

# What's On at Mid Mtns Community Centre February - April 2018

	TIME	ACTIVITY / GROUP	CONTACT	TELEPHONE	NOTES	VENUE
MONDAY	9.15 - 10.30 am	Mid Mountains Walkers	Danielle	4759 2592	For fun & health; school terms	MMNC
	9.30 - 11.30 am	Kookaburra Play Group	MMNC	4759 2592	School term. Facilitated	JA Hall
	10.00 - 1.00 pm	Crochet	Alex	0401 253 203	Ring for details	Sml Mtg
	11.15 - 2.00 pm	No Interest Loan interviews	MMNC	4759 2592	Phone for appointment	Int Rm
	12.00 - 3.00 pm	RecycleRedesignRecreate TAFEcourse	MMNC	4759 2592	7 weeks from 12 Feb. Ring to book	JA Hall
	5.30 - 6.00 pm	Meditation All One Foundation	Helen	4759 2020	Weekly / FREE	Mtg Rm
	6.30 - 7.30 pm	Boxercise	Serge	0417 238 658	Weekly	Lge Hall
	7.45 - 9.45 pm	Mountains Fencing Club	Ross	4759 2750	Weekly; ring for details	Lge Hall
8.00 - 9.00 pm	Alcoholics Anonymous	Chris	0414 181 545	Just turn up	JA Hall	
TUESDAY	9.15 - 10.15 am	Yoga Gentle Exercise	Dianne	4757 1004	School term; not last Tues/Mth	JA Hall
	10.30 - 12.00	Lawson Literary Lot	Danielle	4759 2592	1st Tues / month book club	Mtg Rm
	10.30 - 11.30 am	BM HomeSchool hub	Julie	0431 663 020	Workshops/Courses/Activities	JA Hall
	12.00 - 2.15 pm	BM HomeSchool Drama	Georgia P	0419 287 478	Workshops/Courses/Activities	JA Hall
	2.00 - 4.00 pm	BFS Cyber Seniors group	MMNC	4759 2592	Weekly technical tutoring	Mtg Rm
	2.00 - 3.30 pm	Chamber of Commerce Lawson	Michael	0408 231 511	2nd Tues / month	Sml Mtg
	7.30 - 10.00 pm	Mountain Opera Chorus	Colin	4782 5765	Weekly Sept & Oct	Dng Rm
WEDNESDAY	9.30 - 2.00 pm	Occasional Child Care 0-6Yrs	Cathryn	0412 932 801	During school term	JA Hall
	10.00 - 11.30 am	NDIS Peer Support Group	Danielle	4759 2592	2nd Wednesday / month	Mtg Rm
	10.00 - 12.30 pm	Healing Through Creativity	Leesa	4759 2811	1,3&5th Wed/m. Art Craft Lunch	Sml Mtg
	10.00 - 12.00 pm	Aust Breastfeeding Assoc	Veronica	0407 887 637	4th Wed/m. All mothers welcome!	Mtg Rm
	11.30 - 1.00 pm	Community Restaurant	BMFS	4759 2811	For Seniors (VIP 1st/CALD 2nd)	Dng Rm
	1.30 - 3.30 pm	Carer Peer Support Group	Eva	4759 2592	2nd Wed/Mth	Mtg Rm
	2.00 - 4.00 pm	Digital Learning	MMNC	4759 2592	Weekly technical tutoring	Mtg Rm
	6.00 - 8.00 pm	Ashtanga Yoga Class	Paul	4758 7148	Weekly	JA Hall
	6.00 - 8.00 pm	Crochet	Alex	0401 253 203	Ring for details	Mtg Rm
	6.30 - 7.30 pm	Boxercise	Serge	0417 238 658	Weekly	Lge Hall
