

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



Can you
find all the
Bees in the
Newsletter?



September 2022



Welcome to Your Community Centre

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

WHAT'S NEW OR COMING UP:

If you have a community notice you would like included in our newsletter, please email info@johnsonvillecommunitycentre.org.nz

Seniors' Week 2022

Taonga – the things we value most

**24 September to 1 October
at Johnsonville Community Centre**

Monday - Qigong 11.30am - 12.30pm

**Wednesday – Tai Chi for
Beginners 2.00pm - 3.00pm**

**Thursday – Seniors' Morning Tea
10.00am - 11.30am**

RSVP to
info@johnsonvillecommunitycentre.org.nz

**Friday – Steady As You Go
(SAYGO) 10.00am-11.00am**



KNOWLEDGESHOP

NCEA 1 & 2 Holiday Programme

**Monday 3rd to Friday 7th October
(The first week of the term 3 holidays)**

Knowledge Shop are running
their NCEA 1 & 2 Exam
Preparation Programme at the
Johnsonville Community Centre

Enrol Online
www.knowledgeshopnz.co.nz

STAYING SAFE COURSE FOR OLDER DRIVERS



Thursday 20th October
in our Trust Room
(Moorefield Road Entrance)

Please register by phoning
04 499 6648 or emailing
info@acwellington.org.nz



Up and coming events for SeniorNet

Storage

How the data (information) on your
device is stored

21st September 1.00pm to 2.30pm

Bookings for next year are now open for 2023!!

Please email through your requirements to
info@johnsonvillecommunitycentre.org.nz

Just a friendly
reminder to our
centre users.

If you come across a
table or chair that
needs attention, could
you please put this to
one side and let our
office staff know.

QUIZ

1. What was the name of the playful dolphin that frequented Hokianga Harbour in the 1950s?
2. In which city was Michael Hill Jewellers originally established?
3. Which wedding anniversary has a ruby as its symbol?
4. Does the word valeta refer to a dress, a dance or an equestrian event?
5. What is the maori word for children?

(Answers on page 8)



Room Information



We have a variety of rooms available for hire. All rooms are equipped with tables, chairs, whiteboards and electric or gas heating. Data projectors and TV's are available for hire.

All kitchens have boiling water, teapots, coffee mugs and tea towels for use.

Below are our Room occupancies while Wellington is at Orange on the COVID-19 Traffic light protection framework –

<u>Room No.</u>	<u>Location</u>	<u>Capacity</u>	<u>Facilities</u>
One	Downstairs Frankmoore Ave	up to 40	40 chairs, 5 tables, heat pump, gas wall heater, pull down screen, fixed whiteboard, 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, whiteboard, 2 electric fan wall heaters, shared kitchen facilities*
Three	Downstairs Frankmoore Ave	up to 10	10 chairs, 2 tables, electric fan wall heater, fixed whiteboard, shared kitchen facilities*
Four	Downstairs Frankmoore Ave	up to 50	50 chairs, 6 tables, heat pump, pull down screen, mobile whiteboard, shared kitchen facilities*
Five	Upstairs Frankmoore Ave	up to 35	35 chairs, 5 tables, heat pump, pull down screen, fixed whiteboard tea and coffee making facilities
Six	Upstairs Frankmoore Ave	up to 4	4 chairs, 1 table, mobile whiteboard, electric fan wall heater and shared kitchen facilities*
Eight	Upstairs Frankmoore Ave	up to 6	6 chairs, 1 table, electric fan wall heater, fixed whiteboard, shared kitchen facilities* (more chairs and tables on request)
Main Hall	Entrance off Moorefield Road	up to 200	200 chairs, 28 tables, 2 gas wall heaters, kitchen – commercial steriliser, small under bench fridge, microwave, domestic oven and a pie warmer. There is a sound system available for hire
Trust Room	Entrance off Moorefield Road	up to 65	65 chairs, 14 tables, 2 heat pumps, mobile whiteboard, pull down screen, kitchen – small under bench fridge and domestic oven



Fitness Courses & Other Classes

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 or email 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 \$16.00. Contact Michelle Hogan for more information on 022 358 7597 or email michellehogan64@gmail.com.

