

# Bays Community Centre

Term 4  
2016

## NEWSLETTER



### SUMMER IN THE BAYS

*Starts again on*

- Fri Nov 4; 4-6pm Browns Bay beachfront
- Sun Nov 6; 4-6pm Waiake
- Wed Nov 9; 10-12 Mairangi Bay Village Green
- Fri Nov 11; 4-6pm Browns Bay beachfront
- Sun Nov 13; 4-6pm Rotheresay Bay
- Fri Nov 18; 4-6pm Browns Bay beachfront
- Sun Nov 20; 4-6pm Waiake
- Live music from Retrogrand*
- Tue Nov 22; 10-12 Mairangi Bay Village Green
- Fri Nov 25; 4-6pm Browns Bay beachfront
- Sun Nov 27; 4-6pm Mairangi Bay beachfront



WE CANCEL OUR OUTDOOR EVENTS IF IT'S WET OR VERY WINDY. KEEP UP TO DATE BY VISITING OUR FACEBOOK PAGE <https://www.facebook.com/ecbcp> or ph 486 8600 for cancellation info



### SHAKE YOUR BOOTY! IT'S BACK!

Every Sunday morning, 9-10am, on the Browns Bay beachfront. Starts 16 October. Cancelled if wet



### INTERNATIONAL DAY FOR OLDER PEOPLE

Thursday 6 October, 11.30-1.30

Join us for High Tea to celebrate this special day, which is happening during Heritage Week

Bookings essential; ph Debbie 478 4091



### WORLD FOOD DAY

Thursday 20 October

Please join us for a networking lunch at noon at the Bays Community Centre.

Come & meet people working in your community, & bring your information to share. No charge.

RSVP for catering purposes to Debbie, 478 4091



### ST JOHN'S SCHOOL GALA Friday 11th November

4.30pm - 7.00pm

87a Penzance Road, Mairangi Bay



### THE AUCKLAND HERITAGE FESTIVAL @ ECB LIBRARY



On Wed 5 Oct 10.30- 12pm, the Library is hosting a Walk and Talk with Julia Parfitt. Julia, a long time Bays resident, will talk about East Coast Bays & lead a historical walk around Browns Bay.

And on Saturdays 1 & 8 Oct between 10am & 2pm, the North Shore Embroiders Guild will be skillfully showcasing the art of embroidery.

Come and hunt for a bargain in our Market Place, and bid on fantastic prizes at the Auctions. The kids will be kept busy enjoying all the activities on offer - laser skirmish, face painting, bouncy castles and much more. Top it off with a mouth-watering array of fair food, from kebabs to paella, smoothies and a cafe; and don't forget the lollies and cake stall!

Come along to St John's School Gala, it's fun for all the family!

<http://stjohnsgala.weebly.com>



**East Coast Bays Community Project**  
providing support, resources & wellbeing in our community for 25 years  
Whakarato tautoko, nga rauemi me te waiora i roto i to tatou hapori

proudly supported by

**Hibiscus and Bays  
Local Board**



Auckland Council

# Fun for Children



## REALISTIC DRAWING CLASSES FOR KIDS

(Ages 5-12).

Amazing drawing programme specially developed to teach kids realistic drawing skills in a fun way.

Mon, Tue, Thu 3.30, 4.30pm

'See it to Believe it'

Satisfaction Guarantee

Ph 021 023 60215

artacademy.co.nz

## SPANISH FOR SCHOOL CHILDREN

Fun activities and songs to pick up Spanish. Ph Gaston 473 5090 or 021 251 0358.

gasfer2011@gmail.com

## VOICEWORKS

Speech, Drama, Communication, Effective Presenting.

Drama & Speaking classes for 5 years to adult are offered at Torbay Theatre.

Individual tuition or groups,

exams optional

Junior Group 5 - 9, Mon 4.30-5.30;

Wed 3.30-4.30

Intermediate 9 - 12, Mon 5.30-6.30;

Wed 4.30-5.30

Senior 13+, Wed 5.30-6.30

Performance opportunities every term!