	6.30 - 9.00 pm	Permaculture BM	Sandra	0438 415 715	3rd Wed/month dinner & talk	Dng Rm
	4.30 - 5.30 pm	Mountains Fencing Club	Ross	4759 2750	Weekly school term	Dng Rm
THURSDAY	9.00 - 1.30 pm	Early Childhood Clinic	Health	4751 0100	Ring to book an appointment	Sml Mtg
	10.00 - 12.00 pm	CFS/Fibromyalgia Group	Therese	4759 2592	1 <sup>st</sup> Thur/Month	Mtg Rm
	10.00 - 12.00 am	'Community Caf� Morning Tea	MMNC	4759 2592	Weekly seniors social	JA Hall
	12.30 - 3.00 pm	St. Vinnies Emergency Relief	Call Centre	1800 606 724	Just turn up; weekly from 4th Feb	Int Rm
	1.00 - 3.00 pm	Mah-jong Group	Margaret	4758 6564	All year round	Mtg Rm
	1.30 - 3.00 pm	Israeli Folk Dancing	Yudit	4759 1952	Weekly school term ring for details	JA Hall
	7.00 - 9.00 pm	Crowd-Around-Choir	Kate	0405 328 379	Weekly school term	Dng Rm
FRIDAY	9.00 - 10.30 am	Maggie Moo Music	Kazzia	0410 571 543	Music for preschool children	JA Hall
	10.00 - 12.00	Carers Art Therapy	Sue	0438 830 390	Fortnightly school term - ring	Sml Mtg
	9.15 - 10.30 am	Mid Mountains Walkers	Danielle	4759 2592	for fun & health; school terms	MMNC
	11.00 - 12.00 pm	Chair Yoga	Marilyn	0425 361 779	Weekly	JA Hall
	1.00 - 4.00 pm	Mid Mtns Scrabble Group	Nance	4759 2647	All year round; ring for details	Sml Mtg
	3.45 - 4.45 pm	Kids Can Act studio	Cathie	0414 475 158	Weekly school term drama	JA Hall
	6.00 - 8.00 pm	Lawson Artisan Night Market	Robyn	<a href="mailto:r4syth@icloud.com">r4syth@icloud.com</a>	1st Friday / month	Dng Rm
	6.00 - 8.00 pm	Civic Community Disco	Tiffany	0439 457 154	For people with disability 3rd Fri/m	Lge Hall
8.00 - 9.00 pm	Classic Car Club	Rowan	4784 3185	3 <sup>rd</sup> Fri/Mth	JA Hall	
SATURDAY	8.00 - 9.30 am	Iyengar Yoga Classes	Dianne	4757 1004	Not 4 <sup>th</sup> Sat/Mth	JA Hall
	9.00 - 12.00 pm	Mountains Fencing Club	Ross	4759 2750	Kids & teens classes; weekly	Lge Hall
	9.30 - 12.00	RSPCA branch meeting	Patricia	4757 4130	1st Sat / monthly	JA Hall
	10.00 - 4.00 pm	Blue Mtns Quilters	Robyne	0411 449 304	1st Sat/monthly . All welcome	Dng Rm
SUN	11.00 - 1.00 pm	Sri Sathya Sai Group	Roger	0414 190 188	Fortnightly Sundays	JA Hall
	11.00 - 3.00 pm	Blue Mtns Felters	Ellen	4759 1940	4th Sun / month	Dng Rm
	2.00 - 3.30 pm	Shared Reading	Rosemary	0497 829 891	weekly	Mtg Rm
	3.00 - 6.00 pm	BM Jewish Community	Zohar	0420 904 054	2nd Sun / month. Ring for dates	Dng Rm

