

WILROSE NEWS AND VIEWS

July- September 2025

Issue Thirty Five

Kia Ora, Hello, Talofa Lava, Malo E Lelei, Bula, Namaste, Ni Hao, Aloha, Guten Tag, Bonjour

Acts of Service/Volunteering: We volunteer in a variety of places, SPCA Op Shop, Greerton Library, bake large banana cakes for 'Under the Stars' foundation who provide food to the homeless, cleared away tradescantia at Johnson Reserve, rubbish collection within our community, dog walking, van washing and community gardens.



Community Outings: Cafe's, exploring a variety of parks, beaches and reserves. Sailing, socialising with friends from Connect 20 social group, Centre shopping, fishing, Drama show, tenpin bowling, pool games, cinemas and Pa sites.



More Fun Community Photos: Sausage sizzles, frisbee golf, biggest kauri tree, Te Puna Quarry and McLaren Falls.



DISCO with DJ Spin:

We rocked it at our Wilrose Disco with Daniel from DJ Spin. DJ Spin set up his cool disco lights, loud speakers, turntables and we danced the day away to a variety of music and remixes that we all like. We enjoyed a hot lunch of savoury mince and fried bread.



Pamper Morning:

We enjoyed a blissful morning with calming music playing softly in the background, nice scents flowing through the air from our diffuser, warm water to dip our feet into for a foot massage, relaxing hand massage, hair and makeup done and our nails painted...blisssss



Lets Have Fun at the Greerton Library:

We enjoy going to "Just Wanna Have Fun" on Tuesday mornings at the Greerton Library and socialising with other friends there. We have participated in a variety of crafts from Lego building, glow fairy lights, samoan art, weaving, flower art, bingo, rock painting, movie mornings, and dot art to list a few.



Woodwork:

Our Woodwork team have been learning how to use new tools and have recently made some awesome birdhouses, wooden toys and planter boxes that we will be growing potatoes, kumara and herb gardens in.



Creative Activities:

We enjoy a mix of creative activities on our Centre based days at Wilrose. From painting, board games, informative brainstorm posters, Wii games, music, raranga, Project Papatuanuku, puzzles, felt cat crafts, plaster molds, seedlings and knitting to list a few.



Country Talent Quest:

Yeehaa we had so much fun singing and dancing at our country themed talent show. We dressed up and really rocked it together.



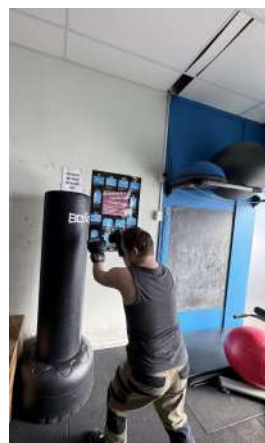
Te Reo Māori:

We learn te reo māori phrases weekly and use them daily in our morning catch ups as well as throughout the day. We have enjoyed learning how to weave, do the haka with such mana and like to research recipes and cook traditional food in our Wilrose kitchen.



Moving Our Bodies:

It is important to move our bodies daily to help improve good physical and mental health as well as improving our wellbeing by feeling good and functioning well. Exercise reduces stress, anxiety, depression and also helps with weight management, strengthening bones and muscles while enhancing our mood and energy levels. We laugh and sing together while enjoying a variety of ways to exercise.



Happy Birthday

July: Crimson 19th, Kathy 20th, Mauri Ora 24th

August: Ani 31st

September: David 17th, Nigel 17th

