



TERM 3 2025

Monday 21st July to Friday 19th September

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



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 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 three times per year. 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 21st July, Monday 18th August and Monday 15th September
9.30am-12 noon.

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

Contact:-
John 0431 844 833.

Room Hire at BNC



BNC has several room options for weekday hire depending on your needs:-

Hall (Mon-Thurs evenings only)

Meeting Room

Craft Room

VIP/Consulting Room

Please contact Leanne on 8768 4400 or admin@bncinc.org.au for more information or to book a viewing.

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 3 Highlights

Cheesemaking Workshop

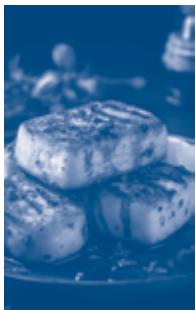
Join us and learn how to make the following cheeses:

HALLOUMI - a wonderful cheese for frying

MOZZARELLA – great for pizza and pasta dishes

PANEER (lemon cheese) - used in Indian curries as a substitute for meat

RICOTTA - used for a toast topper or for cooking



You will learn through demonstrations how to make these cheeses using ingredients that you will most likely have in your fridge or pantry. Sample the cheeses that are made during the workshops and enjoy other cheeses on a platter for you to try.

Monday 11th August 6.30pm-8.00pm.

Cost \$45 per person.

PHOTOGRAPHY

New

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 29th July 7.00pm-9.00pm for 8 weeks.

Cost \$240 with all notes included.



Craft workshops with Manpreet

KALAMKARI INDIAN ART FRIDGE MAGNETS

Come and explore the intricate and stunning world of Kalamkari designs. You'll learn simple techniques for designing with acrylic paints and fine-tip pens. By the end of the session, you'll have two beautifully hand-painted fridge magnets that will add a creative flair to your space or make for a thoughtful, handcrafted gift.

Monday 4th August 1.00pm-3.00pm.

Cost \$65 with all materials included. No experience necessary.

TRADITIONAL INDIAN ELEPHANT WALL HANGING CRAFT

Step into the world of Indian folk art with this engaging craft session, where you'll create a stunning elephant-themed wall hanging inspired by traditional designs - using cardboard, acrylic paints and pens, mirror embellishments and pom poms! Elephants symbolize strength, wisdom, and good fortune, making them a perfect addition to any space and perfect for adding a cultural touch to your home or gifting to a loved one.

Monday 18th August 1.00pm-3.00pm.

Cost \$65 with all materials included. No experience necessary.

SERENE LOTUS POND CREATION

Immerse yourself in the beauty of lotus-inspired artistry with this hands-on craft session. Learn how to craft a miniature lotus pond using clay, paints, and embellishments. Learn to shape lotus flowers, leaves and pond textures. Ideal for a tranquil decorative piece or a thoughtful handmade gift.

Monday 8th September 1.00pm-3.00pm.

Cost \$80 with all materials included.

No experience necessary.

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. To book a tour, or for further information, please contact Leanne on 8768 4400.



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 21st July, Monday 18th August and Monday 15th September 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 25th July 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 24th July, Thursday 28th August and Thursday 25th September 1.00pm-5.00pm. 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 22nd July 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 24th July 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. Cost per week will be \$10 for a 1 hour session.

SIT DOWN EXERCISE

New day and time
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 Tuesday 22nd July 11.00am-12 noon for 4 weeks. Cost \$2 per session.

for the energetic...

BOLLYWOOD DANCE WITH KRISHNA

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 Monday 28th July 6.30pm-7.30pm for 8 weeks. Cost \$96.

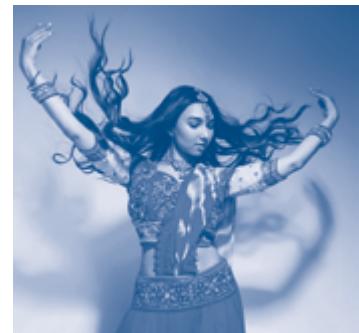


TABLE TENNIS FOR OVER 50s

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 21st and Thursday 24th July 12.30pm-3.00pm and Friday 25th July 12.00pm-3.00pm for 9 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 22nd July 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 24th July 10.00am-12 noon for 9 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 23rd July 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 25th July 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 21st July 9.30am-10.15am or 10.30am-11.15am for 9 weeks. Cost \$63 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 25th July 10.30am-11.15am for 9 weeks. Cost \$63 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 25th July at 10.00am for 9 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 29th July 7.00pm-8.00pm 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 Wednesday 23rd July 12.30pm-3.00pm for 9 weeks. We are not currently taking any new students in this class.

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 24th and Friday 25th July 9.30am-12 noon OR 12.30pm-3.00pm for 9 weeks. We are not currently taking any new students in this class.

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 21st July 1.00-3.00pm for 9 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 24th July 9.30am-12 noon for 9 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 25th July 11.00am-1.00pm for 9 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 25th July 9.30am-1.00pm for 9 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 22nd July, Tuesday 12th and 26th August 2.00pm-4.00pm.

September dates to be confirmed.

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 21st July, Monday 11th and Monday 25th August 10.00am-12 noon. September dates to be confirmed.

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.

Beaconsfield Neighbourhood Centre is supported by:



Computers, Financial Help and Children's Programs.

DIGITAL LITERACY FOR ADULTS

New

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.

Starts Monday 21st July 9.30am-12.30pm for 9 weeks.

Cost \$50.



Dancing with Miss Erin

Welcome Back Miss Erin!

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 22nd July 1.10pm-1.40pm 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 22nd July 12.30pm-1.00pm 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 22nd July 1.50pm-2.20pm for 9 weeks.

Cost \$76.50.



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 22nd July 4.10pm-4.55pm for 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 22nd July 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 22nd July 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 24th July 4.00pm-4.45pm for 9 weeks.

Cost \$99.

Junior Acrobatics 9 years old+.

Starts Thursday 24th July 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.

Starts Tuesday 22nd July 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.

Starts Monday 21st July and runs Mondays, Wednesdays, Thursdays and

Fridays 8.30am-4.30pm for 9 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.
- Fire Church: Every Sunday 10.00am. Contact Lee on 0420 942 940.
- 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 Ron 0479 105 961 or 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

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.

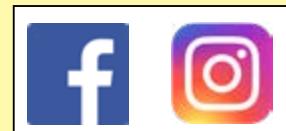


This program was printed by Bounty Print.
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FIND US ONLINE

www.bncinc.org.au



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

IMMUNISATION TIMES TERM 3, 2025

9.30 am – 11.00 am. 9/7 13/8 10/9 8/10

TERM DATES FOR 2025

**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