

## discover some of brisbane's most authentic asian restaurants

Sunnybank Plaza is renowned for its delicious array of Asian foods. Why not celebrate the Year of the Tiger 2010 by enjoying a meal with family and friends?

We have a large number of dine-in and takeaway options or you may choose to prepare your own meal utilising the extensive range of Asian groceries available at our Asian supermarkets and fresh food outlets.

## children's craft workshops

### Make a Tiger Mask

Kids, get creative and decorate your own Tiger Mask for the Year of the Tiger! Workshops will run on the hour for approximately 45 minutes each. Limited places – bookings essential.

saturday

9.00am/10.00am/11.00am  
main mall

Contact Sunnybank Plaza Centre Management on 3345 7500 to secure your place.

## live sand drawing demonstrations

Modern Sand Drawing has become a popular art form all over the world, and is a highly sought after attraction at festivals throughout Asia. Colourful grains of sand are manipulated by the artists fingertips on a lightbox to create wonderful, however temporary, works of art. Watch as the picture changes before your eyes.

monday/tuesday/  
wednesday

10.00am – 11.30am  
outside dick smith

## kung fu and lion dance

One of the most popular parts of any Chinese New Year celebration is the Lion Dance. When done well, the dance is said to bring good fortune, prosperity and longevity to wherever it is performed.

One of Brisbane's most sought after Lion Dance and Kung Fu groups will visit Sunnybank Plaza this year to showcase these awe inspiring skills.

We welcome Master Chen and the Southern Shaolin International Wushu Academy.

Each performance will commence outside AMC Cinemas and will progress throughout the Centre. Customers are encouraged to follow the Lions along their path.

**Kung Fu**  
saturday/sunday 10.30am  
foodcourt ramp

**Lion Dance**  
saturday/sunday/monday/  
tuesday/wednesday 10.30am  
foodcourt ramp

## Spoil yourself with Price Attack

Receive a free cut and blowdry when you spend over \$65.00 on your colour service

Call 3344 2611 to make an appointment today

priceattack

\*Only valid Monday to Friday \*conditions apply see in store for details. Promotion valid to the 17th of february at Sunnybank Plaza Price Attack only.

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GYMBOREE PLAY & MUSIC



chinese new year 2010 year of the tiger

your guide to celebrations and events 13-17 february 2010

sunnybankplaza



### dine-in & takeaway

Buffet Garden / 3216 9822

Café Mi / 3219 6288

Easy Way / 3344 3777

Formosa Gourmet / 3423 8266

Rainbow Ice Tea

Happy Bowl Vietnamese Restaurant / 3216 9311

Ho Chia Food Bar / 3344 2885

Home Town Café / 3423 8188

Hot Cake House

Kkanbu Chicken / 3344 6660

Lai Lai Chinese Restaurant / 3344 6288

Landmark Chinese Restaurant / 3344 3288

Lili's Cuisine / 3344 5626

Ryutaro Japanese / 3344 6833

Suncrop Chinese Restaurant / 3344 3283

Sunnybank Oriental / 3344 2881

Sushi Paradise / 3423 7070

Sushi Station / 3345 8000

The Cube Hot Pot / 3219 5775

Umai Japanese Cuisine / 3216 9797

Vietnam Corner / 3344 2233

asian supermarkets & fresh food

Formosa Asian Market / 3344 5886

Ma Baker / 3219 5828

Meisim Bakery / 3345 3688

Sunni Bakery / 3345 8860

Sunrise BBQ & Butcher / 3216 9833

Welcome Fresh Supermarket / 3345 7688

## ju percussion music school

Don't miss the very special performance by students from the Ju Percussion Music School. Using a variety of instruments including xylophones, drums, tambourines and glockenspiels, the Ju Percussion group will present a number of songs in celebration of Chinese New Year live in the Sunnybank Plaza Foodcourt.

saturday

12noon  
foodcourt

## Qld taiwan centre

Visit the QTC display in the Main Mall for a little taste of Taiwan. Watch DVD's of the beautiful Taiwanese landscape, see locals decked out in traditional dress and view replicas of ancient artefacts in display cabinets throughout Sunnybank Plaza.

