



TERM 2

Monday 16th April to
Friday 29th June

2018

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



Centre Closures- Wednesday 25th April (Anzac Day) & Monday 11th June (Queen's Birthday).

CENTRE CONTACT DETAILS:

Office hours: Monday – Thursday 9.00am - 3.00pm and Friday 9.00am - 1.00pm during school terms.
Phone 8768 4400 Fax 8768 4432 Email contactus@bncinc.org.au 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.

Membership

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.

Membership for 2018 is \$12 Family or \$10 Concession.

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.

Early Learning, Three Year Old Program & Playgroups

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

Cardinia Shire Volunteer Subsidy

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

The following services are available at the office...

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

Faxing: \$1.50 first page, 50¢ subsequent pages

Laminating: A4 \$2, A3 \$4

Contact the office with any enquiries on 8768-4400

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



EASY CHILL COOL ROOM HIRE

For all your:

- Parties • Events • Extra storage during peak times • Breakdowns
- Sausage sizzles and functions

Holding an event where you need to keep your stock cold for the big day? We are a new local business servicing the south eastern suburbs, located in Beaconsfield where we bring the cool room to you.

0425 735 893

easychillservices@gmail.com

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 16th April

Monday 21st May

Monday 18th June

9.30am - 12.00 noon.

Cost:- Free for your first session and \$5 for every session thereafter. Contact:- John 0402 206 689 or Ian 0428 555 425.

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.

Beaconsfield Quilters

A member of the Victorian Quilters Guild meet at the Beaconsfield Neighbourhood Centre on the second Friday of the month during the school term from 10.30am – 2.00pm. Your first visit is free – come and have a look at what we do.

BNC Meetings...

Our Committee meets in the 2nd week of every month. Please contact the office to confirm the next date and time.

Term 2 Workshops

HLTAID003 PROVIDE FIRST AID

BLENDED DELIVERY – 1 DAY CLASS TIME

This course is suited for people new to first aid and comfortable learning in a blended delivery setting. This course is made up of 1 day face to face training plus approximately 8 hours of home based learning – (practical competencies and some theory covered in class). Complete assessment quiz prior to training day.

This delivery option covers the practical assessment requirements plus further course theory in class. Participants are required to complete a theory assessment pre-course. If participants have not completed the theory assessment prior to attending the course they will then have 14 days to submit a successful theory assessment. Students will not be deemed competent until they have passed all theory and practical assessments.

Saturday 2nd June 9.30am-11.30am CPR Only. Cost \$75.
9.30am-1.30pm 4 hours blended delivery for experienced first aiders. Cost \$145.
9.30am-3.30pm Full day beginners course. Cost \$170.
Cardinia volunteer subsidy applies.

BASE MAKEUP FROM SCRATCH

Are you ready to update your makeup or just want a change? Short of ideas and want to freshen up your image? Danielle from Le Belle Allure will take you through applying your base foundation, concealers, bronzers, blushes and powders in this 2 hour workshop. All ages and levels welcome in our friendly environment. Come and have some fun then leave with a wealth of knowledge.

Friday 18th May 10.00am-12noon. Cost \$65 with all materials included.



FLORAL DESIGN WORKSHOP

Enjoy learning how to make a fresh flower arrangement that you can take home. Great value from a qualified floral art judge.

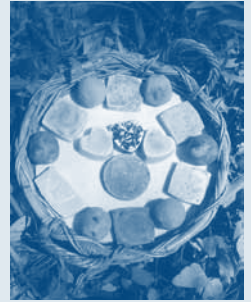
Friday 15th June. 12.30pm-2.30pm.
Cost \$15 + \$20 materials. Please bring your own pair of scissors or secateurs to this workshop.



NATURAL HANDMADE COLD PRESS SOAPMAKING

This is a fun two hour hands-on workshop. Sharnn will provide all the equipment and ingredients, handouts and instruction on safety, materials, ingredients and method. Everyone helps to make a big batch of soap which is then divided up for people to take home 500ml (5 bars). Why not make some soap with your mum in time for Mother's Day?

Monday 7th May. 1.00pm-3.00pm.
Cost \$55 per person plus \$5 materials fee to the tutor.



CHILDREN'S ROOM HOLIDAY PROGRAM - 18 MONTHS TO 6 YEARS OLD



Children aged from 18 months to 6 years old are invited to attend a session of fun activities including: Art & Crafts, party games, outside play (weather dependant), and stories and songs. Supervised care from qualified and experienced staff. Children will bring their own packed lunch to enjoy together and will receive a special party bag to take home.

Tuesday 3rd July to Thursday 5th July and Tuesday 10th July to Thursday 12th July. 10.00am-2.00pm. Cost \$30.00 per child, per session. With limited places available, enrolments will be taken on a first come, first served basis with full payment required in advance to secure your child's spot. Sessions only run once we achieve minimum numbers.

