

Johnsonville Community Centre



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April 2019

Welcome to Your Community Centre

Manager: Debbie Avison

Centre Assistant: Judy Chin

Administrator/Advocate: Kim Edgecombe

Newsletter & List of Regular Activities, Courses, Classes & Events

WHAT'S NEW OR COMING UP:

Easter and Anzac Day

The Community Centre will be closed on:

Friday 19th April: Good Friday

Monday 22nd April: Easter Monday

Thursday 25th April: Anzac Day

The JP Service will be closed on the above dates and on Saturday 20th April.

JCC AGM – This will be held on Tuesday 30th April at 7.30pm at the Centre.

Yoga Workshops with Cendrine

Join Cendrine for her monthly Yoga workshop at the Johnsonville Community Centre and experience the benefits of having a well-rounded session. Cendrine is an experienced and qualified yoga teacher who has a fantastic knowledge of anatomy, asanas (postures), breathing practices, sequencing and philosophy. Her classes are deep and full of little tips and tricks. The use of props help with perfecting the alignment to keep the body safe. First you will settle down by learning some breathing techniques that will slow the mind and ground you. Then practise postures (Asanas) for 90min. This is a Hatha practice to help you learn to hold poses and build both strength and flexibility. To finish enjoy a silent meditation. Don't worry if it seems long, as you pause often, to observe and learn, before practising individually. All levels welcome and newbies too!

Cost: \$40 per session. Time: 4pm to 6pm.

Dates: Sunday 5th May and 16th June.

For more information contact Cendrine on 021 072 7013, info@cendrines.com www.cendrines.com

Scrabble

Do you enjoy playing scrabble? If so, come along for a FREE game at the Community Centre every Friday afternoon from 12.15pm to 3pm. Players of all abilities welcome.

Kai Cooker

Did you know you can borrow the kai cooker for FREE from the Johnsonville Community Centre to help with catering for neighbourhood and community events? There is a \$50 refundable bond.

The MultiKai cooker has four baskets and can cook for up to 40 people. The cooker was originally designed as an alternative to produce a hangi as close as possible to a traditional Maori ground hangi. They are very flexible in the type and style of food that can be cooked in them. For more information contact the Centre on 478 8628 or info@johnsonvillecommunitycentre.org.nz

Room Details

<u>Room No.</u>	<u>Location</u>	<u>Capacity</u>	<u>Facilities</u>
One	Downstairs Frankmoore Ave	up to 40	40 chairs, 5 tables, shared kitchen
Two	Downstairs Frankmoore Ave	up to 15	15 chairs, 3 tables, shared kitchen
Three	Downstairs Frankmoore Ave	up to 10	10 chairs, 2 tables, shared kitchen
Four	Downstairs Frankmoore Ave	up to 50	50 chairs, 6 tables, shared kitchen
Five	Upstairs Frankmoore Ave	up to 35	35 chairs, 5 tables, tea and coffee facility
Six	Upstairs Frankmoore Ave	up to 3	3 chairs, 1 table, shared kitchen
Seven	Upstairs Frankmoore Ave	up to 10	10 chairs, 2 tables, shared kitchen
Main Hall	Entrance off Moorefield Road	up to 200	200 chairs, 26 tables, kitchen, sound system available for hire.
Trust Room	Entrance off Moorefield Road	up to 65	65 chairs, 14 tables, TV, DVD, VCR, OHP, electronic whiteboard, data projector, kitchen.

Rooms and Equipment

- All rooms are equipped with whiteboards (except for Room 6) and either electric or gas heating.
- The kitchen in the meeting room complex has a fridge/freezer, microwave, domestic stove and domestic dishwasher. Coffee mugs and tea towels are provided.
- The kitchen in the Main Hall has a commercial dishwasher, small under bench fridge, microwave, domestic stove and a pie warmer. Coffee mugs and some plates are provided.
- The kitchen in the Trust Room has a small under bench fridge, domestic stove. Coffee mugs and plates are provided.
- TV/VCR/DVD, Data Projectors, sound system in hall and OHPs are available for hire.

