

MAYOR'S CHRISTMAS MORNING TEA FOR SENIOR CITIZENS

The annual Mayor's Senior Citizens Christmas morning tea is just a few weeks away.

Scheduled for Wednesday, December 3, from 10am, the popular event is open to senior citizens and kaumātua from throughout the district.

Festivities will be held at the War Memorial Hall from 10am, with a delicious morning tea provided along with entertainment.

Hosted by His Worship, the Mayor Craig Little, the morning tea is an opportunity to acknowledge and celebrate the contributions of senior citizens within our community.

Mayor Little said the event is always one of his favourite celebrations and is a great chance to socialise and connect. "This event is for our senior citizens from throughout the district, from Mahia to Ruakituri and Waikaremoana to Mohaka we welcome all our kaumātua to attend.

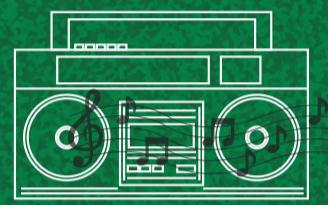
COUNCIL MEETINGS

ORDINARY MEETING OF COUNCIL

Tuesday, November 25, 1pm

MUSIC THROUGH THE DECADES

Saturday, 13 December
Market: 9am - 1.30pm
Parade: 2pm



 Enabled Wairoa
 Engineering People, Transforming Lives
 For more information go to wairoadc.govt.nz/wairoa-christmas-celebration-2025

The GAIETY

Cinema & Theatre

★★★

A Paw Patrol Christmas

G | 1hrs 6m

Saturday 15th November 2pm

Now You See Me Now You Don't PREMIERE

M | 1hrs 52m

Thursday 13th November 5.30pm

Saturday 15th November 5.30pm

Wednesday 19th November 5.30pm

Pike River

M | 2hr 11m

Sunday 16th November 2pm

Predator: Badlands

R13 | 2hr 31m

Friday 14th November 8pm

Tickets from \$12

Now Showing

November 13 - 20

Gabby's Dollhouse: The Movie

G | 1hr 38m

Sunday 16th November 11.30am

Black Phone 2

R16 | 1hrs 54m

Friday 14th November 5.30pm

Wicked: For Good

PREMIERE

TBC | 2hr 18m

Thursday 20th November 5.30pm

Coming Soon

Zootopia 2

Five Night's at Freddy's 2

Avatar: Fire and Ash

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GREAT Business People

WAIORA

A safe and supported space for whānau to work on their holistic hauora is the driver behind Waiora.

Launched in July by self-confessed fitness fanatic Renee Tate (Tahuri), Waiora is about feeling good, building fitness and promoting quality movement.

Renee is Wairoa-born and bred, and she moved back home with her husband, Lee, and sons, after being away for 24 years.

Sports and fitness have always been her passion, and she holds a raft of qualifications, including a Bachelor of Sport and Leisure. Before returning home, she had spent more than 20 years working at gyms and as a personal trainer and fitness coach.

Waiora began when Renee started specialising in wāhine-only classes, where she creates a safe space to build confidence. "For me, it's the joy of a wahine saying she wouldn't usually have gone to a fitness class but feels so comfortable being in the Waiora space. That's what we want to achieve, a space where people feel safe and comfortable."

Renee's wāhine training sessions were so popular that she expanded to take over the 'box', former CrossFit gym on Marine Parade.

"Really, it is a dream come true for me. I have worked in gyms for so long, it is great to now have my own and be able to support whānau by keeping the box facility open and providing additional classes. A key motivator has been wanting to retain a CrossFit-style gym in Wairoa, while also expanding and providing alternative fitness options. There is also

an opportunity to expand the gym, with one-on-one sessions and personal training."

Waiora now has more than 30 classes running every week and literally caters for everyone. Classes start at 4-7 year olds, where they specialise in foundation and functional movement. Then there are classes for 8-11-year-olds and 12-17, and each of these is specifically catered for the age group.

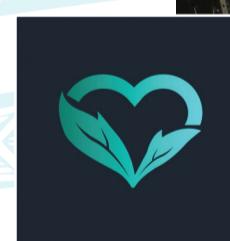
Renee says that, as well as delivering fitness programmes, she promotes quality movement, like teaching people how to bend correctly and how to look after themselves. Olympic lifting classes are also popular.

Waiora also provides a vast range of equipment, which includes the gear that was previously at the gym, plus a trailer load of additional gear that Renee has introduced.

Renee is also grateful to be supported by a group of coaches who help with some of the sessions, which enables the wide range of classes to be delivered.

"It doesn't matter what your fitness level is, we can support you. I always believe that anything you do to help your overall health has to be better than if you had done nothing the day before. For some, fitness can start with little steps that can be transformational. For others, like a group of athletes who are competing at the CrossFit nationals, it is about enhancing existing fitness. Whatever your age or level, we can cater for your needs."

Check out the Waiora programmes and schedule on Facebook.



If you have a great business or service to promote, please contact Wairoa District Council at: ed@wairoadc.govt.nz