



It's time for our

# BNC Fundraiser SYDNEY SHOPPING BUS TRIP

To raise money for BNC's community programs

**SATURDAY 25TH NOVEMBER 2017  
BUS DEPARTS AT 7AM FROM BNC**

**TOTAL COST \$60  
(\$30 DEPOSIT UPON BOOKING)**

*Cost includes bus, morning tea, lunch  
and afternoon tea, wine & nibbles*

RSVP  
AND FINAL  
PAYMENT  
10TH  
NOVEMBER  
2017



## What you can regularly find at the Centre...

- APM Employment Services** Wednesdays by App
- Autism Support for parents** Second thurs of the month, 5:30pm
- Belmont Supported Playgroup** Thursdays 9.30am
- Belmont Mens Shed** open Mon— Fri 9am-3pm
- Beautician** Mondays Fortnightly 10am-1pm
- Book Exchange** Mon—Fri 9am-3pm
- CCC Craft Group** Friday 9.30am-12noon \$5 (m) \$7 (non)
- CADA Dance Academy** 0412502528
- Centre Stage Performing Arts** Wed 4pm 0431036659
- Computer Lessons** Mon, Wed, Thurs, Fri \$5/hr (m) \$7/hr (non)
- Habitat in Harmony Garden** Mon-Fri open 8am-2pm
- Healthy Moves** Mon & Thurs 8-9am & 9-10am \$5(m) \$7(non)
- Hunter Region No Interest Loan Scheme** Tues & Thurs by App
- Hunter Volunteer Centre** Thursday 9am-1pm by App
- Legal Advice**—Free Tues Fortnightly 2pm-4pm by App
- Oz Harvest & Community Pantry** Wed and Fri @ 12 noon
- Community Playgroup** Monday 10am \$4/per family
- Playstation Toy Library** Mon-Fri \$12 Membership
- Reflexology** Tuesdays \$25 (m) \$40(non) for 45 minutes by App
- Spirited Taekwondo** Tues & Thurs 0422133911
- Stretch & Balance** Class Fri 8-9am \$5 (m) \$7(non)
- Tai Chi** Tuesdays 8.30-11.00am \$10 0407938198
- U3A** University of the Third Age 4946 7225
- Weight Watchers** Mon & Wed 131997
- Yoga Classes General** Mon 6.30pm \$12
- Yoga Beginners Class** Wed 6pm-7pm \$12



# Neighbourhood Natters

## 2017—Term 4



359 Pacific Highway (cnr. Old Belmont Road)  
Belmont North  
PO Box 347 Belmont 2280  
[www.bnc.asn.au](http://www.bnc.asn.au)



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



## DIVERSITY DAY

at habitat in harmony community garden

### WHAT MAKES YOU SPECIAL?

All are invited to join us for a day in our garden to celebrate the diversity of our community.  
Call 4947 0031 to book in (for catering purposes)

November 9, 10am - 1pm



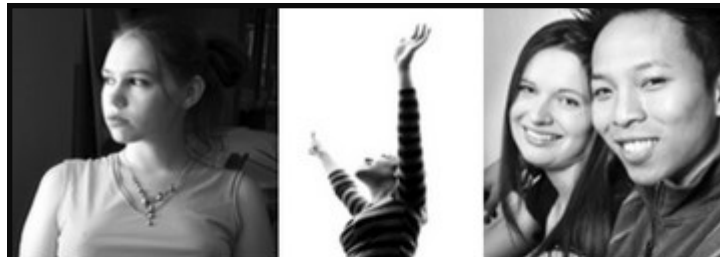
## Lifeline Counselling Service

Everyone needs a little support sometimes.

*Make an appointment and come in to speak to a lifeline counsellor.*

**Held at Belmont Neighbourhood Centre in a safe, friendly and confidential setting.**

**Phone us on 49402000**



## ENGAGING ADOLESCENTS™ INVITATION TO PARENTS OF TEENS

Learn strategies and skills to improve parent-teen relations

A three-session program for parents and carers by Allambi Care & Belmont Neighbourhood Centre

359 Pacific Highway Belmont North  
When: Wednesday Evenings 1st, 8th & 15th November  
Time: 6pm – 8.30pm, 3 consecutive sessions  
Cost: \$20 for Workbooks and light refreshments.

To book in, call Michael Burke on 0408 474 602



### SANTA LETTERS!

Write a letter to Santa and we will post it to the North pole for you!  
Don't forget to put your name, address, age, what you like to do and most importantly your Christmas Wish List!  
Deposit your letters at Reception.



## FREE HEARING TESTS

Australian Hearing will be running free hearing tests  
20th of November 2017, 9am - 3pm.

Hearing aid battery replacements, minor repairs and testing will be available. The hearing test will also include the sound frequencies that you may have trouble hearing.

All Welcome! Bookings Essential  
Phone 49470031

## Travel Training

This session will provide knowledge and confidence for those who are reluctant to take on traveling using public transport on their own.

**Wednesday 22nd  
November, 11am**

