

# Johnsonville Community Centre



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## June 2018

### 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:

##### **Soul Aligned Time Management**

Structure your life so you can be in flow each day, doing the things that make the biggest impact on your business, while also having the space to enjoy your own life, family and wellbeing. Running a business is one thing. Knowing how to manage your time and workload for maximum impact, how to navigate bumps with ease, and how to truly love the journey are the next steps. Chrysalis for Women are holding a seminar on Monday 11<sup>th</sup> June from 9am to 12.30pm in Room 5 to help you get off the treadmill of constant doing and never ending to do list and discover that doing less (if done right) can actually help you to be more productive in your business and life.

Find out how:

- To avoid the pitfalls of burnout and overwork (and understand the clear warning signs when you this path).
- The strategies that will help you achieve your goals sooner with the added bonus of more ease and fun along the way
- To structure your day, week, month and year so you have plenty of time and energy for the things that matter most in your business and life.

More details <https://chrysalisforwomen.com/event/soul-aligned-time-management/>

Cost: \$60 (member); \$100 (non-member)

##### **Age Concern – 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. SAYGo improves:

- Balance and leg strength
- Flexibility
- General fitness and wellbeing
- And is a great way to meet new people

Three simple tests are carried out in the first week and at 10 weeks, a check for improved strength and balance. SAYGo has been shown to provide continuous improvements in strength and balance over time in 56 much-loved community based, ongoing peer-led classes. Classes are held each Monday in the Trust Room starting on Monday 11<sup>th</sup> June from 12noon to 1pm Cost: \$2 per class.

Enquiries and bookings: Ann Dalziel 04 499 6646 email: [communitysup@acwellington.org.nz](mailto:communitysup@acwellington.org.nz)

##### **Feldenkrais Awareness Through Movement Lessons**

"There is no limit to the improvement of movement", Moshe Feldenkrais.

Come and move with greater ease and comfort, finding more energy for work and play. 8 weekly lesson series each Thursday, starting Thursday 14<sup>th</sup> June from 7.30pm to 8.30pm. Wear loose, comfortable clothing. Mats are provided.

Cost: \$96.00 (8 weekly lessons) or casual \$15.00 per class.

## Johnsonville Emergency Response Planning

Learn how you and your community can support each other during a disaster. Wellington Region Emergency Management Office (WREMO) are holding 2 sessions in Room 5 on Tuesday 12<sup>th</sup> and 26<sup>th</sup> June from 7pm to 9pm. These sessions are open to everyone who lives, works and visits Johnsonville regularly. As a community they will gather to:

- Discuss and develop a plan on how your immediate neighbours can better assist and support each other in the event of an emergency.
- Get to know the hazards of the area and come up with ways you can build resilience.
- Meet people from your local community who want to be prepared in the best way possible.

## Grow your Sales

If you'd like grow sales in your business then join Chrysalis for Women at their Workshop on Tuesday 3<sup>rd</sup> July from 9am to 12.30pm in the Trust Room. They'll help you understand what sales processes are, why it's good to map them, and how this understanding can help you grow sales for your business. This is an interactive workshop, so come prepared to use post-it pads and paper, and map sales processes for your business. Together they will brainstorm with you to consider, what the potential gaps in your current sales processes are, and what you could do to fix them. Each participant will go home with a take-away map of their current sales processes, and ideas on how to grow sales for their business. More details: <https://chrysalisforwomen.com/event/grow-your-sales/>  
Cost: \$60 (member); \$100 (non-member).

## Baby Massage Course

A 5 week course is starting on Saturday 30th June from 1:15pm - 2.15pm.

Cost: \$95.00 for the 5-week course. Limited spaces available so book your place.

email: [bobe.radacsi@yahoo.co.nz](mailto:bobe.radacsi@yahoo.co.nz) or phone: 021 0248 0602

## 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](mailto:jake@apollomusic.co.nz) or check out the website [www.apollomusic.co.nz](http://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 Wednesday and Thursday afternoons. Email [wellingtonballet@gmail.com](mailto: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!

**Fresh Training Systems:** Get fit, shape up and burn fat with intense cardio exercise. All fitness levels encouraged. Meets Mondays and Thursdays at 6.00pm. Cost \$29.99 per week. Contact Rachael Dvorsky on 027 424 9516 for information or visit [www.FreshTrainingSystems.com](http://www.FreshTrainingSystems.com)

**Guitar Lessons:** Kieran Gallagher hold guitar lessons at the Johnsonville Community Centre on Monday, Wednesday, Thursday and Friday between 3.30pm – 7.15pm. Contact Kieran on 04 902 9959 or email [kieran@stringlore.co.nz](mailto:kieran@stringlore.co.nz)

**Hatha Yoga:** This advanced Yoga class (Not suitable for beginners) combines poses, meditation, stretching and balancing. Classes are taken by Sandra Forbes on Thursdays from 7.00pm to 8.15pm. [Sandra.forbes@nowmail.co.nz](mailto:Sandra.forbes@nowmail.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 0800 227 827 mobile 027 4527850 or email [kids4dramawellington@gmail.com](mailto:kids4dramawellington@gmail.com) Website [www.kids4drama.com](http://www.kids4drama.com)

**Kiwi Chess:** Kiwi Chess is a business that aims to bring chess to schoolchildren conducted 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](mailto:kiwichess@xtra.co.nz).

