

Maungaraki Views

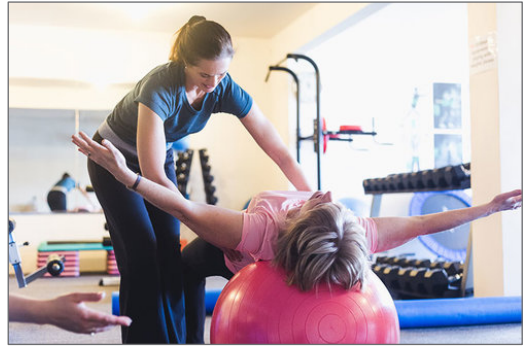
OUR NEWS & VIEWS | MAUNGARAKI.CO.NZ | OCT 2021

Meet Maungaraki's own workout guru



Toni Prachett has owned and operated her gym, O2 Exercise, since 2017

Based in Maungaraki's Shopping precinct O2 Exercise is our own local health and fitness club. Owner Toni Patchett has worked in the fitness industry for over 30 years and brings a wealth of experience to her role. She is fully qualified with a Degree in Physical Education from Otago University, and a Diploma of Therapeutic Massage (NZ) through the



O2 Exercise offers personal training

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Wellington School of Massage Therapy. Since Toni took over O2 Exercise in 2017 she has worked to create an inviting, caring and supportive environment, where members can work towards their health, fitness, and wellbeing goals.

O2 Exercise offers modern gym facilities with a spacious feel to make you feel right at home. A range of exercise classes caters for all ages and fitness levels to make work outs fun and sociable whilst delivering the results you



Massage helps relieve tight muscles want to achieve. Sports and deep tissue massage are on offer through to voltage healing to help members recover, rehabilitate, relax, and rejuvenate. Make a healthy and positive change in your life today and book an appointment with Toni to discuss your fitness aspirations,

you will look and feel better for it.

Open hours: 5:30pm to 10pm

Mon-Sat, 7am to 7pm **Sunday.**

Ph: 586 4881

Email: info@o2exercise.co.nz

Web: www.o2excercise.co.nz

Resilience Group

We would like to reach out to like-minded residents who want to support our community. A few residents have met over the last few months and we now want to inform the community about what we have found out and how we can support each other going forward.

The aim would be to better prepare ourselves for almost any eventuality. In the likely or unlikely event of a natural disaster, we need to remind ourselves what we need to do and more importantly what not to do.

Remember in a situation like this it's a case of make sure you're safe first, then your family, your neighbours and your street before making your way to a civil defence co-ordination centre, which in our case is the Maungaraki Community Centre.

It important to think about what we can all do to be resilient, now.



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Chris Bishop

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You can **always** contact
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Phone **04 566 8580** or email me at
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Current discussions have been on two waters, for drinking and sewage. And energy sources for heating, cooking and communications.

Over the next few months, we will be providing information of what we can practically do to prepare ourselves for the inevitable, as it not a case of if but when.

If you want to contribute to our group or join our next gathering please contact Margie Burbidge via the email:
resilience@maungaraki.co.nz

Jumble sale at St Aidan's

There is a fundraising garage and jumble sale at St Aidan's on the Hill on Saturday 13 November between 9am and 12 noon. St Aidan's is on the corner of Poto Road and Stratton Street in Normandale.

There will be heaps of white elephant bargains, yummy homemade cakes & sweets and jams & preserves, a great selection of plants, loads of books, and more!! If people would like to donate any goods for sale they can contact Janine or Dave on 04 586-1311.



The ongoing pandemic and subsequent lockdowns have had a devastating affect on many small businesses in our community. They need your help to stay in business.

Buy from local, independently owned businesses

You can help the small businesses you love stay in business by buying their products and services. In fact, many small businesses are operating online and by phone now. And buying local means you're not only supporting community businesses, but you will get your products faster than if you ordered them from an online megastore. So give them a call!

Buy gift cards

You can use them once the business reopens. In the meantime, you're providing the business with income it desperately needs to stay afloat.

Buy something extra

While you're buying a gift card



THE DIFFERENCE IS MAKING

EVERY MOMENT COUNT

Harry Lamb
027 255 9510 | 04 560 3792
harry.lamb@redcoats.co.nz



maybe get one as a birthday gift for a friend as well.

Order takeaways

Restaurants throughout the nation have moved quickly to make it easier for customers to order carry-out food and either pick it up curbside or have it delivered.

Be flexible

Many small businesses are trying out new ways to meet their customers' needs to stay afloat. Whether it's an online class offered by your favourite yoga or dance class give them a try.

Leave a positive review

This is a great time to leave positive reviews of your favorite local

businesses on Google, Facebook, and other social media. Not only can this help drive foot traffic to these businesses, but the business owners would probably appreciate the morale boost right now.

Don't forget our farmers

The Riverbank Market has finally reopened, but make sure to wear a face mask. If you don't want to deal with the crowds, why not get your fresh fruit and vegetables for just \$12 via the **Maungaraki Vege Co-op** at Maungaraki Baptist Church. For more information call Anna Miller on 027 6777382 or email annamiller@xtra.co.nz for more information. Pick-ups are Tuesday 2.30pm-3.30pm & 7-7:30pm.

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