Sunnynook Community Centre

148 Sycamore Drive, Sunnynook, Auckland 0620
Phone (09) 410-4902 Email: snook.com.cen@xtra.co.nz
Website: www.sunnynookcomcentre.co.nz

Office Hours: Monday to Friday 9.00am to 4.00pm

WELCOME TO OUR TERM 4 2019 COMMUNITY NEWSLETTER

After a couple of years break due to the work happening on the park, we will be holding a Family Christmas Bike Ride around Sunnynook Park on Thursday 12th December. This has been very popular in previous years. Please refer to the advert below for details and please remember to register.

CHRISTMAS FAMILY BIKE RIDE SUNNYNOOK PARK

Thursday 12th December, 5.00pm-6.30pm

We invite families to come and have fun on our Christmas Bike ride around Sunnynook Park.

Dress up in Christmas costume! Bring your bike, helmet and a picnic tea. Free sausage for all those in costume! Children must be accompanied by an adult. Meet by the Sunnynook Community Centre playground.

Registration is required, so please contact Bronwyn or Debbie at the Sunnynook Community Centre, phone 410 4902 or email snook.com.cen@xtra.co.nz

The event will be cancelled if the weather is unsuitable.

Our thanks to Auckland Council for supporting this event.

FREE ENGLISH CONVERSATION GROUP

We invite those with English as a second language to come and practise speaking English and meet new people.

Mondays 10.45am to 12.15pm starting 14th October 2019
Sunnynook Community Centre, Sycamore Room

Light refreshments will be served.
For more information please phone Bronwyn or Debbie in the Sunnynook Community Centre Office, 410 4902.

SUMMER FUN—PRE SCHOOL PLAY

Summer fun Pre-School Play is starting in December! Free summer Fun Preschool play will be on Mondays and Wednesday's along with our popular Family Fun Fridays. Family fun Fridays caters for pre-schoolers and some games/equipment for older children. All sessions will be happening at our local parks and reserves over Summer. We bring a van packed full of toys to these spaces for children and their caregivers to play with, be active and make new friends. No booking is required for these sessions, just turn up. Caregiver supervision is required at all times.

Check the website for sessions in your area.

To check for cancellations ph: 021 260 4300
All sessions run from 10am-12pm
For further information please contact Roanna Pine, Takapuna Community Co-ordinator, phone 021 416 778
Email: roanna@takapunatrust.org.nz
www.takapunatrust.org.nz

Come and join our Games Afternoon at the Community Centre

from Monday 14th October 2019 (Term time only)
1.00pm to 3.00pm in the Acacia Room
FREE to attend

Tea and Coffee provided
No need to book

Sunnynook Community Early Learning Centre

We are a small early learning centre based in the Sunnynook Community Centre and are licensed to provide education and care for 25 children aged from 1-5 years of age.

All our teachers are NZ qualified and registered. Our teacher to child ratio is more favourable than at many centres. Our play based, educational programme is based on Te Whariki—the NZ Early Childhood Curriculum.

We offer sessions (all ages), school day (2-5 years) and preschool options during school term times.
Sessions: Monday, Tuesday, Thursday and Friday: mornings 9.00am to 12 noon; afternoons 1.00pm to 3.30pm.
Full Days: Monday, Tuesday, Thursday and Friday 9.00am to 3.30pm.
Preschool: Wednesday 8.30am to 1.00pm
If you are interested you are welcome to come and visit us.

Phone: 410 2370 Email: scc.creche@xtra.co.nz

"Auckland is a city made up of neighbourhoods and communities. At the heart of some of these Communities is a community house, centre or hub, a place for members of the local community to come together, attend programmes and courses, to grow and learn."

