



# Personal Focus Central & East Timetable October, November, December 2020

<b>M</b>	<b>Chinese Social Group (Central)</b> 9:30am – 2pm  Various locations	<b>Yoga</b> 11.30am - 1pm  The Contemporary Yoga Studio, Remuera	<b>Learner Driver Licence Theory</b> 1 – 2pm  Available on Zoom	Your feedback is valued. Please give your suggestions to a programme facilitator or contact us: 8155113 <a href="mailto:pf.admin@ember.org.nz">pf.admin@ember.org.nz</a>  <b>Please note:</b> If you are unable to get to the venue please discuss with the facilitator about transport options		Our programmes are <b>smoke free</b> at all times 
<b>T</b>	<b>Chinese Social Group (East)</b> 9:30am – 2pm  Various locations	<b>Lawn Bowls</b> 10am -12pm  Blockhouse Bay Bowling Club	<b>Explore Auckland</b> 11am – 1pm  Various places  \$3 for some activities	<b>Tenpin or Laser Tag</b> 1:30pm – 2:30pm  Xtreme Wairau, Wairau Valley	<b>"Try &amp; fail, but never fail to try"</b> 	
<b>W</b>	<b>Crafts Group</b> 1 – 3pm  Melville Cricket Pavilion, Epsom	<b>Fun Fitness</b> 1:30 – 2.30pm  Glenfield Community Centre, Glenfield	<b>Dog Walking</b> 1:30–3pm  Various locations	<b>ESOL English Tutoring for Chinese Speakers</b> 1:30 – 3:30pm  Epsom Library, Epsom	<b>Basketball Practice</b> 2 – 3.30pm  Roskill Youth Zone, Mt Roskill	<b>Social Basketball Evening Competition</b> Franklin Pool & Leisure, Pukekohe. Please bring water & change of gear
<b>T</b>	<b>Native Planting Group</b> 10:30am – 12:30pm  Te Whangai Trust Mt Roskill	<b>Sketching Programme</b> 1:30– 2:30pm  Te Tuhi, Pakuranga	<b>Badminton</b> 1:30-2:30pm  Auckland Badminton Hall, Epsom	<b>Learner Drivers Licence Theory</b> 4 – 4:45pm  Available online via Zoom	<b>Indoor Netball Evening Competition</b>  Action Indoor Sports Central, Mt Roskill	<b>NO PROGRAMMES</b>  Labour Day 26th Oct Open Day 18th Nov Staff Only Day 19th Nov Christmas/New Year 25th Dec 2020 to 4th Jan 2021
<b>F</b>	<b>Water Walking</b> 10am – 12pm  Otahuhu Pools & Leisure Centre Otahuhu	<b>Relax &amp; Unwind</b> 10:30am - 12pm  Online via Zoom	<b>ESOL Tutoring</b> 10:30am – 12:00pm  Online via WeChat	<b>Badminton</b> 11:00am – 12:30pm Li-Ning Badminton Center, East Tamaki	<b>Pool Table Competition</b> 1pm – 2pm  Otahuhu Club, Otahuhu. Good dress standard is required.	<b>Online Quiz Programme</b> 2-2:30pm  Available via MS Teams
			<b>Under 30's Social Group</b> 11am – 3pm Various Places \$3 for some activities			

**Under 30's Social Group**  
 11am – 3pm  
 Various Places **\$3 for some activities**

## Programme Locations

**Auckland Badminton Hall** 99 Gillies Ave, Epsom  
**Action Indoor Sports** 911 Dominion Road, Mt Roskill  
**Blockhouse Bay Bowling Club** 33 Terry Street Blockhouse Bay  
**Contemporary Yoga Centre** 351 Remuera Road, Remuera  
**Epsom Library** 195 Manukau Road, Epsom  
**Franklin Pool & Leisure** 29 Franklin Road, Pukekohe  
**Glenfield Community Centre** 96 Bentley Ave, Glenfield  
**Li-Ning Badminton Centre** 443 East Tamaki Road, East Tamaki  
**Melville Cricket Pavilion** 18 Saint Andrews Road, Epsom  
**Otahuhu Club** Lvl 1 Victoria Arcade, 435 Great South Road, Otahuhu  
**Otahuhu Pools & Leisure Centre** 30 Mason Avenue, Otahuhu  
**Roskill Youth Zone** 740 Sandringham Road Extension, Mt Roskill  
**Te Tuhi** 13 Reeves Road, Pakuranga  
**Te Whangai Trust** 740 Sandringham Road Extension, Mt Roskill  
**Xtreme Wairau** 10 Target Court Wairau Valley

## Programme Promo

**Dog Walking** Come for walk with our lovely therapy dog, Kedo. Please do not bring your own dog.

**Native Planting Group** Would you like to do some volunteer work? This is a chance to give back to the community, upskill, gain work experience and get in touch with nature.

## How to contact Personal Focus

**Physical address:** 51 Huia Road, Otahuhu, Auckland 1062

**Postal address:** P.O. Box 22424 Otahuhu, Auckland 1640

**Phone:** 815 5113

**Email:** [pf.admin@ember.org.nz](mailto:pf.admin@ember.org.nz)

**Website:** [www.ember.org.nz](http://www.ember.org.nz)



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**ember**   
KOROWAI TAKITINI