

For your diary now!

IMPORTANT DATES:

September 29th - October 9th: School Holiday Program
October 5th -10th :Mental health week stress less week
October 20th: AGM New positions on the Management Committee!
October 26th to November 2nd : Seniors Week
November 6th: Recycling Week & Kindness Day
November 15th: 30th Anniversary Celebrations: Open Day!
November 16th: International Day of Tolerance
December 5th Thank a Volunteer Day!

Check this out

Some great ways to unwind your stress levels at Loftus...

Do you need to de-stress? Stress can lead to serious health issues and we have some great programs on offer at Loftus for you!
Relax and unwind with beautiful sounds and try **Harmony Gongs** ah...
You may like to take your self or kids along to **yoga!** Or you can belly laugh it off with the **Perth Laughter club** and enhance your endorphines to rid pain! Or perhaps you could try some one pointed focus and join the **lead lighting class or Craft Group?**
Be ready for stress less week!
Guess what's new? Rhymes and Chimes! This unique program caters for children from as young as only 6 months to 5 years.(For more info see the program descriptions on the program insert)

Volunteer ?

Did you know Volunteering is beneficial to your health?

Volunteering can improve the well being of individuals by enhancing support networks.It is well known that people with strong social support networks have lower premature death rates, less heart disease and fewer health risk factors. It can increase opportunities for close interpersonal relationships and strengthen a sense of belonging. By Volunteering you can improve self esteem, heighten your sense of well being, improve insomnia, strengthen your immune system and hasten surgery recovery time.
Why not just TRY IT? Make a difference in the lives of others !

References: Fact sheet: Volunteering as a Vehicle for Social support and Life Satisfaction, Public Health Agency of Canada. Graff, L (1991) Volunteer for the Health of it, Etobicoke, Ontario Wilson, J & Musik, M "The Effects of Volunteering on the Volunteer" in Law & Contemporary Problems, Autumn 1999

Older Adult volunteers live longer than non-volunteers. Studies report that engaging in regular volunteer work increases life expectancy because social interaction improves 'quality of life'.

Volunteer & YOU make a difference!

Current positions / tasks :

Experts in "Access" data base please step forward !

Firstly thank you to Sonia who has offered help with **data entry**. Thank you also to Shelley who has offered her help with developing the **website**. Thanks to Irma for her input too so far in this area!
Management Committee **NEW POSITIONS VACANT** : please do **check out the AGM October 20th!**
***Grant writing or Research skills** do you have these? As a not for profit organisation, this is in regular need ! Volunteers need a break, so we are extremely grateful for any skills you have that are of value. We always need **housekeeping** and **cleaning tasks, room set up** and **pack away, teaching a language** other than English, **IT network skills** needed, a **Handy Man/woman** & **keeping the place feel welcome** is greatly received!
YOU CAN MAKE A DIFFERENCE!

LCC address

Where are we ? We often get confused with either the Library or the Rec Centre. We are located in the middle of both Facilities.

**LOFTUS COMMUNITY CENTRE
99 LOFTUS ST LEEDERVILLE WA 6007**

T: (08)9328 3098 F:(08) 9227 7780 or email: loftuscc@optusnet.com.au



**Loftus
Community Centre**

30
years
strong!

**Term
4**

Overview

From little things big things grow !

We invite any of you interested in the history of this incredible and constantly evolving Community Centre to visit the Historical archives in the Loftus Library. Enjoy the library peace whilst reflecting upon the Loftus Centre's very beginnings...I received wonderful guidance from expert Librarian Julie Davidson and delighted gazing over albums of beautifully preserved sepia photos and newspaper clippings. Finally I came across the following, that outlined one of many still valid reasons today why a Community Centre serves a crucial networking need.

"The Association was formed in May 1977 as a result of the Ratepayers' grave concern over rapidly rising rates (by about 50% in 1976) the impact of the Mitchell Freeway on Leederville and the general feeling that our ward was lacking in facilities for the Community"

(Taylor.L & Publicity Committee 1978 Newsletter No2)

For Thirty years this Centre has served as a vital lifeline Facility, allowing all Community groups to network and also receive great value for their rates. This year's Thirtieth Anniversary Celebration will be a huge one, so don't miss out! We will have a visit from the Mayor, it's cherished Founders, plus incredible activities from pony rides, entertainers, tours and more! May you also consider to raise your glasses to toast the fact that we have new visions, newly elected Management Committee this year plus new staff blood running through the Centre's veins.