TERM 4 2019
CENTRE ACTIVITIES

MONDAYS

Centre for Mutual Aid	489-8954
Yuanji/Kung Fu Dance	021-051-8128
English Conversation Group	410-4902
Board Games (daytime)	410-4902
Hearts and Minds	441-8989
Chinese Language Classes for children	410-1699
Rudd School of Rock	479-1081
NZ Muse School of Dance and Music Ltd	410-7088
CNSST KungFu/Wushu	021-760-399
Spirit Inc. Tribal Belly Dancing	021-266-0161
Essentrics	021-447-878
Scholar Literature Society	021-0233-1594
Merge NZ—New Zealand Sign Language	(Voice) 021 077 1584 Text only 021 2939 8989

TUESDAYS

ESOL - Intermediate level	419-0197
Tai Chi - Maintenance (Eileen)	444-8291
Counter Punch Parkinson's Exercise Group	021-0287-8470
Neuro-cise North Shore Dementia Exercise Group	0800-433-636
Tai Chi for Health - Intermediate level (Kathy)	550-6321
English Language Partners North Shore ESOL	489-2078
Rudd School of Rock	479-1081
Chinese Language Classes for children	410-1699
Brownies	0800 222 292
Sunnynook Chinese Association	021-038-5609
NZ Muse School of Dance and Music Ltd	410-7088
Arabellas Bellydance School	021-077-4720
Prostate Cancer Foundation of NZ (two monthly)	021-476-222
Yoga (Lauren)	022-024-6344
Crimewatch (monthly)	410-1248
Latin Ballroom (Samantha Malloch)	021-026-58106
Merge NZ—New Zealand Sign Language	(Voice) 021 077 1584 Text only 021 2939 8989

WEDNESDAYS

Wednesday Walking Group	410-4902
Sunnynook Ladies Club (monthly)	410-6728
Milford Combined Probus Club (monthly)	410-6388
Parents Centre (Bays/North Harbour) "Baby & You"	021-203-4663
Bread of Life Christian Church	021-158-2697
Rudd School of Rock	479-1081
Chinese Language Classes for children	410-1699
Miles Dance School	483-6059
Zumba	021-1136-203
Pilates	022-076-6112
North Harbour Rockers	027-277-8059

THURSDAYS

ESOL - intermediate level	419-0197
English Language Partners North Shore ESOL	489-2078
It's All About Line Dancing (Intermediate) Susan	027-6411-401
North Shore C.O.P.D. Asthma Support Group (monthly)	6 23-0236
Golden Sail Dance	021-0271-1949
Sunnynook Community Centre Indoor Bowls	410-4902
English Language Partners North Shore ESOL	489-2078
Chinese Language Classes for children	410-1699
Miles Dance School	483-6059
Pippins	0800 222 292
Arabellas Bellydance School	021-077-4720
German Language Classes - intermediate level	021-261-8160
Korean Culture Society	836-0080

FRIDAYS

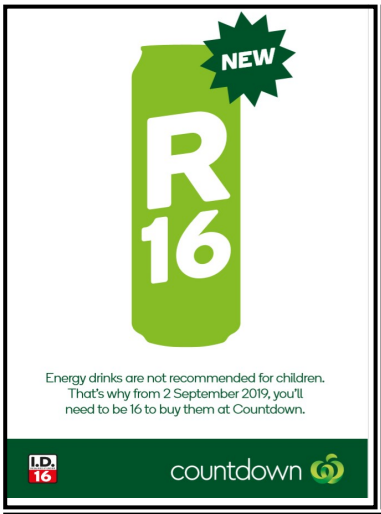
Fitness League - rhythmic exercise	475-5215
Parents Centre (Waitemata) "Baby & You"	446-0959
Yuanji /Kung Fu Dance	021-051-8128
Chinese Language Classes for children	410-1699
NZ Muse School of Dance and Music Ltd	410-7088
Bread of Life Christian Church	021-158-2697

SATURDAYS

Miles Dance School - Baby Ballerinas	483-6059
Sunnynook Chinese Association	021-038-5609
Chinese Language Classes for children	410-1699
NZ Muse School of Dance and Music Ltd	410-7088

SUNDAYS

Bread of Life Christian Church	021-158-2697
Chinese Language Classes for children	410-1699
Sunny Lu Chinese Folk Dance/Chi Gong Class	486-4111
North Shore Country Music Club (fortnightly)	021-267-3135



The Sunnynook Community Centre would like to thank Countdown Sunnynook and Paper Plus Sunnynook for their continued support of our Centre.

countdown

paperplus

North Shore Centres of Mutual Aid (C.M.A.) Volunteers

Do you have time to help others?
If so, we need you.

