

# Bay Riders Community Centre Harrow Neighbourhood House



*A Place to Connect, Inspire, Belong*

## What's On...

24 Blair Street, Harrow.  
P.O. Box 103 Harrow,  
Victoria 3317

Phone: 03 5588 2000

Fax: 03 5588 1300

E-mail: [lynne.beaton@hbnc.org.au](mailto:lynne.beaton@hbnc.org.au)

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

Coordinator: Lynne Beaton

<b>Men's Shed</b>	Thursdays 10 - 4pm
<b>Play Group</b>	TBA
<b>Thirsty Book Worms</b>	Friday 28th April
<b>Yoga</b>	Tue 9.am, Wed 7pm
<b>Computer Classes</b>	Contact the Centre for further info
<b>Pilates Plus</b>	Wednesdays 6.10am, 8.40am
<b>Sketch with Stretch</b>	April 18th
<b>International Cooking</b>	April 7th



FOR ALL PROGRAM BOOKINGS CALL 03 5588 2000

### Yin Yoga

Come and practice Yin Yoga with our fully qualified instructor.

Tuesday 9-10am

Wednesdays 7-8pm  
at the Centre

Cost \$5 Mats supplied

NOTE: NO CLASSES 16 & 17th May  
and 23&24th May

Yin Yoga poses apply moderate stress to the connective tissues of the body—the tendons, fascia, and ligaments—with the aim of increasing circulation in the joints and improving flexibility. A more meditative approach to yoga, yin aims at cultivating awareness of inner silence, and bringing to light a universal, interconnecting quality.

### French Cuisine

International Cooking with  
Jess & French Jess

**Friday 7th April**

**6.30pm for 7pm Start**

Cost \$35 per person

Harrow Bush Nursing Centre

Bookings are essential.



*Coming soon to International Cooking Classes...*

**NOTE:  
New  
Date**

### 70's Style

with Narelle  
Friday 26th May



### Pilates Plus Classes With Loren Linto

Wednesday Mornings

Resuming April 28th

Early Morning Class 6.10am BLOKES WELCOME

Morning Class 8.40am LADIES ONLY

Fees: \$55 Term 2 (10 weeks) payable direct to the Harrow  
Bush Nursing Centre.

Bookings Essential, for individual enquiries please  
contact Loren 0439 472 009 or  
email [mitchloren@optusnet.com.au](mailto:mitchloren@optusnet.com.au)



### Come Sketch with Stretch

Our own local professional artist!

No experience necessary!

Tuesday 18th April

6:30 - 9:30 pm Cost \$20

Theme: Mosaic (feel like turning your frustration into something creative, go smash some plates or tiles and come along to create a Mosaic Masterpiece with Stretch. Limited materials available.

April 2017

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## What's On...



### INFORMATION WORKSHOP

May 1st, 2017 10am—12pm

Gold Coin Donation

Learn how to sell and buy on  
EBAY with Anita.

### Succession & Estate Planning Seminar

Advance Accounting Services of Horsham will be in town to conduct a Succession and Estate Planning Seminar in May.

The presentation will include:

- How best to structure now for Age Pension and Aged Care upon retirement
- How to transition to the next generation of business/farming within your family
- Taxation considerations
- How to utilise Superannuation for planning
- Final considerations when establishing your Will

Monday 1<sup>st</sup> of May 2017 at 6pm—7.30pm approx.  
Harrow Bush Nursing Centre

Cost: Free

Bookings Essential—Places are limited.

Contact Lynne on 5588 2000 to reserve your seat

### Grant Writing Workshop with Linda Grant

Date: Sunday 7<sup>th</sup> May

Session 1 General session  
10am – 12.30pm

Session 2 Individual project  
session 1.30 – 3.30pm

Cost: FREE

*Located at the Harrow Bush  
Nursing Centre*

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Coordinator: Lynne Beaton



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PROGRAM  
BOOKINGS CALL  
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**BACK BY POPULAR DEMAND!!!!!!!  
Harrow Neighbourhood House**

### Bay Riders Community Centre DEFENSIVE DRIVING COURSES

Daily Courses Available on  
7th, 8th & 9th July 2017

8.30am - 5.00pm

For further information,  
please contact Lynne Beaton  
(BRCC Coordinator)

Phone: (03) 5588 2000

Email: [lynne.beaton@hbnc.org.au](mailto:lynne.beaton@hbnc.org.au)

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



Coleraine Bendigo Bank is offering our L Plate Drivers an awesome course discount - \$100 off total course cost for new/current account holders, and \$50 off for non account holders.