Large Hall (Lge Hall) = Mavis Wood Hall      JA Hall = Joy Anderson Hall  
 Dining Room (Dng Rm) = Grace Tooth Dining Room      Meeting Room (Mtg Rm) = Alma King Meeting Room  
 Int Rm = Interview Room      Sml Mtg = Small Meeting Room

To book JA Hall & Small Meeting Room 9am-3pm Mon - Fri OR Meeting & Interview Room any time ring MMNC 4759 2592.  
 All other bookings contact BMCC 4780 5735

## mid mountains news

February 2018  
 Volume 20, Issue 1

9 New Street Lawson NSW 2783  
 PO Box 117  
 Lawson NSW 2783  
 Tel: 4759 2592  
[info@mmnc.org.au](mailto:info@mmnc.org.au)  
[www.mmnc.org.au](http://www.mmnc.org.au)



Happy New Year!

MMNC prints this newsletter as a community service for the people of the Mid Mountains. For more information please call, email or drop in to the Centre.

We value your involvement in the local community, and membership (\$2 a year) is a good way to be connected.

### What's On

For info about local community activities, visit [www.mmnc.org.au](http://www.mmnc.org.au) and click on What's On. You can also promote your local activity by emailing: [info@mmnc.org.au](mailto:info@mmnc.org.au) or checking our Facebook page

*Best wishes from Mick Barrett, MMNC Manager*

### Artisan Night Market at MMNC ~ NEW in 2018.

The Neighbourhood Centre is the venue for a fascinating evening Artisan Market, featuring makers & creators from across the Mountains. On the 1st Friday each month, 6pm til 8pm. First market is **2nd February**.

See @artisan.nights on Instagram, or the MMNC Facebook Page for information. For ALL inquiries, and if you are an artist/maker who would like to participate (stalls are low cost), please email: [r4syth@icloud.com](mailto:r4syth@icloud.com).

### Rubix Cube Club

We're starting a regular group for Mountains kids 7-13 who are interested in cubes and speed cubing.

At MMNC 9 New St Lawson, on the 4<sup>th</sup> Saturday each month starting **24<sup>th</sup> February**, 2 - 4pm.

Children must be accompanied by a responsible adult.

For more info and to register interest, phone or email Robert 0416 244 725 [robertmusgrave@exemail.com.au](mailto:robertmusgrave@exemail.com.au)

### Seniors Week Morning Tea

Our fabulous Community caf  team are ramping up the activity on Thursday **12<sup>th</sup> March** with a special senior's morning tea. There will be light refreshments and entertainment. 10-12pm.

This is a free Community Caf  Event. Everyone is welcome 10am every Thursday, at MMNC. Info 4759 2592.



### NDIS Peer Support Group

**14<sup>th</sup> February** 10-11:30 at MMNC. For parents, carers and participants negotiating the NDIS. Meet, chat and access information. 2<sup>nd</sup> Wednesday of each month. To register or for more info call Danielle 47592 592 or [danielle@mmnc.org.au](mailto:danielle@mmnc.org.au).

*A partnership of MMNC, MOCS, Ability Links SSI & Northcott Early Links.*

### ASK on the Street

Community BBQ & Consultation  
 Friday **13<sup>th</sup> March** 5 - 6:30pm

What does a safe community look like to you? Pop along and let us know your thoughts while we enjoy a sausage sizzle and games in the Lawson Town Square. (next to the PING PONG table)

BYO soft drinks and we will have the snags. Call Danielle on 47592592 for more info or to help out.



### Community Consultations: Safety

We are keen to build our understanding of what a **safe** community looks like to you!

What sort of a community do you want? What are your concerns? And who do you trust to make a difference. If you have a group of 6 or more people and would like our team to come to you and run a Community Conversation please contact Danielle at [danielle@mmnc.org.au](mailto:danielle@mmnc.org.au).

### ReCycle ReDesign ReCreate course

**FEE FREE**

Discover your inner creative self by up-cycling preloved garments, fabrics & accessories. Over 7 weeks from **12<sup>th</sup> February**, on Mondays 12-3pm.

To register ph 4759 2592 or [info@mmnc.org.au](mailto:info@mmnc.org.au)  
*A partnership of BM TAFE Outreach & MMNC*

### Guided bushwalk Saturday 17<sup>th</sup> February

Long-lost Amphitheatre and waterfall trails in Hazelbrook Led by Ken Goodlet 9-10.30am. Register by 15/2/18 via 4759 2592 or [info@mmnc.org.au](mailto:info@mmnc.org.au)  
*A partnership with Springwood Bushwalking Club*

### FREE April School Holiday Activities



#### Holiday Tots and Toddler Morning

On Monday **16<sup>th</sup> April** our fabulous Kookaburra Playgroup team will be opening the doors for holiday playtime. There will be the usual fun along with story time and light refreshments. Gold coin donation.

