



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

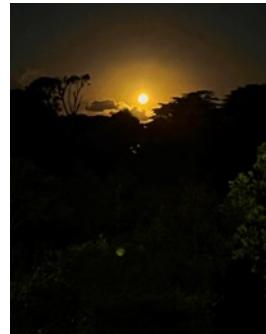
## Newsletter September 2024

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)

We would like to thank the many people who donated drain coil so that we could finish up the drainage around the hall and protect the repaired driveway.

Sher Bramwell has joined the ORA Committee. We welcome her enthusiasm and new ideas! If anyone else would like to join the Committee or assist in any of our projects, let us know by sending an email.

We had a great turnout on Sunday for the presentation by Kim Wesney about the Dark Sky Waiheke project and for the social that followed. If you missed the excellent presentation or want to know more about Kim's project go to her Facebook page at <https://www.facebook.com/DarkSkyWaihekeIsland/>



Our next presentation and social will be on Sunday, 29 September at 4 PM where Andy Spence (founder of Cut'n'Paste) will share his knowledge of how to identify and get rid of the weeds in your garden. Please bring along any weeds that you are not sure about and we will do our best to identify them. While pictures are good, there is nothing like the real thing when it comes to identification. These monthly gatherings are a great opportunity for meeting your friends and neighbours and to show your support for the hall. Please join us.

### What's on at the hall

	<b>Saturday, 28 September 9am – 1pm</b>	<b>Waiheke Resources Trust Regeneration of the streams and catchments in Onetangi</b> More detailed information to follow
	<b>Sunday, 29 September 4pm</b>	<b>Know your weeds</b> Andy Spence will help you to identify your weeds and provide tips on how to get rid of them Bring your "favourite" weed for identification. Followed by <b>ORA Social</b> Bring some finger food if you can BYO drinks
	<b>Thursday, 19 and 26 September, 9-10am</b> Also check our website calendar	<b>PILATES</b> with Sarah Gloyer Contact Sarah to see if there are still places available <a href="mailto:synergystudio01@gmail.com">synergystudio01@gmail.com</a>
	<b>Monday, 2, 9, 16, 23, and 30 September, 9-10am</b> Also check our website calendar or contact Sibylla	<b>QI GONG FOR THE SPRING SEASON</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>Monday, 5, 19, and 26 September, 12.30-1.30pm</b> Also check our website calendar	<b>Flexercise</b> <b>65+ exercise class with Jeanine Saunders</b> Bring a yoga mat. Flyer for further information attached

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**