



The Walking Festival in Richmond

By Tanya Didham

The Christchurch Council's Walking Festival is designed to get Cantabrians on their feet and exploring our beautiful corner of Godzone. Among dozens of interesting jaunts, Avebury House and the Richmond Community Garden have hosted two walks designed around the river corridor.

Our newest board member and volunteer, Mary, led the walk, and David, our history volunteer, talked about the Anzac installation - 50 crosses and 10 soldier profiles representing Richmond School alumni who never came back from 'The Great War'. More wonderful volunteers served tea and Anzac biscuits back at the house,



Clockwise from top left: Rangers Warren and Lisa; Doggies; Mary leading the walk; Flax flower; signing up for treats; Jack and Matty setting up the installation; and Anzac profiles.

The Dogs' Day Out on April 18th was a fabulous walk for pooches and their humans, with free treats and an agility course along the way. Richmond Community Garden collaborated with The Walking Festival and Active Canterbury to pull off the event - Council even donated some doggy-doo bins. Cathy worked the preserves stand, while Hayley was run off her feet doing registrations and handing out dozens of 'doggy bags'! Huge thanks to Council rangers Warren and Lisa for guiding the walk.

On Anzac Day, Avebury House was the start and end point for a guided remembrance walk that included a riverside installation of 50 crosses. These were handmade by our Men's Shed volunteer, Matty, and each adorned with a crocheted poppy, made by volunteers under the wonderfully crafty eye of staffer, Kristine.

which was decorated with beautiful harakeke putiputi (flax flowers). These were lovingly made and dyed red by our Weaving 101 Class with Corabelle.

Thank you to all the organisers and participants. We are so lucky to have the river corridor on our doorstep where any and everyone can stay active and aspire to Council's three pillars of wellbeing: exploring; connecting; and learning!

On May 2nd The Walking Festival Meet in the Middle event includes a guided wander through Dallington loop, starting at 10am from the Gayhurst Bridge; and at 1pm a Richmond walk begins at the Richmond Community Garden on River Rd.

Richmond Community News is brought to you by Avebury House Community Trust and the following people:

Editorial: Tanya Didham.
Layout: Kristine Spoor.

Many thanks to our team who deliver the RCN to 2800 households and businesses throughout Richmond.

The RCN is now available online:
www.aveburyhouse.co.nz/newsletter.html

Contact us at: rcn@aveburyhouse.co.nz or ring Avebury House: **03 381 6615**.

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The Wit of Sam

How does a computer get drunk? It takes screen shots.

• • • • •

I had to fire the guy who mowed my lawn. He just couldn't cut it.

• • • • •

I was on a diabetes awareness website and it asked me if I accept cookies - is that a trick question?

Illustration by Stephane Terris



Alan the Appliance Guy will collect ***for free*** scrap metal, old appliances, computers, dvd players etc.

Call him on **027 756 2718**.

Avebury House Updates!



Gentle Exercise at Avebury

Enjoy Avebury House and its beautiful park setting while keeping active! Dee runs a relaxed Gentle Exercise class every Monday morning from **10.30am - 11am**, downstairs in Avebury House. All welcome. \$5 entry, no booking required. All enquiries to Dee on **027 25 15 475**.

If you feel like having a chat beforehand, there will be tea and coffee at 10am. All welcome!



Winter Vintage at Avebury - Sunday June 6th

Warm up a winter Sunday with a visit to the indoor version of the Vintage Market! Maree and the stallholders will be taking over the house on Sunday June 6th. Peruse an eclectic array of retro, vintage, antiquarian quirk and treasures, in the beautiful heritage setting of Avebury House. **June 6th, 10am til 2pm.**



There is plenty of parking on surrounding streets - just a reminder to drive carefully and keep residents' driveways clear. As always please be aware of the limited parking access in Eveleyn Couzins itself, as this is where vendor vehicles park.

For all enquiries please contact Maree on **027 328 9242** or lyttelton6@outlook.com

You can also follow them on facebook at 'Vintage Market at Avebury'.

