

# PEGASUS COMMUNITY CENTRE CALENDAR OF EVENTS – OCTOBER 2024

## Regular Weekly Activities Timetable: *Please contact organiser to check spaces are avail, costs etc.*

DAY	TIME	ACTIVITY	CONTACT
Monday	2pm–4pm	<b>Community Centre open</b> <i>Welcome Bags for new residents, local maps, activity info and much more. Our friendly volunteers are here to help! If you are a reader, find a book to borrow from the Book Cave.</i>	Any queries, please email the Pegasus Residents' Group Incorporated (PRGI) Subcommittee on: <a href="mailto:pcc@pegasusresidentsgroup.com">pcc@pegasusresidentsgroup.com</a>
	5:30pm-6:30pm	<b>Yoga</b>	Alexandra: 021 044 3208 or Email: <a href="mailto:pilatesforyou.alexandra@gmail.com">pilatesforyou.alexandra@gmail.com</a>
	6:35pm-7:35pm	<b>Mens Pilates</b>	Alexandra: 021 044 3208 or Email: <a href="mailto:pilatesforyou.alexandra@gmail.com">pilatesforyou.alexandra@gmail.com</a>
Tuesday	9:15am-10:15am	<b>Advanced Pilates</b>	Alexandra: 021 044 3208 or Email: <a href="mailto:pilatesforyou.alexandra@gmail.com">pilatesforyou.alexandra@gmail.com</a>
	10:20am-11:20am	<b>Yoga</b>	Alexandra: 021 044 3208 or Email: <a href="mailto:pilatesforyou.alexandra@gmail.com">pilatesforyou.alexandra@gmail.com</a>
	3:30 pm-4:30pm	<b>Afterschool Minecraft Club – Todd Room</b> <i>Join us for afterschool learning and fun! We are inclusive of all learners. Taught by a qualified Minecraft tutor of 9 years experience. Your tamariki are safe and can express their creativity and knowledge with other miners. Please email for cost.</i>	Robyn: 0277659330 or Email: <a href="mailto:minecraftacademynz@gmail.com">minecraftacademynz@gmail.com</a>
	4:00 pm	<b>Ballet with Bex – Big Room - Hip-Hop for beginners (4 year plus), Musical Theatre (4 years plus)</b>	Rebecca: 027 271 0785 or Email: <a href="mailto:tait_bex@hotmail.com">tait_bex@hotmail.com</a>
	5:45pm-6:40pm	<b>Advanced Pilates</b>	Alexandra: 021 044 3208 or Email: <a href="mailto:pilatesforyou.alexandra@gmail.com">pilatesforyou.alexandra@gmail.com</a>
	6:45pm-7:45pm	<b>Yoga</b>	Alexandra: 021 044 3208 or Email: <a href="mailto:pilatesforyou.alexandra@gmail.com">pilatesforyou.alexandra@gmail.com</a>
	7:30pm	<b>12 Step Recovery Programme</b> AA, a way forward for problem drinking. <i>Held in the Todd Room</i>	Richard 0272078155 or Email: <a href="mailto:carr56@gmail.com">carr56@gmail.com</a>
Wednesday	10am-12pm	<b>Community Centre open</b> <i>Welcome Bags for new residents, local maps, activity info and much more. Our friendly volunteers are here to help! If you are a reader, find a book to borrow from the Book Cave.</i>	Any queries, please email the Pegasus Residents' Group Incorporated (PRGI) Subcommittee on: <a href="mailto:pcc@pegasusresidentsgroup.com">pcc@pegasusresidentsgroup.com</a>
	3:30pm-5pm	<b>Pegasus Brownies</b> <i>For girls aged 7 – 9 ½ years. Using fun, adventure, and friendship to build confidence and life skills.</i>	Jan: 021 116 0644 or Email: <a href="mailto:pegasusbrownies@gmail.com">pegasusbrownies@gmail.com</a> <i>No classes during school or public holidays</i>
	5:45pm-6:40pm	<b>Pilates – Intermediate</b>	Alexandra: 021 044 3208 or Email: <a href="mailto:pilatesforyou.alexandra@gmail.com">pilatesforyou.alexandra@gmail.com</a>