Fitness Courses & Other Classes

Apollo Music: Apollo Music provides guitar lessons with highly qualified, experienced tutors. Contact Jake for further information or bookings. email jake@apollomusic.co.nz or check out the www.apollomusic.co.nz

Ballet and Jazz Ballet Lessons: Fun classes for children 3+ years that capture the imagination in a disciplined environment. Call Monique – R.A.D. Registered Teacher to book your free trial class – 027 214 5593. Classes Monday and Thursday afternoons. email wellingtonballet@gmail.com

Craft Group: We have a craft group which is free and open for anyone to join in. So if you are interested in learning to knit or crochet or have skills you would like to share with others or would just like to have some fun why not come along and join in. The group meet on Wednesdays from 11.00am to 1.00pm – tea and coffee is provided. NOW FULL....phone to go on waitlist!

Feldenkrais: Feldenkrais Awareness Through Movement Lessons. Learn improved coordination, flexibility, and efficiency in movement. Wear loose, comfortable clothing. Mats are provided. Thursdays from 7.30pm – 8.30pm. Casual rate per lesson @ \$15.00. Series Rate \$12.00 @ 6 lessons = \$72. For more information contact Michelle Hogan on 022 358 7597 or 934 4427

Guitar Lessons: Kieran Gallagher holds guitar lessons on Monday and Friday between 3.30pm – 6.00pm and Wednesday between 4.45pm – 5.15pm. Contact Kieran on 902 9959 or email kieran@stringlore.co.nz

Indian Dance Classes: Bharatanatyam Classes for Ladies are held in the Hall every Saturday from 10am to 11am. Cost: \$15 per class. For more information contact Shimmy Unnikrishnan 021 179 2132 or <https://www.facebook.com/Shimmys-Dance-Academy-396794614217430/>

Kids 4 Drama Classes: A safe and encouraging environment for students to learn strong acting and performance skills, with unique lessons packed with fun games, challenging exercises and exciting performance opportunities. Contact Becca Gates on 027 452 7850 or email kids4dramawellington@gmail.com Website www.kids4drama.com

Kiwi Chess: Kiwi Chess is a business that aims to bring chess to schoolchildren. It is run by Scott Wastney, who is the current New Zealand Champion and has represented New Zealand at four Chess Olympiads. Contact Scott on 461 7079 or 021 155 7403 or email kiwichess@xtra.co.nz <https://kiwichess.neocities.org/>

Sahaja Yoga Meditation Courses: A FREE Sahaja Yoga Meditation Course will be held on the following Wednesdays from 7pm to 8.30pm in Room 5: 6th March/13th March/3rd April/10th April/1st May/8th May/22nd May. Suitable for complete beginners and regulars. Join in at any time, even if you miss a session. No strenuous or physical exercise or postures or special clothing required. All classes are FREE. For more information contact 021 041 1620, freemeditationnz.com

Steady as you Go (SayGo) classes: Falls are the most common cause of injury in older people. Joining a SAYGo class and improving your strength and balance can reduce falls & injuries. Classes are held each Monday in the Trust Room from 12noon to 1pm Cost: \$2 per class.

Shut up and Dance: Classes are held in the main hall every Monday evening from 7.45pm to 8.30pm. Every class is different. Get to enjoy dancing for how good it feels, not how it looks. For more information and to enrol www.shutupanddance.co

Square Dancing: The Chinese Senior Community Classes are held in Room 4 every Wednesday morning from 9.45am to 10.45am.

Table Tennis: A free session of table tennis is held in the hall every Wednesday morning from 9am to 11.30am. Bats and ball are provided.

Tai Chi: Classes are held in the main hall every Wednesday. Intermediate/ advanced from 1pm to 2pm and beginners from 2pm to 3pm. These lessons are designed to teach “Self Defense against falls” in your day-to-day living and are a form of Tai Chi suited to arthritis sufferers. Charge \$4.

Xiang Cong: A form of Qigong which is easy to learn and can be practiced standing or sitting. Free classes every Monday from 11.30am to 12.30pm.

Zumba Fitness: Zumba is the world’s latest Latin inspired dance-fitness phenomenon. Classes are held here on Tuesdays from 7.30pm to 8.30pm. For more information phone Carolyn on 027 449 2959 or email carolyn.p@xtra.co.nz.