Indian Dance Classes: Bharatanatyam Classes are held in Room 1 every Saturday from 8:30am to 12:30pm. Cost: \$15 per class. For more information contact Shimmy Unnikrishnan on 021 179 2132 or <https://www.facebook.com/Shimmys-Dance-Academy-396794614217430/>

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
<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



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 but there are spaces in the Friday class.**

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.



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.

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.



Health & Support & Social Groups

Drop-In: Meet in Room 2 on Mondays from 12:00noon to 2:30pm.

Dementia Wellington: Run a support group on the fourth Friday of each month 9:30am – 12:30pm in Room 2.



Probud Club of Johnsonville: Fill Your Life With New Friends

Make new friends with other retirees, hear stimulating guest speakers, join interest groups of your choice and have lots of fun! Contact Max on 027 484 0766

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

Western Suburbs Christian Fellowship: Meet monthly on a Sunday evening at the Johnsonville Community Centre Hall. Phone 478 9286 for further information.



Community Education Courses and Services

Christians against poverty: Provide a free budgeting service, you can free phone them on 0508 227 111 or visit their website www.capnz.org

Justice of the Peace Service: A JP is available on Monday, Wednesday, Friday and Saturday from 10am – 12noon (except when the Centre is closed).

Northern Suburbs Liaison Meeting: Meet in the Trust room at 12.00pm on the first Wednesday of each month (February to November). All welcome to network with your community.

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 Ethiopia, Myanmar and 24hour motor car racing in Nurburgring in Germany. 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 Ed Crampton – 027 206 6435.

SeniorNet in Johnsonville: North Wellington SeniorNet Learning Centre is based at the Community Centre. For more information www.northwellingtonseniornet.org.nz



PERMANENT USER GROUPS

Knowledge Shop

Knowledge Shop is a specialist English tuition business, which offers English tuition for Year 7 to Year 13 students.

The Knowledge Shop year 7-10 programme teaches writing, punctuation, grammar, spelling, style, and vocabulary skills in a very structured programme. Its aim is to have students well prepared for the NCEA years.

The NCEA programme works with students aiming for them to achieve the best possible results throughout the year and in their final exams.

Classes are held at the **Johnsonville Community Centre.**

Contact Details

www.knowledgeshopnz.co.nz

knowledgeshopnz@xtra.co.nz



KNOWLEDGESHOP

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. Phone first if you need legal advice or assistance in another language. Opening hours: **Monday, Wednesday, Thursday** 9am – 4.30pm, **Tuesday & Friday:** 9am – 2pm **Saturday:** 9.30am – 12.00 noon



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



Education and care by qualified teachers for children aged 13 months-5 years. Phone 478 7553 or email earlyimpressionschildcare@xtra.co.nz or visit our website www.earlyimpressionschildcare.co.nz

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

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.robinson46@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 or 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

LIST OF REGULAR ACTIVITIES, NEW COURSES, CLASSES AND EVENTS



<u>MONDAY</u>	
Angela Goodall Dance Academy	5.30pm – 7.00pm
Bas Van der Hoeven	By appointment
CAB	9.00am – 4.30pm
Drop In – FREE .	12:00noon – 2.30pm
Early Impressions Childcare 🌸🌻	8.30am – 2.30pm (school terms)
Feldenkrais	7.30pm – 8.30pm
JP Service	10.00am – 12.00 noon
Kiwi Chess	6.00pm – 7.00pm
Knowledge Shop	4.00pm – 6.45pm
Shut Up and Dance	7.45pm – 8.30pm
Spot Craft Shop	9.30am – 3.30pm
Steady as you Go (SayGo) Class currently full	12.00am – 1.00pm
Table Tennis – FREE 🏓	1.00pm – 4.00pm
The Wellington Antique Collectors Club (1 st Monday of month)	7.30pm – 9.30pm
Wendy Dawson (Counselling)	9.30am – 5.00pm
Xiang Cong Exercise – FREE	11.30am – 12.30pm
<u>TUESDAY</u>	
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 – 2pm
Early Impressions Childcare 🌸🌻	8.30am – 2.30pm (school terms)
JP Service (not operating in September)	10.00am – 12.00 noon
Knowledge Shop	4.00pm – 6.45pm
Ohariu Toastmasters (every 2 nd 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 nd Wednesday month)	7.30pm – 10.00pm
Craft Group – FREE 🍷	10:30am – 12:30pm
Early Impressions Childcare 🌸🌻	8.30am – 2.30pm (school terms)
JP Service	10.00am – 12.00 noon
Johnsonville Community Assn (last Wednesday month)	7.30pm – 9.30pm

