

## Programme Locations

**Creative Corner** 85 O'Shannessey Street, Papakura

**Ember Pukekohe Hub** 75 Seddon Street, Pukekohe

**Franklin Pool & Leisure Centre** 29 Franklin Road, Pukekohe

**Massey Park Pools** 2 Ron Keat Drive, Papakura

**Otahuhu Club** Level 1 Victoria Arcade, 435 Great South Road, Otahuhu

**Otahuhu Pools & Leisure Centre** 30 Mason Avenue, Otahuhu

**Papakura East End Bowling Club** 5 Croskery Road, Papakura

**Pukekohe Cosmopolitan Club** 78 Nelson Street, Pukekohe

**Roskill Youth Zone** 740 Sandringham Road Extension, Mount Roskill

## Programme Promo

**Art Exploration** Want to learn, practice & develop your artistic painting skills? Join in and explore your creativity!

**The Self-Care Corner** Passionate about self-care? Want to learn & share strategies to support your wellbeing? We will cover the basics, benefits & you will get to experience self-care first hand with tea tastings, beauty & more!

## How to contact Personal Focus

**Physical address:** 51 Huia Road, Otahuhu,  
Auckland 1062

**Postal address:** P.O. Box 22424 Otahuhu,  
Auckland 1640

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## Personal Focus

### South Timetable

**October, November, December  
2020**

**ember**   
KOROWAI TAKITINI

# Personal FOCUS South Timetable October, November, December 2020

<b>M</b>	<p><b>Aqua Aerobics</b> 9 - 10:30am</p> <p>Massey Park Pools, Papakura</p>	<p><b>Building Resilience</b> 12:30 - 3pm</p> <p>Ember Pukekohe Hub, Pukekohe</p> <p>(5th - 30th Nov 5 week closed group)</p>	<p><b>Learner Driver Licence Theory</b> 1 - 2pm</p> <p>Available online via Zoom</p>	<p><b>Pool Table Skills &amp; Competition</b> 1-3pm</p> <p>Papakura East End Bowling Club, Papakura</p> <p>A good dress standard is required.</p>	<p><i>“Try &amp; fail, but , never fail to try”</i></p>
<b>T</b>	<p><b>Tenpin Bowling</b> 1:30-3:30pm</p> <p>Pukekohe Cosmopolitan Club, Pukekohe</p> <p>\$3 contribution required</p>				
<b>W</b>	<p><b>Beauty Session</b> 2 - 3pm</p> <p>Available online via MS Teams</p>	<p><b>Basketball Practice</b> 2 - 3:30pm</p> <p>Roskill Youth Zone, Mt Roskill</p>	<p><b>Social Basketball Community Evening Competition</b></p> <p>Franklin Pool &amp; Leisure, Pukekohe</p> <p>Please bring bottled water &amp;</p>	<p>Feedback is always welcomed and valued. If you have any ideas about programmes you would like to see on our timetable, please talk to a Programme Facilitator or contact us: 8155113 or pf.admin@ember.org.nz</p>	
<b>T</b>	<p><b>Art Exploration</b> 10am-12pm</p> <p>Creative Corner, Papakura</p>	<p><b>Walking Auckland</b> 9am - 3:30pm</p> <p>Various locations</p>	<p><b>Learner Drivers Licence Theory</b> 4-4:45pm</p> <p>Available online via Zoom</p>	<p>Our programmes are <b>smoke free</b> at all times</p> 	
<b>F</b>	<p><b>Water Walking</b> 10am - 12pm</p> <p>Otahuhu Pools &amp; Leisure Centre, Otahuhu</p>	<p><b>Relax &amp; Unwind</b> 10:30am - 12pm</p> <p>Available online via Zoom</p>	<p><b>The Self-care Corner</b> 11am-12pm</p> <p>Ember Pukekohe Hub, Pukekohe and available online via MS Teams</p>	<p><b>Pool Table Competition</b> 1 - 2pm</p> <p>Otahuhu Club, Otahuhu</p> <p>Good dress standard is</p>	<p><b>Online Quiz Programme</b> 2-2:30pm</p> <p>Available via MS Teams</p>