## PEGASUS COMMUNITY CENTRE CALENDAR OF EVENTS – OCTOBER 2024

<b>Wednesday</b>	<b>6:45pm-7:45pm</b>	<b>HIIT - high-intensity-interval-training session.</b> <i>We use free weights and our own body for the strength and cardio part of the training.</i>	Alexandra: 021 044 3208 or Email: <a href="mailto:pilatesforyou.alexandra@gmail.com">pilatesforyou.alexandra@gmail.com</a>
<b>Thursday</b>	<b>9:30am-10:30am</b>	<b>Pilates – Intermediate</b>	Alexandra: 021 044 3208 or Email: <a href="mailto:pilatesforyou.alexandra@gmail.com">pilatesforyou.alexandra@gmail.com</a>
	<b>10:35am-11:30am</b>	<b>Pilates – Beginners - ACC accredited</b> <i>Concentrates on correct engagement of the Pelvic floor muscle &amp; the deep abdominal muscles, learning to contract the Glutes &amp; back muscles without holding tension.</i>	Alexandra: 021 044 3208 or Email: <a href="mailto:pilatesforyou.alexandra@gmail.com">pilatesforyou.alexandra@gmail.com</a>
	<b>1:30pm</b>	<b>SayGo Falls Prevention Exercise Class</b> <i>Improve your balance, strength, flexibility, general fitness, and wellbeing. \$2 per class.</i>	Email Kay: <a href="mailto:kaymillsnz@gmail.com">kaymillsnz@gmail.com</a> <i>No booking required; all welcome!</i>
	<b>4pm-5pm</b>	<b>Improv and Theatre sports Workshop</b> <i>Activity class. Bookings are welcomed.</i>	Lee: 020 4161 0516 or Email: <a href="mailto:Lee.pockson@gmail.com">Lee.pockson@gmail.com</a>
	<b>7pm-8pm</b>	<b>No Gym Bunnies Here</b> <i>Do you feel embarrassed, too fat, or unfit for the GYM???</i> <i>This is a group for like minded ladies, seeking group fitness, using low impact dance.</i> <i>Sessions will cater for overweight, underweight, unfit females from 45-99yrs.</i> <i>Feel free to be yourself. No males allowed.</i>	Find us on Facebook “No Gym Bunnies Here”  Suzi: 020 488 1889  <i>Wear your most comfortable bottoms and a loose T shirt.</i> <i>Remember water bottle &amp; towel.</i>
<b>Saturday</b>	<b>9:00am</b>	<b>Ballet with Bex</b> <i>Ballet &amp; Dance classes for 3 - 8-year-olds.</i>	Rebecca: 027 271 0785 or Email: <a href="mailto:tait_bex@hotmail.com">tait_bex@hotmail.com</a>
	<b>10am–12pm</b>	<b>Community Centre open</b> <i>Welcome Bags for new residents, local maps, activity info &amp; more. Our friendly volunteers are here to help! If you are a reader, find a book to borrow.</i>	Any queries, please email the Pegasus Residents’ Group Incorporated Subcommittee on: <a href="mailto:pcc@pegasusresidentsgroup.com">pcc@pegasusresidentsgroup.com</a>

### Monthly or One-off Activities Timetable: Please contact organiser to check spaces avail, costs etc.

<b>Thu 3<sup>RD</sup> October</b>	<b>7:00pm</b>	<b>PRGI committee meeting in the Todd Room</b>	<a href="mailto:prgi@pegasusresidentsgroup.com">prgi@pegasusresidentsgroup.com</a>
<b>Sat 5<sup>th</sup> October</b>	<b>10:30am – 11.30am</b>	<b>Justice of the Peace (JP) drop-in session. No appointment necessary. Please bring a photocopy of your ID if required for your documentation.</b>	<a href="mailto:pcc@pegasusresidentsgroup.com">pcc@pegasusresidentsgroup.com</a>
<b>Wed 9<sup>th</sup> October</b>	<b>10:00am</b>	<b>Ronel’s Community Cuppa</b> <i>Free morning tea. All residents of Pegasus, Woodend/Ravenswood and Waikuku welcome. Meet new people, hear our guest speakers.</i>	Ronel: 021 072 4636 or Email: <a href="mailto:waioralinks@gmail.com">waioralinks@gmail.com</a>
<b>Sat 19<sup>th</sup> October</b>	<b>10:30am – 11.30am</b>	<b>Justice of the Peace (JP) drop-in session. No appointment necessary. Please bring a photocopy of your ID if required for your documentation.</b>	<a href="mailto:pcc@pegasusresidentsgroup.com">pcc@pegasusresidentsgroup.com</a>
<b>Sun 20<sup>th</sup> October</b>	<b>1:00pm – 3:00pm</b>	<b>Community Emergency Hub Open Day.</b> Emergency Services, Emergency Hub information in how you can be involved. Sausage sizzle, Baking sales for Pegasus Community Watch Patrol operations.	<a href="mailto:prgi@pegasusresidentsgroup.com">prgi@pegasusresidentsgroup.com</a>

For more information about activities at the Pegasus Community Centre, please visit [www.pegasusresidentsgroup.com](http://www.pegasusresidentsgroup.com).