



Westports Weekly Activities

Rongoā Kākāriki
GREEN
PRESCRIPTION

 **West Coast**
Te Tai o Poutini
Primary Health

Monday

9.30am	Lite Circuit	SEC
10.00am	Sit & be fit	St Canice's Hall
10.30am	Care & Crafts	Buller Working Men's Club
6.00pm	Aqua aerobics	SEC
6.00pm	Boxing	SEC
7.00pm	Tai Chi	North School Hall
7.30pm	Indoor Bowls	St Canice's Hall

Tuesday

9.00am	Walking group	SEC
9.30am	Strength & flexibility	Municipal Band Hall
5.30pm	Strength & flexibility	Municipal Band Hall
6.00pm	Step	SEC
6.00pm	Yoga	Rimu Physio Palmerston Street
7.00pm	Belly Dancing	
7.30pm	Indoor Bowls	Carters Beach
7.30pm	Indoor Bowls	RSA

Wednesday

10.00am	Pilates	SEC
10.00am	Art & craft	37 Peel Street
1.00pm	Movement & Flexibility	37 Peel Street
1.00pm	Golf croquet	
5.00pm	Spin	SEC
5.30pm	Zumba	Buller Working Men's Club
6.00pm	Aqua aerobics	SEC
6.00pm	Circuit open	SEC
7.00pm	Spin	SEC
7.00pm	Line dancing	Buller Working Men's Club
7.00pm	Lighten Up	37 Peel Street

Thursday

9.00am	Step	SEC
9.30pm	Strength & Flexibility	Municipal Band Hall
10.00am	Cooking skills	Salvation Army Hall
10.30am	Tai Chi	SEC
1.00pm	Summer bowls	
1.00pm	Golf croquet	
5.30pm	Strength & Flexibility	Municipal Band Hall
6.00pm	Step	SEC

Friday

8.45am	Aqua aerobics	SEC
10.30am	Lighten Up	37 Peel Street
6.00pm	Boxing	SEC
7.00pm	Spin	SEC

Saturday

9.00am	Deep water aerobics	SEC
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Sunday

10.00am	Harriers (walkers & runner)	
11.00am	Social badminton	SEC

For more information about the listed activities please see the back page or contact Carla Mitchell, Green Prescription Coordinator at the PHO on 03 768 6182

Group name	Contact person	Number
Social Badminton Club	Solid Energy Centre/Marea Cassey	7896095
Tai Chi	Sylvia James	7899755
Tai Chi	Ian Rodger	7898233
Number 37		7896000
Lighten Up (women's weight loss)	Cathie Edwards	7896592
Belly Dancing	Arna Moon	7828559
Basketball Association	Robyn & Hugh McMillian	7898910
Boxing Club	Allen Gibson	7896163
Sit and be fit	Annette Joseph	7898342
Strength and Flexibility	Anita Halsall	7896952
Yoga	Marie Ryan	7896286
Yoga	Sue Donnelly	7897229
Yoga - Granity	Mandy Coleman	7821837
Summer Bowls	Maurine Clark	7898625
Golf Croquet	Pat Morgan	7898240
Croquet Club	Alison Garing	7897449
Indoor Bowls-Carters Beach	Dorothy Burrows	7897436
Indoor Bowls-RSA	Kevin Townsed	7897724
Indoor Bowls Ngakawau		7898206
Indoor Bowls-St Candice's	Ann Kilkolly	7897004
Indoor Bowls Buller	Margaret Milne	7898074
Line Dancing	Isabelle Haines	7898598
Cooking Skills to life skills	Rosie McGrath	7681160
Westport Women's Tri	Carleen James	7898293
Solid Energy Centre (SEC)		7898316
Care & Crafts		7898843
Zumba (BWC)	Debbie Ann	7687060
Harriers (walking and running)	Michael Kingsbury / Grant Wilson	7896051 / 7898448
Buller Walks	www.buller.co.nz	
Board Riders (surfing)	Steve Lee	7895076
Cycling Club	Miriam Comesky	7896430
Golf Club	Kevin Slee	7894203
Hockey Association	Richard Knudsen	7896387
Judo Club	Marcelle	7821817
Karate Club	David Low	7898296
Karate Kawatiri	Glen Morgan	7896377
Squash Club	Catherine Pratt	7897517
Swimming Club	Miriam Comesky	7896430
Masters Swimming Club	Margaret Milne	7898074
Tai Chi - Granity	Tony Moon	7898559
Walking group	Vicki Griffiths	7896779
Tramping Club	Peter Lusk / Leonie Bryne	7895334 / 7897248
Green Prescription	Carla Mitchell	0800 22 84 83

Activities and contact details are subject to change due to availability, numbers and time of year. Please check with the contact person regarding prices and venue.