



# 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 2025 COMMUNITY NEWSLETTER

**NORTH SHORE BUDGET SERVICE**  
(A NON-PROFIT BUDGETING SERVICE ON THE NORTH SHORE)

Are you struggling with **mounting debts** and want to **get control** of your finances?

Need help to balance your **budget** and **manage your money**?

Budgeting clinics are available at Sunnynook Community Centre (located at 148 Sycamore Drive, Sunnynook, Auckland), and the Browns Bay Citizens Advice Bureau (2 Glen Road, Browns Bay 0630).

Budgeting sessions will be arranged by appointment on Tuesdays (Sunnynook) and Thursdays (Browns Bay)

09 410 4902 - Sunnynook Community Centre  
09 479 2222 - Browns Bay CAB office  
[www.nsbcs.co.nz](http://www.nsbcs.co.nz)  
[mary-jane@nsbcs.co.nz](mailto:mary-jane@nsbcs.co.nz)

**Sunnynook Community Centre**  
**FREE GAMES AFTERNOON**  
Every Monday during term time  
1.00pm to 3.00pm  
Acacia Room  
NO BOOKING REQUIRED

There is a range of games available or bring your own

TEA AND COFFEE PROVIDED

Get in touch with us:  
Sunnynook Community Centre  
[snook.com.cen@xtra.co.nz](mailto:snook.com.cen@xtra.co.nz)  
PH: 09 4104902

지역사회 만남과 나눔 행사  
邻里共享和连接  
**NEIGHBOURHOOD SHARE & CONNECT**  
SHAPE THE FUTURE, BUILDING TOMORROW

미래를 함께 만들어가는 우리 ◆ 塑造未来, 建设明天

LEARN NEW SKILLS, SHARE IDEAS, AND BE PART OF SHAPING THE FUTURE OF SUNNYSNOOK, TOTARA VALE & FORREST HILL COMMUNITIES

学习新技能, 分享好主意, 成为塑造社区未来的一份子  
새로운 기술을 배우고, 아이디어를 나누며, 우리 지역사회의 미래를 함께 만들어가요

◆ SKILL-SHARING 기술 공유, 技能分享  
◆ KID'S FUN 어린이 놀이, 儿童娱乐  
◆ MUSIC 라이브 음악, 现场音乐  
◆ KAT 맛있는 음식, 品尝美食

Find out more: [sunnynook.thinkport.nz](http://sunnynook.thinkport.nz)

**SUNDAY 9 MARCH**  
2PM - 4.30PM  
**SUNNYSNOOK COMMUNITY CENTRE**

SUNNYSNOOK COMMUNITY CENTRE COMMUNITY THINK NEIGHBOURS AOTEAROA

**SUNNYSNOOK COMMUNITY CENTRE**  
**PLAYGROUP**

Every Wednesday - Acacia Room  
STARTING WEDNESDAY 5TH MARCH 2025  
9.30am - 11.30am

Tea and coffee provided

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

CONTACT:  
[snook.com.cen@xtra.co.nz](mailto:snook.com.cen@xtra.co.nz)  
PH: 4104902

**SUNNYSNOOK COMMUNITY CENTRE**  
**Indoor Bowls**

TAWA ROOM THURSDAYS DURING TERM TIME 1.00PM - 3.30PM GOLD COIN DONATION

ARRIVE AT 12.45PM TO BE PUT IN A TEAM

**EVERYONE IS WELCOME**

Tea and Coffee Provided

FOR MORE INFORMATION  
email: [snook.com.cen@xtra.co.nz](mailto:snook.com.cen@xtra.co.nz)  
PH: 09 410 4902

**BYE-BYE BIN TAGS**

From **1 March 2025** you no longer need bin tags in North Shore. Your rubbish collections will be paid for through your property rates.

If you have private rubbish collection, or need a new or different size rubbish bin, simply visit [aucklandcouncil.govt/ratesfunded](http://aucklandcouncil.govt/ratesfunded) and use the 'how changes will affect your area' tool for options and more information.

## Have you got a skill you'd like to share with your community?

We're cooking up something exciting on Sunday 9th March at the Sunnynook Community Centre - **Neighbourhood Share and Connect!** We're looking for locals to share their skills and knowledge with the community. Whether it's a hobby, craft, or any skill you're passionate about, we'd love for you to share it at one of our skill sharing stations!

Email: [grace@communitythink.nz](mailto:grace@communitythink.nz) if you would like to be part of this.



"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

Yuanji/Kung Fu Dance	021-051-8128
Games Afternoon (1pm to 3pm)	410-4902
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)

## TUESDAYS

Tai Chi for Health - Beg and Int (Bill)	020-4186-2679
English Language Partners North Shore ESOL	09-489-2078
North Shore Budget Services	mary-jane@nsbs.co.nz
Eye Level - Math & English Tuition	021-0810-9961
Chinese Language Classes for Children	021-0885-2637
Muse School of Dance	027-556-6808



## 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:

## 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)

## THURSDAYS

English Language Partners North Shore ESOL	489-2078
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)	021-2537629
Sunnynook Community Association (monthly)	021-156-9928
Heartbeats Support Group (monthly)	022-060-6199



**Koryo**  
Taekwondo

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



• 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 Probud Club (monthly)	027-698-5981
Preschool Playgroup (FROM MARCH 5TH)	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](mailto:huebner.eva17@gmail.com)

**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)

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

If you need to report something that is

**happening now**, please phone **111**.

For non urgent matters call 105



### 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](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 Club

"where leaders are made"

We offer our community the opportunity to practice speaking in a supportive environment. Come and see what Toastmasters can do for you!

**Sycamore Room 7.15pm to 9.15pm - Thursdays (fortnightly):**

20th February, 6th, 20th March, 3rd, 17th April

For more information, please contact us at: [sunnynook@d112tm.org.nz](mailto:sunnynook@d112tm.org.nz) or call Charlee Yang on 021 253 7629

### 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: Feb 27th, March 27th, April 24th, May 29th, June 26th, July 30th, Aug 28th, Sept 25th, Oct 30th, Nov 27th 2025**

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

"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

Academic Drawing Course

021-0259-0062



**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)

### ACADEMIC DRAWING COURSE

For whom:

Teens and Adults

When: Starting school term 1, 2025

14th February, Fridays 6.15pm to 8.45pm

At Sunnynook Community Centre, 148 Sycamore Drive

For more information contact:

Maria Kuzmenkova - MOB 021 025 90062

Email: [academicdrawingnz@gmail.com](mailto:academicdrawingnz@gmail.com)

Instagram: [academic\\_drawing\\_nz](https://www.instagram.com/academic_drawing_nz)



### SATURDAYS

Miles Dance School & Baby Ballerinas

444-9913

Sunnynook Chinese Association

021-056-7939

Chinese Language Classes for children

021-0885-2637



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



## SUNDAYS

BOLCC

Chinese Language classes for children  
Sunny Lu Chinese Chi Gong  
North Shore Country Music Club (fortnightly)

021-071-0633  
021-0885-2637  
021-236-0691  
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 9th, 23rd March 2025

Sundays 6th, 20th April 2025

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

## 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 in-  
formation 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 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

### 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



### 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

### 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

### 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



### Sunnynook / Forrest Hill / Totaravale Food Pantry

"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 sup-  
port our Food Pantry with  
regular donations.

### 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

### 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.