



A ministry of
Ringwood Uniting Church



St. Stephen's
COMMUNITY LIVING CENTRE

Classes July - December 2018

Workshops

Knitting
Card-Making
Wise Words & Watercolour
Basket Making
Lots of Knots
Beeswax Food Wraps
Amazing Apps
Managing Photos Online
Thursday Night Masterclasses

Regular Activities

Armchair Travel
Book Clubs
Fun With Music
Genealogy
Mind Wellness Group
Strength Training
Tai Chi
Tatting
Restorative Yoga
Vinyasa Yoga
Walking Group

Other Activities

Ringwood Uniting Church (RUC) and our other friends in the community also run activities at low or no cost. Their information, on the back cover, includes details on how they can be contacted.

From the Coordinator...

Welcome to a new semester of classes and activities at our friendly Community Living Centre.

This semester marks a milestone for the Centre, as all our classes are now held in Ringwood Uniting Church, conveniently located adjacent to Ringwood Station. We are also now offering online bookings for our classes (www.sslc.org.au) as well as our workshops (sslc.eventbrite.com.au).

At St Stephen's we want to provide programmes that are interesting and relevant to the community. If you have any suggestions for classes or workshops, please let me know, using the contact information below. You can also join our mailing list or like us at www.facebook.com/StStephensCLC/ to stay in touch.

Melissa

P.S. This brochure covers Terms 3 and 4 so please hold onto it until December

Enquiries & Bookings

- ◆ Class bookings www.sslc.org.au
- ◆ Workshop bookings <http://sslc.eventbrite.com>
- ◆ www.facebook.com/StStephensCLC/
- ◆ Contact the Coordinator on 0423 987 568
- ◆ [Ringwood Uniting Church](#) (Melway 49 H9)
30-32 Station Street, Ringwood 3134
Across the road from Ringwood Station

St Stephen's Community Living Centre strives to sustain the individual, community and the environment through interesting, low cost activities.

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



Workshops & Masterclasses

Workshops and Masterclasses are all held at Ringwood Uniting Church. To confirm your place, go to <http://ssclc.eventbrite.com>. The Eventbrite price is indicated with EB in parentheses for each class and payments at the door will incur a \$5 administrative charge.

Bookings are essential and close seven days before the workshop date. Classes may be cancelled if there are insufficient bookings, so please book early to avoid disappointment.

Art and Craft

Knitting (KN)

with Melissa

Come and learn the basics of knitting, including stitches like knit, purl and casting on/off. Materials are provided so you can complete a small project at the workshop.

Saturday 28 July, 1.00pm - 4.00pm
\$30 (EB \$25)



Card Making (CM)

with Ingrid

At our Card Making workshop you will learn to create beautiful, hand-stitched cards that will add special meaning to your messages to friends and family. Materials are included.

Saturday 1 September, 10.00am - 1.00pm
\$25 (EB \$20)



Art and Craft

Wise Words & Watercolour (WWW)

with Kim

Create a whimsical piece of floral ink and watercolour art that speaks with both words and image. Learn how to embellish your own hand writing to create a beautiful written quote of your choice, then further enhancing your work using simple watercolour techniques coupled with ink details, that reflect the sweet blooms of the garden. Materials are provided, but please bring your favourite quote.

Saturday 15 September, 1.30pm - 4.00pm
\$70 (EB \$65)



Basket Making (BM)

with Vicki

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.

Saturday 27 October, 1.00pm - 5.00pm
\$75 (EB \$70)



Environmental

Lots of Knots

with David

Summer is almost here and if you are spending time outdoors, this could be for you! We will cover rope work and knot tying for a variety of uses such as around the home, boating, camping, climbing and securing loads on a vehicle. A practise rope and Instructions are provided.

Saturday 17 November, 1.30pm - 3.30pm
\$25 (EB \$20)



Beeswax Food Wraps (BFW)

Learn how to make washable, reusable and compostable beeswax wraps. Each participant will make and take home three wraps - a perfect alternative to single-use plastic for covering bowls and packing in lunchboxes.

