



# ParnellCommunityCentre

## Learning and Leisure Programme

January to June 2012

**photography** art activities **dance** language  
culture **travel** ESOL / general english  
**healthy mind and body** culinary delights  
**programmes for children** leisure activities  
**heritage walks and talks**



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

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ParnellTrust



# welcome

Welcome to Parnell Community Centre, part of the wider range of community services offered by Parnell Trust. As the hub for our community, we offer you a place where you can come together with others and live a richer and fuller life.

At Parnell Community Centre you'll find a broad range of courses and activities, each offering you stimulating learning, where you'll gain new ideas or skills, or simply enjoy the company of others in a relaxed and friendly setting. All courses are facilitated by quality, experienced tutors, at one of two locations, the historic and iconic Jubilee Building at 545 Parnell Road, or our new Glanville Community Campus at 27 Glanville Terrace.

## Enrolling is easy, simply:

- Enrol online at [www.parnell.org.nz](http://www.parnell.org.nz)
- Complete and return your enrolment form on the following page and then email, post or fax it to us.

**Want to attend a Heritage walk or talk?** You need not complete an enrolment form; simply reserve your space by email or phone.

## Parnell Community Centre

545 Parnell Road,  
Parnell

## Glanville Community Campus

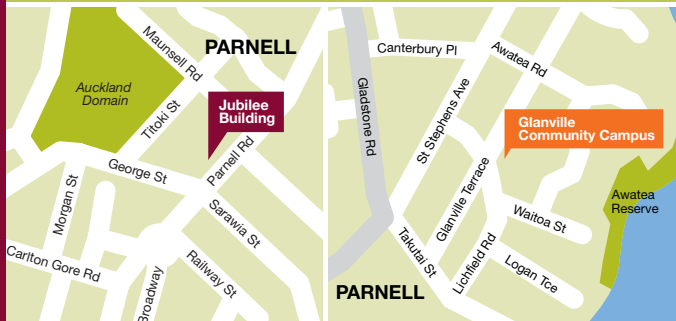
27 Glanville Terrace  
Parnell

PO Box 37682, Parnell 1151

t 09 555 5164 f 09 379 2091

[community@parnell.org.nz](mailto:community@parnell.org.nz)

**Office hours:** Monday-Friday 8am-6pm



Thanks to the following partners for assisting us to deliver the Learning and Leisure Programme:



# enrolmentform

**Do it online** – It's easier and quicker to register for your activity or class online. Go to [www.parnell.org.nz](http://www.parnell.org.nz)

Date \_\_\_\_\_

Title Mr / Mrs / Ms / Miss / Dr \_\_\_\_\_

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone (Hm) \_\_\_\_\_

(Wk) \_\_\_\_\_

Mobile \_\_\_\_\_

Email \_\_\_\_\_

Course Name \_\_\_\_\_

Term \_\_\_\_\_

Course Code \_\_\_\_\_ Fee \_\_\_\_\_

Course Name \_\_\_\_\_

Term \_\_\_\_\_

Course Code \_\_\_\_\_ Fee \_\_\_\_\_

Course Name \_\_\_\_\_

Term \_\_\_\_\_

Course Code \_\_\_\_\_ Fee \_\_\_\_\_

Course Name \_\_\_\_\_

Term \_\_\_\_\_

Course Code \_\_\_\_\_ Fee \_\_\_\_\_

Less Discount (*see Terms and conditions*) \_\_\_\_\_

**TOTAL**

## Terms and conditions

### FEES/PAYMENTS

- Payment must accompany all enrolments.
- Fees are inclusive of GST.
- A 10% discount applies for senior citizens (65+) and those with a community services card, on classes paid in advance of start date.
- Early Bird Discount: take \$5 off, provided payment received at least **three** weeks prior to start date.
- No discounts provided for casual attendance activities or annual membership fees.
- Only one discount per enrolment please.
- **Receipts issued on request or at first class.**
- **Material costs are not included unless otherwise stated.**

### CONFIRMATION

Many courses require a minimum number of enrolments before they can proceed. Your course or class enrolment will be confirmed 3-5 days prior to commencement, together with course requirements.

### TRANSFERS

You may transfer between courses. A fee of \$10 is payable per transfer.

### REFUNDS

- Full refund applies only when Parnell Community Centre cancels a course.
- Half refund applies for those who withdraw before a course starts.
- No refund applies to those who withdraw after the course has started.

### CANCELLATIONS / DATE AND TIME CHANGES

Parnell Community Centre reserves the right to cancel any course at any time and to change any course dates and times.

### COURSE EVALUATION

We welcome and value feedback. Participants will be asked to complete an evaluation form.



# enrolmentform

**Cash** is only accepted at Parnell Trust offices, 545 Parnell Road, Parnell

**Cheques** made payable to Parnell Trust and mail to PO Box 37 682 Parnell, Auckland 1151

**EFTPOS** is available at Parnell Trust offices 545 Parnell Road, Parnell

**Direct Credit** to BNZ Parnell Community Trust 02 0238 0079097 000.  
Please include code 200, your name and course code.

**Credit Card**  Visa  Mastercard No. \_\_\_\_\_  
Expiry Date \_\_\_\_/\_\_\_\_ Name on Card \_\_\_\_\_  
Amount \$ \_\_\_\_\_ Signature \_\_\_\_\_

## HOW DID YOU HEAR ABOUT US?

Brochure from  Parnell Community Centre  Letterbox  Library  Another Community Centre  
or  Website  Community newspaper  Word of mouth

## DATA REQUIRED FOR GOVERNMENT STATISTICS *(Please tick the correct option)*

Age  16-19  20-29  30-39  40-49  50-59  60+

Ethnic Origin *(please tick only one)*

Maori  Pacific Peoples  Asian  NZ European  Other

Gender  Male  Female

**PRIVACY ACT** We would like to keep you informed of Parnell Community Centre's events and activities.  
If you wish to receive further information, please tick

**OFFICE USE** Payment by  Cash  Cheque  Eftpos  Internet  Credit Card  
Receipt No \_\_\_\_\_ Date Received \_\_\_\_\_

Enjoy your class!

