



M	Water Walking 9:30am-11am Massey Park Swimming Pools, Papakura <i>Fuli</i>	Rainbow Social Group 10:30am – 12pm Via Zoom & 4 th week of the month is an in person meet-up <i>Bailey</i>	Pool Table Competition 1:15pm - 3pm Papakura Club <i>Fuli</i>			
T	Boxfit 10:30 - 11:30am Otahuhu Pools & Leisure Centre Starts 23 July <i>Fuli, Fabian</i>	Tenpin Bowling 1:15pm - 2:30pm Pukekohe Cosmopolitan Club \$3 contribution <i>Fuli</i>	Online Board Games 2:30-4pm Via Zoom <i>Wenber</i>	Bi-Polar Support Group 7 - 9 pm. Every 3rd Tuesday of the month. Via Zoom <i>Saskia</i>	One-off Outings 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.	
W	Insights into Māori Values (with te reo games & activities) 12-1pm Via Zoom <i>Daryl</i>	Speed Freaks Run & Walk Group 12:30 - 1:30pm Ambury Regional Park <i>Andrea, Fuli</i>	Badminton & Table Tennis Li-Ning Badminton Centre, East Tamaki 1 - 2pm <i>Fabian</i>	Basketball Social League Games After 6pm Games Franklin Pool & Leisure Centre <i>Fuli, Wenber</i>		
T	WRAP 10am - 1 pm Papakura Old Central School Hall Papakura Starts 18th July <i>Saskia</i>	Lawn Bowls 10:30am – 12pm Blockhouse Bay Bowling Club <i>Wenber, Fuli</i>	Art Exploration (Self-guided) Beautification Trust Manurewa 11-1pm <i>Daryl</i>	Mindfulness Practice 3 - 4 pm Via Zoom <i>Fabian</i>	Indoor Netball Social League Games After 6pm games Action Indoor Stadium Manukau <i>Wenber, Fuli</i>	Your feedback is valued. Please give your suggestions to a programme facilitator or contact us: 09 8155113 or pf.admin@ember.org.nz
F	Mini-Golf 10am - 11am Treasure Island Adventure Golf \$3 contribution <i>Fuli</i>	Bi-Polar Support Group 10am - 12 pm Every 1st Friday of the month. Huia Hub, Otahuhu <i>Saskia</i>	ESOL Tutoring for Chinese Speakers 1:30 - 3pm On WeChat or Zoom <i>Andrea</i>	All our programmes are smoke & vape-free. 		

Programme Locations

Action Indoor Stadium 577 Great South Road, Manukau
Ambury Regional Park 43 Ambury Road, Mangere Bridge
Blockhouse Bay Bowling Club 33 Terry Street Blockhouse Bay
Franklin Pool & Leisure Centre 29 Franklin Road, Pukekohe
Huia Hub 51 Huia Road, Otahuhu
Li-Ning Badminton Centre 443 East Tamaki Road, East Tamaki
Massey Park Pools 2 Ron Keat Drive, Papakura
Manukau Beautification Trust 38 Holmes Road, Manurewa
Otahuhu Pools and Leisure Centre Mason Road, Otahuhu
Papakura Club 5 Croskery Road, Papakura
Papakura Old Central School Hall 57 Wood Street, Papakura
Pukekohe Cosmopolitan Club 78 Nelson Street, Pukekohe
Treasure Island Mini Golf 1 Uenuku Way, Māngere

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.

Art Exploration

A space where you can connect with others & explore your creative curiosities. Ability to request activities to explore as a group with willing participants.

How to contact Whiti Ora

Physical address: 51 Huia Road, Otahuhu, Auckland 1062

Phone: 815 5113

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.



Whiti Ora

South Timetable
July, August, September 2024