



# TERM 4 2025

Monday 6th October to  
Wednesday 17th December

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



## BNC AGM

Tuesday 7th October  
1pm start. Everybody  
welcome. Light  
refreshments  
included.

**Centre Closure: Tuesday 4th November- Melbourne Cup.**

**FREE TAX HELP FOR LOWER INCOME EARNERS** from July to October. Bookings essential.  
For more information and to book your spot, call 8768 4400.

### 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](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







## 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 the remainder of 2025 is \$7.50 Family and \$6 Concession. Workshop memberships are \$4.

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 three times per year. We always welcome new articles so please email any ideas through to [contactus@bncinc.org.au](mailto: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 20th October,  
Monday 17th November and Monday  
15th December 9.30am-12 noon.

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

Contact:- John 0431 844 833.

## BNC BOOK CLUB



Become a founder member of this small group who will meet monthly during the school year.

This initial session will be a planner for next year where we will decide what books to pick for 2026 and how we want the sessions to run. Only 10 spots are available and are sure to go fast.

Tuesday 28th October 7.00pm-8.00pm.  
No cost for this initial session.

[www.bncinc.org.au](http://www.bncinc.org.au)

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

 Digital Pacific

We would like to thank Digital Pacific for their continued support of our Neighbourhood Centre through their generous donation of web hosting for our website.

## Term 4 Highlights

### Navigating through Life's Transitions- a Free Talk

Feeling STUCK, OVERWHELMED, and not sure how to MOVE FORWARD? Come and discover how to use the tools which will help you create the life you were meant to lead. A life with balance, flow & a renewed zest for living.

This free event, facilitated by Jan Dillon- Health and Wellbeing Coach, will help you identify the things that are getting in the way of you achieving the life you want, NOT the life you fear.

**Tuesday 14th October 7.00pm start.**

**This session is free but advance bookings essential.**



### Authentically You

Following on from her free talk in October, Jan Dillon brings this 6 week program specifically designed to empower both men & women to -

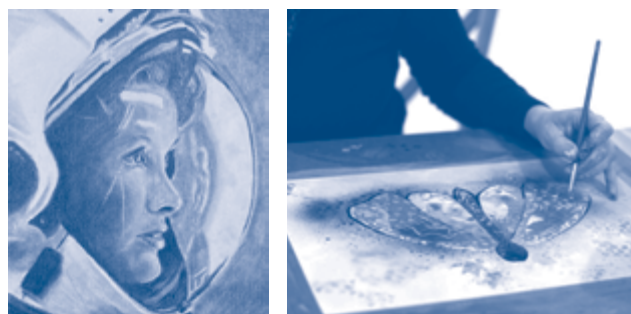
- Identify your BIGGER PURPOSE
- Create your VISION & MISSION & align them with your VALUES (the things you love)
- Gain CLARITY on the direction to take & help with the steps to get there
- Discover you're UNIQUE STRENGTHS so you're motivated by passion
- Help you self-regulate FEAR, STRESS & ANXIETY
- Increase your SELF-BELIEF & CONFIDENCE
- LET GO of things that don't serve you like perfectionism, fear of failure, procrastination
- Create BALANCE & FLOW in all areas of life
- SELF-CARE habits for your emotional and physical HEALTH & WELLBEING
- Find more joy and inner peace by being AUTHENTICALLY YOU
- Improve the quality of your RELATIONSHIPS
- Join a community of like-minded people wanting more FUN, CREATIVITY & CONNECTION

**Starts Tuesday 11th November 7.00pm for 6 weeks. Cost \$120.**

### BEGINNERS DRAWING WITH CRISS

Discover the art of drawing—one line at a time! We'll explore everything from technical skills like proportion, shading, and perspective to expressive approaches that bring energy and personality to your art. Using graphite, charcoal, white-on-black techniques, and even abstract mark-making, you'll build confidence with a wide range of drawing materials. Each week combines structured lessons with playful creative exercises designed to unlock your right-brain and sharpen your eye. By the end of term, you'll have a strong foundation in drawing and a toolbox of techniques.

**Starts Monday 13th October 9.30am-12 noon for 10 weeks. Cost \$250. A materials list will be provided when booking.**



### MIXED MEDIA FOR BEGINNERS WITH CRISS

This 10-week course is all about play, experimentation, and building confidence in your creativity. You'll explore stencils, spray paints, inks, collage, and more—layering textures and techniques to create striking, original works. Along the way, you'll build your own library of custom collage papers and step-by-step notes to keep experimenting at home. By the end of term, you'll have 4-6 finished A3 artworks plus the skills (and courage) to keep following your curiosity.

