

Johnsonville Community Centre



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3 Frankmoore Avenue, Johnsonville, Wellington 6037
E-mail: info@johnsonvillecommunitycentre.org.nz
Website: www.johnsonvillecommunitycentre.org.nz

Centre
Office Hours

Monday to Friday
8.30am to 4.00pm

February 2021

Community Centre closed on Waitangi Day - Monday 8th February

Welcome to Your Community Centre

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

WHAT'S NEW OR COMING UP OR A LITTLE BIT OF HISTORY:

Yoga

New Classes Starting!

Mondays 9:30-10:30am & 6.00-7.00pm
Fridays 12.00-1.00pm

Yoga classes for everyone to stretch, strengthen and relax. Suitable for all levels. Bring your own mat. For more information, email Mariko at shimanamiyoga@gmail.com (*Starting Friday 12th February). \$15 per class.

OPEN SESSION

“Internet Banking”

Learn how easy and helpful it is to do your banking using the internet.

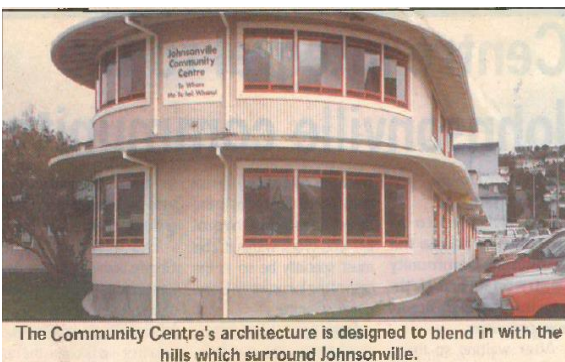
Wednesday 17th February, 1-3pm



Trust Room,
Johnsonville
Community Centre

www.northwellingtonseniornet.org.nz

Designing a centre



The Community Centre's architecture is designed to blend in with the hills which surround Johnsonville.

There are three key points in the design.

The wavy roof line reflects the surrounding hills of the Johnsonville basin and gives the whole building a unique outlook. The centre spreads over the site, with a variety of functions having their own particular space, rather than being boxed into a boring rectangle shape.

This helps give the building a friendly and interesting character.

Corrugated iron is being used as the external cladding. This isn't just because it's more economical than wood. It deliberately reflects the New Zealand scene – and what architects call the 'local vernacular' – or how we do things here.

Emphasis is on light and space inside the building. It's functional, but friendly. Accessible, but also intriguing.

Independent Herald, July 25, 1995

QUIZ

1. On a map of New Zealand, what word follows Goose, Gore and Island?
2. What is an Aldis lamp used for?
3. Devon St is the main street of which city?
4. Where does State Highway 1 reach an altitude of 1074?
5. New Zealander Harry Kent won a Commonwealth Games gold medal in what sport?

(Answers on page 8)



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, whiteboard, pull down screen, shared kitchen facilities |
| OneA | Downstairs Frankmoore Ave | up to 35 | 35 chairs, 10 tables, mobile whiteboard, shared kitchen facilities |
| Two | Downstairs Frankmoore Ave | up to 15 | 15 chairs, 3 tables, fixed whiteboard, shared kitchen facilities |
| Three | Downstairs Frankmoore Ave | up to 10 | 10 chairs, 2 tables, fixed whiteboard, shared kitchen facilities |
| Four | Downstairs Frankmoore Ave | up to 50 | 50 chairs, 6 tables, pull down screen, mobile whiteboard, shared kitchen facilities |
| Five | Upstairs Frankmoore Ave | up to 35 | 35 chairs, 5 tables, pull down screen, fixed whiteboard, tea and coffee making facility |
| Six | Upstairs Frankmoore Ave | up to 4 | 4 chairs, 1 table, shared kitchen facilities |
| Eight | Upstairs Frankmoore Ave | up to 8 | 5 chairs, 1 table, (more chairs & tables on request), fixed whiteboard, shared kitchen facilities |
| Main Hall | Entrance off Moorefield Road | up to 200 | 200 chairs, 26 tables, sound system available for hire, pull down screens, mobile whiteboard, kitchen |
| Trust Room | Entrance off Moorefield Road | up to 65 | 65 chairs, 14 tables, whiteboard, pull down screen, 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

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. Book online at www.aa.co.nz/drivers/defensive-driving-courses



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.

Feldenkrais: Awareness Through Movement Lessons. **Gain better balance, upright posture and remove pains ie. frozen shoulder, lower backs to move freely.** Wear loose, comfortable clothing. Mats provided. Mondays @ 7.30 - 8.30 pm and Thursdays 1.30 - 2.30 pm & 7.30pm – 8.30pm. Casual rate per lesson @ \$20.00. Series Rate \$15.00. Contact Michelle Hogan for more information on 022 358 7597 or email michellehogan64@gmail.com.

