



Berwick Neighbourhood Centre

MON 7 OCT -
FRI 20 DEC

TERM 4

2024

Community is about doing something together that makes belonging matter.

We offer our Berwick Community:



Health and Wellbeing Groups



Support Groups



Children's Services



Activities for the Mature Adult



Shared Interest Groups



Hall & Room Hire



Community Garden



Facilitated Playgroups

OUR VENUES

Timbarra

27 Parkhill Dr, Berwick
Tel: 03-9704 1863
Email: admin@berwicknc.com.au
Mon & Wed - 9am - 2pm
Tues & Thurs - 9.30am - 2.30pm
Friday - 9.15am - 2.15pm

High Street (Children's Services)

112 High St, Berwick
Tel: 03-9796 1970
Email: childrenservices@berwicknc.com.au
Mon-Thurs - 9am - 3pm
Fri - Closed

High Street (Seniors Building)

112 High St, Berwick
Tel: 03-9704 1863
Email: admin@berwicknc.com.au

Website: www.berwickneighbourhoodcentre.com



Berwick Neighbourhood Centre

Centre Closures: Tuesday 4 November - Melbourne Cup Day



Berwick Neighbourhood Centre Information

The Berwick Neighbourhood Centre is a **Not for Profit organisation** whose aim is to provide a safe, inclusive welcoming space for all community members to engage in a range of activities/services that enable learning opportunities, support and connections with others in our diverse and ever changing community. We look forward to you becoming part of our Berwick community.

There is an **Annual Membership fee of \$10**

Please note: All details in this term program were correct at the time of printing. The Centre reserves the right to change times, dates and fees when necessary. Updates of our program can be seen via our Facebook and our website. Our centre operates in accordance with the current government health guidelines and reserves the right to cancel or transition to online programs if required to do so.



The Berwick Neighbourhood Centre acknowledges and pays respect to the past, present and future Traditional Custodians and Elders of this nation and the continuation of cultural, spiritual and educational practices of Aboriginal and Torres Strait Islander peoples.

The Berwick Neighbourhood Centre is committed to providing a child safe environment

Centre Office Hours:

High Street (Children's Services) - Monday – Thursday 9am-3pm Fri – Office Closed
Timbarra & High Street (Seniors Building) – Monday & Wednesday 9am-2pm
Tuesday & Thursday 9.30am-2.30pm
Friday – 9.15am-2.15pm

Call: Timbarra Venue **9704 1863** or 112 High Street **9796 1970** (Children's Services)
email: Admin@berwicknc.com.au



Neighbourhood Houses Victoria



The Berwick Neighbourhood Centre is proudly supported by the Beaconsfield District Branch of Bendigo



Term 4 Workshops & Events



Garden Workshops in Term 4

Spring/Summer crop & plant success

Spring/Summer crops are underway, so it's time to make sure that we can do all we can to get the best results. Come and join Kim as we explore the importance of watering, pest control, feeding, shading, when to harvest and other tips for a garden to enjoy.

Where: Berwick Community Garden located next to the Timbarra Hall 20-27 Parkhill Drive, off Timbarra Way.

Date: Thursday 7 November 2024

Time: 9.30am – 10.30am

Numbers are limited. Bookings essential call 9704 1863 to secure your spot.



Saturday Papercraft with Elizabeth

This 2-hour card-making class will concentrate on teaching a range of foundation papercraft skills in detail while using quality products to create beautiful projects. Each class will explore a new technique and/or explore a new product. Participants will get to enjoy high-class Stampin' Up products with no obligation to make a purchase.

BYO a basic craft kit including scissors, glue (preferably fine-tipped), double-sided tape or a tape runner. You may also wish to include a bone folder, glue stick, ruler and pencil.

When: Saturday – 26 Oct, 9 Nov, 23 Nov, 30 Nov & 21 Dec 2024

Time: 1pm – 3pm

Where: Timbarra Multipurpose room

Cost: \$25 including materials and a light morning tea

Get in early! Classes will have a maximum of 8 participants to ensure everyone receives comprehensive instruction and has time to fully develop each skill.

Bookings are essential.

Please book with Elizabeth Wheat by text or phone at 0481 004 189 or by email- passionforpapercraft@outlook.com.au

The Casey 360 Bus

Come down and check out the Casey 360 Bus, a mobile youth information centre for young people that services the suburbs of the City of Casey.



The Casey 360 bus provides:

- 2 youth workers
- Information on a range of issues relevant to young people
- 7 LCD TV screens for movies and games
- 3 Apple iMacs with internet access
- 5 PS4s, a Nintendo Switch and iPads
- Board games, card games and sporting equipment
- This is a FREE service for young people aged 10 - 25 years.

Meet Rory & the team at Timbarra Community Centre/Hall on Tuesday 15th Oct & 19th Nov from 3-5pm

Market Day



Come along to the Berwick Neighbourhood Centre Market Day at the Timbarra Community Hall, to enjoy a lovely time supporting your local small businesses and see what our centre has to offer.

Should you wish to hold a stall or would like some more details, please contact the centre on 03-9704 1863 or email admin@berwicknc.com.au

WHEN: THURSDAY 14th November 2024

TIME: 10 AM – 2 PM

AFTERNOON TEA AT HIGH STREET

Come & enjoy the company of other parents and carers at our High Street afternoon tea in our Meeting Room at 112 High Steet (Children's Services). Pop in for a cuppa before collecting your child from childcare or Play & Grow.

