

MEMBERS COMMENTS

Giddy There!

The far north was hit by two major floods in four months.

A lot of people lost all they had so if you would like to donate something to help them, Please drop the item/s off at the Sallies Thanks

John Martin

All tickets have been given away for Spellbound sorry if you have missed out but you have to be in quick for the free tickets

Hopefully we will have Mr. Lee and Michelle back for Tai Chi this month looking forward to that

Don't forget this space is for you to air your views.



HORIZONS NEWSLETTER



AUGUST
2007

HORIZONS
TE WHITI O TE RA

Tireti Hall

Cnr Tireti Rd & Te Pene Ave
Titahi Bay 5022

Phone 2366761 Fax 2366741

Email horizons@wgtnaftercare.org.nz

P.O. Box 52075 Titahi Bay

MONDAY TO THURSDAY

9am till 3:30pm

FRIDAY

9am till 1pm

Our web page www.wgtnaftercare.org.nz

A SERVICE PROVIDED
BY WELLINGTON AFTER-CARE (INC)

HORIZONS PROGRAMME AUGUST 2007

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>VAN TRIP LEISURLEY Leaving 11am till 3pm</p> <p>6th Paraparaumu 13th Botanical gardens 20th Petone 27th Porirua</p>	<p>SOCIAL CLUB 9am till noon</p> <p>Individual basic computer training & Individual Budgeting Both one hour sessions</p>	<p>ARTS & CRAFT With Debbie Pinton From 10am till noon</p>	<p>VAN TRIPS ENERJETIC Leave 11am Return 3:30</p> <p>These van trips include Walking up to 8kms</p> <p>2nd Botanical Gardens 9th Whitireia Park 16th Oriental parade 23rd Pukerua Bay 30th Plimmerton</p>	<p>CO-OP ROAST DINNER 3rd, 17th & 31st</p> <p>CO-OP DINNER 10th & 24th Cost for all meals \$3 Please have your name down by Thursday if you want a meal</p>
<p>GARDENING Our garden is looking very sad at the moment so if you feel like giving it a dig over ready for next year let us know.</p>	<p>TAI CHI Starts 10:30am With Mr Lee & Michelle</p>	<p>CLUB 60 1pm till 3:30 Enjoy a quieter time Have fun playing indoor and outdoor games or even a movie or just chat</p> <p>KAREOKE 2nd Wednesday of the month 8th</p>	<p>Swimming Aquatic Centre 3:30 till 6pm 9th & 23rd</p>	<p>Members Meeting Starts 10:30 10th & 24th</p>
	<p>VIDEO Enjoy selecting a movie Starting either 12:30 or 1pm depending on length of movie</p>			<p>CLOSED from 1pm</p>

Hi Everyone, As you would have realised Mr Lee and Michelle are taking a break for a month our last session with them was on the 17th July so hopefully it won't be long before they are back, but we are still practising our Tai Chi on the Tuesdays so we will still remember the individual moves and the package that they have thought up for us. Well hopefully the weather will improve this month so we can keep to our planned walks but who knows see you