

HWC PROGRAMME FOR OCTOBER | WHIRINGA-Ā-NUKU 2026



Welcome to the Heretaunga Women's Centre Monthly Programme!

At the Heretaunga Women's Centre, we're passionate about empowering women and fostering a strong sense of community. Each month, we offer a diverse range of low-cost activities, workshops, groups, and events tailored to boost your confidence, spark new skills, and help you connect with other women. Discover the inspiring lineup we've planned for you—whether it's creative workshops, wellness sessions, or opportunities to learn and grow, there's something for everyone.

Ongoing Services: Counselling and Super Skills Heretaunga Life Skills mentoring programme, available weekdays.

Courses are colour-coded to reflect our pillars of support available to you:

Women's Health and Wellness | He Hauora: Take ownership of your physical, mental, and spiritual health with health sessions and wellness classes, affordable counselling, and low-cost alternative therapies.

Personal Growth | He Whakatipu : Reach your potential with workshops and resources that encourage personal growth and self-development in how you see yourself and the world around you.

Mentorship | He Kaiārahi: Improve your self-confidence while sharing and developing skills, knowledge, and life experiences in group workshops and one-on-one mentor sessions.

Connection | He Whakawhanaungatanga: Build social connections with women from all walks of life through shared interests, group activities, and meaningful conversations.

Advocacy | He Tautoko: Get free legal advice and easy access to support and information. If we can't support you with your presenting needs, we'll refer you to the appropriate agencies within our growing network.

We look forward to seeing you at the Centre and being part of your journey to self-discovery, connection, and growth!

Ngā mihi nui

The HWC Team

The Heretaunga Women's Centre Team

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Monthly theme – Active Movement. Spring into Action: Focus on fresh starts, active movement & building routines.						Pillar: Women's Health & Wellbeing.
Monday Rāhina	Tuesday Rātū	Wednesday Rāapa	Thursday Rāpare	Friday Rāmere	Saturday Rāhoroi	Sunday Rātapu
Check our full Holiday Programme for more activities, workshops and classes for teens!			1 School Holiday Book Club 10:30 am – 12:30 pm	2 School Holiday Writing Group 10 am – 12 pm	3 School Holiday Amani Yoga 9:30 – 10:30 am	4 School Holiday Amani Yoga 9:30 – 10:30 am
5 School Holiday Reiki 10 am – 1:30 pm 3 × 1 hour appointment Quilting \$20/term 1 – 3:30 pm	6 School Holiday Amani Yoga 9:30 – 10:30 am Reflexology \$5 9:30 am – 12:30 pm 3 × 1 hour appointment Housing Advocacy 10 am – 12 pm Cardmaking Workshop 10:30 am – 12:30 pm \$5 Legal Clinic 12:30 – 1:30 pm 4 × 15 min appointment	7 School Holiday Kaitiaki O Nga Tamariki 9 – 10:30 am Where Mothers Land 10:30 am – 2 pm 3 × 1 hour appointment Knitting Group 12 – 1 pm Boardgames Afternoon 1.30 – 3 pm	8 School Holiday	9 School Holiday	10 School Holiday Amani Yoga 9:30 – 10:30 am Spiral Support 11 am – 12 pm	11 School Holiday Amani Yoga 9:30 – 10:30 am

