



LONGBEACH

**Longbeach Place
Community News
Issue 12
March 2024**

Hello Everyone,

Welcome to the March edition (and first for 2024) of Longbeach Place Community News.

What a strange Summer it's been weather wise but here at Longbeach Place we have been busy with all our programs up and running. We cannot believe Term 1 is almost already done!

As we enter Autumn there is so much we are excited share with some really fun and informative events planned. Term 2 looks to be just as busy and exciting as the first!

The last day of Term 1 is Thursday 28th March. Longbeach Place will be closed for **Good Friday 29th March and Monday 1st April.**

Summer/ Term 1 Showcase

Term 1 saw us introduce Cha Cha, change it up with our Barista made coffee for our Chatty Cafe, while our art group got very creative and lots of other fun summer activities.



Upcoming

In celebration of Neighbour Day 2024 Chelsea Heights Community Centre are hosting a special chatty cafe and we are invited! Come down for a chat, a bite and meet your fellow neighbours! There will be a range of yummy treats provided, including scones, sandwiches and cake.

All are welcome, bring a friend!

For catering purposes, please RSVP by Monday 25th March by visiting <https://nhs.clevero.co/chelsea-cc/view/course/300000754>



Join us to celebrate

NEIGHBOUR DAY

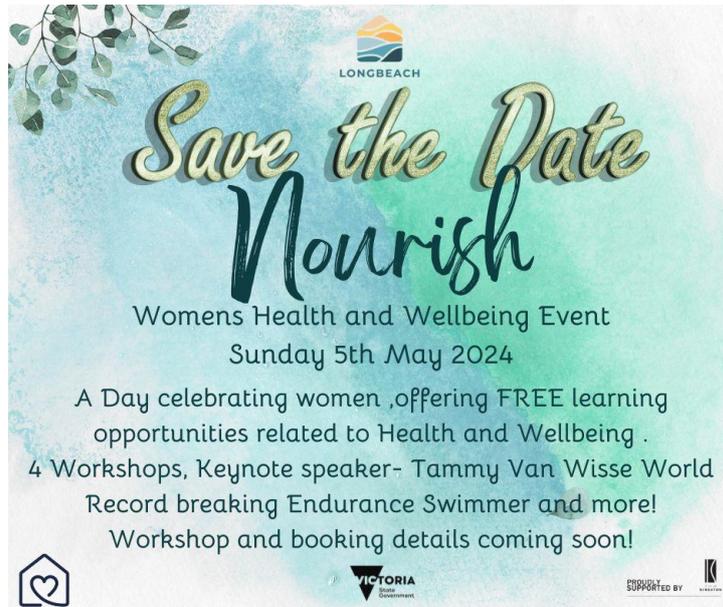


**Wednesday
27th March
11am - 12.30pm**

**All welcome,
bring a friend!**

A joint event
with





Term 2 – April 15th – 28th June

Monday

English as an Additional Language 9:30am-1:30pm - Free (eligibility criteria applies)
Chelbara Singers 10:00am - \$7.00
Gentle Stretching 1:00pm- \$2.00
Yoga 6:00pm - \$5.00

Tuesday

Walk n Talk 10:00am- \$2.00
Art Innovation 10:00am-12noon- \$5.00
Chatty Cafe 11:00am-12noon (2nd Tues monthly)

Wednesday

Just Dance - 9:30am -10:20am \$7
Chair Based Exercise -10:30am -11:20am \$7
Digital essentials Level 2 1pm - 3:30pm Free (eligibility criteria applies)

Thursday

Zumba 9:30am; \$7:00
Support Network Group for women over 40- 1pm-3pm

Friday

Zumba 9:30am; \$7.00
All Abilities Music 10:30am-11:30am
English as an Additional Language
 11am-1pm- Free (eligibility criteria applies)
All Abilities Art 11:45am - 12:45pm

Saturday

PC Support Group 1:00pm-\$5.00 1st Saturday of the month
Bayside Book Club 4:00pm- \$2.00 1st Saturday of the month

We are very excited to be adding **Just Dance** to our Term 2 timetable. This will be running on Wednesday mornings.

