



*Manaaki Support
2026*

- **A HOSPICE & MANAAKI SERVICE WELCOME**
Introduction to Hospice and Manaaki day service
Date: 04 February 2026
- **EXPLORING COMMUNITY RESOURCES**
Financial & legal resources and community services.
Date: 11 February 2026
- **REDISCOVERING MEANING**
Exploring sources of meaning and strength.
Date: 18 February 2026
- **CREATING MEMORIES**
Leaving a legacy
Date: 25 February 2026
- **BOARDGAME "Sequence"**
Fun, challenging and exciting, combing strategy with luck
Date: 04 March 2026
- **NUTRITION**
Ideas for meeting your nutritional needs.
Date: 11 March 2026
- **DAVIS FUNERAL CARE**
You way future planning
Date: 18 March 2026
- **SLEEP AND RELAXATION**
Techniques for letting go and achieving better sleep.
Date: 25 March 2026
- **LIVING WITH REDUCED ENERGY/ BREATHLESSNESS**
Strategies to make the most of every day.
Date: 01 April 2026
- **ADVANCED CARE PLAN**
Plan your future your way
Date: 08 April 2026
- **RIDING THE EMOTIONAL ROLLERCOASTER**
Dealing with waves of emotions.
Date: 15 April 2026
- **TENDER CONVERSATIONS**
Tips for having difficult conversations.
Date: 22 April 2026



*Manaaki Wellness
2026*

- **AROMATHERAPY**
Date: **05 February 2026**
Time: 10.30am
- **MINDFULNESS**
Date: **12 February 2026**
Time: 10.30am
- **REFLEXOLOGY**
Date: **19 February 2026**
Time: 10.30am
- **MINDFUL MOVEMENT with mindfulness**
Date: **26 February 2026**
Time: 10.30am
- **REFLEXOLGY**
Date: **05 March 2026**
Time: 10.30am
- **AROMATHERAPY**
Date: **12 March 2026**
Time: 10.30am
- **SEQUENCE BOARD GAME**
Date: **19 March 2026**
Time: 10.30am
- **REFLEXOLOGY**
Date: **26 March 2026**
Time: 10.30am
- **MINDFUL ART THERAPY**
Date: **02 April 2026**
Time: 10.30am
- **REFLEXOLGY**
Date: **09 April 2026**
Time: 10.30am
- **TOPIC TO BE CONFIRMED**
Date: **16 April 2026**
Time: 10.30am
- **TOPIC TO BE CONFIRMED**
Date: **23 April 2026**
Time: 10.30am
- **REFLEXOLOGY**
Date: **30 April 2026**
Time: 10.30am



*Manaaki Active
2026*

- **Blended workout - Mercy Physiotherapist**
Date: **20 January** - Time: 10.30am
- **Seated Yoga class - Dani**
Date: **27 January**- Time: **10.15am**
- **Blended workout - Mercy Physiotherapist**
Date: **03 February** - Time: 10.30am
- **Blended workout - Mercy Physiotherapist**
Date: **10 February** - Time: 10.30am
- **Blended workout - Mercy Physiotherapist**
Date: **03 March** - Time: 10.30am
- **Seated Yoga class - Dani**
Date: **10 March** - Time: **10.15am**
- **Blended workout - Mercy Physiotherapist**
Date: **17 March** - Time: 10.30am
- **Blended workout - Mercy Physiotherapist**
Date: **24 March** - Time: 10.30am
- **Blended workout - Mercy Physiotherapist**
Date: **31 March** - Time: 10.30am
- **Seated Yoga class - Dani**
Date: **07 April** - Time: **10.15am**
- **Blended workout - Mercy Physiotherapist**
Date: **14 April** - Time: 10.30am
- **Blended workout - Mercy Physiotherapist**
Date: **21 April**- Time: 10.30am
- **Seated Yoga class - Dani**
Date: **28 April** - Time: **10.15am**

For further information contact:
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