

Bay Riders Community Centre Harrow Neighbourhood House



A Place to Connect, Inspire, Belong

What's On...

Men's Shed	Thursdays 10 - 3.30pm
Thirsty Book Worms	29th
Yoga	Tuesdays 8.30am & 6.30pm
Pilates Plus	Wednesdays @ 6.30am and 8.30am
Computer Classes	Contact the Centre for further info
Sketch with Stretch	4th—Figure Drawing
Dancing for Children	Wednesdays - 6.15-7pm \$5
Defensive Driving	30th June or 1st or 2nd July
ALL BOOKINGS DIRECT TO HBNC	

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

Phone: 03 5588 2000

Fax: 03 5588 1300

Web: www.hbnc.org.au

Programs Officer: Lynne Beaton

lynne.beaton@hbnc.org.au

Administration: Anita McGuigan

operationsadmin@hbnc.org.au

Yin Yoga

Come and practice Yin Yoga with our fully qualified instructor.

Tuesdays 8.30am & 6.30pm
at the Centre. Cost ~ \$5

Contemporary Dance with Anna-Lena

every Wednesday from
6.15 to 7pm
Final Term
at the Harrow Bush Nursing
Centre. Cost \$5



Pilates Plus TERM 2

with *Loren Linto*

Wednesday Mornings

Early Morning Class 6.30am

Morning Class 8.40am LADIES ONLY

Fees: \$55 FOR 10 WK TERM

payable direct to the

Harrow Bush Nursing Centre.

Bookings Essential, for individual

enquiries please contact

Loren 0439 472 009 or

e- mitchloren@optusnet.com.au

Casual rate of \$8 per session available

Sketch with Stretch

*Our own local
professional artist*
No experience necessary
Theme: Figure Drawing
Monday 4th June
6.30-9.30pm cost \$20



IS COMING
Contact Harrow Bush Nursing
Centre for further details.



June 2018

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 SCHOOL HOLIDAY PROGRAM June/July 2018	
DATE	EVENT
30th June or 1st or 2nd July Time: 8.30 to 5pm meeting at Harrow Bush Nurse	Book your L plater (under 18) into the Defensive Driving program (see flyer) Discounts may apply thanks to the RE Ross Trust & Bendigo Bank Coleraine
Wednesday 4th July @ the Johnny Mullagh Reserve, Cost: \$10 / family or \$5pp Time: 12 Noon to 1pm	“ Birds of Prey ” are in Harrow all the way from Ballarat. A wonderful event for the whole family. Come and view Peregrine Falcons and other birds of prey live in action. If weather is bad, this event will be at the Harrow Hall. Includes sausage sizzle.
Wednesday 11th July Time: 10am to 12 Noon Cost: \$5 Includes a sausage sizzle.	Golf for Juniors is back with Tony Collier and the Harrow Golf Club. A fantastic opportunity for young golfers to improve their game or a wonderful opportunity to introduce your child to the world of golf.

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HUGE SAVINGS!








Defensive Driving One Day Certified Courses

Select a preferred date—**30th June or 1st or 2nd July**

Austrdrive1 - for L/P Plate Drivers
 Normal full cost is \$180 however subsidies available:
 - \$100 discount for all people under 18
 - \$10 discount for holders of a concession card

Course Requirements: Registered Car and L Plate Drivers must be accompanied by fully licensed Driver

Austrdrive2 (Corporate) - for FULLY LICENSED and P Plate Drivers
 Cost \$275—Course Requirements: Registered Car

ONLY 20 DISCOUNTED SPOTS AVAILABLE SO BE QUICK!
 All courses specialise in safety, reducing risk, driver awareness and include practical exercises under local conditions.
BOOKINGS ESSENTIAL - 03 5588 2000

This training will start from Harrow Bush Nursing Centre (24 Blair Street, Harrow and will include surrounding areas)

We are pleased to offer L Plate Drivers this significant discount as a Bay Riders School Holiday Program and the RE Ross Trust Grant. We also thank the Bendigo Bank Coleraine for their donation this year to assist with the course costs.

June 2018

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Welcome to June 2018 with the Bay Riders Community Centre...

They say time flies when you're having fun and it does. It's been another busy month with lots of people utilising the centre for the many programs on offer. Thanks to Murray McInnes for running the Gun Licence workshop which was very well attended. Anna-Lena has had a lot of very enthusiastic young dancers attending her Wednesday classes and the Pilates and Yin Yoga are keeping us all fit and flexible. The volunteers morning tea (celebrating National Volunteers Week) saw Rhonda Quigley presented with a lovely gift, flowers and a certificate for her amazing generosity in volunteering her time to run the fabulous yoga classes. A big thankyou to Rhonda and all of our wonderful volunteers that bring so much to the Bay Riders Community Centre. Thank you to the Centre for Participation for supporting the morning tea.

The Australian Driving Institute Defensive Driving courses are fast approaching so please do consider participating in this wonderful program which is now in its sixth year. There have been hundreds of drivers, particularly young learners and probationary drivers that have completed this course over the years and we always receive rave reviews year after year. We really are very fortunate to have this presented on our back door and extremely lucky to have the benefit of practicing our driving skills on the roads where conditions can be very challenging. Check out the flyer for details and please book early.

We have a fantastic program for the next school holidays in July with *Birds of Prey* coming to Harrow to name just one. This will be fantastic entertainment for the whole family so save the date Wednesday 4th. Please check out the advert for all holiday programs that are coming up.

Happy June.

Lynne Beaton
**BRCC Administration &
Programs Officer**

Photos ~

Far Right: Lynne & Ann presenting Rhonda with gift.

Right: Murray McInnes signing off on the successful participation of the Gun License workshop for attendees.



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Mens Shed Report for May 2018

With winter nearly upon us, it is fantastic to see the numbers at the Shed actually increasing. This means more productivity, more fun and certainly more camaraderie which is exactly what the Shed is about.

Last week we had a very successful BBQ, which was once again supervised and cooked by Alan and enjoyed by all. We were also very grateful to Carolyn for taking the time to demonstrate how to use our new defibrillator and instruct us on the correct way to apply CPR. Hopefully we never have to use either, but if the need arises we are ready. With the sun fast disappearing there is a big demand for our clothes horses, of which we have plenty of stock. If you need one, please contact Paul or the staff at the Harrow Bush Nurse Centre.

As usual, if you have timber furniture repairs, or need a new sign made feel free to drop in and discuss it with Paul.

It has been a very interesting footy season to date, and our tipping competition is in full swing with Alan in front, but there are a few very close behind him.

The Mens Shed meets every Thursday from 10am till 3.30pm and all are welcome. Maybe just drop in for a cuppa and a chat with the boys.

Harrow Men's Shed



Bookings and classes

Bookings are essential for all classes and activities. This is important as many classes have minimum number requirements that need to be met before that class can commence.

Course cancellations, withdrawals and refunds. Classes/activities may be cancelled if the minimum number of enrolments is not reached one week prior (unless otherwise advertised /specified)to the scheduled commencement date. In this instance a refund will be issued. Refunds are not available if you fail to attend a class for which you are enrolled. The Bay Riders Community Centre is a not for profit organisation and late withdrawals from classes can result in the class becoming financially unviable. Please contact the Coordinator for information on our fees policy.

Please do not feel excluded due to financial hardship. Please speak to us before the start of a course/activity to organise an alternative arrangement. Your confidentiality is assured.

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