We require:
DRIVERS to help transport our guests to and from a centre once a week. Drivers are usually required from 9.30am-10.00am and 12.30pm-1.00pm.
HELPERS to help with hobbies, crafts and activities; to help with setting and packing up; to help prepare morning tea and lunch once a week from 9.30am-1.00pm.

Please contact our office 09 4898954 if you have any inquiries.
To download volunteer application form go to:
www.cmans.org.nz

CMA
Companionship & Morning Activities for Seniors

Would you like more company?

If you are feeling lonely, or would just like more social contact, it's important to do something about it, and Age Concern can help. Our Accredited Visiting Service is a befriending service that provides regular visits to older people who would like more company. Our visitors are volunteers who are keen to spend time with an older person for about an hour each week to enjoy conversation and shared interests and activities.

For more information:
www.ageconcern.org.nz
PH: 09 489 4975
Email: ageconns@acns.co.nz

Age Concern

COME WALKING WITH US

Join us on Wednesday mornings for a weekly walk (approximately one hour). Enjoy the company of others and a cup of tea or coffee afterwards.

Meet at 9.30am in the foyer of the Sunnynook Community Centre

For more information or to check for cancellation if it's wet, call the Community Centre on 410 4902.

CRIMEWATCH

Meetings are held at 7pm on the first Tuesday of the month in the Sunnynook Community Constable's office, corner of Sunnynook Road and Sycamore Drive.

Please phone Penny on 410-1248 for more information.

NEIGHBOURHOOD SUPPORT NORTH SHORE

If you would like to know how to establish a Neighbourhood Support Group please contact manager Sam Farquhar, phone (09) 353-0427 or email: admin@neighbourhood.org.nz

BALLET CLASSES
Saturday's

Miles DANCE SCHOOL
& Baby Ballerinas

Pre School to Advanced

Sunnynook Community Centre

Enquiries: Maureen Miles

Ph: 483 6059 or 027 2161 843

The small child at dancing class may never become a professional dancer - but the courtesies and disciplines as well as the joy in movement, will touch her forever. - Helen Thomson -

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rudd school of ROCK

BUILDING FUTURE MUSIC LEADERS

GET ON THE ROAD TO MUSICAL STARDOM!

Lessons on site at Sunnynook Community Centre

- Individual music tuition for **Guitar, Bass, Drums, Keyboard/ Piano, Singing/Vocals & Ukulele**
- **Learn from expert musicians** with real-world music industry experience
- Catering for all ages from **beginners** to **advanced** levels

Enquire now: Email: info@ruddschoolofrock.co.nz

Phone: 479-1081 Web: www.ruddschoolofrock.co.nz

Exercise Dance Energise

Movement is Life

FLexercise

Fridays 9.30am
Sunnynook Community Centre

Come along and try a class.

CONTACT VAL ON 475 5215 or 021 0705 749

Fitness League
movement is life

INFORMATION BROCHURES AVAILABLE AT THE CENTRE OR VISIT www.fitnessleague.org.nz

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CNSST

CNSST WUSHU KUNGFU CLASS

Adults' and Children's classes for all levels

Professional Coach: NZ Wu Shu Kung Fu Federation head coach, Six Duan of Martial Arts, 1st class National Judge, Master's Degree from Beijing Sports University, Champion in both international and national competitions.

Classes @ Sunnynook Community Centre : Mondays

KungFu Panda class (beginner) 3:45-4:45pm
KungFu Tiger class (weapon) 4:15-5:45 pm
Advance Class (weapon & fist) 5:45-7:15 pm

Thursdays Tai Chi class for beginner @Glenfield Primary School 6:30-7.30pm

Find more information: www.kungfuworld.co.nz
Mob: 021760399 (Jojo)
Email: jojo.hua@cnsst.org.nz

CHI GONG TRAINING CLASS
* Tian Chuan Chi Gong *

From NZ Medical Chi Gong Association, Chi Gong is a form of healing exercise that has a history spanning back over 3000 years. It is a natural, easy and good way for a person to get in touch with the healing energy that is within them. The practice of Chi Gong has been shown to alleviate and improve all types of conditions and increase the practitioner's sense of well being.

Class time : Sundays 3.00pm to 5.15pm
Sunnynook Community Centre (Acacia Room)

Please contact Sunny Lu (09) 486 4111 or 021 236 0691 for more information or if you wish to attend a class.