#### Family Board Games Galore Tuesday 17<sup>th</sup> April

Monopoly, Sequence, Battleship, Uno or Magic cards, the list of possibilities are endless. Play one of the games set up or bring your favourite. 10am - 12 at MMNC.

Refreshments will be served. Parents are asked to remain on the premises. Recommended age 8-14yrs with parents & carers. All abilities encouraged to attend. Call 4759 2592 or [danielle@mmnc.org.au](mailto:danielle@mmnc.org.au) to register or for info.

**Woodford Holiday Fun Morning: 18<sup>th</sup> April see page 3.**

### Strengthening Exercise Classes

6 exercise classes weekly at Bullaburra hall. Enhance day-to-day living for all different fitness levels. The program is fun and filled with great people. To get involved call MMNC 4759 2592.

### Kookaburra Playgroup

Mondays 9:30-11:30 (in school term) at MMNC. Our facilitated playgroup is a welcoming and energetic space for families to connect, play and share.



Gold coin donation Ph 4759 2592 danielle@mmnc.org.au



### Blue Mountains Palliative Support Service

Our volunteers always comment that it's a true privilege to be working with palliative clients, supporting clients and their carers through their journeys and challenges.

4th February is World Cancer Day which is a global observance that helps raise people's awareness of cancer and how to prevent, detect or treat it.

For more information please check the Cancer Council website at [www.cancer.org.au](http://www.cancer.org.au)

Please feel free to contact me if you have any enquiries on 4709 6053 or [katrina@mmnc.org.au](mailto:katrina@mmnc.org.au)

### Story Time for Pre-schoolers

Hazelbrook Public School Library invites you to join them for story time in the library on Fridays (during school terms) 10:15am. Please email: [danielle@mmnc.org.au](mailto:danielle@mmnc.org.au) or call 4759 2592 or call the school directly on 4758 6120.

### Mid Mountains Walkers

Join us, walk & talk together for 45-60 minutes in local streets in the Mid Mountains. Walkers usually stop for a cuppa after the walk. Meet us at 9:15am for a 9:30 start on Monday & Friday from MMNC, Lawson. Info Danielle 4759 2592.

### ME/CFS and Fibromyalgia support group

First Thursday each month 10am-12. Come & share ideas about treatments, strategies for coping or just getting out of the house and talking to people on a similar journey. A newsletter is also available. Therese 0401 238 551 [cfsbluemountains@gmail.com](mailto:cfsbluemountains@gmail.com)

### Fijian Women's Breast Cancer Project

Your pre-loved Bras make a life changing difference to the women of Fiji!

I am collecting bras of any size, any full or partial silicone or soft prosthesis to donate to this worthy cause. Please drop them off to MMNC for the attention of Katrina.

Bras are given to Fijian Women who have undergone Breast Cancer surgery and funds go towards education for all women on breast care.

You can find more info on the project at the website: [lilyblisstoyou.com/project-fiji](http://lilyblisstoyou.com/project-fiji)

Volunteer Home Visitors connects older residents and their carers with people in their local area who are passionate about supporting others to live safely & independently at home, and active in our community.



### Looking for something meaningful to do in 2018?

We are recruiting new volunteers in early February with training scheduled in March, for home visits and local outings, supported shopping, and to accompany a person to activities. Volunteer drivers especially welcome. To register your interest, please contact Eva.

### Best Men's Pieshop Mob

Want to meet with men and share a story or two over a cuppa and a pie? Meetings at Wentworth Falls Mountain High Pies on the 1st Thursday each month at 10.30am.

