

# Johnsonville Community Centre

Telephone: 04 478 8628  
Facsimile: 04 477 3085  
3 Frankmoore Avenue, Johnsonville, Wellington 6037  
E-mail: info@johnsonvillecommunitycentre.org.nz  
Website: www.johnsonvillecommunitycentre.org.nz



Centre  
Office Hours

Monday to Friday  
8.30am to 4.00pm



## October 2021

### Welcome to Your Community Centre

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



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



**Next Blood Drive**  
**Thursday 28<sup>th</sup> October at**  
**Johnsonville Community Centre**

#### The Spot Shop

Have a variety of locally made face masks for sale. Several different styles, sizes, and colours to choose from.



#### JP Service

Our JP Service is currently operating on **Monday, Wednesday, Friday and Saturday** by appointment only. To make an appointment please phone **478 5698**.

#### Our Customer Expectations

### Welcome back to you all

#### To keep everyone safe:

- Please stay home if you feel unwell
- Please keep at least 2 metres away from others
- Please sanitise or wash your hands as you enter
- Face mask is to be worn at all times
  
- Be kind to others and treat them with respect
- If you require support, please let our staff know

#### Contact Tracing:

We are required to collect contact details of everyone who visits our Centre in case Contact Tracing is required – this is a **mandatory** requirement.

Our Staff are available and very happy to help you if you have any questions.

Be kind



#### QUIZ

1. What is added to New Zealand table salt to combat the condition known as goitre?
2. What is ascorbic acid more commonly known as?
3. Ian Cross, Oliver Duff and Monte Holcroft edited which publication?
4. What seafood would you expect if you ordered the classic French dish Coquilles St Jacques?
5. Mascarpone is a type of what?

(Answers on page 8)



## Room Rates

<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](http://www.aa.co.nz/drivers/defensive-driving-courses)

**Angela Goodall Dance Academy:** Classes are run out of the hall on Monday, Tuesday and a Thursday offering classes in Jazz, Hip Hop, Contemporary and Tap. We offer classes for Pre-Schoolers through to college students. If you would like more information about Dance classes you can go to the website [angelagoodalldance.com](http://angelagoodalldance.com) or email [angelagoodalldance@xtra.co.nz](mailto:angelagoodalldance@xtra.co.nz) or TXT 0211743500



**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](mailto: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](mailto: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](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. 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](mailto:kiwichess@xtra.co.nz)  
<https://kiwichess.neocities.org/>

**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](http://www.shutupanddance.co)

**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 Monday at 12.00pm and Friday at 10.00am in the Trust Room. Cost: \$2 per class. **Monday class is currently full and limited spaces available on Friday.**

 **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.



**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. 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:** Yoga classes for everyone to stretch, strengthen and relax. Suitable for all levels. Evening classes on Mondays (6-7pm) in the Trust Room. Bring your own mat. For more information, email Mariko at [shimanamiyoga@gmail.com](mailto:shimanamiyoga@gmail.com)

**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 mummas: pregnant, postpartum, or beginners. There are also 2 kids classes every term. Contact Emma via [Baomayogis@gmail.com](mailto: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](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 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](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 Toni on (021) 296 1649.

**Drop-In:** Meet in Room 2 on Mondays from 12.15pm to 2.15pm.

**Vinnies – Social Worker:** She 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@vinnieswqtn.org.nz](mailto:socialwork@vinnieswqtn.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, 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](http://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, Wednesday, Friday and Saturday from 10am – 12noon (except when the Centre is closed). This service is by appointment only during level 2. Please phone 04 478 5698 to make an appointment.

**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. **October meeting cancelled.**

**Northern Suburbs Travel Club:** This friendly Club meets in Room 4 of the Community Centre at 7.30pm on the 3rd Wednesday of each month except December and January. The club arranges speakers who have an interesting illustrated story to tell about their adventures in NZ and around the world. Recent speakers have talked about their travels in Iceland, Norfolk Island and French Polynesia. A small charge of \$4 per meeting or \$20pa, provides a fascinating evening. A light supper is included and the evening finishes between 9 - 9.30 pm. New members are welcome. For more details please contact John Craig - 0274 714 758.

**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)



**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 and Friday mornings 9.30am to 11.30am and Monday, Wednesday 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](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 or Email: [johnsonville@cab.org.nz](mailto: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 Johnsonville Arts & Crafts Co-op, locally known as 'The Spot', has been part of the Johnsonville community for more than 50 years.

Our contributors all enjoy craftwork and the co-op provides an opportunity to recover their costs while providing a variety of well-made handcrafted items that are not available in the main shopping area.

As a non-profit group the co-op donates to various charities at the end of the year.