Please extend a warm welcome to Iryna, our new Customer Service Officer from Ukraine with a wealth of experience in teaching languages in Adult Migrant Services and TAFE, has previous Customer Service expertise and has been only 6 years in Australia and loving it!

I introduce myself, Tanja (with a j) who has travelled the Globe, run my own business in Community Health & Wellness programs (creating, implementation, training, assessing Facilitators).I have a program/event co-ordination history in Fitness Industry and Dance Theatre events across the State. Let's just say there's more to both of us then meets the eye, so best you come interview us yourself as we are both motivated and keen to get to know you and your needs!

Tanja Luck Loftus Centre Co-ordinator e:loftuscc@optusnet.com.au



Activities in the centre Circa 1978

Thank you sponsors & volunteers

Please note, this is in no particular order, as you have all impressed both Iryna and I even in the first three weeks of starting here!

A HUGE THANK YOU SO FAR TO

The most incredible people our day could not get kick started without, Barbara & Sarah, Pratibha, Sonia, Val, Ashrafal for his I.T expertise, Nee Nee for saving our school holiday program!
Management Committee: Irma, Paula,Marie,Anne,Rhoda,Kirstyn, Ilona,Jane,Val and Amra
Students: Kim, Melusha, Pontip, Belinda, Saori, Rhys & co, Karen (wow!) Kaevan, Christine, Servite !
SPONSORS: Bendigo Bank, Injury Control Council of W.A , Lottery West, Woolworths, Muffin break, Nerada Tea Queensland, Cheesecake shop

While we are at it, even though not technically a volunteer, she certainly volunteers a lot of her time (drum roll please...) The greatly loved Mary-Anne, thank you as you have been such a great help!

ABOUT LOFTUS COMMUNITY CENTRE

The Loftus Community Centre is an independent, not-for-profit community organisation which has been providing the local community with a diverse range of programs and activities since 1978. Currently the Centre provides weekly activities, special events, opportunities for networking and community building, supports individuals and community groups and participates in a variety of external networks.

Our Vision— To provide a Centre in which people feel they belong.

Our Mission— To create a safe place where people of all cultures, ages and abilities can learn, play and have fun together.

ROOM HIRE AVAILABLE NOW!

At the Centre we have great facilities available from only \$16.00 per hour for not-for-profit organisations. You may also be a Commercial Business that would like to find a great central venue in the heart of the Town of Vincent to run your courses. Our Members are from a large target population, so come and talk to us about any Adult Learning and Children Courses you would like to promote in this diverse range Community.

FACILITIES

Full kitchen facilities available. Full public toilet facilities available with disabled access. Ample parking. Equipment for hire: Data projector, lap top, Over head Projector, White Boards, TV, Video. Also NEWLY available: A fantastic Sound system with speakers and microphone!

Annual individual membership is currently only \$7 per family (subject to change). Members may then join any of our Groups or courses and receive a quarterly newsletter listing all the latest exciting news and events happening at the Centre. Members can call in to the Centre anytime. Stop to have a coffee, chat or relax and just read the Newspapers and Community information brochures always on offer.

Office Hours
MONDAY—FRIDAY
9.00AM—3.00PM

Or leave a message on the answering machine and we will get back to you as soon as we can!

Ph (08) 9328 3098
Fax: (08)9227 7780



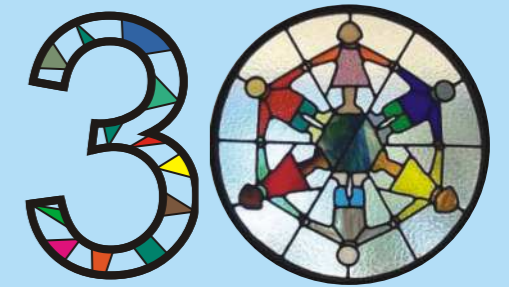
Tafe students who successfully ran our Spring into Life Program this year, thankfully supported by the Injury Control Council of W.A for stay on your feet week.



