

# 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

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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>	Wednesday 6th & 20th 10-12pm
<b>Gardening Group</b>	Contact the Centre for dates
<b>Book Club</b>	Friday 29th, 10.30am
<b>Exercises to Music</b>	Wednesdays from 7pm
<b>Computer Classes</b>	Contact the Centre for further info.

### Play Group, Mums & Mums-to-Be

Meeting Fortnightly on Wednesdays from  
10—12 6th and 20th July 2016.  
Come and have a cuppa and chat while the  
kids play together in our multi-purpose room.



### Come Sketch with Stretch



Tuesday 19th July  
6:30 - 9:30 pm  
Cost \$20

Theme: Reduction Print Making with  
Jen



## Spanish

### International Cooking with Jess Sutherland

22nd July

6.30pm Cost \$35

Bookings Essential—Places limited  
Call 03 5588 2000

At Harrow Bush Nursing Centre  
(Subsidised by the CALD Grant)

### Defensive Driving

July 2016—

Book Now

See back page for  
all the details

July 2016

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## School Holiday Activities...

The Bay Riders Community Centre would like to thank the Commonwealth Bank Staff Community Fund for their generous support of our School Holiday Activities

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### Wood Work

At the Men's Shed. Come and learn basic wood working skills.

Limited places and Ages 10+

**Monday 4th July**

**Cost \$10 9am - 12pm**

### Drum Beat for Kids

with Kathleen Ballinger

Wednesday 6th July

11-12pm

Gold Coin Donation

Drums provided,  
come down and  
make some noise!



## Healthy Day with Loren and Alex

Wednesday June 29th, 2016

Cost \$5—located in the Harrow Hall

(Generously supported by Commonwealth Bank Staff Community Fund)



### Morning Session 10-12pm (5-9 Year Olds)

Play some fun games with Loren Linto, LLPT, including obstacle courses. Learn how to make some healthy snacks with hands on food prep with Alex West (Kings Katering). While the snacks and drinks are chilling we will be doing some more activities including balance, jumping, throwing and laughing! Kids will enjoy the food and drinks they prepared and will be sent home with the recipes.

### Afternoon session 1-3pm (10-16 Year Olds)

Exercise- boot camp style! Boxing, running, crawling, mind games and more! If the weather is right will may adventure outside for some more fun. In our down time we will be putting together our own afternoon tea and drinks to enjoy after the session.



July 2016

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It has been another fast month at the centre and now we have the Defensive Driving Courses fast approaching. If you are wanting to do the course please book as soon as possible and keep in mind that the Coleraine Bendigo Bank is very generously sponsoring the L plate drivers once again this year. See flyer back page. Our international cooking class for July is Spanish with Jess Sutherland. Places are limited so get in early if you would like to come along to experience a great evening. There is lots happening for the school holidays so send the kids along to have some fun.

Lynne Beaton—Bay Riders Community Centre Coordinator

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Coordinator:



## Free Public Internet Access

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

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

Expressions of interest  
We have the opportunity to offer 30 hour accredited Computer Courses. Please contact the Centre

**Book Club** is back and there is a fantastic range of books to read and discuss. Meeting Friday 29th at 10.30am at the Centre.



## Harrow Men's Shed

Hi once again from the Men's Shed

I'm pleased to report that things seem to be ticking along nicely at the shed, and even though a couple of the regulars have been away on holidays the shed is still being well attended. At the risk of sounding like a stuck record (for those of us who still remember what a record is!) we continue to take orders for, and then produce clothes horses which really is an amazing effort for a town our size.

We've been fortunate enough to acquire a new pedestal bandsaw which was needed to replace the one we had which finally spat the dummy! Probably due to over use! This new bandsaw is bigger and stronger so we're hoping we'll get many years of use before we need to upgrade again. It was purchased from funds raised by the men together with another generous donation from **Calico and Candles**, whom I must once again thank for their continued support to the Shed.

Now to the Footy Tipping competition. We are roughly at the half way mark of the footy season (already!) and two things have become quite clear. Firstly; there is a group of about a dozen tipsters all within a few points of each other at the top of the table which means there is no clear leader and the race for the top is still very wide open. Having said that; I've a feeling the next couple of rounds could well sort the men from the boys (and girls if I have to be politically correct). The second thing that has become clear is that Nurse Tina is so far behind everybody else she's almost certain to win the wooden spoon. She's a wonderful nurse, but clearly she makes a bloody lousy tipster.

So that's it from the Boys at the Shed for now.

**July 2016**

Harrow Neighbourhood House  
Bay Riders Community Centre



# DEFENSIVE DRIVING COURSES

## Certified 1 Day Training Course Offered:

- **Austdrive1 - for L/P Plate Drivers Cost \$180**

Course Requirements: Registered Car and L Plate Drivers must be accompanied by fully licensed Driver

\*\*\*(L Platers Only—Bendigo Bank Coleraine account holders receive \$100 discount, non account holders receive \$50 discount)\*\*\*



- **Austdrive2 (Corporate) - for P Plate and fully licensed Drivers Cost \$275**

Course Requirements: Registered Car

All courses specialise in safety, reducing risk, driver awareness and include practical exercises under local conditions.



Good for  
**AND** your  
community

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 2016.

Learner Drivers again in 2016.

Non account holders are welcome to open a Bendigo Bank account at Coleraine to secure the full \$100 course discount. To be eligible for this discount, payment for the course **must** be received by Monday 4th July.

Daily Courses Available on  
8th, 9th & 10th July 2016  
8.30am - 5.00pm

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

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Bay Riders Community Centre is proud to be the Victorian Regional Hub for the Australian Driving Institute