



Check out the new
'Australian History'
series. Everybody
is welcome
See page 2



**Heathmont
Uniting Church**
89 Canterbury Road
Heathmont 3135

Program Coordinator:
John
0437 758 281
jjrolfe@bigpond.com

Community Living Centre Courses & Activities Term 3 2010



Enrolments taken now
These activities are very popular and
places fill quickly so don't delay

Catch us on-line at www.hucclc.websyte.com.au



The contact person for all courses and activities in this booklet, unless otherwise specified, is the Program Coordinator **John**, who may be reached on **0437 758 281**

Our broad range of low cost courses and activities is designed to foster individual wellbeing and the growth of an accepting, caring community.

All our Instructors are qualified in their respective fields of expertise.

Payment and refund policy: It is our strong preference that fees be paid in full at the first session of all activities. We do not have card facilities. Cash is accepted and cheques should be made out to Heathmont Uniting Church.

If there are insufficient numbers to start a class, or for reasons beyond our control a class does not proceed, full refunds will be given. If you withdraw after the commencement of a course, any refund requested will be at the discretion of the CLC committee. No refund can be given for missed classes. (Please understand that we have commitments to our instructors)

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Australian History mini series with Gerry Robinson

Three pairs of explorers:



Come and learn more about these intrepid men. All ages welcome.

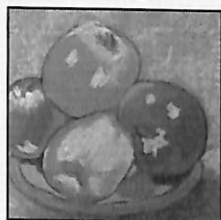
George Bass and Matthew Flinders were the last of the great maritime explorers of the Australian coastline. In a number of voyages, they helped to map out the shape of the Australian continent and the island of Tasmania.

Fridays: 10 - 11am for 5 sessions or Saturday: 10 - 11am for 5 sessions

23/24 July	Context
30/31 July	Bass and Flinders
6/7 August	Hume and Hovell
13/14 August	Burke and Wills
20/21 August	Significance

Cost \$30 or \$6 per session

Pastels and Drawing with Jenny



Always been interested? Now's your big chance to join this class in pastel, pencil or pen & ink illustration. Our qualified and experienced artist will

teach you how to work in any or all of these media, and it's fun too.

Cost: \$200 per term.

There will be a small cost for pastels, papers, pencils etc.

Tuesdays: 9am for 2 hours.
13 July- 14 September (10 sessions)

Guitar lessons with Tim

for those with a minimum knowledge of the acoustic guitar

Learn from an experienced, interesting and fun teacher. Work on chords, theory and picking-styles. Reading music is not necessary. Cost: \$18 a session or \$150 for the ten sessions. **Saturdays: 2pm - 3pm. 17 July - 18 September**



Watercolour Painting with Malcolm Webster, our experienced watercolourist

This accomplished professional fine-artist is well known in the local art field with many exhibitions to his credit.



Let him teach you the skills and delights of watercolours whether you're a novice or have experience.

Cost \$200 for the full term plus materials.

Tuesdays: 9.30am - noon.
13 July - 14 Sept (10 sessions).

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Yoga & Relaxation with Bridget



The ancient teachings of Yoga are creatively introduced with gentle rhythmic movements and stretches combined with breathing, relaxation and meditative practices allowing each individual to experience renewed strength and deep peace. From absolute beginners to the more experienced, all ages, shapes and conditions will benefit enormously. Mats are available. BYO blanket. Cost: \$100.

Tuesdays: 7:30pm for 1 hour.
13 July - 14 Sept. (10 sessions)

This booklet is sponsored by the local traders seen throughout these pages. Please give them your support

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Sunday Afternoon Music Come to SAM 11

The eleventh in our series of Sunday Afternoon Music concerts will be in the church on **Sunday September 12** at 2pm. It will feature the **music of Scotland**, with performers including *Ringwood RSL Pipe Band* and well-known baritone *Vincent O'Connor* and pianist *Christina Boyd*. Audience singalong will include such favourites as *Annie Laurie*, *Scotland the Brave*, *A Scottish Soldier*, *Loch Lomond*, *My Bonnie Lies Over The Ocean*.

Shortbread and haggis for afternoon tea?

Entry by donation to assist our community work.

Contact: *Gerry Robinson* 9874 3974

SAM 12 will be on November 28: *Blue Tone jazz band* and *The Melbourne Male Choir*



Tai Chi with Siew Ling for Beginners...