## giftvouchers

Learning and Leisure Programme Gift Vouchers are available for purchase from Parnell Community Centre reception. Gift Vouchers can be issued for a specific value or course to suit your individual requirements. Vouchers can be ordered in person at the Jubilee Building, or via phone or email.



# culture&languages



## **French – Beginners** | 8 weeks/\$95

Covers speaking, reading, writing and culture, and enables you to communicate confidently in any simple situation.

## **French – Post Beginners** | 8 weeks/\$95

For students who know the basics and want to continue learning and developing their ability and confidence to speak, write and be understood.

## **French – Intermediate** | 8 weeks/\$95

For students who want to extend their knowledge and have completed at least 16 weeks of French.

## **French for Travellers** **NEW** | 6 weeks/\$95

A daytime option if you plan to travel to France. Learn useful language skills to shop, dine, get around and develop an appreciation of French culture. Suitable for absolute beginners or those with a little French.

## **Tour de France** | 6 weeks/\$75

Take a voyage through this beautiful country if you are planning a trip or just wish to know more. Learn some basic French and useful phrases for your stay. Join, and experience the French joie de vivre.

## **Italian – Beginners** | 8 weeks/\$95

Buongiorno! Learn greetings, introductions, commonly used expressions, basic vocabulary and develop a confidence to give it a go.

## **Italian – Post Beginners** | 8 weeks/\$95

For those who have basic knowledge and want to improve their vocabulary, grammar, listening and speaking abilities.

## **Italian Intermediate** **NEW** | 8 weeks/\$95

For students who want to extend their knowledge and have completed at least 16 weeks of Italian.

## **FRE**

**Jacqui Reid** tutor

Thursday 7.30-9pm

Term 1: 23 Feb Term 2: 10 May

## **FRE A**

**Jacqui Reid** tutor

Thursday 6-7.30pm

Term 1: 23 Feb Term 2: 10 May

## **FRE B**

**Patrick Franceschi** tutor

Tuesday 7.30-9pm

Term 1: 21 Feb Term 2: 8 May

## **FRE GT**

**Isabelle Rolland** tutor

Tuesday 9.30-11.30am

Term 1: 28 Feb Term 2: 15 May

## **FRE C**

**Patrick Franceschi** tutor

Tuesday 6-7.30pm

Term 1: 28 Feb

## **ITA**

**Luisa Antonello** tutor

Thursday 7.30-9pm

Term 1: 23 Feb Term 2: 3 May

## **ITA A**

**Luisa Antonello** tutor

Thursday 6-7.30pm

Term 1: 23 Feb Term 2: 3 May

## **ITA B**

**Luisa Antonello** tutor

Tuesday 6-7.30pm

Term 1: 21 Feb Term 2: 1 May

Check our website for updates [www.parnell.org.nz](http://www.parnell.org.nz)

# culture&languages

## **Italian for Travellers** **NEW** | 6 weeks/\$95

Prepare for your next trip to Italy – or simply learn about Italian lifestyle and language in a fun, interactive class. Introduces Italian culture, attractions and the basics of the language.

## **Italian – Inspirations** | 6 weeks/\$75

Tuscany? Venice? Cinque Terre? Sicily? Come and be inspired in this travel series to visit the secret (and not so secret!) spots in Italy. Some language and lots of enthusiasm will have you online in no time booking your trip. Primo!

## **Spanish – Beginners** | 8 weeks/\$95

Learn basic grammar, practise speaking, discover new phrases and make amigos. Hasta la vista!

## **Spanish – Post Beginners** | 8 weeks/\$95

For those who have basic knowledge or have attended the beginners class.

## **Spanish – Intermediate** | 8 weeks/\$95

For students who want to extend their knowledge and have completed at least 16 weeks of Spanish.

## **Spanish for Travellers** **NEW** | 6 weeks/\$95

Prepare for your travel by learning the language through practical everyday situations. Learn greetings, numbers, travel queries, ordering food and practise speaking.

### ITA GT

**Luisa Antonello** tutor

Thursday 12.30-2.30pm

Term 1: 1 March Term 2: 10 May

### ITA C

**Giuseppe Martegani** tutor

Wednesday 6-7.30pm

Term 2: 2 May

### SPA

**Rosario Delgado** tutor

Wednesday 7.30-9pm

Term 1: 22 Feb Term 2: 9 May

### SPA A

**Rosario Delgado** tutor

Wednesday 6-7.30pm

Term 1: 22 Feb Term 2: 9 May

### SPA B

**Paula Sanchez** tutor

Wednesday 7.30-9pm

Term 2: 9 May

### SPA GT

**Rosario Delgado** tutor

Wednesday 9.30-11.30am

Term 1: 29 Feb Term 2: 16 May

## Information Evening for **French, Italian and Spanish**

Are you interested in our courses, but still have some questions? Not sure if you should enrol in Post Beginner or Intermediate level? Come along to our free information evenings, learn more about the classes and meet the tutors.

### Thursday 6-7pm

Term 1: 9 Feb

Term 2: 26 April

## Portuguese – Beginners | 8 weeks/\$95

Basic vocabulary and grammar as well as useful phrases needed when traveling in Portuguese speaking countries. Conversation is encouraged through interactive activities. Visual materials will be presented and used to aid communication skills.

