



# TERM 4

## Monday 5<sup>th</sup> October to Friday 18<sup>th</sup> December

# 2015

The Centre will be closed for Melbourne Cup on  
Monday 2<sup>nd</sup> & Tuesday 3<sup>rd</sup> November

*There are no strangers here, only friends you haven't met before.*

### Look after yourself

#### For the energetic...

**Women's Safety Awareness & Self Defence:** No skills required in this easy to do, specially designed 2 week workshop. Starts Tuesday 13<sup>th</sup> October 7.00-9.00pm. Cost \$30 per person.

**Table Tennis:** Starts Monday 5<sup>th</sup> and Thursday 8<sup>th</sup> October 1.00-3.00pm. Cost \$3 per session. (Please note there will be no session on the fourth Thursday of every month). Competition Fridays run on certain Fridays throughout the term 12.00-3.00pm. Please contact Reception for dates.

**Line Dancing: Beginners:** Starts Tuesday 6<sup>th</sup> October 9.30am-12 noon for 10 weeks. Cost \$55 per term or \$6.50 per week.

**Line Dancing: General:** Starts Thursday 8<sup>th</sup> October 9.30-11.30am for 10 weeks. Cost \$55 per term or \$6.50 per week.

**Strength Training for Over 50s with Simone:** Starts Monday 5<sup>th</sup> October 9.30-10.15am or 10.30-11.15am for 10 weeks. Cost \$70 per term to guarantee your spot or \$8 per week on a casual basis.

**Strength Training for Over 50s with Debbie:** Starts Wednesday 7<sup>th</sup> October 9.30-10.15am for 11 weeks. Cost \$7 per week.

**Strength Training Pilates:** Starts Friday 9<sup>th</sup> October 9.30-10.15am for 11 weeks. Cost \$77 per term to guarantee your spot or \$8 per week on a casual basis.

#### For the social...

**Men's Group – Invitation to men over 50:** Monday 19<sup>th</sup> October, Monday 16<sup>th</sup> November and Monday 14<sup>th</sup> December 9.00am-12 noon. Cost \$3 per session.

**Midway - 60s Plus Women's Group:** Starts Monday 5<sup>th</sup> October 1.00pm for 10 weeks. Cost \$3 per session.

#### For the body and mind...

**Empower Me:** Starts Tuesday 13<sup>th</sup> October 10.00-11.30am and fortnightly thereafter. Cost \$15 per session.

**Life Skills to Navigate Inter-Personal Relationships:** Providing the necessary life skills to assist. Starts Thursday 15<sup>th</sup> October 7.00-8.30pm for 6 weeks. Cost \$90.

**Intermediate Spanish:** Starts Wednesday 14<sup>th</sup> October 7.00-8.30pm for 8 weeks. Cost \$135 with all learning materials included.

**A to Z of Essential Oils:** Starts Wednesday 14<sup>th</sup> October 7.30-8.30pm for 10 weeks. Gold coin donation only for this class.

**Qigong:** Starts Thursday 8<sup>th</sup> October 1.00-2.00pm for 11 weeks. Cost \$8 per session.

**Yoga with Karen:** Starts Monday 5<sup>th</sup> October 8.00-9.15pm or Tuesday 6<sup>th</sup> October 9.30-10.45am for 10 weeks. Cost \$120 per term or \$13 per week.

**Yoga with Sofia:** Starts Wednesday 7<sup>th</sup> October 9.30-10.45am or 11.00am-12.15pm for 11 weeks. Evening session starts Thursday 8<sup>th</sup> October 6.00-7.15pm for 11 weeks. Weekend session starts Saturday 10<sup>th</sup> October 9.00-10.15am for 11 weeks. Cost \$132 per term or \$13 per week. Expressions of interest being taken for a Thursday session 7.30-8.45pm.

**Write Away:** Starts Friday 9<sup>th</sup> October 10.00am-12 noon and fortnightly thereafter. Cost \$3 per session.

### Creative Art & Home Industry

**Advanced Pergamano:** Starts Wednesday 7<sup>th</sup> October 12.45-2.45pm for 10 weeks. Cost \$105 per term or \$11.50 per week.

**Social Group Mosaics:** Starts Wednesday 7<sup>th</sup> October 9.30am-12 noon for 11 weeks. Cost \$3 per week.

**Painting in Acrylics:** Starts Thursday 8<sup>th</sup> October 9.30am-12 noon or 12.30-3.00pm for 11 weeks. Cost \$154 per term.

**Knitting Group:** Starts Monday 5<sup>th</sup> October 1.00-3.00pm for 10 weeks. No cost for this session.

**Sewing & Craft Group:** Starts Friday 16<sup>th</sup> October 9.30am-12 noon for 8 weeks. Cost \$3 per session. (Please note this group will not run on the second Friday of each month due to the Quilters Guild Meeting)

**Patchwork – Busy Patches:** Starts Thursday 8<sup>th</sup> October 9.30am-12 noon for 11 weeks. Cost \$121 per term or \$12 per week.