Loopy Tunes Sessions @ Avebury



Loopy Tunes are back from May 3rd. They are a sister duo who love creating music for the tamariki of Aotearoa, and beyond!

Siu and Leah offer music to local whānau that's interactive, affordable and fun!

Sessions run during term time, 11:30am. \$2 per child, includes a light morning tea afterward. No need to book!



Avebury Monthly Lecture Series 2021:

Learn to DSLR

Tuesday, 11 May at 6:00 p.m. \$5 KOHA

Do you have a DSLR camera sitting at home, but never use it because you can't get off the AUTO setting? May as well just use your phone?

Samuel Bingham is coming along to give us the basic how-to. How do shutter speed, aperture and ISO relate to one another, and what the heck is ISO anyway?



Samuel is a creative storyteller, currently focusing on commercial video work. He is self-taught and has undertaken a variety of freelance work. Come hear his story and how to get the most out of your photography! Bring your camera, and all your questions about how to take great photos with it!

Tuesday May 11th, 6pm - 7pm. Bookings encouraged, \$5 koha.

Contact admin@aveburyhouse.co.nz or call 381 6615 to register.



The Gala Reset

By Tanya Didham

What a great feeling it was to bring Avebury Gala back after having to cancel last year's just days in advance. 2020's covid level 4 lockdown meant we, along with all but New Zealand's essential workers, closed our doors from March 23rd until May 13th. Part of our recovery was welcoming our community back and in July 2020, Matariki in the Zone was our first chance to do that. Bringing back the Gala feels like we've started a new cycle!

We have been so grateful this past year to have Morgane on Team Avebury House/Richmond Community Garden. An experienced event manager, Morgane's particular expertise in waste management has really progressed our shared organisational goals of reducing event waste, to as close to zero as possible! Plus her head for logistics takes a big weight off our small, hard-working teams of staff and volunteers around events. Thank you Morgane! And to everyone who makes Gala and all our events so special, from the entertainment to the food, to the people who come along to spend the day with us - a thousand thank yous!

Matariki in the Zone is set for Saturday, July 17th. Follow Avebury House on Facebook to stay up to date with details.



Don't Be A Tosser!

If you live locally, you have probably seen this brilliant community care initiative from the Riverlution Collective. Get the full story next issue!



Richmond Community Garden (& various) Saturday, May 8, 10am - 12pm

Looking for a way to contribute to the good health of our waterways? The Mother of All Clean-Ups is for you! On Saturday May 8th (always the day before Mothers' Day!), come along to the Richmond Community Garden at 10am and help tidy up our section of the river. With support from the Avon-Ōtākaro Network, we'll be clearing rubbish from the riverbanks between Swanns Road Bridge and Gayhurst Bridge. Rubbish bags, rubbish pickers, buckets and gloves are kindly being provided by Total Waste Solutions (though feel free to bring your own gloves if you prefer). And wear sturdy shoes!

The 'Mother of All Clean-Ups: Home Edition' is back again this year, and was the brainchild of tireless river advocate, the late Evan Smith. A virtual competition gives people the opportunity to learn and contribute from their living room. "Since the water community lost Evan last year, Avon-Ōtākaro Network's Hayley Guglietta has taken Evan's seat on the coordinating team and is helping to keep this initiative alive." This year's theme is *Cleaner Waterways, Your Way.*"

Estuary Trust Manager Tanya Jenkins says the coordinating team is keen to engage even more of Ōtautahi this year after Covid-19 prevented the event in 2020 "We had to put everything on hold last year in order to keep everyone safe," Tanya says, "but we learned a lot by holding our first ever virtual clean-up instead."

Councillor Sara Templeton has attended the clean-ups since they started, and is a strong supporter of the kaupapa. "It's a highlight in the environmental calendar for Ōtautahi. The coordination of a wide range of community groups and individuals to clean up our waterways is a huge effort and is appreciated by all."

Find out more [here](#).

