

FREE/  
KOHA

MIRAMAR & MAUPUIA  
COMMUNITY CENTRE  
PRESENTS...

# MENTAL HEALTH AWARENESS WEEK & SENIORS WEEK

24 SEPT - 2 OCT 2022

Make time  
for self-  
care and  
join in  
these fab  
activities  
for free or  
koha!

## Tai Chi

**28 Sept 10-11AM**

**29 Sept 1-2PM**

Tai Chi has gentle, slow, continuous & graceful movements which aid health and fitness for all ages and abilities. Come and try it in a welcoming environment. 1 hour class, with time afterwards for food/refreshments.

## Be Active exercise class

**28 Sept 11AM-12.30PM**

**30 Sept 2-3.30PM**

Low impact exercise class using a variety of equipment including bands and small balls to build strength, balance, co-ordination and mobility. 45mins – 1 hour, with time afterwards for food/refreshments.

## MMCC Drop In

**29 Sept 10AM-12PM**

The Drop-In provides tea, coffee, cake, a quiz and a friendly welcoming environment. All welcome.

## Everybody Dance

**25 Sept and 2 Oct 4.30-5.30PM**

A dance class with a focus on confidence, self-expression, experience of movement and fun. Dance in a safe, inclusive and non-judgmental environment. 1 hour class, with time afterwards for food/refreshments.

**All at Miramar & Maupuia  
Community Centre  
27 Chelsea St, Miramar**