

More Upper Hutt people, more active, more often >>>

GOLD

★ Growing Old Living Dangerously ★

GOLD stands for Growing Old Living Dangerously and is the next level in activity for the over 50's. So if you are bored of the other classes and fancy something a bit more adventurous, GOLD is for you.

You will get to try a whole range of activities available in the Hutt Valley, meet new people and make new friends all of whom will have a similar interest to you!

See below for the timetable of events.

Early booking is essential to avoid disappointment!

Booking Info

To book your space on the GOLD programme, please call H²O Xtream on 527 2113 or simply pop in to Reception.

Spaces are limited so please book early to avoid disappointment and remember to tell your friends about the great opportunities to try something new!

Please note:

Payment for the activity will be on the day of the activity and will be paid to the activity provider. H²O Xtream nor Activation are able to take payment for the activities.

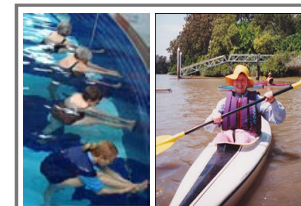
If you are unsure about your ability to do the activity please consult your health practitioner. Activation takes no responsibility for the decision of the individual to participate in the activity.

Activity	Location	Date	Cost
Rock Climbing	Hangdog Climbing Wall Lower Hutt	Tuesday 30 June 2009 10am - midday	\$15 per person
Archery	Camp Kaitoke Upper Hutt	Tuesday 25 August 2009 10am - midday	\$5 per person
Go Karting, Mini Golf & Laser Tag	Indoor Grand Prix Kaiwharawhara	Tuesday 27 October 2009 10am-midday	\$25 per person
Snorkelling	H ² O Xtream Upper Hutt	Tuesday 26 January 2010 10am - midday	\$6 per person
Canadian Canoeing	Camp Kaitoke Upper Hutt	Tuesday 30 March 2010 10am- midday	\$5 per person



PATHWAY TO
ACTIVITY

ACTIVE LIFESTYLES
FOR THE OVER 50s



Supported by:



What is Activation?

Activation is a project implemented by the Upper Hutt City Council to assist the community to become more active more often.

The framework for this plan is the Upper Hutt Active Recreation Plan (UHARP) adopted by council in November 2006 and supported and funded by the 4 project partners, Upper Hutt City Council, SPARC, YouthTown and Sport Wellington Region.

The Activation team work with community groups and individuals to develop and support physical activity in the city.



What is Pathway to Activity?

Pathway to Activity is a 3 step programme to enable and encourage the Over 50's in Upper Hutt to participate in fun social activities, whilst getting active.

Its sometimes difficult to find the motivation, the friends, know what to do and where to go...

So, Activation have put together the Pathway to Activity to point you in the right direction. ➡

BRONZE

★ First Steps ★

Your first step in getting active is to not be scared of being active, knowing what to do & where to go.

These workshops are designed to provide information to people who have been told that being active is a good idea, but who aren't quite sure where to start.

Our team of experts will be available to talk to your group, answer questions and provide practical guidance on the best exercises, what's a good hurt, what's a bad hurt, what is the best exercise is for you?

Our experts work locally so they may end up being familiar faces!

These workshops are ideal for 60's Up, GreyPower groups, Age Concern groups and residential care home staff. The workshop can be tailored to your group.

These workshops are free of charge and designed to be informative and practical.

Call Cherry now to discuss the opportunities available, book a time and see what being active can do for you!

Cherry Downing

Active Communities Co-ordinator

Tel: 04 527 2169 Email: cherry.downing@uhcc.govt.nz

**Programme Launches on 15 June at 10am
with an abseil down CBD Towers!!**

SILVER

★ Next Steps ★

So – you've had the workshop or you are ready for action... but what is available for the over 50's in Upper Hutt?

Listed below are a few classes aimed at older adults that are available on a weekly basis here in the City.

YMCA - Senior Time

Monday – Friday , 9am-11.30am

Morning Tea is served everyday at 10.30am

A great opportunity to meet new people!

Only \$7 for the whole week.

**Fitness experts are on hand to give advice where appropriate*

Hapai Club - Tai Chi

Fridays 10.30-11.30am \$7

ACC Falls Prevention Tai Chi

Mondays 1.30-2.30pm & Fridays 4-5pm

Orongamai Marae - Seniors Tai Chi

Tuesdays 9.30-10.30am \$3

Iona Centre—Sit Dancing Group

Tuesdays 1.30-2.30pm \$2 (afternoon tea included)

H²O Xtream—Seniors Hydrorobics (term time only)

Mondays 10.30-11.30am & Fridays 10.30-11.30am

Fun classes with an emphasis on socialising.

Free tea and coffee afterwards.

Normal admission price applies.

Pop into H²O Xtream or ring 527 2113 for details.