

Bay Riders Community Centre Harrow Neighbourhood House



A Place to Connect, Inspire, Belong

What's On...

Men's Shed	Thursdays 10 - 3.30pm
Play Group	TBA
Thirsty Book Worms	27th October
Yoga	Tuesdays 9am & 6.30pm
Pilates Plus	Wednesdays @ 6.10am and 8.30am
Computer Classes	Contact the Centre for further info
Sketch with Stretch	Monday 9th October at 6.30pm
International Cooking	Arabic with David—20th October

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

Phone: 03 5588 2000

Fax: 03 5588 1300

Web: www.hbnc.org.au

Programs Officer: Lynne Beaton

lynne.beaton@hbnc.org.au

Administration: Anita McGuigan

operationsadmin@hbnc.org.au

FOR ALL PROGRAM BOOKINGS CALL 03 5588 2000



Yin Yoga

Come and practice Yin Yoga with our fully qualified instructor.
Tuesday 9 to 10.15am & 6.30 to 7.45pm
at the Centre. Cost ~ \$5 Mats supplied

JARS WANTED :)

for a Bay Riders Community Centre fundraising project....donations of jars with metal lids - all shapes and sizes. Labels removed is preferred but not essential. Please drop off at Harrow Bush Nursing Centre. Thank you.



Pilates Plus TERM 4 Returns 11 October

with Loren Linto

Wednesday Mornings

Early Morning Class 6.10am

Morning Class 8.40am LADIES ONLY

Fees: \$60.10 Term 4 (11 weeks)

payable direct to the

Harrow Bush Nursing Centre.

Bookings Essential, for individual enquiries please contact

Loren 0439 472 009 or

e- mitchloren@optusnet.com.au

Casual rate of \$8 per session available

Come Sketch with Stretch

Our own local professional artist
No experience necessary

9th October

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

Theme: *Drawing with Charcoal*

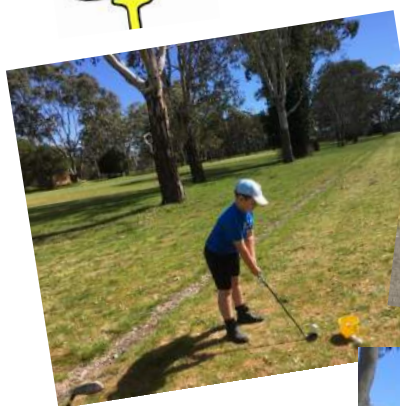
October 2017

Bay Riders Community Centre Harrow Neighbourhood House



A Place to Connect, Inspire, Belong

SEPTEMBER SCHOOL HOLIDAY PHOTOS GOLF DAY



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

Phone: 03 5588 2000

Fax: 03 5588 1300

Web: www.hbnc.org.au

Programs Officer: Lynne Beaton

lynne.beaton@hbnc.org.au

Administration: Anita McGuigan

operationsadmin@hbnc.org.au

CHANGES TO NOTE YIN YOGA & SKETCHING

Please note that Yin Yoga has changed to Tuesday nights (morning Tuesday Yoga still running) from 6.30 to 7.45. There will be no more Wednesday night Yoga classes.

On the 3rd October, Self Practise Yoga classes will be run with music provided by Marg. Sketch with Stretch classes will now be held on the 2nd Monday of the month.

Harrow Mens Shed FOOTY TIPPING RESULTS

Congratulations to:

1st ~ Rob McFarlane

2nd ~ Nathan O'Brien

3rd ~ Lynne Beaton

Last ~ Tina Rogers (wooden spoon)



Nathan and Lynne very happy with their Footy Tipping wins!

Bay Riders Community Centre Harrow Neighbourhood House



A Place to Connect, Inspire, Belong

Welcome to October with the Bay Rider's Community Centre...

Our cooking class for September was absolutely fantastic with Steph Schall traveling all the way from Melbourne to teach us the vegan way with food. The evening was enjoyed by all with everyone very keen to learn from Steph as she is a fabulous cook and so a huge thankyou is to be extended to Steph who very generously came as a volunteer for the second time keen to contribute to our Harrow Neighbourhood house. For those that are curious and were unable to attend check out Stephs very own website to be found at www.stepschallhub.com

School holiday activities have kicked off with the junior golf clinic at the Harrow Golf Course. Nineteen very enthusiastic budding golfers were coached by members of the Harrow Golf Club on what turned out to be a beautiful sunny day. Our thanks to Mark Staude, Alan Grant, Murray McGinnes and Tony Shrive for very generously donating their time and expertise to teach the children and for sharing their beautiful golf course. Also thanks to the parents that took the time out to support this fantastic program. The morning was topped off with a sausage sizzle and the children expressing their wish to return for another session.

