



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 2 2023 COMMUNITY NEWSLETTER

This term **Sunnynook Community Centre (an Incorporated Society)** will hold its **Annual General Meeting** on **Wednesday 7th June at 7.00pm** in the Sycamore Room. Members of the public are invited to attend. Supper will follow the AGM.

For any enquiries please contact Bronwyn or Debbie at the Community Centre Office on 410 4902 or email: office@sunnynookcomcen.co.nz.



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.

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.

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.

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

WINTER FUN—PRE SCHOOL PLAY

All sessions are held at **Sunnynook Community Centre, Sunnynook** 10.00am to 12.00noon

on the following dates:

Wednesday 17th, 24th, 31st May
Wednesday 21st, 28th June

To check for cancellations ph: 021 260 4300

All sessions run from 10am-12pm

Email: events@takapunatrust.org.nz

Phone: 021 416 778

www.takapunatrust.org.nz



Sunnynook Community Centre Book Library



The book library is now up and running outside the Plunket office at the Community Centre right next to our Food Pantry. Please feel free to take a book or two to read.



Sunnynook Community Centre Community Garden



We would like to say a big "Thank You", to our wonderful local residents who have reinstated our community garden after it was devastated by the January flood. We have lots of yummy things growing.

Please remember to keep pets and children off the gardens so the plants can grow.

MATARIKI

Come and join us to celebrate Matariki at the Sunnynook Community Centre.

Friday 14th July

5pm to 7pm in the Tawa Room

There will be lots of fun Matariki Activities

For more information please go to the Takapuna North Community Trust Facebook page.



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.



"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 (Eileen):	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
Eileen 027 368 8507

CRIMEWATCH MEETING

The next meeting will be held in the Kauri Room on the
Tuesday 2nd May, 6th June and 4th July 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

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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 April 22nd

New Tap class starting

WEDNESDAYS	
Wednesday Walking Group	410-4902
Sunnynook Ladies Group (monthly)	410-6728
Milford Combined Probud 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
Miles Dance School	444-9913
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
Heartbeats - Trent Lash	022-0606-199

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 Two
27th April, 25th May and 22nd June
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 (Eileen)	027-368-8507
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 20th April 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 and Tawa 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 7th, 21st May
Sundays 4th, 18th June

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



KENNEDY PARK

137-147 Beach Rd, Castor Bay

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: Sue Stiff, Secretary, Ph: 027 300 6038

Players are welcome to turn up on the day, or for more information please phone the contact above.

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.

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 9 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

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.



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

HEARTBEATS SUPPORT GROUP

Come along to our community-based, cardiac support group for sharing heart disease information and encouraging improved cardiac healthcare in the community.
7pm to 8.30pm

Kauri Room, Sunnynook Community Centre.
Thursdays: 27th April, 25th May, 29th June and 27th July

For more information contact Trent Lash:

Ph: 09 424 1188, 022 0606 199

Email: trentlash@yahoo.com



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