



TERM 1 2024

Monday 29th January
to Thursday 28th March

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



Centre Closure: Monday 11th March- Labour Day.

CENTRE CONTACT DETAILS:

Office hours: Monday – Thursday 9.00am – 3.00pm and Friday 9.00am – 1.00pm during school terms.
Phone 8768 4400 Email contactus@bncinc.org.au Web www.bncinc.org.au

ABN: 84954869011

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





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 required to pay the full course fee for the term which is listed in this program with the course description (with the exception of casual weekly payments).

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.

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 & Playgroups

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

Membership

Membership for 2024 is \$15 Family, \$12 Concession and \$4 Workshop.

It is Committee of Management Policy that everyone who takes part in Neighbourhood Centre courses becomes a member of the Centre. The annual 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
- Access to the Centre's WiFi (with daily download limits)
- Use of the Centre's facilities
- Tea, coffee and biscuits

Community Meetings

Beaconsfield Progress Association

Meetings are held the 3rd Tuesday night of each month – 7.30pm – 9.30pm. Come and have your say about what is happening in town. All welcome!

Beaconsfield Banner- Neighbourhood Natter

BNC contributes a page towards the BPA's Beaconsfield Banner each quarter. We always welcome new articles so please email any ideas through to contactus@bncinc.org.au.

BNC Meetings

Our Committee of Management meets on a monthly basis. Please contact the office to confirm the next date and time.

Men's Discussion Group

Come along to this friendly environment where you will discuss issues that can arise as you near or enter retirement.

Monday 19th February and
Monday 18th March 9.30am-12 noon.

Cost:- Free for your first session
and \$5 for every session thereafter.

Contact:-

Ron 0479 105 961 and
John 0431 844 833.

Free Public Internet Access Computers

Beaconsfield Neighbourhood Centre have three computers available for public access throughout the term. Please ring the Centre or come in to see Reception if you wish to use one of the computers during office hours.



This service is supported by Cardinia Shire Council.

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

www.bncinc.org.au

Visit our website for up to date information and everything you need to know about BNC.

Cardinia Shire Volunteer Subsidy

Cardinia Shire Council offers free and subsidised training for volunteers supporting local community organisations. You may be eligible for this subsidy if attending one of our computer classes (listed on Page 6). Please speak to the office for details.

Resilience: Break or Bounce. A discovery path for you by Life Coach Geoff Edwards

How resilient are you? Put aside an hour in your week to focus on you, understand how you face adversity and come back stronger than ever.

Starts Tuesday 20th February 7.00pm – 8.00pm for 5 weeks.

Cost \$75.



Evening Floral with Sharon

Classic and Modern twists on floral arrangements

For all Floral classes, please bring a pair of floristry scissors or secateurs.

BE MY GALENTINE

Celebrating friendship and sisterhood with a St Valentine inspired design.

**Thursday 8th February
7.00pm-9.00pm.**

Cost \$75.



ELEGANT HATBOX DESIGN

A delightful design filled with seasonal blooms and presented in a beautiful hatbox.

**Thursday 7th March
7.00pm-9.00pm.**

Cost \$75.



CERAMIC POT ARRANGEMENT

Coffee table arrangement in a classy ceramic pot with calming, neutral shades.

**Thursday 22nd February
7.00pm-9.00pm.**

Cost \$75.



EASTER BUNNY

Pastel blooms in pretty hessian bags with a seasonal twist for Easter.

**Thursday 21st March
7.00pm-9.00pm.**

Cost \$75.



BNC Wine Club with a twist!

Let's twist again into this long Labour Day weekend! Come dressed in your 1950's gear and join us for a fun night. You'll start with a cocktail on arrival, followed by tastings of 2 red wines, 2 white and a sparkling. Finish up with a dessert cocktail and enjoy canapés and finger food all night long.

Friday 8th March 7.00pm start. Cost \$40 per person with all drinks and food included.

