

# Johnsonville Community Centre



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

## May 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:

#### Hot Mummaz Fitness - 8 Week Bootcamp

A group fitness class suitable MUMS of ALL FITNESS LEVELS! Join their fun and friendly group to improve your health, fitness, body and mind. Join their weekly classes to get in shape and stay in shape over winter. **Register for the 8 Week Bootcamp today and enjoy:**

- Working out in a supportive and non-judgemental group of women;
- Exercise designed for mums, by mums;
- Program designed and run by a fully qualified, Reps registered Personal Trainer.
- Support and advice with nutrition;
- No need for a babysitter... Children always welcome.

Starts on Monday 30th April from 10.30am - 11.30am at the Centre. For more info or to register contact Fay 021 026 86229 or email: [poseidon.swim.wgtn@gmail.com](mailto:poseidon.swim.wgtn@gmail.com)

#### PPSEAWANZ Empowering Women Scholarship

PPSEAWA Wellington believe education empowers women and will allow them more choices in their life. In 2016 they established the "PPSEAWANZ Empowering Women Scholarship". This \$1,000 Scholarship is for a woman who is undertaking tertiary level study in the Wellington area. There is also other applicant criteria. Scholarship applications are now open. For more information or to request an application you can contact PPSEAWA Wellington President Marianne Bishop at [president.ppseawanz@yahoo.com](mailto:president.ppseawanz@yahoo.com) or P.O Box 13-513 Johnsonville 6440, Wellington. Applications close Friday 25<sup>th</sup> May, 2018.

#### Information and Tasting Evening

Do you want more ✨energy, ✨mental clarity, ✨weight loss, ✨cellular cleansing and support to feel alive again? Come and join Charmaine Rees for a fun and interesting evening from 7pm to 8pm on Thursday 10<sup>th</sup> May in the hall, where you can learn about a nutritional lifestyle that can make a massive impact on your life....fueling your body from the inside out! Charmaine has been using the Isagenix system for 6 months and is so excited to share her story with you, and how you too can get your mojo back!!

#### Westpac flight Trust Fundraiser

The Westpac Johnsonville Branch are holding a Bingo/Housie evening on Saturday 12<sup>th</sup> May from 7pm to midnight in the Hall. A night of entertainment. Music by Trevor! Food by Spice Traders to tickle your taste buds! Plenty of prizes up for grabs! Entrance: \$15 per head (kids below 5 are free). Dinner packs are provided, BYO drinks & snacks. RSVP to [blanche.desouza@westpac.co.nz](mailto:blanche.desouza@westpac.co.nz) by Friday 4<sup>th</sup> May. For further information contact Anushka 021 152 2956, Blanche 021 237 5558 or Nimmi 021 108 2074

#### Marketing made easy(er)

What happens if you don't market your business effectively? NOTHING! And that's the problem. 'Nothing!' happens to small businesses all too often. And that stops them becoming bigger businesses. Chrysalis for Women are holding a Workshop on Tuesday 15<sup>th</sup> May from 9am to

12.30pm in the Trust Room to show you how to get things right! Because if you do, 'nothing' won't happen to your business. More details <https://chrysalisforwomen.com/event/marketing-made-easy/>  
 Cost: \$60 (member); \$100 (Non-member)

### **An evening with Mediums**

GKSHolism are holding "An evening with Mediums" – Graham Sim - Scottish psychic; Kazz Sim – Cockney Clairvoyant; Darryl Steedman – New Zealand's own on Friday 25<sup>th</sup> May in the Trust Room. Doors open 6.30pm, show starts at 7pm. Tickets: \$25. For tickets contact 021 0811 6215 or email [gks.holism@yahoo.com](mailto:gks.holism@yahoo.com)

### **Get started with Facebook Advertising**

Learn how to use Facebook's advertising platform, which gives you an incredible amount of control over who is going to see your content. Chrysalis for Women are holding a Workshop on Tuesday 29<sup>th</sup> May from 9am to 12.30pm in the Trust Room where they will discuss the benefits of Facebook advertising, and take you through all the steps to get your first campaign underway. This will be a practical workshop where you bring your laptop and get that first campaign ready to go. More details and register at <https://chrysalisforwomen.com/event/get-started-with-facebook-advertising/> Cost: \$60 (member); \$100 (Non-member)

### **Brainwave Trust Seminar – The Early Years**

Join Plunket Johnsonville & Ngaio Khandallah on Thursday 31<sup>st</sup> May from 7pm to 9pm in the Johnsonville Community Centre hall for an evening out with Brainwave Trust The Early Years Last Forever - Whakamana i te tamaiti. The seminar will cover up-to-date research from multiple disciplines including neuroscience, attachment, genetics, psychology and infant mental health. For \$10 per person you can learn about the importance of the early years and with supper and coffee provided this will be a night to remember. Book tickets: <https://bookwhen.com/wellingtonnorthplunket>

### **Room Details**

<b><u>Room No.</u></b>	<b><u>Location</u></b>	<b><u>Capacity</u></b>	<b><u>Facilities</u></b>
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, 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).

**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)

**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.

## 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. Become a member and learn together, share knowledge, have fun and meet new people. Phone Sandra Gaelic on 04 478 6827 email [northwellingtonseniornet@gmail.com](mailto:northwellingtonseniornet@gmail.com) for more information. Application forms and the latest course schedule are available from the Community Centre and can be downloaded from the Community Centre's website. [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 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)

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## 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
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
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
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
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
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
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.**