



# 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

## WELCOME TO OUR TERM 4 2023 COMMUNITY NEWSLETTER

We are very grateful to **Auckland Foundation** for the Grant to be able to continue the Community Dinners and support for the local residents that were flooded at the end of January this year. Unfortunately there are still ongoing issues for a lot of our Sunnynook and Forrest Hill residents and of course we have a number of empty houses down by the bus station. Parklane Retirement Village is in the process of rebuilding their Community spaces and we hope that the residents that have been coming to the Community Centre will continue to call in and say hi once they no longer need to use the Community Centre for their groups. It has been wonderful being able to support so many people. We are very fortunate to have such a caring Community that look out for each other.

For any enquiries please contact Bronwyn or Debbie at the Community Centre Office on (09) 410 4902 or email: [snook.com.cen@xtra.co.nz](mailto:snook.com.cen@xtra.co.nz).

## What is restorative justice?

Restorative justice focuses on redressing the harm experienced by victims of crime by holding the offender to account for what they have done. Participation is voluntary and involves adult participants (victims and offenders) meeting to talk about the crime that has occurred and how harm can be put right.

The process involves the victim and the offender coming face-to-face at a meeting called a restorative justice conference. This meeting allows the victim to express how the offending has affected them and allows all the people present to acknowledge the harm that has been caused and identify ways to put things right. We welcome support from Whanau/Family and community to help in this healing space.



## Auckland Restorative Justice Trust (ARJT)

ARJT is a registered charitable Trust contracted by the Ministry of Justice to deliver restorative justice services in the Auckland and North Shore Courts. We also accept private referrals. Our facilitators who will support you are professionally trained and accredited in standard and family violence cases.

For more information, please email [admin@aucklandrj.org.nz](mailto:admin@aucklandrj.org.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 **9.00am** for **9.15am** departure 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 (09) 410 4902.

## Sunnynook / Forrest Hill / Totaravale Food Pantry



We have installed a Food Pantry outside The Plunket office.

"Take what you need, Give what you can"

**Please remember that the Food Pantry is for food donations only. Please do not leave games, clothes etc**

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

**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.**



## Sunnynook Community Centre Book Library

Located next to our food pantry. Help yourself to a book or two.

Book donations welcome.



## Room Hire Available

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

Please Note: we **do not** hold parties or allow alcohol at the Community Centre.

For more information please contact the office on (09) 410 4902 or email [snook.com.cen@xtra.co.nz](mailto:snook.com.cen@xtra.co.nz)

## WHAT IS ROTARY ?

Rotary is a global network of 1.4 million neighbours, friends, leaders, and problem-solvers who see a world where people unite and take action to create lasting change. We are everyday people who support communities locally, nationally and globally.

Rotary is a non-political and non-religious organisation.

Does this sound like something you would like to be involved with? Please contact the numbers below for further information.

**East Coast Bays Rotary** - Meet Monday Evenings at Pupuke Golf Club. President – Fay Norman 021 0271 4540

**North Harbour Rotary** – Meet Friday Mornings at the Sunnynook Community Centre. President – Jerry Norman 027 614 6595



*"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                 | 09-489-8954   |
| Yuanji/Kung Fu Dance                  | 021-051-8128  |
| Chinese Language Classes for children | 021-0885-2637 |
| 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, \$70 for 10 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)

## TUESDAYS

|  |               |
|--|---------------|
| Counter Punch Parkinson's Exercise Group   | 021-0287-8470 |
| Tai Chi for Health - Beginners (Eileen)    | 027-368-8507  |
| Tai Chi for Health - Intermediate (Bill)   | 020-4186-2679 |
| English Language Partners North Shore ESOL | 09-489-2078   |
| Eye Level - Math & English Tuition         | 021-0810-9961 |
| Chinese Language Classes for Children      | 021-0885-2637 |
| Muse School of Dance NZ                    | 027-556-6808  |
| Seasons Art Classes                        | 022-011-6131  |

## 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)

|                                 |                             |
|---------------------------------|-----------------------------|
| Beginners/Maintenance (Eileen): | Tuesday 9.30am to 10.30am   |
| Intermediate (Bill):            | Tuesdays 11.00am to 12.00pm |
| 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 Eileen Ph:- 027 368 8507 or Bill Ph:- 020 4186 2679

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



## Need to dispose of old batteries and cell phones?



We are now collecting these at the Sunnynook Community Centre.



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



## 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)



Eye level provides an individualised curriculum that strengthens your child's academic foundation with step by step and goal setting approaches.