## New Zealand Sign Language | 16 weeks/\$155\*

Introduction to New Zealand Sign Language – the only natural language used by the deaf community in New Zealand. Communicate with members of the deaf community as you improve your fluency, vocabulary and grammar.

\* Plus \$55 payable to tutor for DVD and workbook on first night.  
50% surcharge for non NZ residents.

**NZ Sign Language is now our official 3rd language. Sign Language uses hands, facial expressions and eye contact.**

## Travel Writing | 2 days/\$170

What makes a good travel writer? This lively weekend course teaches the skills needed to write and publish travel articles for newspapers and magazines. Susan's travel writing and photographs are published in New Zealand and Australia. Her articles for the Sunday Star Times and NZ Herald have won Cathay Pacific Travel Media Awards and Qantas Media Awards.

## POR

**Gilza Lacerda** tutor  
Wednesday 7.30-9pm  
Term 1: 22 Feb

## NZS

**Tim Lewin, Sarah Mason, Shona Mcghie** tutors  
Beginners 1 A/B, Beginners 1 C/D,  
Pre Intermediate 2 C/D  
Monday 7-9pm Term 1: 13 Feb  
Pre Intermediate 2 A/B  
Thursday 7-9pm Term 1: 16 Feb

## TRA

**Susan Buckland** tutor  
Saturday and Sunday  
9.30am-4.30pm  
Term 1: 17 and 18 March  
(Bring lunch)

# culinarydelights

## Simple Thai Cooking **NEW** | 5 weeks/\$100\*

Discover the fresh herbs and spices of Thai food. Make delicious meals using easy recipes to impress family and friends.

\*Plus \$50 for food ingredients payable to tutor on first night

## Italian Cuisine **NEW** | 4 weeks/\$80\*

Experience the sensational flavours of the classical Italian cucina. Make fresh pasta meals, desserts and more. Buon appetito!

\*Plus \$40 for food ingredients payable to tutor on first night

## CTHA GT

**Prajitra Janpadidwong** tutor  
Tuesday 6.30-8.30pm  
Term 1: 6 March

## CITA GT

**Christina Capri** tutor  
Tuesday 6.30-8.30pm  
Term 2: 22 May



# ESOL conversation/ general english

Come along to practise English, learn new words and meet others. Friendly informal classes helping you gain confidence in speaking English. Tutors will help you with questions about New Zealand life.

## **Beginner Level** | 8 weeks/\$120 (two classes)

Learn basic grammar, pronunciation and vocabulary, and how to talk with New Zealanders. For those who only have a little English.

## **Post Beginner Level** | 8 weeks/\$115 (two classes)

Build on the basic skills learnt at Beginner level. Recognise and learn more words and phrases and practise your pronunciation. Thursday class is conversation.

## **Conversation**

### **Intermediate Level and Above** | 8 weeks/\$85

Improve your conversation skills and vocabulary in this higher level class.

### **Hi there! Saturday Speaking** | 8 weeks/\$85

An enjoyable and relaxed speaking, listening, vocabulary and pronunciation class. Improve your conversation and confidence in English. For Pre-Intermediate level and above.

### **Pronunciation** **NEW** | 6 weeks/\$65

Look at English sounds, word and sentence stress, intonation and rhythm, and features of connected speech. Work on your specific problem areas and learn how to speak naturally in English. Intermediate level and above.

A few hours of teaching a week can make a significant contribution to the lives of NZ migrants and refugees.

Ask us about our 25 hour NZQA approved course to become a volunteer tutor. Phone **523 0071**

**aucklandcentral@englishlanguage.org.nz**

**www.englishlanguage.org.nz**



## **ESO A**

**Lucy Meek** tutor

11.30am-1.30pm

Tuesday and Thursday

Term 1: 14 Feb Term 2: 1 May

## **ESO B**

**Andrew Mouat** tutor

Tuesday 9.15am-11.15am AND

Thursday 1.30-2.30pm

Term 1: 14 Feb Term 2: 1 May

## **ESO C**

**Natalie Greenly** tutor

Wednesday 12.30-2.30pm

Term 1: 15 Feb Term 2: 2 May

## **ESO D**

**Angeline Seeto** tutor

Saturday 9.30-11.30am

Term 1: 11 Feb Term 2: 5 May

## **ESO GT1**

**Natalie Greenly** tutor

Monday 12.30-2.30pm

Term 1: 27 Feb

Term 2: 30 April

**Volunteers**  
needed  
to teach English to  
new New Zealanders

Check our website for updates **www.parnell.org.nz**

# photography & technology



## **Digital Photography – Part 1** | 8 weeks/\$140

Incorporates basic camera functions, technical terminology, image production, photographic genres/styles and basic image manipulation using Adobe Photoshop. Includes examination of influential photographs, a guide to cameras and accessories, getting the best from your equipment. All welcome.

## **Digital Photography – Part 2** | 8 weeks/\$140

Designed to increase confidence with your photography. Requires regular photographs to be taken in multiple situations. Includes a detailed analysis of your own images, identifying your style, further manipulation skills, competition entry, image sales, legal considerations and ethics. Amateur level and more advanced.

## **Adobe Photoshop – Beginners** | 2 days/\$85

A practical guide for those interested in editing and enhancing their digital photographs. A hands-on course making best use of the editing software to bring your photographs to life and to give them that professional look. Aimed at the beginner and includes basic Adobe Photoshop tools specifically designed for the amateur photographer. Laptops provided but please bring your own if you have Adobe Photoshop installed.