"Bee" part of the solution with this practical, fun sustainability workshop!

Saturday 1 December, 2.00pm - 4.00pm
\$45 (EB \$40)



Technology

Amazing Apps (AA)

with Federica from REALM

Join us as we explore the most fascinating and helpful apps available for your phone, iPad or android device. We'll look in detail at several of the most popular apps, how to download them and why they are useful. Bring along your device and your questions.

Thursday 25 October, 130pm - 3.00pm
\$5 (EB \$5)

Managing Photos Online (MPO)

with Federica from REALM

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

Thursday 29 November, 1.30pm - 3.00pm
\$5 (EB \$5)

Thursday Night Masterclasses

Masterclasses (MC)

Our new series of summer masterclasses will feature a variety of presenters and topics during the warmer months from October to December. Information will be posted to our Eventbrite and web pages soon so check for our updates at www.sslc.org.au or <http://sslc.eventbrite.com.au>.

Thursdays 8.30pm (60-90 minutes)
Up to \$20 per masterclass (EB \$18)

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



Weekly Classes

Bookings:

Bookings are required for all weekly classes and can be made online at www.sslc.org.au or calling 0423 987 568.

Classes may be cancelled if there are insufficient bookings, so please book early to avoid disappointment.

Fees:

Fees are payable using any of the following methods:

- ◆ By Credit Card at sslc.org.au
- ◆ Electronic funds transfer: To SSLC (BSB 633 000 Acct 156 592 776) using the class code (in parentheses after class name) and participant's name in the reference field.
- ◆ Over the Counter at Bendigo Bank: At 62 Railway Avenue, Ringwood East (to the acct number given above).
- ◆ Cash

If you are experiencing financial difficulty, please speak to our Coordinator (in confidence) to organise a payment plan. If you commence classes after term starts, fees are calculated on a pro-rata basis.

Early-Bird Rate

Fees paid by midnight on Sunday 8 July (Term 3) or Sunday 30 September (Term 4) qualify for the early-bird discount rate (indicated with EB in parentheses for each class). Fees paid after these dates will be charged at the full rate.

Weekly Classes - 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.

Please bring a towel and water bottle.

Monday - evening (ST1)

With Cindy

Mondays 6.30pm - 7.30pm

Term 3: 16 Jul - 17 Sep

10 weeks \$130 (EB \$110)

Term 4: 8 Oct - 17 Dec (no class 5 Nov)

10 weeks \$130 (EB \$110)

Tuesday - daytime (ST2)

With Maz

Tuesdays 10.30am - 11.30am

Term 3: 17 Jul - 18 Sep

10 weeks \$130 (EB \$110)

Term 4: 9 Oct - 18 Dec (no class 6 Nov)

10 weeks \$130 (EB \$110)

Thursday - evening (ST3)

With Cindy

Thursdays 6..30pm - 7.30pm

Term 3: 19 Jul - 20 Sep

10 weeks \$130 (EB \$110)

Term 4: 11 Oct - 13 Dec

10 weeks \$130 (EB \$110)

Sponsors

**Errol Cooper
Maree Osborn**

- Waxing
- Tinting
- Facials
- Ear Candling
- Relax Massage
- Hot Stone Massage
- Sports/ Injury Massage

**70 Railway Ave Ringwood East 9870 1198
Mon - Fri 9am - 6.30pm. Sat 9am - 1pm**

Come to more than one Strength Training class per week and receive a multi-class discount.

Fees must be paid by the early bird closing date to receive this discount.

Terms 3 & 4 -

2 days (20 sessions) = \$200

All 3 days (30 sessions) = \$270



Weekly Classes - Tai Chi

Health benefits are derived from Tai Chi's slow, gentle and tranquil movements which enable harmony in mind and body, improved balance, mobility, suppleness and mental alertness.

Please wear comfortable clothing and flat shoes.