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12 Art Therapy 9:30 – 11:45 am 2 × 1 h appointment Reiki 10 am – 1:30 pm 3 × 1 hour appointment Hatha Yoga \$5 10 – 11 am Quilting \$20/term 1 – 3:30 pm	13 Amani Yoga 9:30 – 10:30 am Reflexology \$5 9:30 am – 12:30 pm 3 × 1 hour appointment Waiata Māori 11 am – 12 pm Ukulele for Beginners 12 – 12:45 pm Legal Clinic 12:30 – 1:30 pm 4 × 15 min appointment Ukulele for Experienced 1 – 2 pm	14 Sewing 9:30 – 11:30 am AromaTouch \$5 9:30 – 11:30 am Where Mothers Land 10:30 am – 2 pm 3 × 1 hour appointment Bowen Therapy 11 am – 1pm 4 × 30 min appointment Knitting Group 12 – 1 pm Boardgames Afternoon 1.30 – 3 pm Venus Sisterhood Circle 1:30 – 2:30 pm	15 Sewing 9:30 – 11:30 am Book Club 10:30 am – 12:30 pm Spanish Class 1 – 2 pm	16 Writing Group 10 am – 12 pm Learn More About Tarot 10 – 11:30 am Homework Club 3:30 – 4:30 pm	17 Amani Yoga 9:30 – 10:30 am	18 Amani Yoga 9:30 – 10:30 am HB Harcourts Women's Tri
19 Centre is closed (post Triathlon)	20 Amani Yoga 9:30 – 10:30 am Reflexology \$5 9:30 am – 12:30 pm 3 × 1 hour appointment Ukulele for Beginners 12 – 12:45 pm Legal Clinic 12:30 – 1:30 pm 4 × 15 min appointment Ukulele for Experienced 1 – 2 pm	21 Kaitiaki O Nga Tamariki 9 – 10:30 am Work Readiness 9:30 am – 12 pm Where Mothers Land 10:30 am – 2 pm 3 × 1 hour appointment Knitting Group 12 – 1 pm Boardgames Afternoon 1.30 – 3 pm Venus Sisterhood Circle 1:30 – 2:30 pm	22 Sewing 9:30 – 11:30 am Spanish Class 1 – 2 pm	23 Centre is closed (Hawke's Bay Anniversary)	24 Amani Yoga 9:30 – 10:30 am Spiral Support 11 am – 12 pm	25 Amani Yoga 9:30 – 10:30 am

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26 Centre is closed (Labour Day)	27 Amani Yoga 9:30 – 10:30 am Reflexology \$5 9:30 am – 12:30 pm 3 × 1 hour appointment Waiata Māori 11 am – 12 pm Ukulele for Beginners 12 – 12:45 pm Legal Clinic 12:30 – 1:30 pm 4 × 15 min appointment Ukulele for Experienced 1 – 2 pm	28 Sewing 9:30 – 11:30 am Where Mothers Land 10:30 am – 2 pm 3 × 1 hour appointment Bowen Therapy 11 am – 1pm 4 × 30 min appointment Knitting Group 12 – 1 pm Beading Workshop 12 – 1:30 pm \$5 per creation Boardgames Afternoon 1.30 – 3 pm Venus Sisterhood Circle 1:30 – 2:30 pm	29 Sewing 9:30 – 11:30 am Spanish Class 1 – 2 pm	30 Learn More About Tarot 10 – 11:30 am Cooking Class 10:30 am – 12 pm Shared Lunch 12:30 – 1:30 pm Homework Club 3:30 – 4:30 pm	31 Amani Yoga 9:30 – 10:30 am	



Harcourts Hawke's Bay

WOMEN'S TRI

SWIM.
BIKE.
RUN.

Great Things Happen When Women Tri

SUNDAY, 18 OCTOBER 2026 | MITRE10 SPORTS PARK

Proudly supported by



Hawke's Bay

This event proudly supports



**Heretaunga
Women's
Centre**

Mondays | Rāhina

Individual Art Therapy Appointments with Kathy | 9:30 – 11:45 am, weekly on Monday during school term only, from 12 October.

This is a 7–10-week guided colour therapy journey. You will be working in wet-on-wet watercolour paint and in the realm of light and dark with charcoal. These sessions are guided so you feel supported and encouraged. Colour can affect our whole being, uplifting and bringing positive change. Two 60-minute appointments are available each Monday, and two wāhine are seen each time.

Reiki Appointments with Gerda | 10 am – 1:30 pm, Monday 5 & 12 October.

Reiki is a gentle Japanese healing practice that supports the body's natural ability to restore balance. Known for reducing stress, anxiety, and pain, it also promotes better sleep and overall well-being. During a session, you will relax fully clothed while the practitioner works just above your body, creating a deeply calming experience. Gerda, a Reiki practitioner since 2007, brings years of expertise to each session. Each Monday, three 60-minute appointments are available.

Hatha Yoga with Macarena | 10 – 11 am, weekly on Monday, during school term only, from 12 October.

Slow down and reconnect with your inner stillness. Guided movement sequences nurture body and mind, release tension, and encourage healthy change. A small \$5 fee is asked per session.

Quilting with Bev | 1 – 3:30 pm, weekly on Monday.

Discover the joy of quilting while learning the basics of pattern selection, cutting, and sewing. Create a cushion, runner, throw, or wall hanging, and share ideas in a supportive group. Bring your own machine and kit if you are able; some materials will be provided. The classes will run on a per-term basis, with a \$20 fee for the whole term to cover items such as batting.

Tuesdays | Rātu

Amani Yoga with Zara | 9:30 – 10:30 am, weekly on Tuesday.

