



SPRING: TERM 4, 2021

MON 4<sup>TH</sup> OCT - FRI 17<sup>TH</sup> DEC

# HEATHMONT UNITING CHURCH COMMUNITY LIFESTYLE CENTRE

MONDAY 4<sup>TH</sup> OCT - FRIDAY 17<sup>TH</sup> DEC

TERM 4:  
ENROLMENTS  
NOW OPEN!

ALL BOOKINGS:  
P: 0437 758 281  
E: [hucclc89@gmail.com](mailto:hucclc89@gmail.com)

## CLASSES:

- BODY STRENGTH & TONE
- MIND & MEDITATION
- YOGA
- SENIORS FLEX & STRETCH
- PILATES
- LANGUAGES
- TAI CHI
- ARTS & CRAFTS
- WATERCOLOUR
- PUBLIC LECTURES
- + MORE!

PHOTO COMP  
2021 DATES  
REVISED!  
See inside.

Photo By: Trevor Weir @ Wormholano Park

Supported by:



Ringwood East & Heathmont  
Community Bank<sup>®</sup> Branches

62 Railway Ave, Ringwood East, Phone 9870 3655  
172 Canterbury Rd, Heathmont, Phone 9729 4007



HEATHMONT UNITING CHURCH COMMUNITY LIFESTYLE CENTRE

89 Canterbury Rd, Heathmont 3135  
 [hucclc.websyte.com.au](http://hucclc.websyte.com.au)  
 @HUCCLC

0437 758 281  
 [hucclc89@gmail.com](mailto:hucclc89@gmail.com)  
 @clcheathmont

# WELCOME!

## HEATHMONT UNITING CHURCH COMMUNITY LIFESTYLE CENTRE (HUCCLC).

HUCCLC commenced 13 years ago, based on a community house model. Our purpose is to provide a focal point in the local community where people have opportunities to build community support and experience benefits from coming together to connect, undertake activities, find meaning and fellowship, learn skills and interact with other local residents.

### HUCCLC TEAM:

**HUC Minister:** Rev. Brendan Byrne

**Chairperson:** Mal McDonald

**Secretary:** Carmel Fox

**Treasurer:** Karen Arblaster

**Coordinator:** Christine Better

**Program Dist. Officer:** Michaele Ogilvy

**Committee:** Gerry Robinson

**Committee:** Trevor Weir

**Committee / Church Council Rep:** Tom Gay

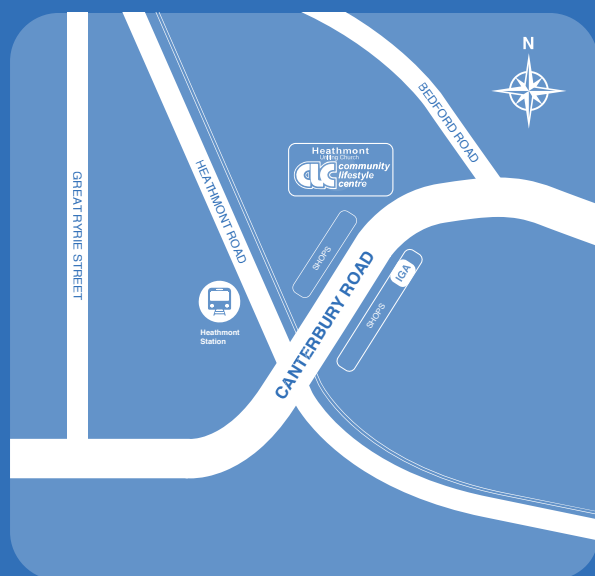
**Committee:** Michaele Ogilvy

### WHERE TO FIND US:

89 Canterbury Rd, Heathmont 3135

Mobile: 0437 758 281

Email: hucclc89@gmail.com



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## HEALTH & FITNESS

### BODY STRENGTH & TONE

Exercises include low impact aerobics, strength training and a circuit style workout. For better fitness and stronger bones/muscles. A basic level of fitness is required. BYO hand towel.

