

Local Community News

Leaders for Education scheme - I am proud to support Karori Normal School under the Leaders for Education scheme. If you or someone you know is thinking of selling your home, arrange for a free, no obligation appraisal from Martin Binks. If you sell your home with me I will make a donation of \$250 to the school. This is only available from Martin Binks at Ray White in Karori. I can be reached by e-mail at martin.binks@raywhite.com, and Ph: 022 066 3170 or 04 212 3170. Martin Binks, Licensed Real Estate Salesperson, REAA 2008, Ray White Karori.

Is "**Clean the Windows**" on your To Do list? Save time & hassle, get the job done professionally & support the KNS by getting Karori local Bernard from Ultimate Cleaning 0277550107 to do them for you. \$150 for inside & out (\$120 for small house with easy access). Bernard will donate \$10 from every job to KNS. Referee: Stacey Wilson 0274154849 or fin.stacey@xtra.co.nz

PARENT DROP-IN-CENTRE: Re-starting Monday 26 July 2021

You are invited to come and meet with other parents and care-givers over a cuppa on school day Monday mornings any time between 9:00am and 11:30am in St. Anselm's Union Church Lounge, at 30 Makara Road. Pre-schoolers welcome - lots of toys and indoor space to play!

Robyn Daniels (0211618627 or robyndaniels202m@gmail.com)

Kōwhai Chiropractic is excited to be opening in Karori!

We are a family chiropractic studio with a special focus on pregnancy and paediatrics. There are lots of reasons we see school aged children

- Clumsiness
- Posture
- Delay in meeting developmental milestones
- Growing pains
- Constipation
- Immunity support
- W-Sitting
- Tip toe Walking
- "Ants in the Pants" can't sit still in their chairs

As a celebration of opening, we are offering our first appointment at a discounted rate of \$50 (normally \$120). To find out more details + booking please contact us at www.kowhaichiro.co.nz 0272446967 hello@kowhaichiro.co.nz

Lunchtime French Term 3 2021 - Learn a new language the FUN way!

Lunchtime French classes are held every Friday lunchtime. Games, songs, drama and stories are taught in a relaxed and friendly atmosphere with the emphasis being on FUN! Language resources available to support parents at home.

Come along a try out a Free trial lesson. Email annick@lcfclubs.co.nz to register your child's interest.

If your child can't make lunchtime French there is an After School French class available in Karori every Monday at 3.30pm – 4.30pm and online French classes are also offered.

Contact: Annick on 021 462 042 or email annick@lcfclubs.co.nz or visit www.lcfclubs.co.nz for more information.

Are you worried about leaking when you run or jump?

If you want to exercise with confidence then it is important to strengthen all our muscles, even the ones you can't really see. I'm talking about your deep core and pelvic floor.

These literally help hold everything in! The classes are 45mins long and are designed to suit all fitness levels. You can work as hard as you want and at your own pace.

Classes have started and for the end of July and all of August the classes are only \$10! (Normally \$15 per week)

Details:

Mondays @ 9:30am (come in after drop off!)

Club Kelburn, 65 Salamanca Rd, Kelburn

No need to be a gym member

You don't have to worry about parking either as the gym has an off street car park.

To book phone/text Sierra on 021 258 9445 or go to <https://www.sparklefitness.co.nz/book-online>

sKids St Teresa and Cardinal McKeefry

An opportunity has become available at sKids St Teresa and Cardinal McKeefry for an energetic person to join a team of dedicated Programme Managers and Programme Assistants. Applicants must have a passion for growing awesome Kiwi kids. Hours of work 2.30pm-5.00 (4/5 afternoons a week) and a few hours during school holidays. Full clean driving license is essential. Successful applicants will be police vetted. Job Description available upon request. CVs to jools@skids.co.nz.

sKids St Teresa specialises in delivering quality before school, after school and holiday programmes. We strive to create a fun and safe environment that our kids just love! MSD approved, WINZ subsidies for eligible families, and sibling discounts are

available. We are now taking bookings for term 3. For more information please call Jools Da Silva on 021 0253 3249 or email jools@skids.co.nz.



Keep warm with **free** curtains.

Do you have a cold home and a Community Services Card? Wellington Curtain Bank can help.

Call us freephone — 0508 78 78 24 x 705 | www.sustalnttrust.org.nz/get-curtains
 Visit us at Forrester Lane (off Tory St), Wellington

-  Download a curtain measurement form from www.sustalnttrust.org.nz/get-curtains
-  Measure the windows in your main living and sleeping areas.
-  Submit your order by:
 - online form: www.sustalnttrust.org.nz/get-curtains
 - email: curtainbank@sustalnttrust.org.nz
 - or print and send to: Sustainability Trust Curtain Bank, 2 Forrester Ln, Te Aro, Wellington 6011.
-  Collect your new curtains. We will give you a call when they are ready (usually takes about six weeks)

proudly supported by



and made possible with the help of



Free ENGLISH FOR FAMILIES CLASSES

KARORI - St Ninian's Church
 208 Karori Road, Karori - across the road from Karori Normal School

TUESDAY AND THURSDAY
9:00-11:30AM *9-15 - 11-45AM*

TO ENROL:
 Contact KiwiClass at
04 384 3693
office@kiwiclass.org.nz
facebook.com/kiwiclasswellington
KiwiClass.org.nz

- Improve your reading, writing, listening and speaking
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- Free childcare provided for 0-5 year olds

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