Tuition

Reading, Writing, Spelling, Maths (Y1-Y12)

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P: 021 197 8383 or

E: katharineabeaumont@gmail.com

Clarinet, Sax, Flute, Guitar, Bass, & Piano—Experienced local teachers. Phone Nicola & Ivan (03) 385-3856.

Services

AKIVA Your local business fast Internet, telephone line & IT supplier. hello@akiva.co.nz 03 9837180.

HEY HEY HEY IT'S SKIP DAY!

SATURDAY, 8TH OF MAY, 9AM -12PM
SHIRLEY ROAD CENTRAL



Have a clean up! You can bring boat loads of rubbish and items too big for the red bin to dump in our community skips for free.

The skips will be available from 9am until 12pm or until they are full. Sorry but we can't take concrete, bricks, sand or soil, stones, shingle, plaster wall linings, compost, hard, tyres, hazardous waste, liquid, chemicals, asbestos, white-wear, lounge suites or large furniture.

We will have a **free sausage sizzle, coffee cart and a bouncy castle** for the kids.



Sign the petition — tinyurl.com/shirleycentre
Let's get a community hub back at 10 Shirley Rd.
Come and see our ideas for this central location.

**REDUCE ROADSIDE DUMPING AND
KEEP OUR COMMUNITIES CLEAN!**

New Patients Welcome at North Avon Medical!

By Dr. Hillary Gray



North Avon Medical has been operating in Richmond for over 40 years. It started in a small bungalow on North Avon Road, and has continued to provide a wide range of general practice services to residents ever since. We are locally owned and

operated by Dr Hillary Gray and Dr Oliver Setchell.

Local residents will have noticed the brand-new building on the corner of McLeod and North Avon Road. This building now houses both North Avon Medical Centre and North Avon Pharmacy. It offers improved access and enables patients to have a one stop shop.

We have noticed it's increasingly difficult to enrol with a GP, now that so many practices have closed books. But for us, the move meant the medical centre could expand and two

new doctors have commenced practice - both are taking on new patients. This is a great opportunity, for both existing residents and those new to Richmond, to link with a local doctor.

Dr Jonathon Trip is a Christchurch local who trained at Otago. He's an experienced young doctor with special interests in minor surgery, skin cancer, women's health, and family medicine. Dr Geraldine Campbell, also grew up in Christchurch and trained at Otago. She is drawn to family medicine and older persons' health.

We also have two new experienced practice nurses, Jane McDonald and Donna-Marie Dawber-Ashley, whom some of you may know from Shirley Medical.

The team welcomes visits and we are currently providing a one-off, half-price consult for new prospective patients. Get in touch!

North Avon Medical is situated at 28 North Avon Rd. You can call them on 03 389 6655. They also have a great website at: northavonmc.co.nz

The Future for Shirley Road Central

By Joanne Byrne, on behalf of Shirley Road Central

Following the Christchurch earthquakes the community centre at 10 Shirley Road was demolished. It was a popular and welcoming community asset situated on multiple bus routes, reaching out to the communities of Shirley, Dallington, Richmond, Edgeware, St Albans and Mairehau. A wide variety of people and groups attended this facility offering classes, courses and community events.

Our area also lost seven schools, including our two single-sex high schools, further reducing the opportunities for night classes/adult learning spaces. The library at the Palms is outdated and too small, it lacks meeting spaces and is not central to all local schools and bus routes.

Our communities are ethnically and socially diverse. We have areas of social deprivation, and others of relative well being. We have increased social housing, and increased high density, infill housing. As our population grows, the demand for community facilities grows also. Church facilities can be a barrier for some of our secular community members. School facilities are often limited in the times they are available. Private venues are too expensive.

10 Shirley Rd provided an affordable, permanent home and storage facility that allowed a variety of community groups to prosper and thrive.



In 2021 the land remains empty. Our communities have waited over a decade for a replacement facility, while watching tens of millions of dollars spent on new community facilities in other areas of the city. The decision to not rebuild ours has disadvantaged our community and continues to do so.

