



# 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 2 2024 COMMUNITY NEWSLETTER

This term **Sunnynook Community Centre (an Incorporated Society)** will hold its **Annual General Meeting** on **Wednesday 5th 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 (09) 410 4902 or email: [snook.com.cen@xtra.co.nz](mailto:snook.com.cen@xtra.co.nz).

### HAVE YOU BEEN AFFECTED BY EXTREME WEATHER EVENTS?

Navigators can support you by:

**ACCESS:** Connecting you with key council contacts for stormwater, rates, property categorisation, and more.

**SUPPORT SERVICES:** Connecting you to key support agencies for insurance, financial, housing advice and assistance.

**TEMPORARY ACCOMMODATION SERVICES:** Assistance finding safe, secure, and accessible accommodation.

**YOUR HEATH AND WELLBEING:** Helping you access wellbeing, social, and health services such as counsellors and a free talk/text service.

You can access free Navigator Services  
[navigators@aucklandcouncil.govt.nz](mailto:navigators@aucklandcouncil.govt.nz) Or go to  
[ourauckland.nz/recovery](http://ourauckland.nz/recovery) for the latest news and updates and Navigators information.



Need independent help resolving your natural disaster insurance claim?

Dealing with residential insurance claims after a natural disaster can be complex and confusing.

The New Zealand Claims Resolution Service (NZCRS) supports homeowners with residential insurance claims after natural disasters to avoid disputes and resolve issues.

#### Services we provide through NZCRS:

Advice  
Case management  
Legal advice  
Engineering services  
Wellbeing support  
Mediation

Contact us for free, independent advice:  
PH: 0508 624 327 or [www.nzcrs.govt.nz](http://www.nzcrs.govt.nz)



NZ Blood Service will be at Sunnynook Community Centre on **Wednesday 22nd May 2024**.

Please support this Blood Drive.

Book an appointment on the Blood Service app or phone 0800 GIVE BLOOD (0800 448 325)

*"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.



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.



## 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](http://www.znrg.co.nz)

For more information contact Tracey on 021 113 6203.

Email: [zumba.tracey@gmail.com](mailto:zumba.tracey@gmail.com)



ENROLL NOW!

Auckland Koryo Taekwondo in  
Birkenhead & Sunnynook

: Master Yang +64 21 538 709  
[www.koryo.co.nz](http://www.koryo.co.nz)

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



## Tai Chi & Qigong Sunnynook Community Centre ~Acacia Room~

Strength & Balance Classes for Falls Prevention  
Modified for seniors &/or those looking to improve  
balance (e.g. brain injury rehab)

Beginners: Tues 9.30am to 10.30am (Bill)  
Intermediate: Tues 11.00am to 12noon (Bill)  
Int/Beg: Fridays 1.00pm to 2.00pm (Pauline)

- Cost \$10 per class (first class is free) **school term only**  
Wear relaxed clothing, comfortable shoes, and bring your drink bottle.
- Dr Paul Lam, a medical Practitioner & Tai Chi Master, designed the classes to help manage or delay the onset of many conditions including: Arthritis, Diabetes, Osteoporosis, High Blood Pressure and Asthma.
- Practicing Tai Chi for Health can also help reduce stress, improve general health and well being.

For more information or to register, please call or text:  
Pauline: 021 0273 8463 / Bill: 020 4186 2679



## 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.



## 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)

## TUESDAYS

Tai Chi for Health - Beg and Int (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	027-556-6808
Seasons Art Classes	022-011-6131



• 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](mailto:daekyonorth@hotmail.com)

## 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
Taekwondo	021-538-709
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](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
Sunnynook Community Association (monthly)	021-156-9928
Heartbeats Support Group (monthly)	022-060-6199

## 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):

2nd, 16th, 30th May, 13th, 27th June, 11th, 25th July

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:

30th May, 20th June, 25th July, 29th Aug,  
26th Sept, 31st 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



BALLET CLASSES

**Patricia Rowley**  
DANCE STUDIO

Pre School to Advanced

Saturday's at the Sunnynook Community Centre

Enquiries: Miss Rowley

Ph: 444 9913

## 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.

"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
Tai Chi—Beg/Int (Pauline)	021-0273-8463
AA Meetings—(Marion)	021-063-6563
Chinese Language Classes for children	021-0885-2637
Muse School of Dance	027-556-6808
Akotech CodeCamp (Victoria)	021-0228-6717

## 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

**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@ruddschoollofrock.co.nz](mailto:info@ruddschoollofrock.co.nz)

Phone: 479-1081 Web: [www.ruddschoollofrock.co.nz](http://www.ruddschoollofrock.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 **9.00am 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.



### SUNDAYS

Chinese 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, Tawa Room

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

Sundays 5th, 19th May 2024  
Sunday 2nd, 16th, 30th June 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

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

### 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)

### 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)



### 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

### 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](mailto: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

### 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.



### 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>