Lots of fun!

For more info, ph Jacque Mandeno

473 5454

027-JACQUE-M (027-522 7836)

Email:jacque@mandeno.com



## CARTOON WORKSHOPS

With Tree House Drawing

7 yrs+, 3.45-5.15 at the Bays Community Centre on Wednesdays. The best art education for young artists in NZ, specialising in cartooning, drawing skills, character design & creativity.

Ph 021 209 8838; email matt@treehousedrawing.com.

www.TREEHOUSEDRAWING.com



## MUSIQHUB

PLAY SMART

### Guitar & Ukulele Lessons

Run every Tuesday at the Boys Community Centre. Play Each Week with accompanying online videos. Start your journey to rock stardom today!

John 022 604 0766 : john.casson@musiqhub.co.nz

## HELEN O'GRADY DRAMA

The difference is dramatic!

Tuesday afternoons at the

Bays Community Centre.

Fun classes for 5-17 yr olds.

Confidence, creativity,

communication, presentation skills,

public speaking, performance

www.helenogrady.co.nz

0800 161 131



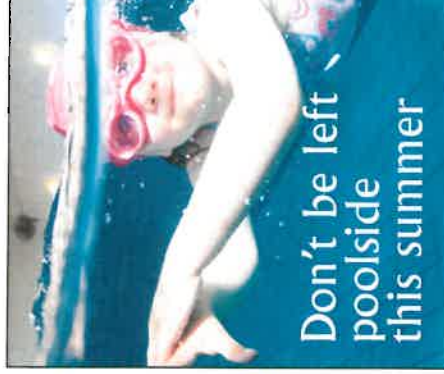
## WRITESTART

Maths, reading & writing tuition, free assessment.

Experience-based tuition for children who are struggling. Fun learning environment; building confidence & learning success.

Ph Robyn 410 1014 or 027 734 4923.

robsteubes@hotmail.com



Come along to a FREE TRIAL SWIMMING LESSON.\*



Call us now to book

Newmarket - Ph: (09) 529 0177

Olympic Pools & Fitness Centre,

Broadway

One Free Hill - Ph: (09) 582 1111

714 Great South Road

Albany - Ph: (09) 414 5484

Volkner Place Albany

www.hiltonbrownswimming.co.nz

\* Terms and conditions apply.

## AFTER SCHOOL ART

This 6-week drawing & painting class provides a fun, focused programme for children 7-12 yrs. With step-by-step guidance from a professional artist, students will discover with drawing how simple shapes can be used to sketch more complex images then explore painting with the versatile acrylic medium. Wed 3.30-5pm. Cost \$90. Bookings: eion@eionbryant.com; ph 483 6703

# What's On

## AT THE BAYS COMMUNITY CENTRE & ST ANNE'S HALL

### HEALTH, FITNESS & WELLBEING

**Body Conceptz** Thursday evenings. Ph Sonia 021 130 9844

**Brain & Body Yoga** Thursday lunchtime, fortnightly. Ph 021 168 5169

**Divine Intervention Introduction to Self Healing**

3-hour morning session, limited numbers. \$30.  
Ph Judy 478 6065.

**Laughter Yoga** Seriously good for you. Join in the fun for an internal jog every Sat 9-9.45 am. Ph Louise 027 475 3734

or email [laughterbrownsbay@gmail.com](mailto:laughterbrownsbay@gmail.com)

**Pre-Natal Yoga** Friday 9.30-10.30. Cost \$12. Ph Mary 027 7755 233

**Raja Yoga** Saturdays, fortnightly. Ph Wendy 021 111 4208

**Reiki** 4th Wed of the month.

Contact [martinturback@icloud.com](mailto:martinturback@icloud.com)

**Sahaja Yoga Meditation** Find peace and balance within yourself. Mon 7.30pm. Free of charge. Ph Maria 479 9511.

**Tai Chi** Thursday 8.15-9.15am. Individual tuition is also available.

Ph 478 3309 or 021 764 980; [wailingwan@gmail.com](mailto:wailingwan@gmail.com).

