

# What's On at Mid Mtns Community Centre May—July 2017

	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	During school term	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	Your Future Your Life TAFE course	MMNC	4759 2592	7 weeks from 8 May. Ring to book	JA Hall
	3.30 - 4.30 pm	PlayworX	Melissa	0415 381 379	Weekly social skills through drama	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 - 11.30 am	BM HomeSchool hub	Julie	0431 663 020	Workshops/Courses/Activities	JA Hall
	12.00 - 1.00 pm	CALD Lunch	Mary	4759 2811	1st Tues/Mth, for all nationalities	Dng Rm
	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
	4.00 - 6.30 pm	Brook Drama	Leila	0420 470 824	Children 4-5pm; teens 5-6.30pm	JA Hall
	7.00 - 9.00 pm	Red Tent Australia	Nadja	0439 453 430	1st Tues/m. Connecting women	Lge Hall
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
	9.30 - 11.30 am	Wellbeing in the Blue Mtns	Jenny	0421 120 552	2nd Wed monthly. Health topics	Sml Mtg
	10.00 - 12.30 pm	Healing Through Creativity	Leesa	4759 2811	1,3&5th Wed/m. Art Craft Lunch	Sml Mtg
	11.30 - 1.00 pm	Community Restaurant	BMFS	4759 2811	For Seniors; VIP on 1st Wed/Mth	Dng Rm
	1.30 - 3.30 pm	Carer Peer Support Group	Eva	4759 2592	2nd Wed/Mth	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
7.00 - 8.00 pm	Kufudokan Aikido	Darrin	0455 293 679	Weekly 15 years old and up	Dng Rm	
THURSDAY	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 Café' 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	Community Disco	Vivability	6332 3086	For people with disability 3rd Fri/m	Lge Hall
	6.00 - 9.00 pm	Disability Social Group	Virginia	4751 9041	4th Fri/m ring to book	JA 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	BM Conservation Society	Heather	4739 1493	Sat before last Thurs of Mth	Dng Rm
	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
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
	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

**At MMNC there is FREE access to computer/internet, cheap fax & photocopying. Get the 2017 Residents Kit !**

## mid mountains news

May 2017  
Volume 19, Issue 2

9 New Street Lawson NSW 2783  
 PO Box 117  
 Lawson NSW 2783  
 Tel: 4759 2592  
 info@mmnc.org.au  
 www.mmnc.org.au



Happy National Volunteer Week starting 8th May!

MMNC prints this newsletter as a community service for the people of the Mid Mountains. For more information please call me on 4759 2592, email info@mmnc.org.au 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 and click on What's On. You can also promote your local activity by emailing: info@mmnc.org.au or checking our Facebook page

*Best wishes from Mick Barrett, Manager, MMNC*

### Biggest Morning Tea

Our fabulous community café team will be ramping up the activity on Thursday 27<sup>th</sup> May with a special fundraising morning tea. Please join us for light refreshments a TEA Quiz and entertainment. 10am - 12 at MMNC. Gold Coin Donation and all proceeds go to the Cancer Council NSW.



### Your Future, Your Life course - FEE FREE

Explore work, study or training options, learn to search job sites, prepare a resume and get ready for an interview; feel more confident about the future!  
 Over 7 weeks from 8th May, on Mondays 12-3.  
 To register ph 4759 2592 or info@mmnc.org.au  
*A partnership of BM TAFE Outreach & MMNC*

### NDIS and YOU Event

For teens & young adults with a disability, their families and friends. Access information about local services, social groups, activities and opportunities to volunteer in an inclusive environment. The "Sons of Obiwan" will liven up the gaming zone while we hear what you & family members would like to see more of in the community.  
 Saturday 27th May, 12-2:30pm at MMNC.  
 Call 47592592 to register or for more information  
*A partnership between MMNC and Ability Links*

**REACH Program** is a 9 week well-being group for people with a diagnosis of depression or bipolar disorder, to help manage their illness and stay well. Next course starts in **October** at MMNC 9 New St Lawson. Enquiries or to book: Ph: 0451 385 931 or email: reach@mmnc.org.au



Thursday 15th June 7 - 8:30pm at MMNC  
**Community Conversations** Soup & chat. What sort of a community do you want? What are your concerns? And who do you trust to make a difference? Come along and let us know what is important to you. RSVP 47592592  
 Alternatively 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 4759 2592

### Guided Bushwalk

*waterfalls – hidden pools – rainforest – gurgling streams*  
 Yet another world class bushwalk on your doorstep. Together let us explore the beauty of the track from Valley Rd to Terrace Falls Rd Hazelbrook.  
 Led by Ken Goodlet. Book now! maximum 25 places.  
 For info & to register phone MMNC 4759 2592 by 4/5/17, info@mmnc.org.au or drop in to 7 New St Lawson.  
*A partnership of Hazelbrook Association, NPA and MMNC*

