

## Enrolment Form - Term Four 2022

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 Val Preston-Thomas

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, Wednesday - Friday - 9am - 3.15pm

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 4 - 2022 17 Oct - 23 Dec



### Highlights this term...

Badminton with Netflix  
Tai Chi with Jingjing from the Healing Hut

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@victory.school.nz](mailto:steve@victory.school.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. Ages 60+.

**Date: 17 Oct - 19 Dec 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: 17 Oct - 19 Dec COST: Free!**

**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: 18 Oct - 20 Dec 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: 18 Oct - 25 Oct COST: \$24 a month**

**Pilates x2 Sessions Tuesday 5pm - 6pm / 6.15pm - 7.15pm**



Pilates teaches you about breathing with movement, balance, coordination, positioning of the body, spatial awareness, strength & flexibility. Try before you buy! Your first Pilates session is free! Blocks of six sessions as follows: **18 Oct - 22 Nov**

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

**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: 19 Oct - 21 Dec 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: 19 Oct, 9 Nov COST: Free!**

**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 26 Oct - 14 Dec AGE: Year Five + COST: \$20 per term**

**Start-up Tai Chi Thursday 9am - 10am**



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: 20 Oct - 8 Dec COST: \$50 for 8 weeks**

**Mums & Bubs Walking Group Thursday 9.30am - 10.30am**

A weather dependent walk for Mums and Bubs around our local community. Dads, Opas, Nanas & their Bubs are welcome too! Led by volunteer Emma, these short hikoi will start at the Community Centre and probably end up at one of our local parks or back at the Centre for a brew!

**Date: 20 Oct - 22 Dec COST: Free!**

**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: 27 Oct, 24 Nov COST: Koha**

**African Drumming Thursday 7.15pm - 8.45pm**



Learn a West African rhythm in a fun and supportive environment. An 8 week course from **20 Oct - 8 Dec** You can register at:

<https://inrhythm.co.nz/contact/contact-us>

Contact: kim@inrhythm.co.nz or 021 329 069 for more info.

**AGE: 12 + COST: \$120 for 8 weeks / \$15 casual rate per week**

**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: 21 Oct - 16 Dec 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: 28 Oct, 25 Nov, 16 Dec COST: Sliding Scale - \$5 - \$40**

**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](http://hapori.org.nz) to find out more.