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Like us on Facebook "Good News Community Centre."

**May 2026**

### **Introducing our newest staff member Pounamu**



*Māuri Ora e te whānau!*

*Nō Ngati Porou, Tūhoe, me te Whakatohea awau i tipu ake au ki te Akau o Tokomaru, Nā ka whatoro aku waewae ki Kirikiriroa, kei te whare wānanga au e rangahau ana, e ū hoki au ki ngā mahi whutuporo e hikaka ana te ngākau te noho tahi ki te whānau nei.*

I am a current student at Te Whare Wānanga o Waikato studying Māori and indigenous and graduating next year in July. I have a wide knowledge of Te Reo Māori me ōna tikanga as well as rugby union/league. I am so excited to join the whānau here at the GOOD NEWS COMMUNITY CENTRE in the role of a youth mentor.

### **Kai Services we provide.**

Free Kai Store happens each Mon, Tues, Thurs & Friday. Please arrive 12:50pm and register your name at the door. May visit up to 2x per week. Daily limits apply.

Our partner, Hamilton Christian Food bank provides food parcels to the community. An application for emergency food support can be made at our office and we have deliveries of food parcels to our centre on Wednesdays and Fridays. If approved before 11:30am these will be delivered to the centre on the same day. Parcels must be collected from the Good News Community Centre. We do not deliver. Conditions for parcels include; A decline letter from Work and Income NZ stating that you are not eligible for food assistance (this letter can be obtained from your local Work and Income office and needs to be dated within the last 7 days). To check food grant entitlement, contact Work and Income on 0800 559 009 or [my.msd.govt.nz](http://my.msd.govt.nz). If not on WINZ you still may be eligible just have a chat to our team. If you have already received parcels in the last year you may also need to be under a budgeting service. Feel free to contact us with your questions.

Super Connect – this is a special service for those aged 65+. Please go to [www.heretohelpu.nz](http://www.heretohelpu.nz) or call 0800 568 273. You can then arrange to collect your parcels from our centre. This service provides fortnightly parcels for 8 weeks consisting of ready cooked meals.



# FITNESS CLASSES

2026 TIMETABLE  
AGES 14 - 99



**HIP  
HOP**



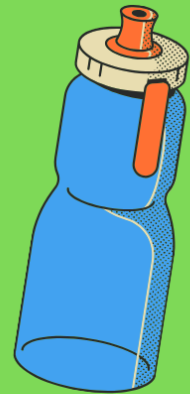
Come join us, stay active, and  
have fun in a supportive  
environment!



**\$2 Strength & Balance With Ariana**  
**Mondays: 12:00 PM - 12:45 PM**

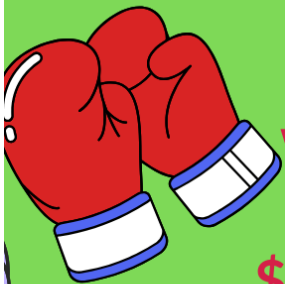


**FREE Circuit with Josh**  
**Mondays: 7:15 PM - 8:00 PM**

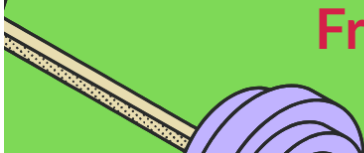


**FREE Hip Hop with Wai**  
**Tuesdays: 5:15 PM - 6:00 PM**

**FREE BoxFit with Isaiah**  
**Wednesdays: 7:00 PM - 7:45 PM**



**\$2 Strength & Balance With Ariana**  
**Fridays: 10:00 AM - 10:45 AM**





## Youth Week 18th - 24th May

This week is youth week and we love working with the youth in our community. Our Youth St mentoring programme supports rangitahi one-one-one to achieve goals across te whare tapa wha dimensions which include;