Our vision is a new community hub at Shirley Road Central. We want a modern future-focused library, with learning/meeting spaces for all ages and stages of life. We want a centre that is inclusive and accessible for all. There are a number of former groups who met there and who would like to come home to Shirley Road Central.

We believe decisions about this space and its future use should be driven by our community. We want to have a legacy of community education and engagement. A new community hub will provide a positive heart and focus for all our residents and communities, still recovering from the effects of the earthquakes.

If you would like to support this concept please sign our petition: tinyurl.com/shirleycentre

You can also visit our website: www.shirleyroadcentral.nz

Or follow us on facebook at: facebook.com/shirleyroadcentral



Mind Yer Language: The Anzacs' Biscuits

By Tanya Didham

As early as 1916 there was a recipe published in Perth for Anzac Ginger Biscuits - a version without oats. However the Australian and New Zealand Army Corps at Gallipoli weren't munching away on these tasty, syrup-flavoured treats. They would have been baked, not so much to be sent overseas (although undoubtedly some would have been), but to be sold at school fetes and RSA fundraisers to raise money for the troops. It was another way of saying 'soldier's biscuits', which these fundraising biscuits were commonly called, only it gave them a more local, patriotic flavour.



Most soldiers at that time, (and sailors and soldiers for centuries before them), ate 'hard tack' for sustenance. A basic cracker made from flour, water, and

sometimes salt. Baked up to four times, it was cheap and could last for years if kept dry. Ancient Egyptians ate a millet version; the Roman troops carried wheat-based 'bucellatum', and Richard the Lionheart's Third Crusade marched on biscuits made from rye, bean and barley flours. 'Hard tack' went by many names often with obvious sea-faring roots like cabin bread, pilot bread, sea biscuit, soda crackers, ship's biscuit, and less fondly as dog biscuits, molar breakers, sheet iron, tooth dullers, and worm castles. German soldiers called them 'armour plates' - rumoured hard enough to stop bullets! 'Diggers' and 'kiwis', given to understatement, called them 'Anzac Wafers'.

'Tack' has been sailors' slang for 'bad food' for so long, its origins aren't clear. But it also retains other old nautical meanings: the 'tack' is the name of the rope that 'tacks' down the corner of a studding sail when sailing against the wind (or tacking). We use it metaphorically today when we 'change tack' or try another way to avoid an obstacle. Easy to see how the name of the rope came to mean the act of 'tacking'. And perhaps also not a giant leap to imagine sailors comparing their tough, tasteless biscuits to chewing on old rope!

Post-war, the term 'Anzac' was legislated by both the NZ and Australian governments so that permission is required to use it. Only biscuits containing oats, butter, sugar, flour, baking soda and golden syrup (and sometimes coconut!), can use the name 'Anzac Biscuits'.

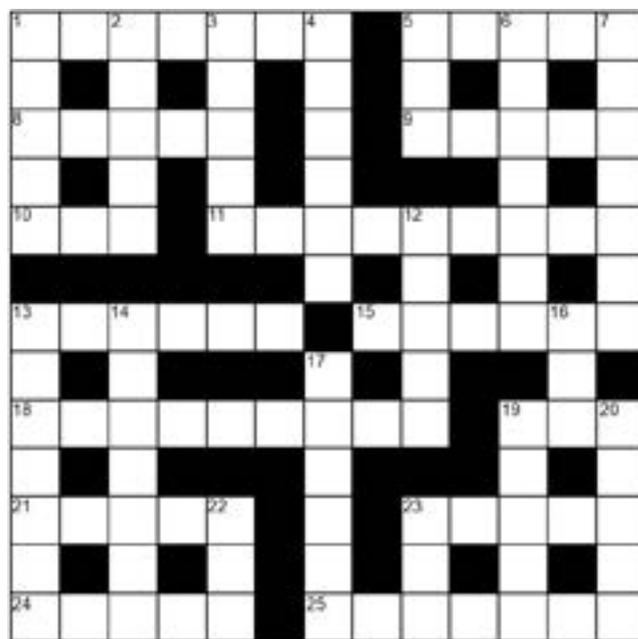
Puzzle Crossword

Across

1. Instance, illustration. (7)
5. Two-legged creature. (5)
8. Cunning (5)
9. Metric measure of weight (5)
10. Cricket score (3)
11. Pachyderms (9)
13. Extend (6)
15. Climb (6)
18. Escapade (9)
19. Choose (3)
21. Vital organ (5)
23. Subject (5)
24. "Barnaby _____" — novel by Charles Dickens (5)
25. Surrendered (7)

