

What's On at Mid Mtns Community Centre May - July 2019

	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 prices	Sml Mtg
	11.15 - 2.00 pm	No Interest Loan interviews	MMNC	4759 2592	Phone for appointment	Int Rm
	5.30 - 6.00 pm	Meditation All One Foundation	Helen	4759 2020	Weekly / FREE	Mtg Rm
	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	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	1st Tues / month	Sml Mtg
	6.30 - 7.30 pm	Boxing Fit	Justine	0488 519 000	Weekly	Lge Hall
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
	11.30 - 1.00 pm	Community Restaurant	BMFS	4759 2811	For Seniors	Dng Rm
	1.15 - 3.30 pm	Carers Art Therapy	Sue	0438 830 390	Fortnightly school term - ring	Sml Mtg
	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
	6.30 - 7.30 pm	Forever Young Fitness	Brett	0419 847 631	Weekly	Lge Hall
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 Thurs/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 - 8.00 pm	Mountains Fencing Club	Ross	4759 2750	Weekly	Lge Hall
7.00 - 9.00 pm	Crowd-Around-Choir	Kate	0405 328 379	Weekly school terms	Dng Rm	
FRIDAY	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
	2.00 - 4.00 pm	Multiple diagnoses support	Natasha	0421 774 342	Support group 1st Friday / month	Mtg 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 rd Fri/Mth	JA Hall	
SATURDAY	8.00 - 9.30 am	Iyengar Yoga Classes	Dianne	4757 1004	Not 4 th Sat/Mth	JA Hall
	10.00 - 12.00	Mountains Fencing Club	Ross	4759 2750	Kids & teens; weekly school term	Lge Hall
	10.00 - 12.30	RSPCA branch meeting	Tony	0437 971 636	1st Sat / every 2nd month	JA Hall
	2.00 - 4.00 pm	Rubix Cube Club	Robert	0416 244 725	4th Sat / monthly. Kids 7-13 years	JA Hall
SUNDAY	11.00 - 1.00 pm	Sri Sathya Sai Group	Roger	0414 190 188	2nd and 4th Sundays	JA Hall
	11.00 - 3.00 pm	Blue Mtns Felters	Ellen	4759 1940	4th Sun / month	Dng Rm
	2.00 - 4.00 pm	BM Bipolar Support Group	text Kristy	0433 204 041	people with bipolar & carers 3rd Sun/m	Mtg Rm
	3.30 - 5.30 pm	Church of United Spiritualism	Nadja	0439 453 430	2nd & 4th Sun / month	JA Hall
	5.00 - 6.00 pm	City Church	Office	4720 6100	1st and 3rd Sun month	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

At MMNC there is FREE access to computer/internet, cheap photocopying.
 Get the Residents Kit!
 Borrow bats & balls for the outdoor table tennis table in Lawson Square!

mid mountains news

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 PO Box 117
 Lawson NSW 2783
 Tel: 4759 2592
 mmncadmin@belongbm.org.au
 www.mmnc.org.au



Welcome to the Mid Mountains News!
 There's lots happening across the Mid Mountains and at the Mid Mountains Hub this term. All activities happening at the Hub are noted as happening at MMNC
Best wishes from Mick Barrett, BelongBM

Food Hampers

Thanks to a monthly donation by Central Mountains Rotary hampers of pantry goods are available at reception at any time.
 Just pop in and see MMNC reception or call 4759 2592.

Woodford Academy

BUSS'S GOLD
 A 2019 Australian Heritage Festival 'Connecting People, Place and the Past'
 90-92 Great Western Highway, Woodford
 Join Michael Brischetto from 'Katoomba Brewing Company' as he shares his brewing secrets for the launch of 'Buss's Gold', on **Saturday 18 May** at 1pm and Kate O'Neill who will speak about the Buss family, on **Saturday 15 June** at 1pm.
Price: Adults \$10, Seniors/ Students (5-15yrs) \$8, Family \$25 (2 adults, 2 children), Child under 5 free
 For details: woodfordacademy@gmail.com

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 **30th April**, 7 - 9pm at MMNC 9 New St Lawson. Enquiries or to book: text: 0478 239 113 or email: reach@belongbm.org.au



Hazelbrook Association

The next Hazelbrook Association General Meeting will be held on **Monday 10th June** at 7.30pm in the Uniting Church Hall Rosedale Ave Hazelbrook.
 As always we welcome locals who are interested in their community and would like to seek information on local issues or suggest an improvement.
 It is also a chance to meet other members who are interested in what is happening in our community.



July School Holiday Activities

Holiday Tots and Toddler Morning
 Monday **8th July** 9:30 to 11:30
 At MMNC recommended age- 0-6yrs and their families.



