

Welcome to the *Get Going* guide!

October - December 2009

Please note that the Leisure Active office is now located at Pelorus Trust Sports House, Hutt Park, Seaview. Our telephone number for all bookings is 560 0307.

Get Going is a quarterly guide which promotes physical activity classes and opportunities, as well as our popular Hutt City Seniors bus trips covering the wider Wellington region.

Trips may be paid for at any time up to the pre-pay date. Payment may be made at most Libraries, Council, or by phoning 560 0307 with your credit card. If you are unable to go on a trip contact the office as soon as possible, as you may be preventing others from attending. For cancellations on the day call the Trip Phone on 0274 961 994.

This edition covers October - December 2009 and is available free from various outlets around the city, such as libraries and Council offices or you may pay \$5.00 per year for these to be posted to you.

LEISURE MARCHING

Primetimers

Location: Taita College
Day/time: Monday 5.30 pm - 6.30 pm
Suitable for: 45 and over. Experience not necessary.
Cost: \$6.50
Contact: Dawn; Tel: 972 3044

Avalon Supremes

Location: Avalon Intermediate
Day/time: Tuesday 6.30 pm - 7.30 pm
Suitable for: 45 plus. Experience not necessary.
Cost: \$5.00
Contact: Shona; Tel: 567 6906

Wainuiomata Golden Girls

Location: Wainuiomata High School Gymnasium
Day/time: Sunday 10.30 am
Suitable for: 30 plus. All welcome, experienced or not.
Cost: \$7.00
Contact: Annette; Tel: 970 5846

Crackerjacks

Location: St Pats College, Silverstream
Day/time: Thursday 6.00 pm - 8.00 pm
Suitable for: 30 plus. All welcome
Cost: \$10.00
Contact: Carolyn; Tel: 565 0582

TAI CHI

Tai Chi for Arthritis

Location: St David's Church Hall, Seddon St, Naenae
Day/time: Tuesday 2.00 pm - 3.00 pm
Location: Senior Citizens Rooms, Westfield Towers, Knights Rd
Day/time: Friday 10.00 am - 11.00 am
Suitable for: All levels
Cost: \$3.00
Contact: Jane; Tel: 577 1044

Tai Chi for Seniors

Location: Naenae Pool Seminar Room
Day/time: Thursday 9.00 am - 10.15 am
Suitable for: All levels
Cost: \$7.00 per class
Contact: Ray; Tel: 938 6082

ACC Tai Chi Modified Falls Prevention Programme

Location: St Marks Parish, 58 Woburn Rd, Lower Hutt
Day/time: Monday & Friday 10.00 am - 11.00 am & 11.00 am - 12.00 pm
Tuesday & Thursday 12.00 pm - 1.00 pm
Location: Moera Community Hall, Randwick Crescent, Moera
Day/time: Monday 3.30 pm - 4.30 pm
Friday 2.00 pm - 3.00 pm
Suitable for: All ages
Cost: Free for 65 + yrs and 55 + yrs for Maori and Pacific Islanders. \$3.50 under this age bracket
Contact: Anthony; Tel: 439 4900 or 027 2769503

The 24 Forms Yang Style

Location: Senior Citizens Rooms, Westfield Towers, Knights Rd
Day/time: Friday 11.15 am - 12.15 pm
Suitable for: All levels
Cost: \$5.00
Contact: Marie; Tel: 472 1918

YOGA

The Heart of Yoga

Location: Under the Clock Tower (Doreen Doolan Mall), Jackson St, Petone
Day/time: Mon 1.30 pm - 2.45 pm, Wed & Fri 9.30 am - 10.45 am
Cost: \$8.00
Contact: Margo; Tel: 027 276 1672

Yoga for Beginners

Location: Alicetown Community Centre
Day/time: Tuesday 7.00 pm - 8.00 pm
Cost: \$5.00
Contact: Paul; Tel: 565 3331 or 021 424 216
www.healthyback.co.nz

AEROBICS - LOW IMPACT

Low Impact Aerobics

Location: Naenae Community Hall, Naenae
Day/time: Monday, Wednesday, Friday 9.30 am - 10.30 am
Cost: \$5.00. Morning tea provided
Contact: Jenny; Tel: 566 2431

Exercise & Joint Movement Class for Arthritis

Location: Senior Citizens Rooms, Westfield Towers
Day/time: Wednesday 10.00 am - 11.00 am
Cost: \$3.00 incl tea or coffee
Contact: Mary; Tel 567 3980 or Rose; Tel 566 3436

Arthritis Exercise Group

Location: St Stephens Union Church Hall, Wainuiomata
Day/time: 1st and 3rd Thursdays 10.00 am - 11.30 am
Cost: \$2.00
Contact: Eileen; Tel: 564 6373

Big, Bold and Beautiful

Location: Moera Community House
Day/time: Monday 10.35 am - 11.15 am
Cost: \$2.00
Contact: Lesley; Tel: 568 9836, Moera Community House