TOWN OF VINCENT

Loftus Community Centre

Family FUN



years young!

Open Day Extravaganza

Celebrate our 30th Anniversary cake presentation from 9:30 a.m!

SATURDAY 15th of NOVEMBER 2008 at 9:30am

- ▶ Activities for the Kids
- ▶ Ponies
- ▶ Face painters
- ▶ Library tours
- ▶ Storytelling
- ▶ Live Painting
- ▶ Performances

- ▶ Musicians
- ▶ Belly Dancers
- ▶ Information Stalls
- ▶ Craft Sale
- ▶ and much much more...!

Try our play café (sing along too!) with refreshments with indoor seating including a trike track for kids!

99 Loftus St

Next to TOV library

PROGRAM DESCRIPTIONS:

- Child Care Cooperative**
 Co-op provides a unique opportunity where families provide supportive care for each others children on a rostered basis. Two groups meet on **MONDAYS** mornings.
- Perth Christian Community Church Celebration Service**
 Come and experience Perth Christian Community Church. Meet new friends, exciting contemporary music, vibrant youth, safe and fun-filled place for your little ones. Men's and Women's ministry building lives. You are all welcome! Every **SUNDAY** morning.
- Claise Brook Catchment Group**
 The Claise Brook Catchment Group is working to restore wetlands and improve the quality of water flowing into the Swan River from the inner city. Anyone with an interest is welcome. **MONDAY**. Please call to confirm exact meeting dates.
- Clinical Pilates**
 Pilates is an exercise system to improve posture, flexibility, strength & core stability. Breathing effectively, while stabilizing the spine, shoulder girdle & pelvis, helps create a strong foundation, making any form of physical activity safer. Learn to take care of your body, especially your spine, through safe and effective exercises. **SATURDAYS**
 Cost: \$132 for 6 weeks Earlybirds \$12 discount: for full payment at least one week before each start date.
- Compulsive Eaters Anonymous**
 HOW is a group of individuals who through shared experience & mutual support are recovering from compulsive eating. **THURSDAYS**.
- Connect for Kids+**
 Connect for Kids+ runs a specialized social skills program for children aged 6-17 years. The program is designed to be fun & informative covering areas such as conflict resolution, joining in and dealing with teasing. **MONDAYS, WEDNESDAYS AND FRIDAYS**.
- Craft Group Loftus**
 Share your skills & learn from other members of this expert group of knitters, sewers and embroiderers. **WEDNESDAYS**. Cost: \$3.00 per session
- Cycle Touring Association**
 A recreational cycling club which organises a wide variety of social rides, short & long day rides, plus extended cycle tours of a week or more. The CTA rides every Sunday. Ride distances ranging from 20km to 80km in a day, and cover city, coastal and country areas. Social nights included. **WEDNESDAYS**. Please call to confirm meeting dates.
- Helen O'Grady Drama Academy**
 Our classes encourage students aged 5-17 to develop confidence, communication and performance skills. They provide excellent preparation for today's competitive world. **WEDNESDAYS**.
- Harmony Gongs**
 Relax and unwind listening to the beautiful sounds of symphonic gongs, Tibetan singing bowls & Chakra energy chimes. This one hour meditation and unwind session is ideal for relaxation and for taking time out for yourself. **WEDNESDAYS**. Please bring a blanket
 Cost:\$15 per session. Bookings are essential.
- Italian Friendly Bingo**
 Play Bingo in Italian! **TUESDAYS**.
- Perth Laughter Club**
 Perth Laughter Club meets fortnightly. Come along & enjoy the fun. It's a great experience! Alternate **WEDNESDAYS**.