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.
 Call 47592592 for more information or email Danielle at dwildingforbes@belongbm.org.au
 Cost: Gold coin donation

Board Games Galore

Tuesday **9th July**, 10am-12pm at MMNC
 Monopoly, Sequence, Battleship, Uno or Magic cards, the list of possibilities are endless. Come along for some gaming fun. Join in on one of the games set up or bring your favourite. We will start with family trivia with prizes.
 Refreshments will be served. Parents are asked to remain on the premises
 Recommended age 8-14yrs with parents and careers.
 All abilities encouraged to attend.
 Call 47592592 to register or for more information

Build a Mind Stop Motion Workshop

Wednesday the **10th of July** 10:00 -12pm
 At MMNC recommended age- 8-14 yrs.
 Learn how to combine story boards, sets and specific effects to create your very own stop motion animation. Hook up your camera, turn on the lights and get filming. Create your own clay characters, use lego mini figures or even your own actors, You can edit your movie, add music and use voiceovers in this fun and interactive movie making extravaganza.
 To register or for more information email Danielle at dwildingforbes@belongbm.org.au or call 4759 2592
 Cost: Gold coin donation

Monthly Bushwalks

Explore the mid mountains on these monthly bush walks led by Ken Goodlet. Walks are open all and families with children are welcome to attend.
 Places on walks are limited and booking is required. For information on this months walk or to book your place please call MMNC on 4759 2592.
 This is a joint activity of Belong BM and Springwood Bushwalking Club.

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 dwildingforbes@belongbm.org.au



Community Readers Hazelbrook Public School

Do you like reading with children? Volunteer Community Readers are needed to assist students. New volunteers are always welcome.

Read & Grow Volunteers Lawson Primary School

Literacy support volunteers are needed to assist students at Lawson Public school. Welcome and training will be held on **9th May 11-12noon** at Lawson Primary School. If you have one morning a week to volunteer and are keen to listen to children read and support their learning please call to register your interest.

For more information call Danielle at MMNC on 4759 2592 or dwildingforbes@belongbm.org.au

Mid Mountains Walkers

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

Book Club - Lawson Literary Lot

The Literary Lot meet on the **first Tuesday of each month** to chat about books. The group welcomes new members. For more information, call Danielle on 4759 2592 or email dwildingforbes@belongbm.org.au

Mid Mountains Festival

Saturday 17th November 10-4pm

Fencing, Dance, Choirs, Wood turners, Karate, jump on board and join our team. Mid Mountains Festival is all about our community. If you or your community group would like to participate, perform, or contribute please contact Danielle on 47592592 or email dwildingforbes@belongbm.org.au



Woodford Academy Events

MOST WUTHERING HEIGHTS DAY EVER

Saturday 13 July 2019 1:00- 3:00pm

Time to dust off your red dress and dancing shoes and gather on the misty moors of the Woodford Reserve. For details: woodfordacademy@gmail.com

Social & Home Visiting

programs for older residents and their carers. Providing friendly home visits by trained volunteers, local outings, assisted shopping, bus trips, & a biography service. We connect interesting people because everyone has a story to tell.



We welcome volunteers! To find out how you can become part of the team - contact us on 4759 2592.

Best Men's Pieshop Mob

A social group for men that meets at Wentworth Falls Mountain High Pies on the first Thursday of every month at 10.30am.

Interested in joining a new carer support group?

Caring for someone can be exhausting and isolating. Don't walk it alone. Be part of a group to take time out and relax, find information and help, support each other. Come to our next meeting, or register your interest now. Phone Eva on 4759 2592. Meeting is **Tuesday 8th May, 1.30-3pm** at the Ben Roberts Café, Lawson.

To find out more please contact us on 4759 2592 or email eregitz@belongbm.org.au

Strengthening Exercise Classes

Weekly exercise classes at Emmanuel 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.

National Volunteers Week starts

20th May. We thank all our volunteers and congratulate Maureen Doherty and Kerry Rice on their Seniors Week Recognition Award for their contribution in the community. We will be recruiting new volunteers in June/July 2019.



National Palliative Care Week begins on 19th May. Various activities are planned including an exhibit at each of the hospitals on the theme 'What matters most?'

Fundraising Raffle. Prizes include a handmade quilt donated by Caring Hearts Quilters and High Tea at the Carrington. Tickets avail at MMNC (\$2). Prizes drawn on 31st May.

