

Everyday people

Everyday places

Everyday things

Everyday time

Second Edition

May/June 2021



Originally developed for self-defense, tai chi has evolved into a graceful form of exercise that's now used for stress reduction and a variety of other health conditions. Often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements.

On Monday mornings you will find a large contingent from DRC living life connected stretching and flexing under the guidance of Natalie at Complex Forme.

As well as the physical benefits received, the social side can not be ignored. There is a wide range of people and abilities in this class, lots of laughs and Richard's humming moves everyone along.





**Did you know the Menzshed has a full machine shop, a mechanical workshop/welding bay, lathe, drill presses etc. a woodwork room, and two more general work rooms, with coping saws, compressor and all hand tools for most jobs?**

**Kerry has gone from working in the forest as a young man to turning felled trees into works of art at the Menzshed.**

**Kerry is just about to complete his third project, and is already planning his fourth one. Just as important as the satisfaction of completing a project is the banter and friendship that is a big part of the Menzshed community.**





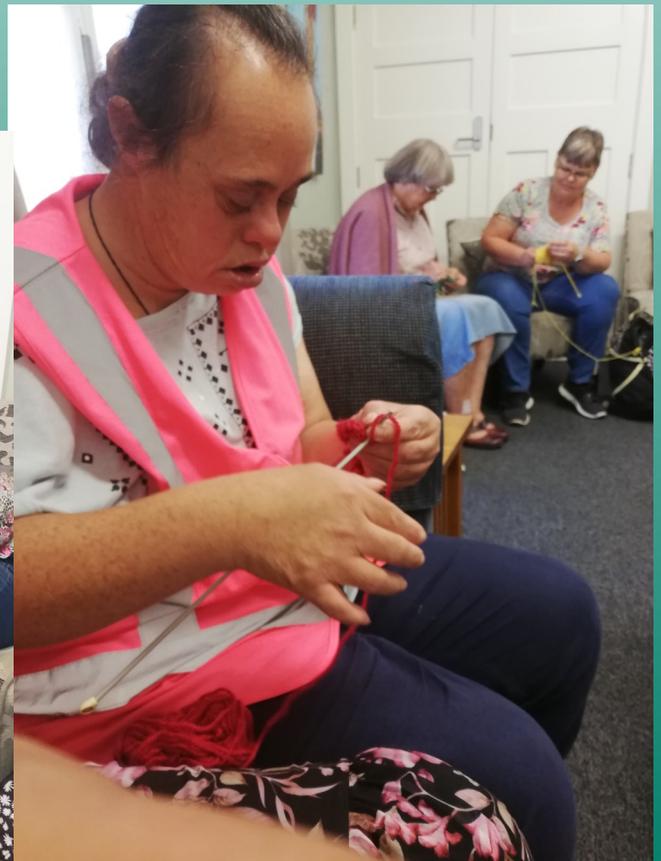
HERETAUNGA  
WOMEN'S  
CENTRE

**During the term on Wednesday afternoons you'll find Jenny, Rachel and Charmaine knitting up a storm at the Heretaunga Women's Centre in Hastings.**

**Jenny and Rachel already know the basics of knitting, and are working on their own projects. Jenny is knitting a scarf for herself and Rachel is knitting peggy squares to turn into a blanket.**

**Knitting is a brand new skill for Charmaine to conquer and she is demonstrating patience, commitment and determination. Every week Charmaine gives it her all.**

**After meeting together for the last term, these ladies have become a tight knit bunch.**



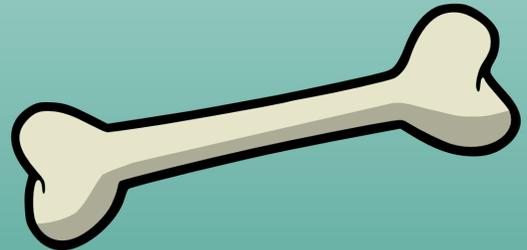


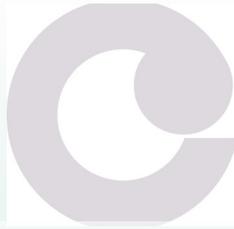
**Dogs.....man's best friend and lover of treats, especially home made dog biscuits.**

**After spending an afternoon of mashing, mixing and merriment in the DRC living life connected kitchen, the team from Scopze took a trip to the Pakowhai dog park to randomly spread some kindness.**

**It was a stunning day in the Bay and they were greeted with excited barks and yelps as the treats were greatly received by both the dogs and their owners.**

**It would be fair to say that every one had the 'ulti-mutt' time!!!**





**Heretaunga Seniors is a community centre for fellowship and friendship, providing day programmes, social outings, and pastoral care to support their members to live in and participate in their community.**



**As well as taking part in the many activities offered at Heretaunga Seniors, there is the opportunity to volunteer and give back to the community. Amber has become a very familiar face at the centre either lending a hand to help serve up a nutritious hot lunch, or working her magic in the library sorting out the books. Many hands make light work.**





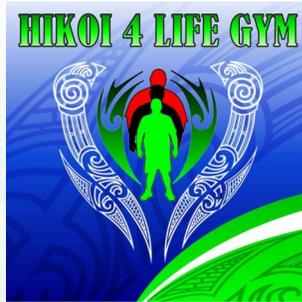
## Banter over pool balls

The National Service Club in Hastings is the perfect venue for an afternoon of camaraderie and laughter over a few games of pool.

There's more to playing pool than you might think, and we don't just mean technique.

As well as the social benefits, the DRC living life connected crew get to hone their hand-eye coordination, improve their creative problem solving skills and work on their balance and stability, all while improving their game.





It is part of Paula's personal plan to work with a personal trainer to build up her strength, stamina and balance as she works towards using a standing chair.

Otis and the team from Hikoi4 life put Paula through her paces for an hour and a half every Monday afternoon, and Paula is definitely seeing the results of her effort.

Paula is now looking to increase her days working out at Hikoi4life to two days a week. Stayed tuned for updates about Paula's standing chair.



**Hikoi4Life - Delivering high intensity classes, healthy initiatives and lifestyle changes that are affordable for all.**

**122 Karamu Road South  
Hastings**

**Kiwi Seniors is a programme run by Sport HB. This programme engages seniors of all abilities and includes the following elements: line dancing, free style movements to music, resistance exercises with the use of dynabands or hand weights and Tai Chi.**

**Although Beth is just a young whipper snapper, she relishes the opportunity to get in there amongst it on a Tuesday morning. Beth is becoming a lot more confident with all of the different moves and there has been a noticeable improvement in Beth's coordination.**

**As well as the benefit of improved fitness, Beth is making loads of new friends and enjoying being part of a fun community exercise group.**

**Keep up the great work Beth.**