### Carer Support Group at Lawson

Our Carer Support Group is a friendly, supportive group offering carers the opportunity to meet others in a similar situation, and to share experiences & practical information. Meetings on the 2nd Wednesday each month 1.30-3pm here at MMNC. New members welcome.

To find out more about our services, peer groups and activities, or volunteering opportunities, please contact Eva on 4759 2592 or email [eva@mmnc.org.au](mailto:eva@mmnc.org.au).

### My Aged Care

If you are an older person struggling with the daily tasks of living due to frailty and/or disability, there are many aged care services in your area that can assist you, so you can remain living in your own home, in your community. To access them, ring *My Aged Care* on 1800 200 422.

### Community Readers

Do you like reading with children? Volunteer Community Readers are needed to assist students at Hazelbrook Public school. Welcome and training will be held: Thursday 1st March, 11:45am at Hazelbrook Public School. Sign in at the school office on arrival please. If you have one morning a week to volunteer and are keen to listen to children read and support their learning please call Danielle at MMNC to register your interest. 4759 2592 or email [danielle@mmnc.org.au](mailto:danielle@mmnc.org.au)



### Digital Learning FREE Tutoring

Learn how to use emails, look up things on the internet, use your phone, tablet, camera or laptop (bring along your own fully-charged device). **Cyber Seniors** on Tuesdays. **Digital Learning** for all ages on Wednesdays in partnership with Katoomba High School. Both days 2-4pm To book ph MMNC 4759 2592

### Learn to do Reiki Sundays 11th & 18th March

Free Workshop. Taught by Karen of Chakraworks. At MMNC, 9 New St Lawson, 9.30 - 4.30. Level 1 Introductory Certificate course Please bring your own lunch & nibbles. Bookings essential for call MMNC on 4759 2592

### MOCS Community Hub term 1



**Playgroups -Play in the Park** at Golden Horizons Park Hazelbrook Tuesdays 10-11.30am (weather permitting), **Scout Hall Playgroup** at 70 Railway Pde, Hazelbrook on Thursdays 10am-12, **Special Story time at Heatherbrae!** Monthly Wednesdays. **First time parents/carers of babies up to 12 months Morning Tea** – to plan ongoing group. Wednesday 21st February 10 am – 11.30. In partnership with Connect Child & Family Services. An informal get together with the aim of forming an ongoing social and support group. At Heatherbrae 6 Benang St Lawson (next to children's play area in town square). Just come along or call MOCS on 4758 6811 or Jeanette on 4758 9966 for more information. **Job Ready Skills:** TAFE Outreach Course: 5 Wednesdays, 21st February – 28th March, 9.30 am – 12.30 pm. Opportunity to explore the next steps in getting into work or training. An enjoyable short course tailored to the group and individuals needs. Bungarrabee Centre, 48-50 Oaklands Rd Hazelbrook. Call MOCS to book and for more information on 4758 6811. Limited childcare must book. **Siblings Without Rivalry:** Helping our kids get along! 4 Wednesday evenings 28th February – 21st March, 7 – 9 pm. Find out how to help your kids cope with conflict and get along better in their sibling relationships. To be held at Heatherbrae, 1 Benang St Lawson. Presented by Connect & Gateway. Bookings essential call Gateway on 1300 316 746. No Childcare available. **Positive Parenting Program** – Triple P Course: 5 Thursdays 1st, 8th, 15th, 22nd March and 12th April. 10.30am – 12.30. Practical strategies for everyday parenting and building stronger relationships with your children. At 10 Station St Katoomba, in partnership with THRIVE. Bookings essential call THRIVE on 4782 1555 to register or for more information. Limited childcare available must book. **Boomerang Bags sewing bee:** Friday 9th March 10am -12. Be part of this grassroots community initiative to help reduce the use of plastic bags in the Blue Mountains. No sewing experience necessary. All welcome, just come along. No childcare. Bungarrabee Centre, 48-50 Oaklands Rd, Hazelbrook. Call 4758 6811 for more information. **Floundering to Flourishing:** A workshop for parents and carers on building resilience in children. Tuesday 20th March 9.30am-11.30 What is resilience? How can we foster it in our children and families? Come along to this seminar to learn some practical ideas. Presented by Gateway Family Services. Wentworth Falls Public School, Falls Rd, Wentworth Falls. Bookings essential call Gateway on 1300 316 746 to register or for more info. **UNABLE TO PROVIDE CHILDCARE FOR THIS WORKSHOP!** **Bush Walking Group for Adults** – All welcome to join this ongoing group for easy and accessible local bush walks. Meet every Wednesday of Term 9.30 am, Corner of Oaklands Rd and Derain St. For more information call MOCS on 4758 6811. **Woodford Holiday Fun Morning:** Wednesday 18th April 10am – 12, at Weroona Park, Weroona Ave, Woodford. Outdoor Games, Trivia for Kids, Face Painting, Craft and Morning Tea provided. FREE. Presented by MMNC & MOCS. Info 4759 2592 or 4758 6811 **Sole Parent Connections:** Are you a sole parent wanting to meet others for activities and outings with your children? Call Liz at MOCS on 4758 6811 or email [hub@mocs.org.au](mailto:hub@mocs.org.au).

