




Whiti Ora SOUTH Timetable Oct – Dec 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Water Walking 9:30 - 11am Massey Park Swimming Pools, Papakura <i>Fuli</i>	Water Walking & Learn to Swim 9:30 - 11am Otahuhu Swimming Pool, <i>Fuli & Monique</i>	Speed Freaks Run & Walk Group 12:30 - 1:30pm Ambury Regional Park <i>Andrea, Monique & Fuli</i>	Art Creator Space 11am – 1pm Beautification Trust, Manurewa <i>Daryl</i>	Mini Golf 10am – 11:30am Treasure Island Mini Golf \$3 contribution <i>Fuli</i>
Youth Social Group 11am – 1pm Various locations <i>Wenber & Justine</i>	Badminton 10:30 – 11:30am Counties Manukau Badminton Association <i>Fabian</i>	Volleyball 12:30 – 2:30pm Allan Brewster Leisure Centre, Papatoetoe <i>Justine</i>	Learn Sign Language 11am – 1pm Papakura Old Central School Hall, Papakura <i>Laura</i>	Creative Writing 10:30am – 12:30pm Highland Park Community Centre <i>Monique</i>
Pool Table Competition 1:30pm - 3pm Papakura Club <i>Fuli & Monique</i>	Tenpin Bowling 2 - 3pm Pukekohe Cosmopolitan Club \$3 contribution <i>Fuli & Monique</i>	Indoor Netball Social League After 6pm Action Indoor Stadium Manukau <i>Wenber, Fuli & Monique</i>	Board Games 2 – 4pm Collectors Guild, Waiuku <i>Monique</i>	Rainbow Social Group 10:30am – 12:30pm Alternating in-person & online via Zoom <i>Laura</i>
 <p>FEEDBACK</p>	Online Board Games 2:30 - 4pm Online Via Zoom <i>Wenber</i>	Driver Licence 12 – 1pm Online Via Zoom <i>Daryl</i>	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>
	  <p>Please stay vape free & smokefree during our groups. Thanks 😊</p>		Guide to Fitness & Nutrition 4 – 4:30pm Online via Zoom <i>Fabian</i>	

We'd love to hear your feedback & ideas.
 Let us know at
pf.admin@ember.org.nz

Programme Locations

Action Indoor Stadium 577 Great South Road, Manukau
Allan Brewster Leisure Centre 7 Tavern Lane, Papatoetoe
Ambury Regional Park 43 Ambury Road, Mangere Bridge
Beautification Trust 38 Holmes Road, Manurewa
Collectors Guild 21 a Queen Street, Waiuku
Counties Manukau Badminton Association 41r Elliot Street, Papakura
Massey Park Pools 2 Ron Keat Drive, Papakura
Otahuhu Swimming Pool Mason Ave, 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

Sign Language Ever wanted to learn sign language? Come along to learn & practice NZSL together. Whether it's your first time, or you just want to practice, this group is open to everyone. Both deaf & hearing people are welcome.

Volleyball For all ages, all journeys. A fun & supportive space for anyone wanting to stay active, connect with others, & boost their wellbeing—whether you're new to the game or getting back on court.

Youth Social Group Meet new mates. Share good vibes. Find your spark. A relaxed space for young people to hang out, try new activities, & support each other."

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.



Whiti Ora

SOUTH

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October, November & December 2025