**Tai Chi** Monday evenings & Wednesday afternoons.

Ph Bruno 021 155 4606

**Yoga** Tuesdays 6-7.15. [marionthomas@xtra.co.nz](mailto:marionthomas@xtra.co.nz); 021 446 964

**Yoga** Mondays 5.45. Ph ECB Leisure Centre 478 3379

**Pilates** Thu evenings. Ph Stefanie 021 104 6795

### ART AND CRAFT

**Bays Patchwork** Fortnightly Thurs, 7-9.30pm.

All levels of ability, beginners to experienced. Demos & classes also held. Ph Sue 413 8239

**Crazy Quilters** This fun, relaxed group meets 4th Saturday of each month, sharing ideas & techniques of an old patchwork style. Ph Marilyn 476 9585

**Creating Happiness** Art Therapy group.

[arttherapyauckland@gmail.com](mailto:arttherapyauckland@gmail.com)

**Browns Bay Evening Spinners** Fortnightly, Tuesdays; Ph Helga 479 1668

**North Shore Sunday Quilters** Bring along your knitting, sewing or embroidery project for fun & friendship. Open group, non-teaching. Ph Melva 479 7572

**On the Hook Crochet Club** Saturdays 3.30-5pm.

Ph Olga 021 023 84495.

### LANGUAGES

**Amicale Francaise** 1st Sun of the month for petit dejeuner & conversation. [afnorthshore@gmail.com](mailto:afnorthshore@gmail.com)

**French** Ph Corinne 09 426 1104 or 021 880 649.

[corinne.monecole@gmail.com](mailto:corinne.monecole@gmail.com)

**English** Browns Bay Community English School. Mon - Fri daytime. Several levels. Ph Linda 478 3107 [www.brownsbayenglish.co.nz](http://www.brownsbayenglish.co.nz).

**NZ Sign Language** Thursday evenings. [nzsl@auckland-deaf.org.nz](mailto:nzsl@auckland-deaf.org.nz). Ph 630 6980

### SPECIAL INTEREST ACTIVITIES & GROUPS

**Browns Bay 60s Up Movement** Ph Joy 444 0236

**Mahjong** Thu 10am-2pm. Ph Jane 478 5392

or Patsy 475 5763

**Rummikub** 1st & 3rd Wed mornings.

Ph Annette 441 3019

**North Shore Board Games** Wed evenings.

Ph Alistair 021 246 3735

**Writing Family Memories for Future Generations**

Older Women's Network. Ph Patricia 479 7519

**From the Author's Mouth** Meets monthly Thurs 10am-12pm. [fromtheauthorsmouth@gmail.com](mailto:fromtheauthorsmouth@gmail.com).

**U3A Browns Bay** Are you retired? U3A Browns Bay offers you top-line speakers & the opportunity to explore new interests in study groups at convenient times. For more info,

ph Monette 478 1928. [www.u3abb.net.nz](http://www.u3abb.net.nz)

**Lupus Support Group** Ph Diane 479 1269

**Chinese Parenting Workshops**. Mondays.

Ph Lanya 022 605 04525

**Social Scrabble Group** Tuesdays 10am; \$1 per session.

Ph Stella 478 8382.

**Spanish Flamenco & Classical Guitar** All ages.

Sat afternoons. Ph Maria 021 962742

### ST ANNE'S HALL CLASSES & GROUPS

#### HEALTH, FITNESS & WELLBEING

**Aikido** Fridays 6.30-8pm; [nzkeith@hotmail.com](mailto:nzkeith@hotmail.com)

Ph Keith 022 034 649

**Born Again Bodies** Wed afternoons. Strength,

balance & flexibility at any age. Ph Gary 479 2212.