Free Tax Help Information Session

Come along and meet the friendly staff from the Australian Taxation Office presenting a community talk about Tax and what you need to know. The ATO staff can give you an understanding of:

- Why we pay tax
- Lodging online using myTax
- Connecting to the ATO
- Your personal information

There will also be brochures and support materials available. Staff will be available to answer your enquiries.

Tuesday 29th May 1pm-2pm. This workshop is free but advanced booking is essential to confirm numbers.



Australian Government
Australian Taxation Office

Look After Yourself

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.

Starts Monday 16th April 1.00pm-3.00pm and Thursday 19th April 12.15pm-2.15pm. Cost is \$4 per session. Competition Fridays 12.00noon-3.00pm. This session only runs on certain Fridays of the month so please contact Reception for dates.

LINE DANCING with Bev

Come along and enjoy all types of music with each session catered to a particular level.

Beginners starts Tuesday 17th April 9.30am-12noon for 11 weeks. Cost \$66 per term or \$7 weekly. General starts Thursday 19th April 10.00am-11.00am for 11 weeks. Cost \$55 per term or \$6 weekly.



STRENGTH TRAINING for over 50s with Simone

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

Starts Monday 16th April 9.30am-10.15am OR 10.30am-11.15am for 9 weeks. Cost \$63 for the full term (spot confirmed) or \$8 casual weekly charge (first come first served). Please note there will be no sessions on Monday 11th June.

STRENGTH TRAINING with Debbie

Extra session added

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 18th April 9.30am-10.15am for 10 weeks. Cost \$7 weekly. Please note there will be no session Wednesday 25th April.

New interval/circuit session for Over 50s starts Tuesday 24th April 9.30am-10.15am for 10 weeks. Cost \$7 per session.

STRENGTH TRAINING PILATES

Suitable for all ages and levels, this class will assist in building inner strength whilst toning and trimming all those important areas.

Starts Friday 20th April 9.30am-10.15am (Advanced) or 10.30am-11.15am for 10 weeks. Cost \$70 for the term (spot confirmed) or \$8 casual weekly charge (first come, first served).



For the body and mind

YOGA with Karen

Hatha Yoga classes accommodate all ages and levels from beginner to advanced. Each class is a well-balanced, time effective workout including Yoga postures, stretching exercises, body toning and joint lubrication exercises, posture and balance, corrective breathing, energy flow, concentration, meditation and relaxation techniques.

Evening sessions start Monday 16th April 7.30pm-8.45pm for 10 weeks. Cost \$120. AND Thursday 19th April 6.00pm-7.15pm for 11 weeks. Cost \$132. Daytime session starts Tuesday 17th April 9.15am-10.30am for 11 weeks. Cost \$132 for the term or \$13 weekly. Please note, there will be no session on Monday 11th June.

Please note that no weekly payments will be taken on the night for evening sessions, so prior term payment is required to confirm attendance.

BEGINNERS YOGA with Karen

NEW

Ever wanted to try Yoga and not know where to start? Join Karen on this 6 week Beginners Yoga Program and then progress to one of her regular Yoga classes the following term.

Starts Monday 23rd April 6.00pm-7.15pm for 6 weeks. Cost \$72.

YOGA with Anna

Hatha Yoga is a means of maintaining health and wellbeing in an increasingly stressful society. This class incorporates breath awareness, body movement, calmness of the mind and relaxation. Suitable for all ages and flexibility.

Starts Wednesday 18th April 9.30am-10.45am for 10 weeks. Cost \$120 for the full term (spot confirmed) or \$13 casual weekly charge (first come first served). Please note there will be no session on Wednesday 25th April.



SIT DOWN EXERCISE

Gold Coin donation

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 18th April 10.30am-11.30am. Cost \$2 donation to the Centre. Please note there will be no session on Wednesday 25th April.**

MEDITATION WITH SHARON

NEW

Discover the benefits of meditation. At the physical, emotional, intellectual and spiritual levels, enjoy inner peace and personal transformation throughout your daily life. A wonderful modality to assist with stress and anxiety.

Join me for a guided meditation on a journey you will find calming and insightful. Please wear comfortable clothing and bring a water bottle. You may also like to bring a journal, pen and a blanket for warmth. Starts Tuesday 1st May 11.00am-12noon for 9 weeks. Cost \$117.

bodyART with Jaye

Come and try this fabulous, holistic class and you won't be disappointed. Using functional strength and stabilising exercises, the principles of Yin and Yang and the 5 energy phases of Earth, Wood, Fire, Metal and Water. bodyART training will ensure correct function of the entire body at a pace you are comfortable with. You may not have heard of bodyART but it does have a big following in Europe, Canada and New York where it is favoured by Madonna and dancers. Students only need bring a mat and towel to participate.

