## 

**Pilates**

Jackie Evans

1.00– 1.45

$ **Gold Coin**

**Baby Wearing HB**

10.00- 12.00

1st Tuesday of the month

**$ FREE**

**Spiritual Coffee Group**

(1st & 3rd week)

10.00 – 12.00

**$ Gold Coin**

**Acrylics Painting**

Robyn

9.30 – 12.00

$ **7.00**

**Bowen Therapy**

Louise

9.15 – 12.00

*Booking Required*

**$ Gold Coin**

**TUESDAY**

TUESDAY

**Numerology**

Diane

10.00 – 12.00

$ **Gold Coin**

**Migrant Womens Support Group**

10.00 – 12.00

$ **FREE**

**Gentle Mindful Movement**

Catherine

6.00–7.00am

9.30 – 10.30

**$ Gold Coin**

**MONDAY**

Term Four 2016

**Walking Group 1.30 – 2.30 Cathy FREE (leave from centre)**

**Miri Miri**

Danika

*Booking Required*

6.00 – 9.00

$ **Low Cost**

**Gentle Mindful Movement**

Catherine

6.00–7.00am

**$ Gold Coin**

**Creative Writers Group**

Julia de Vey

3.30 – 4.30

**$ Gold Coin**

**Intuitive Tarot Card Readings**

Jacqui

1.00, 2.00 & 3.00

(Other times available on request)

*Booking Required*

**$ 20**

**Legal Clinic**

12.30 – 1.30

*Booking Required*

$ **FREE**

**PIDDDS**

Louise

1.00 – 3.15

*Booking Required*

**$ Gold Coin**

**Mindfulness & Meditation**

Felicity

**12.30 – 2.00**

Starts

8 November

**Ask about our other English class ☺**

**Chiropractor**

Christina

2nd & 4th week

From 12.30pm

*Booking Required*

**$ Gold Coin**

**Sit and Be Fit**

Cathy

1.30 – 2.30

$ **Gold Coin**

**Budget Advice Clinic**

*Booking*

*Required*

11.30 – 1.30

$ **FREE**

**English for Beginners**

Morning Class

Elizabeth/Wendy

10.00 – 12.00

**$ Gold Coin**

**Egyptian Reiki**

30 minute sessions

Denise

10.00 – 12.00

*Booking Required*

**$ Gold Coin**

**Puzzles & Games**

Margot

10.00 – 11.00

**$ Gold Coin**

**WEDNESDAY**

**Coffee & Craft**

Bel

1.00 – 2.30

$ **Gold Coin**

**Knitting Group**

Pam

1.00 – 2.30

**$ Gold Coin**

**Truly B -**

Access your consciousness

Gail

1.00 – 4.00

*Booking Required*

$ **Gold Coin**

**Sing like there’s no one listening**

Margot

2.00 – 3.00

$ **2.00**

**Term Four - 2016**

**Address:**

Cnr Eastbourne and Russell St, Hastings

**Opening hours:**

9.00 – 4.00

Monday – Friday

**Contact us:**

(06) 8785401

020 408 56695

admin@hwc.nz

*Follow us on Facebook*

**PTO**

**Courses and Activities are during the school term**

Term Four 2016

**FRIDAY**

**THURSDAY**

**English For Beginners**

Wendy

10.30 – 12.00

**$ Gold Coin**

**Indigenous Spiritual Medium**

Lisa

9.30 – 12.30

*Booking Required*

**$ Gold Coin**

**DOVE**

9.30 – 12.00

$ **FREE**

**Reiki**

Gerda

9.15 – 1.15

*Booking Required*

**$ Gold Coin**

**Sewing for Beginners**

Lauren

9.30 – 12.00

$ **Gold Coin**

**The Key Energy Medicine**

Lara

10.30 – 12.00

*Booking Required*

**$ Gold Coin**

**Conversational Mandarin**

Zhao

10.00 – 11.30

**$ Gold Coin**

**Wairua Rongoa**

(Maori Medicine)

Rose

10.00 – 12.00

*Booking Required*

**$ Gold Coin**

**Swap/Meet**

Bring your trash or treasure

Judy

9.30 – 11.30

$ **FREE**

**Faery Lax Massage**

1.30 – 4.00

Annabelle &

Katrina

**Low cost**

**By appointment**

**Term Four- 2016**

**Pre-School Dance Group**

Kate

2.00 – 2.30

$ **Gold Coin**

**Salad Day Fridays**

**Shared Lunch**

We provide the salad, you bring a plate

12.30 -1.30

**$ FREE**

**Recycled Craft**

Luciana

1.00 – 2.30

**$ Gold Coin**

**English For Beginners**

Wendy

10.30 – 12.00

**$ Gold Coin**

**Thoughtful Thursday**

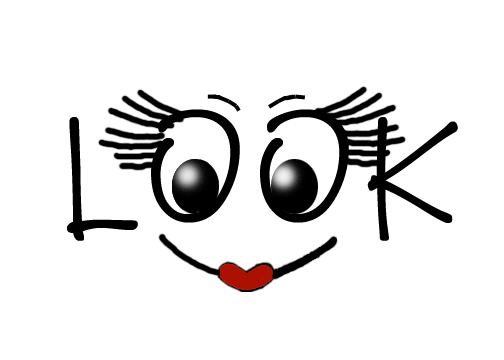
Spiritual Wellbeing12.00 – 12.45

**$ Gold Coin**

**COUNSELLING**

Available daily

Low cost sessions with qualified women counsellors. Call the centre for details



This term we are focusing on **Spiritual Wellbeing**. We invite you to come along to our Thoughtful Thursday Sessions. These 45 minute lunch time sessions will look at issues relevant to and supportive of, our spiritual needs. Each week we will have a different topic and presenter. So bring your lunch along 12.00 – 12.45 pm.

Don’t forget we have beautiful rooms available for hire – so enquire today I’m sure you will be surprised at how affordable and reasonable our lovely spaces are.

Lesbian Group ph Dale on 022 631 2681

And of course **ALL mums and children welcome** to use our beautiful nursery facilities.

**Register and join a course today**

**Saturday**

**Gentle Mindful Movement**

Catherine

6.00–7.00am

**$Gold Coin**

Lovely spaces to relax and enjoy the company of other women over a cuppa or why not bring along your lunch

**Tell us your email and receive regular updates!**

**Life Is Made Of Moments**

Fariddy

8 weeks

1.00 – 2.00

**$ Gold Coin**

**Indian Massage Therapy**

Deepty

12.30 – 2.30

*Booking Required*

**$ Gold Coin**