



# WAIMARIE: HAMILTON EAST COMMUNITY HOUSE

53 WELLINGTON ST, HAMILTON EAST • PH 07 858 3453 • FAX 07 858 3475 • EMAIL waimarieham@xtra.co.nz • www.waimarie.org

## Spotlight on our courses

### UKELELE FOR ADULT BEGINNERS

The ukulele is a great way to have fun making music. If you're a complete beginner, it's a perfect place to start. And if you can already play other instruments, it's a new string to your bow.

You'll be playing favourite songs in a short time. You can buy a playable ukulele for around \$40 from music shops. And you don't need to read music.

Alice Bulmer is an experienced ukulele teacher who started playing ukulele at the age of six.

"My mum, who was a guitarist, taught me a few chords, and I was hooked."

She has also played violin in symphony orchestras and folk groups, and bass guitar in rock bands, but she loves the ukulele.

"I have a uke group with friends. We get together on the weekend and make music, and it's so much fun."

### SAHAJA YOGA MEDITATION

These sessions start again on Monday from 7-8pm.

Sahaja means spontaneous or born within and Yoga means union with self. Sahaja Yoga is a simple and effective form of meditation that can help reduce your stress and enhance your physical, emotional, mental and spiritual wellbeing.

■ For more information, phone Novell Gopal on 027 8394 556.



Alice Bulmer is taking a ukelele class at Waimarie.

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## SERVICES AND ACTIVITIES

- **Free budgeting service** — Tuesdays from 9am. Phone for an appointment.
- **Free advocacy service** — phone for an appointment.
- **Free legal advice** — Thursdays from 9am. Phone for an appointment.
- **Vege boxes (includes fruit)**. \$11 pre paid by Wednesday lunchtime. Pick up Thursday. Online payment option.
- **Photocopying:**  
A4 13c per copy  
A4 10cents per copy 11 +  
A4 colour \$1 per copy  
A3 25c per copy  
A3 20c per copy 11 +  
A3 colour \$2 per copy
- **Friday morning community gardening and organic gardening courses**
- **Opportunity shop and curtain bank** — open everyday 9.30am-3.30pm
- **Room hire and community courses**

## FUNDERS AND SUPPORTERS

A big thank you to our funders and supporters for 2015

### Funders

- COGS (operating costs)
- D V Bryant Trust (wages)
- Hamilton City Council (operations/rent)
- Karamu Trust (garden tools)
- Lotteries (wages, training, volunteer expenses)
- Norah Howell Charitable Trust (musical instrument hire)
- Sky City (garden facilitator)
- Tindall Foundation (budgeting)
- Trust Waikato (wages)
- WEL Energy Trust (wages)

### Supporters

- Community Probation Service
  - Hamilton Budget Advisory Service (support)
  - iRs (joint social enterprise, JustWork)
  - Pukete Neighbourhood House (advocacy support)
  - Sunshine Bakery (bread, pies)
- Also a big thank you to all those neighbours and volunteers who have given their time and energy to Waimarie.

## Term 1 2015

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning		<b>Budgeting</b> 9am-3pm By appointment only	<b>Vege and fruit boxes</b> \$11 Orders taken and paid for by 2pm	<b>Vege orders</b> Pickup from 10.30am  <b>Free legal advice</b> Niemand Peebles Hoult By appointment from 9am. Phone Waimarie.	<b>Gardening group</b> All welcome 9.30am –12.30pm
Afternoon	<b>Knit and Natter</b> 1-2pm Free. Bring your projects and do your knitting/craft project with others over a cuppa		<b>Tai Chi</b> 2-3pm Tutor Eddie Tan \$5 per class Starts 4 Feb	<b>Drop-in computer clinic</b> 1-4pm Research, CV updates, look for work (help available on request)	
Evening	<b>Ukelele for Adults</b> Tutor Alice Bulmer 6 weeks from Feb 16 5.30-6.30pm Cost \$60  <b>Sahaja Yoga Meditation</b> 7-8pm. Start Feb 9. Phone Novell 027 8394556	<b>Toughlove</b> 7.30-9.30pm Phone 856 5999 (Room hire)  <b>Ongoing meetings</b>		<b>Book Club Meetings</b> Third Thursday of each month from 6.30-7.30pm. Phone Anne 856 8531  <b>SEKCA Meeting</b> 4.30-5.30pm. Second Thursday of each month. New members welcome.  <b>Green Party</b> Third Thursday of each month. 7-9pm	