



HAPPY Chinese New Year



celebrating the Year of the Monkey

sunnybankplaza

Chinese New Year 2016 Activities



Lion Dance & 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 Monkey 2016 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 & Vegetable Carving

Watch on as our talented craftsmen demonstrate the ancient art of fruit and vegetable carving, transforming watermelons, honeydew melons and a variety of other fresh fruit and vegetables into colourful works of art.

Wed: 1.30pm - 4.30pm

Chinese Chop Carving

Chinese chop carving has a 3700 year history in China, primarily used by Chinese artists to identify their work in place of a signature. Chinese Chops are also used by individuals, government and the corporate sector to authorise documents, similar to a wax seal. We are pleased to welcome artist and professional carver, Hi Fong Kuk back to Sunnybank Plaza this year. Hi Fong has made over 10,000 chops for people all over the world, using Chinese, English, Japanese and picture carving. Hi Fong's Chinese painting, oil, watercolour, and etching artworks have sold in over 20 countries. Hi Fong will be demonstrating her unique skills during our Year of the Monkey celebrations.

Wed, Thurs, Fri, Sat, Sun: 11.30am - 3.30pm

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 Monkey.

Wed, Thurs, Fri, Sat, Sun: 1.00pm - 4.00pm

Children's Craft Workshops - Make a Monkey Mask

Kids, join in to paint and decorate your own mask for the Year of the Monkey! 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.

Fri, 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 Monkey. 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: 12.00pm



Traditional Costume Mini Photo Studio

Take home a special souvenir of our 'Year of the Monkey' 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, Fri: 12noon - 5.00pm

Thurs: 12noon - 6.00pm

Sat, Sun: 10.00am - 5.00pm

Chinese Silk Embroidery

We are excited to announce that Master Artist Jenny Gao, founder of the Xiu Zhen Ge Centre of Embroidery, will be joining us 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: 12.30pm Sun: 2.00pm

Chinese New Year 2016 Activities

Wednesday 3 February

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

11.30am – 3.30pm
Chinese Chop Carving
Outside iNails

12noon – 5.00pm
Traditional Costume Photo Studio
Outside Millers

12.30pm
AusOriental Orchestra
Foodcourt Ramp

1.00pm – 4.00pm
Feng Shui Consultations
Outside Payless Shoes

1.30pm – 4.30pm
Fruit & Vegetable Carving
Foodcourt Ramp

*Bookings for Food Discovery Tours and Monkey 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.

Thursday 4 February

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

11.30am – 3.30pm
Chinese Chop Carving
Outside iNails

12noon – 6.00pm
Traditional Costume Photo Studio
Outside Millers

1.00pm – 4.00pm
Feng Shui Consultations
Outside Payless Shoes

1.30pm
Ice Carving
Foodcourt Ramp

Friday 5 February

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

11.30am – 3.30pm
Chinese Chop Carving
Outside iNails

12noon – 5.00pm
Traditional Costume Photo Studio
Outside Millers

Saturday 6 February

1.00pm – 4.00pm
Feng Shui Consultations
Outside Payless Shoes

2.00pm – 3.00pm
Noodle Making Demonstrations
Foodcourt Ramp

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 – 3.30pm
Chinese Chop Carving
Outside iNails

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

1.00pm – 4.00pm
Feng Shui Consultations
Outside Payless Shoes

2.00pm – 3.00pm
Noodle Making Demonstrations
Foodcourt Ramp

Sunday 7 February

10.00am
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 – 3.30pm
Chinese Chop Carving
Outside iNails

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

12.00pm
Ju Percussion Performance
Foodcourt Ramp

1.00pm – 4.00pm
Feng Shui Consultations
Outside Payless Shoes

2.00pm
AusOriental Orchestra
Foodcourt Ramp

3.00pm
Dragon Dance & Kung Fu
Foodcourt Ramp



Experience Sunnybank Authentic Asian Dining & Fresh Food

Why not complete your Chinese New Year experience and celebrate the Year of the Monkey 2016 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
Fri – 10.00am
Sat – 10.00am & 3.30pm
Sun – 10.00am

Win in 2016

Celebrate Chinese New Year 2016 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.



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

[sunnybankplaza](http://sunnybankplaza.com.au)



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 Monkey

In the 9th position on the Chinese Zodiac, the Monkey possesses such character traits as curiosity, mischievousness, and cleverness. Forever playful, Monkeys are the masters of practical jokes. Even though their intentions are always good, this desire to be a prankster has a tendency to create ill will and hurt feelings.

Although they are inherently intellectual and creative, Monkeys at times have trouble exhibiting these qualities. When that happens, they appear to others to be confused. But nothing could be further from the truth as Monkeys thrive on being challenged. Monkeys prefer urban life to rural, and their favourite pastime is people-watching. Believing that being sick is a waste of a valuable day, Monkeys very rarely feel ill. Their constantly active lifestyles are likely what helps Monkeys remain in good health. When Monkeys do become ill, such feelings are generally the result of feeling nervous.

When it comes to work, Monkeys can do just about anything. They adapt well to changing environments and they're very intelligent. They work quickly, but they'll frequently charge double for their services. Good career fields for Monkeys are accounting and banking. Other good careers for Monkeys include: scientist, engineer, stock market trader, air traffic controller, film director, jeweller and sales representative. When it comes to relationships, Monkeys aren't quick to settle down. In fact, they generally are promiscuous; a tendency that probably has to do with the fact that Monkeys are easily bored. Monkeys will end this type of behaviour once they pair up with the perfect partner. In fact, more often than not, they'll commit to that person in every way for life. Monkeys are most compatible with a Rat or Dragon. Your Chinese Zodiac is the Monkey if you were born in 1932, 1944, 1956, 1968, 1980, 1992, 2004 and 2016.

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!

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

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telephone 3345 7500 www.sunnybankplaza.com.au

[sunnybankplaza](http://sunnybankplaza.com.au)

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