

# Whiti Ora North & West Timetable October, November, December 2024

M	<b>Mindful Drawing &amp; Wellness Walk</b> 10:30am – 12:30pm Massey Community Hub	<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>Badminton</b> 11am – 12pm Waitakere Badminton Centre Massey <i>Wenber</i>		
T	<b>Social Tenpin Bowling</b> 10:30am - 12pm Pins Lincoln Rd \$3 contribution <i>Daryl</i>	<b>Tennis</b> 11am - 1 pm Becroft Tennis Club Forrest Hill <i>Naga</i>	<b>Online Board Games</b> 2:30 - 3:30pm 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>	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>
W	<b>West Walks</b> (Paths, Bush, Beach) 12 – 2pm Various locations <i>Daryl</i>	<b>Fix &amp; Change Clothing</b> 12.30 - 2.30pm Tamil Community Centre, Hillsborough <i>Saskia &amp; Sarika</i>	<b>Parakai Hot Pools</b> Tuesday 12th November Please register your interest with a facilitator. Limited spots and transport available. \$5 contribution		
T	<b>Lawn Bowls</b> 10:30am – 12pm Blockhouse Bay Bowling Club <i>Wenber, Fuli</i>	<b>WRAP</b> 10am to 1:15pm Tamil Community Centre, Hillsborough <i>Saskia / Daryl</i>			<p>All our programmes are smoke &amp; vape-free.</p>
F	<b>Bi-Polar Support Group</b> 10am - 12 pm Every 1st Friday of the month. Huia Hub, Otahuhu <i>Saskia</i>	<b>Social Skating</b> (Beginner friendly) 10am - 12pm Glenfield Activzone \$3 contribution <i>Daryl</i>	<b>Under 30s Social Group</b> 11am onwards Various locations <i>Wenber</i>	<b>ESOL Tutoring for Chinese Speakers</b> 1:30 - 3pm On WeChat or Zoom <i>Andrea</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

**Ember Huia Hub** 51 Huia Road, Otahuhu

**Massey Community Hub** 385 Don Buck Road, Massey

**Pins Lincoln** 199 Lincoln Road, Henderson

**Tamil Community Centre** 426 Hillsborough Road, Mt Roskill

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



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

## Programme Descriptions

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

**Fix & Change Clothing** Learn to sew on a button or shorten a hem without it being seen. Learn to patch a hole in your bag & fix your favourite sheet or blanket. Upcycle cards out of old ones just in time for someone's birthday or Xmas.

**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.

**Mindful Drawing & Wellness Walks** Explore & express your creativity. Become present as you engage in a new mindful art activity each week. Enjoy drawing while relaxing music plays in the background. Meet new people & make new connections. After the group session, enjoy a walk around the block to stretch our bodies & further support your wellness.

**WRAP** Wellness Recovery Action Plan. A safe space to learn from & support others, share ideas, inspire others & create your own wellness plan to guide you through your journey.

## How to contact Whiti Ora

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

**Phone:** 5232790

**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.



# Whiti Ora

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### 2024

**ember**   
KOROWAI TAKITINI