

AUGUST/SEPTEMBER 2009

This page is designed to let residents and visitors know about events and activities which are coming in the next month.

If you want more copies or details call us on 04 527 2790 or you can download a copy from our website

www.upperhuttcity.com

EVENTS FOR AUGUST/SEPTEMBER

Until 16 August
Studio 21 Exhibition
 An exhibition of works by members of the Upper Hutt Art Society. Ring Expressions for more details (04) 527 2168

Saturday 8-9 August
Big Night In - Telethon NZ
 Are you ready to do your bit? Raising funds for Kids Can Stand Tall, TV3 7pm www.bignightin.co.nz

Saturday 15 August
Upper Hutt Spinners & Weavers Spin-In
 Help us support the Lower Hutt Hospital Cancer Ward with our hat Competition. 10am - 3pm, The Wesley Centre, Cnr. Fergusson Drive & Benzie Ave

Sunday 16 August
Activation Duathlon
 Senior long and short course starts 10am, Kids course starts 9am, Trentham Memorial Park. Register at H²O Xstream or visit www.activation.org.nz

Saturday 22 August
Wellington Scottish Athletics Club Run/Walk Championship
 The race starts and finishes on the roads inside the Campus (formally CIT) with Somme Road, Messines Ave, Gallipoli Rd, and Pinehill Cres, starts 11am and ends 3pm. For details ring Ken Howell 0274 752578

Tue 25 August
Activation - GOLD Growing Old, Living Dangerously
 Archery for Seniors 50+ at Camp Kaitoke, 10am-12 noon. Contact H²O Xstream on 527 2113 to book or visit www.activation.org.nz

Wed 26 August
Activation futureCLUB Forum
 Club Administration 101, Expressions Arts & Entertainment Centre, Foyer, 7-9pm, FREE. Contact H²O Xstream on 527 2113 to book or visit www.activation.org.nz

Sunday 30 August
Body, Mind & Spirit Event
 A new event hosted by the Greater Wellington YMCA. The aim is to reach out to our community to explore together innovative ways to improve health, wellness and overall quality of life. For more information call Robin (04) 528 6653.

Sunday 30 August
Activation Duathlon
 Senior long and short course starts 10am, Kids course starts 9am, Trentham Memorial Park. Register at H²O Xstream or visit www.activation.org.nz

Saturday 5 September
Rimutaka Trust Spring Festival
 Ring Tracy or Michelle for more details on stall hire etc.. (04) 527 0017

Saturday 5 September - 17 October
Regional Ethnic Community Football Tournament
 Takes place at Awakairangi Park & Harcourt Park 12pm-4pm. Entries being taken now. For more information call Tayo Agunlejika 021 0295 5148.

Sunday 6 September
Hutt Valley Thunderbolts BMX Club Open Day
 Join on the day and be in to win a race bike. Heaps of spot prizes. At McLeod St. Ring Helana (04) 563 6860 for more information.

Thursday 8 October - 17 October
UH Musical Theatre presents 'Time Warp'
 Tickets on sale at the i-SITE Visitor centre on Wednesday 16 September. For details please call the i-SITE on (04)527 2141.

Friday 30 October
PSNZ Central Regional Convention
 A weekend of photographic workshops, field trips, exhibition (open to public) and fun for all who have an interest in photography. To be held at Silverstream Retreat, Reynolds Bach Drive. For more information ring Toya Heatley 027 652 6292.

RIMUTAKA TRUST COMMUNITY OWNED
THE BREEZE
 Organised by the Upper Hutt Women's Centre

Saturday 5th September
9am-3pm On Main Street
Upper Hutt

Stallholders Local and around New Zealand
 Arts, Crafts, Clothing, Accessories, Plants & Shrubs, Antiques & Collectables, Food and Lots Lots more...

Other Attractions
 Come and see the machinery of "Yester-Year" with working displays from the Vintage Machinery Club and the Upper Hutt Vintage Car Club.
 Have a ride on the KAMAKAZE

Competition
"BEST DRESSED BOOT"
 Cash Prizes to be Won and the winning entry will also win a fantastic prize for their school donated by Newbolds 100% Upper Hutt. Winning entries will be on display at "Expressions Art & Entertainment Centre".

activation DUATHLONS 09
 WWW.ACTIVATION.ORG.NZ

TRENTHAM MEMORIAL PARK
Sundays 16 & 30 August 2009

3 DIFFERENT COURSE OPTIONS FOR EACH DUATHLON

SENIOR SHORT 10am RUN 1.4K CYCLE 10.5K RUN 850M	SENIOR LONG 10am RUN 2.8K CYCLE 17.5K RUN 850M
KIDS COURSE 6 - 12 yrs 9am RUN 850M CYCLE 5K RUN 850M	KIDS SPORTS TEAMS Enter as a team—up to 10 kids

GREAT PRIZES TO BE WON !!

Entries now being taken at H²O Xstream Reception

www.activation.org.nz

Children's Book Club for 7 and 8 year olds

JOIN TODAY

by filling out a registration form at the Upper Hutt City Library

www.upperhuttlibrary.co.nz

40 years for Life! The Greater Wellington YMCA proudly presents the

2009 Body * Mind * Spirit Event

Sunday 30 Aug
11am - 4pm

Showcasing local businesses and practitioners dedicated to enhancing health & wellbeing
 YMCA Upper Hutt Fitness & Sports Centre, Upper Hutt. For more info call 04 568 3252

WHAT'S ON AT H2O XTREAM!

twitter
 www.twitter.com/h2oxtream

Aqua Yoga & Water Therapy
Tuesdays 10-11am during term time
 Water is supportive and therapeutic and this soothing workout promotes deep breathing, balanced mind and body.
 Suitable for everyone but especially good for Ante & Post natal, rehabilitation, seniors and people with disabilities.

Toddler Time (0-5 years)
Tuesdays 10-11am during term time
 Enjoy a relaxed and fun atmosphere whilst introducing your toddler to water. Lots of activities and toys plus an instructor on hand.

H2O XTREAM PRESENTS
MICHAEL JACKSON TEENWAVE
Saturday 22nd August

8-11 years 6-8pm
 Only \$6 per ticket (limited—buy in advance)
 12-16 years 8.30-11pm

Slides & Inflatables
 Live DJ
 Special MJ Shows
 WIN a Digital Camera
 Moonwalk Competition

Corner Bienheim & Brown Streets Upper Hutt

TEENTIME
WEEKENDS 1-5pm
plus
FREE SLIDE FRIDAYS
Every Friday night 7-10pm

What's On Schedule
 Sign up for our weekly email update and be the first to know.
Email: h2oxtream@uhcc.govt.nz
 to get added to the list