

Asian cooking  
Yoga Tai Chi  
Australian History  
Great classes  
for all



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

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

# Community Living Centre Courses & Activities Term 4 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](http://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.

Learn how Bass Strait and Flinders Island were discovered and why the road from Melbourne to Sydney is the Hume Highway - and why Burke and Wills died, 150 years ago.

**Fridays: 10 - 11am for 4 sessions**  
or

**Saturday: 10 - 11am for 4 sessions**

**5/6 November** Introduction

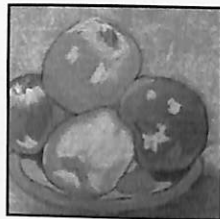
**12/13 November** Bass and Flinders

**19/20 November** Hume and Hovell

**26/27 November** Burke and Wills

**Cost \$32 or \$8 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: 9.15am for 2 hours.**

**5 October - 14 December (10 sessions)**

## Like to speak Indonesian?

**Beginners and Level 2.**

**Tuesdays from 12 October. Time: 7pm for 2 hours. Cost \$10 per session.**

**Advanced Indonesian - Reading and Conversation**

**Thursdays from 7 October. Time: 7pm for 2 hours. Cost \$10 per session.** (payable in advance or by negotiation with the teacher. Applies to both classes).

**Contact: Janet 9738 1045**

## 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: 9.15am for 2 hours.**

**5 October - 14 December (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.**

**5 October - 14 December (10 sessions)**

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

For all your pharmacy needs meet the friendly staff at

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Ph: 9729 4545 Fax: 9729 4755

**OPEN 7 DAYS A WEEK**

9am-9pm

## Chinese Cooking With Lillie Giang

**New!  
Special**

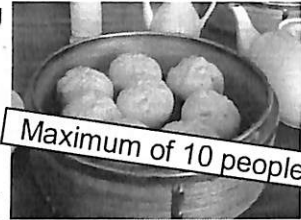
Learn from an expert Asian cook and have fun making a variety of Asian finger foods in our excellent kitchen. You will be taught how to make your own spring rolls, curry puffs, rice paper rolls, dumplings and more.

Please bring your own apron, tea towel and if possible, chopping board, knife, mixing bowl, peeler and a lunch box to take your own made finger food home.

Cost \$65 for 5 weekly sessions or \$15 per session including all ingredients.

**Thursdays:**

7pm for 2 hours. (5 sessions)  
14 October - 11 November



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## Sunday Afternoon Music Come to SAM 12

The twelfth in our series of Sunday Afternoon Music will be in the Church on Sunday 28 Nov. at 2pm.

It will feature the Blue Tone Jazz Band.



King Oliver's Creole Jazz Band 1921

This 8 piece band performed at our Open Garden in Heatherdale in 2009, when their musicianship and verve delighted everyone. November is the chance to hear them again and by then we shall know if this year their outstanding traditional jazz harmonies and improvisation should include "When the Saints..." hmmm!

Also on the program is the Melbourne Male Choir whose extensive repertoire includes opera, classical and musical theatre. They will also involve the audience in some Christmas sing-a-longs.



Entry is by donation to assist our community work.

Contact: Gerry Robinson 9874 3974

Dates of our SAM series next year:  
SAM 13 March 6 SAM 14 June 5  
SAM 15 Sept 11 SAM 16 Nov 27

5

## Book Clubs

**Afternoons:**

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

**Evenings:**

1st Wednesday of  
each month.  
7.30 - 9pm. Cost: \$7 a session.  
Books are provided by the Ringwood Library for a fee which is covered by this cost. Come and discuss the monthly book in a small friendly group.



## Tai Chi with Siew Ling

**1. Beginners...**

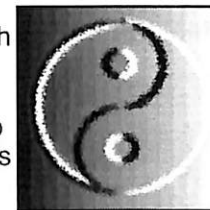
**Wednesdays: 9.30am until 10.30am**  
(11 sessions) Cost \$110

**2. Intermediates...**

**Wednesdays: 9.30am until 11am.**  
(11 sessions) Cost \$110

**6 October - 15 December**

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 and developing balance, co-ordination and concentration.



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## 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 Heath-



## Strength Training with Penny

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.

Men and women - all ages welcome.

**Mondays: 9am for 1 hour.**

**4 October - 13 December**

**(11 sessions) Cost: \$110**

## Monthly Bushwalking Group

This is an established group that travels to various destinations for moderate activity, usually about 10km.

