu Beach Monthly Meeting

Tue 6 Oct | **10.00am – 12.00pm** | Ocean Road Community Centre, 45 Ocean Road, Paraparaumu Beach | Free

A warm welcome awaits at our monthly meeting for retirees. Our club of men and women offers activities to keep minds active, expand interests and make friends. Our meetings are on the first Tuesday each month. This month the speaker will be Matt Hull from ASB talking about banking scams.

Rebus Club of Paraparaumu Beach Inc – Kay Ashley
E emailkayashley@gmail.com **P** 027 687 1714

Rock 'n' Roll Dancing

Wed 7 Oct | **7.30pm – 9.30pm** | Paraparaumu Memorial Hall, 5 Tutanekai Street, Paraparaumu | Free

Come along and join in our usual club night. Watch the dancing or give it a go. There will be people on hand to help you with the steps and moves.

Gold Coast NZ RnR Club – Carol McCaffrey
E goldcoastsecretary@gmail.com **P** 021 0246 5713

Senior Citizens Boccia Group

Tue 27 Oct | **10.00am – 12.00pm** | Ocean Community Centre, 45 Ocean Road, Paraparaumu Beach | Free ($3 for morning tea)

The Kāpiti Seniors Boccia Group meets on the fourth Tuesday of each month to play sitting bowls. Half-time morning tea provided for $3. Come on the 27th and give it a go!

Kāpiti Senior Citizens Association Boccia Group – Ivy Marlow
P 027 442 4895

Senior Citizens Entertainment

Fri 9 Oct | **2.00pm – 3.00pm** | Ocean Road Community Centre, 45 Ocean Road, Paraparaumu Beach | $5.00 all inclusive

The Kāpiti Senior Citizens meet monthly for entertainment, followed by a great afternoon tea and raffles. The entertainer for the October meeting will be the wonderful Kāpiti Senior Singers. The meetings are on the second Friday of each month and are open to all over 55 years.

Kāpiti Senior Citizens Association – Susan Chadwick
E heatbeataz@live.com **P** 04 905 9578

Senior Citizens Indoor Bowls

Thu 1, 8, 15, 22, 29 Oct | **12.45pm – 3.00pm** | Ocean Road Community Centre, 45 Ocean Road, Paraparaumu Beach | $1.00

Come along and give indoor bowls a try with the Senior Citizens Indoor Bowls group. We meet every Thursday for a friendly game, followed by a cuppa and a chat. New players are always welcome, so join us this October and give it a go!

Kāpiti Senior Citizens Association Indoor Bowls – Frances Shimmim
P 021 030 9073 or 04 298 2042

SeniorNet Kāpiti Drop-In Session

Sat 31 Oct | **10.00am – 2.00pm** | SeniorNet Kāpiti Learning Centre, 200 Matai Road, Raumati Beach | Free

Does technology frustrate you from time to time? Take this opportunity to find out what SeniorNet is all about and how our workshops, courses and help sessions can assist you to get more out of your digital devices. Pop in to our Learning Centre to meet our friendly tutors and discuss your needs.

SeniorNet Kāpiti – Teresa Urutia
E SNKBookings@gmail.com **P** 021 169 6256

Seniors Guided Bushwalk

Tue 6, 20, 27 Oct / Fri 23 Oct | **2.00pm – 4.00pm** | Ngā Manu Nature Reserve, 74 Ngā Manu Reserve Rd, Waikanae | Gold card entry is $14

Join our Senior Bush Guide for a complimentary guided walk through Ngā Manu's remarkable lowland swamp forest. Discover native flora and fauna, conservation stories, and hidden treasures of the ngahere while exploring one of Kāpiti's special natural places.

Ngā Manu Nature Reserve – John Lewin
E hello@ngamanu.org.nz **P** 04 293 4131

Sit n Be Fit

Fri 2, 9 Oct | **1.00pm – 1.30pm** | Meeting Room Coastlands Aquatic Centre, 10 Brett Ambler Way, Paraparaumu | $2.00

Stay dry and enjoy stress-free group exercise using a chair, followed by a relaxing spa session. Regular exercise can help improve mood, posture, balance and overall wellbeing – and this gentle, accessible class is a great place to start.

