

LONGBEACH PLACE COMMUNITY NEWS

September 2022
Issue 7



NEW CLASSES

Hi everyone,

Spring has sprung and we've got a fantastic range of activities happening in Term 4.

October is Seniors Month and we've got two informative and infectious classes: Elder Financial Abuse and Laughter Yoga on Wed Oct 12 from 10.30am PLUS a roaming artist will be drawing caricatures for a lucky few!

Our Meditation, Positive Thinking & Stress Management Class is back on Wed 21 Sept. Join our Silver Jewellery making workshops from Thur Oct 6 and our Microsoft Basics class starts on Wed Oct 5.

We will be launching our Indigenous Edible Garden Project on Monday 24 Oct (see story right) and we'd love to see you all there!

Don't forget all our regular classes always welcome new people-why not you? Yoga, Pilates, Low Impact Zumba, Walk 'n Talk, Craft, Art Innovations, and the mighty Chelbara Singers have made us home! Other classes eg: Xero and Keyboard for Beginners are already full and we're taking names for next year.

Contact reception 9776-1386, drop in or visit our website and Like and Share our Facebook page to register your interest for any activities.

We hope you enjoy this issue and we really hope to see you soon at LBP. your friendly Neighbourhood House!

INDIGENOUS EDIBLE GARDEN

We are very excited to secure the City of Kingston annual grant for an Indigenous Edible Garden. We are holding a planting day on Monday 24 Oct 10am-3pm. Come and join us for a BBQ & workshops as we celebrate this new project!

Register now by calling 9776-1386 All welcome!

FREE ACTIVITIES SENIORS MONTH AT LBP

To celebrate Seniors Month during October, we will have two free VIP activities to try at LBP! So, grab a friend and come a long!

Wednesday 12 October

Financial Elder Abuse & SCAMS 10.30am-11.30am
Laughter Yoga 11.45am-12.45pm (includes roaming caricature artist) Afternoon tea included!
PLUS our regular activities that week (Walk 'n Talk, Craft) are FREE for Seniors new to LBP!

NEW CLASSES CELEBRATING ALL ABILITIES



We are very pleased our Music for All Abilities Classes have taken off! So much so, that we will have an Art for All Abilities Class starting in Term 4. It's a fantastic outlet for these members to join in and make some beautiful music! We can't wait for the Art Class to start producing! Watch this space for updates!

NEW CHATTY CAFE

We have partnered with the Chatty Cafe Scheme Australia bringing a fresh focus to these community morning teas. More than ever before, it is our role to help reduce social isolation and improve mental health-just by chatting! So brighten up your day and come along to our monthly Chatty Cafe. Next one is September 13, Oct 12, Nov 8 and Dec 12.



VOLUNTEERS FOR BBQ

We are calling for volunteers to help out on our Bunnings Warehouse BBQ Fundraiser on Sunday 13 November at the Carrum Downs store. There will be split shifts (morning/afternoon) and of course a free sausage (or two) thrown in! Call reception to register your interest 9776-1386.

REMINDER TO ALL TUTORS & MEMBERS

Please remember to return each room to its posted configuration when you leave!
Also if you haven't yet filled in a Membership Form - please do-you can access it on our website.

THANK YOU

Thank you to the member that donated a PC to our centre! Our receiving member was very happy!

SPOTLIGHT CRAIG ROBERTS ART TUTOR

LBP is full of hidden gems. This edition we'd like you to meet Craig Roberts, our Art tutor. Craig has extensive experience teaching visual arts. He began at CAE through a grant teaching at RMH to ward patients, then onto several roles at various Neighbourhood Houses. After completing an Advanced Certificate of Art & Design and an Associate Diploma of Art, Craig joined LBP. He has also been a committee member and is a Life Member.

Craig says, "Doing art helps develop hand/eye co-ordination, and helps develop observation skills. I draw and paint for the intrinsic pleasure I get from doing it - I hope I might pass on some of the skills and knowledge I have accumulated to others." Art Innovation, 1st & 3rd Tuesday 10am each month \$5. All welcome!

ONE BILLION STARS PROJECT: UPDATE



We have taken our One Billion Stars effort and it has now become our Community Couture Craft Club!

On Friday's our Craft Group comes together to design and make what will be a stunning gown-with lots of design elements and surprises!

Like to join our Craft Group? Call LBP or come along each Friday at 10am-12noon during school terms to work on this or your own project. Special thanks to our Star Weavers!

COMING SOON TO LBP

Term 4

PracSoft Medical Reception Training: Call to register your interest.

