



Whiti Ora Central/East Timetable January, February, March 2024

M	Garden Group 10am— 12:30pm Auckland Teaching Garden Māngere Starts 22 Jan <i>Saskia</i>	Central Chinese Social Group 10am - 2pm Time & locations vary <i>Andrea</i>	Restorative Yoga 11am - 12:30pm Remuera Contemporary Yoga Studio <i>Wenber</i>	All our programmes are smoke-free	
T	East Chinese Social Group 10am - 2pm Time & locations may vary. <i>Andrea</i>	BoxFit 10:30— 11:30am Various locations <i>Fuli & Fabian</i>	Lawn Bowls 10.30am - 12:30pm Blockhouse Bay Bowling Club <i>Wenber</i>	Healthy Budget Cooking 10:30am - 1pm Melville Cricket Pavilion, Epsom <i>Rike</i>	Ask a facilitator about our Feedback Day
W	Speed Freaks (running or walking) 12:30— 1:30pm Ambury Regional Park <i>Andrea & Fuli</i>	Walking Group 12:30— 2pm Different locations (Pickup & drop off Sylvia Park, Panmure Train Station Mc D's Pakuranga Rd) <i>Saskia</i>	Basketball Social League Games After 6pm Games Pukekohe Leisure Centre <i>Fuli & Wenber</i>		
T	Water Walking (fortnightly) 10am - 2pm Otahuhu Pool, Otahuhu <i>Fuli</i>	Yoga 10:30-11:30am Blockhouse Bay Beach, Blockhouse Bay <i>Rike & Andrea</i>	Indoor Netball Social League Games After 6pm games Action Indoor Stadium Manukau <i>Fabian, Wenber & Rike</i>	WRAP 10am-12.30 pm Tamil Centre Hillsborough <i>Saskia & Wenber</i>	Pacific Island Social Group (Fortnightly) 10am - 1:30pm Variety of venues <i>Fuli</i>
F	Mini Golf 10 - 11:30am Treasure Island Adventure Golf <i>Fuli</i>				

Programme Locations

Action Indoor Sports Manukau 577 Great South Road
Ambury Regional Park 43 Ambury Road, Mangere Bridge
Auckland Teaching Garden 299 Kirkbride Road, Mangere
Blockhouse Bay Beach Carpark, end of Endeavor Street, Blockhouse Bay
Blockhouse Bay Bowling Club 33 Terry Street Blockhouse Bay
Contemporary Yoga 351 Remuera Road, Remuera, Auckland 1050
Franklin Pool & Leisure Centre 29 Franklin Road, Pukekohe
Melville Cricket Pavilion 18 St Andrews Road, Epsom
Otahuhu Pools Mason Road, Otahuhu
Tamil Community Centre 426 Hillsborough Road, Hillsborough
Treasure Island Minigolf 1 Uenuku Way, Mangere



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

Programme Info

Pacific Island Social Group Engage & connect with like-minded Pacific Island people through fun social activities in the community. Activities encourage participants to explore, learn & appreciate the diverse & common values from each other that will add to their journey of recovery. It promotes the 5 ways of recovery: connect, take notice, give, be active, & keep learning.

Online Programmes

Monday Rainbow Social Group 10:30am—12pm on Zoom with Bailey (1:1 support available)
Tuesday Online Games 2:30 - 3:30pm on Zoom with Wenber
Learner License Practice on hold, please put your name down if you're interested
Friday ESOL English Tutoring for Chinese Speakers 1 -3:30pm on WeChat/Zoom with Andrea

How to contact Whiti Ora

Physical address: 51 Huia Road, Otahuhu, Auckland 1062
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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 and footwear e.g. sports clothing and shoes for physical activities, bring your own water bottle and maintain a good level of hygiene. Please discuss any concerns with your facilitator before the activity.



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