



A ministry of the
Uniting Church



Classes February – June 2018

Classes

Armchair Travel
Belly Dance
Book Clubs
Decoupage
Exploring Art Elements
Fun With Music
Mind Wellness Group
Strength Training
Tai Chi
Tatting
Restorative Yoga
Vinyasa Yoga
Walking Group

Workshops

Basket Making
Crochet
Decoupage
Food Demonstrations
Food for Thought
Internet Safety & Security
Managing Photos Online
Paper Upcycling

From the Coordinator...

Welcome to a new year of classes and activities at our friendly community living centre.

This year we have some exciting changes, with more classes moving to Ringwood Uniting Church. We are also offering online bookings for our workshops - just follow the links from our website (www.ssclc.org.au). Plus, pay your class fees directly to our account for a chance to win a hamper! (see page 3 for details)

At St Stephen's we want to provide programmes that are interesting and relevant to the community, so join our mailing list at www.ssclcl.org.au or like us at www.facebook.com/StStephensCLC/ to stay in touch. If you have any suggestions please let me know.

Melissa

PS This brochure covers Terms 1 & 2, so please hold onto it until June.

Enquiries & Bookings

- ◆ Visit us at www.ssclc.org.au
- ◆ Find us at www.facebook.com/StStephensCLC/
- ◆ Contact the Coordinator on 0423 987 568
- ◆ Workshop bookings <http://ssclc.eventbrite.com>

Venues

- ◆ **St Stephens CLC (Melway 50 C7)**
28 Freeman Street, Ringwood East 3135
A 5 minute walk from Ringwood East Station
- ◆ **Ringwood Uniting Church (Melway 49 H9)**
30-32 Station Street, Ringwood 3134

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Bookings:

Bookings are required for all weekly classes and can be made by contacting our Coordinator on 0423 987 568. Please book early so you don't miss out on a place. Classes may be cancelled if there are insufficient bookings.

In 2018 workshop bookings can be made via Eventbrite. To confirm your place, just book and pay at <http://sscl.eventbrite.com>.

Fees:

Fees are payable either in advance or at the first class for the term using any of the following methods (we do not offer casual payments):

1. Electronic funds transfer: To BSB 633 000 Acct No. 156 592 776 using the relevant class code (see page 2) & the participant's name in the description or reference field.
2. Over the Counter at Bendigo Bank: At 62 Railway Avenue, Ringwood East (quote the account number given above)
3. Cash or cheque: Please make cheques payable to 'St Stephen's Community Living Centre'

If you are experiencing financial difficulty, please speak to our Coordinator (in confidence) to organise a payment plan.

NEW IN 2018!!!

- ◆ Direct transfer draw - If you pay directly to our bank account before the day of your first class via "EFT" or "Over the Counter", you will automatically go in a draw to win a beautiful hamper.
- ◆ Refer a friend - Bring a friend to one of our programmes and you will both receive 10% off your fees. This offer applies to new referrals only.

[St Stephen's Community Living Centre](#) brings fun, fitness and friendship to the local community through interesting, low cost classes and activities.

Classes are also offered at [Ringwood Uniting Church](#) where Sunday morning church services are held at 9.00am and 10.45am. Everyone is welcome.



Exploring Art Elements (EAE)

Have you ever wanted to express yourself artistically but haven't known where to start? These beginners classes will help you to get in touch with your creative side and learn the basics of different art forms using various mediums including pastel, pencil, charcoal, gouache and acrylic paint.

- Term 1:** Fri 9 Feb - Fri 16 Mar (6 weeks)
Term 2: Fri 27 Apr - Fri 1 Jun (6 weeks)
Time: 12.30pm - 2.30pm
Cost: \$66 (T1) & \$66 (T2)
plus \$10 for materials
Tutor: Kaye
Venue: RINGWOOD UNITING CHURCH



Tatting (TAT)

Tatting has traditionally been used to make lace doilies, edging and accessories such as earrings and necklaces. Learn this elegant craft making an old form of hand knotted lace. Beginners will make a two colour round motif over six weeks for decoration. **Please bring your own scissors and a bag for your work.**

- Term 1:** Tue 6 Feb - Tue 27 Mar (8 weeks)
Term 2: Tue 24 Apr - Tue 12 Jun (8 weeks)
Time: 1.00pm - 3.00pm
Cost: \$64 (T1) & \$64 (T2)
plus \$20 for materials for beginners
Tutor: Marie
Venue: RINGWOOD UNITING CHURCH



Weekly Classes - Music & Dance p5

Belly Dance – Beginners & Beyond (BD)

Learn this ancient dance practised by women in the Middle East. This perfect workout for the mind and body will help you become more supple, energetic and relaxed. **Please bring a scarf to tie at hip.**

Term 1: Wed 7 Feb - Wed 28 Mar (8 weeks)
Term 2: Wed 18 Apr - Wed 27 Jun (10 weeks -
no class on Wed 25 Apr - ANZAC Day)
Time: 7.30pm - 9.00pm
Cost: \$144 (T1) & \$180 (T2)
Tutor: Lucy
Venue: ST STEPHEN'S CLC, RINGWOOD EAST



Fun With Music - for children 0-4 yrs

Are you seeking a music program to attend with your child or grandchild? Look no further! These fun sessions of music, songs, instruments and movement are taught by a qualified teacher. Get to know the other participants over morning tea which is provided at the end of each session.

