Happy Chinese New Year

Celebrating the year of the Rooster 2017

sunnybankplaza

Chinese New Year 2017 Activities

Lion Dance and Kung Fu

One of the most popular features 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. We welcome Master Chen and the Southern Shaolin International Wushu Academy, one of Brisbane's most renowned Lion Dance and Kung Fu groups, to help us welcome in the Year of the Rooster 2017 and showcase these awe inspiring skills.

Lion Dance performances will be on show each day commencing outside Hoyts Cinemas at 10.30am, with Kung Fu demonstrations also included at weekend performances. Following each performance the fabulous Lion Dance will continue throughout the Centre and customers are encouraged to follow the Lions along their path.

Wed, Thurs, Fri, Sat, Sun: 10.30am

Tai Chi

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

Wed, Fri, Sat: 11.30am

Dragon Dance

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.

Sun: 3.00pm

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 40 years, winning many prestigious awards for his skills. Have your special Chinese New Year message scribed by Master Lin as a treasured memento of this year's Sunnybank Plaza celebrations.

Wed, Thurs, Fri, Sat, Sun: 11.00am - 1.00pm

Ice Carving

Come and see the professional 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.

Thurs: 1.30pm

Fruit and Vegetable Carving

Watch on as our talented craftsman, Tong, demonstrates the ancient art of fruit and vegetable carving. See a variety of every day fruit and vegetables transformed into colourful works of art.

Wed, Fri: 1.30pm - 4.30pm

Feng Shui Consultations

Discover the secrets of Feng Shui during a personal 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 the Year of the Rooster.

Wed, Thurs, Fri, Sat, Sun: 12noon - 3.00pm

Children's Craft Workshops

Kids, join in to paint and decorate your own mask for the Year of the Rooster! Workshops will run for approximately 45 minutes each. Limited places – bookings essential. Visit our website at www.sunnybankplaza.com.au for information on how to secure your place.

Sat, Sun: 11.30am, 12.30pm, 1.30pm & 2.30pm

Noodle Making Demonstrations

In China, making "hand-pulled" noodles is an art. The freshly made dough is folded and twisted repeatedly until eventually it is transformed into long, thin, noodles. In China it is still possible to watch vendors make hand-pulled noodles, however most noodles are now made by machine. Watch on as our Master Chef Sam demonstrates this ancient culinary skill live at Sunnybank Plaza. Some lucky audience members will also be given the chance to try the technique under Sam's guidance.

Sat: 2pm - 3pm

Art, Craft & Cultural Displays

The friendly team from the Taiwan Women's League will be displaying and demonstrating a range of traditional arts and crafts in celebration of the Year of the Rooster. They will be transforming plain paper lanterns, masks and fans into beautiful works of art. With games to play, face painting and souvenirs for sale, make sure you drop by and visit for some Chinese New Year fun.

'Wed, Thurs, Fri, Sat, Sun: 11.00am - 2.00pm

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.

Sun: 12.00noon

Traditional Costume Mini Photo Studio

Take home a special souvenir of our 'Year of the Rooster' celebrations. Visitors will have the opportunity to be photographed in traditional Chinese and Taiwanese costume at our mini photographic studio. A variety of outfits will be available for you to try on free of charge, with souvenir 5"x7" photographs available for purchase from $10 or take home your entire photo shoot on USB for only $20.

Wed, Thurs, Fri: 12noon - 5.00pm
Sat, Sun: 10.00am - 5.00pm

Chinese Silk Embroidery

Master Artist Jenny Gao, founder of the Xiu Zhen Ge Centre of Embroidery, will be returning for this year's Chinese New Year celebrations. Jenny will be demonstrating the ancient art of Chinese Embroidery which she has practised for over 20 years. As one of the oldest needlework styles, Chinese embroidery has a history dating back 2000 years. From the magnificent Dragon Robe worn by Emperors in ancient China to the popular embroidery seen in today's fashions, it is well-known for its refinement, clearly demarcated lines, elegant colours and variety of stitches.