**Table Tennis** Mon, Tue & Fri 11.30am-1.30pm.

For all ages & levels of ability. Ph Debbie 478 4091

#### ART & CRAFT

**Art Club** Mixed media techniques of the art of painting with acrylics. Thurs morning & afternoon.

Ph Liz de King 478 7589 or visit [www.lizdeking.com](http://www.lizdeking.com)

**Art Group** Fortnightly, Wed. All levels of ability welcome (incl beginners). Ph Brenda 478 8537

#### DANCE

**Ceroc Dance** Wed. Beginners from 7.30pm, Intermediate 8.30pm. First class free for all new beginners, no partner required. For more info visit [www.modernjivedance.co.nz](http://www.modernjivedance.co.nz) or ph 0272 957 007.

**Braemar Scottish Country Dancing** Tuesday evenings. Ph Angela 478 3138

**Ritz Dance Studio** Wed afternoons. Ph Anna 021 131 5400

**Zumba** Tue 6.15-7.15. Ph Emelyne 022 045 4439

**Zumba Gold** Mon 1.45-2.45; a more gentle workout! [zumbagoldwithkat@gmail.com](mailto:zumbagoldwithkat@gmail.com)

*If you would like to use one of our rooms to run a class or a group, ph Debbie on 478 4091.  
Our rates are very affordable*

# Get Creative!



## HAURAKI FLORAL ART CLUB

Flair with flowers, at  
Outram Hall, Murrays Bay.  
Join us at 9.30 on the 2nd  
Wed of every month for a  
morning of creativity.  
Lessons will be free to all  
new members.  
Ph Lois 449 2259.



## CREATIVE CONNECTIONS Arts Therapy

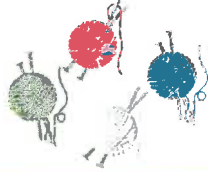
### ARTS THERAPY

Would you like to feel happier and more fulfilled, while leading a more meaningful & creative life? Arts therapy is an effective & evidence based way to explore difficult emotions, express your feelings, & help address feelings of anger, stress, depression or loneliness. Elaine Matthews Venter is a registered arts therapist who can help you to find the well being & recovery that you deserve. She works from the Bays Community Centre & facilitates arts therapy groups, as well as arts therapy for individuals. To begin your journey to a happier and more creative way of living contact Elaine by calling or texting 027 4416198. Visit her website <http://www.creativeconnectionsarttherapy.co.nz/>

## BROWNS BAY

### EVENING SPINNERS

Weaving, felting, knitting...all things fibre.  
7pm on the 2nd & 4th Tuesdays of the  
month. Contact n-grassmeyer@hotmail.com  
or ph Nicole 021 149 7788  
or Sandy 473 9960  
<http://creativefibreauckland.wordpress.com>



**Guitar & Piano lessons**  
*Torbay*  
Alan Young  
25 years teaching  
experience.  
Ph 4733990  
[guitarmadeeasy.co.nz](http://guitarmadeeasy.co.nz)  
[pianomadeeasy.co.nz](http://pianomadeeasy.co.nz)

## Sewing Classes

Adults & Kids weekly & holidays

Torbay, North Shore, Auckland

p 473 3990 · [sewinspired@xtra.co.nz](mailto:sewinspired@xtra.co.nz)

[www.sewinspired.co.nz](http://www.sewinspired.co.nz)



## CRAFT CIRCLE @ ECB LIBRARY

A Craft Circle is held on the second Monday of the month between 10.30am and 12pm. Come along & share your latest craft project, learn from others, & perhaps pass on some of your own talents & tips. Attendance is free & morning tea is provided.