**Shut up and Dance:** Classes are held in the main hall every Monday evening from 7.30pm 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](http://www.shutupanddance.co)

**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.

**Walking Group:** Our walking group meets here each Monday at 9.15am (9.30am during winter months) weather permitting.

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

**Zumba Fitness:** Zumba is the world’s latest Latin inspired dance-fitness phenomenon classes are held here on Monday from 10am to 11am. Tuesday from 7.30pm to 8.30pm. For more information phone Carolyn on 027 449 2959 or email [Carolyn.p@xtra.co.nz](mailto: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](mailto: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 2330440 or email [basvdh@hotmail.com](mailto:basvdh@hotmail.com) or website [www.dramatherapy.co.nz](http://www.dramatherapy.co.nz).

**Drop-In at Johnsonville Community Centre:** 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@vinnieswgtn.org.nz](mailto:socialwork@vinnieswgtn.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 enquires contact the Office on 04 380 2440 Open Tuesday – Thursday 8am – 5pm. For more information [www.wellelder.co.nz](http://www.wellelder.co.nz)

**Western Suburbs Christian Fellowship:** Sunday mornings at 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:** We have a Justice of the Peace available Mondays to Saturdays from 10am to 12 noon (except when the Centre is closed).

**Northern Suburbs Liaison Meeting:** 12.00 pm on the last Wednesday 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](http://www.northwellingtonseniornet.org.nz)

**Social English for Women:** This is a friendly social group where women can learn and practise 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 here for eight weeks during school terms on Monday, Tuesday, Wednesday and Friday mornings 9.30am to 11.30am and Tuesday 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](http://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. Hours are: - 9.00am to 4.30pm Monday to Friday and 9.30am to 12.00noon, Saturday 6.00pm to 7.00pm, Thursday 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 are: - 9.30am to 3.30pm Monday to Friday, 10.00am to 4.00pm Saturday, 11.00am to 2.00pm Sunday

**The Opportunity Shop:** Good quality clothing and miscellaneous goods are available at very reasonable cost. Donations of goods and clothing are always welcome and all money raised is returned to the community. Op Shop opening hours are: - 10am to 2pm Tuesday & Wednesday, 11.30am to 4pm Friday, 9.30am to 12noon Saturday

**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 open during school terms: - 7.30pm to 8.30pm Thursday and 9.30am to 11.30am Saturday.

**Early Impressions Childcare:** A supervised crèche staffed by qualified early childhood professionals operates during school terms: - 8.30am to 2.30pm Monday to Friday  
Please feel free to come and have a look around or phone Paula on 478 7553 for further information about fees and services.

**Graeme Withers Law:** You can find their offices 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](mailto:info@witherslaw.co.nz). Visit their website for more information on how they can help you [www.witherslaw.co.nz](http://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](mailto:wellingtonslt@gmail.com)

## LIST OF REGULAR ACTIVITIES, NEW COURSES, CLASSES AND EVENTS

<b><u>MONDAY</u></b>	
Argo Trust (bi-monthly)	7.00pm – 9.30pm
Bas Van der Hoeven	By appointment
CAB	9.00am – 4.30pm
Cystic Fibrosis Wellington (2 <sup>nd</sup> Monday of month)	7.00pm – 9.00pm
Drop In – <b>FREE</b>	12.15pm – 2.15pm
Early Impressions Creche	8.30am – 2.30pm (school terms)
ESOL Classes	9.30am – 11.30 am
Fresh Training Systems	6.00pm – 6.30pm
Guitar Lessons	3.30pm – 6.00pm
Hot Mummaz Fitness	10.30am – 11.30am
J P Service	10.00am – 12.00pm
Kids 4 Drama Classes	4.30pm – 5.30pm
Kiwi Chess	6.00pm – 7.00pm
Shut Up and Dance	7.30pm – 8.30pm
Spot Craft Shop	9.30am – 3.30pm
Steady as you Go (SayGo) – starting 11th June	12.00pm – 1.00pm
The Wellington Antique Collectors Club (1 <sup>st</sup> Monday of month)	7.30pm – 9.30pm
Walking group leaves from Centre 9.15am (9.30am during winter months)	9.00am – 11.00am
Wendy Dawson ( counselling)	9.30am -3.30pm
Xiang Cong Exercise – <b>FREE</b>	11.30am – 12.30pm
Zumba Exercise Class	10.00am – 11.00am
<b><u>TUESDAY</u></b>	
AA Driving classes	5.15pm – 7.15pm
Bas van der Hoeven – Drama Therapy	By appointment
CAB	9.00am – 4.30pm
COPD support group (1 <sup>st</sup> Tues of month)	1.30pm – 3.00pm
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
Ohariu Toastmasters (every 2 <sup>nd</sup> Tuesday)	5.30pm – 8.00pm
Onslow Fibrecraft Guild 2 <sup>nd</sup> and 4 <sup>th</sup> Tues month	9.30am – 11.30am
Op Shop	10.00am – 2.00pm
SeniorNet	10.00am – 12.00noon
Spot Craft Shop	9.30am – 3.30pm
Wellelder	By appointment
Zumba Exercise Class	7.30pm – 8.30pm

