



Birkdale Beach Haven  
**Community Project Inc**  
 We Belong Here | Nō konei ake tātou

# TERM 3 PLANNER 2018

**BIRKDALE & BEACH HAVEN  
 COMMUNITY HOUSES**

[WWW.BIRKDALEBEACHHAVEN.ORG.NZ](http://WWW.BIRKDALEBEACHHAVEN.ORG.NZ)



Find us on  
**Facebook**

[facebook.com/birkdalebeachhaven](https://facebook.com/birkdalebeachhaven)

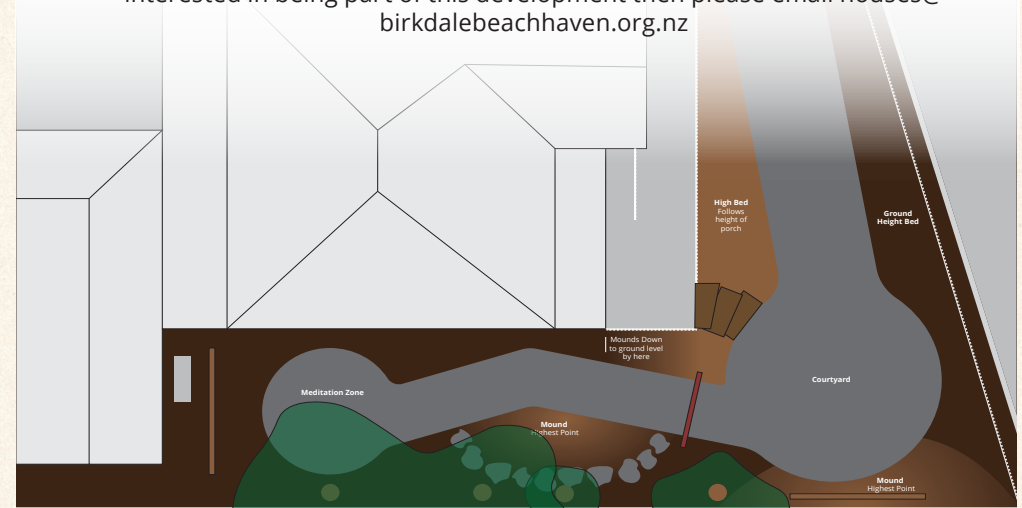
*Supported by*



# BIRKDALE SENSORY GARDEN

COMING SOON

Birkdale Community House is going to be home to a brand new Sensory Garden. Full plans at the community house if your interested. If you are interested in being part of this development then please email [houses@birkdalebeachhaven.org.nz](mailto:houses@birkdalebeachhaven.org.nz)



# ZERO WASTE KAIPATIKI

[facebook.com/zerowastekaipatiki/](https://facebook.com/zerowastekaipatiki/)

**Free Food Boxes - Order yours today**

Unifying People with Sustainable Living & Sharing Food  
 Please register for your food box at [birkdalebeachhaven.org.nz](http://birkdalebeachhaven.org.nz)

Please call Carla at Beach Haven House 09 483 9942 or Kari-lee 021 746 588 if you have any questions or do not have access to register online (and we will register you)

# BIRKDALE & BEACH HAVEN COMMUNITY HOUSES

Open Monday to Friday 9am-3pm

Facilities are also available outside these hours.



Birkdale Community House

Birkdale and Beach Haven Community Houses offer a wide range of activities and services for the local community. Classes, clinics, groups, events and community information.

New activities and ideas are always welcome. Please let us know if there is something you would like to see provided at YOUR Community Houses.

## BEACH HAVEN COMMUNITY HOUSE

Beach Haven community House is set in the beautiful Shepherds Park, 130 Beach Haven road, within walking distance of the Beach Haven shops. Shepherds Park has large green spaces and a playground in-view of the house. The house itself has 3 great spaces available for hire. See our website for more information.



Beach Haven Community House

## BIRKDALE COMMUNITY HOUSE

Birkdale Community House is located at 134 Birkdale Road and has multiple spaces of varying sizes available to the community for hire. Its located just up the road from the Birkdale shops and near to birkdale primary. If you want to know more about our spaces. See our website for more information.

