

Johnsonville Community Centre



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November 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:

Transform Pilates

Group Mat Pilates Classes started on 29th October at the Centre. The Pilates Classes are taken by a trained and experienced instructor using mats and portable equipment. Group sessions focus on strength, stability, flexibility, refining posture and assisting injury recovery. The approach is holistic and the instructor will teach enjoyable and effective exercises to those wanting to improve their physical health and well-being. Suitable for all ages and for the first week classes are free (Bring your own mat).

Cost: \$18 per session, 10 sessions for \$150.

Times: Monday 9.30am – 10.30am; Monday 6pm – 7pm; Tuesday 6pm – 7pm; Thursday 9.30am – 10.30am (only on 1st, 22nd, 29th November). For more information contact Manisha on 021 120 2102 or manisha.odedra@outlook.com

Free English Classes with Childcare

Free English Class Classes with Childcare on Tuesdays and Fridays in the Johnsonville Community Hall from 9.15am – 11.15am, started 23rd October.

- Improve your reading, writing, listening and speaking
- Meet other parents and caregivers
- For adults who do not speak English as a first language
- Free childcare provided for 0 – 5 year olds

To enrol contact MCLaSS on 04 384 3693 or office@mclass.org.nz or come to class anytime!

Sri Lankan Food Fair

A pop-up Sri Lankan Food Fair will be held in the Community Hall on Saturday 24th November from 9.30am – 2.30pm. There will be:

- Prizes to be won
- Kala Pola (Art and Crafts Market)
- Cooking Demonstrations from culinary experts
- Fun games and more

Organised by The Sri Lankan Dance Academy

Autism - Understanding Challenging Behaviours

Why does challenging behaviour occur? What can we do to prevent it? How do we respond to it? How can we better support children when they are feeling overwhelmed? A free talk by Grecia Trujillo, BCBA, and Josh McAninch, Behaviour Therapist on challenging behaviours will be held in Room 1 on Saturday 24th November from 2pm to 4pm. If you would like to attend please phone 027 956 9073 or email: climb@abatherapy.co.nz as there are limited places.

For more information: <http://www.abatherapy.co.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 or check out the website 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.

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!

Feldenkrais: Feldenkrais Awareness Through Movement Lessons. Learn improved coordination, flexibility, and efficiency in movement. Wear loose, comfortable clothing. Mats are provided. Thursdays from 7.30pm – 8.30pm. Casual rate per lesson @ \$15.00. Series Rate \$12.00 @ 6 lessons = \$72. For more information contact Michelle Hogan on 022 358 7597 or 934 4427

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

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

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.

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 027 452 7850 or email kids4dramawellington@gmail.com Website www.kids4drama.com

Kiwi Chess: Kiwi Chess is a business that aims to bring chess to schoolchildren 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.

Moving Meditation Yoga: These classes focus on alignment of the body through physical postures (asana) and attention is given to the breath (pranayama) to still and clear the mind. Classes are 7:15 – 8:15pm Wednesdays, 3 October – 5 December 2018. Cost: \$160 term or Casuals \$18 per class, where space is available. Priority will be given to term pass participants when space is limited. Please bring your own yoga mat, yoga blocks and straps, if you have them. Some mats and props will be provided. Contact Salena Govind 021 479 393 movingmeditationyoga@gmail.com www.movingmeditationyoga.com

Sahaja Yoga Meditation Courses: A FREE Sahaja Yoga Meditation Course, held on the following Wednesdays from 7pm to 8.15pm in Room 5: 24th October/7th November/14th November/21st November/5th December. Suitable for complete beginners and regulars. Join in at any time, even if you miss a session. No strenuous or physical exercise or postures or special clothing required. All classes are FREE. No booking is required. For more information contact 021 041 1620, freemeditationnz.com

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.

