

Whiti Ora CENTRAL/EAST Timetable October - December 2026



Monday	Tuesday	Wednesday	Thursday	Friday
Mini-Golf 9:30 – 11am Treasure Island Adventure Golf, Mangere Airport <i>Fuli</i>	Drawing with Pastels 10 – 11.15am Online via Zoom <i>Daryl</i>	SPEED FREAKS (Run & Walking group) 12:30 – 2pm Ambury Regional Park <i>Fuli, Andrea, Daryl</i>	Lawn Bowls 10:30am – 12pm Blockhouse Bay Bowls <i>Dylan, Wenber</i>	Water Walking 9:30 – 11am Ōtāhuhu Pools <i>Fuli, Saskia</i>
Central Chinese Social Group Time & locations very <i>Andrea</i>	East Chinese Social Group Time & locations very <i>Andrea</i>	Creative Writing 12:30 – 3pm Highland Park Community House & Online via Discord <i>Monique</i> <i>Transport only available from Manukau – East</i>	Cooking & Baking Group 11:30am – 2:30pm Glenbrook Beach Community Hall <i>Monique & Saskia</i> <i>Transport only available from Penrose – South</i>	Music Social Group 10.30am – 1pm Online via Discord <i>Monique</i>
Craft Group 10:30am – 1pm Franklin: The Centre, Pukekohe <i>Monique & Saskia</i> <i>Transport only available from Penrose – South</i>	Book & Writing Club 10.30am – 1pm Franklin: The Centre, Pukekohe & Online via Discord <i>Monique</i> <i>Transport only available from Papakura – South</i>	Social Group 1 – 3pm Various Locations <i>Saskia</i>	Badminton Central 12 – 1pm Auckland Badminton Association, Epsom <i>Andrea</i>	Māori Social Group Location & times vary 10:30am – 1:30pm <i>Daryl</i> <i>No group last Friday of month</i>
Central Walks 11am – 12pm Cornwall Park & Local Beach Walks <i>Daryl</i>	Card Making 1 – 2.30pm Te Puāwaitanga Hub, Penrose <i>Saskia</i> <i>Starts October 20th</i>	Mental Health Awareness Week 12-18 Oct Some of our regular groups may not be running this week as we have special activities arranged each day to celebrate & support this year's theme – "Belonging Matters" (Ko au ko koe, ko koe ko au – I am you, and you are me).	Online Trivia 2 – 3:30pm Online via Discord <i>Dylan</i>	Rainbow Social Group 11am – 1pm Online via Zoom <i>Leo</i> <i>Fortnightly sessions</i>
Restorative Yoga 11:30am – 1pm Contemporary Yoga Studio, Remuera <i>Nirvana</i>	Anime & Manga Group 3 – 5pm Online via Discord & Te Puāwaitanga Hub, Penrose <i>Monique & Wenber</i> <i>In person session last Friday of the month</i>		Virtual Travel 3:30 – 4:30pm Zoom <i>Wenber</i>	ESOL 1:30 – 3pm Online – Zoom/WeChat <i>Andrea</i>
Online Games 3 – 4:30pm Zoom <i>Wenber</i>			Keen to get your Learner Licence? Individual online support to learn the NZ Road Code & practice for the test. Contact us at AO.WO@ember.org.nz or let one of the facilitators know. 	

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 351 Remuera Road, Remuera
Cornwall Park Greenlane West, Greenlane
Franklin: The Centre 12 Massey Avenue, Pukekohe
Glenbrook Beach Community Hall 2 McLarin Road, Glenbrook
Highland Park Community House 7 Aviemore Drive, Highland Park
Ōtāhuhu Pools 30 Mason, Ōtāhuhu
Te Puāwaitanga Hub 326 Church St, Penrose
Treasure Island Adventure Golf 1 Uenuku Way, Māngere

Programme Descriptions

Social Group Visit various locations to meet with others & socialise, e.g. walk around Cornwall Park, Western Springs or beach walks. Go to the movies, tenpin bowling or have a chat & coffee.

Drawing with Pastels Follow a step-by-step tutorial each week to develop your drawing skills & your knowledge of colour theory. Resources will be provided. You're welcome to attend with own activity & resources.

Anime & Manga Group Connect with others while exploring & discussing these two forms of Japanese entertainment – comic books, graphic novels & animated shows/movies. By the end of the December the goal is for each member of the group to create their own manga panel.

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

Disclaimer We aim 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

October, November, December 2026



Address: 326 Church Street, Penrose

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