



# Wesley Rātā Village

## August 2019 calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
<b>5</b> Ageing Well Coffee Group (registration needed) Community gardening 10.00-12.00 <i>Rata Street</i>	<b>6</b> Ageing Well Course (registration needed) Rātā Playgroup 10.00-12.00 <i>Rec Hall</i>	<b>7</b> Stretch & Flex 11am <i>Rec Hall</i> Incredible Years (registration needed)	8	9	10	11
<b>12</b> Ageing Well Coffee Group (registration needed) Community gardening 10.00-12.00 <i>Rata Street</i>	<b>13</b> Ageing Well Course (registration needed) Rātā Playgroup 10.00-12.00 <i>Rec Hall</i>	<b>14</b> Stretch & Flex 11am <i>Rec Hall</i> Incredible Years (registration needed)	15	16	17	18
<b>19</b> Ageing Well Coffee Group (registration needed) Community gardening 10.00-12.00 <i>Rata Street</i>	<b>20</b> Ageing Well Course (registration needed) Rātā Playgroup 10.00-12.00 <i>Rec Hall</i>	<b>21</b> Community Connects Lunch 12.00–1.30 <i>Ageing Well            Room</i> Stretch & Flex 11am <i>Rec Hall</i>	22	23	24	25
<b>26</b> Ageing Well Coffee Group (registration needed) Community gardening 10.00-12.00 <i>Rata Street</i>	<b>27</b> Ageing Well Course (registration needed) Rātā Playgroup 10.00-12.00 <i>Rec Hall</i>	<b>28</b> Stretch & Flex 11am <i>Rec Hall</i> Incredible Years (registration needed)	29	30	31	

Across the generations, everyone contributing to a good life.

Check our website for updates: [www.wesleyca.org.nz](http://www.wesleyca.org.nz)



@WesleyCommunityAction



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## What are the details?

**Rātā Playgroup:** An intergenerational playgroup which allows children, caregivers and senior residents to play, and learn together.

**Community Connects Lunch:** Join us for a chance to chat and meet people over some lunch. Gold coin koha for lunch.

**Ageing Well Course:** A 10-week programme for seniors experiencing loneliness and isolation and who may also be experiencing some cognitive decline. We have a real focus on contribution, helping people to relearn how to build new friendships and that we all have things to give to others. Each group meets once a week and lead the direction themselves. We partner with the Hutt Timebank to contribute to the wider community. The groups do activities like making crafts for others in the community, outings, gardening, and visits from guest speakers. Cost: \$50 for the 10-week course. Lunch is included and transport is available if needed.

**Ageing Well Coffee Group:** After the Ageing Well course is over, the group moves to join the Ageing Well coffee group where they can continue to build on the friendships they have made. The coffee group is open to all graduates of the Ageing Well Course.



## How can I get to the Village?

We are on the bus route—take the 130 bus to stop 9280 right outside the Village, which is located at 249 Rātā Street in Naenae.

## Come join us!

We are always looking for people who want to contribute their time to help others—especially if you're keen to give someone a ride.

## Get in touch with your ideas

We're always trying new events and activities. We'd love you to get in touch if you want to hold something at Wesley Rātā Village or have a great idea for a community-building activity.

Contact Tracey Scott:

M: 027 4322 393

E: [tscott@wesleyca.org.nz](mailto:tscott@wesleyca.org.nz)



We're proud members of the Hutt Timebank



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