

Bay Riders Community Centre Harrow Neighbourhood House



A Place to Connect, Inspire, Belong

What's On...

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

Phone: 03 5588 2000

Fax: 03 5588 1300

E-mail: lynne.beaton@hbnc.org.au
www.hbnc.org.au

Coordinator: Lynne Beaton

Men's Shed	Thursdays 10 - 4pm
Play Group	15th February
Book Club	Friday 24th February
Yoga	Tuesday's 9.00am, Wednesday's 7pm
Computer Classes	Contact the Centre for further info



FOR ALL PROGRAM BOOKINGS CALL 03 5588 2000

Yin Yoga

Come and practice Yin Yoga with our fully qualified instructor.

Wednesdays from 7pm
at the Centre

Cost \$5 Mats supplied

Yin Yoga poses apply moderate stress to the connective tissues of the body—the tendons, fascia, and ligaments—with the aim of increasing circulation in the joints and improving flexibility. A more meditative approach to yoga, yin aims at cultivating awareness of inner silence, and bringing to light a universal, interconnecting quality.

Daytime Yoga

Fully Qualified Instructor
Tuesdays 9—10am

Cost \$5

Mats supplied.



Warning
Yoga has been known to cause
health & happiness

Play Group, Parents, Carers & Mums-to-Be

Meeting on the 1st and 3rd Wednesday of each month (coinciding with MCHN visits) from 10—12. Come and have a cuppa and chat while the kids play together in our multi-purpose room. We have parents with newborns through to toddlers, plenty of play equipment and a coffee machine! We also have visiting professionals at times who offer specific parenting advice and support, from first aid training to settling techniques and socialising activities.



February 2017

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Pilates
is my
Happy Hour

Pilates Plus Classes With Loren Linto

Wednesday Mornings from
February 1st

Early Morning Class 6.10am

Morning Class 8.40am

Fees: \$45 Term 1 (9 weeks) payable
direct to the

Harrow Bush Nursing Centre.

Bookings Essential, for individual enquiries
please contact Loren 0439 472 009 or
email mitchloren@optusnet.com.au



Come Sketch with Stretch

Tuesday 21st February

6:30 - 9:30 pm

Cost \$20

Theme: Black & White,
Positive & Negative

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Harrow Men's Shed

Welcome to the Harrow and District Men's Shed news for February. Everything seems to be back to normal at the Shed after the few weeks break over Xmas and New year. The blokes are keen to get back into doing what they do best and that's making stuff, enjoying a coffee and have a bit of a chat.

Just before Xmas we started making a few wind chimes which were intended to be made for sale at Calico & Candles but unfortunately the staff at The Harrow Bush Nurse Centre grabbed most them first! However I'm pleased to say that we have made a few more which can now be purchased at Calico & Candles. There are two sizes available, the smaller one is \$28 and the larger size is \$35 and we believe both are well priced. So if anyone is looking for a birthday present that's a bit different this could fit the bill. As mentioned in our last newsletter, we also have a few outdoor settings in the pipeline so there is plenty happening project wise.

On the social side of things it's time to start thinking about the footy tipping competition for 2017. It seems like only yesterday we were gearing up for the last couple of rounds of the 2016 season and now it's not that far away from starting up again. Like last year, the Footy Tipping Comp is available to the Blokes at the shed and others associated with the Shed, so if you're a bloke who likes his footy you are most welcome to drop in and be part of it. And if you're a bloke who doesn't like footy, well you're welcome too.

So until March, cheers from the Men's Shed.

Tim Baines Men's Shed Coordinator



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