

# Johnsonville Community Centre



Telephone: 04 478 8628

Facsimile: 04 477 3085

3 Frankmoore Avenue, Johnsonville, Wellington 6037

E-mail: [info@johnsonvillecommunitycentre.org.nz](mailto:info@johnsonvillecommunitycentre.org.nz)

Website: [www.johnsonvillecommunitycentre.org.nz](http://www.johnsonvillecommunitycentre.org.nz)

## March 2018

### Welcome to Your Community Centre

Coordinator: Jan Pike

Administrator: Debbie Avison

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

#### WHAT'S NEW OR COMING UP:

##### **Stem Cell Nutrition and Business Opportunity**

John Kennedy, who was instrumental in bringing Stem Cell Nutrition to New Zealand over 10 years ago, will be holding a free 45 minute presentation at 7pm on Thursday 8<sup>th</sup> March in Room 5. You will learn about: Why our bodies age and breakdown; the role of adult stem cells in the natural renewal and repair of the body; how you can support your body's adult stem cells with Stem Cell Nutrition and how to earn addition income from your own Stem Cell Home Business, with Cerule.

##### **Voice and Presence Workshop**

How do you come across? Too quiet, too loud, do you speak too fast or say um a lot? Would you like to sound more articulate, expressive and confident? Chrysalis for Women are holding a Workshop on Wednesday 7<sup>th</sup> March from 9am to 12.30pm in Room 5 to explore your voice and how you communicate. This is an opportunity to work with Perry Pierce, a teacher, an award winning actor and director, who is passionate about voice and how we use it. Book at <https://www.chrysalisforwomen.com/event/voice-presence-workshop/> Cost: \$60(member); \$100 (Non-member)

##### **Hands and Arthritis Seminar**

Learn how to manage arthritis in your hands with treatment options and techniques to improve symptoms. The seminar will be held on Thursday 22<sup>nd</sup> March from 10.30am to 12.30pm in the hall. To book a place please phone Arthritis New Zealand on 0800 663 463 or email: [robyn.tuohy@arthritis.org.nz](mailto:robyn.tuohy@arthritis.org.nz) There is no charge for entry but donations are welcome. <https://www.arthritis.org.nz/hands-arthritis-thurs-22-march/>

##### **Johnsonville Plunket Second Hand Sale**

The Johnsonville Plunket Second Hand Sale will be held in the hall on Saturday 24<sup>th</sup> March from 9.30am to 11.30am. There will be plenty of tables with lots of bargains - kids clothing, baby gear, toys, equipment, maternity wear and more. There will also be tea, coffee and delicious baking. Entry is a Gold coin donation.

##### **Traffic Update Plan around the Community Centre**

The traffic plan includes speed restrictions around the site for public safety. On Saturday 10 March, one lane of Moorefield Road will be closed. This is so the construction company can add iron to the hoarding fence that is being put up. Unfortunately, the lane between the Keith Spry Pool and the Community Centre will now be closed until Wednesday 4 April. Please read our noticeboard for more information or check out <http://newjohnsonvillelibrary.co.nz/updates/>

**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. Become a member and learn together, share knowledge, have fun and meet new people. For further information phone Sandra Gaelic on 04 478 6827 email [northwellingtonseniornet@gmail.com](mailto:northwellingtonseniornet@gmail.com). Application forms and the latest course schedule are available from the Community Centre and can be downloaded from the Community Centre's website. Visit [www.northwellingtonseniornet.org.nz](http://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 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)

### 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 has guitar lessons at the Johnsonville Community Centre on Monday, and Friday 3.30pm to 6.30pm. 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).

**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)

**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. Also works with children experiencing difficulty with literacy development. Christian has appointments available in his office at 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)

**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

**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.

## 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 our offices on the first floor. We offer our clients a comprehensive range of legal services including:

- We specialise 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.

Our law firm prides itself on the service we give to all our 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 our website for more information on how we 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. Also works with children experiencing difficulty with literacy development. Christian has appointments available in his office at Johnsonville Community Centre 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 – 5.30pm
J P Service	10.00am – 12.00pm
Kids 4 Drama Classes	4.30pm – 5.30pm
Kiwi Chess	6.00pm – 7.00pm
Spot Craft Shop	9.30am – 3.30pm
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
Senior Citizens – 4 <sup>th</sup> Tue month	11.00am – 1.00pm
SeniorNet	10.00am – 12.00noon
Spot Craft Shop	9.30am – 3.30pm
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
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
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
U3A Book Club (1 <sup>st</sup> Wed month)	9.45am – 11.45am
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
GP Training	8.30am – 4.30pm
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 (for new immigrants/refugees) Cost \$2 per session	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	3.30pm – 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
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
Wellington Embroidery Workshop (3 <sup>rd</sup> Sat month)	1.30pm – 4.30pm
Wendy Dawson (Counselling)	9.30am – 11.30am
Incredible Families	8.30am – 12.30pm
<b><u>SATURDAY</u></b>	
CAB	9.30am – 12.00noon
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
<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
New Testament Church	10.15am – 12.45pm
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

**ALSO AVAILABLE FOR HIRE (Used for many one-off, educational, social and group events)**

**1 Large hall - seats 200, 1 large room - seats 70, 3 large meeting rooms - seat 40 or 50, 2 small meeting rooms - seat 10 - 15. Please contact the office for details and bookings.**