



Spring is in the air at Longbeach place

Hello Everyone,

Welcome to the August edition of Longbeach Place Community News. Winter is in full swing but we are truly ready for Spring here at Longbeach Place! We returned in July after a two week break to a freshly painted centre to compliment our new flooring and kicked off our term 3 programs so the centre has been full of singing, dancing and creativity!!! In this edition we showcase our Indigenous and Multicultural Garden Community Education Workshops, Our Income streams Seminar and provide more information about upcoming events. We hope to see you all here at Longbeach Place as we prepare for more sunshine and nicer days in Spring.

July and August Showcase

Indigenous and Multicultural Garden Workshops

In July and August we had the amazing Cassie Leatham from Wild Blak Arts host a Coastal Foraging, Bushtukka and Cooking , Indigenous weaving and pampering/ indigenous pharmacy workshops which were so popular they were all booked out! The wealth of knowledge Cassie has is phenomenal and all who attended gained so much insight into the indigenous plants and herbs and their many uses. **Special thankyou to the City of Kingston for funding this amazing project!**





July and August Showcase

Income streams and Superannuation Chatty Cafe

We had an amazing time at our Chatty Cafe in early August and would especially like to thank to Alison Dirckze Financial Information Service Officer Services Australia in Cheltenham and Bakers Delight in Chelsea for our yummy morning tea.

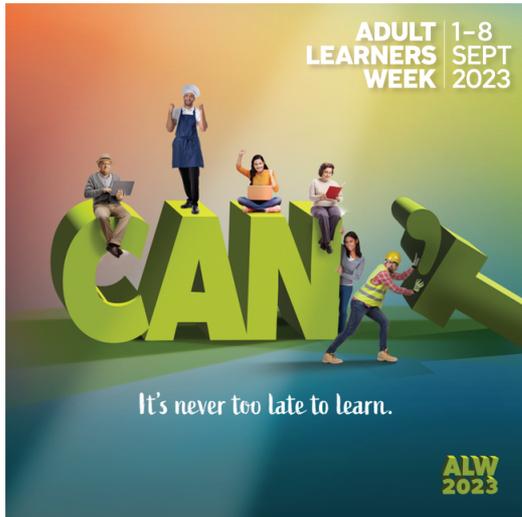
Alison educated us on the benefits of having your super fund pay you a regular income via an income stream, which allows you to start accessing your super while the balance is still invested.

For more information you can always reach out to a financial information officer at your local Service Australia branch or jump on to one of their webinars here <https://www.servicesaustralia.gov.au/financial-information-service-live-webinars?context=21836>



Whats on

Adult Learners Week. Bring a Friend September 1st-8th



In celebrating 'Adult Learners Week' from **1-8th September** we are asking all our current community to bring a friend along and for every friends that enrolls in a class receive 3 classes free! Its never too late to learn and we want to share the joy of learning with our amazing community.

Chatty Cafe

Our Next Chatty Cafe is on Tuesday **September 12th at 11am**. Having a chat can brighten your day! Come and join us for conversation, laughs and new friends and enjoy some yummy goods from Bakers delight for morning tea.



Seniors Festival



The major state-wide festival for Victorians over 60, the Victorian Seniors Festival focuses on providing fun and good times with opportunities to participate in events and activities for free or low cost throughout October each year.

To celebrate our seniors community we are hosting a **Falls and Balance Workshop on Tuesday October 10th from 11am with special guest speaker Vincent Arena Physiotherapist.**

To register your interest please email us at reception@longbeachplace.org.au.

Whats on

New Classes - Term 4

Monday

Gentle Exercise 1pm-2pm \$2

Microsoft Office Applications -Level 1 1-3:30pm Beginning 9th October to 27th November (Free eligibility criteria applies)

Wednesday

Salsa Dancing 11:45am -12:45pm \$5

Xero Accounting 6pm-8:30pm Beginning October 4th to 6th December (Free eligibility criteria applies)

Thursday

Adult Colouring 1pm-3pm \$2

Friday

All abilities Interactive Drama 1pm-2pm (Invoice per term)

 <h2 style="text-align: center;">Term 3 Timetable</h2>					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
English as an Additional Language 9:30am-2pm Free	Walk n Talk 10:00am \$2.00	Windows 10 Level 2 1:00pm-3:30pm Free	Zumba 9:30am \$5.00	Zumba 9:30am \$5.00	PC Support Group (monthly) 1:00pm \$5.00
Chelbara Singers 10:00am \$7.00	Art Innovation 10:00am-12pm \$5.00		All Abilities Communication 10:30am - 1:00pm Free	English as an Additional Language 10:30am-3pm Free	Bayside Book Club 4:00pm every 1st week \$2.00
Windows 10 Level 2 1:00pm-3:30pm Free				All Abilities Music 10:30am-11:30am \$150 for the term	
Gentle Exercise 1:00pm-2:00pm \$2					
Yoga 6:00pm \$5.00				All Abilities Art 11:45am \$150 for the term	

Lemon Myrtle Tea Cake

Ingredients

320 g (11¼ oz) butter, grated and softened,
plus extra for greasing

3 cups (660 g) caster sugar

3 cups (450 g) self-raising flour

½ cup (70 g) custard powder

3 free-range eggs

1½ cups (375 ml) milk

2 tsp ground cinnamon myrtle

2 tsp ground anise myrtle

2 tsp ground lemon myrtle

Finely grated zest of 2 finger limes

Desert lime icing

280 g (10 oz) butter, melted

400 g (14 oz) pure icing sugar, sifted

4 egg yolks

2 tsp desert lime powder or finely grated
zest of 2 lemons

Allow cake to cool completely before icing.



Instructions

Preheat oven to 160°C (315°F). Grease and line a 20 cm (8 in) square cake tin.

Combine all ingredients, except those for the icing, in a stand mixer fitted with the whisk attachment. Start on low, then slowly increase speed to high. Beat on high for 4–5 minutes, scraping down the bowl occasionally if needed, until the batter is pale and fluffy.

Pour batter into the tin and bake for 40–45 minutes or until lightly golden and a skewer inserted into the centre comes out clean. Cool in the tin for 5 minutes, then turn out onto a wire rack to cool completely. Cut in half lengthwise.

For the icing, mix butter and icing sugar in a small bowl until well combined. Stir in egg yolks and desert lime powder. Spread the top and sides of one cake generously with icing, top with the other cake and spread with the remaining icing.

Recipe and image from First Nations Food Companion by Damien Coulthard and Rebecca Sullivan,

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

DID YOU KNOW?

LBP rooms are for hire

Perfect for group meetings . Great rates! Call us or check the LBP website.

LBP teaches English

If you, or anyone you know, needs help with conversational English, our EAL teacher is available to discuss your needs.

Please call us on 9776 1386 or email us
reception@longbeachplace.org.au

Volunteers

If you have a skill or talent you would like to share then we need you!
or if you would just like to offer some time to Longbeach Place
please be in touch. Its fun, It's social, its local!

Network Information



ChelCSS has a tax help volunteer that has started, helping people lodge their tax returns for free. He is available by appointment on Mondays until the end of October.

Kingston Council are excited to be planning for a Summer Pop-Up Plaza at The Strand in Chelsea - and they want to hear from you! The aim of the temporary pop-up is to enhance outdoor dining and activation opportunities and support the local community over the 2023/24 summer period. What would you like to see in this space over the summer? Share your thoughts at yourkingstonyoursay.com.au/strand-plaza

This consultation is open until Sunday 10 September 2023.



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