Healthy Lifestyle Pasifika Programme

Location: Naenae Community Hall
Day/time: Monday & Tuesday 12.00 pm - 1.00 pm
Location: Taita Community Hall
Day/time: Wednesday, Thursday, Friday 12.00 pm - 1.00 pm
Cost: Free
Contact: Sandra; Tel: 577 0394, Pacific Health Services

Gentle Exercise

Location: Trinity Church Hall, Gordon St, Avalon
Day/time: Monday 11.00 am - 11.50 am
Cost: \$5.00
Contact: Pamela; Tel: 565 0705

EXERCISE & LINE DANCING

Capital Line Dancers

Location: Belmont Memorial Hall, Belmont Domain
Day/time: Tuesday evenings, 7.00 pm - 9.00 pm
First hour beginner level, after that, more experienced
Location: Stokes Valley RSA, Hawthorn Cres, Stokes Valley
Day/time: Friday 1.00 pm - 2.30 pm
First hour beginner level, after that, more experienced
Cost: \$6.00
Contact: Val; Tel: 939 4175 or 027 213 5060

AQUATICS

Liquid Fitness Nifties

Location: Naenae Pool, Everest Avenue, Naenae
Day/time: Tuesday, Wednesday, Friday 9.30 am - 10.30 am
Cost: \$3.50
Contact: Tel: 567 5043
Location: Stokes Valley Pool, Bowers St, Stokes Valley
Day/time: Monday, Thursday 10.15 am - 11.15 am
Cost: \$3.50
Contact: Tel: 562 9030

Aqua Jogging

Location: Naenae Pool, Everest Avenue, Naenae
Day/time: Various
Cost: Normal pool charges apply

WALKING

For walk locations please see our website
www.leisureactive.co.nz

Alicetown Walking Group

Location: Alicetown Community Centre
Day/time: Monday 10.00 am
Cost: Free
Contact: Karyn; Tel: 589 2646, Alicetown Community Centre

Hutt Valley Walkers

Location: Various starting points around the Wgtn region
Day/time: Saturday 1.15 pm
Cost: \$10.00 per year
Contact: Pam; Tel: 586 4088

Health For Life Walkers

Location: McCafe, Lower Hutt
Day/time: Wednesday 6.15 pm, Sunday 9.00 am
Cost: \$30.00 per year
Contact: Jackie; Tel: 567 3733

Walk For Health

Location: Station Village, Hutt Road
Day/time: Wed 6.00 pm, Sat 8.30 am, Sun 9.00 am
Cost: \$30.00 per year
Contact: Esme; Tel: 589 1944, Joan; Tel: 569 7188
Dot; Tel: 586 1353

Leisure Walking

Location: Various starting points around the Wgtn region
Day/time: Tuesday 9.30 am
Cost: \$5.00 per year
Contact: Judy; Tel 528 4445

Nordic Walking

Fitness walking with specially designed poles and a learned technique. A 5 consecutive week course, min. 4 participants

Location: Eastbourne - Bishop Park Playground
Day/time: Mondays 7pm and Wednesdays 9am.
Cost: \$67.50 (for 5 weeks) \$4 pole hire per person per class
Contact: Silva; Tel: 562-7671 or email silva.noakes@gmail.com
Bookings are essential

Next issue
out December 2009

Please note Leisure Active are now located at Pelorus Trust Sports House, Hutt Park, Seaview.

PH: 560 0307
EMAIL: leisureactive@huttcity.govt.nz
WEB: www.leisureactive.co.nz
HOURS: 8.00am - 5.00pm weekdays
POSTAL: Leisure Active, Private Bag 31912, Lower Hutt 5040

The guide may also be downloaded from our website
www.leisureactive.co.nz

In the meantime...

Get
Going!

REFUND/CREDIT POLICY

- Full refund/credit if cancelled prior to 7 days before trip.
- A \$5.00 administration fee will be retained if person cancels after 7 days but before 48 hours.
- If sick, and upon receipt of a doctor's certificate, a full refund/credit will be given less \$5.00 administration fee per trip.
- No refund/credit will be given if less than 48 hrs notice given, or person does not turn up on the day.
- No refund/credit will be given for Shows after the pre-pay date given for that Show.
- A full refund will be given if cancelled by HCC.



Disclaimer: While every effort has been made to provide accurate information in this publication, Hutt City Council is unable to accept responsibility for the accuracy or otherwise of the details in this publication. All matters contained within this publication have been compiled in good faith. Changes may occur to some of the activities due to circumstances beyond the control of the activity organiser or the Hutt City Council.

Oct - Dec 2009

Get Going!

IDEAS FOR FUN & EXERCISE FOR SENIORS

leisureactive
Enjoy Life!

