

What's On at Mid Mtns Community Centre May—July 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 TAFE	MMNC	4759 2592	7 weeks from 7 May. 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
	9.30 - 11.00 am	Self Inspiration Group	Garry	0411 395 466	3rd Tues/m. Ring for info	Sml Mtg
	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	Digital Learning / Cyber Seniors	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	Aust Breastfeeding Assoc	Veronica	0407 887 637	3rd 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
	4.30 - 5.30 pm	Mountains Fencing Club	Ross	4759 2750	Weekly school term	Dng Rm
	6.00 - 8.00 pm	Ashtanga Yoga Class	Paul	4758 7148	Weekly	JA Hall
6.30 - 7.30 pm	Boxercise	Serge	0417 238 658	Weekly	Lge Hall	
7.00 - 8.30 pm	Self-inspiration support group	Garry	0411 395 466	3rd Wed/m. Ring for info	Sml Mtg	
THURSDAY	9.00 - 1.30 pm	Early Childhood Clinic	Health	4751 0100	Ring to book an appointment	Sml Mtg
	10.00 - 12.00	CFS/Fibromyalgia Group	Therese	4759 2592	1 st Thur/Month	Mtg Rm
	10.00 - 12.00	'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	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
	9.15 - 10.30 am	Mid Mountains Walkers	Danielle	4759 2592	for fun & health; school terms	MMNC
	10.00 - 12.00	Carers Art Therapy	Sue	0438 830 390	Fortnightly school term - ring	Sml Mtg
	11.00 - 12.00	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
	2.00 - 3.00 pm	Dance	Veronica	0490 062 367	Weekly relaxed movement	JA Hall
	3.45 - 4.45 pm	Kids Can Act studio	Cathie	0414 475 158	Weekly school term drama	JA Hall
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 rd Fri/Mth	JA Hall	
SATURDAY	8.00 - 9.30 am	Iyengar Yoga Classes	Dianne	4757 1004	Not 4 th Sat/Mth	JA Hall
	9.00 - 12.00	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
	2.00 - 4.00 pm	Rubix Cube Club	Robert	0416 244 725	4th Sat / monthly. Kids 7-13 years	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
	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
	5.00 - 6.00 pm	Blue Mountains City Church	office	4720 6100	3rd Sun/m	Lge Hall

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

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



Happy Autumn!

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.

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, MMNC Manager

Write Your Story -

'there is no one you'er than you'

A FREE 6 week writing program for people who live with a Mental Illness. Mondays **21st May** to 2nd July 10am - 12:30. Facilitated by John Hockney - Writer * Storyteller * Facilitator . At MMNC 9 New St Lawson. Morning tea and some writing material provided. Registration Essential - please call 47592 592 or info@mmnc.org.au

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 4th Saturday each month (eg **26th May, 23rd June**), 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

Biggest Morning Tea

Thursday **24th of May** 10am-12 at the Community Café, MMNC.

Our fabulous Community café team will be ramping up the fun to raise funds for the Cancer Council. There will be light refreshments, raffle prizes and a quiz. Gold Coin Donation and all proceeds go to the Cancer Council NSW

Everyone is welcome 10am every Thursday. 4759 2592



NDIS Peer Support Group

2nd Wednesday of each month 10-11:30 at MMNC. For parents, carers and participants negotiating the NDIS. Meet, chat and access information.

To register or for more info call Danielle 47592 592 or danielle@mmnc.org.au

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

Mid Mountains Festival

Saturday **17th November** 10-4pm

Fencing, Dance, Choirs, Wood turners, Karate, jump on board and join our team of Contributors.

Mid Mountains Festival is all about putting our community on show. If you belong to a community group that would like to participate, perform, or contribute in any way please contact Danielle on 47592592 or email danielle@mmnc.org.au



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@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 **12th 7th May to 25th June**, on Mondays 12-3pm.

To register ph 4759 2592 or info@mmnc.org.au

FREE July School Holiday Activities



Holiday Tots and Toddler Morning

On Monday **9th 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. Gold coin donation.

Build a Mind Lego robotics Workshop

Wednesday **11th July** 10am -12pm at MMNC. Recommended age- 8-14 yrs. Children under 12 must be accompanied by an adult.

A fast-paced, fun and engaging robotics workshop using Lego Mindstorms aimed at introducing kids to the terminology, software and hardware involved in robotics. The workshop is based on a challenge of building a sumo robot to compete in a battle at the end of the day.

Cost: Gold coin donation.

Refreshments will be served. Call 4759 2592 or danielle@mmnc.org.au to register.

There's an outdoor table tennis table in Lawson Square, use it any time! Come & borrow bats & balls from MMNC!

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

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: 0478 239 113 or email: reach@mmnc.org.au



Blue Mountains Palliative Support Service

The 8th of May is the start of National Volunteer Week. We thank all our volunteers for their valued contribution in the community.

National Palliative Care week commences on 21st of May. We have information and book displays in the Blue Mountains libraries, and volunteers from our service will be hosting "High Tea" at Blue Mountains hospital for the wonderful palliative care nurses, doctors and staff, patients and families.

