



Onetangi Residents Association Inc.  
P.O. Box 734 Onetangi, Waiheke Island 1841

## Newsletter August 2024

Visit us on Facebook or on our website  
[www.onetangicommunityhall.com](http://www.onetangicommunityhall.com)  
Contact us at [oraonetangi@gmail.com](mailto:oraonetangi@gmail.com)

Thank you to everyone who attended the AGM on Sunday. We had enough for a quorum and passed our new constitution and we got through the formalities in just under half-an-hour, which has to be a record ☺. We will send out the minutes along with a number of attachments soon. Perhaps the biggest news was that Ross has stepped down from the committee and his partner Jenny is also going to step back from the various tasks she has been undertaking as they have now moved to Ostend. A big thanks to both of you for your commitment over the years. We haven't yet been able to recruit a replacement for the committee, so if you might be interested in helping out, please get in touch. If you don't want to join us on the committee, we also need lots of help outside the committee, whether it be in helping with running the hall, maintenance or organising other things. Just let us know.

This month we have Kim Wesney coming to talk about dark sky Waiheke and what we can all do to ensure we keep it dark. Kim will present a bit of astronomy and bring her telescope if it's a clear night. You may like to bring your own binoculars to use after the social.

Just a reminder too, that Jeanine is running the new Flexercise class on Thursdays from 12.30 to 1.30. She makes an extra trip over from town and needs more participants to make it worth her while, so check it out. See the flyer below.

### What's on at the hall

	<b>Sunday, 25 August 4pm</b>	<b>Dark Sky Waiheke Island</b> Those of you who have experienced the wonder of the night sky will appreciate the need to protect it. Followed by <b>ORA Social</b> Bring some finger food if you can <b>BYO drinks</b>
	<b>Thursday 1, 8, 15, 22, and 29 August, 9-10am</b> Also check our website calendar	<b>PILATES</b> with Sarah Gloyer <i>Contact Sarah to see if there are still places available</i> <b><a href="mailto:synergystudio01@gmail.com">synergystudio01@gmail.com</a></b>
	<b>Monday, 5, 12, 19, and 2 August, 9-10am</b> Also check our website calendar or contact Sibylla	<b>QI GONG AUTUMN</b> with Sibylla <b>Cultivating natural immunity and lung health</b> Booking essential <a href="http://www.belight.swiftly.nz">www.belight.swiftly.nz</a> or 021538486
	<b>Thursday 1, 8, 15, 22, and 29 August, 12.30-1.30pm</b> Also check our website calendar	<b>Flexercise</b> <b>65+ exercise class with Jeanine Saunders</b> <b>Bring a yoga mat and do some gentle work for muscle strengthening and bone density</b> <i>Also see attached flyer</i>

Our bank account number is **12-3114-0061489-00** in case you want to pay your subs/koha or make a donation.  
If you want to sign up as a member please contact Suzy Miller at [oraonetangi@gmail.com](mailto:oraonetangi@gmail.com)

# **LETS KEEP MOVING!**

## **65+ Exercise classes**

**Thursdays at 12.30pm**



**Onetangi Hall – 9 Third Avenue Onetangi**  
**\$10 a session. Please bring a yoga mat or similar.**

This is a super fun class for senior folk who want to keep active. The class starts with lovely stretching, and includes gentle aerobics, balance enhancing exercises, weight and band work for muscle strengthening and bone density. You can take it at your own pace and there are chairs for those who wish to participate at a more gentle level.

These classes make a real difference! You will notice how much further you can stretch or reach at the end of the class than when you started and you feel great!! Age or fitness level no barrier!

**For more information please phone Jeanine on 027-440-6029**