Guitar Lessons: Kieran Gallagher holds guitar lessons here at the Community Centre. For all enquiries contact Kieran on 029 9029959 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 on 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/>

Lego Therapy: We run an after-school LEGO®Therapy programme by an experienced Play Therapist and Lego Therapy Facilitator trained by Bricks for Autism. LEGO Therapy an effective way to support children in developing their communication and social skills, improving their social interaction and social competence, whilst giving them skills to develop and maintain friendships. We run a group for children between the ages of 5 -16 years. Contact Poornima Ranchhod at Play Sense at 0278163233, poornima@playsense.co.nz or visit www.playsense.co.nz **Re-starts on 6th May.**

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.

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 at 12.00pm and Friday at 1.00pm in the Trust Room. Cost: \$2 per class. **Limited spaces available on Monday and the Friday Class is currently full.**



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

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

The Swing Club: The Swing Club invites ukulele musicians, vocalists, guitar, and percussion players



to come together to play upbeat swing-based music from the 1920's - 1950's, Country blues and rock, jazz standards R+B, jug band etc. The sessions are held weekly on Tuesday from 7pm - 9pm in the Trust Room. Cost: \$4.00 per session. Song Books provided at each session. For more information phone Lynn: 027 331 9461

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.

Yoga: Yoga classes for everyone to stretch, strengthen and relax. Suitable for all levels. Mondays (9:30-10:30am) and Fridays (12-1pm) in the Main Hall. Evening classes on Mondays (6-7pm) in the Trust Room. Bring your own mat. For more information, email Mariko at shimanamiyoga@gmail.com (*Starting Friday 12th February). \$15 per class.

Yoga: Saturday mumma yoga class at 9:45am - The weekly mumma yoga class is designed to strengthen, relax, and recharge your body and mind as a mother; this class is taught by Emma, who specializes in pre & postnatal, kids yoga, its welcoming all mummies: pregnant, postpartum, or beginners. There are also 2 kids classes every term. Contact Emma via Baomayogis@gmail.com or <https://www.facebook.com/BaoMayogis/>

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. 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.

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

Vinnies – Social Worker: 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@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, 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 Monday, Tuesday, Wednesday, Thursday, Friday and Saturday from 10am – 12noon (except when the Centre is closed).

Northern Suburbs Liaison Meeting: Meet in Room 1 at 12.00pm on the first Wednesday of each month (February to November). 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



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 and Friday mornings 9.30am to 11.30am and Monday, Wednesday afternoons 12.30pm 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 or

Email: johnsonville@cab.org.nz. 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.

Sale Day is on the last Saturday of the month. Fill a bag for \$5.

Opening hours: **Tuesday & Wednesday:** 10.00am – 2.00pm; **Friday:** 11.30am – 4.00pm;

Saturday: 9.30am – 12.00noon

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 or email earlyimpressionschildcare@xtra.co.nz for further information about fees and services.

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

Wendy Dawson - Counsellor

Wendy is a qualified counsellor and supervisor and has been counselling for over 10 years. She helps with issues such as relationship issues, depression, anxiety, grief and loss, anger, abuse, PTSD, work place conflict, stress management, self-esteem, communication skills and adolescent issues. She provides a safe, accepting and non-judgemental environment for you to work through your issues. To book an appointment please phone Wendy on 021 124 3508 or email wendy565@gmail.com

Sally Robinson – Counsellor

Sally has 10 years experience as a counsellor working with teenagers, individual adults and couples. She provides a confidential and non-judgemental place where you can work through the challenges life brings, find healing and be equipped to make positive changes. She has skills and experience working with clients in a wide range of areas including grief and loss, anxiety, stress, depression, relationships, trauma and self- image. To book an appointment phone Sally on 021 042 0409 or email sally.robinson46@gmail.com Hours Available: **Tuesday:** 9:00am – 8:30pm, **Wednesday:** 9:00am – 10.00am, **Thursday:** 9.00am – 7.00pm, **Friday:** 12:30pm – 5:30pm, **Saturday:** 9:30am – 11:30am

