



TERM 1 2025

Wednesday 29th January
to Friday 4th April

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



Centre Closure: Monday 10th 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





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 2025 is \$15.00 Family and \$12 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 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 20th January, Monday 17th February and Monday 17th March
9.30am-12 noon.

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

Contact:-
John 0431 844 833.

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www.bncinc.org.au

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



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.

Living at home for longer seminar

Free

This talk will provide advice, tips and insights on how to continue living in your own home well into your senior years.

The seminar is tailored for those aged over 65 years who want to know how to access government-funded subsidies to help them live happily at home for longer. The seminar also provides advice on navigating the 'My Aged Care' system.

Wednesday 26th February 10.30am-12 noon. There is no cost for this session but advance booking is required to confirm numbers.



Gambling Harm Prevention Talk

Free

This free talk is facilitated by Better Health Network with the aim of providing tips for talking to young people about gaming and gambling, the various forms of gambling, the effects of gambling harm, the relationship between gaming and gambling and lastly where to get help from.

Monday 24th March 7.00pm-8.30pm. Bookings are essential to confirm numbers.



Music at BNC

Please contact the office on 8768 4400 to register your details.



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. Expressions of interest now being taken for Monday evenings and/or Wednesday afternoons.



BNC SINGING GROUP

Expressions of interest are now open for our newly restructured 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. Sessions possibly on a Monday morning monthly but please still register your name if this does not work and advise what times and days would be preferable.

ELDERLY TALK

Free

This special presentation will cover the following areas:- Understanding falls and their impact, preventive measures, creating a safe living environment, promoting happiness and quality of life. A Q&A session will also be provided along with free blood pressure checks and merchandise to take home.

Wednesday 5th March 10.00am-12 noon. This session is free but we do require advance bookings to confirm numbers on the day.

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 20th January, Monday 17th February and Monday 17th 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 3rd February 1.00pm-3.00pm for 8 weeks. Cost \$5 per session. Please note, there will be no session on Monday 10th 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 31st January 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 27th February and Thursday 27th March 1.00pm-5.00pm. Cost \$5 per session.

WINE CLUB

We welcome new and familiar faces to this social gathering where we will taste different wines and learn the various origins and qualities whilst enjoying some tasty nibbles. If you are looking for something friendly, social and a bit of fun, come and join us.

Thursday 27th March 7.00pm-9.00pm. Cost \$20 per person, bookings essential to confirm numbers and amount of bottles required.

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 4th February 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 6th February 6.00pm-7.15pm for 9 weeks. Cost \$126 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.

Please register your interest at the office and we will contact you to confirm dates and times for Term 1. Cost per week will be \$10 for a 1 hour session.

For the energetic...

BOLLYWOOD DANCE WITH KRISHNA

NEW

Led by the talented and experienced Krishna, come along to learn authentic Bollywood choreography whilst improving your dance skills and confidence. The classes offer a fun, energetic and dynamic workout. No experience required.

Starts Thursday 13th February 6.30pm-7.30pm for 8 weeks. Cost \$96.



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 3rd February 12.30pm-3.00pm for 8 weeks, Thursday 30th January 12.30-3.00pm for 10 weeks and Friday 31st January 12.00pm-3.00pm for 10 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 4th February 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 30th January 10.00am-11.15am for 10 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 29th January 9.30am-10.15am for 10 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 31st January 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 3rd February 9.30am-10.15am or 10.30am-11.15am for 8 weeks. Cost \$56 for the term (spot confirmed). A casual spot at \$8 may be available but can only be confirmed 5 minutes prior to the start of the class. Please note, there will be no sessions on Monday 10th March.

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 31st January 10.30am-11.15am for 10 weeks. Cost \$70 for the term (spot confirmed). A casual spot at \$8 may be available but can only be confirmed 5 minutes prior to the start of the class.

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 31st January at 10.00am for 10 weeks.

New Vogue, Ballroom and Latin Dancing



BEGINNERS

Cast off those winter chills and enjoy happy social interaction, and improved mental and physical health, whilst discovering the warmth of dance! You will learn a variety of rhythms from easy well known sequenced dances, to stimulating Latin and Ballroom styles. All those new to the joy of dance are welcome, including singles or couples.

Starts Thursday 13th February 7.30pm-8.30pm for 8 weeks. Cost \$112 for the term.

BEGINNERS/INTERMEDIATE

Continue your dancing journey involving everything from Slow Foxtrots to Sambas. Some new dances will be introduced, as well as revision of all those favourites already enjoyed. Those with some previous dance experience (no matter what style) is preferable for this class.