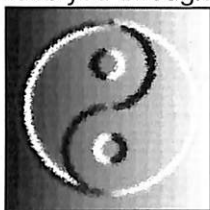
Wednesdays: 9.30am until 10.30am
(10 sessions) Cost \$100

Intermediates...

Wednesdays: 9.30am until 11am.
(10 sessions) Cost \$100.

14 July - 15 September.

Join Siew as she guides you through a series of soft, rhythmical movements designed to cultivate the body's internal energy while exercising the muscles and tendons & developing balance, co-ordination and concentration.



Tai Chi for people with movement & mobility

concerns - with Siew Ling

Tuesdays: 1pm until 1.50pm.

(10 sessions) Cost \$100.

13 July - 14 September.

Siew is a very experienced practitioner, let her guide you through gentle, soft, rhythmical movements designed especially for you. These exercises can be done standing or seated.

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94 Heathmont Road Heathmont
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Understanding Mathematics



Level 1: Numbers

This course deals with numbers in a novel way and develops skills to understand and use rules governing numbers. Participants will gain a deeper understanding of mathematical principles and will develop quicker and clearer thinking when dealing with maths problems.

Anybody interested in the subject will find the course thought-provoking. This course is suitable for young secondary students as well as interested adults.

This study of numbers will include counting numbers, integers (positive and negative whole numbers) and fractions (vulgar and decimals).

The leader is a highly qualified mathematics teacher with 30 years teaching experience at secondary level. He has co-authored maths textbooks past and current.

Mondays: 8 - 9pm.

12 July - 13 September

Cost \$150 for 10 sessions. It is strongly recommended that participants attend all sessions.

Book Clubs

Group 1:

1st Wednesday of each month
1.30 - 3pm
Cost: \$7 a session



Group 2:

1st Wednesday of each month.
7.30 - 9pm. Cost: \$7 a session.
Books are provided for loan from the Ringwood Library.
Come and discuss the monthly book in a small friendly group.



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David Copsey
Franchisee



KiX Dance Studio

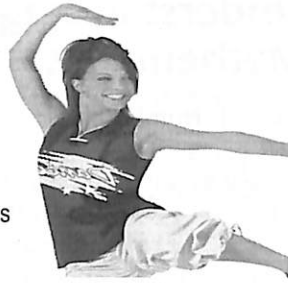
Holds dance classes in Ballet, Jazz and Tap. Ages 3 - Adult. Students also study Hip Hop, Street Tap and Song in diverse, fun classes. Advanced junior students are introduced to other styles of dance including contemporary, neo-classical, character and national.

All students sing and dance in at least two performances each year. Students partake in examinations according to the Australian Teachers of Dancing syllabus. Competition classes are also available. KiX teachers are qualified with many years experience.

Please phone Natalie on 0418 593 813 for information on other classes available to all ages.

Adult Tap /Jazz classes 7.30 - 9pm Monday, casual \$12 per class.

Classes are held at Heathmont Uniting Church, Centre Hall. 89 Canterbury Road Heathmont.



Strength Training with Jenny.

There is absolutely no age barrier to building muscle mass. The results are fantastic for those who add resistance training



into their fitness regime. Two to three times a week is recommended.

Our Strength & Cardio sessions are conducted in a friendly, fun and non threatening environment.

Enrol today - reward yourself and add some tone & strength to your body.

All ages welcome.

Mondays: 9am for 1 hour.

12 July - 13 September (10 sessions)

Cost: \$100

Like to speak Indonesian?

Beginners and Level 2.

Tuesdays from 13 July. Time: 7pm for 2 hours. Cost \$25 per session.

Advanced Indonesian - Reading and Conversation

Thursdays from 15 July. Time: 7pm for 2 hours. Cost \$25 per session.

(payable in advance or by negotiation with the teacher. Applies to both classes).

Contact: Janet 9738 1045

Photography

Basic Photography - taking a good photo with a digital camera.

By understanding the basics of digital photography, these two sessions will enable you to take good shots and obtain good prints. Bring your camera!

Tuesdays: 3 and 10 August.

Time: 7.30 - 9.30pm. Cost \$20

SLRs.

These 2 sessions cover some of the more technical aspects of photography that enable you to use your digital SLR (or high end compact) to its full potential. This will enable you to overcome the technical problems that may prevent you from taking that great shot. Completion of the BASIC photography course is recommended.

