



What's on at HSUC

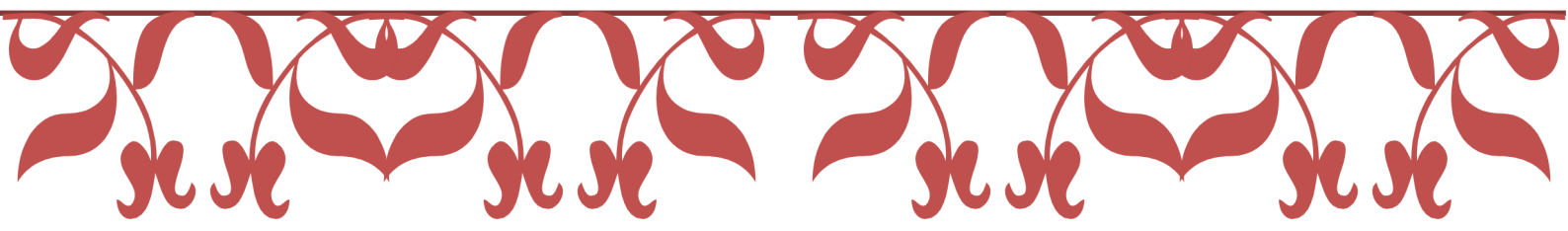


Group and Activity Guide July - Dec 2023

*If you would like to hire any of the rooms at High Street
Uniting Church, please contact the Church Office*

Office Hours: Monday - Friday
9:00am - 1:00pm
Address: High Street Uniting Church
16-18 High Street
Frankston 3199

Phone: (03) 9783 3400
Email: frankstonuc@gmail.com
Website: www.frankstonuniting.org.au





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 each week, sometimes during school holidays.

Cost: \$15.00 full/\$12.00 concession

Room: Main Hall

Contact: Sue Kirkpatrick

0468 929 404

suesingoutloud@gmail.com



Tuesdays

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.

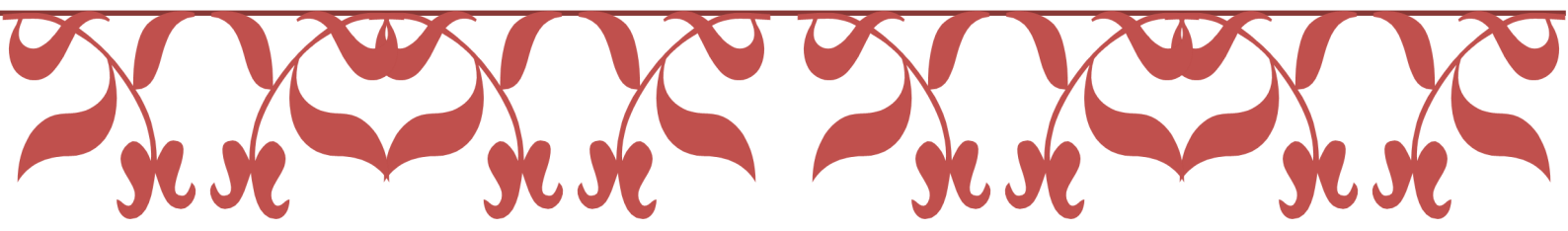
When: 4th Tuesday of each month (except Dec) from 10:30am

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





Tuesdays cont.

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

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 from 7:30pm onwards

Room: Green Room

Contact: GA Victoria

03 9696 6108

gavictoria18a@gmail.com

Bruno Groening Circle of Friends

A path to a healthy body and soul.

