

Te Oranga Activities

Term 2 Timetable (April 24-June 30 2023)

Rāhina



Toirau 1
Mixed Media Art

Mon 10am-12pm

Using art as a wellbeing tool. Encouraging the creation of stunning pieces of art using different methods. There are two classes this term, a beginners group and an intermediate group.

Rātū



Tu Tāne
Men's Group

Tues 9.30am-2.30pm

A space for the tane to reconnect with all aspects of wellbeing.

Rāapa



Toirau 2
Mixed Media Art

Weds 10am-12pm

Using art as a wellbeing tool. Encouraging the creation of stunning pieces of art using different methods. There are two classes this term, a beginners group and an intermediate group.

Rāpare



No morning activity.

Rāmere



Turangawaewae
Exploring whakapapa

Fri 10am-12pm

Weds 10am-12pm
Learn your pepeha, some te reo Māori and waiata to uplift your wairua, hinengaro and tinana in a supportive and mana enhancing environment.



Ipurangi Ora
Technology Support

Mon 1pm-3pm

Keep up with the latest technology with our IT guru Sean. Enrol to learn essential beginner to intermediate skills to use your digital devices.



Kai Ora
Cooking

Tues 1pm-3pm

Beginner level kai cooking and recipe sharing. Find out what's on the whenua, what's on special. and where to get it.



Whakairo
Carving

Weds 1pm-3pm

Carving is back this term with limited spaces. This is always a popular activity. Those who are new to programmes will be given first option. Those enrolled must be dedicated to attending.



Mana Wahine
Women's Group

Thurs 1pm-3pm

This term will encourage wahine to find pathways into voluntary or paid employment, or study. This programme will run on a fortnightly rotation. One week will be team voluntary work in the community and the next week will be in class discussion, support and creating CV's etc if needed.



Korikori Tinana
Movement

Fri 1pm-3pm

Waiata to move the tinana and the wairua. This is a low impact, seated movement programme for those at sedentary level.

Classroom is closed outside of programme times.
www.tekakanohauora.maorin.nz/toa