Starts Monday 23rd April 11.30am-12.30pm for 9 weeks. Cost \$108. Please note there will be no session on Monday 11th June.



ADVANCED PERGAMANO CARDS

Parchment Craft is the embossing, perforating and colouring of vellum parchment paper. You can make beautiful cards that look like paper lace with just a few tools. You don't have to be an artist, as the patterns can be traced.

Starts Wednesday 18th April 12.45pm-2.45pm for 10 weeks. Cost \$120 for the term. Please note there will be no session on Wednesday 25th April.



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 19th April 9.30am-12noon for 11 weeks. Cost \$4 per session.



KNITTING GROUP

Come and join us for charity knitting and crochet sessions to help 4Cs. Many families are in need of lots of knitted items and we hope through this fun and rewarding session to be able to make these items to donate.

Starts Monday 16th April 1.00pm-3.00pm for 10 weeks. No cost for this session. Please note, the group will not run on Monday 11th June.



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 19th April 9.30am-12noon or 12.30pm-3.00pm for 11 weeks. Cost \$154 for the term.



SEWING AND CRAFT GROUP

Join this informal friendly group from beginners to experienced. Share skills and finish off those UFOs.

Starts Friday 27th April 9.30am-1.00pm for 8 weeks. Cost \$4 per session.

(This group will not run on the second Friday of each month due to the Quilters Guild Meeting.)

SPANISH FOR BEGINNERS LEVEL 2

Moving on from 2017 and learning some more day to day Spanish, this class is ideal for those who have either studied with us previously, or those who have a basic use of Spanish already. All notes are provided to take home and practise!

Starts Wednesday 2nd May 7.00pm-8.30pm for 8 weeks. Cost \$135.



INTERMEDIATE SPANISH

Having mastered the basics of this wonderful language, come along to our Intermediate class which will look at some new situations and places to use your skills. Our tutor is a native Spaniard ensuring you get the best Spanish education possible.

Starts Monday 23rd April 7.00pm-8.30pm for 8 weeks. Cost \$135 with all learning materials included. Please note, the session will not run on Monday 11th June



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 16th April, Monday 21st May and Monday 18th June 9.30am-12noon. First session is free and then \$5 per session thereafter.

MIDWAY

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

Starts Monday 16th April at 1.00pm. Cost \$3 weekly. Please note there will be no session on Monday 11th June.

WRITE AWAY

Come along and practise poetry and story writing skills with spontaneous, like-minded people. **Starts Friday 20th April 10.00am-12noon and runs fortnightly thereafter.**

Cost \$3 per session.

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.

Beaconsfield Neighbourhood Centre is supported by:

Supported by
the Victorian
Government



Cardinia Shire
Council

Computer Programs

COMPUTERS FOR BEGINNERS - ANCESTRY

Have you ever wanted to study your family history but don't know where to start? This beginners course will take you through using online tools in your search and how best to navigate the whole world of Ancestry.



Starts Tuesday 1st May 9.30am-12noon for 8 weeks. Cost \$45.

COMPUTERS FOR BEGINNERS - OVER 50S REFRESHER COURSE

Do you have the basic knowledge but would like to build on it? Have any issues that you'd like to learn how to solve? Would you like to improve your Microsoft Office and internet knowledge at a slower pace?



Starts Wednesday 2nd May 9.30am-12noon for 8 weeks. Cost \$45.

MYOB FOR BEGINNERS

Want to better manage your business or perhaps open your employment opportunities? This great value course will cover all aspects of MYOB including set up files, accounts, sales, purchasing, bank transactions, BAS, stock reports, etc.

Starts Monday 30th April 9.30am-12noon or Wednesday 2nd May 7.00pm-9.30pm for 8 weeks. Cost \$45. Please note there will be no session on Monday 11th June.

Day and night sessions available



Children's Programs

Dancing with 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 17th April 12.20pm-12.50pm for 11 weeks. Cost \$88.

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 17th April 1.00pm-1.30pm for 11 weeks. Cost \$88.

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 17th April 1.40pm-2.10pm for 11 weeks. Cost \$88.

PRIMARY DANCE 5-8 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 17th April 4.00pm-4.45pm for 11 weeks. Cost \$93.50.

JUNIOR DANCE 8-12 years

A Jazz style based dance class suitable for children wanting to begin dancing at an older age. Classes focus on flexibility, technique and dance 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 17th April 4.45pm-5.30pm for 11 weeks. Cost \$93.50.



THREE YEAR OLD PROGRAM

Our three year old program is a fun and educational session, run by a qualified kindergarten teacher, catering specifically for the 3 – 4 age group. Children will enjoy interesting creative themes and participate in a wide range of learning experiences across all areas of development. Children must turn three before the end of April 2018 to be eligible to attend. Please contact the office for vacancies.



