

Apollo Hub 49 Apollo Drive, Rosedale
Blockhouse Bay Bowling Club 33 Terry Street, Blockhouse Bay
Glenfield Pool & Leisure Centre 73-77 Bentley Avenue, Glenfield
North Harbour Badminton & Becroft Tennis Club 47 Bond Crescent,
Forrest Hill
West Wave Pool & Leisure Centre 20 Alderman Drive, Henderson
Pins Tenpin 199 Lincoln Road, Henderson

Board Games: Meet others & play a variety of tabletop games. An opportunity to have fun, challenge your thinking, learn new games, & meet people with similar interests. No prior experience is needed, as members often teach games to newcomers.

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.

Online Trivia: Take part in friendly weekly quiz competitions. Enjoy a variety of trivia topics to challenge minds & test your knowledge.

Book Club & Writing Group: For those interested in literature & writing to come together & share their views & ideas on our books of choice. We will read & review a book each month & along with exploring different mediums of writing & expressing ourselves through the art of writing.

Music Discussion Group: A space filled with good vibes where we can share, discuss and explore a plethora of feelings, emotions and thoughts through music. We'll engage in discussion around the medium of music and what it means to us and how it helps illuminate our days.

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

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

North & West Timetable

July, August, September 2026



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

Email: A0.WO@ember.org.nz **Website:** www.ember.org.nz

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

Whiti Ora North & West Timetable July, August, September 2026



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Board Games 11am - 1pm Apollo Hub, Rosedale Dylan</p>	<p>Book & Writing Club 10:30am - 1pm Online Discord Monique Starts 21st July</p>	<p>Creative Writing 12:30 - 3pm Online - Discord Monique</p>	<p>Lawn Bowls 10:30am - 12pm Blockhouse Bay Bowling Club, Blockhouse Bay Wenber & Dylan</p>	<p>Water Walking 11am - 12:30pm Glenfield Pool & Leisure Centre Dylan</p>
<p>Music Discussion Group 2 - 4:30pm Online (Discord) Monique</p>	<p>Tennis/Badminton 11am - 1pm North Harbour Badminton Becroft Tennis Club, Forrest Hill Naga & Dylan</p>	<p>Under 35 Men's Social Group 1 - 3pm Various locations Dylan & Wenber</p>	<p>Water Wellness Group (swim, water walking, spa) 11am - 12:30pm West Wave Pool & Leisure Centre Daryl</p>	<p>Rainbow Social Group 11:30am - 1:30pm Alternating weekly at various locations & online - Zoom Laura</p>
<p>Online Games 3 - 4pm Online - Zoom Wenber</p>	<p>Tenpin Bowling 11am - 12pm Pins Tenpin Bowling, Henderson Daryl</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. Please let a facilitator know or contact us via the details on the front.</p> 	<p>Online Trivia 2 - 3:30pm Online - Discord Dylan</p>	<p>ESOL - Tutoring for Chinese Speakers Online - Zoom/WeChat 1:30 - 3pm Andrea</p>
	<p>Knit & Natter 2:30 - 3:30pm Online - Zoom Saskia</p>		<p>Virtual Travel 2:30 - 4pm Online - Zoom Wenber</p>	
	<p>Minecraft Group 3 - 5pm Online - Discord Monique & Wenber</p>			