Learning and Leisure Programme
July to December 2011

photography art activities dance language
culture travel ESOL / general english
healthy mind and body
leisure activities
heritage walks and talks

www.parnell.org.nz
Parnell Community Centre is a hub for our community, bringing people together and enabling them to live richer and fuller lives.

Our broad range of courses and activities offer people the stimulation of learning new information, ideas or skills, or simply enjoying the company of others in a relaxed and friendly setting. Our courses are guided by quality, experienced tutors, and most are based in the historic and iconic Jubilee Building at 545 Parnell Road.

To enrol in a course, complete the enrolment form on the following page and email, fax or post it to us at the details below. Enrolment forms and details of all the courses are also available on our website www.parnell.org.nz

You do not need to complete an enrolment form for the Heritage Walks or Talks, but please book your space via phone or email.

Parnell Community Centre
545 Parnell Road, Parnell 1052
PO Box 37682, Parnell 1151

t 09 379 2095 x9704
f 09 379 2091
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:
enrolment form

Date

Title  Mr / Mrs / Ms / Miss / Dr

First Name

Last Name

Address

Phone (Hm)

(Wk)

Mobile

Email

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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.

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.

Course confirmation will be provided 2-3 days prior to the course commencing. Material costs are not included unless otherwise stated.
enrolment form

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 ___________________________

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!

gift vouchers

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.
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.

Tour de France NEW | 4 weeks/$55
Take a voyage through this beautiful country if you plan 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
Prepare for your next trip to Italy – or simply learn about Italian lifestyle and language in a fun, interactive class. Introduces Italian culture and attractions and the basics of the language.

Italian – Post Beginners | 8 weeks/$95
For those who have basic knowledge and want to improve their vocabulary, grammar, listening and speaking abilities.

Italian – Inspirations | 4 weeks/$55
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!

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.

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Check our website for updates www.parnell.org.nz
Spanish – Beginners | 8 weeks/$95
Prepare for your travel by learning the language through practical everyday situations. Learn greetings, numbers, travel queries, ordering food and practice speaking. The tutor has spent 12 months living in Cuba.

Spanish – Post Beginners | 8 weeks/$95
For those who have basic knowledge or have attended the beginners class. The tutor is Cuban.

Spanish – Intermediate | 8 weeks/$95
For students who want to extend their knowledge and have completed at least 16 weeks of Spanish.

Spanish Conversation Group NEW | $5 session
Join and make new amigos as you practice speaking, discover new phrases, watch movies and more. Please phone 379 2095 x9704 for details.

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 $50 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.

New Zealand Sign Language for Children NEW | 6 weeks/$65
Start to build your New Zealand Sign Language vocabulary by learning the alphabet and numbers. Also discover how to introduce yourself, describe people, places, colours and animals. Full-hearing and hearing-impaired children all welcome aged from 9 years old.

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.

Check our website for updates www.parnell.org.nz
Come along to practice 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.

**Evening Conversation** | 8 weeks/$85
Improve your conversation skills and vocabulary in this enjoyable confidence building class. For Intermediate level and above.

Check our website for updates [www.parnell.org.nz](http://www.parnell.org.nz)
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 or 379 2095 x9704.

**Begin to Meditate NEW** | 1 session/$35
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Learn the practice of mindfulness meditation, developed by Tibetan teacher Sakyong 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.
Open House Tuesday 7pm.

**Yang Tsin Su**
**Fitness – Energy – Martial Arts – Meditation**
11 sessions by terms $110
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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 or phone 021 060 1763.

**Introduction to Tai Chi** | 10 weeks/$55
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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 16 years. Participants welcome at any stage of the term.

**Nordic Walking** | 4 weeks/$65*
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Learn to get fit the Nordic way! Easy to master, this unique form of exercise is 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. Please pre register.