Katrina Lodge will be running her craft class on the 4th October as part of the school holiday program so do book in quickly to avoid disappointment. David Sharpley will be returning to Harrow to present his Arabic cuisine cooking workshop on the 20th October. We are pleased to host Linda Grant who is an experienced Grant Writer and will be conducting a workshop on the 19th October—see advert. If you are interested in updating your First Aid Skills, we are holding an accredited First Aid Course (both CPR and Level 2 refresher or first time) commencing 11th October. Contact the Centre for costs. The on-line component is completed prior to attending the practical part of the course on the 11th October.

I would like to encourage everyone to attend our AGM which is on the 23rd October at 11.30am. We do have positions available on our Bay Riders Steering Committee for 2017-18 and nomination forms are available at the Harrow Bush Nursing Centre.

Finally, I am pleased to announce that we have been successful in obtaining a grant through the RE Ross Trust to ensure that a quality School Holiday Program can continue for the next 3 years. We have some amazing activities planned and we will be looking for volunteers to assist so please do consider becoming a volunteer helper or volunteer bus driver for these activities. In becoming a volunteer, we will organise all necessary checks and you will contribute to a vital community service.

Happy October!

Lynne Beaton
BRCC Administration & Programs Officer

24 Blair Street,
P.O. Box 103 Harrow,
Victoria 3317
Phone: 03 5588 2000
Fax: 03 5588 1300
Web: www.hbnc.org.au
Programs Officer: Lynne Beaton
lynne.beaton@hbnc.org.au
Administration: Anita McGuigan
operationsadmin@hbnc.org.au

Free Public Internet Access

FREE WEBINARS
AVAILABLE
NEW WORD & EXCEL
TRAINING BOOKS
AVAILABLE
BROADBAND FOR SENIORS
STAYING CONNECTED

GRANT WRITING

WORKSHOP

**Thursday
19th October
6– 8.30pm**

Experienced Grant Writer; Linda Grant will be conducting a Grant Writing workshop at the Harrow Bush Nursing Centre. Only \$10 per person which includes a light meal upon arrival. This workshop will cover the following:

- Getting grants ready
- Writing a project
- Applying for a grant

Light supper included

October 2017

Bay Riders Community Centre Harrow Neighbourhood House



Mens Shed Report for September 2017

Spring is finally here and all of us at the men's shed are glad to see the end of winter, and are looking forward to the warmer weather.

A big welcome to some new members who have joined us recently and a reminder that everyone is welcome at the shed. We meet every Thursday 10am to 3pm so come along have a cuppa and enjoy the comradery. If you have any enquiries you can contact the Harrow Bush Nursing Centre or our Mens Shed Officer; Paul Robertson.

Another big thanks to Troy Shrive for his generous donation of recycled timber from the demolition of Brown's House. We encourage anybody that has such timber to consider donating it to the shed. All the pieces are great for a range of projects including outdoor tables and seats. We are currently working on a range of projects from desks to slab style tables made from local timbers. All these items are made to order or available for sale through Calico and Candles when it reopens. We held a BBQ on Thursday 28th September; expertly cooked once again by Alan, celebrating Men's Shed week. We were very happy to see some newcomers attend this BBQ giving us a chance to showcase the shed and facilities.

Remember the Men's Shed has been set up to bring people together in a social environment for benefit of members and the wider community.

Harrow Men's Shed



Above—Len Cassells with his bird feeder completed at the Mens Shed.

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 cancelations, 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.

24 Blair Street,
P.O. Box 103 Harrow,
Victoria 3317
Phone: 03 5588 2000
Fax: 03 5588 1300
Web: www.hbnc.org.au
Programs Officer: Lynne Beaton
lynne.beaton@hbnc.org.au
Administration: Anita McGuigan
operationsadmin@hbnc.org.au

October 2017