

Long Beach Place Community News

June 2022
Issue 6



WINTER IS HERE

Hi everyone,
Winter is well and truly here! We've got some great classes, courses and activities that you can get involved in that will be sure to warm the cockles of your heart! In this issue we showcase our volunteer efforts including those from the Billion Stars Project, report on our AGM and show you how to make the perfect Lamb Shanks in your slow cooker.

We also highlight our new classes that have taken off and ask you to Save the Date for some forthcoming events that are not to be missed!

Don't forget our popular regular classes; Yoga, Pilates, Low Impact Zumba and Walk 'n Talk are always keen for more participants. Other classes eg: Xero are already full and we're taking names for next term.

Contact reception 9776-1386, drop in or visit our website for more information or to register your interest for any classes or activities. And if you have a special skill that would make a great one-off class or short course - give us a call! We are always on the lookout for new activities!

So pop on a coat and come down to the friendliest Neighborhood House in the 'hood!

Hope to see you soon at LBP!

BIGGEST MORNING TEA

We have planned another fabulous Biggest Morning Tea on Tuesday 21 June 10.30am-12noon.

Come along for some delicious morning tea provided by our great friends at Bakers Delight Chelsea PLUS we will have a range of games, activities and raffles that will have you cheering for more! Call to book your seat or visit our Event page on the website to register.



EVENTS AT LONGBEACH PLACE

It's been a huge few months at Longbeach PLACE. We celebrated the 20th Anniversary of the Chelsea PC Support Group on Saturday 7th May. The class has grown and proudly helped hundreds of locals with their PC issues and kept us up-to-date with the changing world of information technology. Made possible by the effervescent founder Rojer Lieberman, Chris Ewin, Carrie Ewin & Cheryl Ewin.

On Friday 13th May we thanked our many Star Weavers at a combined morning tea with Chelsea Heights Community Centre. We are part of a global effort to end all types of violence. Discussions were had at the celebration with ideas for future Billion Star's events including a Fashion Show-complete with woven star designs. Watch this space!

Our new Beginners Piano/Keyboard Class is a hit! Our students are learning the basics and growing in confidence. We will have another Beginners Class starting next term and our current Beginners will go to the next level. If you have your own keyboard and would like to learn-call us on 9776-1386 to book your seat! It will be an eight week course starting on Wednesday 13 July at 5.15pm-6.15pm Cost \$80 pre-payment required.

The Annual General Meeting was a celebration of song with the opening number "I am Australian" sang with gusto from our Chelbara Singers Choir. After the legalities were covered, "I still call Australia Home" was sang by all of us as we celebrated being together after what has been a trying two years.

Rojer & Chris celebrate 20yrs of PC Support



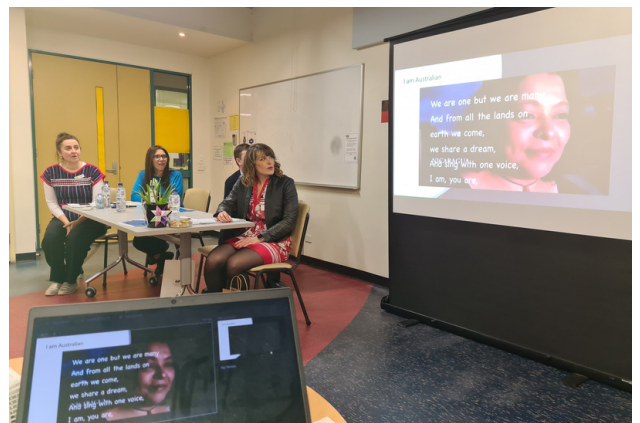
LBP Star Weavers



Piano/Keyboard for Beginners



LBP AGM



Coming Soon to Longbeach PLACE...during Seniors Week on Wednesday 12 October we will have a Special Presentation on SCAMS: How to identify and avoid scams. The seminar will also touch on Wills, Probate and Power of Attorney information-vital for anyone! That will be followed by Laughter Yoga and later that week an excursion to a local or CBD attraction. More information soon!