The Qld Taiwan Centre also provides a valuable community service to the Sunnybank area with a range of classes from

calligraphy to pottery and Seniors' computer classes. Enquire about their program of events at the display during our Chinese New Year celebrations.

saturday/sunday/monday/  
tuesday/wednesday  
11.00am – 2.00pm  
outside dick smith

## tai chi demonstrations

Tai Chi is a gentle art of health and well-being for people of all ages and health conditions. Come and see demonstrations by Master You Nan Chen and the International Wushu Tai Chi Academy in the Sunnybank Plaza Foodcourt during our Chinese New Year celebrations.

saturday/monday  
2.00pm  
foodcourt ramp

## the year of the tiger

According to the Chinese Zodiac, the Year 2010 is the Year of the Tiger, which commences on February 14, 2010 and ends on February 2, 2011. The Tiger is the third sign in the Chinese Zodiac cycle, and it is a sign of bravery. This courageous and fiery fighter is admired by the ancient Chinese as the sign that keeps away the three main tragedies of a household. These are fire, thieves and ghosts. People who are born in the Year of the Tiger are generally well liked because of their charismatic personalities.

A Tiger is always at their happiest when they endeavour to climb the ladder of success. Attaining the top spot is their foremost purpose; being in a position of power is their ultimate goal. They are quick learners, need to be challenged and often prefer to work alone. Anyone who is born in the Year of the Tiger is usually straightforward and outgoing by nature. They will never give up no matter how aggravated they may become. But, they are also full of suspicion and at times will take hasty action. Tigers are smart and instinctive.



## lunar new year

Celebrated in regions with large populations of ethnic Chinese, Chinese New Year is a key holiday for the Chinese and has had major influence on the New Year festivities of its neighbours, as well as different cultures with whom the Chinese have had wide spread relations. These include Koreans, Mongolians, Nepalese, Bhutanese, Vietnamese, and formerly the

Japanese before 1873. Lunar New Year is also celebrated in Hong Kong, Macau, Taiwan, Singapore, Indonesia, Malaysia, the Philippines, Thailand and other countries or regions with major Han Chinese populations, and the celebration has, to varying degrees, become part of the traditional culture of these countries.

## sunnybankplaza

corner mains road and mcullough street sunnybank  
telephone 3345 7500 [www.sunnybankplaza.com.au](http://www.sunnybankplaza.com.au)  
Times and activities are correct at time of printing however may be subject to change without notice. SUN2469

## dragon dance performance

The traditional Dragon Dance combines the unique colour, sound and spirituality of Chinese culture in a spectacular physical performance. Demonstrating strength, agility, concentration and rhythm, highly skilled dancers bring a colourful fabric and bamboo dragon to life. See the world renowned Dragon Dance team from Lam Tu Luan Kung Fu School perform their multi-award winning dance during the Chinese New Year celebrations at Sunnybank Plaza.

**sunday**  
**3.00pm**  
foodcourt ramp



## live ice carving

Come and see the professional Ice Carvers from Ice Art transform a 1 metre high, 140kg block of ice into a detailed Chinese New Year sculpture in front of a live audience. Using a combination of chainsaws and chisels, the sculpture takes between one and two hours to complete and will last up to four hours.

For more information about Ice Art visit [www.ice-art.com.au](http://www.ice-art.com.au).

**tuesday**  
**12noon**  
foodcourt ramp



## feng shui consultations

Discover the secrets of Feng Shui during a personal palm reading consultation with Feng Shui Master Tom Lo. Benefit from Master Tom Lo's 40+ years experience and have all your questions answered about this popular philosophy for good health and prosperity. Consultations are at the special price of only \$5 for 5 minutes with Master Tom in celebration of Chinese New Year.

**saturday/sunday/monday**  
**12noon – 3.00pm**  
outside coles



## asian food demonstrations

Watch on as our Master Chef's turn ordinary dough into fine Asian noodles and see fresh vegetables carved into colourful works of art. Plus you will have the opportunity to sample some of the authentic Asian cuisine available from Sunnybank Plaza restaurants.

