

Manaaki Ability Trust Programmes 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
9.30am - 10.30am	Social Savvy Typing Lab Zumba Cardio Fit Wellbeing*	Cryptic Lab Mind Hub Brain Gym Fun fit	Re-Discovery Independent Living Dance Out 101 Life Literacy Skills Manaaki Karate	AI Tech Te Ao Māori Fun fit Life Literacy Skills	Basic NZ Sign Language Independent Living Gizmos and Gadgets Zumba
10.30am			Morning Tea		
11.am – 12.00pm	Mahi Ora First Aid Women's Wellbeing Geo History	Work Smart Digi-Quiz Men's Wellbeing Culture Club Strum & Base	Money Crunchers Dance Out Crew Eco Savvy Number Ninjas Move and Groove	Coding Lab Quizmasters Ukulele Worldly Discussions	Debating Recorder Alpha Lab Manaaki Karate
12.00pm			Lunch		
1.00 – 2.30pm	Duke of Ed Gold/Silver Healthy Living* Craft Collective Theatre Sports Xylophone	Canva Design Creative Studio Flatmates Cooking Team Sports Story-blocks	Podcasting 101 Duke of Ed Bronze Art 4 Art Awards Research Lab Healthy Living*	Drive* Flatmates Cooking Sewing Team Sports	Myth Explorers Xylophone Fun Fit *Friday finish @ 2pm

Louisa Janelle Thea Brad Kimberly Rhian

Reading with Sue – Wednesday mornings