

TE KĀKANO HAUORA: TE ORANGA ACTIVITIES PROGRAMME

Term 4: Monday 13th October to Monday 15th December 2025

PROGRAMS AND TIMES SUBJECT TO CHANGE DEPENDING ON REGISTRATION

*A referral is required for all activities.

*All Whaiora must have a community mental health support worker.

<u>Toirau /Mixed Media Art</u> <i>Graham returns to teach printing on cloth, tye dye and clothing upcycle.</i>	<u>Tuitui/Sewing</u> <i>Learn with Rach.</i> <i>Kawa e whakama.This is a chance to engage in learner level projects provided or personal mending projects. We provide a place to learn a new skill in a warm and inviting environment. Haere mai, come discover the joy of sewing.</i>	<u>Hauora</u> <i>Join the knowledgeable and enthusiastic Ngaire on a Hauora journey exploring new tinana health ideas while expanding your knowledge of tikanga and taiao.</i>	<u>Hikoi Wero</u> <i>facilitated by Rose who encourages who puts the fun into exercise.</i> <u>Aqua Gentle</u> <i>Utilising QE2 hydrotherapy pool and instructor or use of main pool.</i> <i>Exercise programmes for sedentary to low impact.</i>
<u>Whakapaipai whakairo Māori</u> <i>Engage in hands-on sessions involving dremel work, carving, silicone, and resin, and unleash your creativity without constraints. This programme supports the freedom to explore personal artworks and create unique pieces.</i>	<u>Ipurangi Ora</u> <i>For those needing help with understanding the world of tech. Bring along your phone or laptop to utilise your devices to help you with day-to-day needs.</i>	<u>Haumanu</u> <i>Haumanu is a place to strengthen wairua. This term we will be focusing on getting to know Te Wairua Tapu and Ihu Karaiti</i>	<u>Whakawhanaunga Friday</u> <i>Kai, katakata & korero</i> <i>Bring your own project or take part in what we offer.</i> <i>This is a space for all the good things in life.</i>

TE KĀKANO HAUORA: TE ORANGA ACTIVITIES PROGRAMME

Term 4: Monday 13th October to Monday 15th December 2025

PROGRAMS AND TIMES SUBJECT TO CHANGE DEPENDING ON REGISTRATION

*A referral is required for all activities.

*All Whāiora must have a community mental health support worker.

Rāhina/Monday	Rātū/Tuesday	Rāapa/Wednesday	Rāpare/Thursday	Rāmere/Friday
9.30am – 12pm Toirau With Graham	9.30am - 12pm <u>Whakapaipai whakairo</u> <u>Māori@Phillipstown</u> 9.30am - 12pm Tuitui/Sewing with Rach	9.30am – 12pm Hauora With Ngaire	No activities Thursday morning	10am – 12pm Hikoi wero Off-site With Stella & Rose
CLASSROOM CLOSED 12PM -1PM				
4pm – 7pm Te Reo Certificate support with Toia <i>(this group is full)</i>	1pm – 3pm Ipurangi Ora Reo Revision With Sean & Ash	1pm–3 pm Haumanu Off-site With Stella	1pm – 3pm Aqua Gentle or Free Swim @ QE2	1pm – 3pm Whakawhanaunga Ramere With Pam