Whiti Ora Central/East Timetable January, February, March 2025

ember KOROWAI TAKITINI

M	**Central Chinese Social Group** 10:30am – 2:30pm Time & locations may vary *Andrea*	**Rainbow Social Group** 10:30am – 12pm Via Zoom & 4th week of the month is an in person meet-up *Bailey*	**Table Tennis** 11am – 12pm YMCA Lynfield Starts 3rd Feb *Daryl, Fabian*	**Restorative Yoga** 11:30am - 1 pm Contemporary Yoga Studio, Remuera *Saskia*	All our programmes are smoke & vape-free.
T	**East Chinese Social Group** 10:30am – 2:30pm Time & locations may vary *Andrea*	**Pickleball** 11am – 12:30pm YMCA Mt Albert Starts 25th Feb *Fabian*	**Online Board Games** 2:30-4pm Via Zoom *Wenber*		
W	**Speed Freaks Run & Walk Group** 12:30 - 1:30pm Ambury Regional Park *Andrea, Fuli*	**Badminton & Table Tennis** 1 - 2 pm Li-Ning NZ Badminton Centre East Tamaki *Fabian*			
T	**Lawn Bowls** 10:30am – 12pm Blockhouse Bay Bowling Club *Wenber & Fuli*	**Gym Workouts** 11am - 12pm YMCA Lynfield *Fabian*	**Yoga** 12 - 1:30pm Cornwall Park *Andrea*	**Water Walking** 12:30 – 2pm Cameron Pools, Mt Roskill Starts 13th Feb *Fuli*	**Indoor Netball Social League Games** After 6pm games Action Indoor Stadium Manukau *Wenber, Fuli*
F	**Bi-Polar Support Group** 10am - 12 pm Every 1st Friday of the month. Huia Hub, Otahuhu *Saskia*	**Social Group** 10:30am—1:30pm 2nd & 4th Friday Various locations $8 Contribution *Saskia*	**Badminton** 11am - 12pm Auckland Badminton Centre Starts 21 Feb *Fabian*	**ESOL Tutoring for Chinese Speakers** 1:30 - 3pm On WeChat or Zoom *Andrea*	Your feedback is welcome. Please contact pf.admin@ember.org.nz or 5232790 to share your thoughts.







Programme Locations

Action Indoor Stadium 577 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 Bay
Cameron Pool & Leisure Centre 53 Arundel Street, Mt Roskill
Contemporary Yoga Studio 351 Remuera Road, Remuera
Ember Huia Hub 51 Huia Road, Otahuhu
Li-Ning NZ Badminton Centre 443 East Tamaki Road, East Tamaki
Mt Albert YMCA 773 New North Road, Mt Albert
YMCA Lynfield 16-18 Griffen Park Road, Mt Roskill

Programme Descriptions

Gym Workouts (Green Prescription) Support to get your fitness & wellbeing goals happening. Get a basic workout programme & motivation & encouragement from the facilitator. Talk to your GP for Green Prescription extras.
Pickleball A family-friendly sport that combines the aspects of badminton, ping pong, & tennis. Pickleball is a popular sport for beginners because of its simple rules. The court is like a tennis court, but it is smaller & you use paddles & a plastic ball

Ask us about WRAP – Wellness Recovery Action Plan

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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