



What you can regularly find at the Centre

Active Stronger Better \$7 for members, \$10 for non-members
 Mon & Thurs 8am-8:55am (challenging)
 Mon & Thurs 9am-9:45am (easier with seats)
 Wed 8am-9am (Barre class)
 Fri 8am-9am (Stretch and Balance)

Belmont Men's Shed open Tues, Thurs & Fri 9am-2pm

Book Exchange Mon-Fri 9am-3pm

Bugalugs Playgroup Tuesdays, 9.45am - 11.45pm. \$3 per family

Craft Coffee and Chat Group
 Friday 10am-12noon \$8 (M) \$10(NM)

Computer Lessons 3 Days, \$5 for members/\$7 for non members

Eastlakes Physical Culture Monday's & Thursday's
 Call 0437895822 for more information.

Habitat in Harmony Community Garden
 Mon, Tues, Thurs, Fri - 8am-2pm

Hunter Region No Interest Loans
 Call for an appointment 49470031

Hunter Water Assistance 5 days, 9am-3pm by App

Justice of the Peace Service 4 days 9am-3pm, by App

Lifeline Counselling Free Service, Mondays - Call 49 402 000

Oz Harvest Friday, call 49470031 before 11am

IYENGAR Yoga Tuesdays 8am - 9am

Tai Chi Tuesdays 9am Advanced, 10am Beginners
 Call 49430624 for all enquiries

Toy Library Mon-Fri 9am-2pm

U3A Crochet Class Friday 9.30am -11.30am



Neighbourhood Natters

Term 1, 2024
January — April



Plants + Seasonal produce
 available for purchase.

Freshly picked on request.

Visitors & Volunteers
 welcome.

(Enquire at office for
 volunteering)

Donations always welcome.

Donations of gardening
 supplies considered.

Email:

Program Administrator—programs@bnc.asn.au

Centre Manager—info@bnc.asn.au

359 PACIFIC HIGHWAY
BELMONT NORTH
(CNR. OLD BELMONT ROAD)
02 49470031

CRISIS SUPPORT AVAILABLE



Belmont Neighbourhood Centre offers crisis support services to the community, Monday to Friday.

Services include:

- ◆ Food assistance (pantry foods, hot foods, etc.)
- ◆ Essential Items (toiletries, etc.)
- ◆ Referrals (for Community services, etc.)

Call 49470031 or come in and see us at the Centre.

OZHARVEST



To book an Oz Harvest food package please contact us on 49470031 between 9am and 11am on Friday morning. Pickup is from the top hall at 12pm.

From time to time we may receive very limited supplies.

If this does occur please know our wonderful volunteers are doing their very best to distribute what we receive evenly.

We appreciate your patience and understanding!

Kick Start 2024 with Active, Stronger, Better

Active, Stronger, Better offers a variety of classes four mornings a week at BNC.

Active, Stronger, Better classes aim to improve fitness, strength, balance and flexibility in a safe and supportive environment.

Mon & Thurs 8am—8.55am (Challenging)

Mon & Thurs 9am—9.45am (easier, with seats)

Wed 8am—9am (Barre Class)

Fri 8am—9am (Stretch & Balance)



Welcoming New Members

Open Tuesday, Thursday & Friday, 9am - 2pm

Call: 02 49470031

Belmont Men's Shed is a safe and welcoming place for men of all ages to work on wood to metal projects.

No experience required, all skill levels welcome.

Come down for a cuppa and a chat.



Justice of the Peace

Belmont Neighbourhood Centre offers Justice of the Peace Services four days a week.

Appointments are essential so please call 49470031.

bugalugs Playgroup

We're back for 2024!!!

Date: Every Tuesday (During the school term.)

Time: 9:45—12noon.

For more information on joining playgroup please call Alana 0401194130



Free
Counselling
Service

Come and see our qualified counsellor on Mondays

By appointment only, Call 4947 0031

HUNTER WATER ASSISTANCE SCHEME



If you're struggling with your water bill, we can offer assistance.

The Hunter Water Assistance Scheme is designed to help local residents who are struggling to pay their Hunter Water bill.

Call us on 4947 0031 to make an appointment.