**Te Ata Term 2 Classes**

***Monday***

**Motivational Movement 10am – 12pm**

**Arts & Crafts 1pm – 3pm**

***Tuesday***

**Karaoke 10am - 12pm**

**Table Talk 1pm – 3pm**

***Wednesday***

**Jam Circle 10am – 12pm**

**Fair Food Delivery**  (Between)  **11am -- 12pm**

**Pamper 1pm - 3pm**

***Thursday***

**The Poetry Project 10am - 12pm**

**Te Ata Darts 1pm – 3pm**

***Friday***

**Aline’s All Sorts (let’s get physical) 10am – 12pm**

**Creative Writing 10am - 12pm**

**Pool Competition 1pm - 3pm**

**Te Ata Class Synopsis**

**Arts & Crafts Class**

**This class will really explore your creative side. A cross between art, crafts and writing, this class will help you explore your artistic side and get you into a creative flow.**

**Karaoke Class**

**One of the greatest benefits to singing karaoke is the amount of stress it releases. Since singing usually makes people happy, the level of stress in your body is automatically decreased. At the same time, endorphins are released and they help reduce both anxiety and stress.**

**Table Talk**

**This activity will evoke the curiosity within and explore national and international news articles and topics taking place at the time and engage in valuable and positive conversations. We will also have a range of Guest speakers and services who will cover topics such as; Tenancy Rights & Obligations, Budgeting advice, what to do in a civil emergency etc. Dates are to be confirmed with the Guest speakers and will be announced on our website, www.teata.org.nz – So keep an eye out!**

**Jam Circle**

**A facilitated group where community members can pick up a basic percussive instrument and improvise creatively with each other through rhythm and harmony. The intended effect is to have an activity that connects and engages the various members to bond and have fun. This can lift mental health and provides a platform for creative inspiration.**

**Fair Food Delivery**

**Every Wednesday between 11 am & 12pm we receive a delivery of fruit, vegetables, bread and other goodies from the fair food truck. This is a free service to all members of Te Ata so bring along your own reusable bag and our friendly staff will assist with choosing what you are interested in.**

**Pamper Class**

**This class will help you to relax and pamper you. Come and get clothes on back massage, your nails painted, hand massage and much more, in this ever growing group for both males and females.**

**Te Ata Darts**

**Have you played darts before? Are you wanting to give something new a try? This activity could be for you … come along and learn what games can be played with darts and more importantly to have fun with friends at Te Ata.**

**The Poetry Project Class**

**Adventure into the realms of poetic possibility, where you’ll explore that which lies inside your imagination, Set free your unwritten words and discover the joys of writing in your own style-no prior knowledge of poetry required.**

**Exercise & Wellbeing Class – Aline’s All Sorts**

**If you have a love for music and exercise whether you are sitting or standing then this class will appeal to those who enjoy grooving and moving to good music. Aline (tutor) will endeavour to create a fun filled motivated dancing and exercise class that will bring about shrieks of laughter and listening to some great tunes as you exercise away.**

**Creative Writing Class**

**The tutor continues the journey of assisting that creative side of your mind. Learn how to write stories, poetries and many other things too.**

**Pool Competition Class**

**Get involved in the weekly pool competition with a little prize each week. The person with the most wins per term will get a prize in the form of a gift voucher. Any level can play and the more you play the more skilled and better you become.**

**Motivational Movement**

**Explore creativity through dance and movement where you can find moments of fun, relaxation, and rejuvenation for the mind and body. Find freedom and connection to your body's natural rhythm!**