Pilates

Wednesdays 5:30pm, 6:30pm and 7:30pm
Acacia Room, Sunnynook Community Centre
(Duration 55 minutes)

Suitable for ALL LEVELS
Focus on core strength, spinal mobility, stretching and posture

For more information and to register contact Eva on 022-0766112 or email huebner.eva17@gmail.com

REP Registered Trainer

Arabellas BELLY DANCE with Tais

ARABELLAS BELLYDANCE SCHOOL

Venue: Sunnynook Community Centre

Achieve your personal feminine best and beyond – grace, posture, self esteem, body image, personal growth and self expression through Belly Dance!

- Thursdays 6.00-7.00pm (Tawa Studio) – *Intermediate Level*
- Thursdays 7.00-8.00pm (Tawa Studio) - *Beginners Level*
- Tuesdays 6.00-7.00pm (Acacia Studio) – *Open Level, suitable for beginners.*
- Tuesdays 7.00-8.00pm (Acacia Studio) – *Intermediate Level*
- Tuesdays *8.00-9.00pm (Acacia Studio) - Advanced Level*

$17 drop in class (no booking needed), $140 concession (10 classes, valid for 3 months)
Attend any 2 classes a week and pay $120 for 10 class concession card (valid for 2 months)

Phone Tais: 021 077 4720, Email: tais@tais-bellydance.co.nz

Website: www.tais-bellydance.co.nz

Exercise Class for People with Parkinson's

Fitness, creative movement, balance, strength, flexibility, mobility, speech, memory work, music and lots of laughter and fun combine in this special program for people with Parkinson's and related conditions.

Contact Lisa to enquire about this group or about other services including small group or private sessions for people with Parkinson's, MS, Stroke of CP.

Email: lisa.gombinsky@gmail.com
or call 021 0287 8470.
Counterpunch Parkinson's

COUNTERPUNCH Parkinson's

NORTH SHORE COUNTRY MUSIC CLUB

Meets at 7.00pm in the Sunnynook Community Centre Hall on:

Sundays 13th, 27th October
Sundays 10th, 24th November
Sundays 8th December

These are fun nights with guest Artists and you are invited to join in.

For more information phone Jim on 021 267 3135

YOURS IN COUNTRY MUSIC

NORTH HARBOUR ROCKERS

Wednesday evenings
at Sunnynook Community Centre
7.00pm for lessons
8.00-10.00pm social dance
Visit us on Facebook: north harbour rockers

For more details phone Ann 027 277 8059
or email northharbourrockers@gmail.com

English Upper Intermediate Level Classes

Small group study with friendly, experienced teacher.
Tuesdays and Thursdays 9.30am to 12.00pm

Sunnynook Community Centre
$35 a week for 9 weeks from 15th October 2019

Tutor: Jenny McMahon, MA (Hons) CLTA
Phone: 021 119 2847 or 419 0197
Email: jandamcmahon@gmail.com

ESSENTRICS

Sunnynook Community Centre - Mondays: 7.30-8.30pm
Campbells Bay ELC - Wednesdays: 7.30-8.30pm
Northcote Point St Johns Church - Thursdays: 10.00am
Week beginning 14th October to 6 December 2019
8 Week Term—$108 - FIRST trial class FREE!

- **Are you looking for something different , that ticks all the boxes?**
- **New to NZ, low impact, full body workout using rotational fluid movements, mobility and flexibility, prevents injury & facilitates movement after injury, suitable for all ranges of fitness.**
- **Non-competitive, friendly & social environment**
- **Variety of music, routines change regularly so you don't get bored**
- **An instructor who genuinely cares, over 30 years experience, REPS registered, Certified under ACC "Live Stronger, Live Longer" Programme**
- **Testimonials on Facebook: Essentrics with Jeanne –Auckland**
- **Registration for class is required—To register email: Jeanne@essentricsauckland.co.nz or ph 021 447878**

ZUMBA CLASSES

Sunnynook Community Centre - Wednesdays 5.30pm
Mairangi Bay School - Mondays 6.30pm
$10 per class (1 hour) & $5 student (with ID)
Prepaid Concession Card: $40 for 5 classes
More classes at **www.znrg.co.nz**
For more information contact Tracey on 021 113 6203.
Email: **zumba.tracey@gmail.com**