Down

1. Keen (5)
2. Form a row (5)
3. Part of a whole (5)
4. This or that (6)
5. Wager (3)
6. Act of contrition (7)
7. Clothed (7)
12. Hurry (5)
13. Not as big (7)
14. Brought back to life (7)
16. Short sleep (3)
17. Slightly nauseous (6)
19. Mountain nymph (5)
20. Tendency (5)
22. Cereal (3)
23. Yoke together (3)



Solution to March Crossword

Across: 1. Amalgam 5. Appeals 9. Paste 10. Dangerous 11. Autonomous 12. Axe 14. Roman Candles 18. Lake Superior 21. Hat 22. Centimeter 25. Allotment 26. Nomad 27. Suspend 28. Essence

Down: 1. Appeal 2. Assets 3. Greenhouse 4. Madam 5. Announcer 6. Peer 7. Adorable 8. Suspense 13. Endowments 15. Apprehend 16. Old heads 17. Skittles 19. Stamen 20. Bridge 23. Title 24. Style

"It is forbidden to kill; therefore all murderers are punished, unless they kill in large numbers and to the sound of trumpets."

— Voltaire

taste success

Simple Food Great Support Healthy Outcomes

Looking for a healthy approach to weight-loss and well-being that uses whole-foods and ongoing support from a local, knowledgeable nutritionist?

I am now working in our community, offering the Taste Success 12-week Foundations Programme. The programme is a step-by-step guide to eating healthy and feeling fantastic!

Contact me today to find out more information: Kathryn

M: **0273812224**

E: ks.wellness.nz@gmail.com

Facebook and Instagram: **@ks_wellness_nz**

Try this very nutritious and super tasty recipe combination. Recipes care of www.tastesuccess.co.nz

Seed Crackers and Sun-dried Tomato Hummus

Cracker Ingredients:

- ½ cup flaxseeds
- ½ cup sesame seeds
- ½ cup sunflower or pumpkin seeds
- ½ cup almond meal
- 2 tsp honey
- 2 tbsp extra virgin olive oil
- Sea salt to taste

1. In a food processor, whizz together the flax, sesame and pumpkin or sunflower seeds until crumb texture is formed.
2. In a bowl, add the seed mixture and salt to the almond meal and mix well.
3. Add the honey and olive oil and combine ingredients to form a dough. Add water if needed.

4. Roll mixture between two sheets of baking paper on a baking tray to desired thickness, remove top layer of baking paper, and bake in the oven for 5 minutes each side at 180 degrees. Cut into desired size crackers.

Hummus Ingredients:

- 1 can of chickpeas (drained)
- 2 tbsp of tahini (ground sesame seeds)
- ½ cup extra virgin olive oil
- Juice of 1 lemon
- 2 gloves of garlic (roughly chopped)
- Sea salt to taste
- 1 tsp ground cumin
- 1 tsp smoked paprika
- ½ cup sundried tomatoes (roughly chopped)

Combine all ingredients in a food processor and whizz til desired consistency. Note: If the mixture is too runny, add more tahini or olive oil to taste. If it's too thick, add water slowly until desired consistency is reached.

Haiku with The Small White Teapot

By Barbara Strang

A haiku in English is a very short poem depicting natural and/or seasonal phenomena, usually with a counterbalanced, two-part structure. It conveys a keenly felt, closely observed moment, using sensory images, without comment or explanation. Subject matter has loosened up and there can be urban haiku, space haiku, pandemic haiku, etc. Senryu are a similar, usually humorous, form depicting the foibles of humanity. In accordance with modern practice, our group does not insist on a strict syllable count - this is thought to be based on a misunderstanding of the Japanese form, and is a distraction from more fundamental guidelines.

