

# The Centre's News

ISSUE 93

January - March 2019



**WESTON CREEK  
COMMUNITY CENTRE**

Parkinson Street, Weston  
PO Box 3004, WESTON ACT 2611  
Phone: 6288 1144, 6288 0144 or 0466 726 785  
Email: [info@westoncccentre.org.au](mailto:info@westoncccentre.org.au)  
Website: [www.westoncccentre.org.au](http://www.westoncccentre.org.au)



## COURSES TERM 1

### MATURE FITNESS

**Tuesday, Friday 9.30-10.30am.**

\$8.00/class.

Classes are held all year round except Public Holidays. A thorough exercise program in a friendly and purposeful atmosphere.

Best way to start your day.

### FITBALL CLASS

**Wednesday 9.30-10.30am.**

\$85/10 week term or \$10/class

A special exercise class conducted using fit balls. A small group for maximum benefit.

### BEGINNERS' YOGA & MEDITATION

**Saturday 8.45-10.30am.**

\$18/session, \$14/session (concession)

Dru Yoga is a simple and effective form of exercise that harmonises the body, heart and mind. It will enable you to unlock energy, manage stress and harness your inner strength.

### ZUMBA GOLD

**Thursday 1.30-2.30pm.**

\$10.00/class

The lower impact, easy-to-follow, Latin-inspired dance fitness-party that keeps you in the groove of life. Suitable for people starting, or returning to, a fitness program and also for active older adults.

### BELLY DANCE

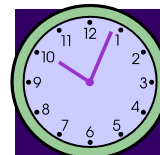
**Friday 10.30am-12pm.** Intermediate.

\$13/class, \$11/class pensioners

Learn the exotic art of belly-dance with Maxina. Discover the Goddess within, gain confidence and self-worth. Great gentle workout for the whole body. Great for mum-to-be and after, to get the tummy back in shape. Also help to align the spine.

### OFFICE HOURS

Monday — Friday  
8.30am to 5.00pm



**FACILITIES AVAILABLE  
7 DAYS A WEEK.**

Please call 6288 1144,  
0466 726 785 for information or to book.

### MEDITATIONS FOR EMPOWERMENT

**Tuesday 11am-12.30pm (5/2 to 26/3)**

\$22/class or \$130.00/8 week term

with Lorye Woodhill B.A. Dip.Ed.

Experience a profound and sacred journey through the empowerment of meditations. Learn a variety of meditative techniques and experience various, fun and insightful exercises to help you realign and develop physically, mentally emotionally and spiritually.

### CREATIVE WRITING

**Wednesday 11am-1pm (13/2 to 20/3)**

\$17.00/class

Alison Lewis is a local author who has led Creative Writing Classes around the area for almost ten years now. The Classes are relaxed, fun, non judgmental and friendly. Anyone who wants to try out writing skills will be made most welcome. Each week a few themes will be given and you can experiment with your story telling techniques. Bring a sandwich for lunch, notepad/pen and your imagination. All ages.

**REGULAR ACTIVITIES @  
WESTON CREEK COMMUNITY CENTRE**

**ACT MINIATURE  
ENTHUSIASTS**

Meetings: 2nd Saturday of the month, 1.30-4pm. Annual Show in March. Anne Reid 6231 8959.

**CANBERRA LACEMAKERS**

2nd & 4th Thursday of the month 1-4pm.  
Lindy Dugard 0419 907 803

**INFORM PT**

Wednesday 9.30-10.30am  
Phone Ken Telfer 0414 293 669.

**U3A**

**Spanish:** First Tuesday of the month, 10-12noon.  
Phone Ramon Contreras 6281 4350, 0406 378 770.

**TAI CHI & CHI GONG  
with JINJU**

Tuesday (Tai Chi) 1.00-2.00pm.  
Phone Jinju Liu 0414 790 068.