**Introduction to Digital SLR Photography:** Starts Tuesday 13<sup>th</sup> October 7.00-9.00pm for 6 weeks. Cost \$150 per term.

**Italian Cooking – Dolci di Natale:** Baking some traditional Italian sweets eaten at Christmas time. Bring an apron and large lidded container. Thursday 19<sup>th</sup> November 11.30am-2.30pm. Cost \$40.

### Computer & Tablet Courses

**Mastering the iPad & other tablets:** Starts Thursday 22<sup>nd</sup> October 7.00-9.00pm for 2 weeks. Cost \$69.

**Computer Technology Intermediate:** Starts Thursday 19<sup>th</sup> November 7.00-9.00pm for 2 weeks. Cost \$69.

### Term 4 Workshops

**Mature Make-Up Workshop:** Friday 6<sup>th</sup> November 12.30-2.30pm. Cost \$65.

**Smokey Eyes:** Friday 27<sup>th</sup> November 12.30-2.30pm. Cost \$65.

**First Aid Level 2 HLTA 301C (including CPR):** Saturday 5<sup>th</sup> December 9.30am-1.00pm Cost \$145. CPR Only 9.30-11.30am. Cost \$70.

**Floral Design:** Friday 20<sup>th</sup> November 12.30-2.30pm. Cost \$15 + \$20 Materials.

### Free Sessions

**State Trustees:** Monday 19<sup>th</sup> October 10.00am onwards.

**4 steps for Life CPR Information session:** Learn how to perform CPR in this 1 hour workshop. Please bring your own pillow and we'll provide the rest. Tuesday 27<sup>th</sup> October 12.00-1.00pm. No cost for this workshop.

**Taking care of your memory:** Ever wished that you could improve your memory? Come to this useful free workshop where we will give you hints and tips on how to look after your memory. Tuesday 10<sup>th</sup> November 12.00-1.00pm. No cost for this workshop.

### School Holiday Workshop

**Kids Cartooning with Clinton:** Come and learn how to draw your favourite characters in this popular workshop. Wednesday 30<sup>th</sup> September 1.00-3.00pm. Cost \$20 per child with \$15 per extra sibling. Bookings essential.

### Children's Programs

**Kids Cartooning:** Starts Monday 12<sup>th</sup> October 4.30-6.00pm for 9 weeks. Cost \$108.

**Creative Writing & Fun Poetry Class:** Starts Monday 12<sup>th</sup> October 4.15-5.15pm for 9 weeks. Gold coin donation for class. Students will need to purchase set poetry book for \$15.

**Teen's Talk:** Conversation group for teenagers. Starts Monday 12<sup>th</sup> October 5.15-6.15pm for 9 weeks. Gold coin donation only.

Continued over >

PLEASE BE ADVISED THAT DUE TO THE MELBOURNE CUP CENTRE CLOSURES ON MON 2<sup>ND</sup> AND TUES 3<sup>RD</sup> NOVEMBER, ANY CLASSES THAT USUALLY RUN ON A MONDAY OR TUESDAY WILL NOT RUN ON THOSE DATES. CLASSES WILL RESUME THE FOLLOWING WEEK.

## Children's Programs cont.

### DANCING with Erin...

**Teeny Tiny Dance (2-3 years):** Starts Tuesday 6<sup>th</sup> October 1.00-1.30pm for 9 weeks. Cost \$67.50.

**Tiny Tots Ballet (3-5 years):** Starts Tuesday 6<sup>th</sup> October 1.45-2.15pm for 9 weeks. Cost \$67.50.

**Tiny Tots Jazz (3-5 years):** Starts Tuesday 6<sup>th</sup> October 2.15-2.45pm for 9 weeks. Cost \$67.50.

**Primary Dance (5-8 years):** Starts Tuesday 6<sup>th</sup> October 4.00-4.45pm for 9 weeks. Cost \$72.

**Boys Hip Hop (5-9 years):** Starts Tuesday 6<sup>th</sup> October 4.45-5.15pm for 9 weeks. Cost \$72.

## Three Year Old Program

Running Monday, Tuesday, Thursday & Friday 12.30-3.00pm and Tuesday 9.00-11.30am. Starts week commencing Monday 5<sup>th</sup> October. Cost \$175 per session per term.

### 3 YEAR KINDER 2016 INFORMATION NIGHT

Tuesday 24<sup>th</sup> November 7.30-8.30pm. *Please note: you must be enrolled for 2016 to attend this event. Adults only.*

## Take a Break Occasional Care

Permanent and temporary positions for 18 months to 5 year olds. Emergency spots available – contact the office on a daily basis. Starts Thursday 8<sup>th</sup> and Friday 9<sup>th</sup> October 8.30-11.30am. Term 4 cost (if paid in full in the first 2 weeks) \$207 or \$23 per session.

## Playgroups (18 months to 5 years)

Starts Monday 5<sup>th</sup> October 9.30-11.30am for 9 weeks. Cost for first child \$63, \$31.50 (second child 6 months and above) \$18 (third child, subsequent siblings and babies under 6 months-calculated by first day of term).

