Whiti Ora South Timetable January, February, March 2025

ember KOROWAI TAKITINI

M	**Water Walking** 9 - 11am Massey Park Swimming Pools, Papakura *Fuli*	**Rainbow Social Group** 10:30am – 12pm Via Zoom & 4th week of the month is an in person meet-up *Bailey*	**Pool Table Competition** 1:15pm - 3pm Papakura Club *Fuli & Sarika*	**Your feedback is valued.** Please give your suggestions to a programme facilitator or contact us on 09 5232790 or pf.admin@ember.org.nz		
T	**Parakai Hot Pools & BBQ** 10am – 2pm Parakai Hot Pools 25th February $10 contribution *Fuli*	**Happy Days Buffet 25th March** Manukau Pay for your own buffet meal. Book your seat by 21 March *Fuli*	**Tenpin Bowling** 2 - 3pm Pukekohe Cosmopolitan Club $3 contribution *Fuli & Sarika* *(No group 18 Feb)*	**Online Board Games** 2:30-4pm Via Zoom *Wenber*	**All our programmes are smoke & vape-free.** smokefree At all times vapefree At all times	
W	**Speed Freaks Run & Walk Group** 12:30 - 1:30pm Ambury Regional Park *Andrea, Fuli*	**Badminton** 1 - 2pm Li-Ning Badminton Centre, East Tamaki Starts 26th Feb *Fabian*	**Mindful Colouring & Drawing** 12:30 – 2pm Pukekohe Old Borough Building *Sarika*			
T	**Bollywood Dancing** 10 – 11:30am Papakura To be confirmed *Sarika*	**Lawn Bowls** 10:30am – 12pm Blockhouse Bay Bowling Club *Wenber, Fuli*	**2025 Vision Board Frames** 11am – 1pm 16th Jan only Beautification Trust, Manurewa *Daryl*	**Creative Art – Self Guided** 11am – 1pm Starts 23rd Jan Beautification Trust, Manurewa *Daryl*	**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	**Explore Auckland Beaches & BBQ** 9am – 1pm Various locations 17, 24 & 31 Jan *Fuli*	**Mini Golf** 10am – 11:30am Treasure Island Adventure Golf $3 contribution *Fuli*	**Bi-Polar Support Group** 10am - 12 pm Every 1st Friday of the month. Huia Hub, Otahuhu *Saskia*	**Indian Cooking with Sarika** 10am – 12pm Pukekohe Old Borough Building *Sarika*	**ESOL Tutoring for Chinese Speakers** 1:30 - 3pm On WeChat or Zoom *Andrea*	

CONNECT
TALK & LISTEN, BE THERE, FEEL CONNECTED

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

Give
Your time, your words, your presence

KEEP LEARNING
EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF

TAKE NOTICE
REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY

Programme Locations

Action Indoor Stadium 577 Great South Road, Manukau
Ambury Regional Park 43 Ambury Road, Mangere Bridge
Blockhouse Bay Bowling Club 33 Terry Street Blockhouse Bay
Ember Huia Hub 51 Huia Road, Otahuhu
Franklin Pool & Leisure Centre 29 Franklin Road, Pukekohe
Happy Days Restaurant 898 Great South Road, Manukau
Li-Ning Badminton Centre 443 East Tamaki Road, East Tamaki
Massey Park Pools 2 Ron Keat Drive, Papakura
Papakura Club 5 Croskery Road, Papakura
Parakai Hot Pools 150 Parkhurst Road, Parakai
Pukekohe Cosmopolitan Club 78 Nelson Street, Pukekohe
Pukekohe Old Borough Building 22 Edinburgh Street, Pukekohe
Treasure Island Mini Golf 1 Uenuku Way, Māngere

Programme Descriptions

Indian Cooking with Sarika Learn how to cook some simple Indian dishes. Gain confidence trying new flavours and new recipes. Save money & surprise your family/whanau & friends with homemade "takeaways"!
Mindful Colouring & Drawing Spend some time relaxing while creating some unique pieces of art. No special talents required, just come along and enjoy the experience.
Bollywood Dancing Keen to learn something new, get some fun exercise or simply partake in this cultural experience? All are welcome, no experience needed.

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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