## **Internet and Computing for Seniors** | 4 weeks/\$25

Unsure about skyping and emailing friends, online banking or Trade Me? Then this is for you. Impress your grandchildren by showing that you can match them on the Internet.

### **DIG A**

**Simon Caswell** tutor

Wednesday 7-9pm

Term 1: 15 Feb Term 2: 2 May

**Please bring a camera.**

### **DIG B**

**Simon Caswell** tutor

Monday 7-9pm

Term 1: 13 Feb Term 2: 30 April

**Please bring a camera and a laptop if you have one.**

### **DIG C**

**Simon Caswell** tutor

Saturday 9am-12pm

Term 1: 10 and 17 March

Term 2: 19 and 26 May

### **ITS**

**Shelagh Coop** tutor

Tuesday 9.15-11.15am

Term 1: 13 March Term 2: 5 June

## **Information** Evening for **Photography**

**Are you interested in Digital Photography?**

**Want to know more about our classes?**

**Come along and have your questions answered. Free.**

**Thursday 6-7pm**

Term 1: 9 Feb

Term 2: 26 April

# healthymind&body

## **Begin to Meditate** | 1 session/\$35

Learn the practice of mindfulness meditation, developed by Tibetan teacher Sakying Mipham Rinpoche. Bring more sanity to the complexity of our daily lives. Tutors are provided by the Shambhala Buddhist Meditation Centre, 3B Scarborough Lane, Parnell. [www.auckland.shambhala.info](http://www.auckland.shambhala.info)  
Open House Tuesday 7pm.

## **Yang Tsin Su Fitness – Energy – Martial Arts – Meditation**

11 sessions by terms \$110

Improve energy, body shape, fitness, flexibility, balance, strength, inner peace and clarity (meditation). Maintain or restore health and learn how to de-stress with time efficient martial art exercises that are, in part, similar to a mix of Kung Fu and Tai Chi. All ages and levels of fitness. Beginners welcome at any stage of the term. For bookings email [Yang.Tsin.Su@gmail.com](mailto:Yang.Tsin.Su@gmail.com) or phone 021 060 1763.

## **Hapkido - Korean Martial Art of Self Defence** | \$135 per term (3 months)

Improve your confidence and fitness. Use a variety of techniques such as punches, kicks, elbows, knees, throws, holds and more. Beginners welcome (ages 15 and over).  
For bookings phone 537 0807 or 021 183 6953.

## **Introduction to Tai Chi** | 8 weeks/\$45

An excellent method of reducing stress, cultivating relaxation and mind-body synchronisation. Meant as an introduction to some of the principles and applications of the Chen Man-Ching system. Tutor has been teaching for 19 years. Participants welcome at any stage of the term.

## **Nordic Walking Part 1** | 2 hours/\$43\*

Learn to get fit the Nordic way! Easy to master, this unique form of exercise is a total body workout. Designed to give you a good understanding of the basics of Nordic Walking and assist in your application of the technique. Get professional coaching and reap the benefits of this awesome sport. Part 2 in Term 2.

\*Pole hire included

## **Women's Self Defense** **NEW** | 6 weeks/\$70

Realise your potential with a realistic approach to self defense. Gain greater awareness and learn self defense techniques in a supportive environment.

Check our website for updates [www.parnell.org.nz](http://www.parnell.org.nz)

## **MFH**

**Helen Bennett** tutor  
Saturday 10am-12.30pm  
Term 1: 18 Feb  
Sunday 10am-12.30pm  
Term 2: 27 May

**Paul Smith** tutor  
Sixth Grade Instructor  
Monday 6.30-8pm  
Saturday 8-10am  
Classes all year

**Mark and Nikki  
Metcalf** tutors  
Tuesday and Thursday  
6-7.30pm  
Classes all year  
Begins 2 Feb

## **TAI**

**Dr Marcus Henning** tutor  
Saturday 11am-12pm  
Term 1: 11 Feb  
Term 2: 5 May

## **NOR**

**June Stevenson** tutor  
Saturday 9-11am  
Term 1: 10 March  
Term 2: 12 May

## **WSD GT**

**Mark Metcalfe** tutor  
Wednesday 6-7.30pm  
Term 1: 29 Feb Term 2: 16 May



**Hatha Yoga** | Term 1 – 8 weeks/\$124  
| Term 2 – 9 weeks/\$140

Yoga harmonises the physical, mental and spiritual aspects of life. Learn techniques for relaxing and de-stressing through simple breathing exercises and physical postures which increase muscle tone and flexibility. **Own mat required.**

**Hatha Vinyasa Yoga** | 8 weeks/\$124

Vinyasa means “synchronised flowing breath”. This soulful flowing, mindful movement session will guide you to find inner balance and stillness. Start with breath enquiry, move through a flowing sequence of Yoga poses with each movement synchronised by breath, close with relaxation and develop your flexibility. Suitable for everyone – come, breath, move and relax. **Own mat required.**

**ChiBall NEW** | 6 weeks/\$90

Chi integrates the philosophy of traditional Chinese medicine, colour and aromatherapy with intelligent exercise, meditations and the movements of Tai Chi, Yoga, Pilates and ChiBall Dance. **ChiBall provided. Own mat required.**

**Pilates** | Term 1 – 8 weeks/\$124  
| Term 2 – 9 weeks/\$140

**10% discount if enrolled in more than one class.**

**Classes sold in 8 or 9 week blocks. Ask about the casual rate. Minimum purchase of 4 classes.**

Rose offers Pilates classes for the healthy person who wishes to experience a positive, exercise-based way to balance mind and body. Improve your flexibility, posture, muscle strength and balance. **Own mat required.**