For designated drivers and non-drinkers just wanting to socialise enjoying soft drinks and nibbles, a reduced price of \$15 per person will apply. Bookings essential by Friday 1st March for catering purposes.



Look After Yourself

For the social...

MEN'S GROUP – Invitation to men over 50

Meet, talk and enjoy the company of others in this informative private session discussing issues that can arise as you near or enter retirement.

Monday 19th February and Monday 18th March 9.30am-12 noon. First session is free and then \$5 per session thereafter.

MIDWAY

This friendly and fun-loving 60s plus women's group meets for activities, a good chat and afternoon tea. Register your interest at the office.

Starts Monday 29th January 1.00pm-3.00pm for 8 weeks. Cost \$4 per session. Please note there will be no session on Monday 11th March.

WRITE AWAY

A great social group bringing together budding journalists and writers. Share your ideas and stories whilst learning some new methods with like-minded people. All levels and abilities welcome.

Starts Friday 2nd February 10.00am-12 noon and runs fortnightly thereafter. Cost is a gold coin donation.

SOCIAL CARD GROUP

Come and play 500 in this social, friendly group which stems from the original Probus Cards group. Beginners are welcome to come and observe for no charge. After learning how to play from watching the experienced players, new members can then join the games.

Thursday 22nd February and Thursday 28th March 1.00pm-5.00pm. Cost \$4 per session.

Expressions of Interest- BNC Choir

Singing is good for the soul. Come and be a founding member of our BNC choir that will bring a smile to your face and a spring to your step.

No previous experience necessary and everyone is welcome.
Please register your interest at the office.

For the body and mind...

DAYTIME YOGA WITH KAREN

Including a gentle series of physical movements that will improve flexibility, this class will build physical strength, promote better breathing, ease stress, reduce back pain and build self esteem. Exercises are simple and non-competitive encouraging you to move at your own pace.

Starts Tuesday 30th January 9.15am-10.30am for 9 weeks. Cost \$126 or \$15 weekly.

EVENING YOGA WITH ROSA

A Yoga class designed for everyone. It is structured to help improve general wellbeing, flexibility, balance and strength practicing various yoga poses as well as clarity and calmness of the mind through meditation and savasana.

Starts Thursday 1st February 6.00pm-7.15pm for 9 weeks. Cost \$126 for the term.

SIT DOWN EXERCISE

Move it... safely on the seat of your chair. Suitable for over 55s, this class improves flexibility and strength in later years. The chair and hollow tube provided help with both momentum and support for safe exercising.

Starts Wednesday 6th March 10.30am-11.30am for 4 weeks. Cost \$2 per session.

LAUGHTER YOGA WITH MANPREET

Laughter Yoga relieves stress, boosts immunity, fights depression, increases energy levels, improves quality of life, helps you better manage hardship, increases social connectedness and eventually makes people into more positive thinkers.

Expressions of interest are now being taken for a regular session. Please contact the office to register your details.

For the energetic...

TABLE TENNIS FOR OVER 50s

All levels welcome for this fun group having a great time keeping fit, enjoying a cuppa and social chat. On Fridays, we also have a specific competition table available for those who are more experienced.

Starts Monday 29th January and Thursday 1st February 12.30-3.00pm and Friday 2nd February 12.00pm-3.00pm for 9 weeks. Cost is \$4 per session.

GENERAL LINE DANCING WITH ANNA

Come along and enjoy all types of music in this fun and social class. Previous Line Dancing experience required.

Starts Tuesday 30th January 10.00am-12 noon for 9 weeks. Cost \$7 per week.

EASY BEGINNER LINE DANCING WITH NATHALIE

Join the line dancing community and open a new world of friends, fun and laughs. Good exercise for body and mind.

Starts Thursday 1st February 9.30am-10.45am for 9 weeks. Cost \$5 per week.

