

COMMUNITY NOTICES

Mindfulness Magic

Age 6-10years

14th Oct - 4th Nov (4 weeks)

Venue - The Spot, 651 Fergusson Dr, Trentham, Upper Hutt 5018

These classes are designed exclusively for children Age 6-10 years.

It's a wonderful way for children to learn mindfulness by playing games, working through exercises and practicing strategies all delivered in a child centered way.

Mindfulness breathing is so very simple but one of the most powerful strategies you can teach your child. It's great for helping us cope in a crisis but the real magic happens when we start practicing regularly, every day in fact.

What does this mean for your child? They feel able to calm themselves when they need to. They can make better decisions about the way they think or act. More able to cope whenever a challenge arises. More focused in school, learning an instrument or playing sport.

Fewer feelings of anxiety, more feelings of 'I can do this'.

To book or ask questions please visit www.mindsetmagicians.com or call Diana on 021 230 3446

A promotional poster for the Wellington Touch Association Trials. The background is a collage of three action shots from touch football games. The text is overlaid on the images. At the top, it says 'Wellington Touch Association' in a gold, italicized font. Below that, the word 'TRIALS' is written in large, white, bold, sans-serif capital letters. Underneath 'TRIALS', there are three dates and events listed in gold text: '5th October- Skills/ Open Day (not compulsory)', '12th October- OPEN Trial (registration required)', and '19th October- CLOSED Trial'. At the bottom, in white text, it says 'For more information and registration please visit our website' followed by the website address 'www.wellingtontouch.org.nz'.



The Rotary Club of Upper Hutt Invites you to their Annual Charity Ball



On Saturday
12th October 2019
6.00 for 6.30pm

at

Expressions Arts &
Entertainment Centre
836 Fergusson Drive,
Upper Hutt

Cost \$80 per person or
\$600 for table of 8 (\$40 discount) or
\$750 for table of 10 (\$50 discount)



Charity Auction
In aid of
'Fuel the Need'
& other Rotary
Community Projects

Auctioneer Wayne Schindler

For tickets:

Email: rotaryupperhutt@gmail.com
giving your name, address and the
number of tickets you require and we
will contact you re payment etc.

Find us on
Facebook



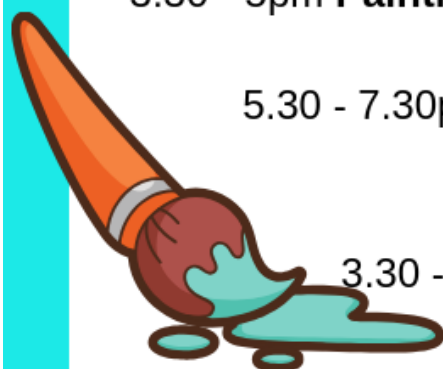


TERM 4 CLASSES

MONDAY

3.30 - 5pm **Painting, Drawing and 3D Sculpture 5 - 10 yrs**

5.30 - 7.30pm **Painting & Drawing 10 - 16 yrs**



WEDNESDAY

3.30 - 5pm **Arts and Crafternoons**

THURSDAY

7 - 9pm **Adult Sewing and Pattern Making**

FRIDAY

6 - 7.30pm **Comics & Cartoons**



SATURDAY & SUNDAY

Birthday Parties 10-12 or 1-3pm



WORKSHOPS/EVENTS COMING SOON

Christmas Cake Decorating

Make a Succulent Wreath

Watercolour Workshops

Harry Potter Christmas Banquet

BOOK ONLINE

www.theartroom.nz

Rimutaka Junior Rams RFC

Summer Rugby Ripper / Flag Competition.



Friday Nights – Maoribank Park

4 Grades available

Year 3 & 4 Mixed Kids - Ripper

Year 5 & 6 Mixed Kids - Flag

Year 7 & 8 Mixed Kids - Flag

College/Adults – Flag

10 Players per team – 7 Players take the field.

\$250 Team Registration

To register please email:

rimutakasummerrugby@gmail.com

Competition dates Friday 18th October – 29th November 2019

Restart 31st January – 28th February 2020

Please register teams by 4th October.

Fees to be paid by 11th October