

Whiti Ora NORTH & WEST Timetable Oct – Dec 2025

Monday	Tuesday	Wednesday	Thursday	Friday
WRAP 10:30am – 1pm Glendene Community Hub, Glendene <i>Daryl & Monique</i>	Tenpin Bowling 10:30am - 12pm Bowling Zone, Henderson \$3 contribution <i>Daryl</i>	Social Indoor Netball After 6pm Action Indoor Stadium Manukau <i>Wenber, Fuli & Monique</i>	Lawn Bowls 10:30am – 12:30pm Blockhouse Bay Bowling Club <i>Wenber</i>	North Walks 10:30am – 12:30pm Various north Auckland locations No group last Friday of month <i>Daryl</i>
Table Tennis 11am- 12pm YMCA Lynfield <i>Fabian</i>	Badminton & Tennis 11am – 1pm Badminton North Harbour Becroft Tennis Club <i>Naga & Wenber</i>	Driver Licence 12 – 1pm Online Via Zoom <i>Daryl</i>	Gym Workouts 11am – 12pm YMCA Lynfield <i>Fabian</i>	Monthly Movies Times vary Event Cinema, Henderson Contribution \$5 <i>Daryl</i>
	Online Board Games 2:30 - 4pm Online Via Zoom <i>Wenber</i>		Badminton North 12- 2pm Badminton North Harbour <i>Fuli & Justine</i>	Rainbow Social Group 10:30am – 12:30pm Fortnightly online via Zoom <i>Laura</i>
<div data-bbox="262 1019 512 1152" data-label="Image"> </div> <p>We'd love to hear your feedback & ideas. Please contact us at pf.admin@ember.org.nz</p>			Virtual Travel 2:30 – 3:30pm Online via Zoom <i>Wenber</i>	ESOL Tutoring for Chinese Speakers 1:30 - 3pm On WeChat or Zoom <i>Andrea</i>
			Guide to Fitness & Nutrition 4 – 4:30pm Online via Zoom <i>Fabian</i>	



Please stay Vape-free & Smoke-free
during the groups.
Thanks 😊

Programme Locations

Action Indoor Stadium 577 Great South Road, Manukau
Badminton North Harbour 47 Bond Crescent, Forrest Hill
Becroft Tennis Club 47 Bond Crescent, Forrest Hill
Blockhouse Bay Bowling Club 33 Terry Street Blockhouse Bay
Bowling Zone 28-30 Catherine Street, Henderson, Auckland
Cameron Pools 53 Arundel Street, Mt Roskill
Glendene Community Hub 82 Hepburn Street, Glendene
Event Cinema Edsel Street, Henderson
YMCA Lynfield 16-18 Griffen Park Road, Mt Roskill

Programme Descriptions

North Walks Challenge yourself to 5,000+ steps, practice interval walking for optimised health benefits or create your own walking routine within the group.

Guide to Fitness & Nutrition- Learn essential information, guidelines & recommendations on exercise & nutrition to support a healthy & balanced lifestyle. This class is perfect for anyone wanting to improve their fitness knowledge & make informed choices about their wellbeing.

Physical address: 326 Church Street, Penrose **Phone:** 5232790

Email: pf.admin@ember.org.nz **Website:** 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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