Tuesdays: 17 and 24 August.

Time: 7.30pm for 2 hours. Cost \$20.



I cordially invite you and your family to come and worship with us and to meet with members of our congregation here at the Heathmont Uniting Church.

- The Rev. John Mann

For information about other fellowship groups, support groups, social justice, children and youth groups, and any other church activities, please contact the Church Office on 9729 4452

Welcome to our 10am Service



Every Sunday

Faith Explorers



This group explores topics in Progressive Christianity, with material drawn mainly from sermons given by progressive ministers in Australia, New-Zealand and America.

The group meets in the Fellowship Room at the church at **12.15pm on the second Thursday of each month, February to December**

A nominal fee is levied to cover the costs of photocopying study material for each session.

Contact: Lorraine on 9729 5338

Music Together with Glenis and Mal

A weekly forty-five minute program of music, singing, movement and relaxation for pre-school children aged 0-4 years.

Cost. \$11 per session per family.

Fridays: 16 July - 17 September

**Times: 9.30am 1st session,
10.30am 2nd session.**

Contact Glenis and Mal: 9870 5889



A New Seminar Series

Following on from the popular Living The Questions series, comes

Victory and Peace or Justice and Peace?

From the same publishers, comes this DVD-based study featuring John Dominic Crossan generally acknowledged as the premier historical Jesus scholar. This study series explores the meeting of Roman Imperial Theology and the Kingdom of God. The contents include:

Justice & the World: or what is the Character of Your God?

History & Jesus: or what is the Content of Your Faith?

Worship & Violence: or what is the Purpose of Your Prayer?

Resurrection & Community: or what is the Function of Your Church?

Commencing Monday evenings from 19 July at 7:30, for 1½ hour sessions over 6 weeks. Cost is by donation to cover discussion notes.

For further information contact John on 9729 8896

Newspaper Drop-Off Point

Dispose of your newspapers by bringing them to the church on the first and second Saturday morning each month. Newspapers only, tied in bundles, dry and no glossies

Armchair Travel.

Ringwood Secondary College
Performing Arts Students Tour 2010

A very entertaining talk with photos, by student **Mitch Roberts**

As well as giving a performance at each location, the group had one day of sight seeing. They also enjoyed Ice Skating and the Rockies in Canada; The Ford Factory Museum; an ice hockey game in Detroit; exploring a haunted English castle and visiting Shakespeare's House in England; a double decker bus top tour in London and the London Eye; a tour of Amsterdam; a bus tour along the Rhine through the castles; a boat cruise through Strasbourg; a walking tour of Prague and, in Thailand, rafting on a river and riding elephants through the jungle.

They took Australian Bush Dancing to each of the countries to add some Aussie culture to social events and each student gave a talk about Australia.

The students returned with an enriched understanding of differing cultures and a heightened perspective on life.

Sunday 29 August at noon for 1 hour.

Everyone is invited.

Entry by donation for the community work of the Community Living Centre

Indoor Games Group



A small group of adults get together to enjoy cards and board games

Second Saturday each month. Time: 7.30pm

Light Supper included.

Donation: gold coin.

Contact: Alice 8802 1899

8

Coming Up In Term 4

Expressions of interest sought - contact the Coordinator.

Cake Decorating

In time for the Christmas table, in our commercial standard kitchen and with our two very talented cooks and qualified food handlers.

If you missed out on this short course in Term 2, don't miss your opportunity to impress everyone with your newly learned skills.

Play Reading

Also in term 4, we hope to begin a weekly play-reading group, starting with Shakespeare's *Romeo and Juliet* followed by George Bernard Shaw's *Pygmalion*. Stay tuned.



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9



Pilates is a whole body movement regime which focuses on core stability. It can be beneficial in keeping your body honed for sports or simply for life's daily activities and as a rehabilitation device. Pilates provides stretching, strengthening and spinal fitness.

with Anatta

**Mondays: 7.00pm for 1 hour or
8.00pm for 1 hour**

12 July - 13 Sept (10 sessions)

Cost: \$100.

**Wednesdays: 6.30pm for 1 hour or
7.30pm for 1 hour**

14 July - 15 Sept (10 sessions)

Cost: \$100. BYO mat to all sessions

Those new to Anatta's Pilates should contact her directly on
0438 372 758

with Gwen

**Morning classes - Tuesdays
9.30am for 1 hour.**

Ongoing classes for those who have done the Beginners classes.