Wed, Thurs, Fri, Sat, Sun: 11.30am - 2.30pm

AusOriental Orchestra

The Sound of AusOriental Orchestra is a group of local musicians who have come together for the joy of music. This non-profit group specialises in oriental music and aims to use music as a means to bring people of all nations together to promote tolerance and harmony in a culturally diverse society. We welcome the group to this year's Sunnybank Plaza Chinese New Year Celebrations.

Wed, Sat: 12.30pm
Sun: 2.00pm

Chinese New Year 2017 Activities

Wednesday 25 January

10.00am
Food Discovery Tours
$50 per person
(Bookings essential)
Walking Tour

10.30am
Lion Dance
Foodcourt Ramp

11.00am – 1.00pm
Calligraphy Demonstrations
Outside EB Games

11.00am – 2.00pm
Art, Craft & Cultural Display
Outside Cotton On

11.30am
Tai Chi Demonstration
Foodcourt Ramp

11.30am – 2.30pm
Chinese Embroidery
Outside Cotton On

12noon – 5.00pm
Traditional Costume
Photo Studio
Outside Millers

12noon – 3.00pm
Feng Shui Consultations
Outside Payless Shoes

12.30pm
AusOriental Orchestra
Foodcourt Ramp

1.30pm – 4.30pm
Fruit & Vegetable Carving
Foodcourt Ramp

Thursday 26 January

10.00am & 3.30pm
Food Discovery Tours
$50 per person
(Bookings essential)
Walking Tour

10.30am
Lion Dance
Foodcourt Ramp

11.00am – 1.00pm
Calligraphy Demonstrations
Outside EB Games

11.00am – 2.00pm
Art, Craft & Cultural Display
Outside Cotton On

11.30am – 2.30pm
Chinese Embroidery
Outside Cotton On

12noon – 5.00pm
Traditional Costume Photo
Studio
Outside Millers

12noon – 3.00pm
Feng Shui Consultations
Outside Payless Shoes

1.30pm
Ice Carving
Foodcourt Ramp

Friday 27 January

10.00am & 3.30pm
Food Discovery Tours
$50 per person
(Bookings essential)
Walking Tour

10.30am
Lion Dance
Foodcourt Ramp

11.00am – 1.00pm
Calligraphy Demonstrations
Outside EB Games

11.00am – 2.00pm
Art, Craft & Cultural Display
Outside Cotton On

11.30am
Tai Chi Demonstration
Foodcourt Ramp

11.30am – 2.30pm
Chinese Embroidery
Outside Cotton On

12noon – 5.00pm
Traditional Costume Photo
Studio
Outside Millers

12noon – 3.00pm
Feng Shui Consultations
Outside Payless Shoes

1.30pm – 4.30pm
Fruit & Vegetable Carving
Foodcourt Ramp

Saturday 28 January

10.00am & 3.30pm
Food Discovery Tours
$50 per person
(Bookings essential)
Walking Tour

10.00am – 5.00pm
Traditional Costume Photo
Studio
Outside Millers

10.30am
Lion Dance with Kung Fu
Foodcourt Ramp

11.00am – 1.00pm
Calligraphy Demonstrations
Outside EB Games

11.00am – 2.00pm
Art, Craft & Cultural Display
Outside Cotton On

11.30am
Tai Chi Demonstration
Foodcourt Ramp

11.30am – 2.30pm
Chinese Embroidery
Outside Cotton On

11.30am, 12.30pm, 1.30pm
& 2.30pm
Children's Rooster Mask
Workshops
Outside Coles
(Bookings essential)

12noon – 3.00pm
Feng Shui Consultations
Outside Payless Shoes

12.30pm
AusOriental Orchestra
Foodcourt Ramp

2.00pm – 3.00pm
Noodle Making
Demonstrations
Foodcourt Ramp

Sunday 29 January

10.00am & 3.30pm
Food Discovery Tours
$50 per person
(Bookings essential)
Walking Tour