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)  
[www.facebook.com/eyelevelforresthill](http://www.facebook.com/eyelevelforresthill)

## 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.



Counterpunch Parkinson's

## 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@extra.co.nz](mailto:scc.creche@extra.co.nz)

## Food Scrap Bins

Auckland Council have rolled out the new food scrap bins in our area. For more information and tips:  
[www.aucklandcouncil.govt.nz/foodscraps](http://www.aucklandcouncil.govt.nz/foodscraps)

### WEDNESDAYS

|  |               |
|--|---------------|
| Wednesday Walking Group                          | 410-4902      |
| Sunnynook Ladies Group (monthly)                 | 410-6728      |
| Milford Combined Probus Club (monthly)           | 027-698-5981  |
| Parents Centre (Bays/North Harbour) "Baby & You" | 021-203-4663  |
| Chinese Language Classes for children            | 021-0885-2637 |
| Miles Dance School                               | 444-9913      |
| Zumba Class                                      | 021-1136-203  |
| Pilates  | 022-076-6112  |
| North Harbour Rockers                            | 027-277-8059  |

### 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)

### 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.

We will be in the Centre on the 2nd and 4th Thursdays of the month. Between 12.00pm and 3.00pm

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)

### Sunnynook Toastmasters

Thursdays (fortnightly)

5th, 19th October, 2nd, 16th, 30th November, 14th December

7.15pm to 9.15pm

Sycamore Room, Sunnynook Community Centre

Ph: 021 667 946

### 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: 26th October, 29th November 2023

For more information contact Trent Lash:

Ph: 09 424 1188, 022 0606 199

Email: [trentlash@yahoo.com](mailto:trentlash@yahoo.com)



ALCOHOLICS ANONYMOUS  
AOTEAROA / NEW ZEALAND

Open Meeting

Fridays: 12.30pm

Sycamore Room, Sunnynook Community Centre

Ph: Marion 021 063 6563

### NEIGHBOURHOOD SUPPORT NORTH SHORE

If you would like to know how to establish a Neighbourhood Support Group please contact the manager on phone (09) 838 0132 or email: [nsnscoordinator@gmail.com](mailto:nsnscoordinator@gmail.com)

## 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](mailto:huebner.eva17@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 |
| Muse School of Dance NZ                            | 027-556-6808  |
| Chinese Language Classes for children              | 021-0885-2637 |
| Goju Ryu Karate - Richard Ly                       | 021-065-0994  |
| Sunnynook Toastmasters (fortnightly)               | 021-667-946   |
| Prostate Group (Monthly)                           | 027-293-9920  |
| Sunnynook Community Association (monthly)          | 021-156-9928  |
| Heartbeats Support Group (monthly)                 | 022-060-6199  |

### Prostate Cancer Support Group

Thursdays 12th October, 9th November, 7th December 2023

7.00pm to 9.00pm

Sycamore Room, Sunnynook Community Centre

"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, Ph: 021 065 0994  
[an.gojuryu.karate@gmail.com](mailto:an.gojuryu.karate@gmail.com)

### FRIDAYS

|                                       |               |
|---------------------------------------|---------------|
| North Harbour Rotary                  | 027-614-6595  |
| Fitness League—rhythmic exercise      | 021-0705-749  |
| Indoor Bowls/Friendship Group         | 410-4902      |
| Tai Chi—Maintenance (Eileen)          | 027-368-8507  |
| AA Meetings—(Marion)                  | 021-063-6563  |
| Chinese Language Classes for children | 021-0885-2637 |
| Muse School of Dance NZ               | 027-556-6808  |

### 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 444-9913  
Sunnynook Chinese Association 021-056-7939  
Chinese Language Classes for children 021-0885-2637  
Rudd School of Rock 479-1081

## 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.

## 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 Own, Ph: 021 447 010  
Email: chris.s.owen@gmail.com

## KENNEDY PARK PETANQUE CLUB

Enjoyable and friendly atmosphere—age no concern.

**When:** Tues & Thurs (Nov to Mar) 1pm to 3pm  
Tues & Thurs (Apr to Oct) 10am to 12noon  
Sundays: 10am to 12noon

**Phone:** Barb Parnell, Ph: 021 064 6556  
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.

## NORTH SHORE CAKE DECORATING CLUB

Meetings are held on the 1st Wednesday of every month (except January & October), 12.30pm to 3.30pm in the Kennedy Park Observation Post.

### NEW MEMBERS WELCOME

Phone Gail Guyatt on 027 737 3188

## 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 14th October**

## SUNDAYS

Bread of Life Christian Church 021-158-2697  
Chinese Language classes for children 021-0885-2637  
Sunny Lu Chinese Folk Dance/Chi Gong 021-236-0691  
North Shore Country Music Club (fortnightly) 021-267-3135

## 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 8th, 22nd October  
Sundays 5th, 19th November  
Sundays 3rd December 2023

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



## 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.



## 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)

## Are you interested in learning to play indoor bowls?

We have a group of lovely, friendly residents from Parklane who would love to have you join them. No experience needed.

Acacia Room, Sunnynook Community Centre

Friday mornings 10.00am to 12.00pm  
(school terms only) arrive at 9.45am



## 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](mailto:snook.com.cen@xtra.co.nz)



SUNNYNOOK  
COMMUNITY ASSOCIATION

# COMMUNITY MEETING

7.30PM, 3RD THURSDAY OF EACH MONTH  
(EXCEPT DECEMBER AND JANUARY)  
SUNNYNOOK COMMUNITY CENTRE - KAURI ROOM

## ALL WELCOME

- Ready to make a difference in Sunnynook? Join our Community Association meetings where YOU have a seat at the table.
- We dive into Sunnynook's priority projects, ideas, and events to spruce up public spaces, tackle local issues, and promote environmental sustainability.
- Your ideas, input, and proactive leadership are essential in shaping Sunnynook into a vibrant place to live.



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