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

Cost: By donation

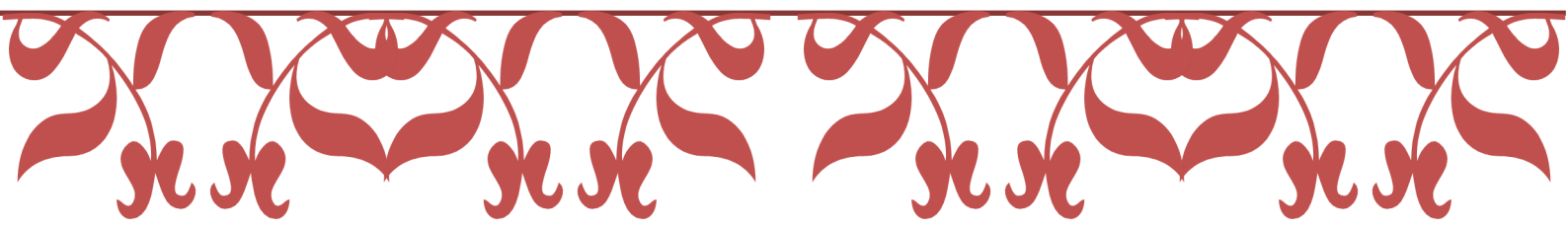
Room: Blue Room

Contact: Andrew Gabriel

0404 837 311

singaporecof@yahoo.com.au

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

Room: Church and Main Hall

Contact: Jenny Willmott

0438 814 400

voicesoffrankstonchoir@gmail.com

Community BBQ

Join us for a sausage and a cuppa! Free bread and bakery products available to take home.

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

Room: Courtyard or main hall (depending on weather)



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.

When: Every Wednesday at 1:00pm

Cost: \$2.00 - \$4.00 per week

Room: Back Hall

Contact: Jenni Forbes

jenni.forbes@vvitta.org.au



Wednesdays cont.

Peninsula Field Naturalists

Visitors and new members are very welcome. Visit our website www.peninsulafieldnaturalists.org.au for details of our coming events and past activities. 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 subs for those wishing to join.

Room: Blue Room

Contact: Judy

0400 910 941

Thursdays

U3A Choir

University of the Third Age Choir - we sing for fun.

When: 10:15am - 11:30am on Thursdays during school term (no rehearsals during July).

Cost: Participants must join U3A - \$100.00 per annum, includes access to all classes provided by U3A, including the Choir.

Room: Church

Contact: U3A Frankston Office: 03 9770 1042

Liz Sagiakos (Choir Coordinator) 03 9789 1654

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

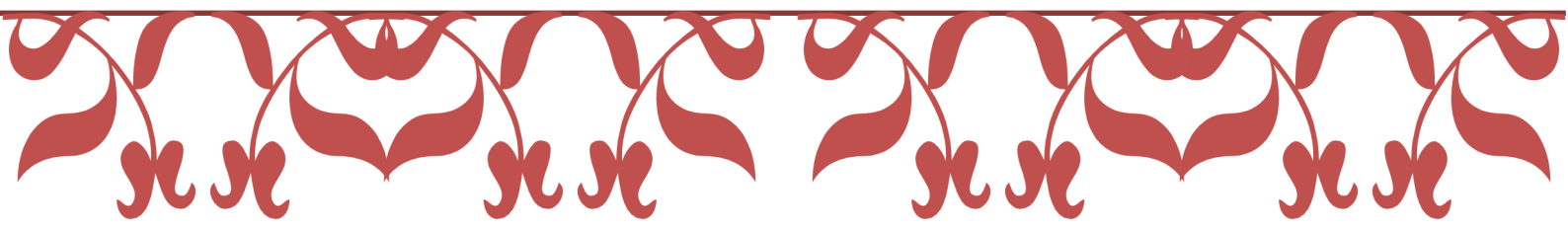
Cost: by donation

Room: Blue Room

Contact: Anne Stone

0408 356 687

granneyanne@bigpond.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

0433 667 271

Peninsula Activities Group

Friendship group of over 50s and/or retired people, sharing in a wide range of social activities, including lunches and trips.

When: The third Friday of each month from 10:30am onwards

Cost: \$3.00 per meeting, Membership \$25.00 per annum

Room: Main Hall

Contact: Joana Alcock

(03) 9775 2304

Dorothy Bucher

(03) 9786 1946

AA Friday

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/

