



# Sunnynook Community Centre

148 Sycamore Drive, Sunnynook, Auckland 0620  
Phone (09) 410 4902 Email: [snook.com.cen@xtra.co.nz](mailto:snook.com.cen@xtra.co.nz)  
Website: [www.sunnynookcomcentre.co.nz](http://www.sunnynookcomcentre.co.nz)  
Office Hours: Monday to Friday, 9.00am to 4.00pm

## COME WALKING WITH US

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

**From 19th October 2022, 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.

## SUNNYNOOK / FORREST HILL / TOTARA VALE FOOD PANTRY

We have installed a Food Pantry outside the Plunket office.

"Take what you need, Give what you can"



Thank you to all the local businesses and residents that continue to support our Food Pantry with regular donations.

## CHRISTMAS FAMILY BIKE RIDE SUNNYNOOK PARK

**Thursday 8th 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. 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](mailto:snook.com.cen@xtra.co.nz)

The event will be cancelled if the weather is unsuitable.

## CRIMEWATCH MEETING

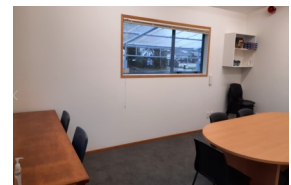
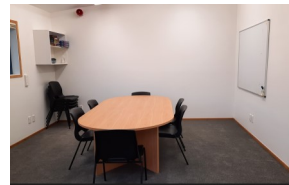
The next meeting will be held in the Kauri Room on the Tuesday 1st November and Tuesday 6th December 2022 at 7.00pm

Supper provided

## KAURI ROOM



With the departure of our Community Constable from the Community Centre we have gained a new room. This has been named the Kauri Room and will be available for hire. It has a boardroom table set up permanently and will be suitable for small groups or meetings.



Please contact the Community Centre office for further information on 4104902.

## KIDS MARKET



We are looking at running our first ever "Kids Market" at the Sunnynook Community Centre. This will take place in the Tawa Room (main hall) on

**Sunday 6th November, 2.30pm to 4.30pm**

If you have a child interested in reserving a table for this market, please email: [snook.com.cen@xtra.co.nz](mailto:snook.com.cen@xtra.co.nz).

The cost is \$10 per table (this money will go towards the Food Pantry). Tables are limited to 25 so be in quick.

## Plunket playgroups on the North Shore

### Mairangi Bay:

Tuesday and Thursday - 9.30am to 11.30am  
North Harbour Volleyball Courts  
65 Maxwellton Drive  
Mairangi Bay  
\$5 per family

### Birkenhead:

Monday and Friday - 9.30am to 11.30am  
Rawene Centre  
33 Rawene Road  
Birkenhead  
\$3 for one child, \$5 per family



The playgroups are a great way for you to meet & make new friends in the community, get out and about for your little one to learn through play.

## INTRODUCING OUR NEW COMMUNITY CONSTABLE BRENT STEWART

We have a new Community Constable looking after our area. He is part of the new 'Community Policing Team'.

**There is no Community Constable on-site at the Community Centre. If you need to report something that is not urgent please phone 105. If urgent phone 111.**

111

105



"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."



## MONDAYS

Centre for Mutual Aid	489-8954
Hearts and Minds	441-8989
Yuanji/Kung Fu Dance	021-051-8128
Board Games	410-4902
Chinese Language Classes for children	410-1699
Rudd School of Rock	479-1081
NZ Muse School of Dance and Music Ltd	410-7088
Zumba Class	021-113-6203
Spirit Inc. Tribal Belly Dancing	021-266-0161

## Come and join our Games Afternoon at the Community Centre

from Monday 17th October 2022 (Term time only)

**1.00pm to 3.00pm** in the Kauri Room

**FREE** to attend

Tea and Coffee provided

No need to book



## ZUMBA CLASSES

Sunnynook Community Centre

Mondays 6.30pm and Wednesdays 5.30pm

\$10 per class (1 hour) & \$5 student (with ID)

Prepaid Concession Card: \$40 for 5 classes

Monthly Membership: \$60 per month for unlimited classes

More classes at [www.znrg.co.nz](http://www.znrg.co.nz)

For more information contact Tracey on 021 113 6203.

Email: [zumba.tracey@gmail.com](mailto:zumba.tracey@gmail.com)



## 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](mailto:info@cmans.org.nz)

## 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@ruddschoolorfrock.co.nz](mailto:info@ruddschoolorfrock.co.nz)**

**Phone: 479-1081 Web: [www.ruddschoolorfrock.co.nz](http://www.ruddschoolorfrock.co.nz)**

## TAI CHI FOR HEALTH

MODIFIED FOR SENIORS

Improve health and wellbeing

Improve balance and prevent falls

Reduce stress, anxiety and depression

Reduce symptoms of chronic conditions

(e.g Parkinson's Disease, Arthritis, Fibromyalgia, Diabetes, Lower Back Pain)

Intermediate (Kathy):	Tuesdays 11am to 12pm
Beginners/Maintenance (Eileen):	Tuesday 9.30am to 10.30am
Beginners/Maintenance (Pauline):	Friday 1.00pm to 2.00pm

Cost: \$10 per class or concession cards available.