**Starts Monday 13th October 12.30pm-3.00pm for 10 weeks. Cost \$300. All materials are included.**

### MANDALA BAUBLES – A FESTIVE ART WORKSHOP

Celebrate the season with colour, and creativity! In this joyful workshop, you'll learn to design stunning mandala patterns on flat acrylic baubles—transforming them into unique and charming Christmas ornaments.

You'll take home four beautifully decorated baubles, perfect for gifting or adorning your tree.

**Monday 8th December 1.00pm-3.00pm. Cost \$55 (includes all materials.) No experience needed—just bring your holiday spirit!**



# Look After Yourself

## For the social...

### FESTIVE WINE CLUB- YOU DECIDE!

Book in and tell us what type of wines you'd like to try at this special event. Spots are limited so secure yours today with Reception.

**Thursday 27th November**  
**7.00pm start.**  
**Cost \$20 per person.**



### 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 20th October, Monday 17th November and Monday 15th December 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.

**Running Mondays 1.00pm-3.00pm. Cost \$5 per session.**  
**Please contact the office to register your interest as this session is currently full.**

### 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 10th October 10.00am-12 noon and runs fortnightly thereafter. Cost \$3.**

### 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 30th October, Thursday 27th November 1.00pm-5.00pm. December date TBC. Cost \$5 per session.**

## 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 7th October 9.15am-10.30am for 10 weeks.**  
**Cost \$140 or \$15 weekly. (Please note there will be no session on Tuesday 4th November).**

### 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 9th October 6.00pm-7.15pm for 10 weeks.**  
**Cost \$140 for the term.**

### 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.

**Monday 10th November 1.00pm-2.00pm.**  
**Cost \$10.**

### 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 12th November 10.30am-11.30am for 6 weeks. Cost \$2 per session.**

## 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 6th and Thursday 9th October 12.30pm-3.00pm and Friday 10th October 12.00pm-3.00pm for 11 weeks.**  
**Cost is \$5 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 7th October 10.00am-12 noon for 10 weeks.**  
**Cost \$7 per week. (Please note there will be no session on Tuesday 4th November).**

### 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 9th October 10.00am-12 noon for 10 weeks.**  
**Cost \$7 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 8th October 9.30am-10.15am for 11 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 10th October 9.30am-10.15am for 10 weeks.**  
**Cost \$8 per session.**

**Beaconsfield Neighbourhood Centre is supported by:**



## STRENGTH TRAINING PILATES FOR OVER 50s WITH TERESA

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

**Starts Monday 6th October 9.30am-10.15am or 10.30am-11.15am for 11 weeks. Cost \$77 for the term (spot confirmed) or \$8 casual weekly charge (if any spaces remain- please call to confirm).**

## 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 10th October 10.30am-11.15am for 10 weeks. Cost \$70 for the term (spot confirmed) or \$8 casual weekly charge (if any spaces remain- please call to confirm).**

## 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 10th October at 10.00am for 10 weeks.**

## NEW VOGUE, BALLROOM AND LATIN DANCING

How about you start something new today and make friends too? Come and join us for some fun learning easy New Vogue, Ballroom & Latin dances with lots of happy interaction. Our qualified instructor ensures that everyone enjoys acquiring new skills, whilst gaining many health benefits from this joyful exercise. Enrol now and discover a new you!

**Starts Tuesday 7th October 7.00pm-8.00pm for 10 weeks. Cost \$140 for the term. (Please note, there will be no session on Tuesday 4th November).**

# Creative Art & Home Industry

## PHOTOGRAPHY

This introductory course with practical workshops provides a foundation in digital photography for beginners and for people wanting to learn more about photography and their camera. You will learn how to move beyond boring iPhone photos, automatic settings and gain technical and creative control over your camera and the images to create. Key topics include Camera Basics, Exposures, Composition, Lighting and Focus.

The course will wrap up with a field trip to develop your eye and skills using a photographer's brief and put your learnings into action.

By the end of this course, you will better understand your camera and you'll be able capture striking photographs that grab people's attention.

**Starts Tuesday 21st October 7.00pm-9.00pm for 6 weeks. Cost \$200. (Please note, there will be no session on Tuesday 4th November).**



## KNITTING GROUP

Free

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 6th October 1.00-3.00pm for 11 weeks.**

## 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 9th October 9.30am-12 noon for 10 weeks. Cost \$5 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 10th October 11.00am-1.00pm for 10 weeks. Cost \$5 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 10th October 9.30am-1.00pm for 10 weeks. Cost \$5 per session.**

## GUITAR STRUMMING GROUP

This session will be for beginners who want to learn to play the guitar as a rhythm instrument and/or to play along with others in a group. For those who have never played before you will learn some basic chords and strumming patterns. For the more intermediate it will be an opportunity to learn and share ways to vary the playing of a song. You will need a guitar, tuner, music stand and a capo.

