

Enrolment Form - Term One 2023

Activity:

Name of participant:

Suburb you live in:

Contact number:

Email:

Ethnicity: Māori – Iwi Pasifika Asian NZ
European Columbian Other.....

What age group do you belong to

- Pēpi / Toddler Tamariki / Child Rangatahi / Youth
 Pakeke / Adult Kaumātua / Senior

Do you have a medical condition or allergies that the tutor needs to know about?

Emergency Contact Name:

Emergency Phone:

Parent Guardian Signature Date.....

Signature: Date

Direct credit online to our Kiwi Bank account:

38-9009-0133732-00 with your surname and activity as a reference.

What other activities do the Victory community, our environment and local families want or need?

Gardening, Safety, Arts, Social, Education, Knowledge, Activities, Dance, Language, Food, Environmental, Events, Culture and more...



Victory Community Centre - Staff & working hours

Centre Manager Jenni Bancroft

Monday - Thursday - 8.30am - 4.30pm

Community Navigator Norma Sequera

Monday - Thursday - 9am - 4.30pm

Community Nurse Juanita Akauola

Monday - Friday - 8.30am - 4.30pm

Alcohol and other Drug Clinician Sabien Blazek

Monday, Tuesday, Wednesday - 8am - 4pm,

Thursday - 8am - 12 pm

Community Coordinator Stephen McLuckie

Monday - Friday - 8.30am - 4.30pm

Community Kai Coordinator Nadia Dysart

Monday - Friday - 10 -15 hours per week

Pou Kaimahi Ara Wiringi

Monday - Friday - 9am - 2pm

New VCC e-Pānui quarterly newsletter

Stay up to date with Centre's activities, services, clinics and other important notices by signing up for our new quarterly e-Pānui through this link or the QR code...
<http://eepurl.com/hIW6lb>



Victory on the Move

Term 1 - 2023

7 Feb – 6 April



Highlights this term...

Laughter Yoga

La Chorale – Community Choir

Lark in the Park

Psychodrama

*For more info call in at: Victory Community Centre
2 Totara Street, Toi toi, Nelson 7010
or ring our Community Coordinator:
8.30am - 4.30pm Monday - Friday
03 546 8389 & steve@victorycommunity.org.nz
Website: <https://www.victorycommunity.org.nz>*

Tea & Talk Monday 10am - 11.30am
 Come and join us for a cuppa and a wee treat. Meet new friends and enjoy morning tea served on vintage china with occasional entertainment and guest speakers. No Tea & Talk on the Jan 30 & Feb 6. Ages 60+.

Date: 23 Jan – 3 April COST: \$2

Victory Community Garden Monday 1pm - 2pm



Join the team in the Victory Community Garden for the regular working bees. Learn from other experienced gardeners. A dedicated team of volunteers have made the garden a beautiful and productive space. Contact Nadia for more info: 03 546 8389 or kai@victorycommunity.org.nz

Date: 13 Feb – 3 April COST: Free

Laughter Yoga Tuesday 9.30am - 10.30am

Laughter is good for you! Join Cath and friends for sessions on the first Tuesday of the month. Laughter Yoga combines laughter with yogic breathing exercises to provide an aerobic workout and the perfect antidote to stress. Bring something to lie on for relaxation at the end. For more info call: 03 545 1207.

Date: 7 Feb, 7 March, 4 April AGE: 16+ COST: \$3

Sit and Be Fit Tuesday 11am - 11.45am



Enjoy exercising sitting down. Keep your heart healthy with low-impact activity while listening to some great music! A fantastic way to make friends and meet new people.

Date: 17 Jan – 4 April COST: \$4

Badminton with Netflex Tuesday 4pm – 5.30pm

We're stoked to be hosting the team from Netflex Badminton. The coaches; Ephraim, Seoyoung & Peony are keen & talented players looking to share their passion for the game with juniors. The team invite 5-13 year olds to come and play. First session is free.

Date: 21 Feb – 4 April COST: \$32 a month

Tai Chi for Beginners Tuesday 5.30-6.30pm / 7pm-8pm



Tai chi is often described as "meditation in motion," but it might well be called "medication in motion". Join Jingjing from the Healing Hut for this gentle form of exercise that can help maintain strength, flexibility, and balance. It could be the perfect activity for the rest of your life.