Mountains Outreach Community Service, funded by Community Builders, NSW Govt



### Hazelbrook Association



Last October the Association launched its first ever Family Fun Day, with around 700 people enjoying the fun. Music, games and face painting were special favourites among the kids. In 2018 the event is set down for 13 October. Don't miss it! To volunteer please phone Greg 0462 333 262. Association General Meetings: 12th February, 9th April. Local garden maintenance, provision of amenities and lobbying local and state governments are just some of the activities we'll continue to participate in this year, so stay informed and become a member. Contact us on [www.facebook.com/hazelbrookass](http://www.facebook.com/hazelbrookass) to find out how.

### Hazelbrook Gardening Groups

Are you interested in keeping the Hazelbrook gardens and Park areas weed free, tidy and clean? Come along and help the volunteers from The Hazelbrook Association with our Gardening Bees. Our next gardening dates are: Saturday 17th February, 8 - 10am and Sunday 15th April 2 - 4pm, in the lower car park of the Shopping Centre. Friday 16th March, 10am -12 meeting in Memory Park. All gardening tools and gloves are provided, so come along and help to keep Hazelbrook looking good. Ph Margaret on 0414702612 or Susan on 0450358579.

There's an outdoor table tennis table in Lawson Square! It's a 6 month trial with Council, use it any time! Come and borrow bats & balls from MMNC!

### Mid Mountains Community Garden



Be involved in growing our own organic food, sustainably and locally. Gardening days are held at Kihilla (Queens Road Lawson) Saturdays 9am-12. All welcome. For info ring Janet 0407 926 386.

### Book Club Lawson Literary Lot, Enjoy Reading? Socialising? Please join us on the 1st Tuesday of the month to chat about books!

6th February, 6th March, 3rd April 10.30-12 at MMNC 9 New St Lawson. Morning tea; gold coin donation. For more information phone Danielle on 4759 2592 or email [danielle@mmnc.org.au](mailto:danielle@mmnc.org.au)

### Shared Reading group

A place to relax and be taken on a journey. We read a story each week out loud and have a chat. Every Sunday 2-3.30pm at MMNC New St Lawson. Free, with afternoon tea. To register phone 4759 2592 or [info@mmnc.org.au](mailto:info@mmnc.org.au). Enquiries Rosemary 0497 829 891 A partnership of Shared Reading NSW & MMNC

### No Interest Loan Scheme (NILS)

Do you need to borrow up to \$1500 and are on a low income? A NILS loan has repayment rates that you can afford. Not for Emergency Relief or regular bills. Call us on 4759 2592 for a NILS Info Pack. Funded by Fair Trading

### Food Rescue

diverts excess food from food suppliers. They deliver food to MMNC; available at 9 New St Lawson Monday - Thursdays. If you're short of food, drop in & help yourselves. A partnership of Food Rescue & MMNC