



Community exercise initiatives in South and East Auckland

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NZ Chinese and Support Group Inc

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Independent Living Charitable Trust

Programmes at NZCSCG

- Brief introduction of New Zealand Chinese Support and Caring Group (NZCSCG)
- <https://csacg.org.nz/>
- Regular exercise programmes from Mon to Sat at different locations
- Tai Chi –six days
- Dance-4 days
- Pingpang-3 days

















Programmes run by collaboration agencies

- Independent Living Charitable Trust
- Botany & Flatbush Ethnic Association
- China Town Tai Chi Group



Programmes run by Independent living Charitable Trust

- Tai Chi programme for seniors –every Thursday for one hour
- Tai Chi programme for children –every Wednesday for half an hour







Programmes run by Botany & Flatbush Ethnic Association

- Exercise programmes at two locations-3 days/week
- Yoga
- Badminton/basketball
- Group aerobic exercise









Programmes by China Town Tai Chi Group

- Tai Chi programme-7 days/week



Acknowledgements

- Howick local board
- Manurewa local board
- Otara-Papatoetoe local board
- Papakura local board
- Foundation North
- Department of Internal Affairs
- Volunteer teachers