Date: 14 Feb - 18 April COST: \$120 for 10 weeks

Pilates x2 Sessions Tuesday 5.30pm-6.30pm



Pilates teaches you about breathing with movement, balance, coordination, positioning of the body, spatial awareness, strength & flexibility. Try before you buy! Your first session is free! Blocks of 6

sessions as follows: **17 Jan - 21 Feb, 28 Feb – 4 April**

AGE: 16+ COST: \$50 per six session block

La Chorale – Community Choir Tuesday 6.15pm – 7.45pm

La Corale is a community choir open to anyone who wants to sing! Coordinated by the wonderful Alvaro Moreno, this choir enables involvement and inclusion no matter the level of musicianship. People can learn to sing by singing! There's an eclectic "world music" repertoire reflecting the diversity of members.

Date: 7 Feb – 4 April COST: Sliding Scale - \$5-20

Massage Therapy Wednesday 9am – 12noon

Remedial massage is used to relieve tension in specific muscles that have built up due to injury or stress & may be causing pain & dysfunction. Contact us to make an appointment. Times available - 9am – 9.45 – 10.30 – 11.15am

Date: 8 Feb - 4 April COST: Sliding Scale - \$5 - \$40

Women's Multicultural Meal Wednesday 12noon – 1pm



This is a "pot-luck" group lunch for women from all cultures to share kai (food) and meet new people. Bring some food from your own culture to share with the group but please don't worry if you're unable to bring food, just join us! You are welcome!

Date: 8 Feb, 8 March COST: Free!

Pop-Up Psychodrama Wednesday 7pm – 9.30pm

Come along and experience this lively spontaneous method exploring personal, political and community issues. You will increase your spontaneity and find new ways to respond to old situations in your life. Led by an experienced psychodrama practitioner. No acting experience required! Contact Ali on 027 276 5992 for more information.

Dates 15 Feb, 15 March, 19 April COST: Koha

Embroidery Wednesday



Our Embroidery Group has some spaces available for children of school year five and up who would like to learn these amazing skills. No experience necessary, expert tuition provided by the team from the Nelson Embroidery Guild. Cost includes afternoon tea. Give us a call on 546 8389 to find out more.

Dates 15 Feb – 5 April AGE: Year Five + COST: \$20 per term

Lego @ Victory Thursday 3.30pm – 4.30pm

A free activity but koha is welcome. Appropriate for all ages. Come & get creative, playing with Lego. Thanks to Top of the South Bricks for bringing this to Victory and offering spot prizes to participants! Last Thursday of the month in the hall.

Date: 23 Feb, 30 March COST: Koha

Acupuncture Friday 9am - 11.30am

Community acupuncture is designed to make treatment affordable and accessible for all. Dress comfortably in loose fitting clothing so you can roll up your pants and sleeves.

Date: 3 Feb – 7 April COST: Sliding Scale - \$5 - \$40

Chiropractic Clinic Friday 1pm – 3pm

Chiropractic is a hands-on profession that focuses on the smooth functioning of the spinal column and other related joints and structures. Proper alignment, posture and movement reduces stress on the vital nervous system and allows for better health expression. Equilibrium chiropractors Hayden and John have many years experience between them and are excited to provide this popular health service to the Victory community. Affordability and easy access to quality care will be our priority. One Friday session per month. 15 minute sessions by appointment.

Date: 24 Feb, 31 March COST: Sliding Scale - \$5 - \$40

Lark in the Park Friday 5pm – 7pm

Join us in Victory Square for free and fun whānau activities. We will have loads of sports and play equipment, juggling, unicycling, skipping and more. Free kai for participants.

Date: 10, 17, 24 Feb & 3 March COST: Free!

Piano Lessons Saturday 12.30pm - 2pm



From beginners to advanced and everything in between. We have lessons available with our experienced tutor. Contact Liz on 021 617 261 for more information.

AGE: All COST: \$15 for a 20-minute lesson



Hapori is our weekly \$15 fruit and veg box. Locally grown produce available weekly at prices 30-40% cheaper than the supermarkets. Pop in, give us a call or visit hapori.org.nz to find out more.