

Whiti Ora Central/East Timetable July, August, September 2024

M	<p>Central Chinese Social Group 10am - 2pm Time & locations may vary <i>Andrea</i></p>	<p>Rainbow Social Group 10:30am – 12pm Via Zoom & 4th week of the month is an in person meet-up <i>Bailey</i></p>	<p>Restorative Yoga 11:30am - 1 pm Contemporary Yoga Studio, Remuera <i>Saskia</i></p>		<p>Pink Ribbon Appeal Friday 18th of October</p> <p>Would you like to volunteer & support the Breast Cancer Fundraiser? <i>Talk to Saskia</i></p>		
T	<p>East Chinese Social Group 10am - 2pm Time & locations may vary <i>Andrea</i></p>	<p>Boxfit 10:30 - 11:30am Otahuhu Pools & Leisure Centre Starts 23 July <i>Fuli, Fabian</i></p>	<p>Online Board Games 2:30-4pm Via Zoom <i>Wenber</i></p>	<p>Bi-Polar Support Group 7 - 9 pm. Every 3rd Tuesday of the month. Via Zoom <i>Saskia</i></p>	<p>One-off Outings</p> <p>Hamilton Gardens 30th July</p> <p>Auckland Zoo 6th August</p> <p>Parakai Hot Pools 27th August \$5 contribution</p> <p>Laser Strike 17th September \$5 contribution</p> <p><i>Wenber, Fuli, Fabian</i></p> <p>To give everyone a chance to attend one of these outings you may not be able to attend all that you choose.</p> <p>Please let a facilitator know which you would like to attend asap.</p> <p>We have limited transport available so if you can get to the venue yourself, we ask that you kindly do this.</p>		
W	<p>Insights into Māori Values (with te reo games & activities) 12-1pm Via Zoom <i>Daryl</i></p>	<p>Speed Freaks Run & Walk Group 12:30 - 1:30pm Ambury Regional Park <i>Andrea, Fuli</i></p>	<p>Basketball Social League Games After 6pm Games Franklin Pool & Leisure Centre <i>Fuli, Wenber</i></p>	<p>All our programmes are smoke & vape-free.</p> 			
T	<p>WRAP 10am - 1 pm Papakura Old Central School Hall Papakura Starts 18th July <i>Saskia</i></p>	<p>Lawn Bowls 10:30am – 12pm Blockhouse Bay Bowling Club <i>Wenber, Fuli</i></p>	<p>Gym Activity 11am - 12pm YMCA Lynfield <i>Fabian</i></p>	<p>Yoga 12–1:30pm YMCA Lynfield <i>Andrea</i></p>	<p>Water Walking 1:15-2:30pm Cameron Pool & Leisure Centre Mount Roskill <i>Fuli</i></p>	<p>Mindfulness Practice 3 - 4 pm Via Zoom <i>Fabian</i></p>	<p>Indoor Netball Social League Games After 6pm games Action Indoor Stadium Manukau <i>Wenber, Fuli</i></p>
F	<p>Bi-Polar Support Group 10am - 12 pm Every 1st Friday of the month. Huia Hub, Otahuhu <i>Saskia</i></p>	<p>Social Outing 10:30am—1:30pm 2nd & 4th Friday Various locations \$8 Contribution <i>Saskia</i></p>	<p>Badminton 11am - 12pm Auckland Badminton Centre <i>Fabian</i></p>	<p>U30's Social Group 11am onwards Various locations <i>Wenber</i></p>	<p>ESOL Tutoring for Chinese Speakers 1:30 - 3pm On WeChat or Zoom <i>Andrea</i></p>	<p>Your feedback is valued. Please give your suggestions to a facilitator or contact us: 09 8155113 or pf.admin@ember.org.nz</p>	

Programme Locations

Action Indoor Stadium 577 Great South Road, Manukau
ActivZone 30 Downing Street, Glenfield
Ambury Regional Park 43 Ambury Road, Mangere Bridge
Auckland Badminton Association 99 Gillies Ave, Epsom
Blockhouse Bay Bowling Club 33 Terry Street Blockhouse Bay
Cameron Pool & Leisure Centre 53 Arundel Street, Mt Roskill
Contemporary Yoga Studio 351 Remuera Road, Remuera, Auckland 1050
Franklin Pool & Leisure Centre 29 Franklin Road, Pukekohe
Huia Hub 51 Huia Road, Otahuhu
Otahuhu Pools and Leisure Centre Mason Road, Otahuhu
Parakai Springs 150 Parkhurst Road, Parakai
Papakura Old Central School Hall 57 Wood Street, Papakura
The YMCA Lynfield 16-18 Griffen Park Road, Mt Roskill

Programme Descriptions

Insights into Māori values (with te reo games/activities)

Learn and explore Māori values. Share your knowledge & understanding. Discuss how we can apply these learnings to our everyday life. End our session with a game or activity to revitalise your te reo. Beginner friendly.

Social Skating

Join our beginner friendly group to connect with others & engage in an aerobic exercise for your tinana (body). Learn & practice to roller skate at your own pace. Contribution goes towards hiring of skates & complimentary coffee.

How to contact Whiti Ora

Physical address: 51 Huia Road, Otahuhu, Auckland 1062

Phone: 815 5113

Email: pf.admin@ember.org.nz **Website:** www.ember.org.nz

Disclaimer: Whiti Ora aims to provide safe environments for all, however, please take responsibility for your own health & safety while attending groups. Please wear appropriate clothing & footwear e.g. sports clothing & shoes for physical activities, bring your own water bottle & maintain a good level of hygiene. Please discuss any concerns with your facilitator before the activity.



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KOROWAI TAKITINI