



AUTUMN:  
TERM 2, 2024

MON 15 APRIL - FRI 28 JUNE

# HEATHMONT UNITING CHURCH COMMUNITY LIFESTYLE CENTRE

MON 15 APRIL - FRI 28 JUNE 2024

TERM 2, 2024  
ENROLMENTS  
OPEN: 2 APRIL

CONTACT US TO ENROL:

P: 0437 758 281

E: hucclc89@gmail.com

### CLASSES:

- BODY STRENGTH & TONE
  - PELVIC FLOOR STRENGTH
  - MIND & MEDITATION
  - FLEX & STRETCH
  - PILATES
  - WATERCOLOUR
  - YOGA
  - MIGRANT ENGLISH
  - CRAFT GROUP
  - BOOK CLUB
- AND MORE....



HUCCLC 2024  
PHOTO COMP  
ENTRY FORM  
INSIDE!

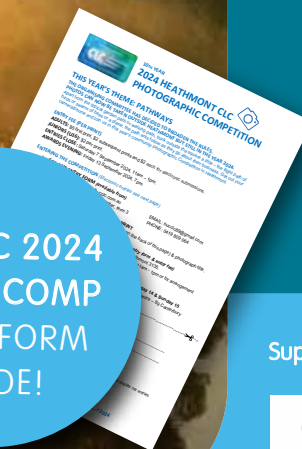


Photo by: Will Harper - Dandenong Creek near Heathmont Scout Hall, Heathmont Photographic Competition 2023.

## HEATHMONT UNITING CHURCH COMMUNITY LIFESTYLE CENTRE

89 Canterbury Rd, Heathmont 3135

www.hucclc.com.au

@HUCCLC

0437 758 281

hucclc89@gmail.com

@clcheathmont

Supported by:



# WELCOME!

## HEATHMONT UNITING CHURCH COMMUNITY LIFESTYLE CENTRE (HUCCLC)

HUCCLC commenced in 2007, 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.

## ENROLMENTS

ALL CLASSES MUST BE BOOKED THROUGH OUR PROGRAM COORDINATOR:

Christine Better  
Mobile: 0437 758 281  
Email: hucclc89@gmail.com

## PAYMENT & REFUND POLICY

### ENROLMENTS

- Enrolments can only be confirmed by payment of the full-term fee being received.
- Enrolments open three weeks prior to the commencement of each term.

### FEE PAYMENT OPTIONS

#### 1. DIRECT BANK TRANSFER DETAILS (DBT/EFT):

ACCT NAME: UCA Heathmont Parish  
BSB: 633 000 | ACCT NO: 138 844 808  
REF CODE: Class code, full name & phone number.

2. **CASH PAYMENTS:** Please place money in a marked envelope (class code, full name & phone number). Drop into the Church Office/CLC Mailbox.

3. **CHEQUES:** Make out to 'Heathmont Uniting Church.' Please place cheque in a marked envelope (class code, full name & phone number) & drop into the Church Office/CLC Mailbox.

### RECEIPTS

Receipts are only issued for term payments made with cash or cheque. Receipts for DBT/EFT payments can be requested from the CLC Treasurer, email: hucclc89.accts@gmail.com

### REFUNDS

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.

### PLEASE NOTE

- We do not offer a casual/weekly payment option.
- We do not have card facilities.
- No refund will be given for classes you have missed unless approved by CLC Committee.
- For participants experiencing financial difficulties, please contact the CLC Treasurer, email: hucclc89.accts@gmail.com or the CLC Coordinator, phone: 0437 758 281.

## HEALTH & FITNESS

### BODY STRENGTH & TONE

FIRST CLASS  
FREE FOR NEW  
ENROLMENTS!  
Enquire today.

