

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 | Contact Maddi: 027 274 8005



Away Forward Counselling Services

Looking for a Way Forward? We are here to help
Denise: 021 296 1746 | www.awayforward.co.nz



*Breast Screen Aotearoa Mobile Bus

Mobile Bus In the front carpark
10 to 28 February, 2020 | Contact: 0800 270 200



Cervical Screening Clinic

Counties Manukau Super Clinic free Cervical Screening
19 & 24 Feb & 29 Apr | Contact: (09) 250 8023



Highland Park Community Crèche

Affordable & experienced preschool child care.
Monday - Friday | 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: maddisonleigh.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 - serenityspaceaki@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
Contact: Reception Highland Park Community House



* Groups Sponsored by Howick & Pakuranga Community Houses Inc

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 | Highland Park | Auckland, 2010
Bookings and enquiries: Telephone (09) 534 5584
E-mail: info@hgapcommunityhouses.org.nz
Web: www.hgapcommunityhouses.org.nz



Proudly supported by Auckland Council

HIGHLAND PARK COMMUNITY HOUSE

**Community
Classes, Groups & Services**

Term 1

28 January to 9 April, 2020



www.hgapcommunityhouses.org.nz






MONDAY GROUPS AND CLASSES

Breast and Cervical Screening Counties Manukau Super Clinic free Screening for woman 45 to 69 Starts 10 to 28 February, mobile bus in carpark, cervical clinic onsite	Contact: (09) 250 8023 
CADS Alcohol & Drug Support Group For more information on services offered please check the web. Web: www.cads.org.nz. <i>We are here to help.</i>	Contact: (09) 263 2000 
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	Book at Reception 
GROW Holistic community mental health group. Call in & chat anytime. Weekly in the Elsmore Room from 7:00pm	Contact: (09) 528 5052 
Ladies Evening Craft Drop-In Come along and meet new people while making new craft. Weekly from 7:00pm to 9:00pm I 10 February	Contact Sharon: 021 122 8059 
Mrs Y Professional Education Chinese, Maths and Art Education for children aged 4 to 15 years. Weekly Monday from 3:30pm I Starts 10 February	Contact Yvonne: 022 353 6298 
Monday Yoga with Cheryl Drop-in class for relaxing yoga. Please bring your own yoga mats. Weekly from 9:00am to 10:00am I Starts 10 February	Bookings: 021 725 733 
Tai Chi with Master Stacy Gentle and safe exercise for all ages. Perfect for health and wellbeing Weekly from 10:30am to 11:30am I Starts 10 February	Bookings: (09) 576 3705 

TUESDAY GROUPS AND CLASSES

Abacus Maths After School Help your child master Arithmetic in a supportive environment Weekly Tues & Wed from 4:00pm I Starts 4 February	Bookings: 021 089 86 489 
*Drop-In Scrabble Scrabble enthusiasts meet up for afternoon social games. All welcome Weekly from 12:15pm to 4:00pm I Starts 28 January	Contact Jeannette: (09) 534 4453 
*Drop-In Patchwork/Quilting A drop-in group for like minded people interested in patchwork. Weekly in the Monet room from 9:00am I Starts 28 January	Contact Pam: (09) 535 4008 
*Knitters Operation Cover Up Knitting to support the poor and needy worldwide. First Tuesday of each month from 12:00pm I Starts 4 February	Contact Val: (09) 534 2850 
Chinese Traditional Painting & Calligraphy Afterschool classes for children 6 to 8yrs and 9 to 12yrs Weekly in the Monet Room from 4:15pm I Starts 4 February	Contact Ran: 022 095 6010 
Weight Watchers (WW) Support group for weight loss and improved health benefits. Weekly from 6:30pm to 9:30pm I Starts 28 January	Contact: 0800 009 009 

