



Do you need food?

Whether you're isolating due to Covid19, or experiencing financial difficulty, 'Community Eats' and BBCP can offer assistance to locals in Birkdale and Beach Haven and who need support with food. Call us 094839942



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



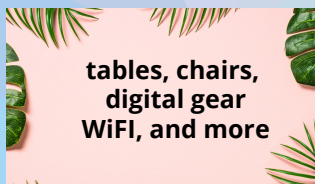
**Birkdale
Community House**
134 Birkdale Rd,
Ph 09 483 9149



Counselling,
bodywork,
office work...



Multi-purpose
Larger rooms
for hire



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digital gear
WiFi, and more



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from *\$12/hr



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meetings, family
gatherings,
& kids parties



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

TERM 3 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

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. 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. Learners and more experienced are welcome. Contact via Facebook 'BBHandcrafters'. \$3 per person

WED **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 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 Friday of each month. Learn to knit or teach others; knitting for the Community.



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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. 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 be done while sitting. It can improve your flexibility, concentration and strength, while boosting your mood and reducing stress. Call Anu 022 329 9443

6:00 - 9:00pm | Monthly Romiromi Clinic (Community Hall). Traditional Maaori healing and bodywork. Includes deep tissue and body alignment. Koha based. No appointment needed. 15/08, 12/09, 10/10, 07/11, 05/11.

TUES **10:00–12:00pm | Mainly watercolour (Community House)** Non-tutored art group. All welcome. \$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 **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 Art & Activities. A fun session for people with special abilities. Bring along your work/activities and work together on creations. \$3.

7:00 - 8:00pm | Yoga with Kumar. (Birkdale Hall). \$5 per person. A varied weekly yoga-based session including; nidra, pranayama, mudras, asanas and more. All welcome. See public facebook group more info; NZ Social Community Yoga. Kumar 0220881601

THUR **9:30am-11:30am | Birkdale Happy Sewing (community house).** A friendly group who gather, learn to sew, contribute to community sewing projects. 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

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

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

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