Yoga with Zara is a nourishing, calming practice that invites you to explore sensation in the body through mindful movement, conscious breath, and grounding awareness. The class is a blend of standing, seated, and supine postures, offering space to slow down, reconnect, and settle the nervous system. This practice is accessible and inclusive, with options offered throughout, making it suitable for all bodies and all levels — whether you're new to yoga or simply seeking a gentle, centring experience. To register, please contact paula@amani.co.nz

Reflexology with Brigit | 9:30 am – 12:30 pm, 3 × 1 hour appointment, weekly on Tuesday.

Reflexology is a type of massage that involves applying different amounts of pressure to the feet, hands, and ears. It may provide pain and stress relief, among other benefits. Bookings are essential for the one-hour appointment with our specialist, Brigit. A small fee of \$5 is asked for these sessions.

Housing Advocacy with Lexie from Ka Puta Ka Ora Emerge Aotearoa | 10 am – 12 pm, on the first Tuesday of each month, 6 October.

Do you need support working through housing issues? Whether it is budgeting, property upkeep, preparing for house inspections, MSD advocacy, responding proactively to breach notices, or resolving issues between landlords and tenants. Lexie is here to listen, make a plan and set goals to get you back on track.

Cardmaking Workshop with Liz | 10:30 am – 12:30 pm, monthly, Tuesday 6 October.

Get creative, learn new techniques, and connect over coffee and cake. A relaxed space to explore ideas, share laughs, and make cards your own way. This month's theme is CHRISTMAS!!!! A \$5 fee is asked to cover the material costs.

Planet Women Show on Radio Hawke's Bay: Discussing the kaupapa and mahi of other organisations | following the 12 pm (midday) news, weekly each Tuesday.

Tune in each week to hear local women's voices and stories. Planet Women shares insights from individuals, organisations, and businesses supporting wāhine in Hawke's Bay. Inspiring, informative, and community-driven radio. To listen: 104.7 FM

Ukulele for Beginners with Kathy | 12 – 12:45 pm, weekly on Tuesday, during the school term only, from Tuesday 13 October.

Learn the basics of ukulele in a fun, supportive class. Kathy will guide you through tuning, strumming, and your first chords; you will even play a song by the end! No experience needed. Bring your own ukulele if possible. **NOTE: the class will end on Tuesday 27 October.**

Legal Clinic Appointments supported by various law firms in Hastings | 12:30 – 1:30 pm, weekly on Tuesday.

Thanks to the support of many law firms in Hastings, we offer a free weekly legal clinic. This clinic provides women in our community with initial guidance on legal matters in a supportive, safe, and confidential setting. Our legal clinic takes place each Tuesday, with four 15-minute appointments available. **Booking essentials.**

Ukulele for Experienced with Kathy | 1 – 2 pm, weekly on Tuesday, during the school term only, from Tuesday 13 October.

Join Kathy for a fun and relaxed ukulele session designed for experienced players. This class focuses on connection, sharing music, and the joy of playing together. You will dive into familiar favourites and sprinkle in some exciting challenges with new, more complex songs to keep things interesting. Bring your ukulele & your love of music! **NOTE: the class will end on Tuesday 27 October.**

Waiata Māori with Kathy | 11 am – 12 pm, second and fourth Tuesday of each month, during school term only, on the 13 & 27 October.

Experience the richness of Māori culture through waiata—songs that carry stories of ancestors, significant events, and deep values like aroha and whakapapa. In this class, you'll learn traditional waiata, explore te reo Māori, and connect with others through music. To make it even more special, we'll bring these songs to life with ukulele accompaniment. Join us to celebrate heritage, language, and community in a warm, welcoming space.

Wednesdays | Rāapa

Kaitiaki O Nga Tamariki with Leonie & Nga | 9 – 10:30 am, fortnightly, on Wednesday 7 & 21 October.

A welcoming space for grandparents raising grandchildren to share experiences, joys, and challenges with others who understand. Join Leonie & Nga and connect with a supportive community that reminds you: you are not alone on this journey.

Sewing with Kathy | 9:30 – 11:30 am, fortnightly, during the school term only, on Wednesday 14 & 28 October.

Bring your own project—or start one here—and enjoy sewing in a friendly, supportive group. Work on cushions, curtains, clothing, and more. Welcome all skill levels. Bring your own machine if possible; some machines and materials are available.

AromaTouch Relaxation Treatment with Julie | 9:30 – 11:30 am, Wednesday 14 October.