WEDNESDAY GROUPS AND CLASSES

Breast Cancer Support Support, advice and friendship. Third Wednesday of each month from 7:30pm I Starts 19 February	Contact: 0800 273 222 
*Drop-In Craft Join this friendly and relaxed group and work on your handcrafts. Weekly 9:00am to 12:00pm I Starts 29 January	Contact Alison: 021 147 6565 
Howick Herb Group Come along and learn all there is to know about herbs. First Wednesday monthly from 7:30pm I Starts 5 February	Contact Pamela: (09) 534 9379 
Pakuranga U3A Travel Group Discuss your recent overseas trips & get the travel bug. 1st Wednesday monthly from 12:30pm I Starts 5 February	Contact Garry: (09) 576 9478 
Tough Love Support Group Support group meetings for parent with difficult adolescents. Fortnightly 7:30pm to 9:30pm I Starts 12 February	Contact: 0800 868 445 

THURSDAY GROUPS AND CLASSES

*CHENSHI Tai Chi with David Gentle exercise to assist with reduction of stress & help with balance. Weekly 9:00am I \$50.00 pp for 10 weeks I Starts 13 February	Book at Reception 
Combined Probus Club Botany Come and join our friendly group of Canasta players. All welcome Third Thursday of the Month from 1:00pm I Starts 20 February	Contact Rosemary: (09) 534 3429 
Eastern Bonsai Club Bonsai for all levels in a friendly relaxed environment. Third Thursday of the month from 7:00pm I Starts 20 February	Contact Trevor: 027 675 5584 
Friendship House - Program Living Without Violence (LWVP) Weekly in Elsmore Room I Website info@friendshiphouse.org.nz	Contact: 0800 348 7878 
Green Prescription Healthy lifestyle advice and support Weekly in the Parkview room from 5:30pm I Starts 13 Feb	Contact : 0800 228 483 
*Howick & Districts Cardiac Club Meet with others who are going through similar cardiac experiences. Weekly in the Parkview Room from 10:30am I Starts 13 February	Contact Joyce: (09) 537 0036 
Kahui Tu Kaha - Support Group Community Mental Health services Last Thursday & Second Friday of the Month from 6.00pm	Contact Ruby or Perry (09) 531 4040 
Mrs Y Professional Education Chinese, Maths and Art Education for children aged 4 to 15 years. Weekly Thursdays from 3:45pm I Starts 13 February	Contact Yvonne: 022 353 6298 

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FRIDAY GROUPS AND CLASSES

Divine Life Prayer group Friendship and Fellowship. Weekly in the Parkview Room from 7:30pm I Starts 14 February	Contact Praredh: 021 113 7879 
Christian Auckland Truth Church Friendship and Fellowship Weekly Friday in the Monet Room from 7:30pm I Starts 7 February	Contact Dong: (09) 418 3532 
Korean Positive Ageing 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	Contact Yongrahn: (09) 272 7040 

SATURDAY GROUPS AND CLASSES

Art Date with Roze Magenta Create your own art journal over 5 weeks. Fun and relaxing 5 Week course I from 2:00 to 4:00pm I Starts 7 March	Contact Sane-Mari 020 402 57965 
Chinese Cancer Support Support and friendship for sufferers, family and friends. First Saturday of the month from 1:30pm I Starts 14 March	Contact Hans (09) 532 8586 
Chinese Women's Wellness Chinese Women support and friendship. Second Saturday of the month from 10:00am I Starts 15 February	Contact Betty: 021 056 6118 
Serenity Space Reiki for relaxation, positive energy & healing Email serenityspaceakl@gmail.com I Appointments eve & weekends	Contact Sarah: 021 156 4551 
Univision Music Lessons Community music lessons Weekly during the school term from 3:30pm I Starts 8 February	Contact Walter: 021 029 79188 

SUNDAY GROUPS AND CLASSES

Active Futures - free for parents with pre-schoolers Become your child's first health & wellbeing coach Monthly from 1:30pm in Monet Room	Contact Maddi: 027 274 8005 
Christian Auckland Truth Church Friendship and Fellowship Tuesday's Fridays and Sundays Weekly in the Parkview Rooms I Starts 2 February	Contact Dong: (09) 418 3532 
East City Pentecostal Church Come and experience Pentecostal worship & Apostolic preaching. Weekly from 10:00am in Parkview Room I Starts 26 January	Contact Lisa: (09) 272 6807 
Shiv Yog East Auck - Meditation/Spiritual Meditation For health and wellbeing Weekly from 6:00pm in Monet Room I Starts 2 February	Contact Dev: 021 931 405 