

Co-ordinators:

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89 Canterbury Road
Heathmont 3135



**Heathmont Uniting Church
COMMUNITY LIVING CENTRE**

ENROLMENTS TAKEN NOW

4th TERM 2008

Enrolments may be made by contacting the person listed for each group or by the website.

Heathmont Uniting Church offers a broad range of low-cost activities, courses and classes. In addition, there will be a number of special seminars on contemporary issues of interest.

PAYMENT & REFUND POLICY:

Fees to be paid in advance for the term.

Cheques to be made out to Heathmont Uniting Church

Withdrawals less than 7 days prior to the start of the class will not be eligible for a refund, unless a medical certificate is provided. A full refund will be given if we cancel a class.

Heathmont Uniting Church Community Living Centre [HUCCLC] is a not-for-profit initiative of the Uniting Church in Heathmont.

We offer programs to foster individual well-being and the growth of an accepting, caring community.

www.hucclc.websyte.com.au

Yoga & Alexander Technique with Carol



Improve posture, balance and integrate mind, body & breath.

Tuesdays: 2 September– 28 October,
25 November—16 December. (13 sessions)

Time: 7.30 - 8.30pm BYO Mat.

Cost: \$130 (or \$12 per session)

Contact: Eleanor: 0437 758 281

Pilates with Anatta

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

Beginners Wednesdays 8 October – 17 December
6.30 and 7.30pm; (11 sessions) Cost: \$110 or \$12 per session

This class will enable those new to Pilates to learn the fundamentals.

Ongoing

Mondays 6 October - 15 December (11 sessions)

Time: 6.30 - 7.30pm and 7.30—8.30pm

Cost: \$110 or \$12 per session

Contact: Eleanor: 0437 758 281



Pilates with Gwen

Beginners

Tuesdays 7 October - 16 December
(except Cup Day 4 November) 10 sessions

10.30am-11.30am

Cost: \$100 (or \$12 per session)

Ongoing

Tuesdays 7 October - 16 December

(except Cup Day 4 November) 10 sessions

9.30am –10.30am Cost: \$100 (or \$12 per session)

BYO mat to all sessions

Contact: Eleanor: 0437 758 281

Strength Training with Jenny

Use a range of light weights & bands to perform gentle exercise to build muscle strength & improve cardio fitness. All ages welcome.

Mondays 6 October - 15 December (11 sessions)

9-10am Cost: \$90 (or \$12 per session)

Wednesdays 8 October– 17 December

9 - 10am (11 sessions) Cost: \$90 (or \$12 per session)

Thursdays 9 October –18 December (11 sessions)

Cost: \$90 (or \$12 per session) 9-10am

Contact: Eleanor 0437 758 281



Tai Chi with Carolyn



Easy to learn and do and it is fun! Excellent for arthritis sufferers. Helps relieve pain & stiffness, improves balance & relaxation.

Beginners : Tuesdays 7 October-16 December (10 sessions)
(except Cup Day 4 November) 11-12 noon

Intermediate Wednesdays 8 October –17 December
(11 sessions) 9.30-10.30am

Cost:\$110 (or \$12 per session)

Contact: Eleanor: 0437 758 281



Monthly Bushwalking Group

An established group that meets monthly and travels to various destinations for moderate activity; walks are about 10km.

Dates: 1st Saturday of each month [except January]

Cost: \$5/person

Time: 8.15am to 4-5pm BYO morning tea and lunch

Contact: Marj 9729 5709

Square Dancing

The group meets on the 1st and 3rd Saturday evening of the month. Time: 7pm - 11pm

Contact: Janice 9872 5399



Thursday Night KUCA



KUCA youth club is for primary school children in Grades 3-6, offering a range of activities, games and sports led by trained leaders and adult supervisors.

7pm – 8.30pm (except school holidays)

Contact: Joyce 9870 8328

Music Together

A weekly 45 minute program of music, singing, movement & relaxation for pre-school children aged 0-4 years. Fridays [except school holidays]

3 sessions 9.15am; 10.15am and 11.15am

Contact: Glenis 9870 5889



Heathmont Parent Child Playgroup

Playgroup is for children aged 0-4 years and their parents or carers. Several groups meet - different days of the week [except school holidays] at various times - mornings and afternoons.

Contact: Tanya 0417 381 863 .



Art

Learn basic techniques from a local artist who is experienced in teaching art. Ongoing classes according to need.

Small class - limited places available.

Cost: \$10 per session [plus \$40 for materials].

Please pay at least 5 weeks in advance.

Thursdays: 7 - 9.30pm Contact: Alice 8802 1899



Indonesian Conversation for Social, Travel & Business

Tuesdays commencing 21 October 7pm - 9pm

Advanced Reading and Conversation,

Thursdays: commencing 23 October 7pm - 9pm;

Cost: \$25 per lesson, payable in advance or by negotiation with the teacher). This applies to both classes.

Contact: Janet 9738 1045



You are very welcome to come and worship with us at

Heathmont Uniting Church

10.00am

every Sunday



Heathmont Faith Explorers:

The group meets at 12.15-2pm (bring your own lunch) on the second Thursday of each month, February to December.

Cost: members pay for the cost of photocopying of the study material.

Contact: Bruce 9729 5338.



Creative Writing with Sue



Tuesdays 1-3pm, 14 October—25 November
(6 sessions) (4 November - Cup Day) Cost \$90

Join a friendly class to explore writing and its craft.

Memoir, short story, poetry and even the novel are covered as you write from tutor-set exercises or your own ideas. Technique is demonstrated through written material and discussion.

