

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
Ōtahuhu Recreation Centre & Pools 33 Mason Road, Ōtahuhu
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 **Website:** 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
Mini-Golf 9:45 – 11am Treasure Island Mini Golf, Mangere <i>Fuli Starts 20th July</i>		WRAP To be confirmed Please let us know if you are interested.	Creative Writing 12:30–3pm Highland Park Community House & Online Discord Monique	Lawn Bowls 10:30am – 12pm Blockhouse Bay Bowling Club <i>Wenber & Dylan</i>	Social Sports Workout 10 – 11am Ōtahuhu Recreation Centre <i>Wenber, Fuli Starts 24 July</i>
Craft Group 10am – 12:30pm Franklin: The Centre <i>Monique & Saskia</i>		East Chinese Social Group Time & locations vary <i>Andrea</i>	Speed Freaks (Run/Walk) 12:30 – 2pm Ambury Regional Park <i>Fuli, Andrea, Sas</i>	Cooking & Baking Group 11:30am – 2:30pm Glenbrook Beach Community Hall <i>Monique & Saskia</i>	Water Walking – Ōtahuhu 11am – 12:30pm Ōtahuhu Pools <i>Fuli</i>
Central Chinese Social Group Time & locations vary <i>Andrea</i>		Book & Writing Club 10:30am – 1pm Online Discord <i>Monique Starts 21st July</i>	Art Activity Group 1 – 2 pm Te Puāwaitanga Ember Hub, Penrose <i>Daryl</i>	Badminton Central 12 – 1pm Auckland Badminton Association <i>Andrea</i>	Māori Social Group 10:30am – 1:30pm Various locations <i>Daryl</i>
Restorative Yoga 11:30am – 1pm Contemporary Yoga Studio, <i>Nirvana</i>		Knit & Natter 2:30 – 3:30pm Online – Zoom <i>Saskia</i>	Under 35's Men's Social Group 1 – 3pm Various locations <i>Dylan & Wenber</i>	Online Trivia 2 – 3:30pm Online – Discord <i>Dylan</i>	ESOL 1:30 – 3pm Online – Zoom/WeChat <i>Andrea</i>
Cornwall Park Loop Walk 11am – 12:30pm Cornwall Park, Greenlane <i>Daryl</i>		Minecraft Group 3 – 5pm Online – Discord <i>Monique & Wenber</i>	Whiti Ora aims to provide a smoke & vape-free environment. Please follow our smoking & vaping guidelines. 	Virtual Travel 2:30 – 4pm Online – Zoom <i>Wenber</i>	We'd love to hear your feedback & suggestions. Please let a facilitator know or contact us via the details on the front. 
Music Discussion Group 2 – 4:30pm Online – Discord <i>Monique</i>	Online Games 3 – 4pm on Zoom <i>Wenber</i>				