KCDC Coastlands Aquatic Centre
E swim@kapiticoast.govt.nz **P** 04 296 4746

Smart Homes – Options for Home Automation

Tue 6 Oct | **1.30pm – 4.00pm** | SeniorNet Kāpiti Learning Centre, 200 Matai Road, Raumati Beach | Free

It seems like everything we purchase today is 'smart', from household appliances to security systems. Every device comes with a range of options and a range of prices! Join us for an overview of what's available and the pros and cons, so that you can make a 'smart' choice when it comes to a purchase. **Registration required.**

SeniorNet Kāpiti – Teresa Urutia
E SNKBookings@gmail.com **P** 021 169 6256

Tai Chi Ch'uan & Chi Gong

Mon 5, 12, 19 Oct / Wed 7, 14, 21, 28 Oct | **9.00am – 10.00am** | Kāpiti Uniting Church, 9 Taiata Street, Waikanae Beach | Free

Enjoy gentle exercise with Chi Gong exercises to improve breathing and flexibility, along with gentle Tai Chi movements to improve balance and posture. Comfortable clothing and flat shoes required. A Saturday class is also available at Sevenoaks Retirement Village, 9.30 – 10.30am.

Tai Chi and Chi Gong – Gillian Sutherland
E gilli.anne.17@gmail.com **P** 027 733 8595

Taoist Tai Chi™ 'Have-A-Go'

Fri 2 Oct | **9.30am – 11.00am** | Te Ātiawa Courts Centre, 35 Percival Road, Paraparaumu Beach | Free

Taoist Tai Chi™ practice is a moving meditation that reduces stress and helps you find joy. Physically it will make you energetic, balanced, strong and supple. Come along and try it out. Wear flat shoes and comfortable clothes that allow you to move freely.

Taoist Tai Chi Society – Peter Love
E wellington@taoisttaichi.org **P** 022 162 3440

The Key to Fun for Retired or Semi-Retired People

Tue 13 Oct | **10.00am – 12.00pm** | The Coast Church, 57 Hinemoa Street, Paraparaumu | Free (first two visits)

Join us and get the key to exciting interests at our Probus Club. It's a great opportunity to meet friends and have fun! We meet monthly with a guest speaker, and in between we run a range of interest groups. New members welcome! Visit us not just in October, but on any second Tuesday of the month.

The Combined Probus Club of Kāpiti Central Inc – Grace Moulton
E kapiticentralprobusclub@gmail.com **P** 021 962 363

Volunteer Pop-In Sessions

Thu 8 Oct / Tue 13 Oct | **10.00am – 12.00pm** | Kāpiti Impact Hub, 6 Tongariro Street, Paraparaumu | Free
Wed 21 Oct | **10.00am – 12.00pm** | Ōtaki Library | Free

Find out more about volunteering in Kāpiti at one of our Pop-In sessions, learn about what our service offers and the benefits of volunteering in the Kāpiti community. No obligation to take any roles, just learn about ways to get involved.

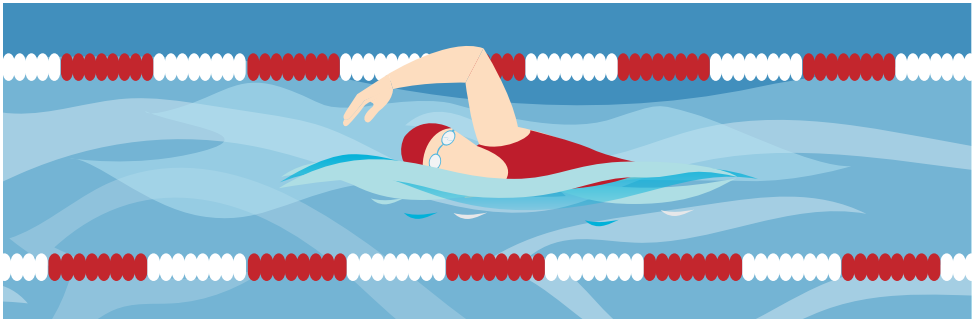
Volunteer Kāpiti – Chris Joseph
E info@volunteerkapiti.org.nz **P** 04 905 8884

Wai Ora – Water-based Exercise Programme

Thu 15, 22, 29 Oct | **11.45am – 12.45pm** | Coastlands Aquatic Centre, 10 Brett Ambler Way, Paraparaumu | Free

Wai Ora is a warm water exercise programme for older adults that improves physcial wellbeing. Gentle, low-impact sessions support people with arthritis, chronic pain, or long-term conditions while building confidence, connection, and independence. Sign in at reception, or contact Ine for more info.