Term 1 – 8 weeks/\$124

Term 2 – 9 weeks/\$140

Rosie's physiotherapy background and experience in treating spinal and sports conditions enables her to focus on your personal goals to get results. These are the classes to attend if you have back and body issues. **Own mat required.**

**Pilates for Men** | Term 1 – 8 weeks/\$124  
| Term 2 – 9 weeks/\$140

Build core strength and improve your fitness. Helps to strengthen the abdomen and back, which is a good foundation to build on if you want to participate in any type of sport. **Own mat required.**

Check our website for updates [www.parnell.org.nz](http://www.parnell.org.nz)

**Lynn Oram** tutor

**YOG A** Beginners

Wed 9.30-11am

Term 1: 15 Feb Term 2: 2 May

**YOG B** Continuing

Fri 9.30-11am

Term 1: 10 Feb Term 2: 27 April

**YOG C**

**Angela Gervan** tutor

Beginners and Continuing

Thursday 7.30-9pm

Term 1: 16 Feb

Term 2: 3 May

**YOG D**

**Lyn Oram** tutor

Wednesday 11.15am-12.15pm

Term 2: 9 May

**Rosemary Woodman** tutor

Mon 9-10am **PIL A** Beginners

Mon 10-11am **PIL F** Continuing

Thurs 9-10am **PIL G** Beginners

Thurs 10-11am **PIL D** Continuing

Term 1: Week of 13 Feb

Term 2: Week of 30 April

**Rosie Wall** tutor

Tues 5.45-6.45pm **PIL E** Continuing

Thurs 8-9am **PIL I** Beginners

Term 1: Week of 13 Feb

Term 2: Week of 30 April

**PIL M**

**Rosie Wall** tutor

Beginner and Continuing

Monday 7-8pm

Term 1: 13 Feb

Term 2: 30 April

# creativeart&design

## **Oil Painting** | 8 weeks/\$135

Learn the basics of colour theory, tone and composition. Shruti ensures that all students receive positive advice and ways to improve their work on a regular basis. View the tutor's website for more. [www.shrutiyatri.com](http://www.shrutiyatri.com)

Materials list available on enrolment.

## **Calligraphy** | 6 weeks/\$110\*

Gain basic training in stylish Italic handwriting as you learn the foundations of calligraphy. You will learn to balance the discipline and knowledge of handwriting with the emotional, aesthetic and intellectual depth of a timeless art-form.

\* Plus \$18 materials charge payable to tutor on first day of class.

## **Life Drawing** **NEW** | Term 1 – 6 weeks/\$75\*

| Term 2 – 8 weeks /\$100\*

Practise drawing with a professional live male or female model and exchange ideas with others. All mediums except oils welcome. Background in drawing helpful but not required.

### **Untutored.**

\*Model fee included.

## **Artistry of Flowers**

### **Living with Flowers – Part 1** | 5 weeks/\$115\*

Learn the basic principles of floral design and Ikebana. Arrange supermarket flowers, hand-tied bouquets and make small gift baskets. Part 2 in Term 2 covers party flowers, innovative fixture with foliage such as New Zealand flax and more.

\*Programme requires participants to bring materials. Full list available on enrolment.

### **Contemporary Garden Design** | 4 weeks/\$70

Covers successful gardens and how to make the most of your landscape dollar. Helps you plan the garden: layout, materials, resources. The tutor is an interior and landscape designer keen to make the outdoors a special place for its users.

### **New Zealand Art** | 4 weeks/\$75

Learn about New Zealand art, key artists - past and present, and the basics of art (composition, colour, techniques). Includes discussions. Contemporary artists in this course – past artists will be covered later in the year.

## **OIL**

### **Shruti Yatri** tutor

Tuesday 7-9pm

Term 1: 21 Feb

Term 2: 8 May

## **CAL**

### **Jan Leonard** tutor

Beginners and Continuing

Wednesday 3-5pm

Term 1: 22 Feb

Thursday 7-9pm

Term 2: 17 May

## **LIF GT**

Friday 9.30am-12.30pm

Term 1: 24 Feb Term 2: 4 May

## **AOF**

### **Tomoko Hirano** tutor

Tuesday 11.45am-1.45pm

Term 1: 28 Feb Term 2: 29 May

## **CGD**

### **Gill Warren** tutor

Wednesday 6-7.30pm

Term 1: 22 Feb

## **NZA**

### **Jacqui Reid** tutor

Monday 6.30-8.30pm

Term 2: 23 April



### **Art Appreciation** | 6 weeks/\$90

Brief overview of art history from Renaissance to current day helping students to understand different periods of art. Explains the importance of some artists in relation to what came before and after them. Designed to unlock some of the mysteries of art in an easy and practical way.

View her website [www.nickyforeman.co.nz](http://www.nickyforeman.co.nz)

### **Soft Stone Sculpture** | 1 day/\$130\*

Complete a sculpture in one day. First-time students and experienced artists alike will find the texture of this medium very satisfying as ideas can be quickly realised and modified. It will be an engrossing day – expect to go home tired but happy.

\*Materials cost included.

### **Book Repairs** | 1.5 hours/\$25\*

A simple, easy to follow workshop demonstrating best techniques for repairing and preserving books (no book-binding incl.) Torn, loose pages, extending lives of books showing wear and tear. Helpful to parents wanting to prolong life of childrens' books. Bring one or two samples with you.

\*Materials cost included.

### **Mosaics NEW** | 4 weeks/\$85\*

Create beautiful mosaic objects using tiles. Learn about design, colour mixing and basic application techniques. Enjoy both quiet creative space and interaction with others.

\*Plus \$20 materials charge payable to tutor on first night.