**MONDAY: 9.15AM - 10.15AM**

\$110 for 11 week term or \$15 weekly

Class code: MBS

**THURSDAY: 9.30AM - 10.30AM**

\$110 for 11 week term or \$15 weekly

Class code: THBS

**FRIDAY: 9AM - 10AM**

\$110 for 11 week term or \$15 weekly

Class code: FBS

### SENIORS FLEX N STRETCH

Gentle strength exercises will improve your strength, balance, posture and flexibility. Exercise can reduce osteo-arthritic pain and disability, improve balance and aerobic capacity. GP Medical clearance required.

**MONDAY: 10.30AM - 11.30AM**

\$100 for 11 week term or \$13 weekly

Class code: MSF

**TUESDAY: 9AM - 10AM**

\$90 for 10 week term or \$13 weekly

Class code: TSF

PUBLIC HOLIDAY  
TUE 2<sup>ND</sup> NOV

**THURSDAY: 9.30AM - 10.30AM**

\$100 for 11 week term or \$13 weekly

Class code: THSF

### TAI CHI

Be guided through a series of soft, rhythmical movements designed to cultivate the body's internal energy while exercising muscles and tendons. Develops coordination & balance.

**(BEGINNERS) WEDNESDAY: 9.30AM - 10.30AM**

\$110 for 11 week term or \$15 weekly

Class code: WTCB

**(INTERMEDIATE) WEDNESDAY: 9.30AM - 11AM**

\$145 for 11 week term or \$20 weekly

Class code: WTCl



## PILATES

Combined strength training, stretching and dynamic muscular controlled movements. Increase stability, flexibility and strength of core. BYO mat.

**MONDAY: 7.30PM - 8.30PM**

\$110 for 11 week term or \$15 weekly

Class code: MP

**TUESDAY:** \$100 for 10 week term or \$15 weekly

**8.45AM - 9.45AM** Class Code: TP4

**10AM - 11AM** Class Code: TP5

**11.15AM - 12.15PM** Class Code: TP6

PUBLIC HOLIDAY  
TUE 2ND NOV

## YOGA

Yoga synchronises movement to breath, through poses that flow together smoothly. Flexibility, balance, strength & stability are positively impacted.

**TUESDAY (GENTLE HATHA & RELAXATION): 7PM - 8PM**

\$100 for 10 week term or \$15 weekly

Class code: TY

PUBLIC HOLIDAY  
TUE 2ND NOV

**THURSDAY (SLOW FLOW VINYASA): 7PM - 8PM**

\$110 for 11 week term or \$15 weekly

Class code: THY

## MINDFULNESS & MEDITATION

Be introduced to 'mindfulness' techniques that integrate the art of meditation into daily living. A time to relax, reconnect and regenerate.

**THURSDAY: 11AM - 12NOON**

\$110 for 11 week term or \$15 weekly

Class code: THM

## LANGUAGES

### INDONESIAN

Conversations and readings that are useful for travel and everyday situations. Additional cost required for textbook & reader.

**TUESDAY (BEGINNERS): 7PM - 9PM**

\$100 for 10 week term or \$15 weekly

Contact Janet to enrol: 0425 779 542

**THURSDAY (ADVANCED): 7PM - 9PM**

\$110 for 11 week term or \$15 weekly

Contact Janet to enrol: 0425 779 542

PUBLIC HOLIDAY  
TUE 2ND NOV

## ARTS & CRAFTS

### WATERCOLOUR

Enjoy friendly, relaxed classes and learn new skills with our professional watercolour artist, It-Hao. Additional cost for materials.

