








Whiti Ora South Timetable January, February, March 2024

M	Water Walking 10am —12pm Massey Park Pools Papakura <i>Fuli</i>	Garden Group 10am— 1pm Auckland Teaching Garden Māngere Pickup Otahuhu train station <i>Saskia</i>	Pool Table Competition 1—3pm Papakura Club <i>Fuli</i>	Town Walking & Exploration 10am—1pm Various locations Pukekohe <i>Daryl</i>	Badminton 11 am - 12 pm Allan Brewster Leisure Centre, Papatoetoe <i>Fabian</i> (starts from 5/2/2024)
T	Boxfit 10:30—11:30am Various park locations <i>Fuli & Fabian</i>	Tenpin Bowling 1:30 – 3pm \$3 contribution per session Pukekohe <i>Fuli & Daryl</i>	     		
W	Speed Freaks (running or walking) 12:30—1:30pm Ambury Regional Park <i>Fuli & Andrea</i>	Library Drawing Sessions 12-2pm Takanini/Papakura Library <i>Daryl</i>	Social Basketball Competition After 6pm games Franklin Pool & Leisure Centre <i>Wenber & Fuli</i>		
T	Water Walking (Fortnightly) 10—11:30am Otahuhu Pool, Otahuhu <i>Fuli</i>	Self Guided Art 10am - 12pm Beautification Trust Manurewa <i>Daryl</i>	Pacific Island Social Group (Fortnightly) 10 - 11:30am Variety of venues Starts 1/02/24 <i>Fuli</i>	Indoor Netball Social League Games After 6pm games Action Indoor Sports Manukau Wenber, Rike	Pickleball 1—2pm Allen Brewster Leisure Centre, Papatoetoe (starts 1/2/2024) <i>Fabian</i>
F	Mini Golf 10 - 11:30am \$3 contribution per session Treasure Island Adventure Golf, Mangere <i>Fuli</i>	The Five Senses Exercise 10:30am - 12 pm Various locations in Manukau, Botany, East Tamaki <i>Fabian</i>	Raranga: Māori Weaving 10am—12:30pm Oranga Community Centre Onehunga <i>Daryl</i>	Your feedback is valued. Please give your suggestions to a programme facilitator or, contact us: 09 8155113 pf.admin@ember.org.nz	All our programmes are smoke-free 

Programme Locations

Action Indoor Sports Manukau 577 Great South Road, Manukau
Allan Brewster Leisure Centre 7 Tavern Lane, Papatoetoe
Ambury Regional Park 43 Ambury Road. Mangere Bridge
Auckland Teaching Garden 299 Kirkbride Road, Mangere
Franklin Pool & Leisure Centre 29 Franklin Road, Pukekohe
Massey Park Pools 2 Ron Keat Drive, Papakura
Manukau Beautification Trust 38 Holmes Road, Manurewa
Oranga Community Centre 52C Waitangi Road, Oranga
Otahuhu Pools Mason Ave, Otahuhu
Papakura Club 5 Croskery Road, Papakura
Papakura Library 209 Great South Road, Papakura
Pukekohe Cosmopolitan Club 78 Nelson Street, Pukekohe
Takanini Library 30 Walters Road, Takanini
Treasure Island Adventure Golf 1 Uenuku, Mangere

Programme Descriptions

Pacific Island Social Group: Engage & connect with like-minded Pacific Island people through fun social activities in the community. Activities encourage participants to explore, learn & appreciate the diverse & common values from each other that will add to their journey of recovery. It promotes the 5 ways of recovery: connect, take notice, give, be active, & keep learning.

Raranga: Māori Weaving: Join a community rōpu & learn the basics of weaving. Create woven flowers, baskets, earrings & more.

The Five Senses Exercise: A mindfulness technique that helps people focus on the present moment & divert their attention away from problems and negative thoughts. Participants observe their surroundings & take notes on what they see, hear, smell, taste, & feel.

Online Programmes

Monday Rainbow Social Group 10:30am—12pm on Zoom with Bailey (1:1 support also available)

Tuesday Online Games 2:30pm - 3:30pm on Zoom with Wenber

Learner License Practice on hold, please put your name down if you're interested

Friday ESOL English Tutoring for Chinese Speakers 1-3:30pm on WeChat/Zoom with Andrea

How to contact Whiti Ora

Physical address: 51 Huia Road, Otahuhu, Auckland 1062

Ph: 09 8155113

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 and footwear e.g. sports clothing and shoes for physical activities, bring your own water bottle and maintain a good level of hygiene. Please discuss any concerns with your facilitator before the activity.



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