### 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.

### July School Holiday Activities

**Holiday Tots and Toddler Morning**  
 On Monday 3<sup>rd</sup> July 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. 9.30 - 11.30am at MMNC



### Crazy Craft Morning, All ages all ideas!

Card making, loom bands along with whatever inspiration enters the room. Bring a project to finish or simply explore with the materials on hand.  
 Tuesday 4th July 10 - 12 at MMNC

### Board Games Galore

Monopoly, Sequence, Battleship, Uno or Magic cards, the possibilities are endless. Come along for some gaming fun. Join in on one of the games set up or bring your favourite.  
 Wednesday 5<sup>th</sup> July, 10am-12pm at MMNC. Refreshments will be served. Recommended age 8-14yrs with parents & carers; everyone welcome. All abilities encouraged.

No fee. Gold coin donation is appreciated for everything. Call MMNC on 4759 2592 to register or for more info.

**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

### 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

**Cyber Seniors 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 to each session). Scan onto a USB stick. Individual and group tutoring "Broadband for Seniors".  
FREE. Tuesdays 2 - 4pm To book: 4759 2592



### Blue Mountains Palliative Support Service

The 8th of May is the start of National Volunteer Week. We thank all our volunteers and congratulate Pat Marshall and Sophia Stephenson for receiving a Seniors Week Recognition Award from BM Council for their valued contribution in the community.

National Palliative Care week commences on 21st of May. The theme in 2017 is 'You matter, your care matters. Palliative care can make a difference'. Palliative Care Australia will highlight how palliative care can help people accessing aged care services to have a high quality of life, right to the end of life. Activities include information and book displays in libraries, and volunteers will host "High Tea" at Katoomba hospital for the wonderful palliative care staff, patients and families. We will also have a morning tea at Lithgow Hospital community health where the request for volunteers is growing.

We are running a fundraising raffle for the service. 1st Prize is a beautiful handmade quilt donated by the Upper Blue Mountains Ladies Probus, 2nd prize a dinner for two to the value of \$120 at any BM restaurant of choice donated by Leura Memorial Gardens and bottles of wine. Tickets are available at MMNC (\$2 each) and prizes will be drawn on 2<sup>nd</sup> of June at the Nepean/Blue Mountains Palliative and Supportive Care Conference at Panthers.

The service will be recruiting new volunteers in Oct/ Nov for training in early 2018. Our volunteers provide care and support for people living at home with life limiting illness and for their carers. If you are interested in finding out more and applying please call or email me.

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



A free & friendly 7 week program for seniors combining gentle strength & balance exercises with education sessions, to build your confidence and prevent falls. Includes morning tea. Starts Wednesday **26th April** 1.30 - 3.30pm at MMNC. Info ph: 4734 3877. A partnership of NSW Health & MMNC.

### The Art of Making Someone's Day & Brightening Your Own



We offer friendly home visits by **volunteer home visitors** trained volunteer home visitors, local outings, social groups, assistance with shopping, community connection, and a carer support group.

#### Need companionship?

Could companionship in your local community make a difference in your life, or do you know someone who would benefit from social support? Referrals via My Aged Care. For more info phone Eva on 4759 2592.

#### Like to Contribute?

We would like more volunteers, especially a driver on Tuesday morning. You will be reimbursed for travel. Can you help? Please contact Eva on 4759 2592.

#### 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.

To find out more about social support services offered by Volunteer Home Visitors, call Eva for a chat 4759 2592.

#### 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 and practical information. We meet on the second Wednesday of every month 1.30-3 pm here at MMNC, and welcome new members. For more info phone Eva 4759 2592 or email [eva@mmnc.org.au](mailto:eva@mmnc.org.au)

### 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.

### No Interest Loan Scheme (NILS)

If you need to borrow up to \$1200 and are on a low income, a NILS loan could be the answer. No interest! Repayments are at a rate that you can afford. Not for Emergency Relief or regular bills. Call us on 4759 2592 for a NILS Information Pack. *Funded by Fair Trading, DSS & NAB*

### Jewish Community Group

Shalom Aleichem BM Jewish community group meets monthly to celebrate important Hebrew calendar dates. All ages welcome. For dates and other information please contact Zohar on 0420 904 054 or [zohar@zohar.net.au](mailto:zohar@zohar.net.au)

### Woodford Academy Events

◆ **'Welcome to my Curtilage'** a collaborative performance / installation by puppeteer Kathy Driscoll & visual artist Jane Theau. Saturday **June 17, 1-2pm**  
◆ **'Ephemeral Threads'** 1 & 15 July, 19 August  
Exhibition Launch Saturday **1 July, 1-2pm**  
For details: 4758 8743 [woodfordacademy@gmail.com](mailto:woodfordacademy@gmail.com)

### TERM 2



**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 with special guests.

**Baby Play Time: Every Tuesday** drop in any time between **9.30 and 11am**. In partnership with Connect Child & Family Services. For parents and carers with babies up to 18 months. Friendly discussion and support available. At Heatherbrae 6 Benang St Lawson (next to children's play area in town square). Just drop in or call MOCS 4758 6811 or Heatherbrae 4758 9966.