\*Please note: We do not have EFTPOS facilities at the Community Houses.

To book or for more information please contact us at:

[houses@birkdalebeachhaven.org.nz](mailto:houses@birkdalebeachhaven.org.nz)

Birkdale Community House  
134 Birkdale Road, Birkdale  
09 483 9149

Beach Haven Community House  
130 Beach Haven Road, Beach Haven  
09 483 9942

## OUR VISION

*People in Birkdale Beach Haven feel connected and valued.*

*"We belong here"  
Nō konei ake tātou*

## OUR MISSION

*The BBCP will provide the organisational framework through which the Birkdale Beach Haven community can:*

- 1. Be Heard*
- 2. Be inspired and supported to flourish*

# VOLUNTEER

IN YOUR  
COMMUNITY  
FOR YOUR  
COMMUNITY

Ever wanted to help out at Birkdale or Beach Haven Community House?

Contact us at the numbers to the left for more information.

MONDAY

**9:30–10:30am | Classical Pilates.** Dynamic, progressive and highly effective. **Booking essential. Contact Kate Saynor for more info 021 027 04186 \$12 per person.**

**12:30–2:30pm | Scrabble.** Just come along, all welcome. **\$3 per person.**

**2:30–4:30pm | Community Eats.** Delivering rescued food every Monday to Beach Haven Community House. Please register for your food box at birkdalebeachhaven.eventbrite.com . Please call **Carla at Beach Haven House 09 483 9942 or Kari-lee 021 746 588** if you have any questions.

**6:15pm & 7:15 | Yoga for everybody.** Try something different to feel something different. Slow flow and stretch, all levels welcome. **\$12 drop in class.** For more information or to book **contact Lauren 022 024 6344.**

TUESDAY

**10:00–12:00noon | Mainly watercolour - Non-tutored art group.** A friendly, social art group with the occasional guest tutor. **\$5 per class.**

**10:00–12noon | H.U.G.G. Haven Ukulele & Guitar Group.** Come along to this fun, social and casual Ukulele session, all levels. **\$10 per person. Contact Joe Powell on 09 482 3443 or jandapowell@xtra.co.nz.** The community is welcome to come along and listen while you enjoy the music and a refreshment.

**6:00–7:00pm | Yin Yoga and myofascial release.** A class for releasing tension in hard to reach places, stretching muscles and nourishing joints. Mat based. Slow moving class. Prepare to feel a release. **If you are interested please contact Lauren 022 024 6344 to book for the next 6 week course starting 4th of September.**

**7:00–9:00pm | BBHookers Crochet.** Explore the crochet community and connect with other crocheters! Anyone who is interested in crochet come along. **Contact Natacha 022 355 1025 for more information or find us on facebook facebook.com/groups/bbhookerscrochet**

**7:00–9:00pm | Legacy.** 15 week self empowering programme designed for all women from all walks of life. We are about encouraging and empowering one another on the path to greatness. **Contact 0800 162 687** for more information.

WEDNESDAY

**10:00–11:00am | Intermediate French.** For more information please **contact Laure at laure.graffeuille@yahoo.fr or 09 482 0519.**

**12noon–1:00pm | Advanced French.** For more information please **contact Laure at laure.graffeuille@yahoo.fr or 09 482 0519.**

**11:00–12:00noon | NZ Police.** Come along and have a 'cuppa' with our local community constable.

**12.30–2:30pm | Special Hands Art class.** A fun art group for people with special abilities. Bring along your work and work together on creations. **\$3, includes refreshments.**

**1:00–2:30pm | Community Cuppa and Catch up.** Everyone's welcome to come along share a cupper, meet new local friends share your ideas in a relaxed environment with your host Denise. Everyone's welcome! **Call the house with any enquiries**

**7:00–9:00pm | Craft Workshops with Miriam from Dragonslair.** **First and third Wednesday of the month. \$15 per person per class, and all materials are supplied** - you just need to bring yourself! Workshops are book binding, sculpting with polymer clay, make your own nail polish, Resin jewellery, DIY gift cards, Decoupage, Polymer clay jewellery, Make your own nail polish. **To see dates and book please visit www.dragonslair.co.nz to book.**

