



**Beach Haven
Community House**
130 Beach Haven Rd,
Ph 09 483 9942



**Birkdale
Community House**
134 Birkdale Rd,
Ph 09 483 9149



**Printing, Scanning
Laminating**

**WiFi access
with room hire**

**Digital
Projector**



**WELL WOMEN
AND FAMILY**

The Well Women and Family Trust will be at Birkdale Community House to offer Free Cervical Smears. May 5th, June 21st* and future dates.

*Contraceptive services available. Please book or ask for more info with health promoter - Bev Kingi 0210400266 www.wons.org.nz



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

TERM 2 PLANNER 2022

**BIRKDALE & BEACH HAVEN
COMMUNITY HOUSES**

www.birkdalebeachhaven.org.nz
facebook.com/birkdalebeachhaven

Supported By



BEACH HAVEN COMMUNITY HOUSE

MON **12:00pm | Community Eats** is a Food Bank service, offering assistance to locals in Birkdale and Beach Haven who need support with food. To request a food box, please call us 094839942 or visit www.birkdalebeachhaven.org.nz

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

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

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'

WED **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 maintainance of Shepherds Park. Contact friendsofshepherdpark@gmail.com

THUR **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.

7:30-9:30pm | Kōrero Māori Mai.
FREE. Gain confidence to kōrero Māori, within a Te Ao Māori, whakaaro Māori setting, guided by Matua Shannon Leilua. Currently meeting online with a view to returning to this venue in the near future. Email houses@birkdalebeachhaven.org.nz



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Keep an eye on our website for latest updates and changes

BIRKDALE COMMUNITY HOUSE

MON **9:30am | Classical Pilates (Birkdale hall).** Dynamic, progressive and highly effective. Book essential. Contact Kate Saynor for more info 021 027 04186

11:30am-12:30pm | Chair Yoga (Community House). Starting 30th May.

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

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.

7:00-9:00pm | Flute Fun (Birkdale Hall) For Flute players who love to get their instruments out and have fun making music with others!
Contact Pene Brawn-Douglas penebd@xtra.co.nz

WED **9:30-10:30am | Gesture Drawing (COMMUNITY HOUSE).** A beginners Gesture Drawing 5 week course. Suitable for people who like to have fun and be creative! Starting 18th May. \$3 per class. Contact michael.waldman94@gmail.com

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

11:30am-12:30pm | 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.

6:15-7:30pm | Hatha Yoga with Gemma. (Birkdale Hall). Re-energise and relax. Classes include postures, breathwork, relaxation or meditation. 4 week term \$60 or \$18 casual. gemma1107@gmail.com 0211092023 www.yogawithgemma.com

THUR **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, tea & coffee provided.

12.30-1.30pm | Working Bee @Birkdale Sensory Garden. First Thursday of each Month. 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 refreshments provided.

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. Check Class dates with Dyames dyamesortiz85@gmail.com or phone 0220824270

FRI **12:30-2:30pm | Coffee and Catch-up.** Pop-in for a hot drink and chat. All welcome. Donation appreciated.

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

SAT **3:30-4:45pm | Yoga Haven Yoga (Birkdale hall).** If you can breathe you can do yoga! Stretch, smile and experience the many benefits of Yoga. BYO Mat, blanket and water. Bookings please. www.facebook.com/Yogahavenbeachhaven
Cherry 021 756 127 cherry.yogahaven@gmail.com