



## Recharge at Wellness in the Park

**Is your new year's resolution to be more active? We have the perfect event for you to help achieve this and you can bring the whole family!**

Head to Rolleston Town Centre for a day of free movement and meditation on Friday 17 January. All ages are welcome.

Starting at 8am with a HIIT class to get the blood flowing, followed by a dance party with Zumba, you'll be building up a sweat in no time!

Slow things down during a yoga class at 10am, before moving into a fun pilates workout by O-Studio and we guarantee you'll be feeling your muscles the day after.

The day will finish off with some meditation and breathwork at lunchtime, leaving you feeling refreshed, relaxed and ready to take on the rest of the day — and the year!

To register for Wellness in the Park, visit [selwyn.govt.nz/summerinselwyn](https://selwyn.govt.nz/summerinselwyn)

## Free refresher course for older drivers

Whether you're an older driver or you have a family member who is, this free refresher course is a great opportunity.

Held on Wednesday 29 January from 10am to 2pm, this refresher driving course run by Age Concern and supported by the Council, aims to help increase knowledge about transport options and support older drivers to become more confident on the road and remain independent for longer.

It's a free classroom-based course, that covers traffic rules and safe driving practices.

If you'd like to secure a place, RSVP to Wendy Fox at Age Concern Canterbury by Wednesday 22 January by calling 03 331 7808.

## Lots of Summer Fun coming up in Selwyn

Summer in Selwyn has once again been a huge hit with residents — and we're still only halfway through the action-packed calendar. Don't miss these upcoming events!

### Skate 'n' Splash

Friday 17 January, 11.30am–3.30pm,  
Darfield Recreation and Community Centre  
and Darfield Pool.

Thursday 23 January, from 9.30am or 11.30am to 3.30pm  
Selwyn Sports Centre and Selwyn Aquatic Centre  
\$10 per person.

### Chalk Art Competition

Thursday 16 January, 3.30–4.30pm,  
Rolleston Community Centre. Free entry.

### Lunar New Year Crafts — Celebrating the Year of the Snake

Thursday 23 January, 3.30–4.30pm,  
Lincoln Event Centre. Free entry.

To find out more and book, visit  
[selwyn.govt.nz/summerinselwyn](https://selwyn.govt.nz/summerinselwyn)

## This week's tip for saving water at home

### Mulch, mulch and more mulch!

Use mulch or cover the soil with organic matter to keep the soil moist. Mulches protect plant roots from the drying effects of sun and wind and also help to reduce weeds.

For more water saving tips, visit [selwyn.govt.nz/bewaterwise](https://selwyn.govt.nz/bewaterwise)



## Selwyn Response Team recruiting new volunteers

**NZ-RT members are volunteers who enjoy a physically and mentally challenging environment.**

We welcome a diverse range of volunteers to our team. Volunteers come from a variety of backgrounds and experience.

Our NZ-RTs are qualified responders who share a common passion to support Civil Defence Emergency Management Groups and their communities during an emergency event.

Come and meet the team at the Emergency Services Family Fun Day, held at Rolleston Community Centre on Sunday 26 January.

For more information on the team and recruitment, visit [selwyn.govt.nz/rt21](https://selwyn.govt.nz/rt21)



## Council and Community Board Meetings

### Malvern and Community Board meeting

Monday 27 January 2pm,  
West Melton Community Centre

Livestreamed on the Council YouTube channel.

### Jump 'n' Juggle

Saturday 18 January, 10am–2pm,  
Selwyn Sports Centre

Under 6 years: 10–11.15am.

6+ years: 11.30am–12.45pm.

All ages: 1–2.15pm

\$7 per child, bookings required at  
[selwyn.govt.nz/summerinselwyn](https://selwyn.govt.nz/summerinselwyn)

### Selwyn Libraries Holiday Fun

Thursday 16 January, 10am–1pm, Broadfield  
Community Centre

Friday 17 January, 10am–1pm, Castle Hill Village  
Community Centre

Tuesday 21 January, 10am–1pm, Southbridge Hall

Wednesday 22 January, 10am–1pm, Lake Coleridge  
Community Hall

For more dates, visit [selwyn.govt.nz/summerinselwyn](https://selwyn.govt.nz/summerinselwyn)

FREE

### Zumba®

Thursday 23 January, 7–8pm, Darfield  
Recreation and Community Centre

13+ years. \$10.60 per person.

Bookings required at  
[selwyn.govt.nz/events](https://selwyn.govt.nz/events)