**Parenting Q & A** at Heatherbrae: Thursday **4th May** and Thursday **15th June**, 10-11.30 am. Come along to a free, informal discussion with Jenny Rankine, relationship focused parenting educator. Bring along your tricky parenting issues and Jenny will draw on her training and experience to help you work out useful strategies. Heatherbrae 6 Benang St Lawson Just drop in or call MOCS on 4758 6811 or Heatherbrae on 4758 9966 for more information.

**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.

**123 Magic Parenting Course:** 3 Monday evenings, **1st - 15th May**, 7.00 - 9.00 pm. Emotional coaching for your child. Straight forward parenting strategies to help understand and manage children's behaviour. Presented by Gateway Family Services. Gold coin donation. Bungarrabee Centre, 48 Oaklands Rd Hazelbrook. Bookings essential call Gateway on 4739-5963 or 1300 316 746.

**First Aid** TAFE Outreach FREE. 5 Wednesdays, **3rd - 31st May**, 9.30 am - 12.30 pm. Get a current first Aid Certificate for work, community or home use. Bungarrabee Centre, 48 Oaklands Rd Hazelbrook. Bookings essential call 4758- 6811 to register or for more info. Limited childcare must book.

**Floundering to Flourishing** - a workshop for parents and carers on building resilience in children: Wednesday **10th May** from 9.15 to 11.15 am. 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. Lawson Public School, Adelaide Street, Lawson. Call The Gunedoo Project on 4782 - 5326 to register or for more info. Limited childcare must book.

**NDIS Forum with Disability Advocacy NSW:** Thursday **11th May**, 10am - 12 noon. Having trouble with the NDIS? Want to learn more about your rights in relation to Access, Appeals and Complaints about the NDIA? Come along to hear from Amanda Brickwood NDIS Appeals Officer and Advocate from DA NSW. Mavis Wood Hall, Mid Mountains Community Centre, New Street, Lawson. Morning tea provided FREE. In partnership with MMNC. RSVP: Liz 4758 6811 or Danielle 4759 2592

**Reading Week Activities** with Billie Booksie: **19th - 24th June**. For more information at Paint The Blue Read Facebook page or call MOCS on 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)

*Mid Mountains Community Hub is funded by Community Builders, NSW Govt and is a project of Mountains Outreach Community Service, 48 -50 Oaklands Rd Hazelbrook 4758 - 6811*

### Hazelbrook Association

members have been busy advocating and working for the local community, including lobbying for graffiti removal on the rail corridor and access upgrade at Hazelbrook Railway station.

Members have met with Council representatives at Memory Park in Hazelbrook and the Lawson Skate Park to discuss improvements to facilities.

A bbq at the Skate Park was a way of connecting with young users of the park and updating them on the progress of the planned mural and improvements.

Ken Goodlet led a fascinating bushwalk to Burgess Falls which gave an insight into the history and flora of the area and was very much enjoyed by the hardy walkers.

A major project for the year will be a family fun day at Gloria Park involving all age groups in the community.

Come along to Association meetings (next one **19th June** at 7.30pm at Hazelbrook Uniting Church) or contact us on [www.facebook.com/hazelbrookass](http://www.facebook.com/hazelbrookass).

### UnitingCare Mental Health

Emotional Intelligence: Three short sessions exploring self-awareness, social awareness and optimism and how they can strengthen and equip family, friends & carers. Lawson Fridays **12, 19, 26 May** 9.30am-12pm.  
To book [cesca.lemon@unitingrecovery.org.au](mailto:cesca.lemon@unitingrecovery.org.au) 8599 4880

### Drop in Coffee at Woodford

Want to catch up with other locals in Woodford? Why not drop in for a cup of coffee or tea and cake at Woodford Presbyterian Church, 88 Great Western Highway, Woodford (next to the Woodford Academy). Every 2nd and 4th Monday of the month from 10 am to 12. It's all on the house! Info 4759 1126

### 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. For info ring Janet 0407 926 386 or David 0435 152 600.

### Hazelbrook Gardening Group

Interested in joining a volunteer gardening group in the Hazelbrook village? We meet every six weeks and all tools, gloves etc are provided. We keep the gardens around the shopping precinct and adjoining areas weed free and tidy. Contact Margaret - 0414 702 612 for the next meeting dates!

**Graffiti Hotline** If you see any graffiti please ring 47 592 592 so it can be removed by our volunteer squad.

*Partnerships of Hazelbrook Association & MMNC*