Disclaimer: Every effort is made to ensure to details are correct at time of printing. These programs may be subject to change without notice. Please refer to time table for each Group's contact details to confirm their current running times and operational fees.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Childcare CO-OP 9:15am - 12:15pm Rhymes n Chimes 9:30am - 10:30am Loftus Playgroup 12:30pm - 2:30pm Loftus Playgroup 3:00pm - 5:00pm Connect for Kids 3:45pm - 5:45pm Claise Brook Catchment Group 6:00pm - 7:30pm Compulsive Eaters Anonymous 7:00pm - 8:00pm Simhot Combatives Group 7:00pm - 8:30pm	LCC 3+ kindy Group A 9:15am - 11:45am Loftus Playgroup 9:15am - 12:00pm Table Tennis for Seniors 9:30am - 1:00pm LCC 3+ kindy Group B 12:15pm - 2:45pm Birigo Italian Friendly 1:00pm - 4:00pm Loftus Playgroup 2:45pm - 5:00pm Yoga for Kids 3:30pm - 4:30pm Toy Library 7:30pm - 8:30pm	LCC 3+ Kindy Group C 9:15am - 11:45am Loftus Playgroup 9:15am - 12:00pm LCC Craft 9:30am - 11:30am Lead Lighting 9:30am - 12:30pm LCC 3+ Kindy Group D 12:15pm - 2:45pm Loftus Playgroup 3:00pm - 5:00pm Connect for Kids 3:45pm - 5:45pm Helen O'Grady Drama Academy 4:00pm - 6:00pm Perth Laughter Club 6:00pm - 7:00pm Harmony Gongs 7:30pm - 8:30pm Perth Christian Community Church 7:30pm - 9:30pm Cycling Touring Association 7:00pm - 10:00pm	LCC 3+ kindy Group B 9:15am - 11:45am Loftus Playgroup 9:15am - 12:00pm LCC 3+ kindy Group A 12:15pm - 2:45pm Loftus Playgroup 3:00pm - 5:00pm Weight Watchers 5:30pm Compulsive Eaters Anonymous 7:00pm - 8:00pm	Weight Watchers 8:45am Loftus Playgroup 9:15am - 12:00pm Yoga for parents 10:30am - 12:00pm Loftus Playgroup 3:00pm - 5:00pm Connect for Kids 3:45pm - 5:45pm Mother song 4:15pm - 5:15pm Redemption study group 6:30pm - 10:30pm	TOY LIBRARY 9:30am - 11:00am Clinical Pilates 9:00am - 9:55am Melaleuca 9:00am - 12:00 pm N.B* Please call Coral to confirm running dates
					Sunday Perth Christian Community Church 9:30am - 2:30pm Redemption study group 12:00pm - 4:00pm

Did you know Members can rent rooms for private functions? Fantastic venue for ongoing hire for your Business or group!

Childcare CO-OP e: paulasutherland@aapt.net.au
Christian Community Church Perth t: 9490 5693
Claise Brook Catchment t: Sally Lake t: 9227 9514
 e: info@cbcg.org.au w: www.cbcg.org.au
Clinical pilates call Jodie Krantz m: 0405 97 2211
 w: www.free2move.com.au
Compulsive Eaters Anonymous HOW t: 9227 7780
Connect for kids + call Amanda m: 0402101060
 e: info@connectforkids.com.au
Craft group Loftus t: 93283098
Cycle Touring Association t: 9444 4107
 e: info@clawa.asn.au w: www.clawa.asn.au

Helen O'Grady's Drama Academy call Helen t: 9242 4722
Harmony gongs call Michelle m: 0409 988 601
 e: info@harmonygongs.com.au
Italian friendly bingo call Pina t: 9444 9908
Laughter club Perth call Kath t: 9341 5153
Lead lighting call Loftus t: 9328 3098
Loftus Playgroup call Helen t: 61612187
Melaleuca call Coral t: 9402 8954
Mother song call Loftus t: 9227 7780

Rhymes n Chimes call Colette m: 0410 236 846
 e: colette@rhymesnchimes.com.au
Simhot Combatives Group call m: 0403 530 866
 w: www.simhotcombatives.com
Table tennis for seniors call Loftus t: 9227 7780
Three Plus Kindy call Loftus t: 9328 3098
Toy Library call Michelle t: 9227 9775
Weight Watchers t: 131 997
 e: waso@weightwatchers.com.au
Yoga for kids /Yoga for parents t: 9243 5114
 w: www.yogospace.com.au