



# 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 COMMUNITY NEWSLETTER

**THE SUNNYSNOOK CATCHMENT PACT**

**Strong neighbourhoods, ready for anything.**

**Our plan for People, Action, Communication and Trust**

**PEOPLE:**  
Strengthening local relationships

**HIYA HAPPENINGS**  
Street teas.  
Neighbour packs.  
Buddy systems.  
Local 'what's on' flyer.

**ACTION:**  
Taking practical steps together

**GREEN & CLEAN**  
Community clean-ups.  
Native planting.  
Beautification projects.

**COMMUNICATION:**  
Sharing info clearly and often

**SAFE & SOUND**  
Disaster readiness workshops.  
Insurance advice.  
Financial resilience.  
Web of communication channels (phone trees, social media groups, local noticeboards, text alerts).

**TRUST:**  
Building confidence and care across the community

**SHARED TABLE**  
Shared meals.  
Storytelling. Arts.  
Local traditions.  
Public spaces.  
Events that reflect the sights, sounds, and spirit of Sunnynook.

### It's here!

After months of community conversations, surveys and idea-sharing, we've pulled everything together into the Sunnynook Catchment PACT – our neighbourhood recovery plan for Sunnynook, Totara Vale & Forrest Hill. PACT = People, Action, Communication & Trust. Check out the simplified graphic version below to see what this could look like. This plan was built from your ideas – now let's bring it to life together!

✿ Join: the core group turning the PACT into action.

✿ First meeting: Tuesday 28 October, 6.30 pm at Sunnynook Community Centre.

Want to be involved (or know someone who'd be awesome)?

Email [grace@communitythink.nz](mailto:grace@communitythink.nz) to express your interest today.

Let's make the PACT happen together and build neighbourhoods we're all proud to call home!

## HALL RENOVATION

Our hall will be closed for renovations from **Monday 3rd November till mid December**. The office will not have staff working in it at this time as it will be too noisy. Emails will be checked and responded to daily. The Early Learning Centre will still be open during this time and some groups will still be running classes in other rooms. Please check with each group to see where they will be located during this time.



**SENIORS AFTERNOON TEA**

WEDNESDAY 29TH OCTOBER 2025  
1PM - 3PM

»»————««

COME ALONG TO OUR AFTERNOON TEA, TO CONNECT AND CELEBRATE OLDER PEOPLE IN OUR COMMUNITY. SUNNYSNOOK COMMUNITY CENTRE

»»————««

TEA, COFFEE, SANDWICHES AND OF COURSE CAKE!

Please email [snook.com.cen@xtra.co.nz](mailto:snook.com.cen@xtra.co.nz) to RSVP by Wed 22<sup>nd</sup> October

*"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](http://www.cmans.org.nz/centres)



## ZUMBA CLASSES

Sunnynook Community Centre

**Sunnynook Scout Den (From Monday 3rd Nov)**

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 Scout Den from 5th Nov

**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)



**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 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**
- ◆ 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@ruddschoolorfrock.co.nz](mailto:info@ruddschoolorfrock.co.nz)**

**Phone: 479-1081 Web: [www.ruddschoolorfrock.co.nz](http://www.ruddschoolorfrock.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](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):**

2nd, 16th, 30th Oct, 13th, 27th Nov, 11th Dec 2025

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: 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

**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](http://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](mailto: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](http://www.fitnessleague.org.nz)



### Academic Drawing course

For whom:

Teens and Adults

When: 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

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 5th, 19th October

Sundays 2nd November

16th, 30th November (Sunnynook Scout Hall)

Sundays 14th December (Sunnynook Scout Hall)

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](mailto:scc.creche@xtra.co.nz)

## CHAIR YOGA

### Gentle movement – Big benefits

Join us for a relaxing and restorative chair yoga class.  
All movements are seated – no need to get on the floor.

**When:** Every Monday 9.30am – 10.30am

**Where:** Sunnynook Community Centre – Sycamore Room

**Price:** \$10.00 per class

**Instructor:** Kerstin – PH: 021 0838 8313

### Benefits:

Improve flexibility and balance  
Reduce stress and anxiety  
Connected with a welcoming community

No experience needed, chair provided – just bring yourself

## 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](mailto:nsnscoordinator@gmail.com)



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) 10am to 12noon  
Tues & Thurs (Apr to Oct) 1pm to 3pm  
Sundays: 10am to 12noon year round

**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](mailto: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 leave games, clothes etc**

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.

