



# WAIMARIE: HAMILTON EAST COMMUNITY HOUSE

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## MUSINGS — WAIMARIE: HAMILTON EAST COMMUNITY HOUSE

### NEIGHBOUR'S WEEK

We held our annual Neighbour's Day (now Week) on Friday. This was a fun event with free sausages, watermelon and live music.

A big thank you to the wonderful Alice Bulmer and her band of ukulele players.

The rest of us sang our hearts out to cheery, happy tunes.

I enjoyed myself so much I am going to sign up for one of her classes. I will try not to sing too much in the classes. Email Alice on [aliceuke@gmail.com](mailto:aliceuke@gmail.com) for more information.

### RENOVATIONS

Our renovations have started at last. We are trying to get used to the noise and disruption. We apologise for any inconvenience to our visitors. Omelettes, eggs and all that! In about nine weeks, we will have much improved and enlarged spaces and will be able to offer a wider range of activities and accommodate larger groups.

### MEDITATION

We have decided to start meditation classes next term from May 16. Sign up for some quiet time and improve your mental

health. You will need to pay in advance for courses as we need to know numbers so we can pay our tutors. The course will be \$50 for six weeks.

### GARDENING

Our Community Garden is the oldest still running in Hamilton City. We are struggling to keep the gardens maintained properly and could use a few more energetic gardeners to help. Gardeners get a free lunch and take extra produce home with them. Our opening hours are from 9am to 4pm Monday to Friday, 53 Wellington Street, Hamilton East.

## WHO WE ARE

For those who don't know us yet, Waimarie: Hamilton East Community House serves the South East area of Hamilton (Kirikiriroa).

We run a variety of programmes and services and we are always open to new ideas and suggestions.

Please call in or email [manager@waimarie.org](mailto:manager@waimarie.org) and let us know what you would like to see happening at Waimarie. We are also keen to help you to achieve your vision of Hamilton East. We need the support of our community, you, to help us be of maximum benefit.

■ Website: [www.waimarie.org](http://www.waimarie.org) Email: [manager@waimarie.org](mailto:manager@waimarie.org) Phone: 07 858 3453

## TREVOR'S FUND



# Personality-plus puss needs help

Have you met Trevor the fluffy cat at Waimarie?

He likes a lot of attention and being around people all day so he is now a part of our team.

He is very friendly and loves a pat but has been known to bat people with his paws when displeased.

A friendly reminder to all, if you stop petting him, he doesn't like the look of you!

He quickly became the mascot at Waimarie. He is adept at scooting past you when you are locking up so fast you don't see him if the mood strikes or it is raining.

He likes to walk on the keyboard when you are typing or sleep in your in-tray because it is the best place near the open window.

He likes to check out all the after hours people and activities . . . and your lunch.

It is hard not to be fond of a cat with so much personality.

He has been locked

overnight inside the house, the office, the shop shed, Raumati (the outside room).

This has resulted in us having to pay for several alarm callouts and several trips to let him out.

He is an old cat allergic to fleas so we have to make sure he doesn't get any. We have started to raise funds for Trevor for his vet visits, food and other basic expenditure.

His teeth need cleaning which will cost up to \$1500, so we are asking for your help to ensure Trevor continues to be healthy and awesome as he always is.

You can help him by visiting us at 53 Wellington Street or transferring money online to our bank account 03-1355-0637160-00.

Don't forget to write < your name, Trevor fund > in reference box.

Trevor and all at Waimarie: Hamilton East Community House appreciate your help.

## Course — Meditation Alive

Mindfulness is the practice of being aware of each moment of your day as it happens. Becoming more mindful helps reduce tension, stress and anxiety. It also helps you notice what supports your wellbeing.

Mindfulness involves becoming aware of your thoughts, feelings and body sensations as you experience them. It helps you notice:

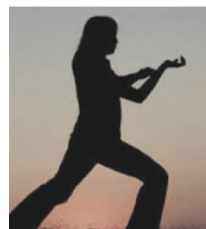
- Tension building up and when you need to take a break.
- Whether your food is healthy and when you have had enough to eat.
- Whether you need more sleep or exercise.
- You become more aware of the effect other people have on you — who helps build you up and who brings you down.
- Other people's experiences, needs and emotions, which makes your relationships better.

As Hamilton is considered to be one of the most deprived areas in a council report, we think Meditation Alive could help people learn to reduce anxiety and stress.

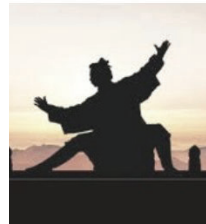
■ To enrol in this class, ring Ekta on 07 858 3453 or email to [admin@waimarie.org](mailto:admin@waimarie.org)



Tai Chi  
\$40



MAY 8TH - JUNE 26TH  
FOR 8 WEEKS



2.00 pm  
to  
3.00 pm



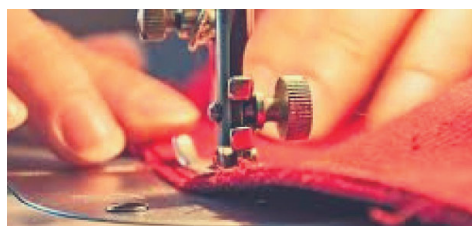
YOGA

Every Monday for 9 weeks  
29th April - 1st July  
\$72

12:30 pm - 1:30 pm

Every Thursday for 10 weeks  
2nd May - 4th July  
\$80

Contact Ekta @078583453  
or email to [admin@waimarie.org](mailto:admin@waimarie.org)



MAKING IS CONNECTING

Sewing Course

May 16th - July 20th  
\$60

Every Thursday for 6 weeks  
5pm - 7pm

To Register

Email to [admin@waimarie.org](mailto:admin@waimarie.org)  
or  
call @ 078583453



Meditation Alive

The art of being a whole person

with Pam Chiles



Hamilton East Community House introduces a  
6-week course - "Meditation Alive"

May 16th - June 20th

Every Thursday

2 pm - 3 pm

\$50

To Register

call on 07 8583453

or

email to [admin@waimarie.org](mailto:admin@waimarie.org)

