



# Te Whare Roopu o Oterepo Waltham Community Cottage

201 Hastings Street East  
Waltham, Christchurch 8023  
Ph: 03 942 2173

**June 2023**

Waltham Community Cottage operate from 201 Hastings Street East and has been a registered charitable trust since 1995. We holistically work alongside people of all ages, from the very young to our seniors.



**FREE  
Community  
Lunch**  
All are welcome to come!

Join us every Wednesday at 12 for a free lunch. If your name is drawn you receive a free bag of fruit and vegetables



**The Cottage Sisterhood, a group of women supporting women meets every Tuesday from 9:30 to 12. You're welcome to pop in for an hour or stay for the whole morning.**

**MEN'S GROUP**




A group for men to support each other, share and have fun.

**EVERY SECOND MONDAY 1PM**


An informal English Language chat group for people adjusting to life in New Zealand meets Monday and Wednesday at 1pm .




**FREE Children's guitar lessons every Wednesday, 3:30—4:30pm (term time). For children 8 years and older**



**Senior's Foot Clinic takes place every 6 weeks. Please contact the office as booking is essential.**



Come to the weekly community based Falls Prevention Class every Tuesday 2 to 3pm



**AGE CONCERN CANTERBURY**  
He Manaakitanga  
Kaumātua Aotearoa

**WCC SALON \$5 haircuts available every 6 weeks on Mondays.**  
Bookings are essential please contact the office.




**Fun for Seniors**

**Second Thursday of the month**

Come along and enjoy a delicious afternoon tea and catch up with friends on the second Thursday of the month. SING-A-LONGS, SPEAKERS, BINGO AND CHITTY CHATS ARE JUST SOME OF THE ACTIVITIES WE DO

**Free bread is available every Monday to Thursday.**



**We would love for you to pop in for a chat over a cup of tea/coffee anytime between 9am and 3pm Monday to Thursday.**



**UKULELE**

**Every Monday (term time) 10 to 11am**

MONDAY		
10:00 to 11:00am	Ukulele Class	No charge
9:15 to 11:00am (every 6 weeks)	Foot Clinic for Seniors	\$10
1:00 to 2:00pm (fortnightly)	Men's Group	No charge
9:30am to 2:30pm (every 6 weeks)	Haircuts	\$5
TUESDAY		
9:30 am to 12pm	Cottage Sisterhood (Women supporting women)	Koha
2:00pm to 3:00pm	Steady As You Go: SAYGO	\$2
WEDNESDAY		
Midday	Community Lunch	No charge
3:30pm—4:30pm	Children's Guitar Tuition	No charge
THURSDAY		
2 <sup>nd</sup> Thursday of the month 1.30pm to 3:00pm	Seniors Group	\$3

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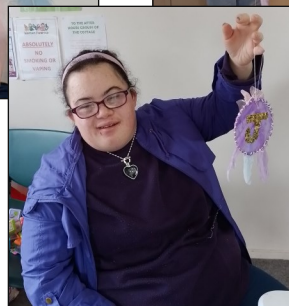


## Fun activities in the school holidays



Paper making

### Dream catchers



Owls

