

REAP Report

He Poutoko Matauranga

Rural Education Activities Programme



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February 2009 - Welcome to our REAP Report

Welcome back! We hope you are enjoying the sunshine and have had a good break. With the credit crunch hitting is it time to take control of those finances this year? Taupo Budget Advisory Service have joined forces with REAP and we are delighted to offer you a chance to get all your money issues sorted – the first course starts on 3 March and is only \$5 for 5 sessions. Belly Dancing is tried and true and as popular as ever. The first class will start on the 18 February \$25 for 5 weeks. Sue Graham aka Zuhrah of Mirage Middle Eastern Dancers has added a flowing veil dance to her programme this time. The classes are suitable for continuing students and beginners are also catered for by attending the introduction at the first lesson. Yoga continues with classes daily Monday through to Friday. We also have new classes happening in Kinloch (first programme is full so put your name down for the next one). ACC funded Tai Chi begins again on 17th February at REAP.

FRENCH – at last due to demand we have tracked down a French tutor, Lyn Fauchelle, who will take classes for beginners starting on 25th February.

All our adult education programmes are subsidised generously by the Tertiary Education Commission. This means you get access to some great workshops with quality teaching at very reasonable rates. Not all areas in New Zealand have REAPs – Taupo District you are lucky! REAP are able to provide lifelong learning anywhere in our District from Rerewhakaaitu in the North to Omori in the South. If you would like to learn something new for 2009 or have a skill you would like to share please contact our Adult Community Education Coordinator Linda Moss on 378 8109.

Tai Chi

At Riverside Park on 14th February at 10.30am there will be a demonstration of Tai Chi organised by Debi Hall. All are welcome to attend. It is a wonderful opportunity for many senior citizens well into their 70's and 80's to show the local community that they are not just mobile, but have good balance, grace and timing. Some of the students have been attending classes for well over a year, whilst others will have just completed a 20 week course. Classes are being funded by ACC across the country, offering over 65's the chance to improve on many levels. Practising Tai Chi also offers other benefits - it can help relieve pain and stress, improve quality of life as well as increase concentration.



Splash Into Summer Water Safety

Leading into summer REAP co-ordinated a Water Safety programme for young children at Early Childhood centres. Nicky Brasell and Fenella Tinworth visited 17 centres and talked to over 350 children about how they could play safely in the water.

Water Safety New Zealand recommends that parents and caregivers:

- Stay within reach of children when IN, ON and AROUND water.
- Designate an experienced adult swimmer to actively supervise children.
- Ensure children wear an appropriately sized life-jacket on a boat.
- Drain the bath (and put plugs up high), the paddling pool and empty buckets after use.
- Learn CPR and First Aid.



Baby Massage - Turangi

This half hour group session led by Naturopath Anja Hambach will teach you how to massage your baby and explore gentle exercises that will enhance your baby's learning and development. Benefits of baby massage include more settled babies, better sleep and enhanced immune function. It can help to ease digestion and promotes bonding between mothers and babies.

Tuesday 17th February, 10am -10.30am at the Turangi Community Health Centre



Proud to be a sponsor of the REAP Report



Central Motor Group Ltd



REAP REGULARS

- Yoga
- Tai Chi (ACC)
- SKIP
- Parenting Help
- Young Parents Group
- Budgeting for Change

Call us for details

RURAL ROUNDUP

- Baby Massage @ Turangi
- Yoga @ Kinloch
- Tai Chi (ACC) @ Mangakino
- First Aid @ Mangakino

Call us for details

NEW REAP PROGRAMMES

FRENCH

Wednesdays 25 February – 01 April

Time: 7.00 – 9.00 pm

Venue: Reap

Fee: \$65 (6 week class)

BEGINNERS YOGA WORKSHOP

Saturday 21 February

Time: 9.00am – 11.30am

Venue: Reap

Fee: \$40

NZ SIGN LANGUAGE

Tuesdays 17 February – 31 March

Time: 6.30pm – 8.30pm

Venue: Reap

Fee: \$75 (7 week class)

BELLY DANCE

Wednesdays 18 February – 18 March

Time: 7.15pm – 8.45pm

Venue: Reap

Fee: \$25 (5 week class)

To register phone 378 8109, fax 378 0569

or email reception@reap.org.nz

Payment required before commencement of all courses



REAP ISP - Your local Internet Service Provider - Proceeds from the ISP support our Community Programmes and Services.

Central Plateau REAP

(Rural Education Activities Programme)

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See our website for details of current programmes - www.reap.org.nz

Central Plateau REAP is one of 13 Rural Education Activities Programmes in New Zealand. Its role is to provide extra educational opportunities for people in the Taupo District. REAP works across all sectors - early childhood, community, primary, secondary and tertiary - helping to promote life-long learning throughout the region.