**sunday/monday**  
**11.00am & 1.00pm**  
foodcourt

## things not to do at new year!

- Avoid housework on New Years day: this activity runs the risk of washing or sweeping away good luck. For the same reason, avoid washing your hair on the first and last day of the New Year.
- It is also considered unlucky to use anything sharp on New Year's day - knives, scissors, even nail clippers. The action of the sharp blades risks cutting the threads of good fortune brought in at New Year.
- It is important not to use language which is negative- having an argument on New Year's day is to be avoided at all costs.
- Words related to sickness and death are to be avoided. This even extends to the use of words which sound like the words for death or sickness.
- Finally, care must be taken not to stumble or to break anything - this would be indicative of bad luck ahead.



## chinese calligraphy

Chinese calligraphy has been around for over 2000 years and is one of the highest forms of Chinese art. Calligraphy Master Eric Lin has been practising this art form for over 30 years, winning many prestigious awards for his skills.

Have your special Chinese New Year message scribed for free by Master Lin during the Sunnybank Plaza Chinese New Year celebrations.

### Try it yourself calligraphy...

Master Lin's students will also be on hand for some one on one tuition. Why not take up a brush and try it for yourself? From just \$1.00 a turn, everyone is invited to give this ancient art form a try. No experience necessary.

**saturday/sunday/  
monday/tuesday**  
**12.00noon - 2.00pm**  
outside EB Games

## chinese new year activities 13-17 february

Enjoy a five day celebration of Asian culture and new year festivities, free at Sunnybank Plaza.

### Saturday 13 February

**9am, 10am & 11am**  
**Children's Craft Workshops**  
**Make a tiger mask**  
Bookings essential  
**ph 3345 7500**  
Main Mall

**10.30am**  
**Lion Dance & Kung Fu**  
Foodcourt Ramp

**11.00am – 2.00pm**  
**Qld Taiwan Centre Display**  
Outside Dick Smith

**12noon**  
**Ju Percussion Music School Performance**  
Foodcourt

**12noon – 2.00pm**  
**Calligraphy Demonstrations**  
Main Mall outside EB Games

**12noon – 3.00pm**  
**Feng Shui Consultations**  
Outside Coles

**2.00pm**  
**Tai Chi Demonstration**  
Foodcourt Ramp

### Sunday 14 February

**10.30am**  
**Lion Dancing & Kung Fu**  
Foodcourt Ramp

**11.00am & 1.00pm**  
**Asian Food Demonstrations**  
**Noodle making/  
vegetable carving**  
Foodcourt

**11.00am – 2.00pm**  
**Qld Taiwan Centre Display**  
Outside Dick Smith

**12noon – 2.00pm**  
**Calligraphy Demonstrations**  
Outside EB Games

**12noon – 3.00pm**  
**Feng Shui Consultations**  
Outside Coles

**3.00pm**  
**Dragon Dance & Kung Fu**  
Foodcourt Ramp

### Monday 15 February

**10am – 11.30am**  
**Sand Drawing Demonstrations**  
Outside Coles

**10.30am**  
**Lion Dancing**  
Foodcourt Ramp

**11.00am & 1.00pm**  
**Asian Food Demonstrations**  
**Noodle making/  
vegetable carving**  
Foodcourt

**11.00am – 2.00pm**  
**Qld Taiwan Centre Display**  
Outside Dick Smith

**12noon – 2.00pm**  
**Calligraphy Demonstrations**  
Outside EB Games

**12noon – 3.00pm**  
**Feng Shui Consultations**  
Outside Coles

**2.00pm**  
**Tai Chi Demonstration**  
Foodcourt Ramp

### Tuesday 16 February

**10am – 11.30am**  
**Sand Drawing Demonstrations**  
Outside Coles

**10.30am**  
**Lion Dancing**  
Foodcourt Ramp

**11.00am – 2.00pm**  
**Qld Taiwan Centre Display**  
Outside Dick Smith

**12noon**  
**Ice Carving**  
Foodcourt Stage

**12noon – 2.00pm**  
**Calligraphy Demonstrations**  
Outside EB Games

### Wednesday 17 February

**10am – 11.30am**  
**Sand Drawing Demonstrations**  
Outside Coles

**10.30am**  
**Lion Dancing**  
Foodcourt Ramp

**11.00am – 2.00pm**  
**Qld Taiwan Centre Display**  
Outside Dick Smith

**12noon – 2.00pm**  
**Calligraphy Demonstrations**  
Outside EB Games