



Try the ancient wisdom of **TAI CHI** *Seniors: free*

Tai Chi is proven to increase leg strength, balance & co-ordination - key risk factors for falls in older adults. Classes are part of ACC's community Thinksafe programme.

New-comers welcome anytime (no appointment needed)

Suitable for Seniors, inactive adults, injury/surgery recovery (see GP first)

Beachlands:

TePuru Community Centre (Main H'way)
Mon & Weds, 9.00-10.00am

Buckland's Beach:

Sea Scouts Hall (33 Morrow Ave)
Mon & Weds. 11.00-12.00pm

Clendon:

Te Matariki Community Centre
(Shopping Centre, Palmers Rd)
Mon & Thurs, 12.30-1.30pm

Howick:

Howick Rec Centre (563 Pak H'way)
Tues & Fri, 1.00-2.00pm

Mangere Bridge:

Chinese Comm Centre (Taylors Rd)
Mon & Thurs, 9.15-10.15am

Manurewa:

RSA (2-8 Maich Rd)
Mon & Weds, 1.00-2.00pm

Manukau City:

Girl Guide Hall
(68 Everglade Drive, Manukau Hts)
Mon & Weds, 2.30-3.30pm

Pakuranga:

TeTuhi Community Centre (Reeves Rd)
Mon & Thurs, 2.30-3.30pm

Papakura:

Papakura RSA (40 Elliott St)
Tues & Thurs, 10.30-11.30am

Papatoetoe:

Allen Brewster Centre (Tavern Lane)
Mon & Thurs, 11.00-12.00pm

Senior Citizen Participants: 40 free lessons
Other Participants: \$3-\$5 (subsidised) depending on location

Classes provided by
Chen Taichi-cise Centre (www.taichichen.org) Phone 266 7473
and made possible by ACC