

Other Activities

WONS Nursing, Education & Health Services

Thursdays 10am – 3:30pm (appointment essential)

Free cervical smear tests for women (certain criteria apply). Friendly experienced Registered Nurse. For appointment with Chinese clinic phone Betty Ling at 846 7886 ext 711 or 021 0566118. For appointment with Korean clinic phone Susan at 846 7886 ext 707

Family Planning Association

FREE advice to under 22 year olds, reduced fees for Community Services Card holders. Contraceptive advice, pregnancy testing, HIV testing, fertility counselling, menopause advice. Drop in service every Wednesday 1:45pm-4:45pm.

Guitar Lessons

One on one guitar lesson available. Beginner, intermediate or advanced. Call Lih at 527 2082, mob: 021 2076 231 or email lih_reng@yahoo.com

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| Abacus School | 021952743 |
| Breast Cancer Support Group | 5769519 |
| Devine Life Prayer Group | 2745211 |
| Howick Herb Soc | 5349379 |
| Inner City Women's Group | 3604933 |
| Knitters Operation Cover-Up | 5344354 |
| Man Alive | 8350509 |
| Math Tutorial Class | 5378662 |
| Parent Trust | 3760400 |
| Plunket Solids Talk | 5767853 |
| Pakuranga Scrabble | 5344453 |
| Refresh Single Parent Support | 3064222 |
| Satya Sai Service Org | 5376323 |
| SF Auckland | 5342610 |
| Waitemata Stroke Service | 4418959 |
| Wing Chun Self Defense | 021707034 |
| Junior Engineers Club | 536 4188 |

House Hireage

Highland Park Community House has rooms for community hire at very affordable rates. Supplied with your hire are chairs, large tables, microwave, crockery & cutlery, TV, DVD and apart from the clinic room, all the other 3 rooms have whiteboards.

Meeting Room 1 - Parkview Room

- Accommodates up to 50 people
- \$20 per hour for profit-making organisation and \$20 per session for non-profit organisation

Meeting Room 2 - Monet Room.

- Accommodates up to 20 people
- There is a self-contained kitchenette, and small fridge
- \$20 per hour for profit-making organisation and \$20 per session for non-profit organisation

Meeting Room 3 – Elsmore Room

- Accommodates up to 12 people
- \$14.50 per hour for profit-making organisation and \$14.50 per session for non-profit organisation

Consultation Room – Clinic Room

- Ideal for one on one consultation
- \$14.50 per hour for profit-making and \$14.50 per session for non-profit making organisation

*GST are already included in all hireage fees
The Community House has a no smoking and Alcohol policy



Proudly supported by Auckland Council

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keywords: community houses



Programme

Term 1 2012

HIGHLAND PARK
COMMUNITY HOUSE

47 Aviemore Dr, Highland Park

Tel (house): 09 534 5584

Tel (Crèche): 09 533 9500

Fax: 09 534 5587

Email: tina.gunn@aucklandcouncil.govt.nz

Opening Hours: 8:30am - 10:30pm

Office Hours: Monday – Friday,
9.00am – 1.00pm

Crèche: Mon - Fri: 9.00am - 12 noon and

Tues & Thurs: 12.30 - 3.30pm

HIGHLAND PARK COMMUNITY HOUSE Term 1 2012

MONDAYS

THE HEALTHY EDIBLE GARDEN

1.00pm – 2.30pm

Facilitator: Dee Pigneguy

**GOLD COIN
DONATION**

This organic vegetable gardening course will give you the confidence to start your own vegetable patch, even if you've never sown a seed before
Venue: 427 Pakuranga Highway behind the Eastgate Community Centre. Park at Bells Road and walk up.
Bring your own cup for afternoon tea.

ENGLISH CONVERSATION

Starts 30 January

10:00am – 12:00noon

Tutor: Kate McEwan

\$3/wk

A friendly place for coffee, making friends, a chance to practise your English conversational skills and ask questions about living in New Zealand.

YOGA FOR BEGINNERS



Mon & Fri

Starts 30 Jan 9am - 10m (Mon)

\$3 per session

3 Feb 10:30 – 11:30am (Fri)

Instructor: Susie Kwan

Yoga is an ancient discipline that will help improve and nourish the gift of health that is already in you. Join this drop in class and reap the benefits of having a harmonised body, soul and mind. Bring your own mat.

TUESDAYS

DEFENSIVE DRIVING COURSE

Starts 14 Feb

6:30pm - 7:30pm 6 Sessions

Facilitator: David Ratu

Reduce the waiting time to sit for your full licence by 6 months (if under 25 yrs) or 3 months (if over 25 yrs) By attending this Street Talk Advanced (Defensive Driving) Course. The course consists of 4 theory classes and an in-car practical driving assessment of approximately 40 minutes. Participants must be 16½ years. Pre-registration is essential.



TUESDAYS

MIT GARDENING LITERACY AND NUMERACY COURSE

FREE

Class is twice a week, L1 on Wed & Thurs mornings. L2 class on Tuesday morning and practical session at MIT. No exams. No Studylink.

THURSDAYS

EXERCISE FOR FUN & WELLBEING

Instructor: Matthew Stratton

9am - 10am

Fun & enjoyable low-impact group fitness class, consisting of cardio-vascular & resistance exercises & activities. Tertiary qualified instructor.

FRIDAYS

KOREAN LANGUAGE & CULTURE APPRECIATION

Starts 3 Feb

1:30pm – 2:30pm

\$3/wk



Korean language and culture is very intricate and fascinating. Come and learn to speak and write simple 'Hangeul' from Jenny who will also be demonstrating the art of preparing traditional Korean cuisine.

PILATES FOR BEGINNERS

Starts 3 Feb

9am - 10am

\$5/wk

Instructor: Tina Gunn

Basic mat Pilates - This class develops body awareness, strength, flexibility and balance, supporting good postural habits. Bring your own mat.



REGULAR DROP INS

Counselling - Discovering a way forward

Denise Kuek, Dip Occ Therapy, MEd (1st class Hons) Counselling will help you to discover more about yourself, your feelings, thoughts and behaviour and about how you relate to others. Make goals for yourself and make helpful changes in your life to achieve those goals. Call or text Denise at: 021 296 1746

Ladies Evening Craft Group

Every Monday,

7pm - 9:30pm

Bring your unfinished craft or start a new craft and enjoy your evening with like-minded people at a small fee. Phone Sharon at 537 4260 for more information.

Patchwork, Applique & Quilting

Every Tuesday,

9am - 12pm \$3/wk

A Drop In programme for people who have learnt the craft but would like being in the company of keen patchworkers once a week.

Craft Drop In

Every Wednesday,

10am - 12pm \$3/wk

Join this friendly group and work on your handcrafts. Bring along your unfinished objects or new projects and enjoy the morning with your favourite craft, a cuppa and a friend.

Drop in Quilters

Every Thursday,

7pm - 9:30pm \$3/wk

An evening drop in class for quilting enthusiasts. Phone 533 3303 for more information

English for Absolute Beginners

Every Saturday,

10am – 11:30am \$2/wk

An opportunity for migrants with little or no English to learn to speak, read and write simple English. Phone Grace 021 058 7848 or email wygrace@yahoo.com.hk for more information.