The Small White Teapot Haiku Group began in 2000, over a small white teapot! We welcome new members who would like to try writing some of these delightful short poems, which are ideal for sharing. We have shared several with the editor to be published in this and future issues. *[Ed. come along and there's a high chance you'll become a published poet too!]*

Join us at Avebury House on the **4th Tuesday of the month from 12pm to 2pm**. Our next meeting is **Tuesday May 25th 12pm - 2pm**. Koha goes to the house. Call Barbara on **021 171 8622** for any queries.

old photograph
my jawline
against the gloom

-Barbara Strang. *Human/ kind Journal (Issue 1.8, 2019)*

after the earthquake
a blackbird returns
to the damaged chimney

-Rosemary Scott. *Leaving the Red Zone (Clerestory Press 2016)*

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What's on in Richmond



AVEBURY HOUSE,
9 Eveleyn Couzins Avenue.
Phone (03) 381-6615

The office is open every day from 9 a.m. to 2 p.m., except Fridays (close at 1 p.m.)

Monday

Men's Shed: from around 9.30am til 4pm, also on Tuesdays and Wednesdays.

Chit chat Club: 10–10:30 a.m. The Chit Chat Club is for the older adults (55+) in our community to get together and have tea and a catch up.

Gentle Exercise: 10:30–11:30 a.m. Gentle exercise class with a tutor who guides you through an exercise routine designed to keep those muscles moving! \$5/session.

Loopy Tunes: 11:30a.m. Loopy Tunes Music and Movement! Gold coin!

Richmond Community Garden: From 9:30 a.m. onwards. We welcome volunteers to help create a beautiful veggie garden for our

community to enjoy! Also meets Wednesdays and Saturdays.

Yoga: 6–7 p.m. Join us for a good stretch! Beginners welcome. \$6/session.

Tuesday

Yoga: 9:00–10:00 a.m. Join us for a good stretch! Beginners welcome. \$6/session.

Tai Chi: 10:30 a.m. \$10/session
Under 5s Yoga! - 10:30 a.m. Yoga for toddlers! \$5.

Pilates: 6:00 p.m. \$6/session.

Wednesday

Yoga: 9:00 a.m. Beginners welcome!

Write Your Own History: Every 2nd and 4th Wed of the month. 10 a.m. –12 noon.

Hugs All Round Quilting Group:

1–3 p.m. We make quilts for children who need an extra hug. Join us to learn more about quilting;

Thursday

Pilates: 11 a.m. \$6/session.

Yoga: 6–7 p.m. \$6. Evening yoga. Join us for a good stretch!

DELTA BAPTIST CHURCH

Delta House, North Avon Community Centre, 101 North Avon Road (entrance off Petrie) Meets every Sunday at 10am for Worship & Fellowship at the Delta Chapel.

CROSSWAY COMMUNITY CHURCH

North Avon Community Centre. 101 North Avon Road (entry off Chystal St)

Sunday Services: Every Sunday at 10am Family friendly with children's programmes.

For more information you can find us on Facebook: www.facebook.com/crosswaych/

SOUL STAR TRIBE: beginner belly dance classes 5:30pm Tuesdays (CWEA, 59 Gloucester Street, City Centre), and 10am Saturdays from (The Chrystal Palace, 12 Chrystal Street, Richmond).

\$10 casual, concession cards available. For more information, please phone Samantha on **027 6525 993**.

SHIRLEY LIBRARY,

36 Marshland Road (by the Palms Mall). Phone (03) 941-7923

Monday

Activity Zone: 3:45–4:45 p.m. For 6–10-year olds. No charge.

Tuesday

J.P. Clinic: 10 a.m.–1 p.m. Weekly. No charge.

Wā Kōrero: Storytimes: 10:30 a.m.–11:00 a.m. Recommended for over 2s.

