

Community Participation Update *August 2018*



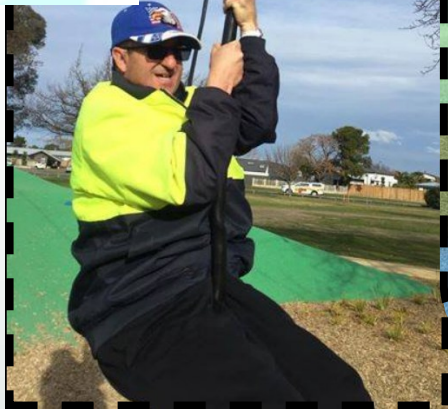
Jess (in orange) shows the guys around St Vincent De Paul where she does her volunteer job that she's had for over 5 years.

Left: Felicity, Jess, Mark, Deena and May.
Below: No show without punch... (Trudy hams it up with Jess and Jess' mum Maree at St Vincent De Paul)



Our personal trainer was away so some of the guys got active at the park to show you can do exercises anywhere. Push-ups were a favourite mixed in with some squats, burpies and side steps!



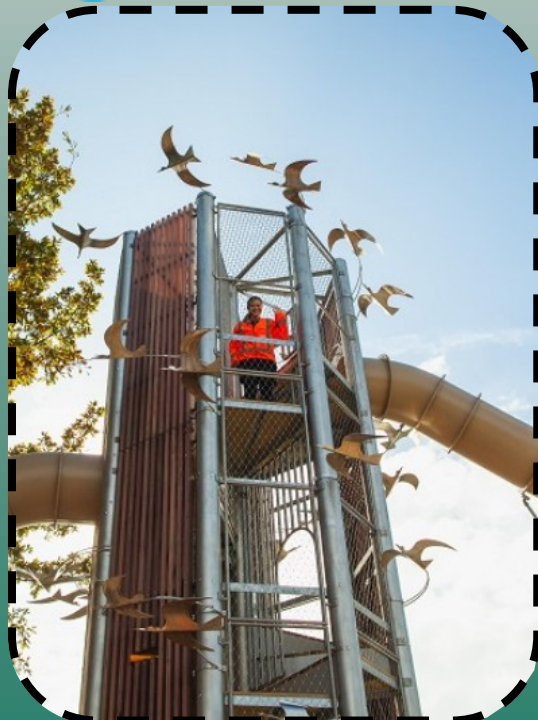


Having a lark at Anderson Park!

Anderson Park's NEW Destination playground brought the child out of everyone when we went to see what all the fuss was about. Well worth the drive over to Napier - lots of the guys revisited in the following weekend to show their families!



scrapbook



Jane's bringing back the happy memories. Scrapbooking classes are going very well.



These blokes be busy!



Blokes group guys Blair, Daniel, Brent, Johnny and Scotty transformed some old chairs



Great results



He, he, he...!



This wasn't in my contract — Hang on, why is everyone else lining up to have the next shot????!!



Carson is in great form!

Paul is at Chris' mercy. Wait, why isn't anyone stopping Chris....!

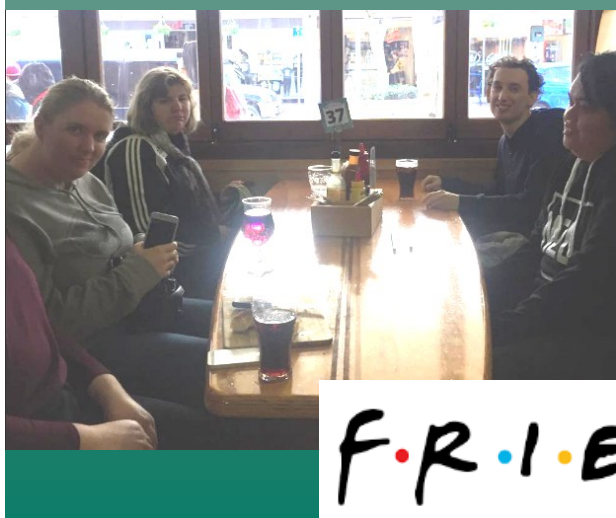




Hanging Out



FRIENDS MAKE THE
WORLD GO ROUND!



F.R.I.E.N.D.S

