



Manaaki Support

2025 Weekly topics - Round 3

- A HOSPICE & MANAAKI SERVICE WELCOME
An Introduction to Hospice and Manaaki Day Service.
Date: **17 September 2025** Time: 10:30am
- EXPLORING COMMUNITY RESOURCES
Financial & legal resources and community services.
Date: **24 September 2025** Time 10:30am
- REDISCOVERING MEANING
Exploring sources of meaning and strength.
Date: **01 October 2025** Time 10:30am
- NUTRITION
Ideas for meeting your nutritional needs.
Date: **08 October 2025** Time 10:30am
- SLEEP AND RELAXATION
Techniques for letting go and achieving better sleep.
Date: **15 October 2025** Time 10:30am
- PAIN MANAGEMENT
Tips for better pain management.
Date: **22 October 2025** Time 10:30am
- LIVING WITH REDUCED ENERGY/ BREATHLESSNESS
Strategies to make the most of every day.
Date: **29 October 2025** Time 10:30am
- RIDING THE EMOTIONAL ROLLERCOASTER
Dealing with waves of emotions.
Date: **05 November 2025** Time 10:30am
- TENDER CONVERSATIONS
Tips for having difficult conversations.
Date: **12 November 2025** Time 10:30am
- PLAN FOR THE FUTURE
Your future, your way: ACP and Funeral planning
Date: **26 November 2025** Time 10:30am
- CREATING MEMORIES/ CHRISTMAS LUNCH
Leaving a legacy.
Date: **03 December 2025** Time 10:30am

For further information: 027 8086498



Manaaki Active

- **Blended workout - Mercy PT**
Date: **09 September 2025** - Time: 10.30am
- **Seated Yoga class - Dani**
Date: **16 September 2025** - Time: 10.15am
- **Blended workout - Mercy PT**
Date: **23 September 2025** - Time: 10.30am
- **Blended workout - Mercy PT**
Date: **30 September 2025** - Time: 10.30am
- **Blended workout - Mercy PT**
Date: **07 October 2025** - Time: 10.30am
- **Seated Yoga class - Dani**
Date: **14 October 2025** - Time: 10.15am
- **Blended workout**
Date: **21 October 2025** - Time: 10.30am
- **Blended workout - Mercy PT**
Date: **28 October 2025** - Time: 10.30am
- **Seated Yoga class - Dani**
Date: **11 November 2025** - Time: 10.15am
- **Blended workout - Mercy PT**
Date: **18 November 2025** - Time: 10.30am
- **Blended workout**
Date: **25 November 2025** - Time: 10.30am
- **Seated Yoga class - Dani**
Date: **02 December 2025** - Time: 10.15am
- **Blended workout - Mercy PT**
Date: **09 December 2025** - Time: 10.30am

For further information: 027 8086498



Manaaki Wellness

2025 Weekly topics - Round 3

- MINDFULNESS
Date: **11 September 2025**
Time: 10.30am
- AROMATHERAPY
Date: **18 September 2025**
Time: 10.30am
- REFLEXOLOGY
Date: **25 September 2025**
Time: 10.30am
- GENTLE MOVEMENT
Date: **02 October 2025**
Time: 10.30am
- REFLEXOLOGY
Date: **09 October 2025**
Time: 10.30am
- MINDFULNESS
Date: **16 October 2025**
Time: 10.30am
- AROMATHERAPY
Date: **30 October 2025**
Time: 10.30am
- REFLEXOLOGY
Date: **06 November 2025**
Time: 10.30am
- MINDFULNESS
Date: **13 November 2025**
Time: 10.30am
- REFLEXOLOGY
Date: **20 November 2025**
Time: 10.30am
- TOPIC TO BE CONFIRMED
Date: **27 November 2025**
Time: 10.30am
- REFLEXOLOGY
Date: **11 December 2025**
Time: 10.30am

Bookings are essential for reflexology sessions as spaces are limited.

For further information: 027 8086498