***Taha Wairua:*** Identity, beliefs, values, spirituality, hope, purpose, and sense of belonging.

***Taha Hinengaro:*** Thoughts, emotions, resilience, stress management, confidence, and emotional wellbeing.

***Taha Tinana:*** Physical wellbeing, sleep, nutrition, exercise, routines, physical safety, and healthcare.

***Taha Whānau:*** Whānau relationships, friendships, support systems, trusted adults, and social connectedness.

We also support young people to better be prepared for life after school including lifeskills such as cooking and finance, driving license support, connection to further study opportunities, job preparation support and more. The programme is based on having a strong supportive relationship with the rangitahi we work with and alot of fun along the way. We have a few spots currently available so if you have a young person still in school and aged 14 and older living in Nawton or attending one of the three local high schools; Fraser High School, Nga Taiatea Wharekura or Te Kopuku High who could benefit from a positive role model supporting them, please get in touch with our office.

**FREE**

**TE REO MAORI CLASSES  
FOR ALL LEVELS**

**MONDAYS 5.30PM-7.00PM**

**NO NEED TO REGISTER**

**BRING YOUR PEN &  
NOTEBOOK**

**GOOD NEWS COMMUNITY CENTRE  
78 BRECKONS AVE  
NAWTON**

The poster features a light green background with several illustrations of green leaves and branches scattered around the text. The text is centered and uses a mix of bold, uppercase letters and a cursive font for the word 'FREE'.

## TERM 2 TIMETABLE

**PLEASE NOTE MOST PROGRAMMES DO NOT OPERATE IN SCHOOL HOLIDAYS**

<b>Monday</b>	<b>Strength and Balance \$2</b>	<b>12pm - 12:45pm</b>
	<b>Te Reo Maaori (Beginners &amp; Advanced).</b>	<b>5.30pm-7.00pm</b>
	<b>Circuit Class with Josh - Free Fitness Class</b>	<b>7.15pm-8.00pm</b>
<b>Tuesday</b>	<b>St Marks Afterschool Club</b>	<b>3.00pm-4.30pm</b>
	<b>Hip Hop with Wai - free fitness class</b>	<b>5.15pm-6.00pm</b>
<b>Wednesday</b>	<b>Golden Agers (every 2<sup>nd</sup> &amp; 4<sup>th</sup> Wednesday of month)</b>	<b>10am -12noon</b>
	<b>The Hub</b>	<b>3.00pm - 4:30pm</b>
	<b>Basketball Ages 5-8 (pre booked)</b>	<b>4.45pm - 5.30pm</b>
	<b>Basketball Ages 9-12 (pre booked)</b>	<b>5.45pm - 6.30pm</b>
	<b>Box Fit with Isaiah - free fitness class</b>	<b>7:00pm – 7:45pm</b>
<b>Thursday</b>	<b>The Hub</b>	<b>3.00pm - 4:30pm</b>
	<b>Basketball Ages 5-8 (pre booked)</b>	<b>4.45pm - 5.30pm</b>
	<b>Basketball Ages 9-12 (pre booked)</b>	<b>5.45pm - 6.30pm</b>
	<b>St Marks Youth Group</b>	<b>7.00pm - 9.00pm</b>
<b>Friday</b>	<b>Strength and Balance \$2</b>	<b>10:00am – 10:45am</b>
<b>Sunday</b>	<b>St Marks Church with Children’s Church</b>	<b>9:30am – 11.00am</b>
	<b>Whanau Afternoons</b>	<b>3:30pm - 5:30pm</b>

**OFFICE HOURS: Monday to Friday 9:30am - 2:30pm excluding public holidays.**

- Printing, wifi and scanning available.
- Food Parcel Service – Pick Up Days are Wednesday and Fridays. Enquire to the office.
- Free Kai Store: Mon, Tue, Thur, Fri 12:50pm
- Youth Mentoring - contact us to find out more.



Venue available for hire. Large hall, meeting rooms, great kitchen. Enquire now to avoid disappointment. Terms and Conditions apply.