**NO LIGHTS NO LYCRA**

Thursday 7.30-8.30pm  
Lauren 0402 479 974.

**U3A**

Superannuation Course  
Tuesday 10am-12pm & 2-4pm  
Phone Carol Flynn 0413 610 971.

**ACT MASTERS SQUASH**

Competition squash for players 35 years and older.  
Wednesday 7.30pm-late.  
Phone Mark Young 0407 406 249.

**HEART BEAT**

A safe, gentle physical activity program for everyone to enjoy.  
Tuesday 11.30am-12.30pm.  
Thursday 11am-12pm.  
Phone Donna O'Brien 0412 026 111.

**KUMIAI RYU MARTIAL  
ARTS SYSTEM (KRMAS)**

**Monday**

Little Ninja's (less 12yrs) 5-5.45pm.  
Adult KR Karate (13yrs up) 6-7pm.

**Tuesday**

Junior (7-12yrs) Muay Thai 5.30-6.15pm  
Ladies only Muay Thai 6.30-7.30pm

**Wednesday**

Mini Ninja's 4.45-5.15pm  
Little Ninja's 5.30-6.15pm  
Adults 6.30-7.30pm.

**Saturday**

9-10am Ladies only Muay Thai  
10.15-10.45am Mini Ninja's  
Phone Ben 0418 758 342.

**VALLEY BAPTIST CHURCH**

Services: Sundays 10-11.30am & 5.30-6.30pm.  
Wednesday 7-8.15pm.  
Information please phone Pastor Frank Tottingham 0438 338 710.

**YOGA ENLIGHTENMENT**

**Gentle Yoga**  
Wednesday 2.30-3.30pm.

**Flow Yoga**

Thursday 5.45-6.45pm.

**Chair Yoga**

Saturday 9.30-10.30am.  
Phone Robyn Lewis 0432 778 271.

**CIRCLE of FRIENDS**

Wednesday once a month 6.15-9.15pm  
Phone Fisher Zhang 0402 352 902.

**COMMUNITY SERVICES # 1**

Thursday 12.30-3pm  
Phone Louise Baker 6126 4700.

**SADHANALAYA SCHOOL  
OF ARTS**

Sunday 10am-12pm  
Phone Vanaja 0466 607 003.

**WESTON CREEK BONSAI**

Annual Show in April  
Ian Johnson 0439 884 984.

**REGULAR ACTIVITIES @**

**WESTON NEIGHBOURHOOD HALL**

**KARILEE CALISTHENICS**

Monday 5.30pm to 8.30pm (Juniors),  
Wednesday 6.00pm to 9:00pm (Seniors).  
Phone Jacqueline Reber 6294 1023, 0438 104 860.

**BRINDABELLA ORCHESTRA**

Saturday 9.15am to 12.15pm.  
Phone Tony Marx 0409 990 703.

**ARTHRITIS ACT**

Exercise classes for the elderly and disabled  
Tuesday 9.30am-12.30pm.  
Phone Rebecca Davey 6288 4244.

**PANDSI**

Yoga Monday 9.45-11.45am  
Phone 6287 3961.

**DEANNE CALISTHENICS**

Thursday 4.30-6pm  
Phone Brook McCarroll 0432 950 663.

**REGULAR ACTIVITIES @**

**CHI FLEY COMMUNITY ROOM**

**SPIRITUAL MEDITATION CIRCLE**

1st Tuesday of month 6:30 - 8pm / \$20 entry /  
All welcome.  
Email: Suzy Cherub at angelicreiki@hotmail.com

**MINDFULNESS WORKS**

Thursday 6.45-8.45pm.  
Phone Neil Shepherd 0400 135 266.

**CACTUS and SUCCULENT SOCIETY**

3rd Sunday of the month 10am-2pm.  
Phone Trevor Rodgers 0437 885 504.

**CARERS ACT**

Tuesday 10-11am  
Phone Sarah Rees 6296 9982.