Running Wednesday & Friday 12.30pm-3.00pm and Wednesday 9.00am-11.30am. Starts Wednesday 18th April. Cost \$180 per session per term. Please note there will be no session on Wednesday 25th April.

EARLY LEARNING SESSION

The Early Learning program offers quality occasional care for children between 18 months and 5 years old. Care can be permanent or casual. The program operates in our purpose built childcare area developing skills that provide a defined path from playgroup to kindergarten.



A wide range of activities are provided for the children by our qualified and experienced staff. You are welcome to visit with your child before using the program to see how our small groups operate. Emergency positions are available – contact the office on a daily basis on 8768 4400.

Sessions on Thursday & Friday 8.30am-11.30am. Starts Thursday 19th April. Cost for Term (if paid within first 2 weeks) \$227.70 or \$23 per session per week.



www.bncinc.org.au

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

PLAYGROUPS...



For parents 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.

Starts Monday 16th April 9.00am-11.00am or 11.30am-1.30pm for 10 weeks. Cost for first child \$70, second child (6 months of age and above) \$35, third child, subsequent siblings and babies (birth to 6 months of age - calculated by first day of term) \$20. Please note, Playgroup will not run on Monday 11th June.

Starts Tuesday 17th April 9.00am-11.00am or 11.30am-1.30pm for 11 weeks. Cost for first child \$77, second child (6 months of age and above) \$38.50, third child, subsequent siblings and babies (birth to 6 months of age- calculated by first day of term) \$22.

AFTER KINDER OCCASIONAL CARE

NEW

Designed for children requiring care after their 4YO kinder sessions at Beaconsfield Kindergarten, but other children over three are also welcome. Experienced, qualified, friendly staff will care for your child and offer fun activities or rest time as appropriate. O'Neil Rd Beaconsfield Kindergarten staff can take your child safely between the services and sign in directly following their kinder session. Pack an extra snack for your child to enjoy during snack time.

Starts Tuesday 17th April 2.00pm-6.00pm for 11 weeks. Cost is \$26 per session with a 10% discount on the term fee if paid for in full during the first 2 weeks of term. Expressions of interest now being taken for a Monday session- Contact the office.

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 Maria for further details, or to book a tour, on 8768 4400.



Would you like to book the **Beaconsfield Community Complex Hall**

for your up and coming event?
Please ring the Neighbourhood Centre

8768 4400

OTHER ACTIVITIES AT THE CENTRE

- Acupuncture at BNC- Traditional Chinese Medicine on Mondays 11.00am-4.00pm within Beaconsfield Neighbourhood Centre. Call Ms Rose Chong on 0452 269 180 to book an appointment or find out more.
- Beaconsfield Quilters: Contact Sharon on 0425 753 609
- Core Strength Pilates program 0409 688 279
- Friends First Church – Every Sunday morning at 10am. Contact Debbie Grant 0438 424 889 or www.friendsfirstchurch.com.au
- Immunisation: contact Cardinia Council Environmental Health department 5945 0444
- Karate Monday evenings: contact Steve 0419 899 030
- Maternal & Child Health at the Centre on Wednesdays, Fridays and every third Thursday of the month. We also run a New Parents Group at the Centre each Wednesday afternoon. Contact 5945 4250 for enquiries and appointments.
- Men's Group: contact John 0402 206 689 or Ian 0428 555 425.
- Probus Club of Beaconsfield Inc: Contact Sydney Swaby 0407 968 348
- Relationship, Family and Personal Counselling. Contact Kathy Brennan on 0417 038 983 for details.
- Table Tennis Wednesdays: Contact Kevin 8786 7707
- Weight Watchers Wednesday nights: 131 997



IMMUNISATION SESSION TIMES TERM 1, 2018

Day Sessions 10.00 – 11.00 am	11/4	9/5	13/6	11/7
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TERM DATES FOR 2018

- Term 2 - Monday 16th April - Friday 29th June
- Term 3 - Monday 16th July - Friday 21st September
- Term 4 - Monday 8th October - Friday 14th December

BOOK CORNER

Relax with a cuppa in our cosy book corner. A variety of books are free to our members to borrow. New books as donations are always welcome.



WHERE IS KADUNA PARK?



REGISTER NOW
KADUNAPARK.COM.AU
1300 KADUNA (1300 523 862)

Proudly
parklea.

Acupuncture at BNC



Ms Rose Chong, a qualified and registered Acupuncturist is practising at our Centre providing services in the field of Traditional Chinese Medicine. Services include: -
• Acupuncture • Cupping • Chinese Dietetics • Acupressure • Exercise Therapy.

If you would like to know more, or to book an appointment, please call Rose on 0452 269 180.

Appointments available Mondays 11.00am-4.00pm but bookings are 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 Ferny Creek Printing Design and layout by designjase.com.au

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