Reading to Dogs: 3:30p.m. – 4:30p.m. Bookings essential. During term time.

Wednesday

Scrabble Club: 1:30 p.m. to 3:30 p.m.

No obligation, just come along and join our friendly group. All materials are supplied. Free.

Dungeon Delvers: 4:00– 5:30p.m. Tabletop roleplaying campaign for ages 12 to 18. Booking required. Fortnightly.

Thursday

Babytimes/Wā Pepi: for under two-year olds.

10:30–11 a.m. Weekly during term time.

Friday

Card Club: Just come along and join the fun.

Free. No bookings required.

The Zone @ Shirley: 4:00p.m. – 5:00p.m.

For ages 12-19. Hang out to go head-to-head on the PS4, mix music with Garage Band, or just chill and chat.

Saturday

Mahjong Group: 1:00 p.m. For beginners and advanced players alike. If you have your own set, please bring it along, otherwise come along and join in a friendly game.



DELTA COMMUNITY TRUST,
101 North Avon Road
(Entrance off Petrie St)

Ph: (03) 389-0212

Foodbanks hours are Monday, Wednesday and Friday 10am-2pm, closed on public holidays.

Monday café 10.00am-12:30pm. Hot Toasies only \$2.

Friday Inn Doors open from 10.30am for tea and coffee, lunch 12-1pm.

English Café – Mondays 10am-12pm during school term-time at the Delta Café – chatting in English for speakers of other languages. Free. But bring cash for café.

North Avon Community Centre

IELTS: Speaking and Writing – a 5-week English course, Wednesdays 10am-12pm. 10 May-9 June.

\$10 per class for non-residents, FREE for residents/NZ citizens.

All Things Grammar: A 5-Week Course in English Grammar.

Wednesdays 10am-12.30pm 16 June-7 July. \$3 per class.

Delta International Playgroup

– Fridays 9am-12pm, gold coin donation.

Kind Crafts – International Ladies

Craft Group – An int'l craft group for women. Alternate Mondays during the school term. Starting back 10 May. Gold coin donation.

Delta Ukulele Jammers – Mondays 12.15pm-1.15pm – Gold coin donation. Starts back 3rd May.

Beginner Ukulele lessons – Weds, 1.30pm-2.30pm. 6-week course. Gold coin donation. Ukuleles available to borrow. Registrations essential.

Beginner Guitar lessons, 6 Mondays, 1.30pm-2.30pm, starting 10 May. \$20 for the course. Registrations essential.

Ladies Exercise – Tuesdays 12pm-1pm, only \$2.

Meditation with Tomo – a 4-week course on Weds, 12.30pm-1.30pm.

12 May, 19 May, 2 June, 9 June. Koha donation. Registrations essential.

Yoga – Thurs 1pm-2pm. Babies and preschoolers welcome. \$6.

Call Shauna (03) 389-0219 or email shauna@deltatrust.org.nz to register for limited courses or for more information.



HOLY TRINITY AVONSIDE,
168 Stanmore Road,
Ph 389-6948

Activities Group

-Weekly, Thursday, 1pm.

Exercise Class - Weekly, Thursday, 11am.

Parish Eucharist - Weekly, Sundays 9.30am, Thursdays 10am.

All Age Church - Monthly, 2nd

Sunday, 11.15am.

Prayer and Praise - Monthly, 4th Sunday, 11am.

Vestry - Monthly, 2nd Wednesday, 7.15pm.

Wednesday Café - Monthly, 2nd Wednesday, 11.30am.

Assn of Anglican Women – Monthly, 4th Saturday, 10.30am.

Foot Clinic - Every 6 weeks, bookings essential.

SHIRLEY RECREATIONAL WALKERS

Mondays & Thursdays:

Meet at Shirley Community Centre site, cnr Shirley Rd & Chancellor St, 9:30 a.m. Walks around Christchurch. All ages welcome.

For more information and a copy of the programme, contact Sue (03) 981-7071 or

027 775-4635.