



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 COMMUNITY NEWSLETTER



COMMUNITY MEETING

THURSDAY 9TH OCTOBER, 7PM
SUNNYNOOK COMMUNITY CENTRE

ALL WELCOME

You came and told us what matters most to you. Now we want to take it further and see if we can make it happen:

- How can we build on these ideas?
- What are the next steps for the things our community cares about?



<https://www.facebook.com/sunnynookcommunity>

SUNNYNOOK
COMMUNITY CENTRE



Sunnynook Community Centre KIDS MARKET

"A KIDS MARKET RUN BY KIDS FOR KIDS!"

SATURDAY 27 SEPT. 10:00 AM-12:00 PM

COME AND SUPPORT OUR YOUNG
ENTREPRENEURS

Fresh Baking, Jibitz,
Pre-loved toys, books & clothes
Scrunchies, handmade
accessories

PLEASE BRING CASH



<https://tinyurl.com/kidsmarketsept>

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 nsnscoordi-



Sunnynook Community Centre Book Library

Located next to our food pantry.

Help yourself to a book or two.

Book donations are welcome.



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.



"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 (CMA)	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



Sunnynook Seniors Friendship Group

Join us in activities like exercises, games, activities and lunch!

Sunnynook Community Centre

Monday 10.00am to 12.30pm

Call us:

Ph 09 489 8954

www.cmans.org.nz/centres



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)	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:
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



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 Probud 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

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**
- ◆ Adult Beginner Group Guitar lessons
- ◆ **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

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)	021-253-7629
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):

24th July, 7th, 21st August, 4th, 18th September 2025

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: Sept 25th, Oct 30th, Nov 27th 2025

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

New Class: Saturdays 9.45am to 10.45am

LATIN DANCE for Adults

Contact: Katy Flores Ph: 027 516 6080

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.

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

"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

Fitness League - rhythmic exercise

Tai Chi - Beg/Int (Pauline)

AA Meetings (Marion)

Chinese Language Classes for children

Muse School of Dance

Academic Drawing Course

027-614-6595

021-0705-749

021-0273-8463

021-063-6563

021-0885-2637

027-556-6808

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 3, 2025

18th July, 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](https://www.instagram.com/academic_drawing_nz)



SATURDAYS

Miles Dance School & Baby Ballerinas

Latin Dance (Katy Flores)

Sunnynook Chinese Association

Chinese Language Classes for children

444-9913

027 516 6080

021-056-7939

021-0885-2637

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 13th, 27th July 2025

Sundays 10th, 24th August 2025

Sundays 7th, 21st September 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

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

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

111 105

KENNEDY PARK

137-147 Beach Rd, Castor Bay



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

Sunnynook / Forrest Hill / Totoravale Food Pantry

"Take what you need,
Give what you can"



Please remember that the Food Pantry is for food donations only. Please do not donate clothes etc

Thank you to all the local businesses and residents that continue to support 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



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

If something is happening now please phone 111

For non urgent matters call 105

111 105

LATIN BEAT DANCE CARDIO

\$10 CLASS

SATURDAYS 9:45AM

COME FOR A GREAT CARDIO WORKOUT WHILE DANCING REGGAETON, SALSA, CUMBIA, BACHATA...

SUNNYSNOOK COMMUNITY CENTRE

FOR MORE INFO: @ GIRLA_LATINA