**ACT BREASTFEEDING ASSOCIATION**

Monthly workshops 12-5pm  
Phone 6162 2716.

**YOGA GARDEN**

Thursday 4-5pm  
Phone Suzanna 0410 135 604.

REGULAR ACTIVITIES @  
**FLYNN COMMUNITY HALL**  
**ACTION CALISTHENICS**

Thursday 4-6pm  
Phone Carmen Menzel 0411 886 824

**EVATT CALISTHENICS**

Monday 4-7.30pm  
Wednesday 4.15-6.15pm  
Thursday 6-8pm  
Phone Kristen Sharp 0439 481 752.

**SECRETARIAL &  
BOOKKEEPING SERVICES**

- **BOOKKEEPING**  
We can help with bookkeeping and payroll services for community organisations using MYOB software.
- **TYPING**  
Job applications, letters etc.
- **PHOTOCOPYING**  
Colour and black
- **LAMINATING**  
Small card to A3.
- **PRESENTATION BINDING**  
Reports, essays etc.
- **SCAN & EMAIL SERVICES**  
Send and receive.

*Friendly, efficient service.  
Special rates for large volumes.*

There is also a *Justice of the Peace* on the premises to help you with your declarations, certified copies etc. Please ring for appointments.

**FACILITIES FOR HIRE**

- **SQUASH COURTS**  
4 glass backed courts you can use 7 days a week.

- Casual and regular bookings.
- Social and competition squash.
- Concession rates.
- Sports shop with large range of equipment.
- Racquet repairs and re-string.

*Lowest prices guaranteed.*



- **PERFORMANCE/EXHIBITION HALLS**

- Tai Chi, Martial Arts
- Dances
- Shows/Exhibitions
- Markets etc.



- **FUNCTION HALLS**

with kitchen facilities. Fully refurbished with air-conditioning.

Weddings, Birthdays, Club Gatherings, Children's parties etc. Seats 200 (Community Centre), 200 (Flynn) and 250 (Weston Neighbourhood). Equipment includes PA system, projector, tables, chairs. Kitchen has dishwasher, microwave, cutlery, crockery and glassware.



- **MEETING ROOMS**

- Meetings
- Training workshops
- Seminars etc.

Air-conditioned, WiFi, Projector, TV/DVD, Whiteboard, Tea/Coffee making facilities.

**OTHER SERVICES**

**STROMLO CHRISTIAN CHURCH**

Phone Pastor Dan Evers 0499 821 570  
Email: office@stromlo.org.au  
Sunday 9.30am at Stromlo High School.

Activities in Stromlo Hub at the Weston Creek Community Centre.

**VALLEY BAPTIST CHURCH**

Weekly Sunday and Wednesday services.  
Website: vbc.org.au  
Phone Pastor Frank Tottingham 0438 338 710.

**WAR WIDOWS' GUILD OF AUSTRALIA Inc.**

Phone Toni Purton 6287 4032, 0421 157 507  
Email: wwidowsnat@bigpond.com



## WESTON NEIGHBOURHOOD HALL

The Centre manages the Weston Neighbourhood Hall at 6 Gritten St Weston. It is the assembly hall of the former Weston Primary School. The hall and kitchen have been refurbished. The hall has a beautiful timber floor, fully air-cond. a large stage and a disabled stage lift, 35 tables and 260 chairs. There is a portable PA, Projector/Screen, Whiteboard etc. The kitchen has fridges, cook top/oven, crockery/cutlery and glassware for 100.

Activities such as martial arts classes, exercise and dance classes, exhibitions and markets, functions, playgroups, workshops etc. will find the hall most suitable. At present, there are still vacancies for regular bookings of such activities available during the week and at weekend.