Sunnynook Community Centre  
(Corner of Sycamore Drive & Sunnynook Roads)

Contact: Kathy 021 187 5985  
Pauline 021 0273 8463 / [Pauline.kiwi@gmail.com](mailto:Pauline.kiwi@gmail.com)  
Eileen 027 368 8507

## TUESDAYS

Counter Punch Parkinson's Exercise Group	021-0287-8470
Tai Chi for Health - Intermediate level (Kathy)	021-187-5985
Tai Chi for Health - Beginners (Eileen)	027-368-8507
English Language Partners North Shore ESOL	489-2078
Hearts and Minds	441-8989
Rudd School of Rock	479-1081
Eye Level - Math & English Tuition	021-0810-9961
Chinese Language Classes for children	410-1699
Brownies/Pippins	0800-222-292
Crimewatch (monthly)	410-4902

## 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 or CP.

Email: [lisa.gombinsky@gmail.com](mailto:lisa.gombinsky@gmail.com)  
or call 021 0287 8470.



Eye level provides an individualised curriculum that strengthens your child's academic foundation with step by step and goal setting approaches. Don't miss the back to school, free enrolment special!

Please do not hesitate to contact an Eye Level Learning Centre instructor if you have a child who has an interest or struggles to learn Mathematics, English or Korean.

Contact: Young Seo: 021 0810 9961 or [daekyonorth@hotmail.com](mailto:daekyonorth@hotmail.com)

## NEIGHBOURHOOD SUPPORT NORTH SHORE

If you would like to know how to establish a Neighbourhood Support Group please contact the manager on phone (09) 353-0427 or

email: [admin@neighbourhood.org.nz](mailto:admin@neighbourhood.org.nz)



## Need a venue for a birthday party or small meeting?

We hire out the Kennedy Park Observation Post in Castor Bay. This is an extremely popular venue. Limit of 35 people, no alcohol on-site. Only available during daylight hours.

Contact Bronwyn or Debbie in the Sunnynook Community Centre office, 410 4902.



Sunnynook Plunket Clinic please phone: 838 0981

PlunketLine 0800 933 922

24/7 Plunket Nurse phone support

[www.plunket.org.nz](http://www.plunket.org.nz)

Facebook: PlunketNZ/ Twitter: plunketnz

### WEDNESDAYS

Wednesday Walking Group	410-4902
Sunnynook Ladies Group (monthly)	410-6728
Milford Combined Probus Club (monthly)	410-6388
Hearts and Minds	441-8989
Parents Centre (Bays/North Harbour) "Baby & You"	021-203-4663
Rudd School of Rock	479-1081
Chinese Language Classes for children	410-1699
Miles Dance School	027-2161-843
Zumba Class	021-1136-203
Pilates	022-076-6112
North Harbour Rockers	027-277-8059

### Pilates

Wednesdays 6.30pm and 7.30pm

Private and Semi-private classes by appointment.

Acacia Room, Sunnynook Community Centre

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



BALLET CLASSES  
Saturdays

### Miles DANCE SCHOOL & Baby Ballerinas

Pre School to Advanced

Sunnynook Community Centre

Enquiries: Maureen Miles

Ph: 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 -*

### NORTH HARBOUR ROCKERS

Wednesday evenings

At Sunnynook Community Centre

7.00pm for lessons

8.00pm-10.00pm social dance

Visit us on Facebook: north harbour rockers

For more details phone Ann 027 277 8059

Or email [northharbourrockers@gmail.com](mailto:northharbourrockers@gmail.com)

### THURSDAYS

English Language Partners North Shore ESOL	489-2078
North Shore C.O.P.D Asthma Support Group (monthly)	623-0236
Sunnynook Community Centre Indoor Bowls	410-4902
Yuanji/Kung Fu Dance	021-051-8128
Eye Level - Math & English Tuition	021-0810-9961
Chinese Language Classes for children	410-1699
Goju Ryu Karate - Richard Ly	021-065-0994
Sunnynook Toastmasters	021-667-946

### SUNNYNOOK COMMUNITY CENTRE INDOOR BOWLS



Thursdays 1.00pm to 3.30pm, Tawa Room

(arrive at 12.45pm to be put in a team)

All welcome. Gold coin donation.

Cup of tea/coffee provided.

Phone the Centre on 410 4902 for more information.

### CAB North Shore Sunnynook Community

The North Shore CAB is collaborating with the Sunnynook Community Centre to offer a pop up clinic. Phone the Community Centre office on 4104902 to find out the day and time of the next Clinic.