We are currently running a fundraising raffle for the service with 1st Prize a beautiful handmade quilt donated by the Caring Hearts Quilters Group Nepean, 2nd prize a dinner for two to the value of \$150 at any BM restaurant of choice donated by Laura Memorial Gardens and High Tea for two! Tickets available at MMNC (\$2each)

Please feel free to contact me if you have any enquiries on 4709 6053 or katrina@mmnc.org.au

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

Woodford Academy Events

◆ **'Correspondence: The WOODFORD FILES 1940-50 an exhibition'** by Vvienne Dadour **19 May & 16 June, 21 July** Exhibition Launch Saturday **19 May 1-2 pm.**

◆ **'FRIDAY 13TH' GHOST TOURS 13th July**
For details: woodfordacademy@gmail.com

At MMNC there is FREE access to computer/internet, cheap photocopying. Get the 2018 Residents Kit !

Social & home visiting programs

for older residents 65+ and their carers.



We provide friendly home visits by trained volunteers, local outings, assisted shopping, community connection, bus trips. We have a volunteer biography service to help people have their story recorded, and run a 'conversations inspired by art' interest group. We share and enjoy life together!

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 first Thursday of every month at 10.30am.

Carer Support Group

A friendly, supportive group offering carers the opportunity to meet others in a similar situation, and to share experiences and practical information. Meetings on the second Wed each month 1.30-3 pm at MMNC. New members welcome.

If you think that you or someone else might benefit from this service, or to find out about volunteering opportunities, please contact Eva on 4759 2592 or email 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. \$65 per 10 week term. To get involved call MMNC 4759 2592.

Community Readers

Do you like reading with children? Volunteer Community Readers are needed to assist students at Hazelbrook Public school.



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

Digital Learning / Cyber Seniors

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). For all ages **Tuesdays 2-4pm.** To book ph MMNC 4759 2592

Self-Inspiration Group

Find out what you can do to start the amazing path of self discovery and expansion. 9.30-11am on the 3rd Tuesday of each month; also 7 - 8.30pm on the 3rd Wednesday each month. At MMNC. For info ph Garry 0411 395 466

Dance

Come and join us for a relaxed movement class. No need to learn steps. Fridays weekly 2-3pm. Ring for details. Veronica 0490 062 367

MOCS Community Hub 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.

First time parents group (with babies up to 12months): **Meets every second Wednesday** from 10 am - 12.00. May 2nd, 16th, 30th, June 13th & 27th. In partnership with Connect Child & Family Services. A friendly, informal social and support group. At Heatherbrae 6 Benang St Lawson (next to children's play area in town square). Just come along or call Liz on 4758 6811 or Jeanette on 4759 1462 for more information.

Job Ready Skills: TAFE Outreach Course: 4 Thursdays, 10th - 31st May, 11.00 am - 2.00 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.

Positive Parenting Program - Triple P Course: 5 Wednesdays **16th, 23rd & 30th May, 6th & 27th June**, 9.30 - 11.30 am. Practical strategies for everyday parenting and building stronger relationships with your children. At Faulconbridge Public School, Grose Rd, in partnership with THRIVE. Bookings essential call 4758 5811 to register. Limited childcare available must book.

Circle of Security parenting course: **Friday 18th May - 29th June**, 9.30 am - 11.30 am. This course assists parents to focus on relationships that support children to feel secure in the world. To be held at Lawson Public School, Adelaide St, in partnership with Gateway Family Services. Bookings essential call Gateway on 1300 316 746. Limited childcare available must book.

Floundering to Flourishing: A workshop for parents and carers on building resilience in children: **Wednesday 23rd May**, 9.30-11.30am. What is resilience? How can we foster it in our children and families? Come along to this seminar to learn some practical ideas At Heatherbrae, 1 Benang St Lawson. Presented by Connect & Gateway. Bookings essential call Gateway on 1300 316 746.

Reconciliation events: 26th May-3rd June: Don't keep History a Mystery. Activity in the Mid Mountains, details soon. Call 4758 6811.

Reading Week with Billie Booksie: 18th - 22nd June. At MOCS playgroups, Blue Mountains Occasional Child Care, Heatherbrae and Kookaburra Playgroup. More details soon - check out MOCS website; MOCS Facebook page or call on MOCS on 4758 6811

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.

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.

Parenting Young: A group for parents up to 24years and their children. A place to meet with other parents while the children play in a safe supportive environment. Workers from a variety of local services available with information and advice. Young pregnant women very welcome. Meets every Friday of school term 10.00 am - 12.30 pm, under Lawson Library, cnr San Jose Ave & Loftus St, Lawson. Call Tanya on 4758 681 or email parenting.young@mocs.org.au

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



Hazelbrook Association



is excited to be planning another Family Fun Day. After the great enthusiasm of last year we urge you to **SAVE THE DATE: Saturday 13th October.**

Please contact us at hazelbrookassociation@gmail.com or visit our Facebook page with your ideas to make the day even more fun, and any offers of assistance.

You are also welcome to the next meeting of the Association on Monday **4th June** at the Uniting Church Rosedale Ave at 7.30pm.

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:

Wednesdays 9th May, 10am-12 & **18th July**, 10am-12, in Memory Park Hazelbrook, and

Sunday 17th June, 2-4pm, meeting in the Lower car park of the Hazelbrook shopping centre.

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.

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

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. **We are always looking for new members.**

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!

10.30-12 at MMNC 9 New St Lawson.

Morning tea; gold coin donation. For more info phone Danielle on 4759 2592 or email danielle@mmnc.org.au

Shared Reading group

We read a story each week out loud and have a chat. Every Sunday 2-3.30pm at MMNC. Free, with afternoon tea. 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*