Booking enquiries, please ask our staff at the reception for a booking pack or ring us on 6288 1144/6288 0144 or email [info@westonccccentre.org.au](mailto:info@westonccccentre.org.au)



## FLYNN COMMUNITY HUB HALL

Flynn Community Hub Hall is now also available for bookings to the public. It is part of the Flynn Community Hub, located at 21 Bingle Street, Flynn. The Hall has soft vinyl floor, a large stage, fully air-cond. and the large Kitchen is commercially graded and newly refurbished. There is a nice foyer in front of the Hall, side courtyards and ample car parking spaces. There are 30 tables and 200 chairs.

Activities such as martial arts classes, exercise and dance classes and events such as social functions, exhibitions and markets, playgroups, workshops etc. will find the Hall most suitable.

Booking enquiries, please ask our staff at the reception for a booking pack or ring us on 6288 1144/6288 0144 or email [info@westonccccentre.org.au](mailto:info@westonccccentre.org.au)



## CHIFLEY COMMUNITY ROOM

It is part of the Chifley Health and Wellbeing Hub, located at 71 Maclaurin Crescent, Chifley and is now managed by Weston Creek Community Centre. This very nice, large community room has carpet flooring, fully air-cond., a separate foyer, kitchen facility and modern separate toilets. There are tables, chairs and a whiteboard etc. in the



room and the kitchen has cutlery/crockery, glassware, fridge, and microwave. The room is large enough for up to 60 people. It is ideal for small conferences, workshops and meetings. It is also an ideal venue for exercise, yoga, tai chi classes as well as martial arts classes etc.

Contact us for a booking pack or arrange a time to inspect this beautiful venue.

**WESTON CREEK COMMUNITY  
ASSOCIATION INC. (WCCA)  
ANNUAL GENERAL MEETING (AGM)**

The WCCA held its AGM on Monday 26 November 2018 to receive reports from its Office Bearers for the operation in 2017-2018 (full reports are available on the Centre's website [www.westoncccentre.org.au](http://www.westoncccentre.org.au)). A new Committee was also elected for 2018-2019 and members are:

**President:** Maggie Grills  
**Vice-President:** Frank Tottingham  
**Secretary:** Maurice Sexton  
**Treasurer:** Chad Addison  
**Committee Members:** Ian Reid  
 Colin MacDowell Dan Evers  
 Samara Purnell Ian Primrose  
 Richard Fry Yung Tran  
 Inger Pretorius

**PRE-LOVED BOOKS**

The Centre has a great variety of pre-loved, donated books, encyclopedias, magazines, DVDs etc. some in mint condition for sale. Most are only \$1 each. Donation of books are always welcome.



*(Maggie Grills, incoming President; Maurice Sexton, outgoing President, Chad Addison and Yung Tran, the Centre Manager)*

**LIFE MEMBERSHIP OF THE ASSOCIATION**

At the recent AGM, the Weston Creek Community Association Inc. has awarded Chad Addison its Life Membership.

Chad has been a member of the Association for over 20 years. He is a regular user of the Community Centre, being a squash player. Chad is the current Treasurer and Public Officer of the Association and he has held these positions several times over the years. Chad has also been a volunteer at the Community Centre for many years and has helped the office a great deal in IT and other office management matters.

The Association and the Community Centre Management teams are grateful for his invaluable and generous contribution. We sincerely hope that Chad will continue to give his time and expertise to help the Association and the Community Centre in their services to the community in years to come.

**WESTON CREEK COMMUNITY ASSOCIATION INC.**

**info@westoncccentre.org.au**

**APPLICATION FOR MEMBERSHIP**

The Constitution of the Association allows users of the Association's facilities and services and all other Weston Creek residents to become members of the Association upon application. The membership is valid for 3 years from the joining date.

NAME: .....

ADDRESS: .....

PHONE: (H) ..... (W) .....(MOB).....

EMAIL ADDRESS: .....

USER/NON-USER RESIDENT/STAFF (please circle)

Please tick box if you would like to opt out of occasional emails with Centre events, news and updates

SIGNATURE: .....DATE:.....









