



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 4 2024 COMMUNITY NEWSLETTER



CHRISTMAS FAMILY BIKE RIDE SUNNYNOOK PARK

Sunday 15th December
5.00pm to 7.00pm

Dress up in Christmas costume!
Bring your bike, helmet and a picnic tea
Children must be accompanied by an adult
Meet by the Sunnynook Community Centre
Playground.

Registration is required, please contact Bronwyn or
Debbie at the Sunnynook Community Centre
Phone 09 4104902 or email snook.com.cen@xtra.co.nz

Event will be cancelled if the weather is
unsuitable.



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 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 are
welcome.



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.

Phone the Centre on 410 4902 for
more information.



NZ Blood Service will be at
Sunnynook Community
Centre on
**Wednesday 20th November
2024.**

Please support this Blood
Drive.

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

Free Games Afternoon

Every Monday during the term
1.00pm to 3.00pm
Acacia Room
Tea and Coffee provided

We have a variety of games
available or bring your favourite to play

GET IN TOUCH WITH US!
Sunnynook Community Centre
snook.com.cen@xtra.co.nz
09 4104902

Sunnynook Community Centre



Every Wednesday - Acacia Room

CONTACT:
snook.com.cen@xtra.co.nz
PH: 410 4902

Term time only
9.30am - 11.30am
Tea and coffee provided

for preschool aged children

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



FREE CONFIDENTIAL BUDGETING AND DEBT MANAGEMENT HELP

NORTH SHORE BUDGET SERVICE



NSBS, a non-profit organization, funded by
Ministry of Social Development and other
sponsors, is committed to improving the
financial capability of all struggling Kiwis.

Mary-Jane Brough, an NSBS experienced
Financial Mentor will be available on Tuesdays
from 12 pm to 2.30 pm at Sunnynook
Community Centre located at 148, Sycamore
Drive, Sunnynook, Auckland.

Email Mary-Jane for appointments at
mary-jane@nsbs.co.nz or contact via phone or
text at 021 1885277

KEY SERVICES:

- One-to-one confidential budgeting sessions
- Financial Action Plan implementation
- Reduction and management of debts
- Eliminating high-interest debts
- KiwiSaver hardship funds withdrawal eligibility
- Insolvency procedures guidance
- Water Utility Consumer relief applications
- Interest-free loan eligibility and applications
- Work and Income and other entitlements access

"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

Centre for Mutual Aid	09-489-8954
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



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
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



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



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

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

WEDNESDAYS

Wednesday Walking Group	410-4902
Sunnynook Ladies Group (monthly)	410-6728
Milford Combined Probud Club (monthly)	027-698-5981
Preschool Playgroup (9.30am to 11.30am)	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 (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)	021-2537629
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 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):
17th, 31st October, 14th, 28th November, 12th December

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:

31st Oct, 28th Nov 2024

For more information contact Trent Lash:

Ph: 09 424 1188, 022 0606 199

Email: 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

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

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	444-9913
Sunnynook Chinese Association	021-056-7939
Chinese Language Classes for children	021-0885-2637

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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

Phone: 479-1081 Web: www.ruddschoolorfrock.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

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 20th October 2024
Sundays 3rd, 17th November 2024
Sundays 1st, 15th December 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 **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



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
COMMUNITY ASSOCIATION

COMMUNITY MEETING

ALL WELCOME



- 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>

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.

111 105