




Whiti Ora CENTRAL / EAST Timetable April - June 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Upcycling 10am – 12pm Onehunga Library <i>Saskia</i></p>	<p>WRAP 9.45am – 12.30 pm Te Puāwaitanga Ember Hub, Penrose <i>Saskia & Monique</i></p>	<p>SPEED FREAKS (Run & Walking group) 12:30pm – 2pm Ambury Regional Park <i>Fuli, Andrea, Saskia</i></p>	<p>Badminton Central 12 – 1pm Auckland Badminton Association <i>Andrea</i></p>	<p>Mini-Golf 9:45 – 11am Treasure Island Adventure Golf, Mangere Airport <i>Fuli</i></p>
<p>Central Chinese Social Group 10:30am – 2:30pm Time & locations vary <i>Andrea</i></p>	<p>East Chinese Social Group 10:30am – 2:30pm Time & locations vary <i>Andrea</i></p>		<p>Virtual Travel Online – Zoom 2:30 – 4pm <i>Wenber</i></p>	<p>Cardmaking & Craft (Not 1st Friday of the month) 10am – 12pm Te Puāwaitanga Ember Hub, Penrose <i>Saskia</i></p>
<p>Central Walks 11am – 12pm Cornwall Park, Greenlane <i>Daryl</i></p>	<p>Minecraft Programme Online – Ember Discord 2:30 – 4:30pm <i>Monique & Wenber</i></p>	<p>Whiti Ora aims to provide a smoke & vape-free environment. Please follow our smoking & vaping guidelines.</p>   <p>We'd love to hear your feedback & suggestions. Let a facilitator know or contact us via the details on the back.</p> 		<p>Creative Writing Location TBC 11am – 1:30pm <i>Monique</i></p>
<p>Restorative Yoga 11:30am – 1pm Contemporary Yoga Studio, Remuera <i>Nirvana</i></p>				<p>ESOL Online – Zoom/WeChat 1:30 – 3pm <i>Andrea</i></p>
<p>Online Games 3 – 4pm Online – Zoom <i>Wenber</i></p>				

Programme Locations

Ambury Regional Park 43 Ambury Road, Mangere Bridge

Auckland Badminton Association 99 Gillies Ave, Epsom

Blockhouse Bay Bowling Club 33 Terry Street, Blockhouse Bay

Contemporary Yoga Studio 51 Remuera Road, Remuera

Onehunga Library 85 Church Street, Onehunga

Te Puāwaitanga Ember Hub 326 Church St, Penrose

Treasure Island Adventure Golf 1 Uenuku Way, Māngere

Programme Descriptions/Blurbs

Upcycling Found something you'd love to wear but the legs or arms are too long- Got a favourite t-shirt you no longer fit – turn it into a cushion cover. Learn some basic sewing skills so you can hem, mend & create.

Minecraft We will be hosting an online Realm with the goal of us constructing & running our own little empire, there will be trading, collaboration & team work to help us all advance through the game & ultimately tackle the dragon & fly away victorious. The group will be hosted on discord.

Cardmaking & Craft Make a birthday card & a homemade gift, learn a new hobby or share yours. Bring your own ideas & resources or create using what's provided.

WRAP Wellness Recovery Action Plan. A safe space to learn from & support others, share ideas, inspire others & create your own wellness plan to guide you through your journey.

Physical address: 326 Church Street, Penrose

Phone: 09 523 2790

Email: pf.admin@ember.org.nz

Website: www.ember.org.nz

Transport: Some transport support is available but is limited, please discuss with the facilitator.

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, ring 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

April, May, June 2026



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