Term 1: Fri 2 Feb - Fri 23 Mar (8 weeks)
Term 2: Fri 20 Apr - Fri 22 Jun (10 weeks)
Times: 9.30am - 10.30am (FWM1)
11.00am - 12.00pm (FWM2)
Cost: \$104 (T1) & \$130 (T2)
Tutor: Jenny
Venue: RINGWOOD UNITING CHURCH



Weekly Classes - Fitness & Body p6

Tai Chi - Intermediate (TCI) & Beginners (TCB)

Health benefits are derived from Tai Chi's slow, gentle and tranquil movements which enable harmony in mind and body, improved mobility, suppleness and mental alertness. **Please wear comfortable clothing and flat shoes.**

Monday—morning

This Intermediate class is suitable for people who have experience in learning the 24 Form. The Tai Chi fan form is taught.

Term 1: Mon 5 Feb - Mon 26 Mar (7 weeks -
no class on Mon 12 Mar - Labour Day)
Term 2: Mon 16 Apr - Mon 25 Jun (10 weeks -
no class on Mon 11 Jun - Queen's BD)
Time: 10.00am - 11.00am
Cost: \$84 (T1) & \$120 (T2)
Tutor: Angelina
Venue: ST STEPHEN'S CLC, RINGWOOD EAST



Thursday—evening

This Beginners class is suitable for people of all ages. These classes will introduce the Yang 24 Form.

Term 1: Thurs 1 Feb - Thurs 22 Mar (8 weeks)
Term 2: Thurs 19 Apr - Thurs 28 Jun (11 weeks)
Time: 7.45pm - 8.45pm
Cost: \$96 (T1) & \$132 (T2)
Tutor: Lee Ann
Venue: RINGWOOD UNITING CHURCH, RINGWOOD

Hatha Yoga (YGH) & Restorative Yoga (YGR)

Hatha yoga emphasizes physical exercises for relaxation, body flexibility, strength and personal concentration.

Restorative Yoga is a healing form of Hatha Yoga that facilitates deep relaxation with gentle poses supported by blankets, bolsters and other props. This class is suitable for all, including people with chronic or temporary pain.. **Please bring your own yoga mat, blanket & two cushions or rolled up towels.**

Term 1: Mon 5 Feb - Mon 26 Mar (7 weeks - *no class on Mon 12 Mar - Labour Day*)

Term 2: Mon 16 Apr - Mon 25 Jun (10 weeks - *no class on Mon 11 Jun - Queen's BD*)

Times: 6.00pm - 7.15pm (Restorative Yoga)
7.30pm - 8.45pm (Hatha Yoga)

Cost: \$91 (T1) & \$130 (T2)

Tutor: Kirsten

Venue: ST STEPHEN'S CLC, RINGWOOD EAST



Vinyasa Yoga (YGV)

Yoga is designed to generate health and happiness and to cultivate a greater sense of self-awareness. This class is Vinyasa style with a focus on slow, mindful movement, breathing (pranayama) and meditation. **Please bring your own yoga mat and blanket.**

Term 1: Wed 7 Feb - Wed 28 Mar (8 weeks)

Term 2: Wed 18 Apr - Wed 27 Jun (10 weeks - *no class on Wed 25 Apr - ANZAC Day*)

Time: 7.00pm - 8.15pm

Cost: \$104 (T1) & \$130 (T2)

Venue: ST STEPHEN'S CLC, RINGWOOD EAST



Strength Training

Be the best that you can be! Strength Training helps to build muscle strength, improve cardio fitness and reduce the risk of osteoporosis through weight bearing exercises. These classes provide a supportive and welcoming environment and are suitable for most ages and abilities. All classes are held at RINGWOOD UNITING CHURCH. **Come to more than one class per week and receive a multi-class discount.**

Monday-evening (ST1)

Term 1: Mon 5 Feb - Mon 26 Mar (7 weeks - *no class on Mon 12 Mar - Labour Day*)

Term 2: Mon 16 Apr - Mon 25 Jun (10 weeks - *no class on Mon 11 Jun - Queen's BD*)

