







# Whiti Ora North & West Timetable July, August, September 2024

M	<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>Social Tenpin</b> 10:30 am - 12:00 pm Pins Lincoln Rd Fortnightly Daryl	<b>Community Cleanup</b> (Streets, parks, beaches) 10:30am - 12:30 pm West Auckland locations Fortnightly Daryl	<b>Badminton</b> 12 – 1pm Waitakere Badminton Centre Massey <i>Fabian</i>	    
T	<b>Simple Cooking &amp; Baking</b> 10:30am - 12:30pm Glendene Community Hub <i>Daryl</i>	<b>Tennis</b> 11am - 1 pm Becroft Tennis Club Forrest Hill <i>Naga</i>	<b>Online Board Games</b> 2:30-4pm Via Zoom <i>Wenber</i>	<b>Bi-Polar Support Group</b> 7 - 9 pm. Every 3rd Tuesday of the month. Via Zoom <i>Saskia</i>	All our programmes are smoke & vape-free. 
W	<b>Insights into Māori Values (with te reo games &amp; activities)</b> 12-1pm Via Zoom <i>Daryl</i>				Your feedback is valued. Please give your suggestions to a programme facilitator or contact us: 09 8155113 or <a href="mailto:pf.admin@ember.org.nz">pf.admin@ember.org.nz</a>
T	<b>Lawn Bowls</b> 10:30am – 12pm Blockhouse Bay Bowling Club <i>Wenber, Fuli</i>	<b>Mindfulness Practice</b> 3 - 4 pm Via Zoom <i>Fabian</i>	<b>One-off Outings</b> To give everyone a chance to attend one of these outings you may not be able to attend all that you choose. Please let a facilitator know which you would like to attend asap. We have limited transport available so if you can get to the venue yourself, we ask that you kindly do this.		
F	<b>Bi-Polar Support Group</b> 10am - 12 pm Every 1st Friday of the month. Huia Hub, Otahuhu <i>Saskia</i>	<b>Social Outing</b> 10:30am 0 1:30pm 2 <sup>nd</sup> & 4 <sup>th</sup> Friday of the month Various locations \$8 contribution <i>Saskia</i>	<b>Social Skating</b> (Beginner friendly) 10am - 12pm Glenfield Activzone \$3 contribution <i>Daryl</i>	<b>ESOL Tutoring for Chinese Speakers</b> 1:30 - 3pm On WeChat or Zoom <i>Andrea</i>	Hamilton Gardens 30 <sup>th</sup> July Auckland Zoo 6 <sup>th</sup> August Parakai Hot Pools 27 <sup>th</sup> August \$5 contribution Laser Strike 17 <sup>th</sup> September \$5 contribution  <i>Wenber, Fuli, Fabian</i>

## Programme Locations

**ActivZone** 30 Downing Street, Glenfield

**Becroft Tennis Club** 47 Bond Crescent, Forrest Hill

**Blockhouse Bay Bowling Club** 33 Terry Street Blockhouse Bay

**Franklin Pool & Leisure Centre** 29 Franklin Road, Pukekohe

**Glendene Community Hub** 82 Hepburn Road, Glendene

**Huia Hub** 51 Huia Road, Otahuhu

**Waitakere Badminton Centre** 149-155 Royal Road, Massey

**Pins Lincoln** 199 Lincoln Road, Henderson

## Programme Descriptions

### Insights into Māori values (with te reo games/activities)

Learn and explore Māori values. Share your knowledge & understanding.

Discuss how we can apply these learnings to our everyday life. End our session with a game or activity to revitalise your te reo. Beginner friendly.

### Community Cleanup

Give back to our community and express kaitiakitanga by picking up litter in streets, beaches & parks. On occasion we will be supporting “Green by Nature” staff members.

### Social Skating

Join our beginner friendly group to connect with others and engage in an aerobic exercise for your tinana (body). Learn and practice to roller skate at your own pace. Contribution goes towards hiring of skates and complimentary coffee.

## How to contact Whiti Ora

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

**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)

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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