10.30am for 1 hour.

Good for beginners to learn the basics of core control and those who need a little extra care.

13 July - 14 Sept (10 sessions)

Cost: \$100. BYO mat to all sessions.



The Community Living Centre gratefully acknowledges the financial support of the Maroondah City Council

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'Sing Australia' Heathmont



The concept of *Sing Australia* is to promote singing for fun and enjoyment; no auditions, you do not have to be able to read music, just enjoy singing.

Practices: Wednesdays.

Time: 7.30pm to 9.30pm.

Annual membership \$99

Concession \$66;

Cost: \$5 per practice.

Held at the Church

Contact: Jeanette Giles 9729 6197

Website: www.singaustralia.com.au

Have you read the small print on page two regarding your and our responsibilities?

Alcoholics Anonymous

This group meets every Saturday at 2:00pm. Please seek AA contacts or details by phone or their AA website.



Dr. Peter Green
B.V.Sc. M.A.C.V.Sc.
Veterinary Surgeon
1 Dickasons Road
Heathmont
Phone: 9729 4466 (24 Hrs)
Fax: 9729 8201



Heathmont
ANIMAL HOSPITAL

Special Care for Special Friends

Support for Carers (Mental Health Issues)

Are you looking for a safe place to meet with others who are supporting a friend or family member living with mental health issues? Come to share stories and experiences, access resources.



Dates: 2nd & 4th Thursday of each month. Time: 7.00 - 9.30pm

Contact: Katrina at GROW Community Centre 9528 2977

We have formed a partnership with 'GROW'. *This is a not-for-profit organisation that offers mutual support/self help groups that focus on a consumer driven recovery program developed over 50 years of operation.*

GROW has also received Government funding through FaHCSIA to deliver our Program to meet the needs of Carers and families of those suffering from a mental illness.

"GROW-Better Together"

Carers Groups offer Carers and their families an opportunity to gain understanding, support and education through fortnightly meetings and an understanding of the GROW Program that is delivered to specifically meet the needs of the Carer.



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L Sun: 8.00am - 5.00pm
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Y T: 9738 2366 F: 9738 2377
S **CAFE**

Square Dancing



Ever tried it? It really is fun, and there's a great group of people there too. Come and join in. The group meets on the **first and third Saturday**

evening of the month. 7 - 11pm
Contact: Janice 9872 5399

Heathmont Medical Centre
103 Canterbury Road
Heathmont Vic 3135
Phone: 9729 4041



Dr Anne Adams
Dr Anne Cousens
Dr Bruce Rowe

Dr Fritz Rudolph
Dr John Mitchell

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Heathmont Parent-Child Playgroup



The playgroup is for children aged 0-4 years and their parents or carers. Several groups meet on different days of the week (except school holidays) and at various times, morning and afternoon.

Contact: Tanya 9729 5770

Croydon Stroke Support Group

The group meets weekly to provide social and emotional support and general referrals for stroke survivors and their carers. Activities include... speakers, outings, craft, bus trips, painting, cards and more.



Thursdays from 10.00am

Contact: Gillian 9723 3053

Bakers Delight
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Fax: 9720 8426

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Anyone for tennis?

Heathmont Parker Reserve Tennis Club offers ...



- A new internationally acclaimed coach – for all levels.
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- Competition tennis - day and night.
- Ladies and mixed social tennis.
- A great social Saturday afternoon.
- All six courts are under lights.
- Court hire available

New members are most welcome.

Contact: Carole 9729 4491

or visit our website. www.hprtc.org.au

These are some of the classes held at St Stephens CLC, Ringwood East.

Contact Eleanor on 0423 728 864

Belly Dancing with Karinda - Beginners.
Wednesdays 6 - 7.30pm. Starts 14 July for 10 weeks. \$150

Bookbinding with Gail. Be introduced to bookbinding via several bindings.
4 week course, Saturday July 24, 31, August 14, 21. Cost \$135 + Material fee & requirements list.

Copper with Connections. Learn cold connection methods to make a very individual bracelet. Make jump rings and clasps with rivets and eyelets. Saturday 11 Sept 1.00 - 4.00pm Cost \$40 + Materials.

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Heathmont Uniting Church Community Living Centre (HUCCLC)
is a not-for-profit initiative of the Uniting Church in Heathmont