

Whiti Ora

South Timetable April, May, June 2025

M	Water Walking 9:30 - 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 & Monique</i>		
T	Water Walking 9:30 - 11am Otahuhu Swimming Pool, Otahuhu <i>Fuli</i>	Parakai Hot Pools 10am – 2pm Parakai Hot Pools 29 th April & 27 th May \$5 contribution Register your interest <i>Fuli, Daryl, Wenber</i>	Gym Workout 12 – 1pm Allan Brewster Leisure Centre Papatoatoe <i>Fabian</i>	Tenpin Bowling 2 - 3pm Pukekohe Cosmopolitan Club \$3 contribution <i>Fuli & Monique</i>	Online Board Games 2:30-4pm Via Zoom <i>Wenber</i>
W	Speed Freaks Run & Walk Group 12:30 - 1:30pm Ambury Regional Park <i>Andrea, Fuli</i>	Learner Licence Test Practice 12:30 – 1:30pm On Zoom <i>Daryl</i>	Badminton 1 - 2pm Li-Ning Badminton Centre, East Tamaki <i>Fabian</i>	Indoor Netball Social League Games After 6pm games Action Indoor Stadium Manukau <i>Wenber, Fuli, Monique</i>	
T	Lawn Bowls 10:30am – 12:30pm Blockhouse Bay Bowling Club <i>Wenber, Fuli</i>	Cozy Colouring 11am – 12:30pm Beautification Trust, Manurewa <i>Daryl</i> No group on last Thursday each month \$5 contribution for personal colouring book	Guided Painting Workshop: Landscape 11am – 1pm Beautification Trust, Manurewa 24 April, 29 May, 26 June \$3 contribution <i>Daryl</i>	Guided Painting Workshop: Matariki 11am – 1pm Beautification Trust, Manurewa 19 th June only \$3 contribution <i>Daryl</i>	<p>All our programmes are smoke free & vape-free.</p> 
F	Mini Golf 10am – 11:30am Treasure Island Adventure Golf \$3 contribution <i>Fuli</i>	ESOL Tutoring for Chinese Speakers 1:30 - 3pm On WeChat or Zoom <i>Andrea</i>	<p>Your feedback is valued. Please give your suggestions to a programme facilitator or contact us on 09 5232790 or pf.admin@ember.org.nz</p>		



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



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



Your time,
your words,
your presence



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY

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
Blockhouse Bay Bowling Club 33 Terry Street Blockhouse Bay
Li-Ning Badminton Centre 443 East Tamaki Road, East Tamaki
Massey Park Pools 2 Ron Keat Drive, Papakura
Otahuhu Swimming Pool Mason Ave, Otahuhu
Papakura Club 5 Croskery Road, Papakura
Parakai Hot Pools 150 Parkhurst Road, Parakai
Pukekohe Cosmopolitan Club 78 Nelson Street, Pukekohe
Treasure Island Mini Golf 1 Uenuku Way, Māngere

Programme Descriptions

Cozy Colouring - Bold and simple colouring. Book by Coco Wyo. Create your own unique patterns and designs. Bring your lap blanket, enjoy a hot drink and relax. Self-directed art space also available, art resources available.

Guided Painting Workshop - Beginner friendly, all levels welcome. Follow a step by step live tutorial and create your own landscape painting. Follow along, incorporate your own style or create your own unique painting all together.

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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KOROWAI TAKITINI