Time: 6.30pm - 7.30pm

Cost: \$77 (T1) & \$110 (T2)

Tutor: Terri

Tuesday-daytime (ST2)

Term 1: Tues 6 Feb - Tues 27 Mar (8 weeks)

Term 2: Tues 17 Apr - Tues 26 Jun (11 weeks)

Time: 10.30am - 11.30am

Cost: \$88 (T1) & \$121 (T2)

Tutor: Maz

Thursday-evening (ST3)

Term 1: Thurs 1 Feb - Thurs 22 Mar (8 weeks)

Term 2: Thurs 19 Apr - Thurs 28 Jun (11 weeks)

Time: 6.30pm - 7.30pm

Cost: \$88 (T1) & \$121 (T2)

Tutor: Terri

Multi-class Rates:

Term 1 - Mon & Tues (15 sessions) = \$150

Term 1 - Mon & Thurs (15 sessions) = \$150

Term 1 - Tues & Thurs (16 sessions) = \$160

Term 1 - All 3 days (23 sessions) = \$205



Term 2 - Mon & Tues (21 sessions) = \$210

Term 2 - Mon & Thurs (21 sessions) = \$210

Term 2 - Tues & Thurs (22 sessions) = \$220

Term 2 - All 3 days (32 sessions) = \$285

Walking Group (WG)

Our group meets weekly for vigorous walks of up to 10km. **Please wear comfortable clothing and flat shoes and bring your own morning tea and water bottle.**

Term 1: Wed 7 Feb - Wed 28 Mar (8 weeks)
Term 2: Wed 18 Apr - Wed 27 Jun (11 weeks)
Time: 9.00am - 12.30pm
Cost: FREE
Venue: RINGWOOD UNITING CHURCH



Mind Wellness Social Group (MWSG)

Come along to our drop-in centre and share the company of others. Games and craft activities are available and lunch is provided.

Term 1: Wed 7 Feb - Wed 28 Mar (8 weeks)
Term 2: Wed 18 Apr - Wed 27 Jun (10 weeks -
no meeting Wed 25 Apr - ANZAC Day)
Time: 1.00pm - 3.00pm
Cost: FREE
Enquiries: Judith on 9870 1950
Venue: ST STEPHEN'S CLC, RINGWOOD EAST



Book Clubs – 3rd Tues (BCT) & 1st Fri (BCF)

These groups meet for stimulating book discussion each month. Please call to enquire if vacancies exist.

Tuesday (daytime)

Term 1: Tues 20 Feb & 20 Mar
Term 2: Tues 17 Apr, 15 May & 19 Jun
Time: 1.00pm - 3.00pm
Cost: \$16 (T1) & \$24 (T2)
Enquiries: 0423 987 568
Venue: RINGWOOD UNITING CHURCH

Friday (evening)

Term 1: Fri 2 Feb & 2 Mar
Term 2: Fri 6 Apr, 4 May & 1 Jun
Time: 7.30pm - 9.30pm
Cost: \$16 (T1) & \$24 (T2)
Enquiries: 0423 987 568
Venue: RINGWOOD EAST



Armchair Travel (ACT)

Travel the world without leaving Ringwood! Each month different presenters discuss their travels, so come along and enjoy the journey. Afternoon tea is provided and there is no need to book, just turn up!

Term 1: Thurs 1 Feb & Thurs 1 Mar
Term 2: Thurs 5 Apr, Thurs 3 May & Thurs 7 Jun
Time: 2.00pm - 4.00pm
Cost: \$6 per session
Venue: RINGWOOD UNITING CHURCH



Food Demonstration Workshops—Whole Food (FDW)

In this new series of demonstration workshops you will hear about the benefits of whole foods and learn how easy they are to use. There will be an opportunity to taste the foods and ask questions.

Term 1: Thurs 8 Feb – Spices
 Thurs 22 Feb– Ancient Grains
 Thurs 8 Mar – Yoghurt
 Thurs 22 Mar– Fermentations & Preserves

Time: 8.30pm - 9.30pm
Cost: \$16 per class
Tutor: Mellissa
Bookings: <http://ssclc.eventbrite.com>
Venue: RINGWOOD UNITING CHURCH



Food for Thought (FFT)

Are you tired of cooking the same old meals? Looking for some inspiration in the kitchen? Then come along to these exciting workshops being run by a local chef who is passionate about passing on her love of food and cooking to others.