Hora Te Pai Health Services – Ine Faleafaga
E ine.faleafaga@horatepai.org.nz **P** 027 270 4892



Waikanae Arts and Crafts Open Day

Sun 18 Oct | **9.30am – 2.30pm** | Waikanae Arts and Craft Society Hall, 27A Elizabeth Street, Waikanae | Free

Come along and see what our members love to do each week! Our Society has a variety of art and craft groups, who will be demonstrating their crafts throughout the day. Browse the handcrafted items for sale and enjoy seeing the creativity of our members.

Waikanae Arts and Crafts Society – Margaret Fordyce
E waikanaeartsandcraftssoc@gmail.com **P** 022 492 2034

Waikanae Central Probus Monthly Meeting

Thu 22 Oct | **10.00am – 12.00pm** | Waikanae Community Centre, 28 Utauta Street, Waikanae | Free

Waikanae Central Probus Group welcomes visitors to our monthly meeting. Enjoy an interesting guest speaker and morning tea. Come along, meet new people and find out more about our group! **Registration required.**

Waikanae Central Probus Group – Marlene Thomson
E marlene.thomson@outlook.com **P** 027 273 5595

Waikanae Combined Garden Group Monthly Meeting

Thu 1 Oct | **10.00am – 12.00pm** | Cedarwood Lounge, 17 Parata Street, Waikanae | Free entry (gold coin for tea/coffee)

You are warmly invited to join our October meeting and discover a friendly garden group for men and women. Each month we host a guest speaker covering a variety of topics. Along with these are raffles, a sales table, and a 'Table of Interest' featuring flowers and plants.

Waikanae Combined Garden Group – Bev Griffiths
E bevgriffiths5747@gmail.com **P** 027 875 4845

Waikanae Croquet Club Days

Thu 1, 8, 15, 22, 29 Oct | **9.30am – 12.30pm** (Golf Croquet)
1.00pm – 4.00pm (Association Croquet) | Waikanae Croquet Club, 60 Park Avenue, Waikanae | Free

Come to our Thursday croquet club days. We play Golf Croquet in the morning and Association Croquet in the afternoon. You are welcome to play with a view to joining our club. Mallet and instruction provided. Wear flat shoes and arrive early. We also play at the same times on Tuesdays and Saturdays.

Waikanae Croquet Club – Linda Hall
E waikanaecroquetclub@gmail.com **P** 021 0290 3635

Waikanae Garden Circle Monthly Meeting

Tue 27 Oct | **10.00am – 12.00pm** (arrive early to browse sales table)
Cedarwood, 17 Parata Street, Waikanae | Free entry

Come meet the Garden Circle, a ladies-only garden club. We hold monthly meetings with guest speakers, visit local gardens, and enjoy an annual trip. We have a plant sales table and raffles. Enjoy a hot drink for a gold coin. Ladies are welcome to attend 2 free meetings before joining for $20 a year.

Waikanae Garden Circle – Carol Lingard
E randclingard@xtra.co.nz **P** 04 299 0279

Waikanae Millennium Rebus Club Monthly Meeting

Tue 6 Oct | **2.00pm – 3.45pm** | Waikanae Community Centre, 28 Utauta Street, Waikanae | Free

Join us at our monthly meeting. Enjoy speakers and afternoon tea, a raffle, a library of books to borrow and plenty of interesting conversation. We offer a variety of activities, including walking, biking, music, gardening, and more. Visitors are always welcome.

