

Whiti Ora NORTH / WEST Timetable October - December 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Board Games 11am - 1pm Apollo Hub, Rosedale <i>Dylan</i>	Book & Writing Club 10.30am - 1pm Online via Discord <i>Monique</i> <i>This is a hybrid group with in-person participants in South Auckland</i>	Creative Writing 12:30 - 3pm Online via Discord <i>Monique</i> <i>This is a hybrid group with in-person participants in South Auckland</i>	Lawn Bowls 10:30am - 12pm Blockhouse Bay Bowling Club, Blockhouse Bay <i>Dylan & Wenber</i>	Music Social Group 10.30am - 1pm Online via Discord <i>Monique</i>
Online Games 3 - 4:30pm Online via Zoom <i>Wenber</i>	Drawing with Pastels 10 - 11:15am Online via Zoom <i>Daryl</i>	Men's Social Group 1 - 3pm Various Locations <i>Dylan & Wenber</i>	Water Wellness 10:45am - 12pm West Wave, Henderson <i>Daryl</i>	Māori Social Group Location & times vary 10:30am - 1:30 pm <i>Daryl</i> <i>No group on last Friday of the month</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. 	Tennis/Badminton 11am - 1pm North Harbour Badminton & Becroft Tennis Club, Forrest Hill <i>Naga & Dylan</i> <i>Activity alternates each week</i>	Mental Health Awareness Week 12-16 Oct Some of our regular groups may not be running this week as we 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, & you are me).	Online Trivia 2 - 3:30pm Online via Discord <i>Dylan</i>	Monthly Movies Meetup 10:30am - 1pm Times vary Henderson <i>Daryl</i> <i>Only on last Friday of the month</i>
	Tenpin Bowling & Games 12 - 1:30pm Zone Bowling, Henderson <i>Daryl</i>		Virtual Travel 3:30 - 4:30pm Online via Zoom <i>Wenber</i>	Rainbow Social Group 11am - 1pm Online via Zoom <i>Leo</i> <i>Fortnightly sessions</i>
	Anime & Manga Group 3 - 5pm Online via Discord & Te Puāwaitanga Hub, Penrose <i>Monique & Wenber</i> <i>In person last Tuesday of the month</i>			Water Walking 11am - 12:30pm Glenfield Pool & Leisure Centre <i>Dylan</i>

Programme Locations

Apollo Hub 49 Apollo Drive, Rosedale

Becroft Tennis Club 47 Bond Crescent, Forrest Hill

Blockhouse Bay Bowling Club 33 Terry Street, Blockhouse Bay

Glenfield Pool & Leisure Centre 73-77 Bentley Avenue, Glenfield

North Harbour Badminton 47 Bond Crescent, Forrest Hill

Te Puāwaitanga Hub 326 Church St, Penrose

West Wave Pool & Leisure Centre 20 Alderman Drive, Henderson

Zone Bowling 30 Catherine Street, Henderson

Programme Descriptions

Tenpin Bowling + Games Play tenpin bowling & engage in different games as we play such as tenpin bingo, playing cards & a fun quiz – learn while you play!

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.

Māori Social Group 30+ A Māori social group focused on building whakawhanaungatanga through shared experiences such as Māori cultural outings & social activities. The group is intended for Māori & welcomes non-Māori who wish to support the kaupapa.

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

Disclaimer We aim to provide safe spaces 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 a water bottle & maintain a good level of hygiene. Please discuss any concerns with your facilitator before the activity.



Whiti Ora

North/West Timetable

October, November, December 2026



Address: 326 Church Street, Penrose

Phone: 09 523-2790

Email: AO.WO@ember.org.nz

Website: www.ember.org.nz

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