**7:15 & 9:15pm | Classical Pilates.** Dynamic, progressive and highly effective. **Booking essential. Contact Kate Saynor for more info 021 0270 4186 \$12 per person**

**7:30–9:30pm | Friends of Shepherd's Park. 1st Wednesday of the month.** This group of local residents meet to discuss and contribute ideas for the use and maintenance of Shepherd's Park. We work with the local board on Pest Free Kaipatiki and organised planting and weeding projects project with Auckland Council. Please **contact Ian Grant on 021 755-667 or Elizabeth Collins 09 483 9167.**

THURSDAY

**10:00–12:00noon | Hand Crafts and Creations. \$3 per person.** Bring along your own work **Contact Ngaere 09 483 8339.**

**10:00–12:00noon | Arts and Oils. \$3 per session.** Bring along your own work. All welcome.

**1:00–2:30pm | Afternoon Guitars at the House. \$3 per person.** Everyone's welcome to come along to a casual jam session.

**6:00–7:00pm | Yoga Haven Yoga.** A gentle yet challenging stretch to rejuvenate body, mind and spirit. Beginners welcome. If you can breathe you can do yoga! **\$12 casual or \$100 for 10 classes. Contact Cherry 021 756 127.**

**7:00–9:00pm | Man Up.** Join the movement that strengthens men to become better fathers, partners and husbands. **For more information please contact 0800 162 687.**

**7:00–9:30pm | Wise Woman's Circle. 3rd Thursday of the month.** If being part of a group of awake, creative women to be nurtured by, laugh with, and learn from appeals to you then **Contact Patricia on 09 483 8486 for more information. \$20 per session.**

FRIDAY

**9:15–10:15am | Yoga and Pilates.** This is a fun, low key but effective class designed for those in good basic health with no serious injuries. **\$15 or \$130 for 10 weeks.** For more information contact Lauren 022 024 6344.

**12:30–2:30 | Peggy Squares. 1st Friday of each month.** Learn to knit or teach others; knitting for the Community.

**1:30–2:30 | Healthy Cooking.** Improve your wellbeing through learning to prepare easy and healthy meals. Learn about nutrition and the use of herbs in cooking. **10th August -12th November 10 Weeks \$150 or \$20 casual or trial class. Contact Paloma Velasquez 0220355680 or palomanaturopathy@gmail.com**

SATURDAY

**6:00–7:30pm | OSHO Meditaion. 3rd Saturday of the month.** Meditation is rest, absolute rest; a full stop to all activity – physical, mental, emotional. Enjoy meditation followed by a warm herbal tea and sharing. **RSVP is very important. Contribution: \$5 to \$10. To book Manasi on 021 132 5701, manasi.wisdom@gmail.com**

## MONDAY

**10:00-12:00noon | English Conversation Classes (community house)** Everyone is welcome to come along to this English conversation class. **\$3 per person with refreshments provided. Call Birkdale House 4839149 to register or with any questions**

**10:00-12:00noon | French Playgroup (community hall).** Get to know other French speaking families on the North Shore. Play, have fun and sing in French. For French speaking children from 0 to 5 years old (accompanying adult must speak French during the playgroup sessions). Please bring fruit for the fruit salad. **Small donation for the session or per term. Contact Celine Waniart waniart.celine@gmail.com for more information.**

**4:30-5:30pm | Au Capoeira (community hall).** Capoeira is an Afro-brazilian art form encompassing martial arts, acrobatics, music and dance. Kids will develop agility, flexibility, balance, co-ordination, music skills, and social skills. Contact **Donna 021 0618733, www.aucapoeiranz.co.nz or d.tuari@auckland.ac.nz**

**6:00-7:00pm | Yoga Haven Yoga (community hall).** A gentle yet challenging flow. Flexibility is not a requirement, but you may walk out feeling taller and happier! **\$12 casual or \$100 for 10 classes. Contact Cherry 021 756 127**

**8:00-9:00pm | Dance like no one's watching at Dancing in the Dark (community hall).** Join us for fun and fitness with the lights turned off every Wednesday. **\$5 adult's \$3 students. Email dancinginthedarkbirkdale@gmail.com**

