

Whiti Ora CENTRAL/EAST Timetable January – March 2026

Monday	Tuesday	Wednesday	Thursday	Friday
CENTRAL CHINESE SOCIAL GROUP 10:30am – 2:30pm Time & locations vary <i>Andrea</i>	WATER WALKING 9.30- 11am Otahuhu Pools <i>Fuli</i> Start 13 th Jan	SPEED FREAKS (Walk or Run Group) 12.30-2pm Ambury Regional Park, Mangere Bridge <i>Andrea, Fuli & Justine</i> Starts 14 th Jan	LAWN BOWLS 11am-12:30pm Blockhouse Bay Bowling Club <i>Wenber</i>	CREATIVE WRITING 11am – 1pm Highland Park Community House <i>Monique</i> Starts 16 th Jan
RESTORATIVE YOGA 11:30am – 1pm Contemporary Yoga Studio, Remuera <i>Nirvana</i>	EAST CHINESE SOCIAL GROUP 10:30am – 2:30pm Time & locations vary <i>Andrea</i>		BADMINTON CENTRAL 12- 1pm Auckland Badminton Association <i>Andrea</i>	MINI GOLF 10 – 11am Treasure Island, Mangere \$3contribution <i>Fuli</i> Starts 13 th Feb
CENTRAL WALKS 11am -12pm Limited central suburbs <i>Daryl</i> Starts 19 th Jan	ONLINE GAMES 2:30 – 3:30pm Zoom Meeting <i>Wenber</i> Starts 20 th of Jan		VIRTUAL TRAVEL 2:30 – 3:30pm Zoom Meeting <i>Wenber</i> Starts 22 nd of Jan	RAINBOW SOCIAL GROUP 10:30am-12pm Fortnightly via Zoom <i>Laura</i> Starts 16 th Jan
 <p>Please stay Vape-free & Smoke-free during the groups. Thanks 😊</p>		 <p>We'd love to hear your feedback & ideas. Please contact us at pf.admin@ember.org.nz</p>		ESOL TUTORING FOR CHINESE SPEAKERS 1:30 – 3pm Zoom/We-Chat <i>Andrea</i>

Programme Locations

Action Indoor Manukau 557 Great South Road, Manukau
Ambury Regional Park 43 Ambury Road, Mangere Bridge
Auckland Badminton Association 99 Gillies Ave, Epsom
Blockhouse Bay Bowling Club 33 Terry Street Blockhouse
Contemporary Yoga Studio 51 Remuera Road, Remuera
Highland Park Community House 47 Aviemore Drive, Highland Park
Otahuhu Pools 30 Mason Avenue, Ōtāhuhu
Treasure Island Adventure Golf 1 Uenuku Way, Māngere

Programme Descriptions

Central Walks – Nature walks, weekly rotation near areas Mt Albert, Epsom, Mt Roskill, New Lynn. Transport support available from limited locations & subject to availability.

Creative Writing Interactive sessions to help you tap into your creative literary side. Fun literacy-based activities/games & free writing time where you can work on whatever your heart desires- poetry, short stories, raps, you name it! A safe, engaging space to express yourself through written word & have some good laughs along the way. Group sharing & feedback is an option.

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

Central/East

Timetable

January, February, March 2026



Please register with Whiti Ora & attend an introduction meeting before attending groups.