

# Whiti Ora Central/East Timetable April, May June 2025

<b>M</b>	<b>Central Chinese Social Group</b> 10:30am – 2:30pm Time & locations may vary <i>Andrea</i>	<b>WRAP Wellness Recovery Action Plan</b> 10:30am – 1pm Glendene Community Hub Starts 5 <sup>th</sup> May <i>Daryl, Wenber</i>	<b>Rainbow Social Group</b> 10:30am – 12pm Via Zoom & 4 <sup>th</sup> week of the month is an in person meet-up <i>Bailey</i>	<b>Table Tennis</b> 11am – 12pm YMCA Lynfield <i>Fabian</i>	<b>Restorative Yoga</b> 11:30am - 1 pm Contemporary Yoga Studio, Remuera Nirvana, Laura	 <p><b>Register your interest for</b>  <b>Beginner Sewing Classes (5weeks)</b>  <b>and</b>  <b>Slow Cooking on a Budget (6 weeks)</b>  <a href="mailto:Pf.admin@ember.org.nz">Pf.admin@ember.org.nz</a>  <b>5232790</b></p>
<b>T</b>	<b>Water Walking</b> 9:30 – 11am Otahuhu Swimming Pool, Otahuhu <i>Fuli</i>	<b>Parakai Hot Pools</b> 10am – 2pm Parakai Hot Pools 29 <sup>th</sup> April & 27 <sup>th</sup> May \$5 contribution <i>Fuli, Daryl, Wenber</i>	<b>East Chinese Social Group</b> 10:30am – 2:30pm Time & locations may vary <i>Andrea</i>	<b>Online Board Games</b> 2:30-4pm Via Zoom <i>Wenber</i>		
<b>W</b>	<b>Speed Freaks Run &amp; Walk Group</b> 12:30 - 1:30pm Ambury Regional Park <i>Andrea, Fuli</i>	<b>Learner Licence Test Practice</b> 12:30 – 1:30pm On Zoom <i>Daryl</i>	<b>Badminton</b> 1 - 2pm Li-Ning Badminton Centre, East Tamaki <i>Fabian</i>	<b>Indoor Netball Social League Games</b> After 6pm games Action Indoor Stadium Manukau <i>Wenber, Fuli, Monique</i>		
<b>T</b>	<b>Lawn Bowls</b> 10:30am – 12pm Blockhouse Bay Bowling Club <i>Wenber &amp; Fuli</i>	<b>Gym Workouts</b> 11am - 12pm YMCA Lynfield <i>Fabian</i>	<b>Yoga</b> 12 - 1:30pm YMCA Mt Albert <i>Andrea, Monique</i>	<b>Water Walking</b> 12:30 – 2pm Cameron Pools, Mt Roskill <i>Fuli</i>		
<b>F</b>	<b>Mini Golf</b> 10-11am Treasure Island Mini Golf, Mangere Fortnightly only <i>Daryl</i>	<b>Badminton</b> 11am - 12pm Auckland Badminton Centre Starts 21 Feb <i>Fabian</i>	<b>ESOL Tutoring for Chinese Speakers</b> 1:30 - 3pm On WeChat or Zoom <i>Andrea</i>			



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY



EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



Your time,  
your words,  
your presence

## 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  
**Glendene Community Hub** 82 Hepburn Road, Glendene  
**Li-Ning NZ Badminton Centre** 443 East Tamaki Road, East Tamaki  
**Mt Albert YMCA** 773 New North Road, Mt Albert  
**Otahuhu Swimming Pool** Mason Ave, Otahuhu  
**Treasure Island Mini Golf** 1 Uenuku Way, Māngere  
**YMCA Lynfield** 16-18 Griffen Park Road, Mt Roskill

## Programme Descriptions

**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.

**Pickleball** A family-friendly sport that combines the aspects of badminton, ping pong, & tennis. Pickleball is a popular sport for beginners because of its simple rules. The court is like a tennis court, but it is smaller & you use paddles & a plastic ball

## How to contact Whiti Ora

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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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