*The ECB Community project is on  
Neighbourly, where people get together  
to find out & share what's happening  
in their community.  
[www.neighbourly.co.nz](http://www.neighbourly.co.nz)*



*The Patchwork ladies  
joined forces to display  
their work at 'Quilts on  
the Green' in 2014*

## UPCOMING EXHIBITIONS

### PASSIONATE ABOUT PASTELS

**5-30 Oct** - This is a very popular annual exhibition, showcasing the work of the many pastels artists throughout NZ.

### TOUCH COMPASS DANCE GROUP

**2-13 Nov** - An inclusive dance company with disabled & non-disabled performers. Dancebox performance 2pm Sun 6 Nov

### KOREAN CALLIGRAPHERS

**19-25 Nov** - An opportunity to view this beautiful, ancient artform

## PATCHWORK & QUILTING CLASSES AT THE BAYS COMMUNITY CENTRE

Bays Patchwork Thu evenings, fortnightly. Ph Sue 413 8239

Crazy Quilters Sat afternoons monthly Ph Marilyn 476 9585

North Shore Sunday Quilters Sundays Ph Melva 479 7572

# Community News

## BROWNS BAY YOGA FOR ADULTS

\$19 for 3 classes and a free yoga mat.  
Tue 10.45am; Wed 7.30pm  
Fri 9.10am

Enrol online [www.baysmartialarts.co.nz](http://www.baysmartialarts.co.nz); [www.baysmartialarts.co.nz](http://www.baysmartialarts.co.nz)

## FITNESS KICKBOXING FOR ADULTS

\$19 for 3 classes and free gloves.  
Mon, Tue & Thu 9.15am

Enrol online

[www.baysmartialarts.co.nz](http://www.baysmartialarts.co.nz)



## BROWNS BAY ROTARY

Meets on the 1st & 3rd Tuesdays for breakfast at the Bays Club, Anzac Rd. Rotary welcomes men & women from all walks of life who want to serve their community. To find out more, contact Murray 473 6418; [m.allison23@xtra.co.nz](mailto:m.allison23@xtra.co.nz)



## NEIGHBOURHOOD SUPPORT

Summer's coming; it's the ideal time for street parties, neighbourhood get-togethers & bbqs.

Don't know your neighbours?

What you need is a Neighbourhood Support Group in your street.

To do this we need someone willing to take the lead. The leader's role is to:

- Be the liaison person between NSNS, the Police & the Group
- Organise an annual or 6 monthly Neighbours get together
- Keep the Group's contact list updated for safety & connection
- Receive NSNS signs, stickers & info packs for your Group
- Encourage the Group to think about a Civil Defence plan

If this sounds like something you would be willing to do please email [admin@neighbourhood.org.nz](mailto:admin@neighbourhood.org.nz)



## CARDIO TENNIS

Are you looking to get fit for summer?

Or start playing tennis?

Then why not try Cardio Tennis! This session will keep you on your toes. Complete a tough cardio workout whilst engaging in great core stability & overall fitness. A fantastic class for you to improve your fitness while having a great time!

Come and try for \$20.

Mon & Thu 9:15- 10:15

## LADIES MID-WEEK TENNIS

Wed 9-11am followed by coffee.

A morning of tennis for all levels.

Free first session;

everyone welcome.

More info & to book:

[www.kiwitennis.co.nz](http://www.kiwitennis.co.nz)



## ECB LIONS

Meets 1st & 3rd Tue evenings at the RSA.

In 2017 Lions International celebrates 100 years, & their centenary project is having signs made to promote the location of defibrillators in the community.

For more info contact [brianbjmorton@hotmail.com](mailto:brianbjmorton@hotmail.com)



ZUMBA FITNESS

## TEA & TOPICS MONTHLY TALKS @ ECB LIBRARY

On Wed 19 Oct counsellors Jenny Jackson & Carol-Anne Begbie will be talking on how to manage anxiety, & on what counselling is & it how can help people. This talk is as part of raising awareness for Mental Health Awareness Week (10-16 Oct). And on Wed 16 Nov, Sonette de Koster, Manager of the Citizens Advice Bureau Browns Bay, will talk on migrants' experiences of NZ, & the services the CAB has to help migrants. These meetings are held 10.30am – 12pm.

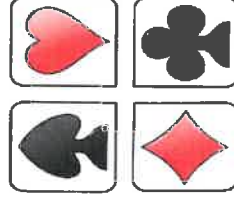
Everyone is welcome.

