

Sunnynook Community Centre

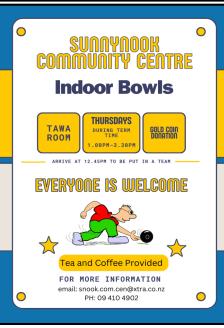
148 Sycamore Drive, Sunnynook, Auckland 0620 Phone (09) 410 4902 Email: snook.com.cen@xtra.co.nz Website: www.sunnynookcomcentre.co.nz Office Hours: Monday to Friday, 9.00am to 4.00pm

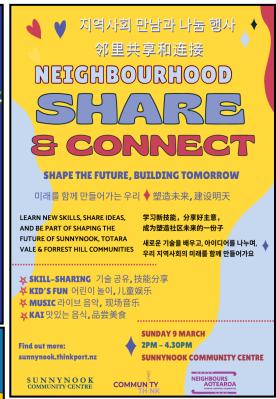
WELCOME TO OUR TERM 1 2025 COMMUNITY NEWSLETTER











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 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** if you would like to be part of this.





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

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

TUESDAYS

Tai Chi for Health - Beg and Int (Bill)

English Language Partners North Shore ESOL

North Shore Budget Services

Eye Level - Math & English Tuition

Chinese Language Classes for Children

Muse School of Dance

020-4186-2679

09-489-2078

mary-jane@nsbs.co.nz

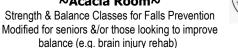
021-0810-9961

021-0885-2637

027-556-6808



Tai Chi & Qigong Sunnynook Community Centre ~Acacia Room~



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) <u>school term only</u>
 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
- 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

THURSDAYS

489-2078 English Language Partners North Shore ESOL Sunnynook Community Centre Indoor Bowls 410-4902 027-520-4836 Parkinsons Support Group (monthly) 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 021-2537629 Sunnynook Toastmasters (fortnightly) Sunnynook Community Association (monthly) 021-156-9928 Heartbeats Support Group (monthly) 022-060-6199





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



• 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

WEDNESDAYS

Wednesday Walking Group 410-4902 Sunnynook Ladies Group (monthly) 410-6728 Milford Combined Probus 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

rudd school of ROCK

BUILDING FUTURE MUSIC LEADER:

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@ruddschoolofrock.co.nz

 Phone: 479-1081 Web: www.ruddschoolofrock.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 or ring

Glenfield CAB on 09 444 9451 Email: 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 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





Open Meeting Fridays: 12.30pm

Sycamore Room, Sunnynook Community Centre Ph: Marion 021 063 6563



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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 mar-

tial artists are

welcome"

GO JU RYU KARATE AUCKLAND NORTH

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
 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

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 Instagram: academic_drawing_nz



SATURDAYS

Miles Dance School & Baby Ballerinas Sunnynook Chinese Association Chinese Language Classes for children 444-9913 021-056-7939 021-0885-2637



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 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 9th, 23rd March 2025

For more information phone:

: Jim on 021 267 3135

Sundays

: Wendy Hool (Secretary) 027 211 7990

6th, 20th April 2025

: 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.

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

Sunnynook / Forrest Hill / Totaravale Food Pantry



"Take what you need, Give what you can"

<u>Please remember that the Food Pantry is for food donations only.</u>
<u>Please do not leave games, clothes etc</u>

Thank you to all the local businesses and residents that continue to support our Food Pantry with regular donations.

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.