Whether you are already writing or want to begin, this class will inspire and have you surprising yourself in the first session. Sue is a member of a writers' group and tutor to an established writing group in Carlton North.

Contact: Eleanor 0437 758 281

Book Club

Group 1: 1st Wednesday of each month 1.30-3pm

Cost: \$7/session

Group 2: 1st Wednesday of each month 7.30-9pm

Cost: \$7/ session.

[There is currently a waiting list for the evening group]
Books will be provided for loan from the Ringwood Library.

Come and discuss the monthly book in a small friendly group.

Contact: Eleanor: 0437 758 281



Music & Relaxation for Grownups.

Relaxation with classical music and/or imagery.

Time: 1.30- 2.30pm Cost: \$60 Dates: Fridays (6 weeks)

Also: a one-to-one guided imagery and music for increasing wellbeing. Cost: \$45 per 60-90 minute session.

Contact: Rachael 0425 767 241

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, craft, outings, bus trips, painting and cards.

Thursday from 10.00am

Contact: Gillian 9723 3053

**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

Cost: \$3 per person

Time: 7.30 - 9.00pm Contact: Alice 8802 1899

**Alcoholics Anonymous**

A group meets every Saturday at 2:00pm.

Please seek AA contacts or details by phone or the AA website.

**ANYONE FOR TENNIS ?**

Heathmont Parker Reserve Tennis Club is looking for new members to join our progressive club.

We can offer ladies and mixed social play, day or night competition and juniors too.

For further information please call Carole 9729 4491

<http://home.vicnet.net.au/~hprtc>

**S Sunday**

A Afternoon Come to SAM 4 Sunday 30 November

M Music Time: 2 - 4.30pm

Our fourth Sunday Afternoon Music.

including afternoon tea at interval.

Featuring *The Yarra Gospel Singers* and a variety of Christmas vocal and instrumental performers.

Entry by donation.

Contact: Gerry 9874 3974

**Sing Australia' Choir**

Website: www.singaustralia.com.au

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 7.30-9.30pm

Annual membership \$77; Concession \$66; Songbook (one off) \$40

Cost: \$5 per practice Contact: Jeanette 9729 6197

**Games Group**

A small group of adults enjoy Scrabble, cards and board games.

2nd Saturday of each month:

Time 7.30pm Cost: \$1 per person.

Supper included.

Contact: Alice 8802 1899

**Scrabble - Just for Fun!**

Thursdays 1.30pm - 3pm

Come and join in a game of Scrabble.

A small, friendly group who play just for fun.

Cost: \$3 per person

Contact: Alice 8802 1899



new

Social Group for Women

A new group to cater for women who wish to go out regularly or occasionally, but do not wish to go alone. Ideas may be to go out to dinner, see a movie, for example. This will be a self run group and the activities will be arranged according to what people want. Day and times to be negotiated within the group.



The first meeting will be on Friday 10 October in the Community Living Centre Room at Heathmont Uniting Church at 7.30pm. Initial membership of the group: \$5 Contact: Alice 8802 1899

Feng Shui

These workshops are a brief introductory overview of how Feng Shui may impact on your home or work environment and how it could help to create a supportive opportunity for change in your life!

What will be covered in the 3 to 4 hour workshops

- What it is and what it isn't
- Principles of Feng Shui
- Three types of schools of Feng Shui - Form/Compass/Flying Star
- Enhancement and Remedies
- Electromagnetic Fields/Mould in the home and their impact on health
- Geobiology - the study of the different stresses on the land.



Dates: Saturdays 4th & 18th October Time: 10am until 12 - 12.30pm
Cost \$65/person for 2 sessions Contact: Eleanor 0437 758 281

**St Stephen's Uniting Church, East Ringwood
Community Living Centre offers different classes.**

www.ssclc.websyde.com.au

Creative Dance

Mums (or Dads) & Toddlers (2-3yrs) \$12 per session, or \$20 for both.
Monday 10th & 17th November 10 - 11am

Adult Class (Including Seniors)

Saturday 8th & 15th November 2.30 - 3.30 pm

\$15 per class or \$25 for both Contact: Eleanor 0437 758 281

new

Car Care

Learn "HOW TO ENJOY" the responsibility of being a car owner/driver with 2 only - 2 hour "HANDS ON" sessions with Graham.

When: Wednesdays 25 October and 5 November.

Time: 7-9pm (During Daylight Saving Hours)

Cost: \$10 for one session & \$15 for both (payable on 1st night)

What do the sessions include?

- Choosing a new or used car to meet your needs
- Regular maintenance and servicing
- Problem solving—what to check if the car won't start
- What type of fuel should I use and why
- Changing the spare wheel on YOUR car
- Feedback and evaluation—where to from here?



Contact: Alice 8802 1899

HUC CLC Gardening special:

"Sunday Garden Event" at SGE Analytical Science, 7 Argent Place, Ringwood. Sunday October 19th 2.00-5.00pm Adults: \$5.00

- two acres of "Open Garden" to view.
- expert advice from Rodger & Gwen Elliot (native plants), Bill Nelson (roses), Milton Dyer (*Multicrop*) and others.
- demonstrations and panel discussion in auditorium
- toilets, shade, large grassed area, ample car parking, afternoon tea.



Enquiries to Gerry, 98743974

**Energetic Healing Night Workshop**—includes:

Tibetan 8s which help the speedy recovery of cuts and wounds as well as strengthening the aura.

.Emotional Stress Release points (ESRs) used in kinesiology to help relieve stress; The basics of **Reiki**;

Chinese medicine techniques -

Date Tuesday October 14th Time 7 - 9pm Cost \$40

Contact: Eleanor 0437 758 281



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