

Whiti Ora SOUTH Timetable April – June 2026

Monday	Tuesday	Wednesday	Thursday	Friday
EPIT Youth Social Group 10:30am onwards (Time may vary) Various Locations <i>Justine & Wenber</i>	Water Walking – Papakura 9:30 – 11am Massey Park Aquatic Centre Papakura \$3 fee <i>Fuli</i>	Speed Freaks (Run & Walking Group) 12:30 – 2pm Ambury Regional Park, Mangere <i>Fuli, Andrea & Sas</i>	Water Walking – Pukekohe Franklin Leisure Centre 9 – 10:30am <i>Monique</i>	Mini-Golf 9:45 – 11am Treasure Island Adventure Golf, Mangere Airport <i>Fuli</i>
Music Social Group 10:30am – 12:30pm Te Puke O Tara Community Centre <i>Monique</i>	W.R.A.P Wellness Recovery Action Plan 9.45am – 12.30 pm Te Puāwaitanga Ember Hub, Penrose <i>Sas & Monique</i>	Volleyball 12:45- 1:45pm Allan Brewster Leisure Centre, Papatoetoe <i>Justine</i>	Cooking Group 12:30 – 2:30pm Glenbrook Beach Community Hall, Glenbrook <i>Monique & Saskia</i>	Creative Writing 11am – 1:30pm Location TBC <i>Monique</i>
Pool Table Competition 1:30 – 3pm Papakura Club <i>Fuli</i>	Tenpin Bowling 2- 3pm Pukekohe Cosmopolitan Club, Pukekohe \$3 fee <i>Fuli & Justine</i>	Whiti Ora aims to provide a smoke & vape-free environment. Please follow our smoking & vaping guidelines.   We'd love to hear your feedback & suggestions. Let a facilitator know or contact us via the details on the back. 	Art Creator Space 10am- 1pm Beautification Trust, Manurewa <i>Fuli</i>	Rainbow Social Group 11:30am –1:30pm Various Location <i>Laura & Wenber</i>
Online Games 3 – 4pm Online – Zoom <i>Wenber</i>	Minecraft Programme 2:30 – 4:30pm Online – Ember Discord <i>Monique & Wenber</i>		Virtual Travel Online – Zoom 2:30 – 4pm <i>Wenber</i>	Badminton 12:45-1:45pm Allan Brewster Leisure Centre Papatoetoe <i>Justine</i>
			ESOL Tutoring for Chinese Speaker Online – Zoom/WeChat 1:30 – 3pm <i>Andrea</i>	

Programme Locations

Allan Brewster Leisure Centre 7 Tavern Lane, Papatoetoe
Ambury Regional Park 43 Ambury Road, Māngere Bridge
Beautification Trust 38 Holmes Road, Manurewa
Franklin Leisure Centre 29 Franklin Road, Pukekohe
Glenbrook Beach Community Hall 2 McLarin Road, Glenbrook
Massey Park Pools 2R Ron Keat Drive, Papakura
Papakura Club 5 Croskery Road, Papakura
Pukekohe Cosmopolitan Club 78 Nelson Street, Pukekohe
Te Puke ō Tara Community Centre 20 Newbury Street, Ōtara
Treasure Island Adventure Golf 1 Uenuku Way, Māngere

Programme Descriptions

Minecraft Join our online Realm with the goal of constructing & running our own 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. You will need to own the Minecraft game to participate.

Music Social Group A fun, inviting space to discuss music with the opportunity to work on music composition, lyric writing or performance together. There is no pre-requisite for you to have a background in music.

Cooking Group Learn some new dishes, try some new meals & gain a better understanding of how to cook healthily on a budget. Build skills around food hygiene, food preparation & cooking, both on a stove top & in an oven.

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