*Pole hire included

**MFH**
**Marian Bond and Helen Bennett** tutors
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Saturday 9am-12pm
Term 3: 20 Aug
Term 4: 26 Nov

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

**TAI**
**Dr Marcus Henning** tutor
---
Thursday 6-7pm
Term 3: 21 July
Term 4: 6 Oct

**NOR**
**June Stevenson** tutor
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Saturday 9.30-10.30am
Term 3: 6 Aug
FREE trial 30 July
Term 4: 12 Nov
FREE trial 29 Oct
**Hatha Yoga** | Term 3 – 10 weeks/$155  
| Term 4 – 7 weeks/$108  
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** | 10 weeks/$155  
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 a relaxation and develop your flexibility. Suitable for everyone – come, breath, move and relax. **Own mat required.**

**Pilates** | 10 weeks/$155  
**10% discount if enrolled in more than one class.**  
Classes sold in 10 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 3 – 8 weeks/$124  
- Term 4 – 10 weeks/$155  
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** NEW | Term 3 – 8 weeks/$124  
| Term 4 – 10 weeks/$155  
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.**

**Lynn Oram** tutor  
**YOG A** Beginners  
Term 3: 3 Aug  
Term 4: 26 Oct  
Fri 9.30-11am  
**YOG B** Continuing  
Term 3: 5 Aug  
Term 4: 28 Oct

**YOG C**  
**Angela Gervan** tutor  
Beginners and Continuing  
Thursday 7.30-9pm  
Term 3: 21 July  
Term 4: 6 Oct

**Rosemary Woodman** tutor  
**PIL A** Beginners  
Mon 9-10am  
Term 3: Week of 18 July  
Term 4: Week of 3 Oct  
**PIL B** Continuing  
Mon 10-11am  
Term 3: Week of 18 July  
Term 4: Week of 3 Oct

**Rosie Wall** tutor  
**PIL D** Continuing  
Thurs 9-10am  
Term 3: Week of 18 July  
Term 4: Week of 3 Oct  
**PIL E** Continuing  
Tues 5.45-6.45pm  
Term 3: Week of 18 July  
Term 4: Week of 3 Oct

**PIL M**  
**Rosie Wall** tutor  
Beginner and Continuing  
Monday 7-8pm  
Term 3: 18 July  
Term 4: 3 Oct

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

Greeting cards and paper craft NEW | 5 weeks/$75*
Make beautiful and unique paper craft projects such as greeting cards, boxes, bags, small gifts. Covers new and exciting techniques – rubber stamping, dry and heat embossing, die cutting, embellishments. Suitable for beginners to advanced crafters.
*Plus $20 materials charge payable to tutor on first day of class.

Artistry of Flowers
Living with Flowers | 5 weeks/$115*
Arrange candles, party and supermarket flowers, Zen style bunch, without oasis using Ikebana technique.
*Programme requires participants to bring materials. Full list available on enrolment.

Homemade Christmas | 5 weeks/$115*
Perfect gifts and decorating pieces for the holiday season. Make advent wreaths, posies and centre pieces with candles. Decorate a tree for a small space.
*Programme requires participants to bring materials. Full list available on enrolment.

Contemporary Garden Design | 3 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 and their work, and the basics of art (composition, colour, techniques). Included will be customary Maori art which helps to understand contemporary Maori art. Build up your general knowledge of the New Zealand art scene, past and present. Classes include discussions and activities.

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

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.

Bollywood Dance | 8 weeks/$130 or $230 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.

Zumba Fitness | Term 3 – 10 weeks/$100
| Term 4 – 8 weeks/$80
Classes incorporating Latin Rhythm and dance moves with fitness variations. Bring your friends and a big smile and we will do the rest. Fun to be had by all.
10% discount if enrolled in two Zumba classes.

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 grand children by showing that you can match them on the Internet.

**Dancercise for 50+** | 10 weeks/$45 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.

**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.

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

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 with free membership for the first year. All enquiries: 379 2095 x9704

**Step Out (Walking group)**
Join this group to motivate yourself and take the opportunity to socialise as you step out with other enthusiasts.

**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.

**Mah Jong | Plus $3 session**
Learn to play or refresh yourself in this fascinating oriental board game. New members always welcome.

**Chess | Plus $3 session**
Enjoy the game of Kings and Queens. New members welcome.

**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.

**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.

**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 Beverley Reeves on 524 7774 for more information.

**Dancersice for 50+**
Simple dance steps, combined with fun music.

**Internet and Computing for Seniors**
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**Spanish Conversation Group NEW | Plus $5 session**
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heritage walks and talks

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.

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.

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.

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.

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.

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.

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.

Heritage Fruit and Vegetable Talk
Selecting, growing and enjoying the fruits and vegetables of your labour. Supported by Parnell Farmers’ Market.

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

Bookings essential. Visit the Parnell Trust website www.parnell.org.nz, t 09 379 2095 x9704 community@parnell.org.nz. Adults $5, children free.
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

**How else can we be of service to you now and in the future?**
**Come and see what we have on offer and let us know what else would make a difference to you.**

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

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