

# REAP Report

## He Poutoko Matauranga Rural Education Activities Programme



### FEBRUARY 2010 - WELCOME TO OUR REAP REPORT

Welcome back! We hope you all enjoyed the sunshine and had a good break. Government funding cuts and changes to provision means that REAP Adult Community Education programmes will now have a greater emphasis on Literacy and Numeracy with "hobby" classes becoming self funding.

**Yoga** continues and is well supported with classes on offer daily. Anandi has a new Pregnancy Yoga class for you beginning on 24th February. This class is for pregnant women in their second trimester who wish to keep as supple as possible in preparation for the birth of their baby.

**Basic Computing** offers you the chance to gain some valuable skills for those unfamiliar with computers. This programme will cover emailing, word processing, sorting files – the basics to get you started.

**Flamenco** fires up again on February 11th. This year Carmen is combining the beginners sessions with a half hour advanced for those who wish to learn the next steps.

**Hear and Say Te Reo Maori – Basic Pronunciation** is a fun filled session easing you into the correct way to speak Maori. It is not always easy to get your tongue around Te Reo Maori so this class is great for everyone!

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

TAI CHI continues to be funded by ACC as it has proven to reduce the number of falls in older people. Practising Tai Chi also offers other benefits - it can help relieve pain and stress, improve quality of life as well as increase concentration. Many people have commented on their increased flexibility especially with the neck/shoulder area. Classes begin at REAP in Taupo on 2 Feb and Liston Heights on 13th Feb. Still some spaces left, please call in to see us- its not too late to join in. Some eligibility criteria apply.



Tai Chi students at Liston Heights

### TEEN MUMS REAP

TEEN MUMS REAP are offering NCEA Level One Maths and English to any teen mums out there who would like to continue with their studies. Our first programme in Wairakei has been very successful and will continue this year. We wish to expand this programme to include Taupo. We will run with a small class of 5 and provide a crèche. Costs are very reasonable at just \$50 to get you started. You will gain 16 credits in one term and can choose to carry on after gaining even more. Joce Moyle is the tutor and says each person works at their own pace and is guaranteed to pass! Please register your interest asap.



Caela Williams of Waitahanui completed 18 credits and plans to continue this year.

An opportunity for people working in education, community, health, and the social services to learn how to include SKIP messages into your work to support parents and encourage safe families. Learn tips for positive behaviour management of under 5's and gather some great resources for use in your work. Wednesday 24th March @ REAP, FREE with lunch provided.



### MEN'S SHED TAUPO

The Men's Shed is now open Wednesday nights from 7-9pm as well as Thursday afternoons 2.30-4.30. Feel free to come along with your item to fix or just join in for friendship. The Men's Shed are now pleased to be supporting the Taupo SPCA by helping with woodchopping. Call John Blundell on 378 6059 for more information.

### NEW PROGRAMMES

#### WATERCOLOUR

**Workshop 1: Still Life & Beyond: Marotiri Feb 28. Workshop 2: Still Life Pen Wash: Kinloch Hall - 7 March. Workshop 3: Our Lake: Omori - 21 March. Time: 12.30 - 4.30pm**

**Cost: \$50 per person (Incl. materials)**

#### BASIC COMPUTING FOR ABSOLUTE BEGINNERS

**Dates: Tuesdays - 9 Feb - 30 March  
Time: 5 - 6.30pm Venue: Rm C1 Taupo Nui A Tia College. Fee: \$40**

#### FLAMENCO

**Level 1 & 2 for beginners and continuing dancers**

**8 Weeks Thursdays from 11 Feb**

**Time: 7-8.30pm Cost: \$75**

**Venue: St Andrews Church.**

#### HEAR AND SAY TE REO PRONUNCIATION

**2 hours every Wednesday over 4 weeks.  
3 March to 24 March. Time: 7-9pm. Cost: \$25.00. Venue: REAP.**

#### POSITIVE PARENTING

**Date: Mon 22 Feb, Thurs 25 Feb, Mon 1 March. Time 7-9pm. Venue: REAP  
Fee: \$10 single, \$15 couple**

#### PREGNANCY YOGA

**Date: 24 Feb. Venue: REAP. Cost: \$150 (10 sessions) or \$17 drop in**

#### REAP REGULARS

- Yoga
- ACC Tai Chi REAP
- ACC Tai Chi Liston Heights
- Toughlove
- Positive Parenting
- Budgeting for Change
- SKIP Support

#### RURAL ROUNDUP

- ACC Tai Chi Mangakino
- ACC Tai Chi Omori
- Teen Mums Maths/English Wairakei
- Watercolour



To register phone: 378 8109, fax 378 0569  
or email: [reception@reap.org.nz](mailto:reception@reap.org.nz)

Payment required before commencement of all courses

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73 Titiraupenga Street • PO Box 1000 TAUPO • See our website for details of current programmes - [www.reap.org.nz](http://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.