

Thursdays
and
Fridays



Book Club
fortnightly on **Thursday**
1 & 15 October
10:30 am - 12:30 pm



Spanish Class *
weekly on **Thursday**
1 - 2 pm

**Check our
Holiday
Programme for
more activities,
workshops &
classes for teens**



Writing Group
fortnightly on **Friday**
2 & 16 October
10 am - 12 pm



**Learn More About
Tarot**
6 sessions on **Friday**
starts on the 16 October
10 - 11:30 am



Homework Club *
on **Friday**
3:30 - 4:30 pm

Contributions can be
made on site or via
internet banking:
03-0642-0730099-00



Cooking Class
last **Friday** of the month
30 October
10:30 am - 12 pm



Shared Lunch
last **Friday** of the month
30 October
12 pm



Amani Yoga
Saturday & Sunday
9:30 - 10:30 am
To register, contact:
paula@amani.co.nz



Spiral Support
fortnightly on **Saturday**
10 & 24 Oct
11 am - 12 pm



**Heretaunga
Women's
Centre**

OCTOBER

**WHIRINGA-A-NUKU
2026 PROGRAMME**



Harcourts Hawke's Bay
WOMEN'S TRI SWIM. BIKE. RUN.
Great Things Happen When Women Tri

SUNDAY, 18 OCTOBER 2026 | MITRE10 SPORTS PARK

Connection

Mentorship

Wellness & Wellbeing

Advocacy

Personal Growth

Our 5 pillars

The HWC 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.

Cnr Eastbourne East & Russell Streets, Hastings
Opening Hours: 9 am – 4 pm, Mon – Fri.

To register: Email: admin@hwc.nz

T: (06) 878 5401 | C: 020 408 56695

www.heretaungawomenscentre.nz



Art Therapy*

weekly on **Monday**
9:30 - 10:30 am
or 10:45 - 11:45 am



Reiki

on **Monday**
3 appointments available
5 & 12 October
between 10 am - 1:30 pm



Hatha Yoga *

weekly on **Monday**
10 - 11 am
\$5 per session



Quilting

weekly on **Monday**
1 - 3:30 pm
\$20 per term

**Programmes
with an *
operate during
school term
only**



Spouses as Carers

monthly on **Tuesday**
~~27 October~~
9 - 10:30 am



Amani Yoga Tuesday

9:30 - 10:30 am
To register, contact:
paula@amani.co.nz



Reflexology

weekly on **Tuesday**
9:30 am - 12:30 pm
3 / 1hour appointment
\$5



Housing Advocacy

monthly on **Tuesday**
6 October
10 am - 12 pm



Cardmaking Workshop

monthly on **Tuesday**
6 October
10:30 am - 12:30 pm
\$5 per session



Waiata Māori *

on **Tuesday**
13 & 27 October
11 am - 12 pm



Ukulele *

weekly on **Tuesday**
Beginners: 12 - 12:45 pm
Experienced: 1 - 2 pm



Legal Clinic

weekly on **Tuesday**
15 min appointment
from 12:30 to 1:30 pm



Kaitiaki O Nga Tamariki Coffee Group

fortnightly on **Wednesday**
7 & 21 October
9 - 10:30 am



Sewing

fortnightly on **Wednesday**
14 & 28 October
OR weekly on **Thursday**
9:30 - 11:30 am



Aromatouch on Wednesday

14 October
9:30 - 11:30 am
\$5



Where Mothers Land

weekly on **Wednesday**
10:30 am - 2 pm
1 hour appointment



Bowen Therapy on Wednesday

14 & 28 October
30 min appointments
between 11 am - 1 pm



Work Readiness CV + Cover Letter on Wednesday

21 October
9:30 am - 12 pm



Knitting Group

weekly on **Wednesday**
12 - 1 pm



Beading Workshop on Wednesday

28 October
12 - 1:30 pm
\$5 per creation



Venus Sisterhood Circle

weekly on **Wednesday**
1:30 - 2:30 pm



Boardgames Afternoon

weekly on **Wednesday**
1:30 - 3 pm