



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



Do you live in Forrest Hill, Sunnynook or Totarvale?
Would you like to be part of a group of amazing people keen to organise Group events for 2026?

For more information please email:
snook.com.cen@xtra.co.nz



NZ Blood Service will be at Sunnynook Community Centre on **Wednesday 25th February 2026**
Please support this Blood Drive.

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

NSBS Budget Solve Debt Manage Money

FREE Budgeting Advice & Debt Support

NSBS offers free, confidential one-to-one budgeting advice and debt support for individuals and whanau. Support is practical, non-judgemental, and tailored to your situation. Our qualified Financial Mentors can help with:

- Developing a manageable, ongoing household budget
- Advocacy with creditors, utilities, and government agencies
- Accessing entitlements, KiwiSaver, and hardship assistance
- Debt support, loan restructuring and repayment planning
- Referrals to trusted additional support providers
- Support with managing day-to-day finances
- Planning for a more secure financial future

Mentor will be at Sunnynook Community Centre Tuesdays: 8.30am – 1.00pm

Contact NSBS on: 09 486 6169 / 0800 300 577, Email: info@nsbs.co.nz

NSBS offices at: Level 2, 7 The Strand, Takapuna, Auckland 0622 | www.nsbs.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
PH: 09 4104902

SUNNYNOOK 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
PH: 09 410 4902

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

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



"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
Chair Yoga—Kerstin	021-0838-8313
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
Muse School of Dance	027-556-6808

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 (Pauline)	021-0273-8463
Tai Chi for Health - Int (Bill)	020-4186-2679
English Language Partners North Shore ESOL	09-489-2078
North Shore Budget Services	info@nsbs.co.nz / 0800 300 577
Eye Level - Math & English Tuition	021-0810-9961
Chinese Language Classes for Children	021-0885-2637
Muse School of Dance	027-556-6808

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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



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
www.facebook.com/eyelevelforresthill

WEDNESDAYS

Wednesday Walking Group	410-4902
Sunnynook Ladies Group (monthly)	410-6728
Milford Combined Probus 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
Rudd School of Rock	479-1081

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

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

NORTH HARBOUR ROCKERS

Wednesday evenings

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

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):
19th Feb, 5th, 19th Mar, 2nd April 2026

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: 26th Feb, 26th Mar, 30th Apr, 28th May, 25th Jun, 30th Jul, 27th Aug, 24th Sept, 29th Oct, 26th Nov 2026

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

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
Instagram: [academic_drawing_nz](https://www.instagram.com/academic_drawing_nz)



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
Phone: 479-1081 Web: www.ruddschoolorfrock.co.nz

GOJU RYU KARATE AUCKLAND NORTH

"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
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



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

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 8th, 22nd February 2026
Sundays 8th, 22nd, March 2026
Sundays 5th April 2026

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

SATURDAYS

Miles Dance School & Baby Ballerinas 444-9913
Latin Dance (Katy Flores) 027 516 6080
Sunnynook Chinese Association 021-056-7939
Chinese Language Classes for children 021-0885-2637

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.

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

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.

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.

Email: snook.com.cen@xtra.co.nz

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 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 to Friday: mornings 9.00am to 12 noon; afternoons 1.00pm to 3.30pm.

Full Days: Monday to Friday 9.00am to 3.30pm.

If you are interested you are welcome to come and visit us.

Phone: 021 0275 0384 Email: scc.creche@xtra.co.nz

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.

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



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.