<b><u>WEDNESDAY</u></b>	
Aphasia Trust (1 <sup>st</sup> & 3 <sup>rd</sup> Wed month)	10.00am – 12.00noon
Bas Van der Hoeven	By appointment
CAB	9.00am – 4.30pm
Cellar Club (2 <sup>nd</sup> Wed month)	7.30pm – 10.00pm
Early Impressions Creche	8.30am – 1.30pm
ESOL Classes	9.30am – 11.30am
Craft Group – <b>FREE</b>	11.00am – 1.00pm
Guitar Lessons	4.45pm – 6.15pm
Johnsonville Community Assn (last Wed month)	7.30pm – 9.30pm
JP Service	10.00am – 12.00noon
Johnsonville Camera Club ( last Wed month)	7.00pm – 9.00pm
Knitting Group – (last Wednesday month)	1.45pm – 4.15pm
New Testament Church	6.30pm – 8.00pm
Northern Suburbs Liaison Meeting (last Wed month)	12.00pm – 1.00pm
Op Shop	11.00am – 2.00pm
SeniorNet morning & afternoon	10.00am – 12.00, 1.00pm – 3.00pm
Spot Craft Shop	9.30am – 3.30pm
Scale Models (last Wed of month)	7.00pm – 10.00pm
Table Tennis – <b>FREE</b>	9.00am – 11.30am
Tai Chi Cost \$4.00 per session	1.00pm – 2.00pm Advanced 2.00pm – 3.00pm Beginners
Travel Club (3 <sup>rd</sup> Wed month)	7.30pm – 9.30pm
Yoga (CREDS)	8.45am – 9.45am
Wellington Ballet	3.30pm – 6.30pm
Wendy Dawson	1.30pm – 4.30pm
Wgtn Beekeepers (1 <sup>st</sup> Wed month)	7.00pm – 9.30pm
Women's Group	6.30pm – 8.00pm
<b><u>THURSDAY</u></b>	
AA Driving class	5.15pm – 7.15pm
Alcoholics Anonymous	7.30pm – 9.00pm
Balance Group (1 <sup>st</sup> Thurs month)	7.00pm – 9.00pm
Ballet	3.30pm – 4.30pm
CAB (free legal advice Thursday night by appointment)	9.00am – 4.30pm
Early Impressions Creche	8.30am – 2.30pm
Feldenkrais – starting 14 <sup>th</sup> June	7.30pm – 8.30pm
GP Training	8.30am – 4.30pm
Guitar Lessons	5.45pm – 7.15pm
Fresh Training Systems	6.00pm – 7.00pm
Hatha Yoga	7.00pm – 8.15pm
Japanese Language class	3.30pm – 5.30pm
J P Service	10.00am – 12.00noon
Kids 4 Drama	5.00pm – 6.30pm
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 – 5.45pm

<b><u>FRIDAY</u></b>	
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
Incredible Years	8.30am – 12.30pm
J P Service	10.00am – 12.00noon
Op Shop	11.30am – 4.00pm
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 <sup>nd</sup> Friday)	9.00am – 1.00pm
Tamil Christian Fellowship	7.30pm – 9.30pm
Wendy Dawson (Counselling)	9.30am – 11.30am
<b><u>SATURDAY</u></b>	
CAB	9.30am – 12.00noon
Forerunners (2 <sup>nd</sup> Sat each month)	10.00am – 1.00pm
J P Service	10.00am – 12.00noon
Nepalese language children's class	2.00pm – 4.00pm
New Testament Church	6.00pm – 8.00pm
Op Shop	9.30am – 12.00noon
PPSEWA (South Pacific Women's Assn) 3 <sup>rd</sup> Saturday month	9.45am – 12.00noon
Russian Classes	9.30am – 1.00pm
Sangatsukai Japanese Social Group bi-monthly	1.00pm – 4.00pm
Spot Craft Shop	10.00am – 4.00pm
The Ark Prayer Meeting	5.00pm – 8.00pm
Toy Library (School Terms)	9.30am – 11.30am
Wellington Embroidery Workshop (3 <sup>rd</sup> Sat month)	1.30pm – 4.30pm
<b><u>SUNDAY</u></b>	
Lamb of God ( 4 <sup>th</sup> Sunday month)	1.15pm – 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