



KAPITI UNITING PARISH

ChristianChurchesNZ – Methodist – Presbyterian
10 Weka Road, Raumati Beach, Paraparaumu 5032

Mission Statement: To promote Christian faith and values in the communities of the Kapiti Coast.

Weekly Notices 17 January 2025

This Sunday
19 January

United@9 combined Raumati 10am –
Rev Robin List
Waikanae 10am
Worship Group (in the lounge)

Raumati church door duty
Merrill Baker, Nancy Lilly

Next Sunday
25 January

United@9 combined Raumati 10am –
Rev Roger Wiig
Waikanae 10am
Maureen Calhaem

Raumati church door duty
Susan Copping, Pam Newey

Readings for this Sunday 19 January:

Isaiah 62:1-5; Psalm 36:5-10 1; Corinthians 12: 1-11; John 2:1-11

The February Together magazine will be published on 24 January

Please could you send in all your pictures, articles, announcements, poems, puzzles, etc before Tuesday the 22nd.

If your contribution will be later than this, please let the parish office know so that we can keep a space in the Together for you.

NEW DATE: Parish Market Day - Saturday 22 March

We are seeking parish members to help run our stalls - cakes and sweets, plants, books, cafe, sausage sizzle, face painting and anything else!

Please think about how you can help with a stall and start preparing goods for our Market Day. Thrifty Place will also be open for second hand items.

Please contact convenors:

Kate Foley (foley.family@outlook.com), Carole Rudings (crudings@yahoo.co.nz)
or Jan Rae (janiserae47@gmail.com)



Diary Dates

Tuesday 21 January

Thrifty Place

11am – 4pm

Raumati

Thursday 23 January

Thrifty Place

11am – 4pm

Raumati

Friday 24 January

Folding Together

10-11am

Raumati

Saturday 25 January

Thrifty Place

10.30am - 1pm

Raumati

Steady As You Go[®]



Paraparaumu, Waikanae, Ōtaki

Starting in February 2025



- Falls are the most common cause of injury in older people
- Falls can lead to a significant loss of mobility and quality of life
- One third of people over the age of 65 fall each year
- Half of people over 80 fall each year
- Falls in older people are almost always associated with weakened leg muscles and poor balance
- Falls are not a natural part of ageing
- Falls ARE preventable!
- Joining a Steady As You Go[®] class and improving your strength and balance can reduce falls and injuries

ENQUIRIES and BOOKINGS

Alison Miller
Age Concern Kāpiti
Ph: (04) 298 8879

Steady As You Go[®] improves:

- Balance and leg strength
- Flexibility
- General fitness and wellbeing
- And is a great way to meet new people

Three simple tests are carried out in the first week and at 10 weeks to check improved strength and balance.

Steady As You Go[®] has been shown to provide continuous improvements in strength and balance.

Classes are one hour each week, \$4 per class.

Please Join Us!

Beginner Classes starting soon:

Paraparaumu Beach – Mondays

Seniors Citizens Hall, Ocean Road
Starts: Monday, 3 February 2025
11.00am – 12noon

Waikanae – Tuesdays

Waikanae Baptist Church, Te Moana Road
Starts: Tuesday, 4 February 2025
9.00am – 10.00am

Ōtaki – Tuesdays

Ōtaki Presbyterian Church, Mill Road
Starts: Tuesday, 4 February 2025
10.00am – 11.00am

Paraparaumu – Fridays

Kāpiti Impact Hub, Tongariro Street
Starts: Friday, 7 February 2025
10.00am – 11.00am