## BRIDGE LESSONS

East Coast Bays Bridge Club invites you to learn this wonderful game.

It is addressed to beginners or those who would like to get back to the game & meet new friends at the same time.

Contact Helene ph 027 296 3365 or go to [lessons@ecbbridgeclub.co.nz](mailto:lessons@ecbbridgeclub.co.nz)



Zumba Gold is now in Browns Bay.

Come and join the party!!!

Zumba Gold is a fun, easy, safe & effective total body workout for the active older adult, for people recovering from injury & for people who want to increase their level of fitness. St

Anne's Hall - Mon 1.30- 2:30

\$6.50 under 65 years old / \$4 over 65 years old, 10 times concession card available.

Registration or more info contact Kat 021 075 9628 or Pauline 021 147 0148



Boxcon Group Fitness class

Thursdays 6.20pm, Bays Community Centre

For an all-over body conditioning class that is fun & different. Only 30 minutes. \$18 casual or purchase a 10-session concession card for \$150

[www.bodyconceptz.co.nz](http://www.bodyconceptz.co.nz)

# Community News

## SINGING WITH MOVEMENT

Experience peace, a clear mind & heart-centred connection with others through Dances of Universal Peace. Sacred mantras from world spiritual traditions with simple, meditative, joyful circle dances. No performers or audience; no prior experience or partner required. Free of charge. 4th Mon of the month, 7:30-9pm.

## BUILDING ON NVC FOUNDATIONS

Workshop (based on Nonviolent Communication) 5-6 Nov. Experience greater empathy & authenticity in your communication and in your life! Practical tools for improving relationship with self & others.

Shift from anger, shoulds & judgment to connection, freedom & empowerment. Compassionate, empathetic coaching, counselling, and mediation; sliding scale fees.

Contact Jean McElhaney, certified NVC trainer, licensed counsellor and social worker (USA).  
**For information, ph 022 192 3202, 473 7344,  
or jean.mcelhaney@gmail.com**



Need to improve your English? English as a Second Language for adults.

Try one lesson free: Elementary; Pre-Intermediate; Intermediate; Upper Intermediate.  
Qualified & experienced teachers; Small, multicultural classes 8-week courses; Daily lessons.

Term 4 starts Mon 10 October; enrolments: Fri 7 Oct at 10 am at both classrooms in Browns Bay. Full details on our website.

Phone DI 021 667 855 or Linda 021 023 95103  
e-mail: LindaAndDi@hotmail.com  
www.BrownsBayEnglish.co.nz

## MURRAY

## McCULLY

MP for East Coast Bays  
Electorate Office  
85 Beachfront Lane

Browns Bay  
Phone 478 0207



[www.mccully.co.nz](http://www.mccully.co.nz)



## NICOLA DUNCAN COUNSELLOR & SUPERVISOR

B.A. (Hons), PG Dip. CBT,  
Cert. Supervision, MNZAC

Are you having relationship problems with family, friends or colleagues? Do you suffer from anxiety, depression or low self-esteem? As a counsellor with over 20 years' experience, I will work with you to explore & resolve your difficulties in a safe and non-judgemental environment. Where required, I can assist with the development of communication and conflict resolution skills. Whilst drawing on a number of theoretical approaches according to a client's needs, I have particular skills in Cognitive Behavioural Therapy. I can be seen at the Bays Community Centre weekdays & some Saturdays at times to be negotiated.

