

## BEACH HAVEN COMMUNITY HOUSE - 09 483 9942

**MON** 1.30-2.30pm | **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.** Bring the whānau along to enjoy a free shared meal. Provided in partnership with Life Community Kitchen and Taka Peters

**TUES** 10:00-12:00pm | **Mainly Water Colour.** Non-tutored art group. Get creative and make new connections. All welcome. \$3 per class.

12.30-2.30pm | **String Along - Ukulele.** A weekly ukulele jam session. Guitars 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. \$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>

10.30-11.30am | **Awahi Rito.** Join us for some waiata, activities and stories at our bilingual community playgroup. Meet other local caregivers and learn some te reo Māori at the same time! Email [projects@birkdalebeachhaven.org.nz](mailto:projects@birkdalebeachhaven.org.nz) for more details.

17:30-9:30pm | **Friends of Shepherd's Park.** 1st Wednesday of the month. Open meeting to discuss use and preservation of Shepherds Park. Contact [friendsofshepherdspark@gmail.com](mailto:friendsofshepherdspark@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. 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.

If you would like to hire one of the houses for your next event visit <https://www.spacetoco.com/host/birkdale-beach-haven-community>.

QR CODE



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

[birkdalebeachhaven.org.nz](http://birkdalebeachhaven.org.nz) | [facebook.com/birkdalebeachhaven](https://facebook.com/birkdalebeachhaven)

## BIRKDALE COMMUNITY HOUSE - 09 483 9149

**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

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

5.30-6.30pm | **Kai Tahi (Birkdale hall).** Bring the whānau along to enjoy a free shared meal. Provided in partnership with Life Community Kitchen.

**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](mailto:info@cmans.org.nz).

11.00-1 pm | **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](mailto:admin@birkdalebeachhaven.org.nz) for more information.

**WED** 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](mailto:clifford_pamela@hotmail.com)

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@extra.co.nz](mailto:penebd@extra.co.nz)

**THUR** 9:30am-11:30am | **Birkdale Happy Sewing (Community house).** A friendly group who gather and sew together, \$2 per session. 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](mailto:dyamesortiz85@gmail.com) or phone 0220824270

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

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

2:30-3:30pm | **Food Together pop up.** Pick up a bag of fresh fruit and Veg for \$15 a bag. Order by Thursday 12pm each week at [www.foodtogether.co.nz](http://www.foodtogether.co.nz)

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

9am-10am | **Yoga** For healthy Mind & Body koha appreciated. [caseystravels@yahoo.com](mailto:caseystravels@yahoo.com)

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