



KUPENGA ORA NEWS

March 2018




Oranga – Health & Wellbeing Groups
Greenlane – Onehunga – Royal Oak - Glen Innes - Mangere

Kia ora koutou. Kupenga Ora have had an awesome start to the 2018 year beginning with our Summer Holiday Programme; which featured beach, farm and fishing trips, and an arts taster week. This bulletin lets you in on some of our latest initiatives. *“Whaia te iti kahurangi”* – Aspire to greatness.

Three groups located at Te Oro Performing Arts Centre, Glen Innes:

Waiaata – inspirational song and instrumental percussion are beginning a journey towards recording an original musical piece. Enjoy a variety of ways of working with music from singing along to YouTube and guitar to working with percussion and creating sounds – or just come and enjoy the atmosphere.

Women’s Handcrafts exploring heroine/hero stories from Māori and other cultural mythologies. Using fabrics, beads, haberdashery, quilting and threads to create a fabric artwork.

Arts Journeys Projects – started with making a group-sculpture. This has begun our collection of art for exhibition and sale later in the year, where proceeds will go to the artists. Now moving into individual art projects in the medium of your choice. Gain assistance to bring your art inspirations into fruition.

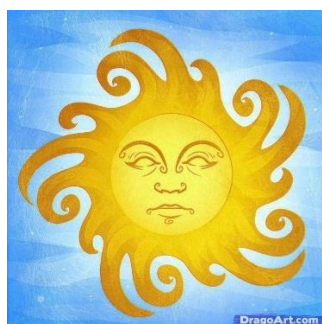
Two cooking certificate groups “Mastery” and “Leaders” - Onehunga: a great range of recipes chosen by participants which focus on healthy eating, great flavour and gaining skills. Test the recipes and gain a certificate.

Oranga – Health and Wellbeing has moved to **Royal Oak Community Gardens** to explore gardens for small spaces using recycled containers. Weekly healthy tips centred on Te Pou Equally Well and Te Whare Tapa Wha.

Korowai – Mangere Community Centre. Joining in with a larger community group to express personal journey in the creation of an individual korowai cloak.

Ngā Mahi Toi and **Pacifika Flavour (Arts!)** work with a range of culturally-based arts and protocols for confidence, self-esteem and wellbeing. Currently creating works for exhibition, preparing for cultural events and performances.

Hikoī me te Korero walking group, **Aquacise** and more! **See our brochure.**



Inquire now about joining our groups: Marion Gordon-Flower – Services Manager
 Kupenga Ora, Ph. 09 531 4040; Mobile: 027 700 3123, email: marion.flower@kahuitukaha.co.nz