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 Tuesday 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 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

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 or website 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

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

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

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

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. Visit their website for more information on how they can help you 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

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	9.30am – 11.30 am
Fresh Training Systems	6.00pm – 6.30pm
Guitar Lessons	3.30pm – 6.00pm
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)	12.00pm – 1.00pm
The Wellington Antique Collectors Club (1 st Monday of month)	7.30pm – 9.30pm
Transform Pilates	9.30am – 10.30am, 6.00pm – 7.00pm
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 – FREE	11.30am – 12.30pm
<u>TUESDAY</u>	
AA Driving classes	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
ESOL Classes	9.30am – 11.30am, 12.30pm – 2.30pm
J P Service	10.00am – 12.00 noon
Man Up	7.00pm – 8.00pm
MCLaSS	9.15am – 11.15am
Ohariu Toastmasters (every 2 nd Tuesday)	5.30pm – 8.00pm
Onslow Fibrecraft Guild 2 nd and 4 th Tues month	9.30am – 11.30am
Op Shop	10.00am – 2.00pm
SeniorNet	10.00am – 12.00noon, 1.00pm – 3.00pm
Spot Craft Shop	9.30am – 3.30pm
Transform Pilates	6.00pm – 7.00pm
Wellelder	By appointment
Zumba Exercise Class	7.30pm – 8.30pm

<u>WEDNESDAY</u>	
Aphasia Trust (1 st & 3 rd Wed month)	10.00am – 12.00noon
Bas Van der Hoeven	By appointment
CAB	9.00am – 4.30pm
Cellar Club (2 nd Wed 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
ESOL Classes	9.30am – 11.30am
Guitar Lessons	4.45pm – 6.15pm
Johnsonville Camera Club (last Wed month)	7.00pm – 9.00pm
Johnsonville Community Assn (last Wed month)	7.30pm – 9.30pm
JP Service	10.00am – 12.00noon
Knitting Group – (last Wednesday month)	1.45pm – 4.15pm
Legacy Support Group for Women	7.00pm – 8.00pm
New Testament Church	6.30pm – 8.00pm
Northern Suburbs Liaison (last Wed month)	12.00pm – 1.00pm
Op Shop	11.00am – 2.00pm
Sahaja Yoga Meditation – FREE	7.00pm – 8.15 pm
Seniornet	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 – FREE	9.00am – 11.30am
Tai Chi Cost \$4.00 per session	1.00pm – 2.00pm Advanced 2.00pm – 3.00pm Beginners
Travel Club (3 rd Wed month)	7.30pm – 9.30pm
Wellington Ballet	3.30pm – 6.45pm
Wellington Beekeepers (1 st Wed month)	7.00pm – 9.30pm
Wendy Dawson	2.30pm – 4.30pm
Yoga – Moving Meditation	7.15pm - 8.15pm
<u>THURSDAY</u>	
AA Driving class	5.15pm – 7.15pm
Alcoholics Anonymous	7.30pm – 9.00pm
Balance Group (1 st Thurs month)	7.00pm – 9.00pm
CAB (free legal advice Thursday night by appointment)	9.00am – 4.30pm
Early Impressions Creche	8.30am – 2.30pm
Feldenkrais	7.30pm – 8.30pm
GP Training	8.30am – 4.30pm
Guitar Lessons	5.45pm – 7.15pm
Fresh Training Systems	6.00pm – 6.30pm
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)
Transform Pilates	9.30am – 10.30am
Wellington Ballet	3.30pm – 5.45pm

<u>FRIDAY</u>	
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
Grandparents raising grandchildren (3 rd Friday bimonthly)	10.30am -12.30pm
Guitar lessons	3.30pm – 6.00pm
J P Service	10.00am – 12.00noon
Lamb of God (2 nd & 3 rd Friday each month)	7.00pm – 9.30pm
Op Shop	11.30am – 4.00pm
MCLaSS	9.15am – 11.15am
Scrabble - FREE	1.00pm – 3.00pm
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 nd Friday)	9.00am – 1.00pm
Tamil Christian Fellowship	7.30pm – 9.30pm
Wendy Dawson (Counselling)	9.30am – 11.30am
<u>SATURDAY</u>	
CAB	9.30am –12.00noon
Forerunners (2 nd Sat each month)	11.00am – 1.00pm
J P Service	10.00am – 12.00noon
Nepalese language children's class	2.00pm – 4.00pm
Northern Suburbs Social Chess for Kids	1.30pm – 3.30 pm
Op Shop	9.30am – 12.00noon
PPSEWA (South Pacific Women's Assn) 3 rd Saturday month	9.45am – 12.00noon
Russian Classes	9.00am – 1.00pm
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
Toy Library	9.30am – 11.30am (school terms)
Wellington Embroidery Workshop (3 rd Sat month)	1.30pm – 4.30pm
<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