



Whiti Ora Central/East Timetable October, November, December 2024

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|---|--|---|---|--|--|--|--|
| M | <p>Central Chinese Social Group 10:30am – 2:30pm 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>Table Tennis 11am – 12pm Y Lynfield Youth & Leisure Centre <i>Fabian</i></p> | <p>Restorative Yoga 11:30am - 1 pm Contemporary Yoga Studio, Remuera <i>Saskia</i></p> | <p>Work Preparation 11am - 1pm Ember, Huia Hub Otahuhu <i>Sarika</i></p> | <p>Parakai Hot Pools Tuesday 12th November Limited spots & transport available. Please let a facilitator know that you would like to attend. \$5 contribution</p> | |
| T | <p>Basketball/Indoor Netball Training 10 - 11am Various locations <i>Fuli & Wenber</i></p> | <p>East Chinese Social Group 10:30am – 2:30pm Time & locations may vary <i>Andrea</i></p> | <p>Gym Workouts (Green Prescription) 11am – 12pm Lloyd Elsmore Pool & Leisure Centre Pakuranga <i>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> | | |
| W | <p>Speed Freaks Run & Walk Group 12:30 - 1:30pm Ambury Regional Park <i>Andrea, Fuli, Daryl</i></p> | <p>Badminton & Table Tennis 1 - 2 pm NZ Badminton Centre East Tamaki <i>Fabian</i></p> | <p>Fix & Change Clothing 12.30 - 2.30pm Tamil Community Centre, Hillsborough <i>Saskia & Sarika</i></p> | <p>All our programmes are smoke & vape-free.</p>   | | | |
| T | <p>WRAP 10am to 1:15pm Tamil Community Centre, Hillsborough <i>Saskia / Daryl</i></p> | <p>Lawn Bowls 10:30am – 12pm Blockhouse Bay Bowling Club <i>Wenber & Fuli</i></p> | <p>Gym Workouts (Green Prescription) 11am - 12pm Y Lynfield Youth & Leisure Centre <i>Fabian</i></p> | <p>Yoga 12 - 1:30pm YMCA Lynfield <i>Andrea</i></p> | <p>Water Walking 12:45 – 2:15pm Cameron Pools, Mt Roskill <i>Fuli</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 Group 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>ESOL Tutoring for Chinese Speakers 1:30 - 3pm On WeChat or Zoom <i>Andrea</i></p> | <p>Pink Ribbon Appeal Friday 18th of October Would you like to volunteer & support the Breast Cancer Fundraiser? <i>Talk to Saskia</i></p> | | |

Programme Locations

Action Indoor Stadium 577 Great South Road, Manukau

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

Ember Huia Hub 51 Huia Road, Otahuhu

Lloyd Elsmore Pool & Leisure Centre Sir Lloyd Drive, Pakuranga

Tamil Community Centre 426 Hillsborough Road, Mt Roskill

The YMCA Lynfield 16-18 Griffen Park Road, Mt Roskill



**THANK YOU to the
Auckland Tamil
Association for
supporting us!!**

Programme Descriptions

Fix & Change Clothing Learn to sew on a button or shorten a hem without it being seen. Learn to patch a hole in your bag & fix your favourite sheet or blanket. Upcycle cards out of old ones just in time for someone's birthday or Xmas.

Gym Workouts (Green Prescription) Support to get your fitness & wellbeing goals happening. Get a basic workout programme & motivation & encouragement from the facilitator. Talk to your GP for Green Prescription extras.

Work Preparation Come along to explore your options & figure out what job is right for you. Develop a CV & cover letter & build on the skills you need to feel confident working.

WRAP Wellness Recovery Action Plan. A safe space to learn from & support others, share ideas, inspire others & create your own wellness plan to guide you through your journey.

How to contact Whiti Ora

Physical address: 51 Huia Road, Otahuhu, Auckland 1062

Phone: 5232790

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