



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

TERM 3 PLANNER 2021

BIRKDALE & BEACH HAVEN COMMUNITY HOUSES

WWW.BIRKDALEBEACHHAVEN.ORG.NZ

 facebook.com/birkdalebeachhaven

Supported by



BIRKDALE & BEACH HAVEN COMMUNITY HOUSES

Open Monday to Friday 9am-3pm

Facilities are also available outside these hours.

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.

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. It's 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

Birkdale Community House
134 Birkdale Road, Birkdale
09 483 9149

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





ROOM HIRE

Room hire from \$12.00 per hour. Various sized rooms available, with tables, chairs, air conditioning, kitchen access, and digital projector available for hire on request.

SERVICES AVAILABLE

Wifi, printing, photocopying, laminating, scanning, marketing assistance.

Office Space



Your next event...

Counselling

Meetings

Parties

Workshops



The Kids at #134 School Holiday Programme

for children aged 5 - 13yrs.

A 'home-away-from-home' in Birkdale, where your kids can have fun, be creative, active, comfortable and safe.

OSCAR approved.

Early booking recommended.
8am - 6pm, \$35 per day, trips \$55.

call 022 483 9149

www.birkdalebeachhaven.org.nz



Community Eats

Providing food, on Mondays, to families and individuals within the Birkdale and Beach Haven area who are in need.

Please call us to request a food box.

*Please contact us also if you would like to donate food. **Phone 09 483 9149**



MONDAY

9:30am | Classical Pilates. Dynamic, progressive and highly effective. **Booking essential. Contact Kate Saynor for more info 021 027 04186**

10:30am-12:30pm | Here for a Heart to Heart. Come and say hi and have a cuppa! I'm here to be a support for others, not as a counsellor or a Life Coach, but as a friend, a kind ear and an open heart. You can talk to me about anything. Morning tea provided. Arohanui, Barb. **Contact ohosnz@outlook.com for more information.**

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

7:00pm-8:30pm | Sri Chinmoy Meditation (3 weeks). October 4, 11 and 18. Our free classes cover the ABCs of meditation – breathing and concentration techniques to remove stress and calm the mind. **For enquiry or to reserve your place please call/text Hridayinee 0211 823 371 or visit meditationauckland.co.nz/class-suburban/**

TUESDAY

10:00-11:30am | String Along - Ukulele. A weekly Ukulele jam session. Guitars etc are also welcome. **\$3 per person.**

10:00-12:00pm | Mainly watercolour - Non-tutored art group. A friendly, social art group with the occasional guest tutor. **\$3 per class.**

12:30-2:30pm | Bridge. A small group of enthusiastic novice bridge players. Come along if you are keen to play. **\$3 per class.**

7:00-9:00pm | BBHandcrafters. A group of locals who love to craft beautiful things by hand; crochet, embroidery, tapestry, cross stitch, knitting and more. Learners and more experienced are welcome. **Contact via Facebook 'BBHandcrafters'**

WEDNESDAY

11:00-12:00pm | Advanced French. Email laure.graffeuille@yahoo.fr or 09 482 0519.

12:30-1:30pm | Intermediate French. Email laure.graffeuille@yahoo.fr or 09 482 0519.

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.**

7:30-9:30pm | Friends of Shepherd's Park. 4th Wednesday of the month. This group of local residents meet to discuss and contribute ideas for the use and maintenance of Shepherds Park. **Contact friendsofshepherdspark@gmail.com**

THURSDAY

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

10:00-12:00pm | Arts and Oils. \$3 per person. Bring along your own work. All welcome.

12.30-2:30pm | String Along - Guitar. A weekly Guitar jam session. Ukulele etc are also welcome **\$3 per person.**

6:00-8:00pm | Kōrero Māori Mai. 2nd & 4th Thursday of each month. Your opportunity to kōrero Māori, two nights per month, within a Te Ao Māori, whakaaro Māori setting, guided by Matua Shannon Leilua. Enjoy a comfortable space where all levels of te reo Māori are celebrated. Nau mai, haere mai! **Enquiries 09 483 9149**

7:00-9:00pm | Women's Consciousness Circle. 3rd Thursday of the month. If you are a woman who is interested in growing in consciousness and who wants to connect with others who are doing the same, you are warmly welcomed to this group! **\$20.00 (negotiable) Contact Anna, anna@wholistichealing.co.nz or call 022 637 5856**

FRIDAY

9:00-10:15am | Diversi-tea. All welcome. Tea and coffee group - make new friends and new connections in a welcoming environment. Tea and coffee by donation.