Health & Support & Social Groups

Balance Wellington: Balance Wellington is a peer run support group for people experiencing bipolar disorder, depression or other mood disorders. Balance Wellington meets on the first Thursday each month from 7pm to 9pm in Room 5 at the Community Centre. Refreshments are available and a gold coin donation is appreciated to help with the hire of the room. For more information email balancewelly@gmail.com

Chronic Obstructive Pulmonary Disease: A support group for sufferers of COPD or CORD meets here every first Tuesday each month. Meet with others with this condition and learn exercise and ways to help with your breathing. Please phone Genevieve on 479 5036.

Drama Therapy: Bas van der Hoeven conducts a drama therapy program at the Community Centre for clients with brain injuries, Asperger's, the intellectually disabled to those with bipolar, conduct disorder and other psychological conditions. For more information contact Bas on 04 233 0440 or email basvdh@hotmail.com or www.dramatherapy.co.nz.

Drop-In: Meet in Room 2 on Mondays from 12.15pm to 2.15pm

Vinnies – Social Worker: A Community Social Worker from St Vincent de Paul is based at the Community Centre every second Friday. She is happy to assist clients who need a Social Worker and will act as an advocate for clients with WINZ or other organisations. Clients will need to make an appointment by phoning 04 389 7122 or 022 130 2551 or email socialwork@vinnieswgtm.org.nz

Wellelder – Counselling for Older People: WellElder provides physically and financially accessible specialist counselling for people aged 60 and over (55 and over if Maori or Pasifika) living in the Capital & Coast District Health Board area. Appointments are held at the Johnsonville Community Centre as well as their office in Newtown and Community Centres in Porirua and Paraparaumu, and in clients' homes and rest homes when mobility is an issue. Appointments and other enquiries contact the Office on 04 380 2440. Open Tuesday – Thursday 8am – 5pm. For more information www.wellelder.co.nz

Western Suburbs Christian Fellowship: Meet on Sunday mornings at the Johnsonville Community Centre Hall. 9.15am Prayer meeting in the upstairs Trust Room. 10am Meeting in the Main Hall. 11.30am Morning Tea and fellowship together. Phone 478 9286 for further information.

Community Education Courses and Services

Justice of the Peace Service: A JP is available on Mondays to Saturdays from 10am – 12noon (except when the Centre is closed).

Northern Suburbs Liaison Meeting: Meet in Room 4 at 12.00pm on the last Wednesday of each month (Feb to Nov). All welcome to network with your community.

SeniorNet in Johnsonville: North Wellington SeniorNet Learning Centre is based at the Community Centre. For more information www.northwellingtonseniornet.org.nz

Social English for Women: This is a friendly social group where women can learn and practice their English and also find out about New Zealand customs. The group meets on Thursday mornings during school terms from 9.30am to 11.30am and costs \$2.00 per session.

Wellington High School English in the Community: Wellington High School hold English in the Community classes (ESOL) here for eight weeks during school terms on Tuesday, Wednesday and Friday mornings 9.30am to 11.30am and Monday, Wednesday and Friday afternoons 12.30 to 2.30pm. For further information phone the CEC office on 04 385 8919 or check the ESOL page on www.cecwellington.ac.nz

PERMANENT USER GROUPS AND TENANTS

Citizens Advice Bureau (CAB)

For information and advice on any subject please call in or phone 04 478 5698. Phone first if you need legal advice or assistance in another language.

Opening hours: Monday to Friday: 9.00am – 4.30pm; Saturday: 9.30am – 12.00noon;
Thursday: 6.00pm – 7.00pm (legal appointments)

The Spot Craft Shop

The Spot is a craft co-operative and has a great selection of handmade clothing and craft items.

Opening hours: Monday to Friday: 9.30am – 3.30pm; Saturday: 10.00am – 4.00pm;
Sunday: 11.00am – 2.00pm

The Opportunity Shop

Good quality clothing and miscellaneous goods are available at a very reasonable cost. Donations of goods and clothing are always welcome and all money raised is returned to the community.

Opening hours: Tuesday & Wednesday: 10.00am – 2.00pm; Friday: 11.30am – 4.00pm;
Saturday: 9.30am – 12.00noon

Toy Library

The Toy Library has a wide variety of entertaining and educational toys, puzzles and games catering for children from birth to five years of age.

Opening hours during school terms: Thursday: 7.30pm – 8.30pm; Saturday: 9.30am – 11.30am

Early Impressions Childcare

A supervised crèche staffed by qualified early childhood professionals. Please feel free to come and have a look around or phone Paula on 478 7553 for further information about fees and services.