It is our intention to offer a range of choices including a selection of language, exercise and general interest classes. These will be promoted on our website [www.parnell.org.nz](http://www.parnell.org.nz) from mid-December, and through advertising and leaflet drops in the inner city.

If you would like to make suggestions about the type of classes or activities you would like to see, register on our emailing list or even offer yourself as a tutor for a class, please contact [community@parnell.org.nz](mailto:community@parnell.org.nz)

### **ART**

**Nicky Foreman** tutor

Thursday 6-8pm

Term 1: 1 March

### **SSS**

**Gillian Elmslie** tutor

Sunday 11am-4pm

Term 1: 25 March

Saturday 11am-4pm

Term 2: 5 May

(Bring lunch)

### **BOO**

**Carol Griffiths** tutor

Friday 10-11.30am

Term 1: 16 March

Monday 3-4.30pm

Term 2: 11 June

### **MOS GT**

**Tony Blay** tutor

Monday 6.30-8.30pm

Term 1: 5 March Term 2: 21 May

## Inner city classes

We are developing a programme of classes to deliver during Term 1 and Term 2 of 2012 at the Ellen Melville Hall, Freyberg Place, Auckland CBD.

Check our website for updates [www.parnell.org.nz](http://www.parnell.org.nz)

# musicrhythm & dance



## **Bollywood Dance** | 8 weeks/\$115 or \$200 for two

Uma is a performer/teacher of Bollywood dance and fashion shows in New Zealand and India. Bollywood depicts the celebration of love, social life of India and the importance of family. Learn two popular Bollywood dances as well as one modern dance.

## **Hip Hop NEW** | 6 weeks/\$60

Enjoy this energetic dance style, learn the steps and choreographies, and improve your clubbing skills! All welcome, no experience necessary.

## **Dancercise for 50+** | Term 1 – 8 weeks/\$36 | Term 2 – 9 weeks/\$40 | or \$5 per session

Simple dance steps, combined with fun music, make this programme “a must” for those wanting a friendly exercise class. The tutor has taught dance and fitness for over 30 years. Join in the fun and walk away with a smile on your face.

## **Classical Guitar – Beginners NEW** | 6 weeks/\$120\*

Learn how to read music and develop finger style techniques, applicable to all musical styles. Tutor has been teaching and performing professionally for 30 years. **Own guitar required.**

\*Plus \$25 book fee payable to tutor on first day.

## **BOL**

**Uma Maheshwari** tutor

Monday 5.45-7pm

Term 1: 13 Feb Term 2: 30 April

## **HIP**

**Sarah Yu** tutor

Tuesday 7.40-8.40pm

Term 1: 28 Feb Term 2: 15 May

## **DAN**

**Rita Farmer** tutor

Monday 11.15am-12.15pm

Term 1: 13 Feb Term 2: 23 April

## **GUI GT**

**Robert Macpherson** tutor

Saturday 1-3pm

Term 1: 25 Feb Term 2: 5 May

We are always looking for volunteer help to assist us to launch new initiatives and to provide support for existing programmes. If you are able to help for a few hours on a regular basis on any of the projects below, please contact **steve@parnell.org.nz**

- Reception help at Jubilee Building, Parnell Rd
- Gardening at Glanville Tce Childcare Centre
- Reading to under 5's at either of our Early Childcare Centres in Parnell
- Data entry at Jubilee Building
- Distribution of leaflets to households and businesses

## Volunteers

We are  
always looking  
for volunteer  
help

Check our website for updates [www.parnell.org.nz](http://www.parnell.org.nz)

# leisureactivities



**One \$10 membership fee, payable in January or on joining, covers all leisure activities annually except Garden Group and U3A. Join at any time. New members are always welcome. All enquiries: 555 5164**

## **Step Out (Walking group)**

Join this group to motivate yourself and take the opportunity to socialise as you step out with other enthusiasts.

Thursday 10-11am  
Begins 1 March

## **Afternoon Bridge | Plus \$5 session**

Enjoy social bridge and afternoon tea. Partners can be arranged. Join in a friendly game. New members and all level players welcome.

Friday 12.15-3.15pm  
Begins 13 Jan

## **Mah Jong | Plus \$3 session**

Learn to play or refresh yourself in this fascinating oriental board game. New members always welcome.

Monday 12.30-2.30pm  
Begins 13 Feb

## **Chess | Plus \$3 session**

Enjoy the game of Kings and Queens. New members welcome.

Wednesday 1.30-4pm  
Begins 1 Feb

## **Seniors Coffee and Chat | Plus \$2 session**

Come together for morning tea, guest speakers and regular outings. Please call Win on 521 1411 for more information.

## **Film Club | Plus \$3 session**

Join this friendly group once a month for afternoon tea to informally discuss movies viewed in the previous weeks.

Third Thursday  
of the month 2.30-4pm  
Begins 17 Feb

## **Garden Group**

Share your love of plants and gardening with fellow enthusiasts. Meetings include trips, walkabouts, speakers and trading table. Phone Sue on 521 1509 for more information.

## **Scrabble | Plus \$3 session**

Enjoy the wonderful world of words as you play Scrabble with a friendly group. Enjoy fellowship, build your Scrabble vocabulary and finish with a cup of tea. New members always welcome.

Tuesday 1-3pm  
Begins 17 Jan

## **U3A Parnell**

The Parnell Branch of U3A meets monthly in the Parnell Community Centre for presentations, lectures and morning tea. In addition, there are network groups throughout the month. All older persons welcome. Phone Cherie St John on 520 2282 for more information.

Third Wednesday  
of the month  
9.30-11.30am

## **Knitting Group NEW | Plus \$3 session**

Bring your own project and socialise with other like-minded people.

