

Whiti Ora CENTRAL & EAST Timetable Oct – Dec 2025



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



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
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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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