10.00am – 5.00pm
Traditional Costume Photo
Studio
Outside Millers

10.30am
Lion Dance with Kung Fu
Foodcourt Ramp

11.00am – 1.00pm
Calligraphy Demonstrations
Outside EB Games

11.00am – 2.00pm
Art, Craft & Cultural Display
Outside Cotton On

11.30am – 2.30pm
Chinese Embroidery
Outside Cotton On

11.30am, 12.30pm,
1.30pm & 2.30pm
Children's Rooster Mask
Workshops
Outside Coles
(Bookings essential)

12.00pm
Ju Percussion Performance
Foodcourt Ramp

12noon – 3.00pm
Feng Shui Consultations
Outside Payless Shoes

2.00pm
AusOriental Orchestra
Foodcourt Ramp

3.00pm
Dragon Dance & Kung Fu
Foodcourt Ramp

***Bookings for Food Discovery Tours and Rooster Mask Workshops are essential as places are limited. Please check our website for booking details – www.sunnybankplaza.com.au, or for more information contact Sunnybank Plaza Centre Management on 3345 7500.**

Experience Sunnybank
Authentic Asian Dining & Fresh Food

Why not complete your Chinese New Year experience and celebrate the Year of the Rooster 2017 by enjoying an authentic meal with family and friends? Choose from over 50 dine-in and takeaway options, or you may prefer to prepare your own meal utilising the extensive range of Asian groceries available at our Asian supermarkets and fresh food outlets.

Visit our website to browse the fantastic range of food and entertainment outlets, and find contact details to book your next food adventure.

www.experiencesunnybank.com.au

Food Discovery Tours

Sunnybank is well known for its delicious array of Asian foods and is fast becoming regarded as the 'real Chinatown of Brisbane'.

We invite you to experience this unique cultural precinct, and discover a world of culinary delights with our Food Discovery Tours!

With its strong Asian influences, Sunnybank is a precinct full of character and variety, featuring all the flavours of the East and so much more. Designed for food lovers and budding cooks of all ages, these tours are led by tour guide and experienced chef Tony Ching, who will help you navigate your way around this fabulous world of food in a fun and informative way. Tony will show you the best places to eat and shop for fresh food at Sunnybank Plaza. Along the way Tony will also give you loads of hints and tips about choosing the best produce, advice about the key ingredients needed in your favourite dishes and some insight into Asian culture.

Each tour concludes with an authentic Asian meal, plus each participant will take home a bag of goodies valued over $25. Tours are limited to 10 people, ensuring a personable, fun-filled experience for all involved.

Bookings are essential as places are limited. Please check our website for booking details - www.sunnybankplaza.com.au, or for more information contact Sunnybank Plaza Centre Management on 3345 7500.

Cost: Special Chinese New Year price of only $50 per person

Wednesday 25th:	**10am**	**Saturday 28th:**	**10am & 3.30pm**
Thursday 26th:	**10am & 3.30pm**	**Sunday 29th:**	**10am & 3.30pm**
Friday 27th:	**10am & 3.30pm**		

Win in 2017

Celebrate Chinese New Year 2017 with Sunnybank Plaza and you could win an exclusive Food Discovery Tour experience for 10 people + a double pass to our Cooking School with Chef Tony Ching. We also have one of three $150 Experience Sunnybank Gift Cards up for grabs*!

How to enter:

Visit our website, www.experiencesunnybank.com.au or find us on Facebook – www.facebook.com/sunnybankplaza and follow the prompts to enter your details.

Prize details:

The first entry drawn will win a Food Discovery Tour experience for 10 people at Sunnybank Plaza + a double pass to our Cooking School with Tong Ching. Enjoy a 3 hour adventure for you and 9 friends with experienced chef and tour guide Tony Ching, including an authentic Yum Cha lunch at Landmark Restaurant! Afterwards, choose a date for you and a friend to attend one of our popular Cooking School classes with Tony where you will learn how to prepare some authentic Asian dishes.

Or be one of 3 lucky runners-up and you will receive a $150 Experience Sunnybank, food and entertainment gift card to use at any of your favourite Sunnybank locations.