Glenfield CAB's offered services and clinics:

- Sunnynook pop-up clinic
- Legal clinic
- Justice of the Peace clinics
- Budgeting clinic



Find more volunteering info at [www.cab.org.nz/getinvolved](http://www.cab.org.nz/getinvolved) or ring

Glenfield CAB on 09 444 9451

Email: [glenfield@cab.org.nz](mailto:glenfield@cab.org.nz)

### FRIDAYS

Fitness League—rhythmic exercise	475-5215
Parents Centre	021-203-4663
(Bays/North Harbour) "Moving & munching"	
Tai Chi—Maintenance (Pauline)	021-0273-8463
AA Sunnynook (Marion)	021-063-6563
Chinese Language Classes for children	410-1699
NZ Muse School of Dance and Music Ltd	410-7088



ALCOHOLICS ANONYMOUS  
AOTEAROA / NEW ZEALAND

Open Meeting  
Fridays: 12.30pm

Sycamore Room, Sunnynook Community Centre  
Ph: Marion 021 063 6563

"Goju Ryu is a traditional martial art which focuses on mental and physical improvement. Beginners and experienced martial artists are welcome"

#### Training:

Thursday 6.00 - 7.30pm  
Sunnynook Community Centre,  
Acacia Room

#### Fees:

\$8 per training  
\$30 per month

#### Information:

If you are interested, feel free to come and watch or join in. Please bring sports clothing and a water bottle. You must be aged 15 and above.

#### Contact:

Richard Ly  
021 065 0994  
[an.gojuryu.karate@gmail.com](mailto:an.gojuryu.karate@gmail.com)



### Sunnynook Toastmasters

Thursdays (fortnightly from 6th Oct)

7.15pm to 9.15pm

Sycamore Room, Sunnynook Community Centre

Ph: 021 667 946

### Movement is Life

Flexercise with Fitness League



Fridays 9.30am  
Sunnynook Community Centre  
Tawa Room

Posture in Action  
Complete Body workout  
Move, Dance, enjoy



Come along and try a class.

CONTACT VAL ON 475 5215  
or 021 0705 749

INFORMATION BROCHURES AVAILABLE AT THE CENTRE  
OR VISIT [www.fitnessleague.org.nz](http://www.fitnessleague.org.nz)

### **SATURDAYS**

Miles Dance School—Baby Ballerinas 027-2161-843  
Sunnynook Chinese Association 021-038-5609  
Chinese Language Classes for children 410-1699

### **SUNDAYS**

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

### **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.

### **NORTH SHORE COUNTRY MUSIC CLUB**

Meets at 7.00pm fortnightly on a Sunday in the Sunnynook Community Centre Hall

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

Sundays 9th, 23rd October  
Sundays 6th, 20th November  
Sundays 4th, 18th December

**For more information:**  
**phone Jim on 021 267 3135**  
**YOURS IN COUNTRY MUSIC**



### **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

### **KENNEDY PARK YOUTH PROGRAMME**

Holiday Programme for 10 to 13 year olds.

For programme information, please contact Bronwyn or Debbie in the Sunnynook Community Centre office, ph 410 4902 or

Email: office@sunnynookcomcentre.co.nz

### **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: 021 0275 0384 Email: scc.creche@xtra.co.nz

You can help...

Volunteering Auckland matches volunteers with over 400

community groups that require your help.

- Sports and Recreation groups
- Arts & Cultural groups
- Health and Social Services
- Conservation and Environment groups
- Youth and Senior programmes
- Disability services
- Animal Welfare groups

Contact us now to find out how you can help.

[www.volunteeringauckland.org.nz](http://www.volunteeringauckland.org.nz)

Or call (09) 377 7887 or 0800 VOLCNTR (0800 865 2687)



**SUNNYNOOK**  
COMMUNITY ASSOCIATION

Tēnā koutou Sunnynookers,

We are excited and proud to announce the Sunnynook September Marathon has been a huge success. 130 local Sunnynook community members have registered and have been uploading their progress. We read every form submitted to us and all of your feedback. It's encouraging and we're so proud of your hard work! Well done Sunnynook.

This event couldn't happen without our partners, The Sunnynook Community Centre, also local businesses who have donated prizes and money for printing. Thank you to you all.

The team at the Sunnynook Community Association have been encouraging community members to make submissions about housing density and intensification in Sunnynook. Thank you to the people who took time to make a submission. Your opinion matters and there are processes available to have your say. We know that process is slow and we get discouraged sometimes too. However, we need to advocate for the community we love, for today and the future.

We'd love your feedback about our community. Send us your concerns or ideas, please get in touch.

Ngā mihi nui

Melissa Powell

Chairperson

Sunnynook Community Association

<https://sunnynookcommunity.wordpress.com>

<https://www.facebook.com/sunnynookcommunity>