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**

\$120 for 10 week term. Class code: MBS

PUBLIC HOLIDAY  
MON 10 JUNE

**FRIDAY: 9AM - 10AM**

\$130 for 11 week term. Class code: FBS

**SATURDAY: 9.15AM - 10.15AM**

\$130 for 11 week term. Class code: SBS

### SENIORS STRETCH & FLEX

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

**MONDAY: 10.30AM - 11.30AM**

\$110 for 10 week term. Class code: MSF.

PUBLIC HOLIDAY  
MON 10 JUNE

**THURSDAY: 9.30AM - 10.30AM**

\$110 for 10 week term. Class code: THSF.

PUBLIC HOLIDAY  
THU 25 APRIL

**SATURDAY: 10.30AM - 11.30AM**

\$120 for 11 week term. Class code: SSF.

### PILATES

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

**MONDAY: 6PM - 7PM**

\$120 for 10 week term. Class code: MP.

PUBLIC HOLIDAY  
MON 10 JUNE

**TUESDAY:** \$130 for 11 week term.

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

**9.45AM - 10.45AM** Class Code: TP5.

**10.45AM - 11.45AM** Class Code: TP6.

**TUESDAY: 5.45PM - 6.45PM**

\$130 for 11 week term. Class code: TP7.

**WEDNESDAY: 6PM - 7PM**

\$130 for 11 week term. Class code: WP.

**THURSDAY: 5.45PM - 6.45PM**

\$120 for 10 week term. Class code: THP.

PUBLIC HOLIDAY  
THU 25 APRIL

## PELVIC FLOOR STRENGTH

Support your internal organs and aid mobility. Great for keeping your core strong!

**WEDNESDAY: 7.15PM - 8.15PM**

\$130 for 11 week term. Class code: WPF5.

## YOGA

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

**MONDAY: 7.15PM - 8.15PM**

\$120 for 10 week term. Class code: MY.

PUBLIC HOLIDAY  
MON 10 JUNE

**TUESDAY: 10AM - 11AM**

\$130 for 11 week term. Class code: TY1.

NEW CLASS!

**TUESDAY: 7.15PM - 8.15PM**

\$130 for 11 week term. Class code: TY.

**THURSDAY: 7.15PM - 8.15PM**

\$120 for 10 week term. Class code: THY.

PUBLIC HOLIDAY  
THU 25 APRIL

## MINDFULNESS & MEDITATION

Be introduced to 'mindfulness' techniques and relax, reconnect and regenerate.

**MONDAY: 12PM - 1PM**

\$120 for 10 week term. Class code: MM.

PUBLIC HOLIDAY  
MON 10 JUNE

**MONDAY: 7:15PM - 8:15PM**

\$120 for 10 week term. Class code: MM2.

PUBLIC HOLIDAY  
MON 10 JUNE

**THURSDAY: 11AM - 12PM**

\$120 for 10 week term. Class code: THM.

PUBLIC HOLIDAY  
THU 25 APRIL

## CREATIVE

### WATERCOLOUR SOCIAL PAINTING

Join a group of friendly people that share their passion for watercolour! Beginners to advanced. BYO materials.

**TUESDAY: 9.30AM - 12PM**

\$130 for 11 week term. Class code: TWS.

### OIL & ACRYLIC PAINTING

Develop your technique and creative expression. Additional cost for materials.

**TUESDAY 4PM - 5.30PM**

\$130 for 11 week term. Class code: TOAP.

## WOMENS CRAFT GROUP

GOLD COIN

A weekly social group for women with an interest in crafting. BYO project (knitting, drawing or embroidery).

**TUESDAY: 1PM - 3PM**

11 week term. Gold coin donation.

## SEWING SOCIAL GROUP

Bring along your own sewing machine, materials and projects to create whatever you wish, in a friendly social setting.

**THURSDAY 10AM - 4PM**

\$60 for 6 fortnightly classes.

Starting Thursday 18 April. Class code: TSSG.

PUBLIC HOLIDAY  
THU 25 APRIL

## STUDY

### MIGRANT ENGLISH

FREE CLASS!