STRENGTH TRAINING FOR OVER 50s with Debbie (Beginners to Intermediate)

A combination of strength training exercises for the whole body. With the use of hand weights, enthusiasm and smiles. All of the body benefits from this class. Even the Soul!

Starts Wednesday 31st January 9.30am-10.15am for 9 weeks. Cost \$8 per session.

STRENGTH TRAINING FOR THE YOUNG AT HEART (Intermediate to Advanced)

Join this combination class including the use of weights and formatted sessions. Please bring a drink bottle, hand towel and enthusiastic smiles!

Starts Friday 2nd February 9.30am-10.15am for 9 weeks. Cost \$8 per session.

STRENGTH TRAINING PILATES FOR OVER 50s WITH TERESA

A Pilates class for building inner strength, toning and trimming with all levels welcomed.

Starts Monday 29th January 9.30am-10.15am or 10.30am-11.15am for 8 weeks. Cost \$56 for the term (spot confirmed) or \$8 casual weekly charge (first come first served basis). Please note there will be no sessions on Monday 11th March.

Free Public Internet Access Computers

Beaconsfield Neighbourhood Centre have three computers available for public access throughout the term. Please ring the Centre or come in to see Reception if you wish to use one of the computers during office hours.

POWER PILATES

A low impact workout suitable for all ages and most abilities. This workout is sure to strengthen, lengthen, trim and tone your whole body, including your core. An adaptable workout that allows you to work at your own level and fitness ability. Find your power and your strength again to move easier and feel great everyday.

Starts Friday 2nd February 10.30am-11.15am for 8 weeks.
Cost \$56 for the term or \$8 per session.

DANCERCISE

If you are wanting to improve your fitness yet enjoy dancing too, then this is the class for you! Enjoy rhythmic body warm-ups, easy aerobic Latin dance moves, and a cool down, including relaxing stretches, keeping you supple and flexible, shielding you from future injury. An all-over health experience, improving both cardio-vascular and muscle tone. See you there!

Starts Thursday 8th February 11.15am-12.15pm for 8 weeks.
Cost \$112 for the term.

WALKING GROUP

Would you like to be part of a local walking group and socialise while you get some fresh air and exercise? Come along and join this friendly bunch doing local walks, learning some new trails and enjoying some time outdoors.

Starts Friday 2nd February at 10.00am for 8 weeks.

NEW VOGUE, BALLROOM AND LATIN DANCING

This class would suit those who either "haven't danced for years" and/or those who wish to continue the pleasure from the Beginner stage. Some past dance experience would therefore be preferable in this time slot. Allow yourself to revel in doing further moves to rhythms previously enjoyed. Let the friendships continue!

Starts Tuesday 6th February 7.00pm-8.00pm for 8 weeks.
Cost \$112 for the term.



BEGINNERS BALLROOM DANCING

If you can say "Oh I've never done that", now is your chance! Start the New Year with the joy of dance. Enjoy some easy New Vogue, Ballroom and Latin moves to a variety of rhythms, such as Waltz, Quickstep, Rumba, Jive, and Cha Cha Cha! Release that stress and improve your mental and physical health. At the same time, meet some new friends! Everyone welcome! No previous experience necessary.

Starts Thursday 8th February 7.30pm-8.30pm for 8 weeks.
Cost \$112 for the term.

Creative Art & Home Industry

DRAWING CLASSES WITH JANINE (BEGINNERS)

These classes are for beginners and those looking to reignite their artistic passion. The aim is to provide the tools (where to start and how to become more observant) so interesting subjects can be tackled. The classes can also provide an entry point for those wanting to further explore their creativity in the Painting in Acrylic sessions.

Starts Tuesday 30th and Wednesday 31st January
12.30pm-3.00pm for 9 weeks.
Cost \$144 for the term.

PAINTING IN ACRYLICS

A fun, casual and social painting class. Beginners to advanced. Learn basic techniques or expand your skills in this Adults Only class.

