Whiti Ora CENTRAL & EAST Timetable Oct - Dec 2025



Monday	Tuesday	Wednesday	Thursday	Friday
Chinese Social Group	Water Walking & Learn to	Speed Freaks Run & Walk	Lawn Bowls	Creative Writing
Central	Swim	Group	10:30am – 12:30pm	10:30am – 12:30pm
10:30am – 2:30pm	9:30 - 11am	12:30 - 1:30pm	Blockhouse Bay Bowling Club	Highland Park Community
Time & locations vary	Otahuhu Swimming Pool,	Ambury Regional Park	Wenber	Centre
Andrea	Fuli & Monique	Andrea, Monique & Fuli		Monique
WRAP	Chinese Social Group East	Social Indoor Netball	Gym Workouts	Badminton
10:30am – 1pm	10:30am – 2:30pm	After 6pm	11am – 12pm	11am – 12pm
Glendene Community Hub,	Time & locations vary	Action Indoor Stadium	YMCA Lynfield	Auckland Badminton
Glendene	Andrea	Manukau	Fabian	Association, Epsom
Daryl & Monique		Wenber, Fuli & Monique		Fabian
Restorative Yoga	Outdoor Exercise	Badminton	Yoga	Rainbow Social Group
11:30am – 1pm	12:30 - 1:30pm	1 – 2pm	12 – 1:30pm	10:30am – 12:30pm
Contemporary Yoga Studio,	Barry Curtis Park, Flatbush	Lloyd Elsmore Badminton	Ember Central Hub, Penrose	Fortnightly online via Zoom
Remuera	Fabian	Club, Pakuranga	Andrea	Laura
Nirvana & Laura		Fabian		
	Online Board Games	Pottery	Virtual Travel	ESOL Tutoring for
	2:30 - 4pm	1– 3pm	2:30 – 3:30pm	Chinese Speakers
	Online Via Zoom	Studio One Toi Tū,	Online via Zoom	1:30 - 3pm
	Wenber	Ponsonby	Wenber	On WeChat or Zoom
		Laura		Andrea
		Learner Driver Licence	Guide to Fitness &	

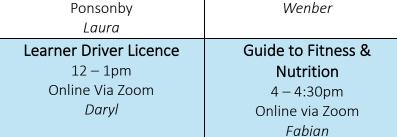


We'd love to hear to hear your feedback & ideas.
Please contact us at pf.admin@ember.org.nz



Please stay Vape-free & Smoke-free during the groups.

Thanks 😊



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 Barry Curtis Park 163 Chapel Road, Flat Bush Blockhouse Bay Bowling Club 33 Terry Street, Blockhouse Bay Cameron Pools 53 Arundel Street, Mt Roskill Contemporary Yoga Studio 351 Remuera Road, Remuera Ember Central Hub 326 Church Street, Penrose Glendene Community Hub 82 Hepburn Street, Glendene Highland Park Community House 47 Aviemore Drive, Highland Park **Lloyd Elsmore Badminton Club** Bell Park Lady Marie Drive, Pakuranga Mt Albert YMCA 773 New North Road, Mt Albert Otahuhu Swimming Pool Mason Ave, Otahuhu Studio One Toi Tū 1 Ponsonby Road, Ponsonby Treasure Island Mini Golf 1 Uenuku Way, Māngere YMCA Lynfield 16-18 Griffen Park Road, Mt Roskill

Programme Descriptions

Pottery Come along & play with some clay. You'll have the chance to learn how to make cups, bowls, plates, or something else of your choosing. The facilitator will guide you through different techniques, & the session is open to all levels. All pieces will be fired & glazed at the end of the term.

Guide to Fitness & Nutrition Learn essential information, guidelines & recommendations for exercise & nutrition to support a healthy & balanced lifestyle. Perfect for anyone wanting to improve their fitness knowledge & make informed choices about their wellbeing.

Physical address: 326 Church Street, Penrose 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.



Whiti Ora

CENTRAL & EAST

Timetable

October, November & December 2025

