

**Ambury Regional Park** 43 Ambury Road, Mangere Bridge  
**Auckland Badminton Association** 99 Gillies Ave, Epsom  
**Cornwall Park** Greenland West, Greenlane  
**Blockhouse Bay Bowling Club** 33 Terry Street, Blockhouse Bay  
**Contemporary Yoga Studio** 351 Remuera Road, Remuera  
**Glenbrook Beach Community Hall** 2 McLarin Road, Glenbrook  
**Highland Park Community House** 47 Aviemore Drive, Highland Park  
**Ōtauhu Recreation Centre & Pools** 33 Mason Road, Ōtauhu  
**Te Puāwaitanga Ember Hub** 326 Church St, Penrose  
**Treasure Island Adventure Golf** 1 Uenuku Way, Māngere

**Under 35s Men's Social Group:** A welcoming group where people come together to connect, share experiences, & build friendships. Sessions include a variety of activities that offer both competitive & relaxed environments.

**Social Sports Workout:** Try a variety of sports from playing basketball, boxing workout, & others as suggested. It's an opportunity to give a variety of sports a go, workout together in a team setting & connect with others.

**Book & Writing Club:** For those interested in books & writing to share their thoughts on our chosen books. Read & review a book monthly & explore different writing forms & express yourself through the art of writing.

**Art Activity Group:** A supportive art group offering a guided activity that encourages creativity, self-expression, and wellbeing. Shared resources. Low-pressure environment.

**Knit & Natter:** Be creative & crafty while chatting with others.

**Māori Social Group 30+:** Build whakawhanaungatanga & cultural connection through shared experiences. The group welcomes Māori & non-Māori who wish to support the kaupapa, with Māori cultural & social activities.

**Transport:** Limited transport is available, please discuss with the facilitator.

**Please note:** Support people/whanau will need to cover the cost of paid activities.

**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

July, August, September 2026



**Address:** 326 Church Street, Penrose **Phone:** 09 523-2790

**Email:** [A0.WO@ember.org.nz](mailto:A0.WO@ember.org.nz) **Website:** [www.ember.org.nz](http://www.ember.org.nz)

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

# Whiti Ora Central/East Timetable July, August, September 2026



Monday		Tuesday	Wednesday	Thursday	Friday
<b>Mini-Golf</b> 9:45 – 11am Treasure Island Mini Golf, Mangere <i>Fuli Starts 20<sup>th</sup> July</i>		<b>WRAP</b> To be confirmed Please let us know if you are interested.	<b>Creative Writing</b> 12:30-3pm Highland Park Community House & Online Discord Monique	<b>Lawn Bowls</b> 10:30am – 12pm Blockhouse Bay Bowling Club Wenber & Dylan	<b>Social Sports Workout</b> 10 – 11am Ōtahuhu Recreation Centre Wenber, Fuli Starts 24 July
<b>Craft Group</b> 10am – 12:30pm Franklin: The Centre Monique & Saskia		<b>East Chinese Social Group</b> Time & locations vary Andrea	<b>Speed Freaks</b> (Run/Walk) 12:30 – 2pm Ambury Regional Park Fuli, Andrea, Sas	<b>Cooking &amp; Baking Group</b> 11:30am – 2:30pm Glenbrook Beach Community Hall Monique & Saskia	<b>Water Walking – Ōtahuhu</b> 11am – 12:30pm Ōtahuhu Pools Fuli
<b>Central Chinese Social Group</b> Time & locations vary Andrea		<b>Book &amp; Writing Club</b> 10:30am – 1pm Online Discord Monique Starts 21 <sup>st</sup> July	<b>Art Activity Group</b> 1 – 2 pm Te Puāwaitanga Ember Hub, Penrose Daryl	<b>Badminton Central</b> 12 – 1pm Auckland Badminton Association Andrea	<b>Māori Social Group</b> 10:30am – 1:30pm Various locations Daryl
<b>Restorative Yoga</b> 11:30am – 1pm Contemporary Yoga Studio, Nirvana		<b>Knit &amp; Natter</b> 2:30 – 3:30pm Online – Zoom Saskia	<b>Under 35's Men's Social Group</b> 1 – 3pm Various locations Dylan & Wenber	<b>Online Trivia</b> 2 – 3:30pm Online – Discord Dylan	<b>ESOL</b> 1:30 – 3pm Online – Zoom/WeChat Andrea
<b>Cornwall Park Loop Walk</b> 11am – 12:30pm Cornwall Park, Greenlane Daryl		<b>Minecraft Group</b> 3 – 5pm Online – Discord Monique & Wenber	Whiti Ora aims to provide a smoke & vape-free environment. Please follow our smoking & vaping guidelines.	<b>Virtual Travel</b> 2:30 – 4pm Online – Zoom Wenber	We'd love to hear your feedback & suggestions. Please let a facilitator know or contact us via the details on the front.
<b>Music Discussion Group</b> 2 – 4:30pm Online – Discord Monique	<b>Online Games</b> 3 – 4pm on Zoom Wenber				