Beginners (TCB)

With Lee Ann

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

Thursdays 7.45pm - 8.45pm

Term 3: 19 Jul - 20 Sep

10 weeks \$150 (EB \$130)

Term 4: 11 Oct - 13 Dec

10 weeks \$150 (EB \$130)

Intermediate (TCI)

With Angelina

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

Mondays 9.30am - 10.30am

Term 3: 16 Jul - 17 Sep

10 weeks \$150 (EB \$130)

Term 4: 8 Oct - 17 Dec (no class 5 Nov)

10 weeks \$150 (EB \$130)



Do you have great ideas for classes we can offer?

Perhaps you can join our committee! Call the Coordinator on 0423 987 568 to find out more about this and other volunteering opportunities.

Weekly Classes - Yoga

Yoga is designed to generate health and happiness and to cultivate a greater sense of self-awareness.

Restorative Yoga (YGR)

With Kirsten

Restorative Yoga is a 75 minute practice. Longer guided relaxation, breath work, gentle yoga and restorative poses are all part of this nurturing class. It is stress relieving for body and mind, and suitable for all.

Please bring your own yoga mat, blanket & two cushions or rolled up towels.

Mondays 6.00pm - 7.15pm

Term 3: 16 Jul - 17 Sep

10 weeks \$150 (EB \$130)

Term 4: 8 Oct - 17 Dec (no class 5 Nov)

10 weeks \$150 (EB \$130)

Vinyasa Yoga (YGV)

With Kym

This class in Vinyasa style focuses on mindful movement, breathing (pranayama) and meditation.

Please bring your own yoga mat and blanket.

Wednesdays 7.00pm - 8.15pm

Term 3: 18 Jul - 19 Sep

10 weeks \$150 (EB \$130)

Term 4: 10 Oct - 12 Dec

10 weeks \$150 (EB \$130)



Do you have a skill that you can share in a class or workshop?

We welcome new tutors from the community. If you can share your skill or talent, call the Coordinator on 0423 987 568.

FLOWERS ETC
FLORIST
9879 8277

DELIVERIES
Experienced Florist

Open 6 days
www.flowersetc.com.au

Mon-Fri
7am-6.30pm

Saturday
8.30am-5.30pm

80a Railway Ave.
Ringwood East



Weekly Classes

Fun With Music - for children 0-4 yrs
With Jenny

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.

Fridays 9.30am - 10.30am (FWM1)

Fridays 10.45am - 11.45am (FWM2)

Term 3: 20 Jul - 21 Sep

10 weeks

\$155 (EB \$135)

Term 4: 12 Oct - 14 Dec

10 weeks

\$155 (EB \$135)



Tatting (TAT)

With Marie

Tatting, an elegant craft making hand knotted lace, has traditionally been used to make doilies, edging and accessories such as earrings and necklaces. Beginners make a two colour decorative motif.

Please bring scissors and a bag for your work. There is a \$20 materials charge for beginners.

Tuesdays 1.00pm - 3.00pm

Term 4: 9 Oct - 4 Dec (no class 6 Nov)

8 weeks

\$68 (EB \$64)



- Free Nail Trimming
- Free Fringe Trimming
- Free Puppy Grooming up to 16 weeks of Age
- Professional Grooming & Training Advice

60 MT DANDENONG RD
RINGWOOD EAST

www.doggroomingbyjacqui.com.au

JACQUI SCULL

9879 7888

"Proudly sponsored by"

Ringwood East & Heathmont
Community Bank® Branches

62 Railway Ave, Ringwood East, Phone 9870 3655

143 Canterbury Road, Heathmont, Phone 9870 6654



Thank you to all our valued sponsors. Please support them by shopping locally. If you would like to advertise in our brochure, please call the Coordinator on 0423 987 568.

www.sslc.org.au

<http://sslc.eventbrite.com>

Weekly Classes

Genealogy (GEN)

With Kaye

Begin the fascinating and compelling journey of researching your family tree and learn how to manage the information you uncover.

There is a \$20 materials charge for beginners.



Fridays 1.00pm - 3.00pm

Term 3: 20 Jul - 21 Sep

10 weeks

\$120 (EB \$100)

Free or Low Cost Activities

Walking Group (WG)

With Doug

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. Meet us at Ringwood Uniting Church carpark.

