

Welcome to our Winter Wellness Programme here at Whāriki.

An indoor focused programme for this Winter with some returning favourites:

**Art** – Join us on Thursday for a decent dose of creative challenges and arty good fun.

**Winter Soup** – one of our favourite Food 4 Thought recipe books gets a dust off and makes a welcome return. Jampacked with immune supporting soups including Whāriki's own Mushroom Soup, which has proven to be a favourite of many people. Come in for serving and enjoy some hearty food and great company.

**Winter Film Fest** – Every Friday join us for a selection of flicks to help ward off those Winter Blues. Drama, Comedy, Action and Animals there's something for everyone.

**Winter Sewing Circle** – Join us on Tuesday for some practical sewing projects to keep you busy, warm and toasty regardless of the weather.

Please Note:

Due to space restrictions, some of our groups are very limited in size. Please understand that your registration is not a guarantee of your placement. We do our best. Thank you for understanding.



Scan to join our Register

PROGRAMME MAYBE SUBJECT TO CHANGE

For more information about our services please contact:

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Ka Puta Ka Ora  
Emerge Aotearoa

# Whāriki

## Tangata Whaiora & Family/Whānau Service



Registrations open: Monday 29<sup>th</sup> June 2026

Wāhanga 3: Monday 20<sup>th</sup> July to 11<sup>th</sup> September 2026

Kaupapa mo tenei wāhanga:

Winter Programme

	Rainbow Room	Studio	Off Site or Kitchen
Monday/Rāhina	<p>Mahi tinana o te Winter Fit 9:30 – 10:00am (6 pers. max)</p> <p>Anxiety Support Group 11:00 – 12:30pm (8 pers. max)</p>	<p>Craft Group 10:00 – 12:30pm (10 pers. max)</p>	
Tuesday/Rātu	<p>Winter Games 10:30 – 12:00pm (8 pers. max)</p>	<p>Winter Sewing Circle 10:30 – 12:30pm (8 pers. max)</p>	
Wednesday/Rāapa	<p>Mahi tinana o te Winter Fit 9:30 – 10:00am (6 pers. max)</p>	<p>WRAP 10:00 – 12:00pm (10 pers. max)</p>	<p>Food for Thought Serving from 11:30am Winter Soup</p>
Thursday/Rāpare		<p>Art 10:00 – 12:30pm (10 pers. max)</p>	
Friday/Rāmere	<p>Mahi tinana o te Winter Fit 9:30 – 10:00am (6 pers. max)</p>	<p>Winter Film Fest 10:00 – 12:30pm (10 pers. max)</p>	<p>Baking 101 10:00 – 11:30am (6 pers. max)</p>