

# What's on at HSUC



Group and Activity Guide March -  
June 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](mailto: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/](http://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](mailto: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](mailto:dragontaichi555@gmail.com)

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

[facebook.com/dragontaichi555](https://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](mailto: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](mailto: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](mailto: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](mailto:jenni.forbes@vvitta.org.au)



## Peninsula Field Naturalists

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



# Thursdays

## 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](http://u3af.org.au)

**Room:** Church

**Contact:** U3A Frankston Office: 03 9770 1042

Choir Coordinator: [u3afchoircoordinator21@gmail.com](mailto:u3afchoircoordinator21@gmail.com)



## 5Rhythms

*5Rhythms is a dance class for adults, without steps to follow. Imagine dancing for self-expression, letting the body lead with mindful attention; and learning to trust in your body's intelligence. No dance experience is necessary; all you need is your curiosity and a willingness to be moved!*

**When:** Every Thursday from 6:30pm - 8:30pm

**Cost:** \$25.00 per class

**Room:** Main Hall

**Contact:** Renee Yerondais

[www.facebook.com/5rhythmswithreneeyerondais/](http://www.facebook.com/5rhythmswithreneeyerondais/)



# Thursdays cont.

## 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](mailto:granneyanne@gmail.com)



Al-Anon Family Groups  
Australia

# 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



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/](http://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/](http://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](mailto:enquiry@happykidssports.com.au)

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



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

Ph 03 9783 3400

Email: [frankstonuc@gmail.com](mailto:frankstonuc@gmail.com)