

# Bayview BEAT

November 2022

Brought to  
you by...



Bayview  
Community  
Centre

Rooms for Hire | Early Learning Centre |  
Community Events Before & After School Care | School Holiday Programmes

72 Bayview Rd, Bayview P 443 0231  
office@bayviewcentre.org.nz | www.bayviewcentre.org.nz

Kia Ora,

We would like to welcome Liz to the team as our new Community Facilitator. She is excited to be working in among the community and really looking forward to seeing you all at the amazing events and workshops that will be happening in and around the centre.



## New Class!

We are so excited for our new class happening during term four.  
Fitness for Mums!

Monday's 1-2 pm: Bootcamp Style Class

Wednesday's 11.30 am-12.30pm  
Core restore and Cardio



Hi! I'm Kelly from Encompass Fitness. I'm thrilled to be offering two classes a week at BCC!

A bootcamp style class – not a screaming military style session at all - but fun, safe and effective strength and fitness for mums of all ages. And a Core Restore + class, this class is for people rebuilding their core – after injury, surgery, child birth. It has a core focus but also incorporates low impact functional fitness!

Come along for a free trial class. Check out [www.encompassfitness.co.nz](http://www.encompassfitness.co.nz) or email [encompass.fitness@outlook.co.nz](mailto:encompass.fitness@outlook.co.nz)

## Community Garden Working Bee

On the second Sunday of every month from 10-11am we will hold a working bee. There we will do a bit of weeding, planting seeds and seedlings and harvesting any produce.



Thank you, Wai

Our community has some amazing people who contribute big and small.

Wai has been driving around and picking up bread to donate at community pantries across the shore for 5 years and 10 months now.

We really appreciate the time and the commitment she has made to our community.

She buys the bin liner bags out of her own pocket to portion up the loose buns and loaves. If you would like to contribute anything to say thanks to Wai you can drop this off to the Bayview Community Centre office and we will give it to her.

Meet the Neighbours event is BACK! We can't wait to see you all at Lynn Reserve in February. For those who haven't been to a Meet the Neighbours event this is a free family friendly annual event where local businesses and groups get together to put on a fun day for the community.

Want to get involved in our Community through volunteering? Whether you have 1 hour a month or are free every week.

From helping out in the community garden or compost to helping with a community event like a clothes swap or ladies' night right down to helping pack fruit and veggie boxes.

We would love to hear from you.

Bayview Restoration Project is doing a great job looking after the beautiful local reserves. We would love extra hands to help with maintaining traplines along the coasts and Glendhu reserve and weeding in Bonito/Spinella reserves. If you have a few spare hours and would like to spend time in nature, get in touch with us at [enquiries@pfk.org.nz](mailto:enquiries@pfk.org.nz) to discuss!



## CALLING FOR VOLUNTEER

- MAINTAINING TRAPLINE
- PLANTING CARE
- PEST PLANT REMOVAL
- STREET CHAMPION



## Christmas Workshop

Re-useable Christmas gifts bags

Tuesday 6th December  
7-9pm

Kowhai Room

Free event, just BYO Christmas Fabric.

Find out more details on our website, through facebook or at the centre.

Call the centre to reserve a spot

No compost at your house? Collect your kitchen scraps in a container or bucket and bring them down to our compost hub to keep the food out of landfill.

Located by the back door of the Bayview Community Centre. We accept fruit and vegetable scraps. The compost is then used in the Community Centre gardens. Thanks to funding from the Compost Collective to set up our compost hub.



# WHAT'S ON AT BAYVIEW COMMUNITY CENTRE

## Term 4 Monday 17 October— Monday 19 December

### MONDAYS

Craft Mob #  
9am - 12pm FREE to attend and free projects to do.  
bayviewcraftmob@gmail.com

Essentrics  
6pm—7pm \$8  
essentricsiris@gmail.com

Learn NZ Sign Language  
7-9pm \*  
Beginner 1  
Register online  
nzsl@auckland-deaf.org.nz

### TUESDAYS

Kelly Mini Sports #\*  
Minis 9:20am - 10:05am  
Bigs 10:10am - 10:55am  
Giants 11:00am - 11:45am  
enquiry@kellyminisports.co.nz

