

Newsletter

12th July 2024



Kia pai te mutunga
wiki.

Have a good weekend.

Wellness Month: Week 2

Why: Studies show taking a break from our screens or social media can help improve sleep and social connections, and decrease depression, stress and procrastination.

How: Will you give up all screen time for a week? Or opt-out of social media for a week keeping your phone for those vital needs instead? Choose your own challenge.



Helens Birthday was on the 11th July, a big Happy Birthday to Helen. Helen shouted some pizza's for her birthday dinner.

Helen had a wonderful few days away for her birthday.

She went to Auckland with Berny, they went shopping and got some very good deals.

A special thank you to Helen for stepping up and taking on extra tasks to support Wendy as she recovers from her broken ribs. Helen's dedication and willingness to help have been truly amazing.



The Special Olympics team has an exciting and busy schedule ahead!

On July 20th, our team will be heading to Whangarei for a Country Western-themed prizegiving and social event. It promises to be a fantastic evening of celebration and fun.

We have several athletes who will be showcasing their talents over the next few weeks. On July 27th, a few of our dedicated crew are participating in a basketball tournament in Auckland on the same day.

Then on the August 11th, our football team will be playing in Auckland. Stay tuned for updates on their performance and results



Lloyd cooked the gravy for the Sunday roast, Everyone enjoyed it, goodwork Lloyd.

A few photos from Davids Farewell.



Whats on:

July:- Wellness month,

8th July: Wellness month, Week 2.. Digital Detox

15th July: Wellness month Week 3.. Meditation

20th July: Special Olympics Prizegiving

22nd July: Wellness month Week 4.. Mindful Eating

2nd August: Funday Friday - Trip to Ngawha Springs