

# 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 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.

#### MEET OUR NEW COMMUNITY ACTIVATOR-PUTH 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.

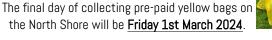
I will be meeting up with local groups to introduce myself and get to know the community. I can't wait to meet you.

Email: community.activator@outlook.com



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

the North Shore will be Friday 1st March 2024.



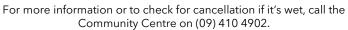
It is recommended that North Shore residents make new arrangements for their household rubbish before the service ends.

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/rubbishandrecvcling

# 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



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."

# 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.









# 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







#### **MONDAYS**

 Centre for Mutual Aid
 09-489-8954

 Yuanji/Kung Fu Dance
 021-051-8128

 Chinese Language Classes for children
 021-0885-2637

 Taekwondo
 021-538-709

 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

For more information contact Tracey on 021 113 6203. Email: zumba.tracey@gmail.com

#### **TUESDAYS**

Tai Chi for Health - Beginners (Eileen)

Tai Chi for Health - Intermediate (Bill)

English Language Partners North Shore ESOL

Eye Level - Math & English Tuition

Chinese Language Classes for Children

Muse School of Dance

Seasons Art Classes

027-368-8507

020-4186-2679

09-489-2078

021-0810-9961

021-0885-2637

027-556-6808

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)

Tuesday 9.30am to 10.30am (Eileen) - First class free (Classes start Tuesday 30th Jan 2024)

Friday 1.00pm to 2.00pm (Eileen) - First class free

Tuesdays 11.00am to 12.00md (Bill)

(Classes start Tuesday 13th Feb 2024)

#### **TERM TIME ONLY**

Cost: \$10 per class or concession cards available. Sunnynook Community Centre, Acacia Room (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 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



MATH

READING
 WRITING

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 www.facebook.com/eyelevelforresthill

#### **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





ENROLL NOW!

Auckland Koryo taekwondo in Birkenhead & Sunnynook

: Master Yang +64 21 538 709 www. koryo.co.nz

Sunnynook Community Centre, Tawa Room Mondays 4.00pm to 5.00pm

#### **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

#### 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

# 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 or ring

Glenfield CAB on 09 444 9451 Email: 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





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

#### **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) 021-667-946 027-293-9920 Prostate Group (Monthly) 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

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

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

#### **FRIDAYS**

North Harbour Rotary027-614-6595Fitness League—rhythmic exercise021-0705-749Indoor Bowls/Friendship Group410-4902Tai Chi—Maintenance (Eileen)027-368-8507AA Meetings—(Marion)021-063-6563Chinese Language Classes for children021-0885-2637Muse School of Dance027-556-6808

#### 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

**SATURDAYS** 

Miles Dance School & Baby Ballerinas Sunnynook Chinese Association Chinese Language Classes for children Rudd School of Rock

444-9913 021-056-7939 021-0885-2637 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



#### 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.





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.

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# 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 experi-
- Catering for all ages from beginners to advanced levels

Enquire now: Email: info@ruddschoolofrock.co.nz Phone: 479-1081 Web: www.ruddschoolofrock.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

#### **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