Starts Wednesday 7<sup>th</sup> October 9.30am-11.30 or 12.15-2.15pm for 10 weeks. Cost for first child \$70, \$35 (second child 6 months and above) \$20 (third child, subsequent siblings and babies under 6 months- calculated by first day of term).

**Playgroup Enrolments 2016:** Tuesday 10<sup>th</sup> November 10am-12 Noon. For all playgroups in 2016, a \$20 non refundable deposit will be required on enrolment day to secure your position. Bookings taken on a first come first served basis.

## Expressions of Interest

**Mums & Bubs/Toddler Playgroup** on Wednesday mornings. Contact Reception on 8768 4400 to register your name.

## Immunisation Session Times ~ Term 4 2015

Day Sessions 10.00 – 11.00 am	14/10	11/11	9/12

## Other Activities at the Centre

- Australian Crohns and Colitis Association: 9815 1266
- Beaconsfield Quilters: Contact Sharon on 0425 753 609
- Cardinia Calisthenics: Contact Catherine on 0435 884 424 Email cardinia@hotmail.com
- Children's Counselling 0418 226 561
- Core Strength Pilates program 0409 688 279
- Friends First Church – Every Sunday morning at 10am. Contact Debbie Grant 0438 424 889 or www.friendsfirstchurch.com.au
- Go Kidz Go – Sport and exercise fun for 2-6 year olds. Contact Con on 0412 373 505 or 9830 8687 for your free trial.
- Immunisation: contact Cardinia Council Environmental Health department 5945 0444
- Karate Monday evenings: contact Steve 0419 899 030
- Maternal & Child Health at the Centre on Wednesdays, Fridays and in the afternoon on Thursdays. We also run a New Parents Group at the Centre each Wednesday afternoon. Contact 5945 4250 for enquiries and appointments.
- Lions Club of Berwick/Beaconsfield – Meet at the Centre every 3rd Tuesday of the month 7.30 - 9.30pm. Contact Lesley Farrell on 0408 536 203.
- Men's Group: contact John 0431 844 833.
- Outpost Gaming – Every 2nd Saturday of the month this wargaming and role-playing club meets at BNC. See their Facebook page "Outpost Gaming Club" for contact details.
- Probus Club of Beaconsfield Inc: Contact Keith Goodman 0417 565 341.
- Table Tennis Wednesdays – Contact Kevin on 8786 7707.
- Weight Watchers Wednesday nights: 131 997

## Bookings and Payments

Bookings are essential for all our courses and workshops. We try to make our classes as affordable as possible. When you book, you are encouraged to pay the full course fee which is listed in this program with the course description. However, we do not want people to miss out and payment plans can be worked out with the Coordinator. All discussions will be kept confidential. Unless other arrangements have been made with the Coordinator, payments must be made before you commence the course. Payments can be made:-

- At the Centre with cash, cheque or card
- Over the phone
- By Direct Deposit: Bendigo Bank  
Account Name: Beaconsfield Neighbourhood Centre  
BSB: 633 000 Account Number: 145053849  
Please use your surname and course name as a booking reference when paying by Direct Deposit.



## CENTRE CONTACT DETAILS:

Office hours: Monday – Thursday 9.00am - 3.00pm and Friday 9.00am - 1.00pm during school terms.  
Phone 8768 4400 Fax 8768 4432 Email [contactus@bncinc.org.au](mailto:contactus@bncinc.org.au) Web [www.bncinc.org.au](http://www.bncinc.org.au)

ABN: 84954869011

PO Box 2 Beaconsfield / 8 O'Neil Rd Beaconsfield 3807 • Melway reference: 214 B1

PRIVACY: The Beaconsfield Neighbourhood Centre respects your right to privacy. All personal information collected is kept in accordance with information privacy laws.

## Membership

It is Committee of Management Policy that everyone who takes part in Neighbourhood Centre courses becomes a member of the Centre. The Membership fee is non-refundable and assists with the day to day running costs of the Centre. Membership also gives you free access to the Centre's computers.

## Cancellation and Refunds

All courses are non-refundable unless there are exceptional circumstances. If a course is cancelled due to insufficient numbers, the Centre will contact you and a full refund will be given.

### Occasional Care, Three Year Old Program & Playgroups

Due to the need for program planning, staffing and demand for our Occasional Care, Three year old programs and Playgroups, deposits paid for these programs are non-refundable.

## Cardinia Shire Volunteer Subsidy

Cardinia Shire offers a 50% subsidy on several specific courses run at BNC. This subsidy is available to Cardinia Shire volunteers undertaking courses in Computers and First Aid training. Speak to the office for details.

## The following services are available from our office...

Photocopying:  
Black & White A4 20¢, A3 50¢,  
A4 Colour copies \$2

Faxing \$1.50 first page, 50¢ subsequent pages.  
Laminating A4 \$2, A3 \$4



## Art & Crafts Showcase...

here at Beaconsfield  
Neighbourhood Centre  
Thursday 29<sup>th</sup> October  
10am – 2pm

Finger food, tea & coffee, raffles  
and items for sale.