

Johnsonville Community Centre

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Centre
Office Hours

Monday to Friday
8.30am to 4.00pm

BREAKING NEWS: NEW STEADY AS YOU GO CLASS (SAYGo) STARTING FRIDAY 5TH FEBRUARY 2021 AT 1.00PM

**HAPPY NEW
2021
YEAR**

January 2021

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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:

Re-Start Dates

Drop In	1 st February
JP Service	Not operating on Tuesday's, Thursday's or public holidays over January
Tai-Chi	3 rd February

STEADY AS YOU GO (SAYGo)

New Class Starting!

**Friday 5th February at 1.00pm
in the Trust Room.
Cost \$2 per class.**

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.

A HOME FOR ALL OF THE COMMUNITY...Back to 1978!



“It's got great community spirit’, people told us. And so it was in Johnsonville my mate and I chose to buy a house of our own when we came back discovered that the Community Centre is where most of it happens — though a fair number of local residents don't seem to know it. (Take yourself: do you even know where it is?)”

The heart of this part of town is an ancient wooden building in a back street (Frankmore Avenue) across the road from Johnsonville Railway Station. Once council chambers for the old Johnsonville Borough, it's now the totally unpretentious home for real community business.

The rafters echo with activity day and night. First fumbling guitar chords are strummed; nappies are changed; problems are shared over hot cups of tea or coffee; physical hurts are healed; heavy people come for weigh-ins; shy people learn that they can speak out loud; there seems to be something for everyone.

In fact there are gaps in what goes on. Adults and children swarm the place, but where are the adolescents?

Nevertheless, the Centre is evolving into something lively and well-used. It is old, only maintained on a shoestring budget, but that's irrelevant to the groups which share it.

QUIZ

1. In the nursery rhyme, what were the occupations of the three men in a tub?
2. Which North Island national park is a World Heritage area?
3. What type of creature is the sea wasp?
4. The ukulele originated where: Hawaii, Tonga or Tahiti?
5. What name is used in New Zealand for the herb known in America as cilantro?

(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

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



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

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 Friday in the Trust Room at 1.00pm. Cost: \$2 per class. **Starts on the 5th February.**



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: 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. **Re-starting Monday 1st February.**

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). **Not operating on Tuesday's or Thursday's during January.**

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, Wednesday and Friday mornings 9.30am to 11.30am and Monday, Wednesday and Friday 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 restarting 1 st February	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
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
<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, 12.30pm – 2.30pm
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
Chinese Senior Community Square Dancing	9.45am – 10.45am
Craft Group – FREE 	11.00am – 1.00pm
Early Impressions Creche 	8.30am – 1.30pm (school terms)
ESOL Classes	9.30am – 11.30am
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 Re-starting 3rd February	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	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

<u>FRIDAY</u>	
Apollo Music - Guitar Lessons	3.00pm – 5.30pm
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, 12.30pm – 2.30pm
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) starts 5th February	1.00pm – 2.00pm
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
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. Butcher, baker and candlestick maker 2. Tongariro 3. A jellyfish 4. Hawaii 5. Coriander