Waikanae Millennium Rebus Club – Cathy Mitchell
E wmrc5036@gmail.com **P** 027 206 7831

Wednesday Walking Group

Wed 7 Oct | **9.30am – 11.30am** | Maclean Park, Marine Parade, Paraparaumu Beach | Free (cost of coffee)

A new walking group is starting! Come along for a gentle morning walk around beautiful Paraparaumu Beach and the surrounding area. Meet new people, enjoy some free air, and stay for an optional coffee afterwards at a local cafe. **Registration required.**

Wednesday Walking Group – Margarita Dimitrievska
P 021 148 3740

Weekly Bike Ride

Mon 5, 12, 19 Oct | **9.00am – 11.00am** | Usually starts at Expressway track on Te Moana Road | Free (cost of coffee)

Join members of the Waikanae Millennium Rebus Club for our weekly bike ride from Waikanae to a local café, often in Paraparaumu or Raumati. **Please contact Walter by Sunday afternoon if you would like to join the ride.**

Waikanae Millennium Rebus Club – Walter Brock
E wmrc5036@gmail.com **P** 021 188 7216

Whareroa Farm Reserve: Volunteer and Guided Walk

Sun 4 Oct | **9:00am – 12.00pm** | Whareroa Farm Recreation Reserve, Mackays Crossing, Paekākāriki | Free

Meet at the carpark, then take a streamside and forest walk, help clear grass around wetland plantings, have morning tea and a guided nature walk. Must be able to walk 1–2km on uneven muddy ground, cross a stream and do work involving bending. Wear strong shoes, old clothes and gardening gloves. **Registration required.**

Whareroa Guardians Community Trust – Ann
E whareroa.guardians@gmail.com

Yogilates Class

Tue 6 Oct | **9.30am – 10.30am** | Supper Room, Paraparaumu Memorial Hall, 5 Tutanekai Street, Paraparaumu | $5.00

Ideal for those new to Yoga and/or Pilates. Introduces basic Pilates principles and also incorporates Yoga postures and breath to reconnect the mind, body, and soul. Includes relaxation and meditation. Please bring a mat and/or blanket – blocks and bolsters are provided! **Registration required.**

Z Health – Zuri Brudenell
E zuri@zhealth.nz **P** 021 131 5510

1-1 Technical Help and Support

Fri 2, 16, 30 Oct | **11.00am – 1.00pm** | Kea Room, Kāpiti Impact Hub, 6 Tongariro Street, Paraparaumu | Donations welcome

We invite you to a 1–1 technical help and support session. We can help with digital devices, including mobile phones, tablets, laptops, smartwatches, hearing aids, Bluetooth devices and more. 15-minute sessions available. **Register through the "Contact us" on our website or call/txt.**

KAPITI IT 4 SENIOR – YK
W www.kapitiit4senior.nz **P** 021 105 2841

Calendar of Events and Activities

Thursday 1 October

9.15am Kāpiti Petanque Club Days, *pg 12*
9.30am Waikanae Croquet Club Days (Golf Croquet), *pg 24*
10.00am Digital Device Support (Paraparaumu & Waikanae Libraries), *pg 8*
10.00am Kāpiti Thursday Walkers, *pg 13*
10.00am MindArt Workshop, *pg 15*
10.00am Waikanae Combined Garden Group Monthly Meeting, *pg 23*
12.45pm Senior Citizens Indoor Bowls, *pg 19*
1.00pm Waikanae Croquet Club Days (Association Croquet), *pg 24*

Friday 2 October

9.30am Taoist Tai Chi™ 'Have-A-Go', *pg 21*
10.00am Line Dancing, *pg 14*
11.00am 1-1 Technical Help and Support, *pg 26*
1.00pm Sit n Be Fit, *pg 20*
7.00pm Kāpiti Horticultural Society Monthly Meeting, *pg 12*

Saturday 3 October

1.15pm Kāpiti Petanque Club Days, *pg 12*

Sunday 4 October

9.00am Whareroa Farm Reserve: Volunteer and Guided Walk, *pg 26*

Monday 5 October

9.00am Tai Chi Ch'uan & Chi Gong, *pg 21*
9.00am Weekly Bike Ride, *pg 25*
1.00pm Clay and Cuppa, *pg 6*
1.00pm Home4All House & Garden Tours, *pg 10*
2.00pm Ōtaki Rotunda Tour, *pg 17*

Tuesday 6 October

9.30am Yogilates Class, *pg 26*
10.00am Rebus Club of Paraparaumu Beach Monthly Meeting, *pg 18*
1.00pm Chair Yoga at the Marae, *pg 6*
1.30pm Smart Homes - Options for Home Automation, *pg 20*
2.00pm Seniors Guided Bushwalk, *pg 20*
2.00pm Waikanae Millennium Rebus Club Monthly Meeting, *pg 25*