All Abilities Art

Silver Jewellery Making-book now!

Indigenous Edible Garden Workshops

2023

Cartooning

Dungeons & Dragons-moderated gaming for youth

Virtual Reality Travel for Seniors

Speaking Confidently Workshops

Financial Literacy Wrokshops

Excursions with CHCC

Dancing in the Park

BIGGEST MORNING TEA: UPDATE

We had a fun time raising money for Cancer Research at our Biggest Morning Tea! With help from Oakwood School students, we played Tea Trivia, Tea Bingo, Cups & Saucers and Lucky Cups! We raised \$169.20 all for a good cause! Hope to see you at our BMT in 2023!



CHELBARA SINGERS MAKE LBP HOME

One of the communities longest running choirs has made Longbeach PLACE their home. We are so excited to welcome them as they fill our centre with songs!

If you love to sing - why not come down and meet the friendly singers or give Jan a call on 0409 627 351.

Come and learn choir setup and it doesn't matter if you're an Alto, Tenor, Soprano or Baritone - all voices are welcome! No audition required!

Chelbara Singers meet every Monday 10am-12noon and it's just \$7 per week.



RECIPE

SPICY STUFFED CAPSICUMS

INGREDIENTS

500GRAMS BEEF MINCE
1 CUP OF COOKED BROWN RICE OR QUINOA
4 RED OR GREEN CAPSICUMS
2 GLOVES OF GARLIC-CRUSHED
1/4 CUP PAREMESAN CHEESE
400G TIN OF CRUSHED TOMATOES
1 TSP OLIVE OIL
1TBLSP OF GROUND PAPRIKA
1TSP CHILLI FLAKES
1TSP FENNEL SEEDS
2 TBLSP OF CAPERS DRAINED
FEW SPRIGS OF PARSLEY TO GARNISH

THE KNOW HOW

PLACE OIL IN FRYPAN WITH GARLIC, HEAT THEN TOSS IN MINCE MEAT, COOK UNTIL BROWN, THROW IN BROWN RICE AND ALL OTHER INGREDIENTS MIX WELL. TURN OFF AND LET COOL. GREASE A BAKING TIN. CUT CAPSICUMS SO THEY HAVE A LID (REMOVE ANY SEEDS). GENTLY SPOON MIXTURE INTO CAPSICUMS. PLACE CAPSICUMS INTO TRAY AND BAKE FOR 30MINS ON 160 DEGREES FAN FORCED. TOP WITH PARSLEY TO GARNISH. SERVES 4



DID YOU KNOW?

LBP rooms are for hire

Perfect for group meetings and kid's parties.
Great rates! Call us or check the LBP website.

LBP teaches English

If you, or anyone you know, needs help with conversational English, our EAL teacher is available to discuss your needs.

Please call us on 9776 1386 or email us
reception@longbeachplace.org.au

SAVE THE DATE

SEPTEMBER

- 13 Chatty Cafe Community Morning Tea
- 21 Meditation, Positive Thinking & Stress Mgt

OCTOBER: SENIORS MONTH

- 5 Microsoft Basics
- 6,13 Silver Jewellery Making & 20
- 12 Elder \$ Abuse & SCAMS + Laughter Yoga

NOVEMBER

- 12 LBP at BUNNINGS Carrum Downs

WHAT'S NEW at LBP

Silver Jewellery Making: Design your own earrings, pendant and bracelet in these 3 x 3 hour workshops. \$75 per class or \$200 for all three. Classes commencing Oct 6 for three consecutive weeks. Book now! Places are limited!



NETWORK INFORMATION

GAMBLING HARM HELP



Gambler's Help

The Gambler's Help Southern program based at Connect Health & Community has been supporting the local community since 1995 and our mission is to raise awareness of gambling harm and support those affected in our community.

Download - How Carolyn's gambling addiction landed her in prison |

Podbean<https://www.podbean.com/site/EpisodeDownload/PB11B0980XNX7N>

If you're part of a Neighbourhood/Community Centre, Probus club, U3A, Men's Shed or any other community group and would like to learn more about gambling harm, the impacts on families and our local community we deliver community information sessions in your area. To book a speaker contact Claire Emmanuel at c.emmanuel@connecthealth.org.au

Our support includes a range of free and confidential services such as:

- Counselling (therapeutic and financial)
- Venue support
- Community engagement
- School education

Contact Gamblers Help to discuss your needs ph 9575-5353 Mon-Fri 9am-5pm
<https://gamblershelpsouthern.org.au/>



CONTACT

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