Recently returned from Australia, Julie had the incredible opportunity to complete further training with Dr. Hill, (the creator of AromaTouch) and feels more inspired than ever to share the power of this beautiful technique with as many women as possible.

Feeling tired, unwell, overwhelmed and generally exhausted by the challenges of life? Often women must manage all the things, including kids, grandkids, household management, and work outside the home as well. Julie invites you to come and experience the power of the AromaTouch Relaxation Treatment. \$5

Work Readiness with Jeanette | 9:30 am – 12 pm, Wednesday 21 October.

Jeanette has lots of experience in the HR and recruitment field. She will be helping you with CV writing, interview preparation and how to use AI. This is a group session where everyone is welcome. Bring a laptop and a phone.

Where Mothers Land with Bianca | 9:30 – 11:30 am, weekly on Wednesday, during school term only.

Bianca offers one-on-one sessions for mothers who want a space that isn't necessarily about fixing or advising, but about being truly met. These aren't counselling or parenting coaching sessions. They're a quiet hour where a mother can stop performing "fine" and simply be witnessed as she actually is, not as the role she's been carrying. Bianca draws on over 25 years of her own inner work, alongside her training as a Simplicity Parenting coach and Soul of Discipline facilitator, to hold space for mothers to reconnect with who they are underneath everything motherhood has asked of them. No agenda, no advice unless it's asked for. Just a space to land.

Bowen Therapy with Louise | 11 am – 1 pm, fortnightly, on Wednesday 14 & 28 October.

A gentle hands-on therapy that eases pain, tension, and fatigue while restoring balance to the body. Louise draws on extensive Bowen training and nursing experience to provide relief; even for chronic conditions such as arthritis. A restorative path to feeling well again. Each appointment is 30 minutes long, with four appointments available on the scheduled days.

Knitting Group with Carolyn | 12 – 1 pm, weekly on Wednesday.

Love to knit? Join us for a relaxing hour of knitting and connecting with other women. This social group is for those who know how to knit; there is no teaching, just good company, conversation, and rhythmic clicking of needles. Bring your project, take a break, and enjoy knitting together.

Beading Workshop with Kathy | 12 – 1:30 pm, on Wednesday 28 October.

Join Kathy for a fun and relaxing jewellery-making workshop! This is a place to unwind, connect with others, and create beautiful, beaded jewellery in a welcoming environment. All materials are provided—just bring your creativity and enjoy making something special for yourself or a loved one. Come along and “just bead it” with us! A **\$5 fee** per creation is asked to cover materials.

Boardgames Afternoon with Tungane | 1.30 – 3 pm, weekly on Wednesday.

Looking for a fun way to connect with others? Boardgames Afternoon with Tungane offers friendship, laughter, brain-boosting challenges, and a welcoming atmosphere for all to enjoy.

Venus Sisterhood Circle with Nikki | 1:30 – 2:30 pm, weekly on Wednesday, during school term only, from 14 October.

A safe, sacred space for women of all journeys to connect, share, and be supported. With compassion and without judgment, we gather to lift one another up: raw, radiant, and real.

Thursdays | Rāpare

Sewing Classes with SuperSkills Heretaunga Mentor: Rosemary | 9:30 – 11:30 am, weekly on Thursday during school term only, from 15 October.

Whether you are a beginner or an experienced sewer, this class is the perfect place to learn, create, and connect. Rosemary will guide you through selecting a pattern and completing a project for the term. Some materials are provided. Bring your enthusiasm and enjoy the process of making something beautiful together!

‘Take it Easy’ Book Club with Patricia & Rae | 10:30 am – 12:30 pm, on the first and third Thursday of the month, 1 & 15 October.

A relaxed book club with no set reading, just sharing what you’ve enjoyed, from novels to poetry. Come for the conversation, cuppa, and community. Borrow from or add to our book basket and enjoy occasional author visits.

Spanish Class with Macarena | 1 – 2 pm, weekly on Thursday during school term, from 15 October.

¡Hola! Join our new Spanish Class led by Macarena, a native Spanish speaker who brings language and culture to life in a welcoming and supportive environment. Whether you are learning Spanish for the first time or looking to refresh skills you have learned before, this class is a great way to build confidence in speaking, listening, and everyday conversation.

Fridays | Rāmere

'Take it Easy' Writing Group with Lynda & Tess | 10 am – 12 pm, first and third Friday of the month, on 2 & 16 October.