Knitting Group – (last Wed month)	1.45pm – 4.15pm
Knowledge Shop	4.00pm – 6.45pm
Northern Suburbs Liaison (first Wed month)	12.00pm – 1.00pm
Northern Suburbs Travel Club (3 rd Wed month)	7.30pm – 9.30pm
Op Shop	11.00am – 2.00pm
Sally Robinson	9.00am – 10.00am
SeniorNet (3 rd Wed month) 	1.00pm – 3.00pm
Scale Models (last Wed month)	7.00pm – 10.00pm
Spot Craft Shop	9.30am – 3.30pm
Table Tennis – FREE 	9.00am – 11.30am
Tai Chi Cost \$4.00 per session	1.00pm – 2.00pm Intermediate 2.00pm – 3.00pm Beginners
Wellelder	By appointment
Wellington Beekeepers (1 st Wed month) 	7.00pm – 9.30pm
Wendy Dawson	2.30pm – 4.30pm
<u>THURSDAY</u>	
Alcoholics Anonymous	7.30pm – 9.00pm
Angela Goodall Dance Academy	4.00pm – 9.00pm
Aphasia Trust	10.00am – 12.00noon
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	7.30pm – 8.30pm
JP Service (not operating in September)	10.00am – 12.00 noon
Knowledge Shop	4.00pm – 6.45pm
NZ Association of Counsellors (3 rd Thursday month)	5.30pm – 9.00pm
Sally Robinson	9.00am – 7.00pm
Spot Craft Shop	9.30am – 3.30pm
Voice arts	1:00pm – 2:30pm
<u>FRIDAY</u>	
Bas Van Der Hoeven – Drama Therapy	By appointment
CAB	9.00am – 2.00pm
Dementia Wellington (fourth Friday of each month)	9.30am – 12.30pm
Early Impressions Childcare 	8.30am – 2.30pm (school terms)
JP Service	10.00am – 12.00 noon
Johnsonville Garden Club (3 rd Friday of month)	9.45am – 11.45am
Lamb of God (2 nd & 3 rd 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)	10.00am – 11.00am
Tamil Christian Fellowship	7.30pm – 9.30pm
Wendy Dawson (Counselling)	9.30am – 11.30am

<u>SATURDAY</u>	
Bharatanatyam Classes for Ladies	8:30am – 12:30pm
CAB	9.30am – 12.00 noon
JP Service (CAB Office)	10.00am – 12.00 noon
Op Shop	9.30am – 12.00 noon
PPSEWA (South Pacific Women's Assn) (3 rd Saturday month)	9.45am – 12.00 noon
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 rd Saturday month) 	1.30pm – 4.30pm
<u>SUNDAY</u>	
Lamb of God (4 th Sunday month)	1.00pm – 3.30pm
New Jerusalem Fellowship	9.30am – 12.30pm
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 (first Sunday month)	4.30pm – 8.00pm

Quiz Answers –

1. Opo
2. Whangarei
3. The 40th
4. A dance
5. Tamariki

Reminders for our users

Please ensure that the hired space is left clean and tidy ready for the next user. This includes

- Wiping down tables
- Cleaning the whiteboard
- Kitchen surfaces
- Restacking furniture (not in front of heaters)
- Vacuuming
- Turning on the dishwasher if full and please empty once cycle has finished
- Mopping up spills

If a chair needs attention please leave this to one side and bring it to our attention.

Please note that there is a vacuum cleaner available for use outside the Johnsonville Community Centre office.

Also can you please consider other room hirers as **noise** does travel and please **supervise** any young children.



seniornet

Confidently connecting
with technology



Open Session

All seniors are welcome to join us for a cuppa
and learn about

Storage

and how the data (information) on
your device is stored

21 September, 1 - 2.30pm

Johnsonville Community Centre

Get confident with technology

For help with using the internet, your computer, tablet,
iPad or Smartphone...

Come to SeniorNet

North Wellington SeniorNet meets in the Johnsonville Community Centre

Contact Judy on (04) 4771822

www.northwellingtonseniornet.org.nz