



# 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 1 2024 COMMUNITY NEWSLETTER

We hope everyone had an enjoyable break. We closed the Community Centre for our annual maintenance and reopened for our extremely popular Holiday Programme in early January and are looking forward to another busy year.

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).

### MEET OUR NEW COMMUNITY ACTIVATOR—RUTH MOLONEY

Hi, my name is Ruth Moloney, I am the Community Activator for Sunnynook, Castor Bay, Forrest Hill, Milford and Takapuna as far as Esmonde Road which is part of Devonport - Takapuna Local Board area.

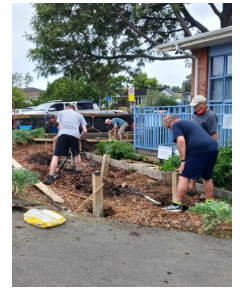
I will be meeting up with local groups to introduce myself and get to know the community. I can't wait to meet you.

Email: [community.activator@outlook.com](mailto:community.activator@outlook.com)



### COMMUNITY GARDEN

The East Coast Bays Rotary Club have been working hard down at the Community Centre building us a bigger and better garden. Come and check out their handy work so far. Thanks to everyone who has been helping.



### PRE-PAID YELLOW RUBBISH BAGS TO END FOR THE NORTH SHORE

The final day of collecting pre-paid yellow bags on the North Shore will be **Friday 1st March 2024**.



It is recommended that North Shore residents make new arrangements for their household rubbish before the service ends.

If you require a Council bin for the "pay-as-you-throw" bin-tag service you can request one via the Auckland Council website: [aucklandcouncil.govt.nz/rubbishandrecycling](http://aucklandcouncil.govt.nz/rubbishandrecycling)

### 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.

**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."*

### 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.*

### 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)



### 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):  
**8th, 22nd Feb, 7th, 21st Mar, 4th, 18th Apr 2024**

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:**

**22nd Feb, 28th Mar, 25th Apr, 23rd May, 27th June, 25th July, 22nd Aug, 26th Sept, 24th Oct, 28th Nov 2024**

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

## 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 (monthly)	027-520-4836
Yuanji/Kung Fu Dance	021-051-8128
Eye Level - Math & English Tuition	021-0810-9961
Muse School of Dance	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

Sycamore Room, Sunnynook Community Centre  
Dates to be confirmed.

For more information contact:  
[Raewyn@prostate.org.nz](mailto:Raewyn@prostate.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, 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	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 Owen, 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



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>



## BALLET CLASSES

# Patricia Rowley

## DANCE STUDIO

Pre School to Advanced

Saturday's at the Sunnynook Community Centre

Enquiries: Miss Rowley

Ph: 444 9913

Classes restart: **Saturday 3rd February 2024**

## 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



Meets at 7.00pm fortnightly on a Sunday in the Sunnynook Community Centre, Tawa Room

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

Sundays 11th, 25th February 2024  
Sundays 10th, 24th March 2024  
Sunday 7th April 2024

For more information phone:

: Jim on 021 267 3135  
: Wendy Hool (Secretary) 027 211 7990  
: Michelle Vaughan (Vice President) 021 119 8796

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)

## 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)

## 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)