

Personal Focus Programmes Oct, Nov, Dec 2019 Central & East Auckland

M	<p>Water Walking 9:45 – 11.30am Where: Mt Albert Aquatic Centre, Mt Albert Pick up: TBC with Facilitator No Group: 28th Oct Starts 7th Oct</p>	<p>Chinese Social Group (East Auckland) 10am– 1.30pm Where: Various locations Pick up: Pakuranga Library & Bunnings Mt Wellington Start: 14th Oct</p>	<p>Yoga 11.30am – 1pm Where: The Contemporary Yoga Centre, Remuera Pick up: TBC with Facilitator Starts 14th Oct</p>	<p>Learner Driver Licence Theory 1 – 3pm Where: Mt Roskill Library, Three Kings</p>	
T	<p>Chinese Social Group (Central) 10am –1.30pm Where: Various locations Pick Up : TBC with Facilitator Starts: 15th Oct</p>	<p>Explore Auckland 11am- 1pm Where: Various places. Pick up: TBC with Facilitator \$3 for some activities</p>			
W	<p>Fun Fitness 1:30 – 2:30pm Where: Birkdale Hall, Birkdale Pick up: Mt Albert Library 12:50pm</p>	<p>Basketball Practice 2 – 3pm Where: Roskill Youth Zone, Mt Roskill Pick Up : TBC with Facilitator</p>	<p>Badminton 2 – 3pm Where: East Tamaki Badminton Hall, East Tamaki Pick up: Panmure Library</p>	<p>ESOL English Tutoring for Chinese Speakers 2 – 4pm Where: Epsom Library Starts: 16th Oct</p>	<p>Social Basketball Evening Competition Where: Franklin Pool & Leisure, Pukekohe</p>
T	<p>Indoor Sports 10am – 11am Water Walking 11am–12pm Where: Otahuhu Pool & Leisure Centre No Groups: 3rd, 10th Oct Starts: 17th Oct</p>	<p>Art Group 1pm–3pm Where: Te Tuhi, Pakuranga</p>	<p>Badminton 1:30pm –2:30pm Where: Auckland Badminton Hall, Epsom Pick up: Mt Albert Library 12:50pm Starts : 10th Oct</p>	<p>Table Tennis 10am- 11:30am Where: Auckland Table Tennis Association Pick up: Mt Albert Library Starts 17th Oct \$1 Contribution</p>	
F	<p>Under 30's Social Group 11am – 2pm Where: Various Places Some activities require a \$3 contribution</p>	<p>Stress Less 11:45am – 13:15pm Where: Hibiscus Coast Community House, Orewa Pick up: Mt Albert YMCA 11.00am</p>	<p>Please note:</p> <ul style="list-style-type: none"> •If you are unable to get to the venue please discuss with the facilitator about transport options •Our programmes are <u>smoke free</u> at all times 		

Programme Locations

- Auckland Badminton Hall**
99 Gillies Ave, Epsom
- Auckland Table Tennis Association**
99 Gillies Ave, Epsom
- Birkdale Hall**
136 Birkdale Road, Birkdale
- Bunnings Mt Wellington**
459 Ellerslie-Panmure Hwy, Mt Wellington
- Contemporary Yoga Centre**
351 Remuera Rd, Remuera
- East Tamaki Badminton Hall**
443 East Tamaki Rd, East Tamaki
- Epsom Library**
195 Manukau Rd, Epsom
- Franklin Pool & Leisure**
29 Franklin Road, Pukekohe
- Hibiscus Coast Community House**
214 Hibiscus Coast Highway, Orewa
- Mt Albert Aquatic Centre**
38 Alberton Ave, Mt Albert
- Mt Albert Library**
84 St Luke's Rd, Mt Albert
- Mt Albert YMCA**
773 New North Rd, Mt Albert
- Mt Roskill Library**
546 Mount Albert Rd, Three Kings
- Otahuhu Pool & Leisure Centre**
30 Mason Ave, Otahuhu
- Panmure Library**
7-13 Pilkington Rd, Panmure
- Pakuranga Library**
7 Aylesbury St, Pakuranga
- Roskill Youth Zone**
740 Sandringham Rd Ext, Mt Roskill
- Te Tuhi**
13 Reeves Rd, Pakuranga



Programme Information

Indoor Touch Rugby & Basketball Would you like to play a team sport? Keen to have a run around & practice your touch rugby & basketball? Come along & join in. There are 2 touch rugby tournaments held each year and community basketball competitions which you can join in too.

Water Walking Feel like getting fit? Are you looking for a low impact exercise to get involved in? Come along and enjoy the relaxing feel of being in water while getting some exercise and improving your fitness. How many lengths will you end up doing?

Badminton & Table Tennis Do you like racquet sports? Come and have a go. Improve your fitness, agility and have fun playing alongside others.

Art Group Would you like to explore your creative abilities? Looking to improve your artistic skills, create works of art or make handmade gifts for others? Come and try this fun, creative group.

Yoga Would you like to take part in an activity that has awesome benefits for your body and mind. Yoga provides a relaxing experience while you increase your flexibility and strength.

Are you interested in improving your guitar skills?

For more information and to register your interest please call the facilitator—Troy, on 8155113.

Registration Process

To attend group programmes please register by completing our referral form and returning it to us with all required documents.

Once registered you will be contacted for an induction meeting so you can find out more about our service and enroll in the group programme/s which best suits your goals.

If you're already registered with us, then please talk to one of the facilitators about the group you would like to attend.

We're always open to suggestions for groups. Please speak to one of the programme facilitators with your ideas.

How to contact Personal Focus

Physical address:

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Personal Focus Programmes

Central and East Timetable

Oct/Nov/Dec 2019

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KOROWAI TAKITINI