Wednesday 7 October

9.00am Tai Chi Ch'uan & Chi Gong, *pg 21*
9.30am Bowls Waikanae 'Give it a Go' Sessions, *pg 6*
9.30am Community and Connection Coffee Morning, *pg 8*
9.30am Wednesday Walking Group, *pg 25*
9.45am Coffee and a Social Walk, *pg 7*
10.00am Digital Device Support (Raumati & Waikanae Bowling Clubs), *pg 8*
10.00am Help with Genealogy, *pg 9*
10.00am Ōtaki Family History Help Desks, *pg 16*
12.45pm Introduction to Outdoor Bowls, *pg 10*
7.30pm Rock 'n' Roll Dancing, *pg 18*

Thursday 8 October

9.15am Kāpiti Petanque Club Days, *pg 12*
9.30am Waikanae Croquet Club Days (Golf Croquet), *pg 24*
10.00am Digital Device Support (Paraparaumu & Waikanae Libraries), *pg 8*
10.00am Volunteer Pop-In Sessions (Paraparaumu), *pg 22*
12.45pm Senior Citizens Indoor Bowls, *pg 19*
1.00pm Waikanae Croquet Club Days (Association Croquet), *pg 24*

Friday 9 October

10.00am Line Dancing, *pg 14*
1.00pm Sit n Be Fit, *pg 20*
2.00pm Senior Citizens Entertainment, *pg 19*

Saturday 10 October

1.15pm Kāpiti Petanque Club Days, *pg 12*

Monday 12 October

9.00am Tai Chi Ch'uan & Chi Gong, *pg 21*
9.00am Weekly Bike Ride, *pg 25*
10.00am Open Session - Makerspace, *pg 15*
1.00pm Meet the Candidates (Ōtaki), *pg 14*
5.00pm Kāpiti Writers' Group – Focus Group Meeting, *pg 13*

Tuesday 13 October

9.45am Coastal Tai Chi Open Week (Raumati Beach), *pg 7*
10.00am Kāpiti Herb Society Monthly Meeting, *pg 12*
10.00am The Key to Fun for Retired or Semi-Retired People, *pg 21*
10.00am Volunteer Pop-In Sessions (Paraparaumu), *pg 22*
10.30am Craft and Kōrero, *pg 8*
1.00pm Chair Yoga at the Marae, *pg 6*

Wednesday 14 October

9.00am Tai Chi Ch'uan & Chi Gong, *pg 21*
9.30am Bowls Waikanae 'Give it a Go' Sessions, *pg 6*
9.45am Coffee and a Social Walk, *pg 7*
10.00am Digital Device Support (Raumati & Waikanae Bowling Clubs), *pg 8*
10.00am Falling in Love with Falling Asleep Again, *pg 9*
10.00am Help with Genealogy, *pg 9*
10.00am Ōtaki Family History Help Desks, *pg 16*
1.30pm Introduction to Playing Bridge, *pg 11*
7.00pm Coastal Tai Chi Open Week (Waikanae), *pg 7*

Thursday 15 October

9.15am Kāpiti Petanque Club Days, *pg 12*
9.30am Waikanae Croquet Club Days (Golf Croquet), *pg 24*
9.45am Kāpiti Women's Club of Paraparaumu Monthly Meeting, *pg 13*
10.00am Digital Device Support (Paraparaumu & Waikanae Libraries), *pg 8*
10.00am Ōtaki MenzShed at Home, *pg 16*
11.45am Wai Ora – Water-based Exercise Programme, *pg 22*
12.45pm Senior Citizens Indoor Bowls, *pg 19*
1.00pm Meet the Candidates (Paraparaumu), *pg 14*
1.00pm Waikanae Croquet Club Days (Association Croquet), *pg 24*
1.30pm Kāpiti Cottage Open Day, *pg 11*

Friday 16 October

9.30am Coastal Tai Chi Open Week (Waikanae), *pg 7*
11.00am 1-1 Technical Help and Support, *pg 26*
1.00pm Clay and Cuppa, *pg 6*