Starts Thursday 1st February 9.30am-12 noon OR 12.30pm-3.00pm for 9 weeks.
Cost \$144 for the term AND Friday 2nd February 9.30am-12 noon for 8 weeks.
Cost \$128 for the term.

PAINTING WITH WATERCOLOURS FOR BEGINNERS

Looking to dip your toes into the world of watercolours painting? Join our beginners watercolour paint class. In this class you will learn the fundamentals of watercolour painting techniques, colour mixing, and brushwork. A materials list will be provided on booking.

Starts Monday 12th February 10.00am-11.00am for 4 weeks.
Cost \$50.

KNITTING GROUP

Come and join us for charity knitting and crochet sessions to help Bless Collective Food Pantry and Beaconsfield Ambulance Service. With many local people currently in need of assistance, we hope this session will help bring knitters together as a social group whilst making items to donate to those in need.

Starts Monday 29th January 1.00-3.00pm for 8 weeks.
Please note there will be no session on Monday 11th March.

PATCHWORK/QUILTING/CRAFT CLASS

All are welcome to come along to this social group where you can finish off your own projects and start new ones. A lovely group of ladies and a friendly atmosphere.

Starts Thursday 1st February 9.30am-12 noon for 9 weeks.
Cost \$4 per session.

MAHJONG

Mahjong is a Chinese game popular during the twentieth century and has spread throughout the world. It is played with tiles based on Chinese characters and symbols. Mahjong can help improve memory and is an excellent social activity. New players are welcome, and we can teach anyone who wants to learn. A scoring table is now available for enthusiasts. It is a pleasant, interesting and challenging activity for all ages. Come and look and see for yourself.

Starts Friday 2nd February 12 noon-2.00pm for 8 weeks.
Cost \$4 per session.

SEWING SISTERS

Join this informal, friendly group from beginners to experienced. Share skills and finish off those UFOs in Quilting, Patchwork, Embroidery, etc. New sisters are very welcome.

Starts Friday 2nd February 9.30am-1.00pm for 8 weeks.
Cost \$4 per session.

PERSONALISED IT HELP

New

Experience personalised learning with our 1-on-1 in-person IT assistance. Whether you're new to technology or seeking to enhance your skills, we are offering 20 minute individual sessions where you can get answers to your device-related questions, learn about software, troubleshoot issues, or explore any IT topic that interests you.

Cost will be \$20 per 20 minute session.

Please register your name with the office and we will contact you to arrange a consultation time.

DIGITAL ESSENTIALS LEVEL 2

New

This course is for those wanting to build their computer skills the following areas:

- Email skills
- Creating in Word and Powerpoint
- Finding information online
- Being social
- Managing information
- Connecting to devices
- Being safe and secure.

Starts Monday 5th February 9.30am-12 noon for 7 weeks.

Cost \$50 including course notes. Please note there will be no session on Monday 11th March.

BEGINNERS IPAD

New

Designed to improve your confidence in using technology with your own iPad in a supportive classroom environment.

You will gain confidence in using everyday technology including:

- Using your iPad
- Starting Apps
- Working with Apps
- Navigating the internet
- Using email
- Changing settings on your iPad
- Setting up Security and Privacy on your iPad.

Starts Tuesday 6th February 9.00am-12 noon for 8 weeks.

Cost \$50 including course notes.

MEET THE TUTOR

Manpreet will be tutoring our Digital Essentials Level 2 and Beginners iPad classes.

Meet Manpreet, a highly passionate and dynamic trainer and mentor, with more than 7 years of experience. Manpreet also has expertise in Leadership and Management, Digital/ IT, Soft Skills, Corporate and Laughter Yoga!



Our computer courses are run in conjunction with Outlook Community Centre. Outlook will also be running the following Term 1 courses in Pakenham:- Xero Accounting, Computer Maintenance, Internet Safety and File Management, Canva, Understanding Digital Devices. For further information on these courses, please contact Outlook directly on 5940 4728.