Opening hours during school terms: Monday to Friday: 8.30am – 2.30pm

Graeme Withers Law

Their offices are on the first floor. They offer their clients a comprehensive range of legal services including:

- Specialising in tax law including debt, advice on audits, prosecutions and technical issues
- Property conveyancing including Retirement Villages
- Wills and Enduring Powers of Attorney, estate work and inheritance claims
- Family Trusts and Company law
- Employment matters.

Their law firm prides itself on the service they give to all their clients. For professional, prompt and personal service please telephone Graeme Withers or Julie Withers (04) 478 4888 or (027) 715 5421. email info@witherslaw.co.nz. Visit their website for more information on how they can help you www.witherslaw.co.nz

Christian Wright Speech – Language Therapist

Christian is a fully qualified speech-language therapist with 10 years' experience working with pre-school and school age children with speech and language difficulties of all kinds including stutters and lisps. He also works with children experiencing difficulty with literacy development. Christian has appointments available in his office at the Johnsonville Community Centre and is also available for home visits. Please phone Christian on 972 2559 or email wellingtonslt@gmail.com

LIST OF REGULAR ACTIVITIES, NEW COURSES, CLASSES AND EVENTS

<u>MONDAY</u>	
Bas Van der Hoeven	By appointment
CAB	9.00am – 4.30pm
Drop In – FREE	12.15pm – 2.15pm
Early Impressions Creche	8.30am – 2.30pm (school terms)
ESOL Classes	12.30pm – 2.30pm
Guitar Lessons	3.30pm – 6.00pm
J P Service	10.00am – 12.00pm
Kiwi Chess	6.00pm – 7.00pm
Shut Up and Dance	7.45pm – 8.30pm
Spot Craft Shop	9.30am – 3.30pm
Steady as you Go (SayGo)	12.00pm – 1.00pm
The Wellington Antique Collectors Club (1 st Monday of month)	7.30pm – 9.30pm
Wellington Ballet	3.30pm – 7.15pm
Wendy Dawson (counselling)	9.30am – 3.30pm
Xiang Cong Exercise – FREE	11.30am – 12.30pm
<u>TUESDAY</u>	
AA Driving class	5.15pm – 7.15pm
Argo Trust (bi-monthly)	1.00pm – 3.30pm
Bas van der Hoeven – Drama Therapy	By appointment
CAB	9.00am – 4.30pm
COPD support group (1 st Tues of month)	1.30pm – 3.00pm
Cystic Fibrosis Wellington (2 nd Tuesday of month)	7.00pm – 9.00pm
Early Impressions Creche	8.30am – 2.30pm
ESOL Classes	9.30am – 11.30am, 12.30pm – 2.30pm
J P Service	10.00am – 12.00 noon
Man Up	7.00pm – 8.00pm
Ohariu Toastmasters (every 2 nd Tuesday)	5.30pm – 8.00pm
Onslow Fibrecraft Guild 2 nd and 4 th Tues month	9.30am – 11.30am
Op Shop	10.00am – 2.00pm
SeniorNet	10.00am – 12.00noon, 1.00pm – 3.00pm
Spot Craft Shop	9.30am – 3.30pm
Wellelder	By appointment
Zumba Exercise Class	7.30pm – 8.30pm

