

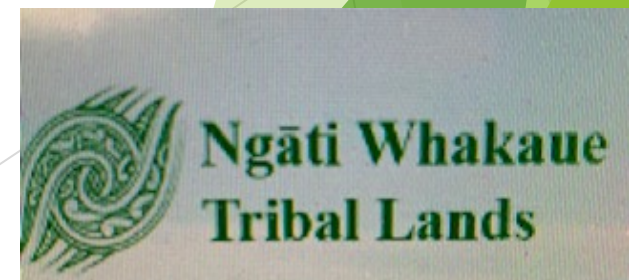


History and Background

Legal entity how and when

Funding and Support

Health and Safety
(costs & location)





What we do?

2 gym sessions per week.... Weights -variety exercises, Zumba type classes

Aquajogging

Iron Maori in Napier - a bus load(34)

Kaumatua Olympics - Hamilton & Rotorua

Waka ama at Karapiro

Plus more....





Josh & Taire
Gym Instructors



Additional classes





Imms, Flu vac, Shingles



Morning tea guest speakers



Coffin Club

Health Bites

Medic alert



Cooking Classes



Healthy homes,
insulation.....fireplace
upgrading



Community Sharing...

Supporting Ultramarathon

Food parcels families in need

Pataka food box

Reading in schools for 8-10yr olds

Aussie bush fires fund raiser

Supporting kids marathon



Fund raising activities for
Aussie fires



Sandwich making for
Ultramarathon



Helping an Ultramarathon
Runner 2020





**Fun, Fitness, Friendship, Forgiveness
We are Whanau**

Our waiata

He karanga ki te iwi
Anei ra matou
Te Roopu Ta Taipakeke
Ka tu Kotahi nei
I runga te aroha te awhina
me te manaaki
Ka mihi atu nei
Tena koutou...tena koutou
Tena koutou katoa

*A call to all who's here
Here are we
A group of senior people
United as we stand
In love, in care and kind support
We greet you all
Good health..... Good health
And a very good health*



Our Vision