

| Monday | | |
|--|---|-----------|
| 10am—12pm 1 to 2pm | Connecting Craftily Ukulele Group | No charge |
| Tuesday | | |
| 9am to 12pm | Playgroup For caregivers with babies and preschoolers. | Koha |
| 2 to 3pm | <u>Steady As You Go: SAYGO</u> | \$2 |
| 1 st Tues 2-3pm | Seniors Group | \$3 |
| Wednesday | | |
| Midday | Community Lunch | No charge |
| 3:30pm | Children's Guitar tuition with Matt | No charge |
| Thursday | | |
| 10:30 to 11:30am | Badminton | \$2 |
| Friday | | |
| The Cottage is closed on Fridays except for the following two groups: | | |
| <u>Depression Support Network:</u> | 10am to 1pm | |
| <u>Chi Gong:</u> Tai Chi with Mary from 1pm to 2pm. Great for arthritis, balance and calming the mind. | Cost \$3. | |

Sponsors & Funders of the Cottage

Thank you to all the individuals, groups and organisations who continue to support the Cottage to make a positive difference in the Community.
Where possible we ask that you support the organisations that support us:

Beckenham Methodist Church, COGS, Christchurch City Council, First Sovereign Trust, Gunn Family, Janette Busch Jams, Just Muc Family Trust, Lifetime Learning, Linwood-Central-Heathcote Community Board, Lotteries Grant Board, Opawa Baptist Church, Rata Foundation, South Christchurch Bridge Club, St. Martins Presbyterian Church, The Southern Trust, Ultra Smart Service Limited, Vault Industries.

*A vibrant place of hope and connection,
standing tall, reaching all*



Te Whare Roopu o Oterepo Waltham Community Cottage April 2018 Newsletter

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Cottage opening hours

Monday - Wednesday 9.00am – 3.00pm : Thursday 9.00am – 1.00pm

Kia ora – Welcome to our first Newsletter:

Here we are already into the 4th month of the year, having experienced a glorious summer and now this week facing a chilly cold front blasting through the South Island. The seasons are a constant reminder of how time marches on. The Cottage has been a hive of activity over the past few months and we are looking forward to more exciting things to come as we move into Winter.



It is with sadness that one of our regular visitors to the Cottage over many years, Frances Lemon, passed away on Sunday, 8th April. Frances lived around the corner on Waltham Road until the earthquakes when she had to move and eventually settled into Resthaven. She continued to join us for our monthly Seniors group and she will be missed by all at the Cottage who knew her.

Our **Seniors group** meet for afternoon tea, eats and entertainment and, above all, socializing on the **1st Tuesday every month from 2pm**. On the 1st May Roger Gillette will be entertaining the group so if you are a senior please come along and join us.

A group of ladies went on an Op Shop outing on Friday 23rd March. Christchurch City Council kindly loaned the Cottage a van for the day and 5 shops were visited. Throughout the morning there was lots of laughter in the van and great fun was had by all. The exhausted group eventually stopped off for a light lunch and once revived returned home heavily laden with bags of clothes. The following week they were receiving many compliments about their purchases. It is hoped the outing can be repeated later in the year.

The **Ukulele group** has welcomed 2 new members and in true community style the group is now managing themselves and jamming together every week. Please do come along and join them. **Monday from 1 to 2pm term time**

Men—Watch this space!

ARA social work students are currently working on a project to determine what activities the men in the community would like to have at the Cottage. More information will be made available over the next few months.

The **Steady As You Go (SAYGO)** group is a worthwhile class to attend as it helps to improve balance, leg strength, flexibility and prevent falls. The group meet in the Paua Room every **Tuesday at 2pm**.



If you pop into the Cottage on any day of the week you are certain to find someone in the lounge knitting. The Connecting Craftily group decided to knit rows which will be joined to make knee rugs. This has been a very popular activity with each person showcasing their creativity in the colourful rows they've produced.

The group are hoping to make 10 knee rugs to be given to a hospice in the area.



The next planned project is to turn t-shirts into shopping bags to replace plastic ones. The bags are great as they are strong, can be used time and again and don't involve any sewing.

Zita, one of our volunteers, recently completed a crochet blanket which she has gifted.

On 10th April the Playgroup had a visitor from the Ministry of Education, Stu Guyton, who provided an inspirational landscape for learning for babies and their whanau. The morning was enjoyed by Moms and grandparents and of course the little ones. **Tuesday 9am - 12pm term time**

The Community lunch continues to be very popular. During the summer months a salad roll, piece of cake and fruit are provided and now that we are approaching winter, soup and a roll are on the menu.... yum! This is also a time for everyone to catch up with each other. **Wednesday 12 - 1pm**

More children have taken up the opportunity to learn to play the guitar and we now have 10 children from the Community strumming away on Wednesday afternoons. **Wednesday 3:30pm term time**

The Cottage continues to be a distribution Centre for the Affordable Fruit and Vegetable Group. Bags of \$6 and \$12 are provided. Orders are placed every Wednesday for the following week, internet banking is available—please contact the office. **Collection after 1pm on Wednesday**

Funding is being sourced to start a **Foot Clinic** at the Cottage. It is hoped that the Clinic will commence no later than June this year. It will be held every 6 weeks with a registered nurse providing the foot care and volunteers supporting with foot massages. If you are interested please contact the office. this will follow in the next newsletter. Recommended donation is \$10.