

BEACH HAVEN COMMUNITY HOUSE

MON 1.00-2.30pm | **Community Eats.** provides assistance to locals in Birkdale and Beach Haven who need support with food. For more information, please call 09 4839942

5.30-6.30pm | **Kai Tahi.** (starting 27 Feb) - bring the whānau along to enjoy a free shared meal. Provided in partnership with Life Community Kitchen and Taka Peters

12.30-2.30pm | **Scrabble.** Just come along, all welcome. \$3 per person

TUES 1.00-2.30pm | **String Along - Ukulele.**
A weekly Ukulele jam session. Guitars etc are also welcome. \$3 per person. Bring your instrument and join into this fun, friendly sing-along session. Music available.

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. All welcome \$3 per person

WED 9.30-10.30am | **MāmāFIT.** A fun and supportive training session for mums to get fit and connect. \$12 per person, no booking required. Led by Monique at AbleFIT Training - <https://ablefittraining.com>

10.30-12.00pm | **Kiddy Kapa Haka** Waiata, kanikani, tākaro, & kōrero Māori with your pēpi & tamariki.

7:30-9:30pm | **Friends of Shepherd's Park.**
4th Wednesday of the month. Open meeting to discuss use and preservation of Shepherds Park. Contact friendsofsherpardspark@gmail.com

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

THUR 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. Bring your instrument and join into this fun, friendly sing-along session. Music available.

FRI 12:30-2:30pm | **Peggy Squares.**
1st and 3rd Friday of each month. Learn to knit or teach others; knitting for the Community.



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

birkdalebeachhaven.org.nz | facebook.com/birkdalebeachhaven

BIRKDALE COMMUNITY HOUSE

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

11:00am-12:00pm | **Chair Yoga (Community House).** Chair yoga is a gentle form of yoga that can improve your flexibility, concentration and strength. Call Anu 022 329 9443

6:00pm-7:00pm | **Able Fit (Birkdale Hall).** Call Monique 021 051 7207

10:00-12:00pm | **Mainly watercolour (Community House)** Non-tutored art group. All welcome. \$3 per class.

TUES 10:00-12:30pm | **CMA - Companionship and Morning Activities for seniors (Birkdale Hall)** Games, gentle exercise and fun for over 65s. Morning tea & lunch included. All welcome. Call 09 4898954 or email info@cmans.org.nz.

11.00-12.30pm | **Kōrero Māori Mai (Community House)** Haere mai ki te whare hāpori o Birkdale! Come along to Birkdale house to kōrero Māori - all levels of reo are welcome! Tea & Coffee provided. Email admin@birkdalebeachhaven.org.nz to register.

5.30 -6.45pm | **Aru Waihīrere Kapa Haka (Birkdale Hall)** Community Kapa Haka - all ages and levels welcome, whānau friendly. Contact Tina - 021 217 6514.

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

WED 11:30am-12:30pm | **Special Art & Activities.** A fun session for people with special abilities. Bring along your work/activities and work together on creations. \$3.

7:30-9:00pm | **Flute Fun (Birkdale Hall)** For Flute players who love to have fun making music with others! Contact Pene Brawn-Douglas penebd@xtra.co.nz

THUR 9:30am-11:30am | **Birkdale Happy Sewing (Community house).** A friendly group who gather and sew together. All welcome. Sewing machines, tea & coffee 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

09:30-11:30am | **Friday Art (Community House)** A friendly non-tutored art group. Bring your own gear. \$3 per class.

FRI 10.00am-12.00pm | **String Along - Ukulele.** A weekly Ukulele jam session. \$3 per person. Bring your instrument and join the fun! Music available.

12:30-2:30pm | **Coffee and Catch-up.** Pop-in for a hot drink and chat. All welcome - make some new friends in your local community! Koha appreciated.

SAT 8.00am | **Hīkoi Tahi - Walking Group.** A weekly walking group leaving from Birkdale House. Check facebook page or email admin@birkdalebeachhaven.org.nz for details.

10am-2pm | **Birkdale Market** Every last Saturday of the month

Nau mai haere mai - a chance to meet new people and try new things!