



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

ACCOMMODATION URGENTLY NEEDED

After the floods and cyclone, many local Sunnynook families can no longer live in water damaged houses. We are **URGENTLY** seeking homes in the area so their children can continue to attend Sunnynook schools. Please contact Bronwyn at the Community Centre if you can help.

Census is coming. Be counted

Tatau tātou - All of us count
7 March 2023

Census | Stats NZ



The next census is coming. Census Day Tuesday 7 March 2023.

The census is a nationwide survey that happens every five years to understand more about life in Aotearoa New Zealand and how it is changing. We know many people in Sunnynook are currently displaced due to the floods but it is vitally important that you are counted on the Census, even if you are living in temporary accommodation.

Iwi, community groups, local and central government, and businesses use census data to make decisions about funding and providing services that affect you, your whānau, and your community.

By taking part in the census, you help create a better understanding of your community and what it needs.

To learn more about the 2023 Census, visit www.census.govt.nz

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.

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 22nd February, meet at 9.15am 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.

Room Hire Available

We have a range of rooms and times available for hire at the Community Centre.

Regular bookings and Family gatherings are welcome. We do not hold parties or allow alcohol.

For more information please contact the office on 410 4902 or email snook.com.cen@xtra.co.nz

Need to dispose of old batteries and cell phones?

We are now collecting these at the Sunnynook Community Centre.

Please drop into the Sunnynook Office between 9am-4pm, Monday – Friday



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

New Sunnynook Community Centre Book Library



A big thankyou to the East Coast Bays Rotary who have kindly donated a book library to the Community Centre.

This is located next to the food pantry.



"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
Chinese Language Classes for children	410-1699
Zumba Class	021-113-6203
Spirit Inc. Tribal Belly Dancing	021-266-0161

ZUMBA CLASSES

Sunnynook Community Centre
Mondays 5.30pm 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
For more information contact Tracey on 021 113 6203.
Email: zumba.tracey@gmail.com

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
Eye Level - Math & English Tuition	021-0810-9961
Chinese Language Classes for children	410-1699
Seasons Art	022-011-6131
Crimewatch (monthly)	410-4902

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

CRIMEWATCH MEETING

The next meeting will be held in the Kauri Room on the
Tuesday 7th March and Tuesday 4th April 2023
at 7.00pm

Supper provided



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



SUNNYSOOK 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

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
Phone: 479-1081 Web: www.ruddschoolorfrock.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 or CP.

Email: lisa.gombinsky@gmail.com
or call 021 0287 8470.

Counterpunch Parkinson's



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

BALLET CLASSES



Miles DANCE SCHOOL & Baby Ballerinas

Pre School to Advanced

Saturday's at the Sunnynook Community Centre

Enquiries: Miss Rowley

Ph: 444 9913

Classes restart: Saturday February 4th

New Tap class starting

WEDNESDAYS	
Wednesday Walking Group	410-4902
Sunnynook Ladies Group (monthly)	410-6728
Milford Combined Probus Club (monthly)	027-698-5981
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
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




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

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
Parkinsons Support Group	027-520-4836
Yuanji/Kung Fu Dance	021-051-8128
Eye Level - Math & English Tuition	021-0810-9961
NZ Muse School of Dance and Music Ltd	410-7088
Chinese Language Classes for children	410-1699
Goju Ryu Karate - Richard Ly	021-065-0994
Sunnynook Toastmasters	021-667-946
Prostate Group (Monthly)	027-293-9920
Sunnynook Community Association (monthly)	021-156-9928

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.


Prostate Cancer Support Group
Thursdays Term One
16th February, 16th March
7.00pm to 9.00pm
Sycamore Room
Sunnynook Community Centre

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 or ring
Glenfield CAB on 09 444 9451
Email: glenfield@cab.org.nz


"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



FRIDAYS	
Fitness League—rhythmic exercise	475-5215
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

Sunnynook Toastmasters
Thursdays (fortnightly from 23rd February 2023)
7.15pm to 9.15pm
Sycamore Room, Sunnynook Community Centre
Ph: 021 667 946



ALCOHOLICS ANONYMOUS
AOTEAROA / NEW ZEALAND

Open Meeting
Fridays: 12.30pm
Sycamore Room, Sunnynook Community Centre
Ph: Marion 021 063 6563

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

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

SATURDAYS

Miles Dance School—Baby Ballerinas 444-9913
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 26th February 2023
Sundays 12th, 26th March
Sundays 9th April

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: 021 447010
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

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.

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: snook.com.cen@xtra.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 pre-school 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

SUMMER FUN—PRE SCHOOL PLAY

All sessions are held at
Sunnynook Park, Tonkin Rd, Sunnynook

on the following dates:

Monday 20th February 2023
Monday 6th March 2023
Monday 27th March 2023

All sessions run from 10am-12pm

For further information please contact 021 416 778
events@takapunastrust.org.nz
www.takapunastrust.org.nz

Facebook/summerfunplay



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.