Other Groups and Services

Acupuncturist NZ Registered

All pain relief & Weight loss with quality acupuncture

Contact Gin Liu: (09) 534 8458



Active Futures - *Free for parents with pre-schoolers* Become your child's first health and wellbeing coach

Sundays I Contact Maddi: 027 274 8005



Away Forward Counselling Services

Looking for a Way Forward? We are here to help

Denise: 021 296 1746 l www.awayforward.co.nz



*Breast Screen Aotearoa Mobile Bus

Mobile Bus In the front carpark

10 to 28 February, 2020 I Contact: 0800 270 200



Cervical Screening Clinic

Counties Manukau Super Clinic free Cervical Screening





HEALTH

Highland Park Community Crèche

Affordable & experienced preschool child care.

Monday - Friday I Contact Sue Ellis: 533 9500



Life Unlimited Hearing Therapy Services

Do you or a loved one need hearing help?

Contact: Freephone 0800 008 011



Massage Therapy & Naturopathy

Therapeutic techniques alongside relaxation

maddisonleighp@gmail.com Web: maddionleigh.nz



Paint and Party - 5 week course

Make your own art journal with family & friends
Sani-Mari: 020 402 579 65 | www.trybooking.co.nz/DSU



Serenity Space

Reiki for relaxation, positive energy & healing

Sarah: 021 156 4551 - serenityspaceakl@gmail.com



Sri Chinmoy Centre

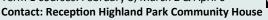
Free meditation classes and community projects.

Contact for details: Durba Lee 022 065 3719



*Defensive Driving at Highland Park

Term 1 courses: February 3, March 2 & April 6



About Us

Howick & Pakuranga Community Houses Incorporated (HPCH), operates two community houses in the Howick and Pakuranga areas; Highland Park and Anchorage Park Community Houses. The society is supported and funded by Auckland Council and the Howick Local Board to operate the two houses for the community and their surrounding areas.

The mission of HPCH is to provide venues and services to assist in the facilitation of community activities that contribute to a Holistic sense of well-being. We do this successfully by renting rooms in each of our houses and funding a number of community groups including the very popular, Defensive Driving course.

Highland Park Community House can be found in the heart of the Highland Park Community. It is situated on Aviemore Drive, a main arterial road running off Pakuranga Highway. It is easy to access, has a large carpark and plenty of street parking.

The house has 3 rooms and 1 clinic for hire and is the venue for a wide range of community support groups, medicinal clinics, Defensive Driving courses, arts & craft, recreational and exercise groups, local church and spiritual meetings.

Room hire is available Monday to Sunday from 8:30am to 10.00pm. Further information regarding room hire can be found by picking up our Room Hire brochure from reception.

Reception hours are Monday to Friday from 8:30am to 4:00pm. We look forward to welcoming you to Highland Park Community



Highland Park Community House Serving the Community

HIGHLAND PARK COMMUNITY HOUSE

47 Aviemore Drive I Highland Park I Auckland, 2010
Bookings and enquiries: Telephone (09) 534 5584
E-mail: info@hpapcommunityhouses.org.nz
Web: www.hpapcommunityhouses.org.nz







Proudly supported by Auckland Council

HIGHLAND PARK COMMUNITY HOUSE

Community
Classes, Groups & Services

Term 1

28 January to 9 April, 2020



www.hpapcommunityhouses.org.nz

MONDAY GROUPS AND CLASSES

Breast and Cervical Screening Contact: (09) 250 8023

Counties Manukau Super Clinic free Screening for woman 45 to 69 Starts 10 to 28 February, mobile bus in carpark, cervical clinic onsite



CADS Alcohol & Drug Support Group Contact: (09) 263 2000

For more information on services offered please check the web.

Web: www.cads.org.nz. We are here to help.



Defensive Driving with Ray Clark

Approved NZTA courses. Subsidised for NZ Citizens & Permanent Residents.

Classes consist of 4 x 2 hour theory sessions, book early!

Monthly Monday & Wednesday evenings from 6:00pm Term 1 - Feb 3, Mar 2 & Apr 6 Parkview Room I Cost: \$130.00pp

Contact: (09) 528 5052 GROW

Holistic community mental health group. Call in & chat anytime. Weekly in the Elsmore Room from 7:00pm



Book at Reception

Ladies Evening Craft Drop-In Contact Sharon: 021 122 8059

Come along and meet new people while making new craft.

Weekly from 7:00pm to 9:00pm I 10 February

Mrs Y Professional Education Contact Yvonne: 022 353 6298

Chinese, Maths and Art Education for children aged 4 to 15 years. Weekly Monday from 3:30pm | Starts 10 February



Bookings: 021 725 733 Monday Yoga with Cheryl

Drop-in class for relaxing yoga. Please bring your own yoga mats. Weekly from 9:00am to 10:00am | Starts 10 February

Tai Chi with Master Stacy Bookings: (09) 576 3705

Gentle and safe exercise for all ages. Perfect for health and wellbeing Weekly from 10:30am to 11:30am | Starts 10 February



TUESDAY GROUPS AND CLASSES

Abacus Maths After School Bookings: 021 089 86 489

Help your child master Arithmetic in a supportive environment Weekly Tues & Wed from 4:00pm | Starts 4 February



*Drop-In Scrabble Contact Jeannette: (09) 534 4453

Scrabble enthusiasts meet up for afternoon social games. All welcome Weekly from 12:15pm to 4:00pm | Starts 28 January



*Drop-In Patchwork/Quilting Contact Pam: (09) 535 4008

A drop-in group for like minded people interested in patchwork. Weekly in the Monet room from 9:00am I Starts 28 January



*Knitters Operation Cover Up Contact Val: (09) 534 2850

Knitting to support the poor and needy worldwide.