The Bay Riders Community Centre is grateful to the Coleraine Bendigo Bank for supporting our Learner Drivers again in 2017.

### EXPRESSIONS OF INTEREST

We have the opportunity to offer some more classes and workshops at the centre.

If you are interested and would like to attend the following programs, please contact the centre on 03 5588 2000.

- Regular (as per demand) Water Aerobics at Horsham Aquatics Centre.  
Cost \$8-10 plus community bus fare (TBA)
- Mums Pilates (children welcome) with Loren Linto. This class is for mothers from 6 weeks post partum and onwards to help with pelvic floor and abdominal (particular deep abdominals) activation. The gentle exercises and stretches are to help with the demands on the body- for example lifting children, feeding, rocking, pram pushing etc. Children are welcome along with you of course!  
Costs: \$5 Per Session
- Writers Workshop with Dave Goodwin.

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## What's On...

### *Welcome to April with the Bay Rider's Community Centre...*

Thanks to Gurjit for joining me at the Wimmera field days where we manned the Wimmera, West Grampians Neighbourhood House Network stand for the afternoon. It was great to have the opportunity to promote our Neighbourhood house and let people know the many wonderful programs that we provide. We had a fabulous night at the Hermitage Hotel with our International Cooking regulars and some new faces enjoying Thai Cuisine. Thanks to chef Murray for the delicious meal and to Suzanne and Nel for looking after us so well during the evening. Please see the newsletter for the school holiday program and the many things on offer for the month of April and beyond.

*Lynne Beaton*

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### *Harrow Men's Shed*

Thanks to those that volunteered their time to man the gate for the Billy carts and for the Johnny Mullagh Committee for the opportunity to raise funds for the Harrow Men's shed. Thanks to Richard Edgar, Peter Johnson, Paul Whyment, Jim Russell, Nick Nolan and Shane Anson. Thanks also to Margie Elliot and Judy Johnson. Footy tipping has kicked off this weekend, so all are welcome to join in the fun. Just see Tim to register.

**Tim Baines**  
Men's Shed Coordinator

## Free Public Internet Access

We have 3 Public Computers, 2 running latest Windows10 software.

We are also Broadband For Seniors Kiosk and can provide basic training and technical support at our  
Centre.Get Online Today  
Computer Tuition

FREE WEBINARS AVAILABLE  
NEW WORD & EXCEL TRAINING BOOKS  
AVAILABLE

**BROADBAND FOR SENIORS**  
**STAYING CONNECTED** 

**April 2017**

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## School Holiday Activities...

24 Blair Street, Harrow.  
P.O. Box 103 Harrow,  
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Phone: 03 5588 2000  
Fax: 03 5588 1300  
E-mail:

### Bookings and classes

Bookings are essential for all classes and activities. This is important as many classes have minimum number requirements that need to be met before that class can commence.

**Course cancellations, withdrawals and refunds.** Classes/activities may be cancelled if the minimum number of enrolments is not reached one week prior (unless otherwise advertised /specified) to the scheduled commencement date. In this instance a refund will be issued. Refunds are not available if you fail to attend a class for which you are enrolled. The Bay riders community centre is a not for profit organisation and late withdrawals from classes can result in the class becoming financially unviable. Please contact the Coordinator for information on our fees policy.

**Please do not feel excluded due to financial hardship.** Please speak to us before the start of a course/activity to organise an alternative arrangement. Your confidentiality is assured.



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### CLAY TARGET SHOOTING

With Dale & crew at Natimuk Field & Game, Wynwyn Road,  
Natimuk



Commencing at 10am

**Wednesday April 5th**

**\$25 per person (incl. 25 Clay Targets)**

**\$5 return Bus trip 9am SHARP**

**BOOK EARLY - limited bus seating**

ADULTS AND KIDS WELCOME (Minimum Age 12 years old)

Gun License not required. BYO Snacks, Lunch, Drinks

### Crafty Art with Katrina Lodge

**Wednesday April 12th**

Cost \$10

All ages

9am - 12pm

Creating with Beads

BYO Snacks

### BACK BY POPULAR DEMAND

#### Charlies Surf School—Return

April 3rd 8am—4.30pm

Cost \$35

Bus departing HBNC 8am

returning approx. 4.30pm

The lesson is 2 hours duration

LIMITED PLACES

A GREAT ACTIVITY FOR TEENS

Must be 10 years or older (good swimmer)  
drinks, lunch & snacks, sunscreen, hat and towel

**BOOKED OUT  
Waiting List Available  
Call 03 5588 2000**



**April 2017**