Any enquiries about the service to Katrina on 47096053 or ksimmons@belongbm.org.au

Rubix Cube Club

Cube Club for kids aged 7-13 and their families is held on the 4th Saturday of the month MMNC 9 New St Lawson, from 2 - 4pm. Children must be accompanied by a responsible adult. For more info phone or email Robert 0416 244 725 robertmusgrave@exemail.com.au

Bipolar Support Group

For people with Bipolar &/or carers. 3rd Sunday of the month, 2-4pm at MMNC. Text Kristy 0433 204 041

MOCS Community Hub term 2



Playgroups - Play in the Park at Golden Horizons Park Hazelbrook Tuesdays 10-11.30am resuming 7th May
Play in the Park at Buttenshaw Park Springwood Wednesdays 10-11:30am resuming 8th May
Scout Hall Playgroup at 70 Railway Pde, Hazelbrook on Thursdays 10am-12 resuming 9th May

First time parents group (with babies up to 12months): 10am - 12. Meets every second Wednesday: **1st, 15th & 29th May; 5th & 19th June; 3rd, 17th & 31st July.** A friendly, informal social and support group. At Heatherbrae 1 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. *In partnership with Connect Child & Family Services.*

Circle of Security Parenting Course: Tuesdays **14th May - 25th June**, 9.30 am - 11.30 am. Learn how to be a strong, wiser and kinder parent. Suitable for parents of 0-12 yr. olds. At Heatherbrae, 1 Benang St, Lawson. Bookings essential call Gateway on 1300 316 746. Child care available must book.

Floristry: FREE accredited short TAFE OUTREACH Course. Thursdays **16th May - 20th June**, 9.30 am - 2.30 pm. Learn how to create simple flower arrangements and undertake a variety of floristry related work activities. All materials provided. At Bungarrabee Centre, Oaklands Rd, Hazelbrook. Bookings essential 4758 6811. Limited Childcare available, must book.

Reading Week Activities: 17th - 21st June. At a playgroup or childcare centre near you! Programme soon - go to Billie Booksies Face Book page for details.

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

Hazelbrook Association

Since November members have been re-claiming recycled items from the Recycling bin in Hazelbrook Plaza, earning some useful income for the Association to spend on town improvements such as plants for the gardens. We are very pleased to see work beginning on the lift at Hazelbrook Railway station, one of the improvements lobbied for by the members of this group for many years.'



Graffiti Removal

Seen any graffiti lately? Hopefully not, but if you have please, ring the Graffiti Hotline on 4759 2592. If you would like to be involved as a volunteer then let us know by ringing the Hotline Number. This is a Belong BM supported volunteer service.

Free Family Fun Day

We're looking for great ideas and willing volunteers to participate on 12th October 2019. For more information ring Wendy on 0405 846 075.

Hazelbrook Gardening Groups

Are you interested in keeping the Hazelbrook village gardens and parks weed free and tidy? Come along and help with gardening bees. All gardening tools and gloves are provided. **Saturday, 11th May**, 2-4 pm, meeting in the lower car park of the Hazelbrook shopping centre. **Saturday, 22nd May**, 2-4pm, meeting in Memory Park, Hazelbrook. For more information contact Margaret on 0414702612 or Susan on 0450358579.

Partnerships of Hazelbrook Association & BelongBM

Multiple Diagnoses Support & Art Therapy Group

A new group for people with multiple mental and physical health problems. A safe place for non-judgemental support and therapeutic ranting.

First Friday each month, 2-4pm, at MMNC. Info Natasha 0421 774 342 or natashasimon.mh@gmail.com

Mid Mountains Community Garden

Be involved in growing our own organic food, sustainably and locally. Gardening days and workshops are held at Kihilla (Queens Road Lawson) Saturdays 9am-12.

For info on workshops or joining the garden ring Janet 0407 926 386 or visit our website midbluemountainscommunitygardens.wordpress.com

Digital Learning / Cyber Seniors FREE Tutoring

Learn how to use emails, search the internet, use your phone, tablet, camera or laptop (bring your own device). All ages. **Tuesdays 2-4pm.** To book ph MMNC 4759 2592

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 sheet. *Funded by Fair Trading*

Food Rescue

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

NDIS Peer Support Group

Wednesdays - **8th May, 12th June and 10th July** 10.00 - 11.30 am at Mid Mountains Neighbourhood Centre. Child care available - must book. Call Danielle on 4759 2592 or Liz on 4758 6811 for more information.

A partnership of BelongBM, MOCS, & Ability Links SSI.

Central Mountains Men's Shed

A new Men's Shed is open Tuesday mornings 9am - 12.30pm. Located at Kihilla, 5 Queens Rd., Lawson it's a place men can meet & share in a range of activities doing what they are interested in at their own pace.

For more information drop in or ring Greg 0468 333 262.