First Tuesday of each month from 12:00pm | Starts 4 February

Chinese Traditional Painting & Calligraphy Contact Ran: 022 095 6010 Afterschool classes for children 6 to 8yrs and 9 to 12yrs

Weekly in the Monet Room from 4:15pm | Starts 4 February

Weight Watchers (WW) Contact: 0800 009 009

Support group for weight loss and improved health benefits. Weekly from 6.30pm to 9:30pm | Starts 28 January

WeightWatchers

WEDNESDAY GROUPS AND CLASSES

Breast Cancer Support

Support, advice and friendship.

Third Wednesday of each month from 7:30pm | Starts 19 February

*Drop-In Craft

Contact Alison: 021 147 6565

Contact: 0800 273 222

Join this friendly and relaxed group and work on your handcrafts.

Weekly 9:00am to 12:00pm | Starts 29 January

Howick Herb Group Contact Pamela: (09) 534 9379

Come along and learn all there is to know about herbs. First Wednesday monthly from 7:30pm | Starts 5 February

Pakuranga U3A Travel Group Contact Garry: (09) 576 9478

Discuss your recent overseas trips & get the travel bug. 1st Wednesday monthly from 12:30pm | Starts 5 February

Tough Love Support Group Contact: 0800 868 445

THURSDAY GROUPS AND CLASSES

Support group meetings for parent with difficult adolescents. **TOUGHLOVE**

Weekly 9:00am | \$50.00 pp for 10 weeks | Starts 13 February

Weekly in the Parkview room from 5:30pm | Starts 13 Feb

Meet with others who are going through similar cardiac experiences.

Kahui Tu Kaha - Support Group Contact Ruby or Perry (09) 531 4040

Last Thursday & Second Friday of the Month from 6.00pm Kähui Tū Kah

Weekly in the Parkview Room from 10:30am | Starts 13 February

Chinese, Maths and Art Education for children aged 4 to 15 years.

Weekly Thursdays from 3:45pm | Starts 13 February

Fortnightly 7:30pm to 9:30pm | Starts 12 February

*CHENSHI Tai Chi with David

Living Without Violence (LWVP)

*Howick & Districts Cardiac Club

Community Mental Health services

Mrs Y Professional Education

FRIDAY GROUPS AND CLASSES

Divine Life Prayer group

Friendship and Fellowship. Weekly in the Parkview Room from 7:30pm | Starts 14 February

Christian Auckland Truth Church

Friendship and Fellowship Weekly Friday in the Monet Room from 7:30pm | Starts 7 February

Korean Positive Ageing Contact Yongrahn: (09) 272 7040

Come along for a fun weekly get-together for the over 60's.

Weekly from 1.00pm in the Parkview room I Starts 14 February

SATURDAY GROUPS AND CLASSES

Art Date with Roze Magenta

Contact Sane-Mari 020 402 57965

Contact Sarah: 021 156 4551

Contact Praredh: 021 113 7879

Contact Dong: (09) 418 3532

Create your own art journal over 5 weeks. Fun and relaxing 5 Week course | from 2:00 to 4:00pm | Starts 7 March



Chinese Cancer Support

Howi

Sponsored by

Book at Reception

Contact Rosemary: (09) 534 3429

Contact Trevor: 027 675 5584

Contact: 0800 348 7878

Contact: 0800 228 483

Contact Jovce: (09) 537 0036

Contact Yvonne: 022 353 6298

MRS. Y

Rongoā Kākāriki

GREEN

Contact Hans (09) 532 8586

Support and friendship for sufferers, family and friends.

First Saturday of the month from 1:30pm | Starts 14 March

Chinese Women's Wellness

Contact Betty: 021 056 6118

Chinese Women support and friendship.

Second Saturday of the month from 10:00am | Starts 15 February

Serenity Space

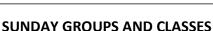
Reiki for relaxation, positive energy & healing

Email serenityspaceakl@gmail.com | Appointments eve & weekends

Univision Music Lessons Contact Walter: 021 029 79188

Community music lessons

Weekly during the school term from 3:30pm | Starts 8 February



Active Futures - free for parents with pre-schoolers Contact Maddi: 027 274 8005 ACTIVE

Become your child's first heath & wellbeing coach

Monthly from 1:30pm in Monet Room

Christian Auckland Truth Church Contact Dong: (09) 418 3532

Friendship and Fellowship Tuesday's Fridays and Sundays

Weekly in the Parkview Rooms I Starts 2 February

East City Pentecostal Church

Contact Lisa: (09) 272 6807 Come and experience Pentecostal worship & Apostolic preaching.

Weekly from 10:00am in Parkview Room I Starts 26 January

Shiv Yog East Auck - Meditation/Spiritual Contact Dev: 021 931 405 Meditation For health and wellbeing

Weekly from 6:00pm in Monet Room I Starts 2 February