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

SUNDAY

9:00-10:15am | Natural Wreath Making Workshop. 15th August. You will be able to weave your own wreath base from grapevines. The final stage, that you can finish at home with my dried flowers. **Contact Deb, birdonahill.enquiries@gmail.com**

Keep an eye on our website for class changes BIRKDALEBEACHHAVEN.ORG.NZ

MONDAY

6:00-7:00pm | Yoga Haven Yoga (Birkdale hall). A gentle yet challenging stretch to rejuvenate body, mind and spirit. Beginners welcome. If you can breathe you can do yoga! Coming soon - additional classes - Online Yoga via ZOOM! **Bookings essential. Contact Cherry 021 756 127 cherry.yogahaven@gmail.com**

6:00-7:30pm | The Art Luggage Creativity Workshop (Community House). 9 week course, starting 26th July. 3 focus areas are creative mobile photography, creative painting-drawing, and creative architecture-design. Tickets via eventbrite. **Contact theartluggage@gmail.com for more information.**

7:00-8:30pm | Sri Chinmoy Meditation (3 weeks) (Community House). September 6, 13 and 20. Our free classes cover the ABCs of meditation - breathing and concentration techniques to remove stress and calm the mind. **For enquiry or to reserve your place please call/text Hridayinee 0211 823 371 or visit meditationauckland.co.nz/class-suburban for more information.**

TUESDAY

10:00-12:30pm | CMA - Companionship and Morning Activities for seniors (Birkdale Hall) Games, quizzes, gentle exercise and fun for over 65s. Morning tea & lunch included. Come and meet some new faces in your area. **Call 09 4898954 or email info@cmans.org.nz. \$6 per morning, \$4 extra for transport if required.**

1:00-2:30pm | Homeschool (Primary) Kapahaka & Waiata (Birkdale Hall) Kia ora, ko Tina Talaic ahau. He uri nō Ngāti Kahungunu, Tūhoe, Waikato Tainui hoki Come & join us for kapahaka & waiata & learn poi, tītī tōrea, waiata & haka. **All ages welcome Whakapā mai, get in touch if you have any queries 0212176514 tinatalaic@gmail.com Mauri Ora**

7:30-8:30pm | Flute Fun (community house) For Flute players who love to get their instruments out and have fun making music with others! **\$10.00 per session. Contact Pene Brawn-Douglas penebd@xtra.co.nz**

WEDNESDAY

9:30-10:45pm | Hatha Yoga with Anna (Birkdale Hall) Suitable for all levels. Anna aims to balance her classes with breath (pranayama), posture (asana), meditation and relaxation for a full yogic experience. Please bring your own mat and a blanket. **Please bring cash, or contact Anna for payment options. Casual; \$15 per class, or \$60 for 5 class pass. anna@wholistichealing.co.nz 022 637 5856**

6:30-8:00pm | Yin Yoga and Yoga Nidra (Birkdale Hall) Yin yoga can bring increased flexibility, released tension, and the ability to achieve a mindful relaxed state. Yoga Nidra (also known as yogic sleep) is a powerful technique for controlling your body's relaxation response. **\$20.00 per class. Call Sophia 020 4085 0866 or email healriseandshine@gmail.com**

THURSDAY

10:00-11:00am | Line Dancing (Birkdale hall). Line Dancing Class with Pamela. All levels of experience welcome. Free class. **Email clifford_pamela@hotmail.com**

12:30-2:30pm | Working Bee @Birkdale Sensory Garden (community house). Gardening can be a great mood-booster! We're asking for volunteers to help us maintain our wonderful sensory garden; a variety of activities will be available. Gardening tools and afternoon tea provided.

9:30am-11:30am | Boomerang Bags Sustainable Sewing (community house). A friendly space to gather with others and sew reusable bags to share in our community. Opportunity to work on your own creations also. Sewing machines and tea & coffee provided. **More information 09 483 9149**

6:30-7:30pm | West African Drum Class (Birkdale Hall). Learn how to play Djembe, Dunduns, Shakers and Bells. Beginners are welcome and drums are provided. **\$15.00 per session or \$80.00 for the Term. Contact Dyames dyamesortiz85@gmail.com or phone 0220824270**

SATURDAY

11:00am-2:00pm | Refresh Single Parent Group (Community House) Monthly; Aug 21, Oct 16, Nov 20. Refresh single parents coffee groups - join us for coffee, support, activities and clothes and toy giveaways. **More information email refresh@lifecommunity.org.nz**

BY APPOINTMENT

Helena Te Aika - Integrated Counsellor. Talk Therapy, Massage, Theta Therapy, Emotional Freedom Technique, TRE Trauma/Tension Release Technique, Chi Nei Tsang abdominal health. Ask about our Wednesday clinics. Bookings essential, **ph Helena 021480171 or email info@mauriorawellness.co.nz**

Inger Bennett - Blissout Body Therapies. Offering Mirimiri, body therapy and massage to all ages for koha (donation). **Booking essential. blissoutbodytherapies@hotmail.com or call 027 317 7216.**

Mariana Torkington Art - Therapist. Children & Adults. Email **torkington@xtra.co.nz or call 021 156 7345**

Marie Franklin - Psychotherapist I work with trauma, anxiety and depression mostly, and self esteem and relationship issues. I also practice ecotherapy, where nature assists in the healing! **marsfranklin@gmail.com or call 021 147 6147**

Marilyn Shearer - Psychotherapist. ACC Sensitive Claims Assessor. **Call 021832926**

Phil Walker - Counsellor. Qualified Counsellor and Coach. **www.newbeginningstherapy.co.nz email philip@newbeginningstherapy.co.nz 021 058 3234**

Sophia Krause. Healing Practitioner, offering Energy Healing (Reiki-Seichem and Emotion Code) and Thai Massage. **sophiamagdalena.krause@gmail.com**

Keep an eye on our website for class changes

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