Dancing with Miss Erin

ME & MY GROWN UP 18 months to 2 years

Come along with your toddler for an introduction to dance and movement with games, toys and music. This class requires an adult to participate and help their child until they are confident and capable to join in on their own.

New

Starts Tuesday 6th February 2.10pm-2.30pm for 8 weeks.

Cost \$68.

TEENY TINY DANCE – Strictly for 2-3 years

A class for the beginner toddler where they will learn dancing games along with basic movement and rhythm.

Starts Tuesday 6th February 12.55pm-1.25pm for 8 weeks.

Cost \$68.

TINY TOTS JAZZ 3-5 years

An energetic class where children learn how to dance and have fun to upbeat children's songs.

Starts Tuesday 6th February 12.15pm-12.45pm for 8 weeks.

Cost \$68.

TINY TOTS BALLET – Strictly for 3-5 years

A slower more poised class learning the basics of ballet and fairy dancing. Please note your child must have turned 3 years old before starting this class.

Starts Tuesday 6th February 1.35pm-2.05pm for 8 weeks.

Cost \$68.

PRE-PRIMARY DANCE 4-6 years (KINDER OR PREP)

This class focuses on further developing skills and discipline through jazz and ballet style dance. Please wear appropriate dance attire and bring a drink bottle to class!

Starts Tuesday 6th February 4.10pm-4.55pm 8 weeks.

Cost \$72.

PRIMARY DANCE 6-8 years

A jazz style based dance class focusing on flexibility, technique and advance routines. Students will learn the discipline of a dance class within a fun and relaxed environment. No strict uniforms, however please come dressed in appropriate dance wear.

Starts Tuesday 6th February 5.00pm-5.45pm for 8 weeks.

Cost \$72.

JUNIOR DANCE 9 years+

A jazz style based dance class suitable for children wanting to begin dancing at an older age. No strict uniforms, however please come dressed in appropriate dance wear.

Starts Tuesday 6th February 5.50pm-6.35pm for 8 weeks.

Cost \$72.

Acro with Miss Erin

Acrobatics uses strength and flexibility to perform gymnastic-based tricks. Students will learn skills in tumbling, flexibility, balance, strength, and coordination in a fun and friendly environment.

Primary Acrobatics 5 years – 8 years.

Starts Thursday 1st February 4.00pm-4.45pm for 9 weeks.

Cost \$99.

Junior Acrobatics 9 years old+.

Starts Thursday 1st February 4.50pm-5.35pm for 9 weeks.

Cost \$99.



Children's Room

Start your child's early learning adventures in our purpose built Children's Room. Journey through these exciting stages of development in a flexible and welcoming environment and be completely ready to enter the formal education system.

Playgroup-For parents/carers with children aged up to 5 years.

Activities are set up ready for you and your children to enjoy. Children require a snack, drink and suitable clothing for messy activities and outdoor play. A great beginning for your child to learn through play and socialising and an opportunity for you to meet other parents from the community. It also familiarises the children with our Children's Room which eases the anxiety when it's time for Occasional Care.

Monday session starts Monday 29th January 9.00am-11.00am for 8 weeks.

Cost for first child \$60, second child \$32, third child and babies under 6 months old \$20.

Please note there will be no session on Monday 11th March.

Tuesday sessions start Tuesday 30th January 9.00am-11.00am and 11.30am-1.30pm for 9 weeks.

Cost for first child \$67.50, second child \$36, third child and babies under 6 months old \$22.50.

Occasional Care

Our Occasional Care program offers quality care for children between 18 months and 5 years. A wide range of activities are provided for the children by our qualified and experienced staff. Occasional Care is often the first time parents leave their children. Our staff are skilled with strategies for separation anxiety and helping you both with the transition. Care can be permanent or casual.