Explore your creativity and express yourself through writing in a supportive group. With guided prompts and encouragement, you can draft stories, or revisit old projects while connecting with other writers. Bring a notebook, pen, and an open mind.

Learn More About Tarot (part 2) with Sian | 10 – 11:30 am, from the 16 October, 6 classes.

Learn how to read Tarot and start your spiritual journey with a crystal-clear vision. You'll study the Major and Minor Arcana, plus numerology. Along with the Court cards, the Elements, Astrological correspondences, and Tarot spreads. Whether you are learning to read for yourself or others, on a personal journey of self-discovery, or walking a healing path to recovery, this will enhance your intuitive responses and broaden your Tarot knowledge.

Cooking Class with our SuperSkills Mentor Caroline | 10:30 am – 12 pm, last Friday of the month, 30 October.

Cooking can be easy and affordable if you learn how to use seasonal produce in your recipes. Learn how to make simple vegetarian recipes.

Shared Lunch, Community Kōrero & Kai with the HWC Team | from 12pm – 1:30 pm, on the last Friday of each month, 30 October.

All women and children are welcome to come and share a healthy lunch with us; we will provide a wholesome vegetarian dish for those who join us. Contribution appreciated.

Homework Club with Dominic, Zander and Georgia from the Hastings Youth Council | 3:30 – 4:30 pm, weekly, on Friday.

Join us every Friday at the Centre for Homework Club, where teenagers can get support with assignments, study skills, and NCEA exam preparation. Guided by high-achieving student mentors, it's a great place to build confidence and succeed at school. Can't make it in person? Zoom sessions are available for those with transport or scheduling challenges. Contributions appreciated.

Saturdays | Rāhoroi & Sundays | Rātapu

Amani Yoga: Koha Yoga Session | 9:30 – 10:30 am, weekly on Saturday & Sunday.

Sessions are offered for koha—come as you are and give what you can. **To register, email paula@amani.co.nz or visit <https://www.amani.co.nz>**

Spiral Support with Lexie | 11 am – 12 pm, second and fourth Saturday of each month, Saturday 10 & 24 October.

A peer support group for women who identify with stories of change, in response to a cancer journey. Connecting wahine in a safe space focused on the process of healing and new beginnings.

HWC ADMINISTRATION & REGISTRATION INFORMATION

Room Hire: Find the perfect space for your next hui or appointment with room hire starting from \$20+GST/hr. Whether you are a community organisation, small business or private group, our cosy welcoming rooms are perfect for your next meeting or event. With spaces that can accommodate between 2 and 35 people, we have got everything you need to make your gathering a success – all at very reasonable rates.

Rooms have a range of seating options available from boardroom-style seating to comfortable lounge chairs, and all rooms can have access to whiteboards, tea and coffee-making facilities and toilets. Ready to book? Reach out to Jacqui at admin@hwc.nz.

Art at the Centre: Calling all art lovers! Our "Art in the Hallway" initiative brings fresh, local talent of emerging and established female artists to our large, well-lit hallway. Not only does the art brighten up our space, but it also gives local artists a chance to shine—with 20% of every sale supporting HWC. New artwork is displayed fortnightly. Come and check it out next time you're passing and maybe take home a piece to liven up your own space.

Are you an artist? We are always looking for new creators to exhibit. Contact Jacqui at admin@hwc.nz to find out how you can showcase your work.

Library: Visit our library to browse and borrow books on topics such as parenting, relationships, stress management, and personal development.

Child-friendly spaces: Our nursery: Bring your tamariki and use our clean changing spaces, private breastfeeding areas, and baby playroom.

How to Book: Bookings are essential and easy to make. Choose the option that works best for you

🕒 **Hours:** Monday to Friday, 9 am – 4 pm

☎ **Call us:** 06 878 5401 or 020 4085 6695

✉ **Email us:** admin@hwc.nz

🏠 **Drop by:** Corner of Eastbourne East & Russell Streets, Hastings

🌐 **Visit our website:** www.heretaungawomenscentre.nz

Fees & Payments: Some activities have a small fee while others welcome donations. Payments can be made: 💵 In cash 🏧 Via EFTPOS

💻 By internet transfer Bank ccount:03 0642 0730099 00 (reference the activity name).

We look forward to seeing you at the Centre and being part of your journey to self-discovery, connection, and growth!

The Heretaunga Women's Centre offers a safe, inclusive space for diverse workshops, programmes, and events led by volunteers, contractors, and service providers. The views and content shared by individual facilitators may not necessarily represent the Centre's values or official stance.