Second Friday  
of the month 1-3pm  
Begins 10 Feb

## **Writing for Our Grandchildren**

### **(Older Women's Network) NEW | Plus \$2 session**

Join this friendly group once a month for morning tea and learn how to write short stories and poems for grandchildren.

First Thursday  
of the month 10am-12pm  
Begins 1 March

# heritagewalksandtalks

## Auckland Domain

Come and explore the geological, Maori and European histories of New Zealand's oldest park, located on one of Auckland's first volcanoes. 1.5 to 2 hours.



Saturday **21 Jan** 10.30am  
Saturday **17 March** 10.30am  
Meet at base of front steps,  
Auckland War Memorial Museum

## Auckland Domain – Architecture

Learn about the architectural history and view the range of statues of buildings in this glorious public park. 1.5 to 2 hours.

Saturday **18 Feb** 2pm  
Saturday **10 March** 2pm  
Meet at base of front steps,  
Auckland War Memorial Museum

## A Dozen (and more) Delights

Delight in our history. Parnell, fringed by the waterfront and the Domain, is Auckland's oldest suburb, vibrant with history and elegance. Fascinating range of historic buildings: Victorian, Gothic, colonial, classical and Arts and Crafts. 2 hours.

Saturday **25 Feb** 10am  
Saturday **17 March** 2pm  
Meet at the Jubilee Building,  
545 Parnell Road, Parnell

## Grafton

Identify some of the early houses of the area and structures such as the Grafton Bridge and cemetery. Gives background on heritage buildings, both residential and public. 2 hours.



Sunday **11 March** 10am  
Meet on the footpath outside  
the Langham Hotel,  
83 Symonds Street

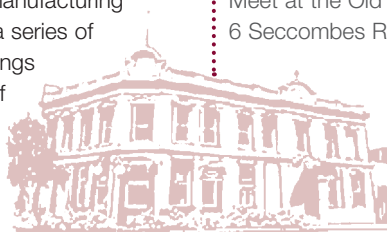
## Judges Bay

Geological aspects of Maori and European history, the early Maori settlement, Maori hospital and the site where Bishop Selwyn landed in New Zealand. 70-80 minutes over easy terrain.

Sunday **29 Jan** 9am  
Sunday **1 April** 9am  
Meet at the car park on  
Judges Bay Road, by the beach

## Newmarket

Once sale yards for livestock and a major manufacturing and warehousing centre, it has undergone a series of transformations. Examples of heritage buildings between the 1850s and the 1960s. Learn of future planned development. 1.5 hours.



Sunday **26 Feb** 9am  
Meet at the Old School Building,  
6 Seccombes Road, Newmarket

**Parnell Trust Heritage Walk Season runs between September and April.  
If you are interested in becoming a walk leader please contact us.**

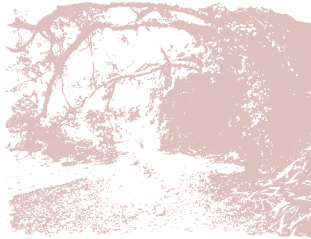


## St Stephen's Chapel

View a striking example of timbered colonial architecture built in 1856 and "meet" some of its silent churchyard congregation. Includes many prominent Auckland colonists and early missionary families. 1.5 hours.

## Streams and Gullies

Brisk walk through the bush-clad gullies of Parnell. The trail links five separate reserves, including the foreshore of Hobson Bay. Requires an above-average to good level of fitness. Not suitable for prams and buggies. 1.5 hours.



## In the Zone

Discover a hidden corner of Auckland nestled between Mt Eden and Newmarket. View iconic buildings such as Auckland Grammar and walk through the leafy streets to reveal gracious homes. Glimpses of the area's volcanic past. 1.5 hours.

## Campus Stories

From its earliest days in the 1840s to its modern architectural and cultural developments, the area in and around the University of Auckland campus provides a wealth of history and interesting stories. Good level of fitness required. Refreshments in Old Government House available. 1.5 hours.



Check our website for updates [www.parnell.org.nz](http://www.parnell.org.nz)

**Bookings essential.** Visit the Parnell Trust website [www.parnell.org.nz](http://www.parnell.org.nz), t 09 555 5164 [community@parnell.org.nz](mailto:community@parnell.org.nz). Adults \$5, children free.

Sunday **12 Feb** 2pm  
Sunday **11 March** 2pm  
Meet at St Stephen's Chapel,  
Judge Street, Parnell

Saturday **31 March** 10am  
Meet at the Jubilee Building,  
545 Parnell Road, Parnell

Saturday **18 Feb** 10am  
Sunday **18 March** 10am  
Meet at the corner of  
Seccombes and Mountain Roads

Friday **17 Feb** 10am  
Saturday **24 March** 10am  
Meet at Clock Tower Building,  
26 Princes St, CBD



# heritagewalksandtalks

## **Tangirapaki – Hillside of Weeping Waters** **NEW**

Take a unique Parnell walk, down a hill side to Hobson Bay to see sights including historic Kinder House and Ewelme Cottage. Enjoy interesting vintage houses from the 1880s to the 1940s as well as a pre European village site, park land and native bush. 1.5 hours.



Saturday **3 March** 2pm  
Meet at the Jubilee Building,  
545 Parnell Rd, Parnell

## **Parnell's Hidden Treasures**

Stroll down streets steeped in the history of Auckland. Feel the ambience and excitement that must have been experienced by those brave immigrants who came to the shores and embraced life in a new country. Good level of fitness required. 2 hours.

Sunday **4 March** 10am  
Meet at the Jubilee Building,  
545 Parnell Rd, Parnell

## **Riverhead Heritage Fruit tour** **NEW**

Walk around three acres of flowering heritage fruit trees – 200 plum, 150 apple and 50 pear trees. Murray Joyce and Rob Velseboer of Heirloom Organix have been nurturing these trees for 15 years and grow organic culinary herbs and heirloom vegetable seedlings. 1.5 hours.