**Running Tuesday 14th and 28th October, Tuesday 11th and 25th November and Tuesday 9th December 2.00pm-4.00pm. Cost \$15 per session.**



## BNC SINGING GROUP

Basing our songs on covers from the 50s to the 70s chosen by the attendees, our wonderful guitar player Edward will strum along and add some tunes to the words. This is a friendly, social group where fun and singing are priority.

**Running Monday 13th and 27th October, Monday 10th and 24th November and Monday 8th December 10.00am-12 noon. Cost \$10 per session.**

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

## DIGITAL LITERACY FOR ADULTS

Do you want to feel more comfortable on a computer? Have you lost the confidence you once had and need to keep up with technology? Come along and learn how technology can benefit you for personal and work use. This course covers Word, Excel, PowerPoint, Emails, Online Searching and Staying Safe Online.

**Monday 13th October 9.30am-12.30pm for 9 weeks.**

**Cost \$50. Please note, there will be no session on Monday 20th October.**



## Dancing with Miss Erin

**Please note, there will be no dance running on Tuesday 4th November.**

### 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 7th October 1.10pm-1.40pm for 10 weeks. Cost \$85.**

### 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 7th October 12.30pm-1.00pm for 10 weeks. Cost \$85.**

### 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 7th October 1.50pm-2.20pm for 10 weeks. Cost \$85.**



## PERSONALISED IT HELP

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.**

## 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 7th October 4.10pm-4.55pm for 10 weeks. Cost \$90.**

## 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 7th October 5.00pm-5.45pm for 10 weeks. Cost \$90.**

## 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 7th October 5.50pm-6.35pm for 10 weeks. Cost \$90.**

## 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 9th October 4.00pm-4.45pm for 10 weeks. Cost \$110.**

**Junior Acrobatics 9 years old+.**

**Starts Thursday 9th October 4.50pm-5.35pm for 10 weeks. Cost \$110.**







# 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.

**Starts Tuesday 7th October 9.00am-11.00am and 11.30am-1.30pm for 10 weeks.**

**Cost for first child \$75, second child \$40, third child and babies under 6 months old \$25.**

**Please note, there will be no Playgroup on Tuesday 4th November.**

## PLAYGROUP 2026 ENROLMENT DAY - TUESDAY 25TH NOVEMBER 9AM-12 NOON

For all Playgroups in 2026, a \$20 non-refundable deposit will be required to secure your position.

Bookings are taken on a first come, first served basis. 2026 Playgroup will run  
Tuesdays 9.00am-11.00am and 11.30am-1.30pm.

## 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.

**Sessions start Monday 6th October and run Mondays, Wednesdays, Thursdays and Fridays 8.30am-4.30pm for 11 weeks. Cost \$91.20 per session.**

**Occasional Care 2026- Enrolments are now open.**

**A \$20 non-refundable deposit is required to secure your spot.**

**Emergency and casual spots are charged at \$12.50 per hour for a minimum of 3 hours. Please contact the Children's Room directly on 0413 054 559 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 Children's Room directly on 0413 054 559 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](http://www.beaconsfieldtaekwondo.com.au)
- Counselling - Students, Adults, Couples & Families. Contact Kathy Brennan on 0417 038 983 for details.
- Fire Church: Every Sunday 10.00am. Contact Lee on 0420 942 940.
- Happiness is the path: Holistic wellbeing, mindfulness and life coach. Contact Sanjaya on 0493 104 233 or visit [www.happinessisthepath.com](http://www.happinessisthepath.com)
- 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. Social group for men nearing or entering retirement: contact John 0431 844 833.
- 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](mailto:connectedcommunities@cardinia.vic.gov.au)

## IMMUNISATION TIMES TERM 4, 2025

9.30 am – 11.00 am.	8/10	12/11	10/12
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## TERM DATES FOR 2026

**Term 1- Tuesday 27th Jan to Thursday 2nd April**

**Term 2- Monday 20th April to Friday 26th June**

**Term 3- Monday 13th July to Friday 18th Sept**

**Term 4- Monday 5th Oct to Friday 18th Dec**

**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

BNC would like to thank Community Bank  
Beaconsfield District and Woolworths Beaconsfield  
for their wonderful support of our food pantry  
providing food and pantry items for those in need.



Community Bank  
Beaconsfield  
District

## BNC is now registered with the Victorian Container Deposit Scheme.



If you would like to make a donation to  
the Centre when recycling your  
containers, please use the barcode  
shown or input the code C2000009139

**We thank you for your donations.**



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.

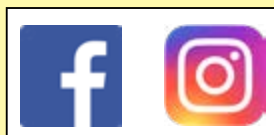


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## FIND US ONLINE

[www.bncinc.org.au](http://www.bncinc.org.au)



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