

**STRONGER
Together!**

 **Neighbourhood Centre Week** 13 - 19 MAY '24

Neighbourhood and
Community Centres
all throughout Australia
are the heart of the
local community.

We strive to embody the essence
of togetherness.

We bring people from all walks of
life together to connect, learn,
and play.

Through collaborative initiatives,
inclusive programs, and shared
spaces, we cultivate an
environment where
every voice is heard,
every story is valued, and
every member contributes to our
shared community.

Come help us celebrate
our amazing centre during
Neighbourhood Centre Week.

We will be holding a
community lunch
on Tuesday 14th May
12.30pm—1.30pm

Please call us on 49470031
by Friday 10th May
to reserve your spot.

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—Fri 9am–2pm

Book Exchange Mon—Fri 9am–3pm

Bugalugs Playgroup Tuesdays, 10am - 12pm. \$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, call for App

Justice of the Peace Service 4 days 9am–3pm, call for 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

Toy Library Mon—Fri 9am—2pm

U3A Crochet Class Friday 9.30am –11.30am

Email:

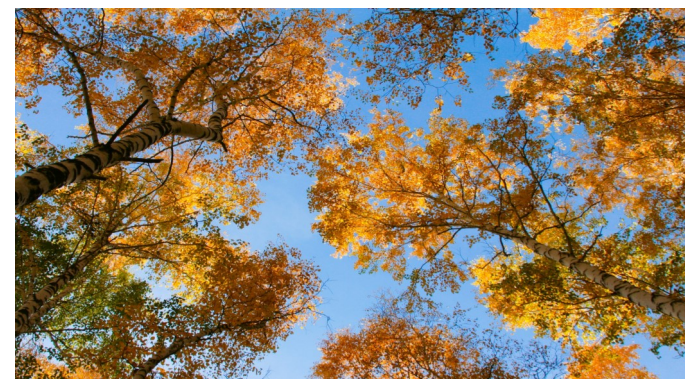
Program Administrator—programs@bnc.asn.au

Centre Manager—info@bnc.asn.au



Neighbourhood Natters

Term 2, 2024
April—July



FOR ALL ENQUIRIES

PHONE: 02 4947 0031

OR COME AND SEE US AT:
359 PACIFIC HIGHWAY
(CNR. OLD BELMONT ROAD)

BELMONT NORTH
PO BOX 347 BELMONT 2280

WWW.BNC.ASN.AU



Free
Counselling
Service

Come and see our qualified
counsellor on Mondays
By appointment only. Call 4947 0031

National Volunteer Week

20-26 MAY 2024

Something for Everyone

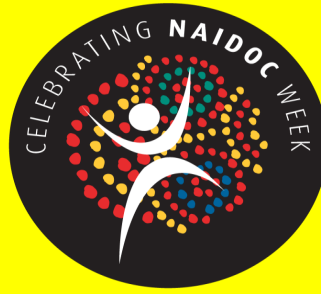
National Volunteer Week 2024
will recognise the diverse
passions and talents
everyone brings to
the act of volunteering.



Youth Week 11-21 April 2024
nsw.gov.au/youthweek



**Youth Week celebrates young people and their
contribution to their local communities.
It is now the largest annual youth participation event
in Australia.
Youth Week is a week that provides young people with
an opportunity to express their views and act on issues
that affect their lives.**



KEEP THE FIRE BURNING! BLAK, LOUD AND PROUD

7-14 JULY 2024

To celebrate NAIDOC Week 2024

**Belmont Neighbourhood Centre
invites you to join us
for morning tea and
a garden tour on Tuesday 4th July,
commencing at 11.30am.**

Please call us on 49470031 to book a spot.



You're Kidding Me Expo 2024

The annual You're Kidding Me Expo, which brings together children
and family services from all across the City and the Hunter Region
will be held over 5 days this year.

Attendees can discover a variety of programs, resources and services
that Lake Macquarie parents and families can access.

Date: Monday 13th May–Friday 17th May

**Venue: Centre Court,
Charlestown Square**



In Australia, a stroke occurs every 19 minutes.

In 2020,
more than 27,000 Australians,
of all ages,
experienced stroke for the first time...
But the good news is that it doesn't need
to be this way.

Up to 80 percent of strokes
are preventable.

Join us and the Stroke Foundation to hear:

- › What stroke is and how to
recognise the signs of stroke.
- › What to do if someone is having a stroke.
- › How to prevent stroke in you or
the people you love.

Time: 11am

Date: Thursday 11th April

**Venue: Belmont Neighbourhood Centre
359 Pacific Highway Belmont North
Please call 49470031**

for more information and to book your spot.

Light Refreshments will be provided.

**Prevent stroke. Save lives. Enhance recovery.
strokefoundation.org.au**