









Whiti Ora North & West Timetable April, May, June 2025

M	Rainbow Social Group 10:30am – 12pm Via Zoom & 4 th week of the month in person meet-up <i>Bailey</i>	WRAP (Wellness Recovery Action Plan) 10:30am – 1:30pm Glendene Community Hub Starts 5 th May, 8 weeks <i>Daryl, Wenber</i>	Badminton 11am – 12pm Waitakere Badminton Centre, Massey April Only <i>Wenber</i>	  All our programmes are smoke & vape-free.	
T	Parakai Hot Pools 10am – 2pm 29 th April & 27 th May \$5 contribution Bring your own lunch & drink bottle <i>Wenber, Fuli, Daryl</i>	Tenpin Bowling 10:30am - 12pm Pins Lincoln Rd \$3 contribution <i>Daryl, Wenber</i>	Badminton 11am – 1pm Badminton North Harbour <i>Naga</i>		Online Board Games 2:30 - 4pm Via Zoom <i>Wenber</i>
W	Learner Licence Test Practice 12:30 – 1:30pm On Zoom <i>Daryl</i>	Indoor Netball Social League Games After 6pm games Action Indoor Stadium Manukau Some transport from West Akld available <i>Wenber, Fuli, Monique</i>	<p>Your feedback is valued. Please give your suggestions to a programme facilitator or contact us: 09 5232790 or pf.admin@ember.org.nz</p> 		
T	Lawn Bowls 10:30am – 12:30pm Blockhouse Bay Bowling Club <i>Wenber, Fuli</i>	Water Walking 12:30 - 2pm Cameron Pools, Mount Roskill <i>Fuli</i>			
F	Monthly Movies 10:30am – 1pm Event Cinema Westcity \$8 contribution Last Friday of each month <i>Daryl</i>	ESOL Tutoring for Chinese Speakers 1:30 - 3pm On WeChat or Zoom <i>Andrea</i>			





TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR HOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES.
SEE OPPORTUNITIES.
SURPRISE YOURSELF



Your time,
your words,
your presence

Programme Locations

Action Indoor Stadium 577 Great South Road, Manukau
Badminton North Harbour 47 Bond Crescent, Forrest Hill
Blockhouse Bay Bowling Club 33 Terry Street Blockhouse Bay
Event Cinema Westcity Edsel Street, Henderson
Glendene Community Hub 82 Hepburn Road, Glendene
Pins Lincoln 199 Lincoln Road, Henderson
Waitakere Badminton Centre 149-155 Royal Road, Massey



How to contact Whiti Ora

Physical address: 51 Huia Road, Otahuhu, Auckland 1062

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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