

evaro

Programme

2023

The Evaro Programme provides a fun and exciting environment in which to explore interests, gain skills, socialize with others, and have new experiences. The day at Evaro starts at 9:00am with a chance for people to arrive and socialize 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 to stimulate creative and enjoyable participation for people, and to assist them with further integration into the community.

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

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2023 Programme at a Glance

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00am – 9.30am	Arrivals	Arrivals	Arrivals	Arrivals	Arrivals
AM	Swimming 10:15am Circus Skills Croc Bikes	Evaro Meeting 9:45am Café Stop Yoga Maths	Café-O-Rama Out and About Musical Improvisation Indy Library	Botanical walks Yoga Out and About Indy Chill Out	Op-Shopping 9:30am Cafe Times Crafted Arts
PM	Clowning Around Hydro Pool Driving Range Science Time	Hydro Pool 12:30pm Lego Builders CBD Explorers	Music History Dance 4 Us Bead Boxing	Women's Group Eco Walkers Health and Fitness	Functional Adaptive Movement 12:30pm Friday Chill Time Friday Strolls

Monday Activities

AM

Swimming – Two small groups that visit two different pools.
Starts at 10:15am

Circus Skills – Have a go at learning some circus skills. Work on your balance, learn to juggle, there's a lot to do. Starts at 10:30am

Croc Bikes – Lets head out for a relaxing cycle around the water front on the Croc Bikes. Starts at 10am

PM

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

Clowning Around – There's an art to being a clown, learn some of skills needed to entertain people! Starts at 1pm

Driving Range – Head off to the driving range and smash some little white balls around!
Starts at 1:00pm

Science Time – Its time to learn some basic science that can help you understand the world around you. Starts at 1pm

Tuesday Activities

AM

Evoro Meeting – This is our weekly meeting where we get together and discuss the day to day running of the place.
Starts at 9:45am so make sure you bring your cup of tea

Café Stop - Time to become regulars at a local café! Bring \$6 - \$10 each week to buy a drink.
Starts at 10:30am

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

Yoga – A small group that goes to a local community hall to participate in some relaxing Yoga. Starts at 1pm

PM

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

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

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

Wednesday Activities

AM

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

Indy Library – This is an opportunity for a small independent group to make their way to Arapaki Manners Library for the morning.
Starts 10.30am

Out and About – Lets get out and see what we can find around Wellington.
Starts at 10:30am

Café-O-Rama - We're off to the café, remember to bring \$6 - \$10 each week to pay for your drink or something to nibble on. Starts at 10:30 am

PM

Bead Boxing – Create pictures with beads that magically melt together with a bit of heat! It's like, well, magic! Starts at 1pm

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 Thistle Hall by some Dance Therapy tutors, this group offers exercise and fun for participants, Starts at 12:45pm

Thursday Activities

AM

Botanical Walks – Take a stroll around the Garden's. Participants need to be able to catch the bus independently. Starts at 10:30am

Out and About – Lets get out and see what we can find around Wellington.
Starts at 10:30am

Yoga – A small group that goes to a local community hall to participate in some relaxing Yoga. Starts at 9:30am

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

PM

Woman's Group - A group especially for the women of Evaro.
Starts at 12:30pm

Health and Fitness – Learn all about the importance of health and fitness in your life. Practical tips for people of all abilities.
Starts 1pm

Eco Walkers – It's time to get out and go for a walk! Thanks to our partnership with Zealandia, we will be walking there weekly!
Starts at 1pm.

Friday Activities

AM

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 9:30am

Café Times - Wellington is well known for its coffee culture. Let's head off to Enigma café on Courtney Place and get something to drink. In order to indulge please bring \$6 - \$10.
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

F.A.M. – Functional Adaptive Movement is a mouthful to say but it's pretty simple; it's 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 – A gentle wander around Wellington on a Friday afternoon. 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 area of leisure, home or work.

www.evaro.nz

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