Bas Van der Hoeven – Drama Therapy

Bas van der Hoeven conducts a drama therapy program 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 (021) 02994049 or email bas@dramatherapy.co.nz or www.dramatherapy.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 |
| Feldenkrais | 7.30pm – 8.30pm |
| Guitar Lessons | 4.30pm – 7.00pm |
| 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) Limited Spaces | 12.00am – 1.00pm |
| The Wellington Antique Collectors Club (1 st Monday of month) | 7.30pm – 9.30pm |
| Wendy Dawson (Counselling) | 9.30am – 5.00pm |
| Xiang Cong Exercise – FREE | 11.30am – 12.30pm |
| Yoga | 9.30am – 10.30am 6.00pm – 7.00pm |
| <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 (school terms) |
| ESOL Classes | 9.30am – 11.30am |
| Guitar Lessons | By appointment |
| J P Service | 10.00am – 12.00 noon |
| Ohariu Toastmasters (every 2 nd Tuesday) | 5.30pm – 8.00pm |
| Onslow Fibrecraft Guild 2 nd and 4 th Tuesday month | 9.30am – 11.30am |
| Op Shop | 10.00am – 2.00pm |
| Sally Robinson | 9.00am – 8.30pm |
| Spot Craft Shop | 9.30am – 3.30pm |
| The Swing Club Music Group | 7.00pm – 9.00pm |
| Wellelder | By appointment |
| Zumba Exercise Class | 7.30pm – 8.30pm |

| <u>WEDNESDAY</u> | |
|---|---|
| Aphasia Trust (1 st & 3 rd Wednesday month) | 10.00am – 12.00noon |
| Bas Van der Hoeven | By appointment |
| CAB | 9.00am – 4.30pm |
| Cellar Club (2 nd Wednesday month) | 7.30pm – 10.00pm |
| Craft Group – FREE  | 11.00am – 1.00pm |
| Early Impressions Creche  | 8.30am – 1.30pm (school terms) |
| ESOL Classes | 12.30pm – 2.30pm |
| Guitar Lessons | By appointment |
| Johnsonville Camera Club (last Wednesday month)  | 7.00pm – 9.00pm |
| Johnsonville Community Assn (last Wednesday month) | 7.30pm – 9.30pm |
| JP Service | 10.00am – 12.00noon |
| Knitting Group – (last Wed month) | 1.45pm – 4.15pm |
| New Testament Church | 6.30pm – 8.00pm |
| Northern Suburbs Liaison (first Wed month) | 12.00pm – 1.00pm |
| Op Shop | 11.00am – 2.00pm |
| Sally Robinson | 9.00am – 10.00am |
| Seniornet  | 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 Intermediate 2.00pm – 3.00pm Beginners |
| 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 |
| Bas Van der Hoeven | By appointment |
| CAB (free legal advice Thursday night by appointment) | 9.00am – 4.30pm |
| Early Impressions Creche  | 8.30am – 2.30pm (school terms) |
| Feldenkrais | 1.30pm – 2.30pm 7.30pm – 8.30pm |
| Guitar Lessons | By appointment |
| J P Service | 10.00am – 12.00noon |
| Kids 4 Drama | 5.00pm – 6.30pm |
| Lego Therapy – Re-starts 6th May | 3.30pm – 5:00pm |
| NZ Association of Counsellors (3 rd Thursday month) | 5.30pm – 9.00pm |
| Sally Robinson | 9.00am – 7.00pm |
| Spot Craft Shop | 9.30am – 3.30pm |

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|--|--------------------------------|
| <u>FRIDAY</u> | |
| Bas Van Der Hoeven – Drama Therapy | By appointment |
| CAB | 9.00am – 4.30pm |
| Dementia Wellington | 9.30am – 12.30pm |
| Early Impressions Creche 🌸👶 | 8.30am – 2.30pm (school terms) |
| ESOL Classes | 9.30am – 11.30pm |
| Guitar lessons | By appointment |
| J P Service | 10.00am – 12.00noon |
| Johnsonville Garden Club (3 rd Friday of month) | 9.45am – 11.45am |
| Lamb of God (2 nd & 3 rd Friday each month) | 7.00pm – 9.30pm |
| Op Shop | 11.30am – 4.00pm |
| Sally Robinson | 12.30pm – 5.30pm |
| Spot Craft Shop | 9.30am – 3.30pm |
| St Brigids School | 2.00pm – 3.00pm |
| Steady as you Go (SayGo) Class currently full | 1.00pm – 2.00pm |
| Tamil Christian Fellowship | 7.30pm – 9.30pm |
| Wendy Dawson (Counselling) | 9.30am – 11.30am |
| Yoga | 12.00pm – 1.00pm |
| <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 |
| Op Shop | 9.30am – 12.00noon |
| PPSEWA (South Pacific Women's Assn) (3 rd Saturday month) | 9.45am – 12.00noon |
| Sally Robinson | 9.30am – 11.30am |
| 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 |
| Wellington Embroidery Workshop (3 rd Saturday month)  | 1.30pm – 4.30pm |
| Yoga – Mumma Yoga | 9.45am – 10.45am |
| <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 |

Quiz Answers – 1. Bay 2. Signalling in morse code 3. New Plymouth 4. The Desert Road 5. Cycling