

# PEGASUS COMMUNITY CENTRE CALENDAR OF EVENTS – SEPTEMBER

## Regular Weekly Activities Timetable:

Please contact the event organiser to check if spaces are available, costs etc & attendee requirements under the Covid-19 Protection Framework (traffic light system). **Please wear your mask when visiting the centre.**

DAY	TIME	ACTIVITY	CONTACT
Monday	2–4pm	<b>Community Centre open</b> with <i>FREE Books, jigsaws, Welcome Bags for new residents, maps, activity info and much more. Our friendly volunteers are here to help!</i>	Any queries, please email: PRGI PCC Subcommittee on email: <a href="mailto:pcc@pegasusresidentsgroup.com">pcc@pegasusresidentsgroup.com</a>
	5:30-6:30pm	<b>Yoga</b>	Alexandra: 021 044 3208 or Email: <a href="mailto:pilatesforyou.alexandra@gmail.com">pilatesforyou.alexandra@gmail.com</a>
	6:40-7:40pm	<b>Mens Pilates</b>	Alexandra: 021 044 3208 or Email: <a href="mailto:pilatesforyou.alexandra@gmail.com">pilatesforyou.alexandra@gmail.com</a>
Tuesday	4.00pm	<b>Ballet with Bex</b> <i>Hip-Hop for beginners (4 year plus) Musical Theatre (4 years plus)</i>	Rebecca: 027 271 0785 or Email: <a href="mailto:tait_bex@hotmail.com">tait_bex@hotmail.com</a> <i>No classes during school or public holidays</i>
	9:15-10:15am	<b>Advanced Pilates</b>	Alexandra: 021 044 3208 or Email: <a href="mailto:pilatesforyou.alexandra@gmail.com">pilatesforyou.alexandra@gmail.com</a>
	10:30-11:30am	<b>Yoga</b>	Alexandra: 021 044 3208 or Email: <a href="mailto:pilatesforyou.alexandra@gmail.com">pilatesforyou.alexandra@gmail.com</a>
	5:40-6:40pm	<b>Advanced Pilates</b>	Alexandra: 021 044 3208 or Email: <a href="mailto:pilatesforyou.alexandra@gmail.com">pilatesforyou.alexandra@gmail.com</a>
	6:45-7:45pm	<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 Steps Spiritual Recovery</b> For Alcohol and Narcotic recovery <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> with <i>FREE Books, jigsaws, Welcome Bags for new residents, maps, activity info and much more. Our friendly volunteers are here to help!</i>	Any queries, please email: PRGI PCC Subcommittee on email: <a href="mailto:pcc@pegasusresidentsgroup.com">pcc@pegasusresidentsgroup.com</a>
	3.30-5pm	<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>
	5:50-6:50pm	<b>Pilates – Intermediate</b>	Alexandra: 021 044 3208 or Email: <a href="mailto:pilatesforyou.alexandra@gmail.com">pilatesforyou.alexandra@gmail.com</a>
	7:00-8:00pm	<b>HIIT</b> - <i>high-intensity-interval-training session. 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>

## PEGASUS COMMUNITY CENTRE CALENDAR OF EVENTS – SEPTEMBER

DAY	TIME	ACTIVITY	CONTACT
Thursday	9:30-10:30am	<b>Pilates – Intermediate</b>	Alexandra: 021 044 3208 or Email: <a href="mailto:pilatesforyou.alexandra@gmail.com">pilatesforyou.alexandra@gmail.com</a>
	10:35-11:35am	<b>Pilates – Beginners - ACC accredited</b> <i>Concentrates on the correct engagement of the Pelvic floor muscle and the deep abdominal muscles, learning to contract the Glutes and back muscles without holding tension.</i>	Alexandra: 021 044 3208 or Email: <a href="mailto:pilatesforyou.alexandra@gmail.com">pilatesforyou.alexandra@gmail.com</a>
	1.30pm	<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> No booking required; all welcome!
Saturday	9.00am	<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> <i>No classes during school or public holidays</i>
	10.00am – 12noon	<b>Community Centre open</b> with <i>FREE Books, jigsaws, Welcome Bags for new residents, maps, activity info and much more. Our friendly volunteers are here to help!</i>	Any queries, please email: PRGI PCC Subcommittee on email: <a href="mailto:pcc@pegasusresidentsgroup.com">pcc@pegasusresidentsgroup.com</a>

### Monthly or One-off Activities Timetable:

*Please contact the event organiser to check if spaces are available, costs etc & attendee requirements under the Covid-19 Protection Framework (traffic light system). **Please wear your mask when visiting the centre.***

DATE	TIME	ACTIVITY	CONTACT
Sat 3 <sup>rd</sup> September	10.30 – 11.30am	<b>Justice of the Peace (JP) drop-in session.</b> No appointment necessary	<a href="mailto:pcc@pegasusresidentsgroup.com">pcc@pegasusresidentsgroup.com</a>
Tue 13 <sup>th</sup> September	7.00pm	<b>PRGI committee meeting</b> in the Big Rm	<a href="mailto:prgi@pegasusresidentsgroup.com">prgi@pegasusresidentsgroup.com</a>
Wed 14 <sup>th</sup> September	10.00 am	<b>Ronel's Community Cuppa</b> <i>Free cuppa and chat for Pegasus residents. Meet new people, hear our mini speakers.</i>	Ronel: 021 072 4636 or Email: <a href="mailto:waioralinks@gmail.com">waioralinks@gmail.com</a>
Thu 15 <sup>th</sup> September	7.00pm	<b>Meet the Council candidates meeting</b> in the Big Room	<a href="mailto:prgi@pegasusresidentsgroup.com">prgi@pegasusresidentsgroup.com</a>
Sat 17 <sup>th</sup> September	10.30 – 11.30am	<b>Justice of the Peace (JP) drop-in session.</b> No appointment necessary.	<a href="mailto:pcc@pegasusresidentsgroup.com">pcc@pegasusresidentsgroup.com</a>
Mon 19 <sup>th</sup> September	10.00 am	<b>Ravenswood's Community Cuppa</b> <i>Free cuppa and chat for Ravenswood residents. Meet new people.</i>	Lyn: 022 159 2676 or Email: <a href="mailto:waioralinks@gmail.com">waioralinks@gmail.com</a>
Thu 22 <sup>nd</sup> September	7.00pm	<b>Meet the Community Board candidates meeting</b> in the Big Room	<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).