

Johnsonville Community Centre



Telephone: 04 478 8628

Facsimile: 04 477 3085

3 Frankmoore Avenue, Johnsonville, Wellington 6037

E-mail: info@johnsonvillecommunitycentre.org.nz

Website: www.johnsonvillecommunitycentre.org.nz

February 2019

Welcome to Your Community Centre

Manager: Debbie Avison

Centre Assistant: Judy Chin

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

WHAT'S NEW OR COMING UP:

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 27th January, 24th February, 24th March, 5th May and 16th June.

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

The Swing Club Music Group

Music Sessions with attitude! Mixed up music styles from Jazz, Jug, and Blues to R & B and country rock. Bring your voice, ukulele, guitar or percussion and share their good time strum sessions.

Weekly Wednesday sessions start on Wednesday 13th February from 7pm to 9pm in Room 1.

Cost: \$4 per session. Song Books provided. For further information phone Lynn 027 331 9461.

NZ Blood Bank

The Blood Bank will be in the hall on Thursday 28th February from 9.00am to 2.00pm. Please come along and donate blood. Phone 0800 448 325 to book your appointment.

AA Defensive Driving Course

Are you learning to drive and want to fast track to your full license? Attend the AA course at the Community Centre on Tuesdays and Thursdays from 5.15pm to 7.15pm. The next course starts on Tuesday 5th March 2019. (The February course is full). Book online at www.aa.co.nz/drivers/defensive-driving-courses

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

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/>

Pilates: The Pilates Classes are taken by a trained and experienced instructor using mats and portable equipment. Group sessions focus on strength, stability, flexibility, refining posture and assisting injury recovery. Cost: \$18 per session, 10 sessions for \$150. Times: Monday, Thursday 9.30am – 10.30am; Tuesday 6pm – 7pm. Contact Manisha on 021 120 2102 or manisha.odedra@outlook.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 1 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: Kim Sheehan is a Community Social Worker from St Vincent de Paul and is based at the Community Centre every second Friday. Kim 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@vinnieswqtn.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

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| <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 |
| Transform Pilates | 9.30am – 10.30am |
| 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 |
| Transform Pilates | 6.00pm – 7.00pm |
| Wellelder | By appointment |
| Zumba Exercise Class | 7.30pm – 8.30pm |

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| <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 |
| 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) |
| Transform Pilates | 9.30am – 10.30am |
| Wellington Ballet | 3.30pm – 6.30pm |

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| <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> | |
| 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 |
| Legacy Support Group for Women | 2.15pm – 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 |