KENNEDY PARK

137-147 Beach Rd, Castor Bay

The tunnels at Kennedy Park are open to the public on the 2nd Sunday of each month, 11am-2pm.
Gold coin donation.
Please take a torch. Contact Chris Owen, Ph: 479 5290
Email: chris.s.owen@gmail.com

KENNEDY PARK PETANQUE CLUB

Enjoyable and friendly atmosphere - age no concern.
When: Tuesdays and Thursdays, 1pm to 3pm
Sunday mornings, 10am to 12 noon
Phone: Roger Brown 09 479 5185 / 022 353 7606
Players are welcome to turn up on the day, or for more information please phone the contact above.

NORTH SHORE CAKE DECORATING CLUB

Meetings are held on the 1st Wednesday of every month (except January), 12.30 to 3.30pm
in the Kennedy Park Observation Post.
NEW MEMBERS WELCOME—Phone Gail Guyatt on 027 737 3188

MAH JONG

Pupuke Ladies Mahjong Group meets in the Kennedy Park Observation Post every Tuesday, 1.00pm to 4.00pm, February to November. Our happy group would enjoy having a few more members. If you would like to come along and try it out, please phone Sylvia Andrews 09 410 4192.

Plunket

Sunnynook Plunket Clinic please phone: 838 0981
PlunketLine 0800 933 922
24/7 Plunket Nurse phone support
www.plunket.org.nz
Facebook: plunketnz / Twitter: plunketnz

SUNNYNOOK CMA

10.00am to 12.30pm
Companionship and fun activities for seniors.
Come along and make new friends.
Activities include games, exercise, speakers, craft and much more.
ACC approved strength and balance classes every week with a focus on the less mobile.
Share morning tea and lunch all for a nominal donation.
Transport can be arranged.
We meet every Monday during the school term at the Sunnynook Community Centre.
Please contact the support office on:
(09) 489 8954 or email info@cmans.org.nz

German Conversation Class

Intermediate / Advanced Level
Experienced tutor, native speaker.
Phone Dagmar Simon 0212618160
or email dagmarsimon780@gmail.com

SUNNYNOOK COMMUNITY ASSOCIATION

IS IT SAFE FOR YOU TO WALK IN SUNNYNOOK? YES, BUT!

That is a very interesting question. Two people were concerned enough to raise the following with us. Parents with children attending Sunnynook Primary School are encouraged to let their children join a Walking School Bus to get to school. A great idea, but, if the footpath in a busy street is too narrow, as it is in Lyford Crescent, it becomes an accident waiting to happen. It needs to be widened ASAP.

The second footpath that needs attention is in Becroft Drive, from Parklane Village to the lights. Many elderly people in the village use mobility scooters to get to the shops. The present width of the footpath is fine if there is no one else using it, but in the winter when the berm is wet, mobility scooters, prams, parents with little children, scooters and bikes can not all fit on the footpath at the same time.

The footpath over the motorway is also a problem at peak times. It is far too narrow. There is not much space between pedestrians and speeding cars.

The Sunnynook Community Association has strongly urged the Council to install street lights on the new path at the northern side of Sunnynook Park. It is very dark walking on that path through the trees at night. It does not feel safe.

We are very fortunate to have a large number of walkways throughout Sunnynook, but a lot of them need to be upgraded. Auckland Transport produced an excellent document, "Designing for Safer Sunnynook". I quote: *'Sunnynook has a large number of cul-de-sacs with many having a walkway to connect to other streets and parks.. They generally lack the quality required for a great walking experience… The fact that many walkways are not lit at night is also counter productive for potential night walkers.'*

The Association would like to create more momentum with Auckland Transport to have a walkable village, therefore we want to see improvements in the streets mentioned and better lighting.

If any of the above is of concern to you, call the Council **301 0101** and tell them. They will give you a reference code which you can use to follow up. The more people that raise the issues the better. The Sunnynook Community Association continues to raise all of the above with the Local Board and Council.

Peter McNee
Co-Chair Sunnynook Community Association

Check out our website, Facebook page or email us.

W: www.sunnynookcommunity.org.nz
F: Sunnynook community association
E: snookcommunity@gmail.com