Zumba  
6.15pm—7.15pm \$10 or concessions  
zumba.tracey@gmail.com

### WEDNESDAYS

Tai Chi #  
1-2pm \$5  
Pauline 021 027 38463

Boxing Fitness  
6.30pm—7.30pm \$10 or concessions  
boxsmart.nz@gmail.com

### THURSDAYS

Home Grown Kids #  
9am-11.30am  
Not every week. Contact admin@hgk.co.nz  
For children registered with Homegrown kids

Mixed Media Group #  
12.15pm-3.15pm \*  
fortnightly  
marjussheer@gmail.com

The Kids Coach  
Times and days vary \*  
jen@thekidscoach.co.nz

Zumba  
6.15pm—7.15pm \$10 or concessions  
zumba.tracey@gmail.com

Learn NZ Sign Language  
7-9pm \*  
Beginner 2  
Register online  
nzsl@auckland-deaf.org.nz

### FRIDAYS

Community Playgroup #  
9am—11.30am FREE  
bayviewplaygroup@outlook.co.nz

Ladies night  
7.30pm-late FREE  
First Friday of the month.  
Tea, coffee and some snacks provided.  
Come along for a chat. BYO alcohol

Adult Board game nights  
7pm-late FREE  
Last Friday of the month.  
community@bayviewcentre.org.nz

### SATURDAYS

Yoga  
8.45am—9.45am FREE  
melasob1@gmail.com

Craft Mob  
10am-2pm FREE  
Last Saturday of the month  
bayviewcraftmob@gmail.com

Zumba  
10am—11am \$10 or concessions  
zumba.tracey@gmail.com

Family Board game days  
12-4pm FREE  
Second Saturday of the month.  
Bring your own game or just use ours.

Sewing Connection  
12pm—5pm \*  
2nd Saturday of the month  
leslieginnever@gmail.com

Little Jigsaw Library  
2-4pm Gold coin or swap a jigsaw of your own  
First Saturday of the month  
Andrea 0211012021

### SUNDAYS

Korean Church\*  
10-2pm  
sookyoungoh71@gmail.com

Bayview Minecraft Club (5+ years)  
2.30-4.30pm First Sunday of the month  
Free, RSVP through the Bayview Mine-craft Club Facebook page

\*Charges may apply, please contact organizer for more information.

# Only runs during the Primary School term

**Check with individual organizers for current covid requirements.**



# ZUMBA®

**Bayview Community Centre**  
Tues 6.15 Thurs 6.15 Sat 10am

**Sunnynook Community Centre**  
Mon 6 45pm Wed 5 30pm

No experience needed.  
Concession cards available  
zumba.tracey@gmail.com  
[www.znrg.co.nz](http://www.znrg.co.nz)

Is there something you would like to see happening in Bayview?  
We can work together to create an event or group.

Come in and see us or get in touch  
community@bayviewcentre.org.nz

Your local agent...

**RayWhite**  
CARPENTER REAL ESTATE



**LIZ & CO**

*Liz Mole*

Liz Mole

0210 200 7899

[liz.mole@raywhite.com](mailto:liz.mole@raywhite.com)



@lizandco\_realestate



@lizandcorealestate

### Know your neighbours

Every street in Bayview is encouraged to have a street bbq to get to know your neighbours. Register your street and the date you will hold a street bbq and you will receive a \$50 voucher to go towards sausages, bread, napkins or whatever you need. Have fun and then send us through some photos from the day.

Contact:  
community@bayviewcentre.org.nz to arrange one for your street.

CERTIFIED INSTRUCTOR

# ESSENTRICS®

• MOBILITY • STRENGTH • FLEXIBILITY • RANGE OF MOTION •

Essentrics with Iris is a dynamic, full-body workout that simultaneously combines stretching and strengthening, while engaging all 650 muscles. This low impact, equipment-free class is perfect for men and women and will leave you feeling energized, youthful and healthy.

For more details contact Iris at  
Email: [essentricsiris@gmail.com](mailto:essentricsiris@gmail.com)  
Phone: 0212161851



**ESSENTRICS® will...**

- REBALANCE YOUR BODY
- UNLOCK TIGHT JOINTS
- IMPROVE YOUR POSTURE
- CHANGE THE SHAPE OF YOUR BODY
- INCREASE YOUR FLEXIBILITY AND OVERALL STRENGTH

Find us on Facebook to keep up to date with all that is going on;

Bayview Community  
(Auckland, NZ)  
Bayview Community Centre