At the heart of our community center, the migrant English classes flourish as a vibrant hub of cultural exchange and educational empowerment. Every week, individuals from diverse backgrounds gather in a welcoming and inclusive environment to embark on a journey of linguistic growth. Improve spoken and written English as you chat with friendly leaders on topics that are useful in everyday situations. Fostering connections and a sense of belonging for all who seek to build a better future in their local community.

Suitable for migrants and refugees. Beginner and advanced classes available. All are welcome. Supported by Bendigo Bank.

**Please call 0429 294 007 to enrol.**

**MONDAY: 7.30PM - 9PM**

**THURSDAY: 11AM - 12.30PM**

PUBLIC HOLIDAY  
MON 10 JUNE

PUBLIC HOLIDAY  
THU 25 APRIL

**RITCHIES**  
Where the Community Benefits



## NOMINATE US TODAY!

Nominate the HUCCLC as part of the 'Ritchies IGA Community Benefit Program' and help us generate extra funds.





# SPECIAL EVENTS:



## PHOTO COMP 2024



### THIS YEAR'S THEME: PATHWAYS

Apart from the typical garden path or walking path, think outside the square a little - the flight path of birds or swarm of bees or a plane.

#### ENTRY FEE (PER PRINT):

**ADULTS** - \$5 first print, \$2 subsequent prints and \$2 each for electronic submissions.

**YOUTH (U16)** - \$2 per print.

**ENTRIES CLOSE: SAT 7 SEPTEMBER**

**AWARDS EVENING: FRI 13 SEPTEMBER, 7PM**

For more information and to enter, an entry form is included in this program and on our website at [www.hucclc.com.au](http://www.hucclc.com.au)

## KIDS HOLIDAY CLASS

### LEGO® BRICKS 4 KIDS!

**DATE: TUESDAY 9 JULY, 9.30AM - 11.30AM**

**COST: \$5 (PER CHILD)**

Come and join us for a fantastic morning of building with Lego® and Duplo® bricks. Develop your child's life skills and stimulate growth, all while having fun!

#### BOOKINGS ARE ESSENTIAL

Please phone 0437 758 281 or email [hucclc89@gmail.com](mailto:hucclc89@gmail.com) to book your child's place.

## OTHER ACTIVITIES

### BOOK CLUB

**1st TUESDAY OF EACH MONTH: 1.30PM - 3PM**

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

**Contact the convenor: 0417 559 876**

### SING AUSTRALIA

**WEDNESDAYS: 7.30PM - 9PM**

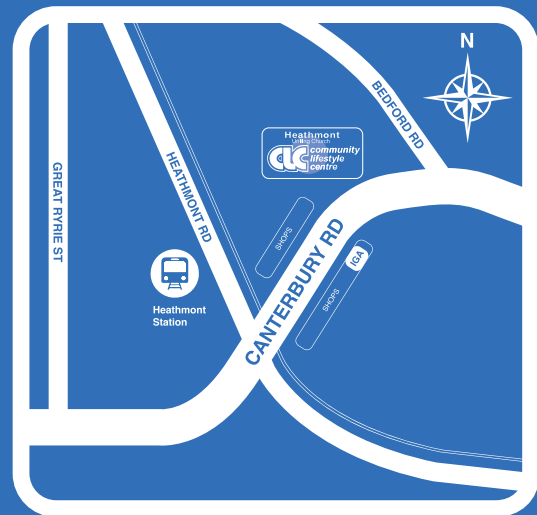
Singing for fun and enjoyment; no auditions, you do not have to be able to read music.

**Contact the convenor: 0412 142 867**

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

### WHERE TO FIND US:

89 CANTERBURY RD, HEATHMONT 3135



## YOU'RE WELCOME TO JOIN OUR 10AM SERVICE.

**Minister: Rev. Brendan Byrne** invites you to join us on Sunday mornings, 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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