## TUESDAY

**10:00-12:00noon | Sewing (community house)** Sewing machines available for you to come and alter clothing, make reusable bags and a fun supported environment. **\$3 koha Contact the house for any enquiries.**

**6:30pm | Starfinder/Pathfinder Society: Table top Roleplaying group. 1st and third Tuesday of the month. (community house)** Open to veterans and newcomers. **Vist warhorn.net/events/auckland-pfs/ \$5 per person. Contact Clive Barnes mecintal@gmail.com with any enquires**

## WEDNESDAY

**9.00-5:00pm | Integrated counselling for positive life change. Time by booking (community house).** Talk Therapy: Massage: Theta Therapy: Emotional Freedom Technique:TRE Trauma/Tension Release Technique: Chi Nei Tsang abdominal health... Ask about our Wednesday clinics book with Helena 021480171

## THURSDAY

**7:15pm-8:25pm | A Yogafied Life - Zen + Soften (community house). 6 week restorative yoga course. Starting 9th August.** Join Kate from A Yogafied Life for six weeks of revitalising restorative yoga. Aided by props this is yoga at it's gentlest.

Personal meditation guidance, delicious Ayurvedic teas and likeminded company included. Learn more or book at [ayogafiedlife.com](http://ayogafiedlife.com)

## FRIDAY

**10:30-12:00pm | Beginners Ukulele (community house).** Newcomers to ukulele welcome to come and learn the art of ukulele playing in a fun relaxed environment. **\$3 koha. Call Barbara 021 122 2481**

**5:30-6:30pm | Adult Au Capoeira (community hall).** Capoeira is an Afro-brazilian art form encompassing martial arts, acrobatics, music and dance. Adults will develop agility, flexibility, balance, co-ordination, music skills, and social skills. Contact **Donna 021 0618733, www.aucapoeiranz.co.nz or d.tuari@auckland.ac.nz**

## SATURDAY

**10:00-10:45am | Chiquiniños: Spanish fun for pre-schoolers and parents. (community house)** For children aged 2.5 - 5 years and an accompanying adult. Sing, play, create, move and have fun in a gentle Spanish environment. Be amazed at how much language you and your little one can understand through learning together! **Term 3 dates: Saturday July 28th - Saturday September 15th (8 classes) \$145 for one child and parent. Discounts available for enrolled siblings. \*TERM 3 SPECIAL\* Bring a friend and you BOTH get 10% off! Enrol online at [chiquimundo.co.nz](http://chiquimundo.co.nz)**

**11:00-11:30am | Chiquimúsica: Spanish music & movement. (community house)** For children aged 6 months - 2.5 years and an accompanying parent. Learn simple and useful Spanish through repetitive songs, rhymes and simple games. All levels welcome! **Term 3 dates: Saturday July 28th - Saturday September 15th (8 classes) \$92 for one child and parent. Discounts available for enrolled siblings. \*TERM 3 SPECIAL\* Bring a friend and you BOTH get 10% off! Enrol online at [chiquimundo.co.nz](http://chiquimundo.co.nz)**

**2:00-4:00pm | Flame & Scent - Last Saturday of the month (community house).** A candle making workshop that is fun, informative and creative! Ages 16 and above. **\$55 per class. For dates, information and bookings please visit [www.flameandscent.co.nz](http://www.flameandscent.co.nz)**

## BY BOOKING

**Mariana Torkington** – Art Therapist – ACC provider– **For bookings or enquiries email [torkinton@xtra.co.nz](mailto:torkinton@xtra.co.nz) or call 021 1567345**

**Phil walker** – New Beginnings Therapy is a Counselling and Therapy service. **www.newbeginningstherapy.co.nz or email Phil on [philip@newbeginningstherapy.co.nz](mailto:philip@newbeginningstherapy.co.nz)**

**Simon Tennant** – Psychosynthesis Counselling - **www.simontennant.co.nz. For bookings email – [info@simontennant.co.nz](mailto:info@simontennant.co.nz) or call 027 8205868**

Keep an eye on our website for class changes [BIRKDALEBEACHHAVEN.ORG.NZ](http://BIRKDALEBEACHHAVEN.ORG.NZ)