Saturday **18 Feb** 2pm  
Phone for location

Check our website for updates [www.parnell.org.nz](http://www.parnell.org.nz)

**Parnell Trust Heritage Walk Season runs between September and April.  
If you are interested in becoming a walk leader please contact us.**

Parnell Community Centre is always open to receiving suggestions for new courses or activities to include as part of our Learning and Leisure Programme.

If you have got a suggestion that you would like to talk to us about, or you would like to offer your services as a tutor, contact Parnell Community Centre reception on [community@parnell.org.nz](mailto:community@parnell.org.nz) or **555 5164**.

We welcome  
**course  
and tutor  
suggestions**

# programmes for children



**Parnell Trust offers before and after school programmes, after school clubs and school holiday programmes, delivered by experienced and highly motivated staff in a fun and safe environment. With programmes costing as little as \$5.90 per hour, you'll find great value for money with a convenient drop-off location in Parnell. Be assured, your child will be in safe hands. All Parnell Trust's programmes meet safety standards and agreed codes of behaviour (awarded by the Department of Child, Youth and Family Services and OSCAR).**

## **Glee Club NEW | 6 weeks/\$180 for 8-14 year olds**

Learn a variety of songs and dances taken from current popular music. Rehearse and perfect a musical number with passionate instructor, singer, actor and vocal coach from the Performing Arts School of NZ. No prior singing or dancing skills are required... just a healthy dose of enthusiasm. Enquiries **t** 555 5194 or [pf@parnell.org.nz](mailto:pf@parnell.org.nz)

**Cherie Moore** tutor

Wednesday 3.30-5.30pm

Term 1: 22 Feb Term 2: 9 May

## **Robo Club NEW | 6 weeks/\$150 for 8-14 year olds**

Combine your imagination and knowledge with specialised software and LEGO Mindstorm Robotic Invention kits in a course adapted from Tufts University in Boston, USA. Be inspired to invent new creations, and learn how to programme and operate the robots. Enquiries **t** 555 5194 or [pf@parnell.org.nz](mailto:pf@parnell.org.nz)

**Matthew Goode** tutor

Thursday 3.30-5.30pm

Term 1: 23 Feb Term 2: 10 May

## **Children's Career Choices NEW | 2 weeks/\$50**

Learn about your own career path and utilise online resources in order to help you understand and support your child's career choices. Suitable for parents with teenage children. Enquiries **t** 555 5164 or [community@parnell.org.nz](mailto:community@parnell.org.nz)

**CCC GT**

**Judi Lubetzky** tutor

Monday 6.30-8.30pm

Term 1: 20 Feb

Saturday 8.45-10.45am

Term 2: 16 June

## **Mother and Baby Coffee Group NEW**

Pop along and enjoy some free coffee while meeting other mums and babies under 12 months. Contact Mel on 309 0335 or email [eeskee@gmail.com](mailto:eeskee@gmail.com)

Friday 1-3pm

Fortnightly

Beginns 20 Jan

## **Mini Sports for 2-3 and 3-5 year olds**

**NEW | 10 weeks per term**

Join these 30 or 40 minute sessions at the Parnell District School. Two sports per term – Soccer, Rugby, Hockey, Basketball, Cricket, T-Ball and lots of fun games. Check website for other Auckland locations. Book online [www.minisports.co.nz](http://www.minisports.co.nz) or call 0222 646472

Saturday 9am (2-3 year olds)

Saturday 9.45am or 10.30am  
(3-5 year olds)

## **Pre-School Dance for 3½ and 4 year olds**

**NEW | 8 weeks/\$80**

A fun and imaginative approach to learning the basics of ballet and creative dance. Designed to develop coordination, balance and musicality. The use of props makes this a fun and playful experience, while introducing the children to the social skills of group dynamics, self-control, and listening. For bookings phone 021 161 9262 or email [saoriishimaru@hotmail.com](mailto:saoriishimaru@hotmail.com)

**Saori Ishimaru** RAD RTS, AISTD  
tutor

Monday 9-9.30am or

10-10.30am (3½ year olds)

Monday 9.30-10am or

10.30-11am (4 year olds)

Term 1: 30 Jan

Term 2: 23 April



# HubOfTheCommunity

COMMUNITY CENTRE • EARLY CHILDHOOD EDUCATION • FARMERS' MARKET • PROGRAMMES FOR CHILDREN • VENUE SOLUTIONS

Parnell Trust has been working in a community development role since 1982, seeking to create and strengthen social links through shared cultural, recreational and educational activities.

Parnell Trust works collaboratively with individuals and organisations to identify and respond to community needs. As a result we offer a diverse and interesting portfolio of programmes and services.

- Learning and Leisure Activities
- Venue Solutions
- Farmers' Market
- Heritage Walks
- Early Childhood Centres
- School Holiday Programmes
- Before and After School Programmes



## Hot Desk Spaces

Contact [Steve@parnell.org.nz](mailto:Steve@parnell.org.nz) to get more details, or drop in to see what's on offer.

**Are you working on a community project that is focussed for social good? Do you need a centrally based office or meeting room for half a day now and then?**

Parnell Trust offers shared workspace opportunities for part day, part week and short term at very reasonable rates.

t 09 379 2095 f 09 379 2091  
Jubilee Building, 545 Parnell Road, Parnell  
PO Box 37 682, Parnell, Auckland 1151



**ParnellTrust**  
[www.parnell.org.nz](http://www.parnell.org.nz)