*Conditions apply. See website for details.

corner mains road and mccullough street sunnybank
telephone 3345 7500 www.sunnybankplaza.com.au

sunnybankplaza

Times and activities are correct at time of printing however may be subject to change without notice

Celebrating the year of the Rooster

Chinese New Year
Wednesday 25 to Sunday 29 January

Your guide to celebrations and events, plus a free souvenir poster

sunnybankplaza

Lunar New Year

Celebrated in regions with large populations of ethnic Chinese, Lunar 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 interactions. 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.

The legend of the origins of the New Year celebration has been handed down through the centuries and like all traditional legends, it varies from teller to teller, however they all recount the story of a terrible monster who would prey on villages and kill the inhabitants. The lion-like monster's name was Nian which is also the Chinese word for "year". Nian was a ferocious creature with an extremely large mouth, capable of swallowing several people in a single bite.

The stories include a wise old man who assists the villagers to ward off the evil Nian. It is soon discovered that Nian can be scared off by making loud noises with drums and firecrackers and hanging red paper cutouts and scrolls on their doors, because for some reason Nian is scared of the colour red. After taking the old man's advice the Nian was conquered. The celebrations are recognition of the "passing of the Nian" and the start of the new year.

The Year of the Rooster

Occupying the 10th position in the Chinese Zodiac, the Rooster symbolises such character traits as confidence, pompousness and motivation. Those born under the Chinese Zodiac sign of the Rooster are loyal, trustworthy individuals who are blunt when it comes to offering their opinions. Their bluntness stems not from being mean but from being honest; a trait which Roosters expect from others.

Roosters are extremely sociable and prefer being the centre of attention, always bragging about themselves and their accomplishments. They continually seek the unwavering attention of others which can be annoying. Roosters are as proud of their homes as they are of themselves. They're extremely organised individuals as evidenced by the fact that their homes are always neat.

Overall, Roosters are active individuals and their preference to be active helps keep them in good health. When they do become ill, they feel better quickly. They can at times however, take on too much and when that happens, they'll feel stressed and moody.

Roosters are highly motivated and hard-working; traits that enable most Roosters to have successful careers. Not surprisingly, Roosters make good actors, musicians and dancers. Other good career choices for Roosters include: CPA, banker, dentist, insurance agent, secretary, and book keeper. Roosters also do well in the armed forces.

The Rooster's bossiness and honest "tell it like it is" approach doesn't work well with sensitive individuals. Roosters need to partner with those who are tough-skinned. They're the individuals most capable of realising that beneath the tough exteriors are huge, caring hearts overflowing with love.

The Chinese Zodiac

The Chinese Zodiac is based upon a twelve year lunar cycle. Your sign is determined by the year in which you were born (to be accurate you must use a Chinese calendar). Each sign and those born under it, are represented by one of twelve animals, and are ascribed a set of attributes the Chinese believe comprise the nature of each particular animal.

Legend has it the 12 animals of the Chinese Zodiac were chosen by Buddha. When Buddha was near death he invited all the animals to visit him. Only 12 came: the rat, ox, tiger, rabbit, dragon, snake, horse, Goat (Sheep), monkey, rooster, dog and pig. For visiting him, Buddha honoured each by using them to represent the 12 phases of the Zodiac.

Find Your Animal Year!

Rooster	Dog	Pig	Rat	Ox	Tiger	Rabbit	Dragon	Snake	Horse	Goat	Monkey
1921	1922	1923	1924	1925	1926	1927	1928	1929	1918	1919	1920
1933	1934	1935	1936	1937	1938	1939	1940	1941	1930	1931	1932
1945	1946	1947	1948	1949	1950	1951	1952	1953	1942	1943	1944
1957	1958	1959	1960	1961	1962	1963	1964	1965	1954	1955	1956
1969	1970	1971	1972	1973	1974	1975	1976	1977	1966	1967	1968
1981	1982	1983	1984	1985	1986	1987	1988	1989	1978	1979	1980
1993	1994	1995	1996	1997	1998	1999	2000	2001	1990	1991	1992
2005	2006	2007	2008	2009	2010	2011	2012	2013	2002	2003	2004
2017	2018	2019	2020	2021	2022	2023	2024	2025	2014	2015	2016