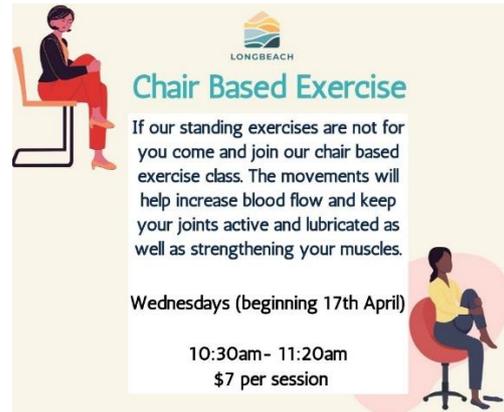
**Please also note: the timetable is a guide only as new classes are added throughout the term.*



Just Dance

Wednesdays- Beginning April 17th
9:30am to 10:20am
\$65 for the term (11 weeks)
\$7 per session

Join Janice and learn a new dance (which will include learning the correct technique) followed by a cardio workout to popular dance songs. The class includes a warmup, dance technique, a cardio workout ending with a nice stretch. The class is aimed at having fun and letting your inner self loose!!! Enjoy the music and feel free. Book your spot now by April 17th. Email us at reception@longbeachplace.org.au or phone on 9776 1386.



LONG BEACH
Chair Based Exercise

If our standing exercises are not for you come and join our chair based exercise class. The movements will help increase blood flow and keep your joints active and lubricated as well as strengthening your muscles.

Wednesdays (beginning 17th April)
10:30am - 11:20am
\$7 per session

We need you! Expressions Of Interest

To register your interest in any of the below please email us at reception@longbeachplace.org.au or call us on 9776 1386



Mindful Moments

If you'd like to be more creative in a mindful way the this will be for you. Coming in term 2!

Get calm and present by creating Mandalas, zentangles and adult colourings. If you already have a project and never have time to complete it, bring it along and dedicate this time to your creativity.

Meet weekly to gently enjoy creativity at your pace. There will be fun and simple guided activities or continue with your own project while enjoying the motivation and company.

Improv Classes

We are taking expressions of interest from those interested in Improv classes.

Improvisation, or *improv*, (also called *impro*) is a form of live theatre in which the plot, characters and dialogue of a game, scene or story are made up in the moment.

Improvised shows can differ between different improv troupes, ensembles and teams, depending on their training, their goals, and their style. Sometimes improv is purely comedy-based, while other times it can be a mix of both comedy and drama, or just drama.

Improv is spontaneous, entertaining, and fun. .

Calling all Knitters! We are starting a knitting group at Longbeach Place and taking expressions of interest! The group will focus on knitting Trauma Teddies The Trauma Teddies program is a Red Cross initiative that provides children in need of comfort with teddy bears.



Calling All Volunteers! We Need Your Help!

We are looking for dedicated individuals to join us in our mission to make a positive impact in our community. We are looking for knitters, event assistance, pamphlet drop offs and more.

Featured Recipe



Ingredients

- 4 small chicken breast fillets
- 1/4 cup (35g) plain flour
- 3/4 cup freshly grated parmesan
- finely grated lemon rind, plus extra for serving
- 2 tablespoons extra virgin olive oil
- 30g butter
- 2 cloves garlic, crushed
- 1/2 cup (125ml) chicken stock
- 1/2 cup (125ml) thickened cream
- 2 tablespoons finely chopped chives

1/4 cup fresh basil leaves
Mashed potato for serving
Lemon wedges for serving

Method

- 1- Using a meat tenderiser or rolling pin, beat chicken breasts between 2 sheets of baking paper to flatten slightly.
 - 2- In a shallow bowl, combine flour, 1/2 cup of the parmesan and lemon rind. Season with salt and freshly ground black pepper. Press flour into all sides of chicken.
 - 3- Heat oil and half the butter in a medium frying pan over medium-high heat. Add chicken and cook for about 5 minutes on the first side or until golden brown and a crust has developed. Turn; cook for a further 3 minutes or until chicken is just cooked through. Remove chicken from pan.
 - 4- Add remaining butter and garlic to pan, cook for 1 minute or until fragrant. Add stock and cream. Cook, uncovered until sauce has thickened. Return chicken and any juices to pan, simmer, stirring, for 2 minutes.
 - 5 - Sprinkle with remaining parmesan, chives, basil and extra lemon rind. Serve with [mashed potato](#) and lemon wedges.
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Housekeeping Reminders

At the conclusion of each session please ensure that the steps listed below are followed :

- Turn off air Conditioner/Heater and return remote control to appropriate place
- Make sure Milk is put into refrigerator and lids put on biscuit tin and the coffee/sugar containers
- Place dirty cups and cutlery in the dishwasher
- Turn off lights and fans
- Place tables and Chairs as outlined on table layout on the walls

Networking Information

Do you have people in your community that you would like to help with digital technology?