<u>WEDNESDAY</u>	
Aphasia Trust (1 st & 3 rd Wed month)	10.00am – 12.00noon
Bas Van der Hoeven	By appointment
CAB	9.00am – 4.30pm
Cellar Club (2 nd Wed month)	7.30pm – 10.00pm
Chinese Senior Community Square Dancing	9.45am – 10.45am
Craft Group – FREE	11.00am – 1.00pm
Early Impressions Creche	8.30am – 1.30pm
ESOL Classes	9.30am – 11.30am
Guitar Lessons	4.45pm – 5.15pm
Johnsonville Camera Club (last Wed month)	7.00pm – 9.00pm
Johnsonville Community Assn (last Wed month)	7.30pm – 9.30pm
JP Service	10.00am – 12.00noon
Knitting Group – (last Wed month)	1.45pm – 4.15pm
Legacy Support Group for Women	7.00pm – 8.00pm
New Testament Church	6.30pm – 8.00pm
Northern Suburbs Liaison (last Wed month)	12.00pm – 1.00pm
Op Shop	11.00am – 2.00pm
Sahaja Yoga Meditation - FREE	7.00pm – 8.30pm
Seniornet	10.00am – 12.00, 1.00pm – 3.00pm
Scale Models (last Wed month)	7.00pm – 10.00pm
Spot Craft Shop	9.30am – 3.30pm
Table Tennis – FREE	9.00am – 11.30am
Tai Chi Cost \$4.00 per session	1.00pm – 2.00pm Advanced 2.00pm – 3.00pm Beginners
The Swing Club Music Group – starts 13 th Feb	7.00pm – 9.00pm
Travel Club (3 rd Wed month)	7.30pm – 9.30pm
Wellelder	By appointment
Wellington Beekeepers (1 st Wed month)	7.00pm – 9.30pm
Wendy Dawson	2.30pm – 4.30pm
<u>THURSDAY</u>	
AA Driving class	5.15pm – 7.15pm
Alcoholics Anonymous	7.30pm – 9.00pm
Balance Group (1 st Thursday month)	7.00pm – 9.00pm
CAB (free legal advice Thursday night by appointment)	9.00am – 4.30pm
Early Impressions Creche	8.30am – 2.30pm
Feldenkrais	7.30pm – 8.30pm
GP Training	8.30am – 4.30pm
Japanese Language class	3.30pm – 5.30pm
J P Service	10.00am – 12.00noon
Kids 4 Drama	5.00pm – 6.30pm
NZ Association of Counsellors (3 rd Thursday month)	5.30pm – 9.00pm
Social English for Women	9.30am – 11.30am (school terms)
Spot Craft Shop	9.30am – 3.30pm
Toy Library	7.30pm – 8.30pm (school terms)
Wellington Ballet	3.30pm – 6.30pm

<u>FRIDAY</u>	
Apollo Music - Guitar Lessons	3.00pm – 5.30pm
Bas Van Der Hoeven – Drama Therapy	By appointment
CAB	9.00am – 4.30pm
Early Impressions Creche	8.30am – 2.30pm
ESOL Classes	9.30am – 11.30pm, 12.30pm – 2.30pm
Guitar lessons	3.30pm – 6.00pm
J P Service	10.00am – 12.00noon
Lamb of God (2 nd & 3 rd Friday each month)	7.00pm – 9.30pm
Op Shop	11.30am – 4.00pm
Scrabble - FREE	12.15pm – 3.00pm
Senior Citizens Cards	1.00pm – 4.00pm
SeniorNet	10.00am – 12.00noon, 1.00pm – 3.00pm
Spot Craft Shop	9.30am – 3.30pm
St Brigids School	2.00pm – 3.00pm
St Vincent de Paul (Social Worker – every 2 nd Friday)	9.00am – 1.00pm
Tamil Christian Fellowship	7.30pm – 9.30pm
Wendy Dawson (Counselling)	9.30am – 11.30am
<u>SATURDAY</u>	
Bharatanatyam Classes for Ladies	10.00am – 11.00am
CAB	9.30am – 12.00noon
Forerunners (2 nd Sat each month)	11.00am – 1.00pm
J P Service	10.00am – 12.00noon
Northern Suburbs Social Chess for Kids	1.30pm – 3.30 pm
Op Shop	9.30am – 12.00noon
PPSEWA (South Pacific Women's Assn) 3 rd Saturday month	9.45am – 12.00noon
Russian Classes	9.00am – 1.00pm
Sangatsukai Japanese Social Group bi-monthly	1.15pm – 4.00pm
Spot Craft Shop	10.00am – 4.00pm
The Ark Prayer Meeting	5.00pm – 8.00pm
Toy Library	9.30am – 11.30am (school terms)
Wellington Embroidery Workshop (3 rd Sat month)	1.30pm – 4.30pm
<u>SUNDAY</u>	
Lamb of God (4 th Sunday month)	1.00pm – 3.30pm
New Jerusalem Fellowship	2.00pm – 4.00pm
Shammah Fellowship	10.00am – 12.30pm
Spot Craft Shop	11.00am – 2.00pm
Sri Lankan Senior Citizens (last Sunday month)	1.00pm – 5.00pm
Western Suburbs Christian Fellowship	8.00am – 1.00pm
Yoga Workshops with Cendrine – monthly	4.00pm – 6.00pm