Monday sessions start Monday 29th January 12.30pm-4.30pm for 8 weeks.

Cost \$44 per session. Please note there will be no session on Monday 11th March.

Wednesday, Thursday and Friday sessions start Wednesday 31st January and Thursday 1st February 8.30am-4.30pm for 9 weeks and Friday 2nd February 8.30am-4.30pm for 8 weeks.

Cost \$88 per session.

Emergency and Casual spots are charged at \$12 per hour for a minimum of 3 hours. Please contact the office for availability.

Occasional Care Holiday Program

We now run our popular Occasional Care program through most school holidays. Spots are available to everyone and are booked on a first come first served basis.

Please contact the office for more information and to reserve your spot.

You may be eligible for Child Care Subsidy which would give you discounted fees.

Please see the office for more information.



OTHER USUAL ACTIVITIES AT THE CENTRE

- BNC weekend Hall Hire: Contact Cardinia Shire on 1300 787 624 and ask for Connected Communities.
- Beaconsfield Taekwondo- For class details and availability visit www.beaconsfieldtaekwondo.com.au
- Immunisation: contact Cardinia Council Environmental Health department 5945 0444.
- Judie Hind-Roff. Children and adults counselling. Medicare rebates available. No waiting list. Tel. 0438 995 065.
- Karinya Educational Services: Contact Karen Perrin 0419 875 598.
- Maternal & Child Health at the Centre on Tuesdays, Wednesdays, Fridays and every first & third Thursday of the month. Contact 5943 4250 for all enquiries and appointments.
- Men's Group: contact Ron 0479 105 961 or John 0431 844 833.
- Relationship, Family and Personal Counselling. Contact Kathy Brennan on 0417 038 983 for details.
- Shine Wellbeing- Kids and Tweens Yoga Classes 5-12 years. Contact Melinda 0403 770 289 or email shinewellbeing@yahoo.com
- Silent Disco for movement and mindfulness. Message Amanda for details 0481 999 850.
- Table Tennis Wednesdays: Contact Kevin 0438 638 477.

WEEKEND HALL HIRE

Contact 'Connected Communities'
at Cardinia Shire Council.

Tel. 1300 787 624 or Email
connectedcommunities@cardinia.vic.gov.au

IMMUNISATION TIMES TERM 1, 2024

9.30 am – 11.00 am.	10/1	14/2	13/3	10/4
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TERM DATES FOR 2024

Term 2- Monday 15th April to Friday 28th June

Term 3- Monday 15th July to Friday 20th September

Term 4- Monday 7th October to Friday 13th December

The following services are available at the office...

Photocopying: Black & White A4 20¢, A3 50¢.

Colour A4 50¢, A3 \$1. Laminating: A4 \$2, A3 \$4.

Contact the office with any enquiries on 8768-4400

CHILDREN'S ROOM HIRE

Looking for somewhere to hold your child's birthday party? We have several rooms available and a fantastic outdoor Children's playground. Contact the Office for further details, or to book a tour, on 8768 4400.



Free Hearing Checks with Hearing Australia

Free



Healthy hearing is a big part of life. It keeps us connected to the people and life we love. Good hearing plays a significant role in helping people stay active, happy and involved in the world around them. A hearing check only takes a few minutes and is a quick and easy way to help identify if your hearing might not be as sharp as it used to be. Not everyone who is experiencing problems hearing may need a hearing aid. Sometimes people might just need support listening to the TV at normal volumes, hearing at noisy social events, or hearing friends and family on the phone.

Monday 18th March 1.00pm-3.00pm. Bookings essential.



We would like to thank our advertisers for their assistance in supporting our Neighbourhood Centre.

If you would like to advertise in our Term program please contact Sue in the office 8768-4400.



This program was printed by Bounty Print.

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FIND US ONLINE

www.bncinc.org.au



We have Beaconsfield Neighbourhood Centre GIFT VOUCHERS available for purchase from the office.