We can help you become a digital technology mentor.

What you will get:

- Mentor training session
- Ongoing support and digital training
- Membership to enliven's digital mentor group
- \$50 voucher and participant certificate

What you will need:

- Working with Children Check
- Police Check

REGISTER HERE 



**Connect IT:
Connecting Communities
through Technology**

A free training program that will help you to support your community to increase their confidence, skills and online safety when using technology.



Contact Us

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and
in support of City of Casey



**BERRY
STREET**

Believing in
Children,
Young People,
Families &
Their Future.

Foster Care

Nurturing who they are and who they want to be

Every child and young person is unique, resilient and has abundant potential.

Childhood is one of the most important times in life. It's a time for discovery, growth, exploration, and learning—a time for making connections that shape who we become.

Berry Street foster carers play a vital role in supporting a child's journey and in nurturing their uniqueness. With your time and care, you can encourage and empower a child or young person who has experienced trauma to grow, develop and feel safe.

Whether it's supporting a child to feel safe and build their trust in adults, exploring their interests and developing new hobbies, or encouraging a young person that their dreams are valid, being a Berry Street foster carer is a deeply meaningful and crucial role. And one which each carer brings their unique life experience and skills to.

If you're over 21 and can offer a child their own room in a safe and nurturing home environment, you can apply to become a foster carer.

Join our community of foster carers and help make a positive impact on a child's life.

Phone: 1800 816 037

Email: fostercare@berrystreet.org.au

Website: berrystreet.org.au/fostercare

CULTURAL DIVERSITY WEEK



What's On Monday 18 - Sunday 24 March 2024

Our Shared Stories - Celebrating Together



FREE

Multilingual Storytime

Ages 0-5

Westall Library:
Tuesday 19 March, 2.30pm

Clarinda Library:
Wednesday 20 March,
2.30pm

Westall Library:
Friday 22 March, 10.30am

Celebrate our community's rich diversity at Multilingual Storytimes throughout Cultural Diversity Week. All families are welcome to come along and share in this wonderful celebration through language and song.

No bookings required
- All welcome!

Further information:
Ph: 1300 135 668
Web: library.kingston.vic.gov.au/whats-on/events-activities



FREE

Flamenco and accordion performances

Thursday 21 March 2024,
9.45am to 12.00pm

Enjoy a fun morning to celebrate Cultural Diversity Week with performances from an accordionist and flamenco dancer and guitarist.

Come along in your traditional dress.

Mayor, Cr Jenna Davey - Burns will welcome guests.

Morning tea included.

Bookings are essential.

Clarinda Community Centre
588 Viney Street, Clarinda

Further information:
Ph: 8551 1200
Email: clarindacc@kingston.vic.gov.au



FREE

The Defiant Ones Movie Screening

Thursday 21 March 2024,
12.30pm to 3.30pm

The film tells the story of two escaped prisoners, an African-American man shackled to a Caucasian man in 1950s America. To survive, the men must cooperate and work together. Gradually, the two men begin to understand and respect each other, and a friendship forms. The film stars Tony Curtis and Sidney Poitier. Afternoon tea will be served before the film is screened. Bookings are essential.

Chelsea Activity Hub
3-5 Showers Avenue, Chelsea

Bookings and further information:
Ph: 9581 3045
Email: chelseaactivityhub@kingston.vic.gov.au



Q&A

The Heart Whispers and Whirls by The Resonant Heart

Saturday 23 March 2024,
7.00pm to 8.00pm

Featuring seven female-identifying artists from India, Iran, South Soudan, Bosnia and Herzegovina, Greece and New Zealand, *The Heart Whispers and Whirls* is a mesmerising multi-disciplinary performance including traditional and original music, multi-lingual poetry, movement, dance and shadow puppetry.

Ticketed event.

Kingston City Hall
Banquet Room
979-985 Nepean Hwy,
Moorabbin

Cost:
\$20 Full Price
\$15 Concession
\$15 Groups 4+
\$10 Children

Box Office:
Ph: 9556 4440
Web: kingstonarts.com.au

The event will feature a post-show Q & A with the artists. Due to the diversity of the ensemble languages available for Q & A include: English, Hindi, Farsi, Nuer, Greek, Bosnian, Serbian and Croatian.



Book now!