Starts Tuesday 4th February 7.00pm-8.00pm for 9 weeks. Cost \$126 for the term.

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

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 Wednesday 29th January 12.30pm-3.00pm for 10 weeks. Cost \$160 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 30th January 9.30am-12 noon OR 12.30pm-3.00pm for 10 weeks. Cost \$160 for the term. And Friday 31st January 9.30am-12 noon OR 12.30pm-3.00pm for 9 weeks. Cost \$144 for the term. Please note there will be no sessions on Friday 21st February.

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 3rd February 1.00-3.00pm for 9 weeks. Please note, there will be no session on Monday 10th 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 30th January 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 31st January 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 31st January 9.30am-1.00pm for 10 weeks. Cost \$5 per session.

Financial Literacy- free one on one workshops

CNCISS

Free

CNCISS are a not for profit, government funded agency providing free one on one information sessions.

Cost of Living Pressures??

If you are worried about:

- Mortgage or rent payments.
- Interest rate rises
- Everyday cost of living
- Paying your bills



These free sessions will be with a qualified Financial Counsellor and be completely private and confidential.

Starts Thursday 13th February and running every second week during Term 1.

Advanced bookings only taken for 10am, 11.30am and 1pm each fortnight. No walk-ins.

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.

UNDERSTANDING DIGITAL DEVICES

Would you like to improve your understanding of technology?

Explore the use of digital devices, their functionality and the ways you can use these to connect with others. Learn how to access services over the internet and gain confidence to transfer your skills to different digital contexts.

Includes: • Building email and internet skills • Creating, saving and file management • Using the cloud • Being social online (video meetings) • Downloading templates • Security considerations

This course can cater to both iPads and Laptops.

Starts Monday 3rd February 9.30am-1.00pm for 8 weeks.

Please note, there will be no session on Monday 10th March.

Dancing with Miss Erin

Miss Erin will be away having her own tiny dancer in Term 1 so we welcome Miss Hailey to fill in for both Dance and Acro. Miss Erin will be back for Term 2!



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 4th February 12.55pm-1.25pm for 9 weeks. Cost \$76.50.

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 4th February 12.15pm-12.45pm for 9 weeks. Cost \$76.50.

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 4th February 1.35pm-2.05pm for 9 weeks. Cost \$76.50.

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 4th February 4.10pm-4.55pm 9 weeks. Cost \$81.

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 4th February 5.00pm-5.45pm for 9 weeks. Cost \$81.

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 4th February 5.50pm-6.35pm for 9 weeks. Cost \$81.

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 6th February 4.00pm-4.45pm for 9 weeks. Cost \$99.

Junior Acrobatics 9 years old+.

Starts Thursday 6th February 4.50pm-5.35pm for 9 weeks. Cost \$99.



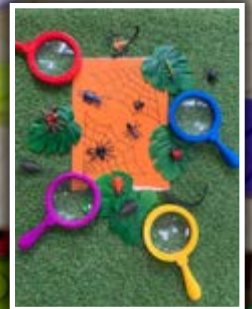
Children's Room

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.

Sessions start Tuesday 4th February 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.

Sessions start Wednesday 29th January and run Mondays, Wednesdays, Thursdays and Fridays 8.30am-4.30pm for 10 weeks. Cost \$91.20 per session.



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
- Counselling - Students, Adults, Couples & Families. Contact Kathy Brennan on 0417 038 983 for details.
- Immunisation: contact Cardinia Council Environmental Health department 5945 0444.
- Happiness is the path: Holistic wellbeing, mindfulness and life coach. Contact Sanjaya on 0493 104 233 or visit www.happinessisthepath.com
- 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.
- NRich Learning: Affordable and effective tuition services available in Beaconsfield. Contact Seema on 0434 678 639 to discuss the academic needs of your child.
- 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, 2025

9.30 am – 11.00 am.	8/1	12/2	12/3	9/4
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TERM DATES FOR 2025

Term 2- Tues 22nd April to Fri 4th July
Term 3- Mon 21st July to Fri 19th September
Term 4- Mon 6th October to Wed 17th 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

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.

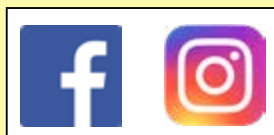
If you would like to advertise in our Term program please contact Sue in the office 8768-4400.

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FIND US ONLINE

www.bncinc.org.au



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