

NOTICE

Belmont Neighbourhood Centre will be undergoing **renovations** from Monday 25th January 2016 until approximately 1st April 2016. We are hoping for minimal disruption to our regular programmes and would like to thank you for patience during this time. Please visit reception for directions and any changes.



Unplugged Parenting Course

A free hands on program to help parents how to interact with their children without the need for technology! Tuesday's from 2nd February 10am-12 noon. Fun for kids and parents and includes morning tea. Bookings essential 49470031. Funded by Sid Myer Foundation



PlayStation Toy Library

What you can regularly find at the Centre...

- APM Employment Services**– Wednesday by app
- Belmont Men's Shed** open Mon-Fri 9-3pm
- Op Shop & Food Service** Wednesday 12 noon
- Book Exchange** Mon-Fri 9am-3pm
- C.C.C. Craft Group** Friday 9.30am—12 noon \$3
- Centre Stage Performing Arts** Wed 4pm 0431036659
- Computer Lessons** Mon-Fri by appointment \$5/hr
- CADA Dance Academy** 0412502528
- Free Legal Advice** Tues Fortnightly by appointment
- Habitat In Harmony Garden** Mon—Fri 8am—2pm
- Heart moves** Mon & Thurs 8-9am & 9-10am \$5
- Hunter Region No Interest Loan Scheme** By App
- Lifeline Personal Counselling** 49402000
- Line dancing** Intermediate Dancers Friday 12.30 \$5
- Hunter Volunteer Centre** Thursday 9am-1pm
- Playgroup** Monday 10am \$4/per family
- Awabakal Supported Playgroups** Wednesdays
- Aspect Supported Playgroups** Thursdays
- Playstation Toy Library** Mon-Fri \$5 Membership
- Reflexology** Tuesdays \$25 for 45 minutes by App
- Stretch & Balance** Class Fri 8-9am \$6
- Spirited Taekwondo** Tues & Thurs 042213911
- Tai Chi** Tuesdays 8.30-11.00am \$10 0407938198
- U3A** University of the Third Age 4946 7225
- Weight Watchers** Mon, Wed, Thurs 13 19 97
- Yoga General Class** Monday 7pm \$12
- Beginners Yoga Class** Wednesday 6pm \$12



Neighbourhood Natters

2016 – Term 1

**Renovations expected
25/1/16 to 1/4/16
Please visit reception for
directions.**



359 Pacific Highway
(cnr. Old Belmont Road)
Belmont North
PO Box 347 Belmont 2280

www.bnc.asn.au

**FOR ALL ENQUIRIES OR BOOKINGS
PHONE 02 4947 0031**

Line Dancing

Classes are held every Friday in the BNC main hall from 12.30pm to 2.30pm.

Intermediate and Advanced classes available.

Contact Jean on 0418214199 for more information.

Spirit Taekwondo

Spirit is a Taekwondo school focused on providing its members with all benefits that only a well rounded full time facility of this calibre can provide. There is an adult program, youth program, also a Little Warriors Club for 5yr+

Classes are held **Tuesday and Thursday** afternoons.

For more information you can contact Carly on 0422 133 911



Position Vacant!

A Massage Therapist is required to help provide low cost wellness services in line with Belmont Neighbourhood Centres philosophy. If you are the right person for this position please contact our Centre Manager, Sheena on 4947 0031 or manager@bnc.asn.au for more information.

Walking Group

Make sure you've got a hat, sunscreen and drink bottle and bring a friend!

Every **Wednesday** of Term 1 at 9:30am we'll be running a walking group, which is run by Deb and Lyn. Meet at reception

For any enquires contact us on 49470031



Heartmoves

Heartmoves is a Heart Foundation exercise class.

Classes are held Monday and Thursday mornings 8am-9am

Cost is \$5 per class

For any enquires contact us on 4970031.

Sunnyfield is a leading disability services provider with 63 years experience in supporting people with intellectual disability across NSW and ACT.



Stay tuned for a date!

Come one come all to our Garden Party!

There will be plenty of market stalls, Mens Shed. Garage Sale, live music, kids entertainment, Treasure Hunt! Plus lots of yummy food to buy on the night!!

For more information phone us at 49470031

Email us at info@bnc.com.au

Tai Chi

Tuesdays 10am—Beginners Class.

Please contact Colleen on 0407938198

Latin Dance

Classes are held each Friday 6.30pm

Cost is \$12 per class

For bookings call Irena on 0448886706