Opening hours: **Monday to Friday:** 9.30am – 3.30pm **Saturday:** 10.00am – 3.30pm

**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](mailto: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 13 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 [wendyd565@gmail.com](mailto:wendyd565@gmail.com)

### Sally Robinson – Counsellor

Sally has 12 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.robison46@gmail.com](mailto:sally.robison46@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](mailto:bas@dramatherapy.co.nz) or [www.dramatherapy.co.nz](http://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](mailto:wellingtonslt@gmail.com)

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

<b><u>MONDAY</u></b>	
Angela Goodall Dance Academy	5.30pm – 7.00pm
Bas Van der Hoeven	By appointment
CAB	9.00am – 4.30pm
Drop In – <b>FREE</b>	12.15pm – 2.15pm
Early Impressions Childcare 🌸🌻	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
Steady as you Go (SayGo) <b>Class currently full</b>	12.00am – 1.00pm
Table Tennis – <b>FREE</b> 🏓	1.00pm – 4.00pm
The Wellington Antique Collectors Club (1 <sup>st</sup> Monday of month)	7.30pm – 9.30pm
Wendy Dawson (Counselling)	9.30am – 5.00pm
Xiang Cong Exercise – <b>FREE</b>	11.30am – 12.30pm
Yoga	6.00pm – 7.00pm
<b><u>TUESDAY</u></b>	
AA Driving class	5.15pm – 7.15pm
Angela Goodall Dance Academy	5.15pm – 6.30pm
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 <sup>st</sup> Tues of month)	1.30pm – 3.00pm
Early Impressions Childcare 🌸🌻	8.30am – 2.30pm (school terms)
ESOL Classes	9.30am – 11.30am
Guitar Lessons	By appointment
J P Service <b>By appointment only. Phone CAB</b>	10.00am – 12.00 noon
Ohariu Toastmasters (every 2 <sup>nd</sup> Tuesday)	5.30pm – 8.00pm
Op Shop	10.00am – 2.00pm
Sally Robinson	9.00am – 8.30pm
Spot Craft Shop	9.30am – 3.30pm
Wellelder	By appointment
Zumba Exercise Class	7.30pm – 8.30pm

<u>WEDNESDAY</u>	
Bas Van der Hoeven	By appointment
CAB	9.00am – 4.30pm
Cellar Club (2 <sup>nd</sup> Wednesday month)	7.30pm – 10.00pm
Craft Group – <b>FREE</b> 	11.00am – 1.00pm
Early Impressions Childcare 	8.30am – 1.30pm (school terms)
ESOL Classes	12.30pm – 2.30pm
Guitar Lessons	By appointment
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) <b>Cancelled For October</b>	12.00pm – 1.00pm
Northern Suburbs Travel Club (3 <sup>rd</sup> Wed month)	7.30pm – 9.30pm
Op Shop	11.00am – 2.00pm
Sally Robinson	9.00am – 10.00am
SeniorNet (3 <sup>rd</sup> Wed month) 	1.00pm – 3.00pm
Scale Models (last Wed month)	7.00pm – 10.00pm
Spot Craft Shop	9.30am – 3.30pm
Table Tennis – <b>FREE</b> 	9.00am – 11.30am
Tai Chi Cost \$4.00 per session	1.00pm – 2.00pm Intermediate 2.00pm – 3.00pm Beginners
Te Reo for Infants	9.45am – 11.00am
Travel Club (3 <sup>rd</sup> Wed month)	7.30pm – 9.30pm
Wellelder	By appointment
Wellington Beekeepers (1 <sup>st</sup> 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
Angela Goodall Dance Academy	4.00pm – 9.00pm
Aphasia Trust (7 <sup>th</sup> & 21 <sup>st</sup> Oct)	10.00am – 12.00noon
Balance Group (1 <sup>st</sup> 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 Childcare 	8.30am – 2.30pm (school terms)
Feldenkrais	1.30pm – 2.30pm 7.30pm – 8.30pm
Guitar Lessons	By appointment
J P Service <b>By appointment only. Phone CAB</b>	10.00am – 12.00noon
Kids 4 Drama	5.00pm – 6.30pm
NZ Association of Counsellors (3 <sup>rd</sup> Thursday month)	5.30pm – 9.00pm
Sally Robinson	9.00am – 7.00pm
Spot Craft Shop	9.30am – 3.30pm

<b><u>FRIDAY</u></b>	
Bas Van Der Hoeven – Drama Therapy	By appointment
CAB	9.00am – 4.30pm
Dementia Wellington	9.30am – 12.30pm
Early Impressions Childcare 🌱👶	8.30am – 2.30pm (school terms)
ESOL Classes	9.30am – 11.30pm
Guitar lessons	By appointment
J P Service <b>By appointment only. Phone CAB</b>	10.00am – 12.00noon
Johnsonville Garden Club (3 <sup>rd</sup> Friday of month)	9.45am – 11.45am
Lamb of God (2 <sup>nd</sup> & 3 <sup>rd</sup> 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) <b>Limited spaces</b>	10.00am – 11.00am
Tamil Christian Fellowship	7.30pm – 9.30pm
Wendy Dawson (Counselling)	9.30am – 11.30am
<b><u>SATURDAY</u></b>	
Bharatanatyam Classes for Ladies	9.00am – 11.00am
CAB	9.30am – 12.00noon
Forerunners (2 <sup>nd</sup> Sat each month)	11.00am – 1.00pm
J P Service <b>By appointment only. Phone CAB</b>	10.00am – 12.00noon
Op Shop	9.30am – 12.00noon
PPSEWA (South Pacific Women's Assn) (3 <sup>rd</sup> 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 <sup>rd</sup> Saturday month) 	1.30pm – 4.30pm
Yoga – Mumma Yoga	9.45am – 10.45am
<b><u>SUNDAY</u></b>	
Lamb of God (4 <sup>th</sup> 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	9.00am – 1.00pm

**Quiz Answers** – 1. Iodine 2. Vitamin C 3. The Listener 4. Scallops 5. Cheese