

What's on at HSUC



Group and Activity Guide
August - December 2024



Mondays

Simply Irresistible

A choir for those who share a desire to get together to sing great a cappella music. We have a focus on Swing but also enjoy singing Pop and World music. We welcome new adult members of all ages, who can sing in tune and are comfortable singing in harmony. While being able to read music is an advantage, it is not essential.

When: 7:00pm - 9:00pm, Monday evenings weekly

Cost: \$15.00 full/\$12.00 concession per week, plus annual membership of \$30.00

Room: Back Hall

Contact: Sue Kirkpatrick

0468 929 404

twobayscommunitymusic@gmail.com



Tuesdays

AA Tuesday

Alcoholics Anonymous® is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

When: Every Tuesday from 12:00noon until 1:00pm

Room: Back Hall

Contact: aa.org.au/



Tuesdays cont.

Red Cross: Frankston Branch

For anyone with an eagerness to help others, a curiosity to know more, and a desire to experience the power of humanity both individually or in a local community group.

When: 4th Tuesday of each month (except Dec) from 10:30am

Cost: \$2.00 per meeting to cover cost of morning tea and hall hire

Room: Blue Room

Contact: Diane Hamilton-Smith (Secretary)

dianehs@aapt.net.au



Dragon Tai Chi

Inner Strength and Serenity: Tai Chi and Qigong taught. Tai Chi is fun to practice. It's a great social activity and provides participants with a strong feeling of inner peace and serenity in their lives.

When: 6:30 - 9:30pm, Tuesdays during school term

Room: Main Hall

Cost: \$12 - \$17 per session; first class complementary

Contact: David McClure

0409 407 091

dragontaichi555@gmail.com

www.dragontaichi.com.au

facebook.com/dragontaichi555



Tuesdays cont.

Gamblers Anonymous

A fellowship of men and women who share their experience strength and hope with each other that they may solve their common problem and help others recover from a gambling problem.

Time: Every Tuesday, 8:00pm - 9:30pm

Room: Green Room

Contact: GA Victoria

03 9696 6108

gavictoria18a@gmail.com

GAMBLERS ANONYMOUS
AUSTRALIA

Bruno Gröning Circle of Friends

A Natural Connection with the Life Force. Bruno Gröning left behind the knowledge of how to absorb a natural healing power that can bring long-lasting health to every human being. The Bruno Gröning Circle of Friends passes on this simple teaching free of charge and offers information lectures throughout the world. All over the world, the teaching of Bruno Gröning is passed on independently of religious and national affiliation.

Time: Every three weeks on a Tuesday, from 7:00pm onwards

Cost: By donation

Room: Blue Room

Contact: Andrew Gabriel

0404 837 311

andrewg2727@icloud.com

Please note: an information session must be attended before joining the group, please contact Andrew for more details.



Wednesdays

Voices of Frankston Choir

An inclusive choir, providing a voice and a community for marginalised people in Frankston and the peninsula region.

When: 10:30am on Wednesday mornings during school term.

Cost: \$5.00 per session, includes morning tea and lunch

Annual membership fee \$2.00

Room: Church and Main Hall

Contact: Call VOF on 0401 580 636 or email voicesoffrankstonchoir@gmail.com



Community BBQ

Join us for a sausage and a cuppa! Bread and bakery products available to take home afterwards.

Time: Every Wednesday from 12noon until 1:00pm

Room: Courtyard or main hall (depending on the weather)



Wednesdays cont.

Frankston Vision Impaired Table Tennis

Vision Impaired Table Tennis (also known as Swish) is a fast, invigorating game which allows people who are blind, vision impaired and sighted to compete on almost equal terms. It's lots of fun and open to plays of all vision levels.

When: Every Wednesday at 1:00pm

Cost: \$2.00 per week for VVITTA members; \$4.00 per week for non VVITTA members.

Room: Back Hall

Contact: Jenni Forbes

jenni.forbes@vvitta.org.au



Overeaters Anonymous Australia

Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively.

When: Every Wednesday at 7:30pm

Cost: By donation

Room: Back hall

Contact: Anna B.

0414 537 434



Wednesdays cont.

Peninsula Field Naturalists

Visitors and new members are very welcome. Visit our website www.peninsulafieldnaturalists.org.au or see the notice in HSUC foyer for details of our coming events and schedule Hope to see you at our meeting some time!

When: 8:00pm on the second Wednesday of each month, February - December (no meeting in January).

Cost: No cost for attending the meeting, small annual subscription for those wishing to join.

Room: Blue Room

Contact: Judy Smart

0400 910 941

penfieldnats@gmail.com



Thursdays

Al-Anon Family Groups

To help families and friends of alcoholics recover from the effects of living with someone whose drinking is a problem.

When: Every Thursday at 7:30pm

Cost: by donation

Room: Blue Room

Contact: Anne Stone

0408 356 687

granneyanne@gmail.com



Al-Anon Family Groups
Australia

Thursdays (cont).

U3A Choir

University of the Third Age Choir, Frankston. Our motto is 'We Sing for Fun'. We are a community-based SATB (Soprano, Alto, Tenor, Bass) part singing choir. We will present two concerts at the Uniting Church this year - June 27th and November 28th .

When: 9:15am - 12:15pm on Thursdays during school term.

Cost: Participants must join U3A Frankston: u3af.org.au

Room: Church

Contact: U3A Frankston Office: 03 9770 1042

Choir Coordinator: u3afchoircoordinator21@gmail.com



Fridays

Friday Playgroup

Playgroups are informal sessions where parents, caregivers and children from newborn to five years of age can play and socialise together.

When: Every Friday from 9:15am.

Cost: \$2.00 per session

Room: Back Hall and Green Room

Contact: Emma



Christian Playgroup Network

connect • belong • grow

Fridays cont.

AA Friday Lunch hour meeting

Alcoholics Anonymous® is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

When: Every Friday from 12:30pm

Room: Back Hall

Contact: aa.org.au/



AA Beginners

Alcoholics Anonymous® is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

When: Every Friday from 7:30pm

Room: Main Hall

Contact: aa.org.au/



Saturdays

Happy Kids Sports

Happy Kids Sports run multi-sport classes for toddlers and preschoolers. Our sport activities are specifically designed for each age group with the focus on development of gross and fine motor skills, spatial awareness, team work, and sport specific skills. We introduce nine different sports, including soccer, footy, cricket, rugby and tennis. There are three different sports each term.

When: Every Saturday during school terms

For toddlers (1.5 - 2.5yo): 9am to 9.30am- \$15.50 per class

For Kiddies (2.5 - 4yo): 9.40 - 10.25am - \$19 per class

For Big Kiddies (4yo - 6yo): 10.30am to 11.15am- \$19 per class

**** All fees payable by term****

Room: Main Hall

Contact: Daniel

0408 337 399

enquiry@happykidssports.com.au

www.happykidssports.com.au