Friday 2nd October Bus 19

Young Victoria

Join us today as we enjoy a visit to the Botanical Gardens to catch the tulips in their full glory. After morning tea and a leisurely walk amongst the flowers we head off to the Penthouse for lunch and to see the film Young Victoria. Packed with drama, romance, political intrigue, breathtaking cinematography, this film is a demonstration of the turbulent first years of Queen Victoria's rule and her enduring romance with Prince Albert.

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| TIMES: | RETURN: |
| Taita 9.10 am | 4.15 pm - 4.45 pm |
| Naenae 9.20 am | COST: \$41.00 includes morning tea, lunch & film |
| Waterloo 9.25 am | Please book on 560 0307 8am - 5pm weekdays |
| Queensgate 9.30 am | PRE-PAY BY: |
| Alicetown 9.35 am | Friday 18th September |
| Petone 9.40 am | |

Bus 20 Saturday 31st October

Mamma Mia!

A reminder to those who have already booked for this theatrical extravaganza featuring 22 of ABBA's hits including Chiquita, Dancing Queen, I Have a Dream, Knowing Me, Knowing You etc. As we have already bought seats we are not taking any more bookings, though you may go on the waitlist if you wish.

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| TIMES: | RETURN: |
| Taita 1.10 pm | 5.15 pm - 5.45 pm |
| Naenae 1.20 pm | COST: \$128.00 |
| Waterloo 1.25 pm | Please book on 560 0307 8am - 5pm weekdays |
| Queensgate 1.30 pm | NB: There are no refunds for this trip unless there is a waitlist |
| Alicetown 1.35 pm | |
| Petone 1.40 pm | |

Bus 21 Sunday 8th November

Best of British

Songs and Smiles from the British Isles. See and hear the Best of British music, characters and personalities. Treat yourself to a lorra laughs and a right good giggle ... Cor' Blimey Guv! you can't afford to miss it! Enjoy this performance with us at Paraparamu by the Coasters Musical Theatre. BYO drinks and nibbles. Tea and coffee served at interval for a gold coin donation.

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| TIMES: | RETURN: |
| Petone 2.25 pm | 7.00 pm - 7.30 pm |
| Alicetown 2.30 pm | COST: \$32.00 |
| Queensgate 2.35 pm | Please book on 560 0307 8am - 5pm weekdays |
| Waterloo 2.40 pm | PRE-PAY BY: |
| Naenae 2.45 pm | Friday 2nd October |
| Taita 2.55 pm | NB: There are no refunds for this trip after the pre-pay date unless there is a waitlist. |
| Stokes Valley 3.00 pm | |

Bus 22 Monday 16th November

Regal Rhodos

After three years it is time to pay another visit to Crosshills, Kimbolton, who have one of the world's finest collections of Rhododendrons, including a large nursery. On the way we will be calling in at The Coach House at Fielding, a Horse-Drawn era Museum. You may buy lunch at Crosshills' café or take a picnic. Let us know when booking if you want transportation around the gardens - an additional cost of \$5 payable on the day.

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| TIMES: | RETURN: |
| Petone 8.00 am | 6.00 pm - 6.30 pm |
| Alicetown 8.05 am | COST: \$61.00 Includes morning tea & entry fees |
| Queensgate 8.10 am | Please book on 560 0307 8am - 5pm weekdays |
| Waterloo 8.15 am | PRE-PAY BY: |
| Naenae 8.20 am | Monday 2nd November |
| Taita 8.30 am | |
| Stokes Valley Ent 8.35 am | |

Bus 23 Friday 11th December

Christmas Dinner

We are celebrating the end of another memorable year. This time we are getting together for our Christmas Dinner at Trentham Gardens, so join us for great food, great entertainment and great company. As usual we will be collecting food or toiletries for the Foodbank.

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| TIMES: | VENUE: |
| Petone 11.00 am | Trentham Gardens, 10 Racecourse Rd, Trentham, Upper Hutt |
| Alicetown 11.05 am | RETURN: |
| Queensgate 11.10 am | 2.45 pm - 3.15 pm |
| Waterloo 11.15 am | COST: |
| Naenae 11.20 am | Transport required \$44.00 Own Transport \$35.00 |
| Taita 11.30 am | Please book on 560 0307 8am - 5pm weekdays |
| Stokes Valley Ent. 11.35 am | PRE-PAY BY: |
| | Friday 27th November |

Bus 24 Sunday 20th December

The Big Carol Sing

The Big Carol Sing is an opportunity for the public of Wellington to come together at the Town Hall and sing all the best known Christmas Carols in a traditional Christmas celebration. Accompaniment for the carols will be provided by the Wellington Citadel Band of the Salvation Army, and others.

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| TIMES: | RETURN: |
| Taita 4.50 pm | 7.45 pm - 8.15 pm |
| Naenae 4.55 pm | COST: |
| Waterloo 5.00 pm | \$15.00 |
| Queensgate 5.05 pm | Please book on 560 0307 8am - 5pm weekdays |
| Alicetown 5.10 pm | PRE-PAY BY: |
| Petone 5.15 pm | Friday 4th December |