Saturday 17 October

1.15pm Kāpiti Petanque Club Days, *pg 12*

Sunday 18 October

9.30am Waikanae Arts and Crafts Open Day, *pg 23*

Monday 19 October

9.00am Tai Chi Ch'uan & Chi Gong, *pg 21*
9.00am Weekly Bike Ride, *pg 25*
1.00pm Home4All House & Garden Tours, *pg 10*
1.00pm Meet the Candidates (Mana), *pg 14*
1.30pm How to Have Fun and Stay Safe Online, *pg 10*

Tuesday 20 October

11.00am Open Day at Kāpiti Coast Quilters, *pg 15*
1.00pm Chair Yoga at the Marae, *pg 6*
1.30pm Age Concern Kāpiti Learn & Connect Session, *pg 5*
2.00pm Seniors Guided Bushwalk, *pg 20*
7.00pm Meet the Candidates (Waikanae), *pg 14*

Wednesday 21 October

9.00am Tai Chi Ch'uan & Chi Gong, *pg 21*
9.30am Bowls Waikanae 'Give it a Go' Sessions, *pg 6*
9.30am Kāpiti Coast Environmental Groups' Catch-Up, *pg 11*
9.45am Coffee and a Social Walk, *pg 7*
10.00am Digital Device Support (Raumati & Waikanae Bowling Clubs), *pg 8*
10.00am Help with Genealogy, *pg 9*
10.00am Volunteer Pop-In Sessions (Ōtaki), *pg 22*
10.00am Ōtaki Family History Help Desks, *pg 16*
12.00pm Enjoy your Mobility Vehicle, *pg 9*

Thursday 22 October

9.15am Kāpiti Petanque Club Days, *pg 12*
9.30am Waikanae Croquet Club Days (Golf Croquet), *pg 24*
10.00am Digital Device Support (Paraparaumu & Waikanae Libraries), *pg 8*
10.00am Waikanae Central Probus Monthly Meeting, *pg 23*
11.45am Wai Ora – Water-based Exercise Programme, *pg 22*
12.45pm Senior Citizens Indoor Bowls, *pg 19*
1.00pm Waikanae Croquet Club Days (Association Croquet), *pg 24*

Friday 23 October

2.00pm Seniors Guided Bushwalk, *pg 20*

Saturday 24 October

1.15pm Kāpiti Petanque Club Days, *pg 12*

Tuesday 27 October

10.00am Senior Citizens Boccia Group, *pg 18*
10.00am Waikanae Garden Circle Monthly Meeting, *pg 24*
1.00pm Chair Yoga at the Marae, *pg 6*
2.00pm Seniors Guided Bushwalk, *pg 20*
7.30pm Ōtaki Family History Society Monthly Meeting, *pg 16*

Wednesday 28 October

9.00am Tai Chi Ch'uan & Chi Gong, *pg 21*
9.30am Bowls Waikanae 'Give it a Go' Sessions, *pg 6*
9.45am Coffee and a Social Walk, *pg 7*
10.00am Digital Device Support (Raumati & Waikanae Bowling Clubs), *pg 8*
10.00am Help with Genealogy, *pg 9*
10.00am Ōtaki Family History Help Desks, *pg 16*

Thursday 29 October

9.15am Kāpiti Petanque Club Days, *pg 12*
9.30am Waikanae Croquet Club Days (Golf Croquet), *pg 24*
10.00am Digital Device Support (Paraparaumu & Waikanae Libraries), *pg 8*
10.00am Probus Club of Kāpiti Coast Monthly Meeting, *pg 17*
11.45am Wai Ora – Water-based Exercise Programme, *pg 22*
12.45pm Senior Citizens Indoor Bowls, *pg 19*
1.00pm Waikanae Croquet Club Days (Association Croquet), *pg 24*

Friday 30 October

9.45am Probus Raumati Club Open Day, *pg 17*
11.00am 1-1 Technical Help and Support, *pg 26*

Saturday 31 October

10.00am SeniorNet Kāpiti Drop-In Session, *pg 19*
1.15pm Kāpiti Petanque Club Days, *pg 12*

Kāpiti Seniors Expo: *Thrive!*

Wednesday 4 November 2026
10am–2pm

War Memorial Hall
Pehi Kupa Street, Waikanae

Ōtaki to Paekākāriki –
an engaging, informative, social day out

Free entry

Spot prizes

All welcome

Refreshments available

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