RECIPE

SLOW COOKED LAMB SHANKS

INGREDIENTS

4 LAMB SHANKS
1 CAN OF CRUSHED TOMATOES
1 LITRE OF VEGETABLE STOCK
1 CAN OF CHICKPEAS
1 CAN OF RED KIDNEY BEANS
2 LARGE CARROTS
4 STICKS OF CELERY
1/4 CAULIFLOWER
1 ONION, 2 GLOVES OF GARLIC/CRUSHED,
FRESH ROSEMARY
2 TABLESPOONS OF OLIVE OIL & HARISSA SPICE
SALT & PEPPER TO TASTE

THE KNOW HOW

BROWN LAMB SHANKS IN FRY PAN WITH OLIVE OIL, GARLIC, CHOPPED ONION, SALT & PEPPER
CHOP/DRAIN ALL VEGETABLES AND PLACE IN SLOW COOKER WITH STOCK AND HARISSA AND COOK LOW & SLOW FOR FIVE HOURS.
SERVE WITH MASHED SWEET POTATO. ENJOY! SERVES 4.
GOT A RECIPE?
EMAIL RECEPTION@LONGBEACHPLACE.ORG.AU



DID YOU KNOW?

LBP rooms are for hire

Perfect for group meetings and kid's parties.
Great rates! Call us or check the LBP website.

LBP teaches Basic English & Numeracy

If you, or anyone you know, needs help with basic English, including numeracy for everyday life and the workplace our EAL teacher is available to discuss your needs.
Please call us on 9776 1386 or email us reception@longbeachplace.org.au

WHAT'S NEW at LBP

New Chatty Cafe - monthly morning tea has been rebranded! Let's celebrate the network!

Meditation, Positive Thinking & Stress Mgt

Wed 29th June, 10am-12.30pm \$10

Piano/Keyboard Basics A on Wednesday's 5.15pm-6.15pm from 13 July - 31 Aug (8 weeks) \$80 Please pay in full when registering to secure your place. Own keyboard required.

Smartphone Basics - FREE! July 21 Bookings required for one-on-one help! Book now - places are limited for these classes!

THANK YOU!

TO ALL OUR VOLUNTEERS - WE COULDN'T DO IT WITHOUT YOU! IF YOU WOULD LIKE TO VOLUNTEER YOUR TIME-OR HAVE A SKILL TO PASS ON-GIVE US A CALL!

SAVE THE DATE

JUNE

21 Biggest Morning Tea

29 Meditation, Positive Thinking & Stress Mgt

JULY

12 Chatty Cafe

13 Piano/Keyboard - new beginners group

21 Smartphone Basics

ENTER TO WIN

Readers, you are encouraged to name this photo of a place or item of interest in Chelsea. First correct email answer will win a \$20 Woolworths Voucher.
Send answers to reception@longbeachplace.org.au



CAN YOU HELP?

WE ARE LOOKING FOR A DONATION OF A WORKING, DESKTOP COMPUTER. IF YOU CAN HELP PLEASE CONTACT LBP 9776-1386

NETWORK INFORMATION

SAFE DRIVER PROGRAM

You are invited to a FREE SAFE DRIVER PROGRAM.

When: 21 June 10am-12noon

Where: City of Kingston, 1230 Nepean Hwy, Cheltenham

The SAFE DRIVER PROGRAM will cover topics such as:

Building confidence and awareness, Outlining changes to road rules, Upgrading skills and experience, Outlining vehicle and driver roadworthiness, Handling difficult conditions, Planning for the future, Medical conditions and driving.

For further information or to book please contact Michell Galileos, Community Road Safety, michelle.galileos@kingston.vic.gov.au or phone 0418 787 524

MEN'S HABITS FOR HAPPINESS SEMINAR

Men, not feeling your normal self? Finding it hard to adjust to "the new normal"?

Don't miss this 90 minute virtual presentation and interactive discussion tailored for men. Dr. Tim Sharp delivers the fundamentals of how to live a happier existence, complete with practical tools and easy-to-apply methods. Learn how to thrive not just survive. Develop optimism and positivity and learn new ways to improve your happiness, health and wellbeing.

When: Monday 16 June 7.30pm-9pm

Register here: <https://menshabits4happiness.eventbrite.com.au>

LAST WORD...

Did you see us at the Chelsea Mother's Day Classic at Bicentennial Park on Sunday 8th May? It was loads of fun and we will be back next year supporting this local annual fundraising event! Thanks to Anna Wonneberger & Les Innes for getting us involved!



CONTACT



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