Term 2: Sat 12 May – Finger Foods & Tapas
 Sat 16 Jun – Cake Making & Decorating

Time: 10.30am - 1.00pm
Cost: \$60 per class
Tutor: Mellissa
Bookings: <http://ssclc.eventbrite.com>
 by 9 May (Finger Foods) 13 Jun (Cakes)
Venue: RINGWOOD UNITING CHURCH



Decoupage (DEC)

Decoupage involves gluing decorative elements onto an object and finishing it with varnish. You will learn how to prepare your item for decoupage, apply a design to curved surfaces, and apply designs off serviettes or similar delicate materials. **Please bring a pair of fine curved bladed scissors and lunch.**

Date & Time: Sat 24 February, 10.00am - 2.00pm
Cost: \$45
Tutor: Marie
Bookings: <http://ssclc.eventbrite.com> by 21 Feb
Venue: RINGWOOD UNITING CHURCH



Basket Making (BM)

Colourful coiling is an enjoyable and relaxed way of creating unique pieces using recycled fabric, wool, raffia and trims. All materials are provided in this fun, hands on workshop.

Date & Time: Saturday 24 March, 1.00pm - 5.00pm
Cost: \$60
Tutor: Vicki
Bookings: <http://ssclc.eventbrite.com> by 21 Mar
Venue: RINGWOOD UNITING CHURCH



Internet Safety & Security (ISS)

Join us for an informative session focusing on managing your online safety and security. A member of the Library Team will give the latest tips and information about scams, virus protection, encryption and much more.

Date & Time: Thursday 15 March, 1.30pm - 3.00pm
Cost: \$6
Tutor: Federica from REALM
Bookings: <http://ssclc.eventbrite.com> by 12 March
Venue: RINGWOOD UNITING CHURCH

Crochet (CRO)

Come to this workshop to learn the basics of crochet, including how to follow patterns to make your own pieces. Alternatively, bring along an unfinished project that you're stuck on or just need time to finish. **Please bring a size 4 (4mm) crochet hook & your own 8ply yarn (100% pure new wool preferred).**

Date & Time: Sat 28 April, 1.00pm - 4.00pm

Cost: \$15

Tutor: Kaye

Bookings: <http://ssclc.eventbrite.com> by 25 Apr

Venue: RINGWOOD UNITING CHURCH



Managing Photos Online (MPO)

Learn about uploading, storing, retrieving and sharing your photos in the cloud using Google Photos.

Date & Time: Thursday 17 May, 1.30pm - 3.00pm

Cost: \$6

Tutor: Federica from REALM

Bookings: <http://ssclc.eventbrite.com> by 14 May

Venue: RINGWOOD UNITING CHURCH

Paper Upcycling (PUC)

Why recycle when you can upcycle? At this workshop you can learn how to turn old books into beautiful household decorations like flowers, stars and lanterns. Materials are provided so you can make your own creative masterpiece.

Date & Time: Saturday 16 June, 1.00pm - 3.00pm

Cost: \$20

Tutor: Maryann

Bookings: <http://ssclc.eventbrite.com> by 13 Jun

Venue: RINGWOOD UNITING CHURCH



30-32 Station Street, Ringwood

Creative Friendship

Come and meet new friends and learn a craft. **Please bring own lunch.**

Dates & Time: First Saturday of month (except Jan), 11.30am - 3.00pm

Cost: Gold coin

Enquiries: Michelle on 0403 161 171

Friendship Centre

We welcome people 70+ years to our Friendship Centre. Our activities include craft, exercise, games and more.

Dates & Time: Mondays (excluding school holidays), 10.30am - 2.15pm

Cost: \$5 a day (including lunch)

Enquiries: Anne on 9870 2961

Repair Café—NEW in 2018!

The Repair Café is all about repairing things (together). We'll have tools and "expert volunteers" to help repair your broken items from home. If you have nothing to repair, help someone else or get inspired at the reading table! There is no need to book - just turn up!

Dates & Time: Third Saturday of month (except Jan), 2.00pm - 4.00pm

Cost: Gold coin (barista made coffee available by donation)

Enquiries: ringwoodrepaircafe@gmail.com

St Stephen's Community Living Centre is proudly supported by grants from Maroondah City Council and Bendigo Bank.



Arts in Faiths Workshop

A hands-on workshop presented by artists from various faiths: Islamic marble painting, Anglican tapestry and Christian icon painting. This event has been sponsored by a grant from Maroondah City Council.

Date & Time: Saturday 19 May 2018, 2.00pm–5.00pm

Cost: Free, but bookings essential

Bookings: www.eventbrite.com.au/e/arts-in-faiths-tickets-39677211608

Venue: Janssen Spirituality Centre, Boronia

Heathmont Community Lifestyle Centre

A number of programmes are held at Heathmont Uniting Church (89 Canterbury Road, Heathmont). For enquiries and bookings please call 0437 758 281 or visit <http://www.hucclc.websyte.com.au/>. Activities include:

- ◆ Children's Art
- ◆ Singing
- ◆ Meditation
- ◆ Languages (including Migrant English)
- ◆ School Holiday Lego Program



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