My fees are negotiable according to income.  
Contact me by phone on 021.158.8692  
or by email: [ndcounselling.ns@gmail.com](mailto:ndcounselling.ns@gmail.com)

## Prenatal YOGA

Friday Mornings

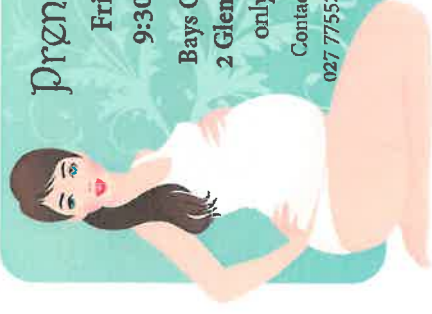
9:30 am - 10:30 am

Bays Community Centre

2 Glen Road, Browns Bay

only \$12 at the door

Contact Mary for more info:  
027 7755233 ~ [www.anjaliyoga.nz](http://www.anjaliyoga.nz)



## Bring Your Boules

To Kennedy Park Terrain  
On Wednesdays 5-7pm

## For Free Coaching and Play

**More Info – 09-478-3138**

Club Play - Tuesdays/Thursdays at 1pm, Sundays at 10am.

# Community Info

## YOU CAN REDUCE YOUR CARBON FOOTPRINT!

Keep YOUR food waste out of the landfill and learn how to compost at a free workshop—

St Annes Hall,  
Browns Bay

Sat, 15 Oct 2016  
10am-12pm

Receive a discount off a composting system.



Register by visiting—

[www.compostcollective.org.nz](http://www.compostcollective.org.nz)



## CHRISTMAS IS ON ITS WAY!

A couple of dates for your diary:

Carols on the Green Fri 2 Dec, 7pm  
Browns Bay Christmas Parade & Carnival

Sat 3 Dec, starts at 5pm

If your community organisation, club, school, business, kindy or family would like to take part in the parade,

please contact Sally, 478 4301, [ECBCP@xtra.co.nz](mailto:ECBCP@xtra.co.nz)

The more the merrier!  
(We also welcome random fairies & elves if your children would like to dress up & join in)



## SPANISH CLASSES

Have fun while learning Spanish. Experienced & qualified native teacher. Adults & children.

Group or one-on-one lessons. NCEA & IGCSE Spanish practice too. Ph Gaston 473 5090 or 021 251 0358. Classes via SKYPE or Facebook Time available too.

[gasfer2011@gmail.com](mailto:gasfer2011@gmail.com)



Browns Bay Christmas Parade 2015

## CHEEKY MONKEYS PLAYGROUP

Tue & Thu, 9:30 – 11:30am (during school term time)

Mairangi Bay Beach Volleyball Centre, 65 Maxwellton Drive,

Mairangi Bay; \$3 per child or \$5 per family For more info contact: Raelene 0220 768 781 or email

[plunketnorthshorecsc@gmail.com](mailto:plunketnorthshorecsc@gmail.com) This Plunket-run,

Mof-certified playgroup provides an opportunity for children to have valuable educational & social experiences. Playgroup is also a great opportunity for parents & caregivers to meet other local families & build friendships. The playgroup is run on a casual basis which means there's no need to register or pre-pay, you can just turn up on the day.



'A Magpie Collection' is raising funds for Friends of Okura Bush. Copies are available on Trade Me, from retail outlets & online shops. About the birds that live in our neighbourhood, it is the perfect book for readers who love nature, the environment & birds. Aimed at 8-12 year olds, the book is full of quirky facts, beautiful photos & fun illustrations as well as offering an interactive experience. Listen to the bird songs while you read about the bird by scanning the QR-codes. Visit the website [www.amagpiecollection.com](http://www.amagpiecollection.com).

## GLUTEN-FREE/VEGAN INFORMATION/ DEMONSTRATION & TASTING

Sat Oct 15 10.30 - 12.30 at the Bays Community Centre.

Cost: \$15

Are you new to gluten free cooking & want to know which flours to use for what? Would you like to make your own breads/wraps at home? I love working with gluten free flours to make delicious breads, cakes, pies, etc for my family. I can show you how to make some simple, nutritious breads & baking that you can easily make at home. All the food I make is gluten free, vegan, healthy & delicious.

To book contact Fiona at [greenvegans@gmail.com](mailto:greenvegans@gmail.com) or ph 021 188 4469.

