



# What's on at HSUC

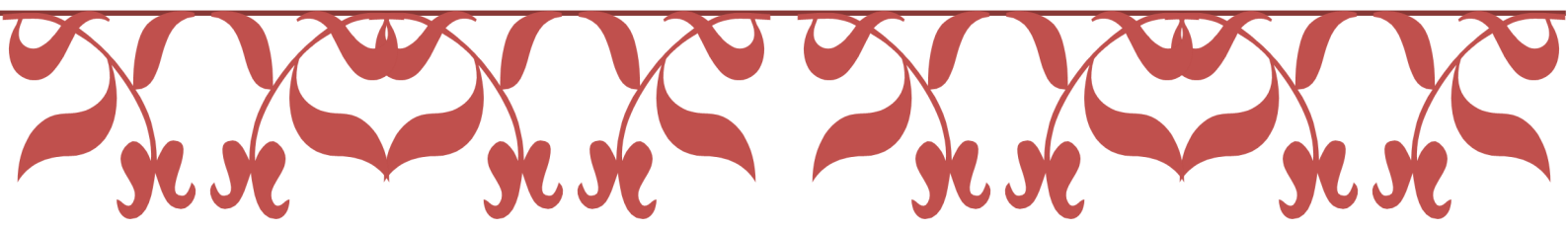


## Group and Activity Guide July - Dec 2023

*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](mailto:frankstonuc@gmail.com)  
Website: [www.frankstonuniting.org.au](http://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](mailto: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.*

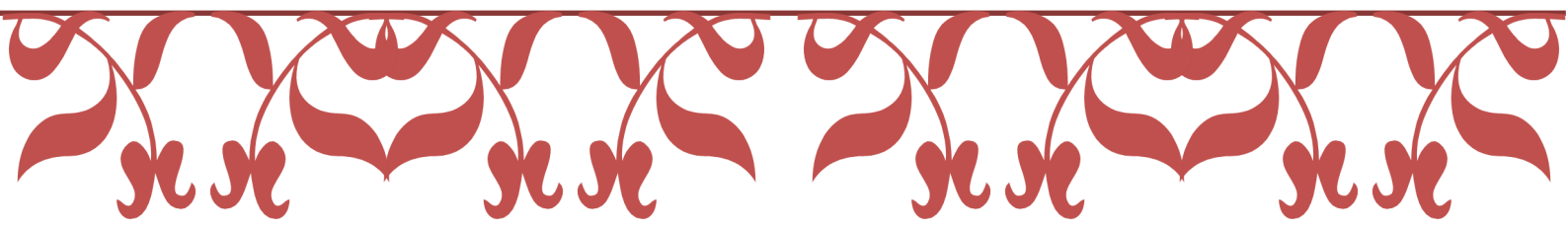
**When:** 4th Tuesday of each month (except Dec) from 10:30am

**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](mailto: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](mailto:dragontaichi555@gmail.com)

[www.dragontaichi.com.au](http://www.dragontaichi.com.au)

[facebook.com/dragontaichi555](https://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](mailto: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

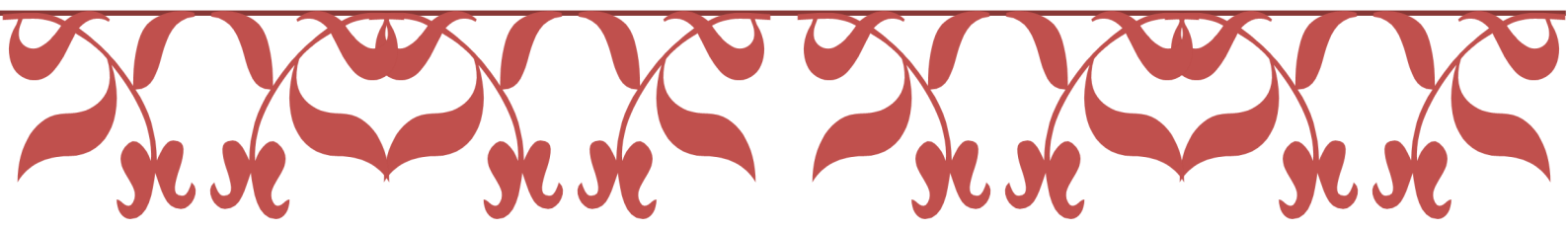
**Room:** Blue Room

**Contact:** Andrew Gabriel

0404 837 311

[singaporecof@yahoo.com.au](mailto: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:** Call VOF on 0401 580 636 or email [voicesoffrankstonchoir@gmail.com](mailto: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@vitta.org.au](mailto:jenni.forbes@vitta.org.au)



## Wednesdays cont.

### **Peninsula Field Naturalists**

*Visitors and new members are very welcome. Visit our website [www.peninsulafieldnaturalists.org.au](http://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](mailto: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/](http://aa.org.au/)

