



Programme

2025

The Evaro Programme provides a fun and exciting environment where people get to explore their interests, gain skills, socialise with others, and have new experiences. The day at Evaro starts at 9:00am with a chance for people to arrive and socialise with each other.

Groups start from 9:30am in the morning.

There are two main session times throughout the day, with a break for lunch. A selection of groups are offered, which enhances the individual's ability to make choices. This not only encourages independence but ensures the individual is working towards their own goals.

The afternoon groups start from 12:30pm

The participation of all people attending plays a vital role in the planning and formation of groups, group topics, and destinations for travelling groups, who venture out into the greater Wellington region. The main kaupapa (aims) of the Evaro environment is provide a creative and enjoyable environment for Members, and to assist with increased participation in the community.

**FOR FURTHER INFORMATION, PLEASE DON'T
HESITATE TO CONTACT US!!**

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2025 Programme at a Glance

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00am – 9.30am	Arrivals	Arrivals	Arrivals	Arrivals	Arrivals
AM	Fitness Circuit Maths Individual Art	Evaro Meeting 9:45am Café Stop Indoor Bowls Out & about	Café-O-Rama Music Stars	Men's Crew Indy Chill Out	Cafe Times Chocolate Fish Crafted Arts
PM	Hydro Pool 12.30pm Dance Club CBD Walks Bowling	Lego Builders CBD Explorers Op-Shopping	Music History Dance 4 Us 12.30pm Indoor sports	Bushwalkers Board Gamers Bus Trippers	Gym at N.B.R. 12:30pm Friday Chill Time Friday Strolls/Op Shops

Monday Activities

AM

Fitness Circuit- Either indoors or outdoors! Will get you moving by doing different types of exercise activities, using strength and cardio training

Individual Art – Have you got an art project you’ve been wanting to work on? This group might be for you. Starts at 10:30am

Maths - Learn about numbers, mathematics and money handling. Learn how numbers work in everyday life. Starts at 10:30am

PM

Hydro Pool - This group is aimed for individuals who want to increase mobility, strength, flexibility, coordination and fitness. Starts at 12:30pm.

Dance Club – Let’s get together and have a dance and get some exercise! Starts at 1:00pm

CBD Walks – Time to head off for a walk and see some interesting things. Starts at 1:00pm

Bowling- Head to Bowlarama and challenge your mates in a game of tenpin bowling. Please bring \$5 to pay for your game. Starts at 12.30pm

Tuesday Activities

AM

Evargo Meeting – This is our weekly meeting where we get together and discuss the day to day running of the place. Starts at 9:45am

Café Stop - Time to become regulars at a local café! Bring \$10 each week to buy a drink. Starts at 10:30am

Out and About – Let's get out and see what we can find around Wellington. Bring \$10 each week to buy a drink or something small to eat. Starts at 10:30am

Indoor Bowls – Time for a leisurely game of indoor bowls. Let's get rolling and smash the jack!

PM

Lego Builders – A small group that uses the principles of Lego Therapy to help people build communication and teamwork skills. Starts at 1:00pm

CBD Explorers - Get out in the city and explore. Find all the hidden treasures that Wellington has to offer! Starts at 1:00pm.

Op-Shopping - A group dedicated to hunting out great bargains in and around Wellington. You never know what treasure you might uncover while op-shopping. Starts at 12.30pm

Wednesday Activities

AM

Music Stars – Get ready to get together and drum and dance! Run by our wonderful Music Therapist! Starts at 10:30am

Café-O-Rama - We're off to the café, remember to bring \$10 each week to pay for your drink or something to nibble on. Starts at 10:30 am

PM

Music History - Not your normal boring history group, here you will learn about history in a fun way, where each bit of history has music to go with it. Starts at 1pm

Dance 4 Us – Run out of Aro Valley Community Centre by some Dance Therapy tutors, this group offers exercise and fun for participants, Starts at 12:30pm

Indoor Sports – Work on your sports skills with this sporting group. Starts at 1pm

Thursday Activities

AM

Men's Crew – a supportive group for the men to go and do “man stuff”. Starts at 10am

Indy Chill Out – An independent group that can do art, reading writing, chatting or listening to music. Starts at 10:30am

PM

Bush Walkers – Let's get out and check out some of the bushwalks around the city, please wear supportive shoes!
Starts at 1pm.

Board Gamers - A relaxing afternoon group, enjoy playing an old favourite or challenge yourself with a new game.

Bus Trippers – Head out and discover Wellington by using public transport . Remember to bring your Snapper card. Starts at 12.30pm

Friday Activities

AM

Chocolate Fish – Head to Marukaikuru/ Shelly Bay and enjoy some time at the Chocolate Fish café and have a drink or a bite to eat. Please bring \$10.00 each week. Starts at 10:00pm.

Café Times – It's time to head to the café and get a drink or a bite to eat. Please bring \$10.00 each week. Starts at 10:30pm.

Crafted Arts – This art session will be about participating in a workshop, who knows what each week will bring. Starts at 10:30am.

PM

Gym at N.B.R. – A gym group that centres on movement to help you increase your strength and fitness. Starts at 12:30pm.

Friday Chill Time – A relaxing Friday afternoon with various activities to help you relax into your weekend. Starts at 1pm.

Friday Strolls/Op Shops – A gentle wander around Wellington on a Friday afternoon. The group might stop and check out Op Shops around the CBD. Starts at 1pm

OUR VISION STATEMENT

A world in which we all value each other and lead fulfilling lives

OUR MISSION STATEMENT

To provide a range of services for adults with intellectual and / or psychiatric disability which provide appropriate learning programmes, activities and support, based on expressed client needs; to encourage independence and a better quality of life in the areas of leisure, home or work.

www.evaro.nz

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