Wednesdays 9.00am - 12.30pm

Term 3: 18 Jul - 19 Sep (10 weeks)

Term 4: 10 Oct - 12 Dec (10 weeks)

Gold Coin for each walk



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. The group meets at ST STEPHEN'S, RINGWOOD EAST



Free

Wednesdays 1.00pm - 3.00pm

Term 3: 18 Jul - 19 Sep (10 weeks)

Term 4: 10 Oct - 12 Dec (10 weeks)

Monthly Activities

Armchair Travel (ACT)

Travel the world without leaving Ringwood! Each month guest 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!

Thursdays 2.00pm - 4.00pm

Term 3: 5 Jul, 2 Aug & 6 Sep

Term 4: 4 Oct, 1 Nov & 6 Dec

\$6 per session



Book Clubs

These groups meet for stimulating book discussion each month. To enquire if vacancies exist, please call 0423 987 568.

Tuesday - afternoon (BCT)

This group meets at Ringwood Uniting Church on the 3rd Tuesday of the month 1.00pm - 3.00pm

Term 3: 17 July, 21 Aug & 18 Sep

\$24

Term 4: 16 Oct, 20 Nov, 18 Dec

\$24

Friday - evening (BCF)

This group meets in Ringwood East on the 1st Friday of the month 7.30pm - 9.30pm

Term 3: 6 Jul, 3 Aug & 7 Sep

\$24

Term 4: 5 Oct, 2 Nov, 7 Dec

\$24



Ringwood Uniting Church

Friendship Centre

Enquiries: (03) 9870 2961

We welcome people 70+ years to our Friendship Centre. Activities include exercise, craft, singing and games. Lunch is provided.

Mondays (excluding school holidays)

10.30am - 2.15pm \$5 a day (incl. lunch)

Creative Friendships

creativefriendships@ringwood@hotmail.com

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

First Saturday of month

11.30am - 3.00pm Gold coin

Café Conversation

Enquiries: (03) 9870 6033

This interactive series features guest presenters throughout the year and allows participants to engage in a range of topics relating to spirituality. Morning tea is provided. Join the conversation!

Third Sunday of the month

10.00am - 11.00am Free

Matthew in the Café

Enquiries: (03) 9870 6033

Join us for bible study with a difference. Each month Rev. Peter Rivett asks thought provoking questions about passages from the book of Matthew to bring insight and relevance to life in the 21st century. Barista made coffee is available by donation.

Second Wednesday of the month

7.30pm - 9.00pm Gold coin

Fresh Youth Theatre - Ringwood

Information for Fresh Youth Theatre, including upcoming performances, is available at <http://freshtheatre.org/>.



Ringwood Uniting Church

Playgroup

Enquiries: (03) 9870 6033

Join with parents and their children for play, games, morning tea and family fellowship.

Fridays 9.30am - 11.30am

Term 3: 20 Jul - 21 Sep \$25

Term 4: 12 Oct - 7 Dec \$25

Repair Café

ringwoodrepaircafe@gmail.com

The Repair Café is about repairing things (together). We 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! Barista made coffee is available by donation.

Third Saturday of month

2.00pm - 4.00pm Gold coin

Heathmont Uniting Church

A number of programmes are held at Heathmont Uniting Church Community Lifestyle Centre. Activities include:

- ◆ Watercolour for Beginners.
- ◆ Understanding Food Nutrition Labels.
- ◆ Learn to speak Mandarin
- ◆ Mindfulness and Meditation
- ◆ School holiday Lego program
- ◆ Heathmont Photography Competition

For more information call 0437 758 281 or visit <http://www.hucclc.websytle.com.au/>.

Maroondah Interfaith Network

The Maroondah Interfaith Network (MIN) exists to create understanding, awareness and respect for the values and practices of all faith communities. It holds workshops on topics related to Faith and Spirituality.

For more information call 0438 708 675 or visit <https://maroondahinterfaith.org.au>.