



**West Franklin Community Mens' Shed**  
PO Box 454 Waiuku 2341  
Situated at 1391 Waiuku Rd, Pukeoware  
Phone: 09 235 8001  
Email: [wfmensshed@xtra.co.nz](mailto:wfmensshed@xtra.co.nz)

The shed is a not-for-profit initiative designed to promote the health and well-being of men in the community by pro-active mentoring in a non-challenging atmosphere.

The shed is a great place for men to tinker around in a well equipped workshop, that provides space not normally available in modern homes. They can work in a communal facility tackling either personal or community-focussed projects, with the proper tools to carry out the work in a craftsman like manner. Members can bring along a project to work on , or gain help and inspiration from others. The interaction and collaboration with others allows skills to be developed and maintained, rather than lost. Many of our members are multi-skilled and are willing to pass on their skills to others and assist them with projects.

Want to learn more, or join us:

**Contact Arthur 09 235 9366 or Peter 09 235 9999**

*Sue Wayne*

*BA. Postgrad. Dip. Lit. Ed*

## **Communication Skills for Work Reading and Writing for Living English as a Second Language**

All Ages:

Children & Families, School Leavers, Mature Adults

**Phone: 09 235 0533**



**Lyn McOnie**

Family History Helper Ltd

Phone: + 64 09 239 1219

Mobile: 021 151 9792

[www.familyhistoryhelper.co.nz](http://www.familyhistoryhelper.co.nz)

## Hatha Yoga with Sheila Firmin at St Andrews Centre, Queen Street, Waiuku

All classes are to be pre-booked and paid one week before first day of term. There will be no classes during school term holidays.

Term fees are non-refundable. If you are unable to attend a booked class you can:

either attend another class in the same week,

or invite a friend to occupy your mat space!

Sorry, no casuals. Workshops and private lessons also offered.

Each class needs 10 people to start, and is capped at 15.



### Summer Holiday Programmes

Yoga General	Tuesday	6.30 pm – 8 pm	Cost	\$40 for 4 weeks
		24 <sup>th</sup> Nov 2009 – 15 <sup>th</sup> Dec 2009		5 <sup>th</sup> Jan 2010 – 26 <sup>th</sup> Jan 2010
Gentle Yoga	Wednesday	9.30 am–11 am	Cost	\$40 for 4 weeks
		25 <sup>th</sup> Nov 2009 – 16 <sup>th</sup> Dec 2009		6 <sup>th</sup> Jan – 27 <sup>th</sup> Jan 2010

### Term Classes

Yoga General	Tuesday	6.30 pm – 8 pm		
Term One	9 <sup>th</sup> Feb – 30 <sup>th</sup> Mar	Term Two	20 <sup>th</sup> April – 29 <sup>th</sup> June	
Term Three	20 <sup>th</sup> July – 21 <sup>st</sup> Sept	Term Four	12 <sup>th</sup> Oct – 14 <sup>th</sup> Dec	
Gentle Yoga	Wednesday	9.30 am–11 am		
Term One	10 <sup>th</sup> Feb – 31 <sup>st</sup> Mar	Term Two	21 <sup>st</sup> April – 30 <sup>th</sup> June	
Term Three	21 <sup>st</sup> July – 22 <sup>nd</sup> Sept	Term Four	13 <sup>th</sup> Oct – 14 <sup>th</sup> Dec	

Cost \$80 for Term 1 ( 8 weeks ), \$110 for Term 2 ( 11 weeks ), \$100 for Terms 3 & 4 (10 weeks ), \$20 off per Semester ( 2 Terms )

**Yoga General** Suitable for both beginners and those with more experience, this multi level class can be as simple or challenging as you need.

**Gentle Yoga** This class is most suitable for those who are older, have health considerations, or who simply prefer a more gentle practice.

**What do I need to bring?** An inquiring mind and a willing heart will bring your yoga to life! You will also need comfortable clothing, a non slip yoga mat, a blanket and a cushion. Other props may be suggested as class progresses.

For all enquiries, and to enroll in classes,

**Phone Sheila: 09 235 7747 E-mail: [sheila@ps.gen.nz](mailto:sheila@ps.gen.nz)**

Smiling Dragon



Tai Chi & Qigong

## Smiling Dragon

Tai Chi & Qigong

Waiuku – Pukekohe - Tuakau

**Adults - Kids and ACC**

### Modified Tai Chi @ St Andrew's Centre- WAIUKU

**Monday & Thursday** (twice weekly classes)

**9-10am** (\$100 / term) or (\$160 / 2 terms – SAVE \$40)

**10-11am** (\$100 / term) or (\$160 / 2 terms – SAVE \$40)

**11am-12pm (ACC - FREE class if you are 65+ or 55+ for Maori & Pacific)**

**Wednesday 5:30-6:30pm** (\*Instructor - **Julie** 235 7343)

(\$50/term) or (\$80/2 terms – SAVE \$20)

**Friday 9-10am** (\*Instructor - **Julie** 235 7343)

(\$50/term) or (\$80/2 terms – SAVE \$20)

### Modified Tai Chi @ Franklin: The Centre - PUKEKOHE

**Tuesday & Friday** (twice weekly classes)

**9-10am** (\$100 / term) or (\$160 / 2 terms – SAVE \$40)

**10-11am** (\$100 / term) or (\$160 / 2 terms – SAVE \$40)

**11am-12pm (ACC - FREE class if you are 65+ or 55+ for Maori & Pacific)**

### Modified Tai Chi @ Wesley Church - PUKEKOHE

**Wednesday** (supported by Wesley Church)

**10-11am** (\$50 / term) or (\$80 / 2 terms – SAVE \$20)

### Qigong @ The Plunket Building - PUKEKOHE (min 10)

**Thursday 7-8:30pm** (\$80 / term) or (\$140 / 2 terms – SAVE \$20)

### Kaumatua Tai Chi @ Tuakau Town Hall – TUAKAU

**Wednesday - 10-11am (FREE if you are blessed to be 55+)**

**Contact: Tamara 09 235 8648**

**[www.smilingdragon.co.nz](http://www.smilingdragon.co.nz)**