**TUESDAY (PAINTING): 9AM - 11.30AM**

\$250 for 10 week term or \$30 weekly

Class code: TW

PUBLIC HOLIDAY  
TUE 2ND NOV

**TUESDAY (BEGINNERS): 7.30PM - 9.30PM**

\$200 for 10 week term or \$30 weekly

Class code: TWB

PUBLIC HOLIDAY  
TUE 2ND NOV

### WOMEN'S CRAFT GROUP

GOLD  
COIN

A weekly social club for women with a common interest in crafting: knitting, drawing & embroidery. BYO project.

**TUESDAY: 1PM - 3PM**

10 week term

PUBLIC HOLIDAY  
TUE 2ND NOV



### REVISED PHOTO COMP DATES 2021:

Due to COVID-19 we have decided to reschedule all dates to do with this event. Visit our website for more information and an entry form.

[www.hucclc.websyte.com.au](http://www.hucclc.websyte.com.au)

ENTRIES CLOSE - SAT 11TH DEC

AWARDS NIGHT - FRI 17ST DEC, 7PM

UPDATE!  
PHOTO COMP  
2021 DATES  
REVISED!

### ENROLMENTS:

BOOKINGS ARE ESSENTIAL FOR ALL CLASSES THROUGH OUR PROGRAM COORDINATOR.

CHRISTINE BETTER

MOBILE: 0437 758 281

EMAIL: [hucclc89@gmail.com](mailto:hucclc89@gmail.com)

If you have questions about the classes or how social distancing will be achieved in our programs, please contact us.



# SPECIAL EVENTS:

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## PUBLIC LECTURES

GOLD COIN



### COVID TECH SKILLS

TUES 12<sup>TH</sup> OCTOBER: 10.30AM - 11.30AM

Learn how to use QR codes, find reliable information, access video calling platforms, online event bookings and more!

### ONLINE PHOTOBOOKS & GIFTS

TUES 9<sup>TH</sup> NOVEMBER: 10.30AM - 11.30AM

Use apps/ online services to create beautiful scrapbooks & photo albums. Explore platforms such as Snapfish, Canva & Kmart.



### NAVIGATING THE AGED CARE PATHWAY

WED 6<sup>TH</sup> OCTOBER: 10.30AM - 11.30AM

Let's discuss the tools to plan for wellbeing & financial security as you age.

### NUTRITION FOR SENIORS

WED 16<sup>TH</sup> NOVEMBER: 10.30AM - 11.30AM

Be guided by your local Dietitian on the healthy habits you can adopt, for eating well as you age.

## MAROONDAH FESTIVAL

SUNDAY 7 NOVEMBER, 2021.

TOWN PARK, NORTON ROAD CROYDON  
FREE EVENT!

Come and say hi and have your questions answered as we will be at this years festival!

## OTHER ACTIVITIES

### BOOK CLUB

1<sup>ST</sup> TUESDAY OF EACH MONTH: 1.30PM - 3PM

1<sup>ST</sup> WEDNESDAY OF EACH MONTH: 7.30PM - 9PM

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

PUBLIC HOLIDAY  
TUE 2<sup>ND</sup> NOV

Contact the HUCCLC Coordinator: 0437 758 281

### SING AUSTRALIA

WEDNESDAYS 7.30PM - 9PM

Singing for fun and enjoyment; no auditions, you do not have to be able to read music.

Contact Eion Edmonds: 0412 142 867

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

### CROYDON STROKE SUPPORT GROUP

THURSDAYS 10AM - 11.30AM

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

Contact Val: 9758 1750

### PARENT-CHILD PLAYGROUP

SEVERAL WEEKLY SESSIONS

New families and Mother's groups are welcome!

Contact Fiona: 0439 924 680 or Diane: 0459 098 699

Email: [heathmontplaygroup@yahoo.com.au](mailto:heathmontplaygroup@yahoo.com.au)



**YOU'RE WELCOME TO JOIN OUR 10AM SERVICE, EVERY SUNDAY.**

Minister: Rev. Brendan Byrne invites you to join us on Sunday mornings (in person or online), as he explores matters of life and faith in the context of worship.

For information about church activities, please contact the Church Office on 9729 4452.



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