



# Personal Focus North & West Timetable October, November, December 2020

<b>M</b>	<b>Learner Drivers Licence Theory</b> <b>1 – 2pm</b> Available online via Zoom	<b>Starting Point</b> <b>10:30–11:30am</b> Abeo House (Closed Group)		
<b>T</b>	<b>Lawn Bowls</b> <b>10am–12pm</b> Blockhouse Bay Bowling Club	<b>Tennis</b> <b>11am – 1pm</b> Becroft Tennis Club, Forrest Hill	<b>Tenpin or Laser Tag</b> <b>1:30 – 2:30pm</b> Xtreme Wairau, Wairau Valley	<b>Please note:</b> If you are unable to get to the venue please discuss with the facilitator about transport options
<b>W</b>	<b>Fun Fitness</b> <b>1:30 – 2.30pm</b> Glenfield Community Centre, Glenfield	<b>Beauty Session</b> <b>2 – 3pm</b> Available online via MS Teams	<b>NO PROGRAMMES</b> Labour Day 26th Oct Open Day 18th Nov Staff Only Day 19th Nov Christmas & New Year Period 25th Dec 2020 to 4th Jan 2021	 All our programmes are smoke-free
<b>T</b>	<b>Walking Group</b> <b>11am – 1pm</b> Various locations	<b>Badminton</b> <b>12– 2pm</b> North Harbor Badminton Center, Forrest Hill	<b>Learner Drivers Licence Theory</b> <b>4–4:45pm</b> Available online via Zoom	Feedback is always welcomed and valued.  If you have any ideas about programmes you would like to see on our timetable, talk to a Programme Facilitator or contact us: <a href="mailto:pf.admin@ember.org.nz">pf.admin@ember.org.nz</a> ph:09 8155113
<b>F</b>	<b>Relax &amp; Unwind</b> <b>10:30am – 12pm</b> Available online via Zoom	<b>The Self-care Corner</b> <b>11am–12pm</b> Ember Hub, Pukekohe and available online via MS Teams	<b>Online Quiz Programme</b> <b>2–2:30pm</b> Available via MS Teams	

## Programme Locations

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

**Blockhouse Bay Bowling Club** 33 Terry Street

Blockhouse Bay

**Glenfield Community Centre** 96 Bentley Avenue,  
Glenfield

**North Harbour Badminton Centre** 47 Bond Crescent,  
Forrest Hill

**Xtreme Wairau** 10 Target Court, Wairau Valley

## Programme Promo

**Lawn Bowls (Blockhouse Bay):** If you want to give  
Lawn Bowls a go in a safe, fun learning environment  
please get in touch more info.

### How to contact Personal Focus

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**ember**   
KOROWAI TAKITINI