## TENNIS BIRTHDAY PARTIES

Kiwi Tennis are now offering Birthday Parties! Whatever age we can specialise the party to your wants & needs

Bookings can be taken for Sat/Sun afternoons (Working around member court bookings). Includes court hire, all racquets & balls. The party consists of tennis themed skills & HEAPS of games to keep your little ones entertained. Each player will leave with a Certificate, goodie bag of treats and a Kiwi Tennis T-Shirt.

Use of upstairs function room for food and drinks for an additional fee (worked out with the Club) if you are interested please email [coaching@kiwitemnis.co.nz](mailto:coaching@kiwitemnis.co.nz)

# BENEFITZ

Future thinkers.

Websites • Printing • Signage • Design

Froudly supporting the local community with the printing of this newsletter  
[www.benefitz.co.nz](http://www.benefitz.co.nz)



# School Holiday Activities

SIR PETER BLAKE



1045 Beach Rd  
Long Bay  
473 0714

## SCHOOL HOLIDAY PROGRAMME

Mon 26 Sep-Fri 30 Sep & Mon 3 Oct-Fri 7 Oct

Changing weather conditions make it impossible to guarantee that your child will get to do a specific activity on any particular day. However, the following activities may be available: Abseiling, Archery, Body Boarding, Canoeing, Climbing, Dinghy Games, Giants Ladder, Kayaking, Mountain Biking, Orienteering, Outdoor Survival, Paddle Boarding, Raft Building, Rocky Shore, Sailing, Slingshot, Stackem and Surfing. Depending on the weather & the number of students attending, we may hold big group activities in the Long Bay - Okura Regional Park. Book at [office@merc.org.nz](mailto:office@merc.org.nz).

## DEFENSIVE DRIVING

For 18 yr olds with a restricted licence:  
4 sessions Sep/Oct holidays at the Bays Community Centre.  
Make them safe for summer!  
Ph Stu at the Auckland Defensive Driving Academy 486 1909  
to book



## SCHOOL HOLIDAYS @ ECB LIBRARY

The theme for these holidays will be 'Steam & Steel'.  
Activities organised include themed storylines on such topics as Steam Trains & Robots. Check out the Auckland Libraries website or the ECB Library Facebook page for more details of events being held.



Browns Bay Racquets Club runs 2 types of holiday programmes for all to enjoy. Each day will be packed full of fun coaching to improve your child's technique, tactics & matchplay.

## HOT SHOTS SCHOOL HOLIDAY CAMP

For children 5-11 who are not currently playing interclub

## INTERCLUB TRAINING CAMP

For children who will be playing interclub this summer.  
Go to [www.kiwitennis.co.nz](http://www.kiwitennis.co.nz) for more info & to register

## HOLIDAY ART WITH EION BRYANT

Tue 4 Oct, 10am-3pm at St Anne's Hall. \$45.  
To book, email [eionbryant.com](mailto:eionbryant.com)



28 Hillside Rd Wairau Valley; ph 444 4377

Thanks to Paul & the team at Hillside Automotive for keeping our TOYVAN ready for action...we'll need it for Friday November 4; when Summer Fun starts at 4pm on the Browns Bay beachfront

The Bays Community Centre Newsletter is published 5 times a year & 19,000 copies are distributed throughout East Coast Bays.

We welcome your community news. There is no charge for community organisations. Please contact us if you don't receive a copy in your letterbox (in the Browns Bay area it comes as an insert in the Browns Bay Magazine) & we'll put you on our mailing list. An electronic copy can be downloaded by going to [www.EBCBP.co.nz](http://www.EBCBP.co.nz) & clicking the 'Newsletter' icon.

Deadline for the Christmas newsletter is 4 Nov at noon; delivery beginning December.

## JOYCE'S SEWING CLASSES

Wed 28 Sep  
Learn to Sew with Joyce & make a drawstring bag.  
Ages 5-8.

Wed 5 Oct  
Sew a little decorative cat  
Age 9+

Both classes run from 3.30-5pm & cost \$10  
Ph Joyce, 479 3372



## EAST COAST BAYS COMMUNITY PROJECT

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