Cost \$5 each. Leaves at 8.15am sharp in shared vehicles. BYO morning tea and lunch. You will be made very welcome. If you are interested, you are invited to

**Contact Glenis and Mal: 9870 5889**

**Dates: 1st Saturday each month**



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

Church Office Hours are... Tuesday to Friday, 9:30am until 12:30pm

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: 8 October - 17 December**

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

**Contact: Ros 9726 9938 / Glenis 9870 5889**



## SGE 2010

Is our **Sunday Garden Experience**. On Sunday 14 November, between noon and 5pm, visit Gerry Robinson's large SGE (**Scientific Glass Engineering** garden at 7 Argent Place Ringwood. Lots of plants and parking and large grassed areas. The buildings will be closed, so no toilet and Afternoon Tea. Entry is by donation to assist our community work.

## '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.

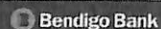
Held at the Church

**Contact: Jeanette Giles 9729 6197**

Website: [www.singaustralia.com.au](http://www.singaustralia.com.au)

## Heathmont Community Bank® Branch

143 Canterbury Road, Heathmont  
Phone 9870 6654



We gratefully acknowledge the financial support of the Heathmont Community Bank Branch.

Note that our Community Living Centre benefits with each account that is opened if you mention you saw the Bank's ad. in this booklet

## Armchair Travel

Sunday 24 October at noon for 1 hour at the Church.

Tonga – the Friendly Islands.  
Glenda Mann

"Malo e lelei"- Hello!



Glenda has recently returned from her first trip to Tonga, where she was an Australian delegate at a Methodist Conference.

See her photos and hear her impressions of Tongan culture, including its famous hospitality, its food, music, religion and rugby.

This is a great opportunity for cross-cultural development and enjoyment. Everyone is invited.



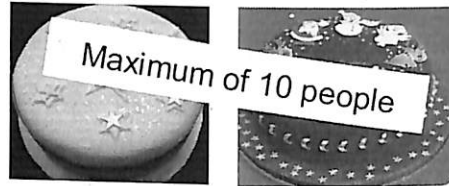
Entry is by donation for the community work of the Community Living Centre

Our Armchair Travel itinerary for 2011 and beyond includes Turkey, the Hume and Hovell Track in NSW, Great Islands of the World, Touring Victoria's Cemeteries, Indonesia, The J.A. Turner Artist Trail in Croydon and Great Train Trips of the world

## Cake Decorating with Betty and Di


In time for the Christmas season, our top quality cakes are available. This is your chance to catch up, don't miss your opportunity to impress everyone with your newly learned skills.

Cost \$50 includes all ingredients  
Tuesdays: 2 - 23 November  
7pm for 2 hours. (4 sessions)



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

4 October - 13 December (11 sessions)  
Cost: \$110.

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

6 October - 15 December (11 sessions)  
Cost: \$110. 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.

**5 October - 14 December (10 sessions)**  
Cost: \$100. BYO mat to all sessions.

## Next Year

we would like to begin a Play-reading group. A Cooking For Dads group. A pre-school Art class. And maybe an after-school Primary/Secondary Art class. Are there any interested folk? Expressions of interest, please contact our Co-ordinator John 0437 758 281

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## Preparation for Maths Methods Units 3 & 4.

**New!  
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This course is designed for students intending to study Maths Methods Units 3 & 4 in 2011. This course will focus on properties of linear, quadratic, exponential and trigonometric functions.

Transformation of their graphs and the solutions of related equations will be considered.

**Monday 24 to Thursday 27 January 2011**

**4.30 - 6pm.**

Cost \$60 for 4 sessions.

*The instructor is a highly qualified maths teacher who taught for many years at Scotch College and has co-authored current maths textbooks.*

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.  
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## 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.



## 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: Joanne 0413 717 692**

## 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, cards and more. **Thursdays from 10.00am**  
**Contact: Gillian 9723 3053**



## Tennis Anyone???

Heathmont Parker Reserve Tennis Club offers you ...

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- Mens & Mixed competition & social play.
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*These are some of the classes held at St Stephens CLC, Ringwood East.*

**German for Beginners** – Tuesday evenings 6.30 – 8pm. \$100.

5 October-7 December. 10 weeks.

**Whimsical Bags** –Ripped Up Handbag/Book cover - One Day Workshop. Rip up those recycled and pre-loved fabrics and yarns. Choose from a variety of unique shapes. Saturday 16 October, 10am-4pm. \$65.

**Transparent Mosaic Workshop** – A six hour workshop. Make your own transparent mosaic mobile by adding stunning opaque and clear glass pieces. No previous mosaic experience required. Saturday 23 October. \$120 9.30am-3.30pm

**Contact Eleanor on 0423 728 864**

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