

# 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 3 2024 COMMUNITY NEWSLETTER**

The Community Centre held their AGM (Annual General Meeting) on Wednesday 7th June. Thank you to all the Centre users, staff and members of the Community that attended the meeting.

Special thanks to our 'office holders' and Committee members for their continued support.

For any enquiries please contact Bronwyn or Debbie at the Community Centre Office on (09) 410 4902 or email: <a href="mailto:snook.com.cen@xtra.co.nz">snook.com.cen@xtra.co.nz</a>.



#### NORTH SHORE BUDGET SERVICE

FREE CONFIDENTIAL BUDGETING SUPPORT FOR STRUGGLING KIWIS

get control of your financial future?

Need help to set up budgeting goals, manage money, reduce debts and find solutions to



North Shore Budget Service also offers free advocacy services which includes help to negotiate with creditors, KiwiSaver hardship applications and other debt relief solutions.

Get free confidential budgeting support from experienced Financial Mentor, Mary-Jane Brough. North Shore Budget Service clinic is open from 1:30 to 4 pm at Sunnynook Community Centre located at 148, Sycamore Drive, Sunnynook, Auckland.

> Email NSBS for appointm o.nz or come to the Centre on Frida during clinic hours.

Starts from 16<sup>th</sup> August 2024.

## Traffic Lights on Sunnynook Road

The work outside the Centre is complete and is looking great. It is going to make it a lot safer for both pedestrians crossing the road and traffic turning into and out of Sycamore Drive.

We have no update at this time as to

There is no Community Constable on-site at the Community Centre.

when the lights will be functional.

If you need to report something that is not urgent please phone 105. If urgent phone 111.



### Sunnynook Community Centre



Every Wednesday - Acacia Room

Term time only 9.30am - 11.30am Tea and coffee provided For preschool aged children CONTACT: snook.com.cen@xtra.co.nz PH: 410 4902

Join us for a fun and friendly playgroup! Connect with other parents and let your little one enjoy playtime with new





NZ Blood Service will be at Sunnynook Community Centre on

#### Wednesday 21st August 2024.

Please support this Blood Drive.

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



## **Neon Line Dancing**

Beginner Classes

Tuesdays 9.30am to 10.30am Tawa Room (term time only)

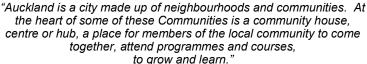
Country / Oldies—requests welcome \$10 per session

Contact: Alida 021 2327069

#### **Sunnynook Community Centre Book Library**

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

Book donations are welcome.







#### **MONDAYS**

Centre for Mutual Aid 09-489-8954 Yuanji/Kung Fu Dance 021-051-8128 Games Afternoon Chinese Language Classes for children 410-4902 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





#### **ENROLL NOW!**

Auckland Koryo Taekwondo in Birkenhead & Sunnynook

: Master Yang +64 21 538 709 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)

Tues 9.30am to 10.30am (Bill) Beginners: 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 Practioner & Tai Chi Master, designed the classes to help manage or delay the onset of many conditions including: Arthritis, Diabetes, Osteoporosis, High Blood Pressure and
- 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

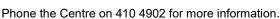
At Sunnynook Community Centre 7.00pm for lessons 8.00pm-10.00pm social dance

Visit us on Facebook: north harbour rockers For more details phone Ann 027 277 8059 Or email northharbourrockers@gmail.com

#### SUNNYNOOK COMMUNITY CENTRE INDOOR BOWLS

Thursdays 1.00pm to 3.30pm, Tawa Room (Term time only)

(arrive at 12.45pm to be put in a team) All welcome. Gold coin donation. Cup of tea/coffee provided.





#### 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

#### **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 Neon Line Dancing — Alida 021 232 7069

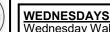


• MATH • READING · WRITING

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



Wednesday Walking Group 410-4902 Sunnynook Ladies Group (monthly) 410-6728 Milford Combined Probus Club (monthly) 027-698-5981 Preschool Playgroup 410-4902 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

#### **THURSDAYS**

English Language Partners North Shore ESOL	489-2078
North Shore C.O.P.D Asthma Support Group (mont)	hly) 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



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):

25th July, 8th, 22nd August, 5th, 19th September

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: 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





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 beina.

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 mar-

tial 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 Rotary Fitness League—rhythmic exercise Tai Chi—Beg/Int (Pauline) AA Meetings—(Marion) Chinese Language Classes for children Muse School of Dance

027-614-6595 021-0705-749 021-0273-8463 021-063-6563 021-0885-2637 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

#### **SATURDAYS**

**\_eague** 

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

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

## rudd school of RO

#### **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

#### 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

BOLCC 021-071-0633
Chinese Language classes for children 021-0885-2637
Sunny Lu Chinese 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 28th July 2024

Sundays 11th, 25th August 2024 Sundays 8th, 22nd September 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

### Room Hire Available

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

Please Note: we <u>do not</u> 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

#### 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



# 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

#### **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**

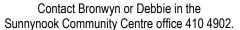
Phone Gail Guyatt on 027 737 3188

## 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.



#### 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



- We're evolving! Instead of our usual monthly meetings, we're teaming up with other local neighborhood groups to create a more aligned and cohesive community effort.
- Join us for our next community meeting in August!
- Stay tuned for more details.

https://www.facebook.com/sunnynookcommunity