WHEN: Tuesday 17th December 2024
TIME: 1.30-2.15PM



CHRISTMAS Morning Tea

You're invited to join us and enjoy a morning tea as we celebrate the festive season and the end of 2024.

WHEN: Thursday 5th December 2024
TIME: 10.30am – 12.30pm



All WELCOME.
Please book for catering purposes. RSVP by : 28th November
Call 03-9704 1863 for more information.

Edible Flower workshop and Succulent plant decorations



Join Kristen to understand and gain awareness around edible flowers and the rules on what you can and cannot eat. Then follow recipes to make your own creations, followed by a high tea with fresh herbs steeped in tea pots, explaining water temperature and their medicinal uses for e.g. Thyme, Rosemary, Spearmint and Ginger.

Also, will be making decorations using Succulent plants.

Cost: \$20 per person – Includes all ingredients
Duration – 2hours
Time: 10.30am
When: Thursday 7th November
Where: Timbarra Community Hall

Take Home recipes and information on Edible flowers

Bookings essential so RSVP by 31st October
Call – 9704 1863
Email: admin@berwicknc.com.au

Making Meals on a Budget



With the rising cost of living, its becoming more difficult to find nutritious, low costs meals to feed the family.

Dianna is back to demonstrate how you can utilise your everyday shopping list, create meals on a budget, that will satisfy everyone.

Time: 10am – 12pm
When: Thursday 31st October
Where: Timbarra Community Hall

Cost: \$2 for non BNC members

Booking essential for catering purpose
So RSVP by 24th October
Call – 9704 1863
Email: admin@berwicknc.com.au

Christmas Craft Workshop



Come and join the crafty ladies of the Berwick Neighbourhood Centre for a day full of Christmas spirit and creativity. Everyone is welcome to attend our special extended class, where we will get an early start on your Christmas gifts, decorations and cards.

All projects and materials will be provided.

When: Tuesday 29th October – 10am to 2pm
Or
Thursday 31st October – 12.30pm to 4.30pm

Where: Berwick Neighbourhood Centre – Multipurpose Room
Cost: \$20 All materials provided

Light Refreshments will be provided
B.Y.O Lunch

Trivia Extravaganza

Come join us for a morning of fun, where you can make new friends, reflect on the music, film and events of your life during our Trivia extravaganza. Guaranteed to provide a good laugh, the possibility of a prize or two and a scrumptious morning tea.

A great moment to connect with others in your community as you form teams to answer an array of questions from the famous hits to the heart throbs of the day.

All are welcomed to what will be a faboulous, entertaining occasion that will be spoken of long after it is over.

Free Event

When: Thursday 24th October
Time: 10.30 – 12pm

Where: Timbarra Community Hall..

Bookings essential – RSVP by 17th October

Call
: 0466 313 102
Email: admin@berwicknc.com.au



HEALTH & WELLBEING



Exordium Health

Circuit Training & Boxing classes.

Suitable for all fitness levels including over 50's, those with health conditions or new to exercise.

All fitness equipment provided, except mats.



Days & Times

Tuesdays 9.30am to 10.30am
Fridays – 9.30am to 10.30am

Where – Timbarra Community Hall

Cost - \$14 per session or \$10 concession

Info – Lorraine 0425 748 644 or email - info@exordiumhealth.org

LAST DAY FOR 2024 IS TUES 17th & FRI 20th DEC

Bring own mat, water bottle and wear comfortable clothing.

Exordium Health

Fitness class for PERI & POST

MENOPAUSAL women. Includes cardio, core strengthening work & body weight & resistance exercises.

Day & Time

Wednesday's 7.30-8.15pm

Where – Timbarra Community Room

Cost - \$14 per session or \$10 concession

Info – Lorraine 0425 748 644 or email - info@exordiumhealth.org



Bring own mat, water bottle and wear comfortable clothing.

LAST DAY FOR 2024 IS WED 18th DEC

Walking Group

Would you like to go for a weekly walk with others?

Take part in a bit of friendly conversation? Pace yourself according to your own abilities?



Come and join our walking group on a Friday morning followed by a light morning tea and a chat. All welcome.

When – Fridays

Where – Meet in Timbarra Community foyer.

Time – 10am – 11.30am (approx.)

Info – Centre at 9704 1863 or email- admin@berwicknc.com.au

LAST DAY FOR 2024 IS FRI 13th DEC

Cheyenne On Queue Line Dancing

Get fit and have fun while you step out to the music.

When – Mondays

Where – Timbarra Community Hall

Time – 9.30am-12.30pm and/or 6.30-9.30pm

Info – Darren 0435 507 307 or check out www.cheyenneonqueue.com.au



LAST DAY FOR 2024 IS MON 16th DEC

Reiki with Debbie

Reiki is a Japanese form of therapy that aims to increase energy levels and promote relaxation and wellbeing. It is applied through non-invasive, non-manipulative gentle touch and can contribute to your wellbeing by helping you feel relaxed, peaceful and more energetic.



For further information or to book an appointment please call Debbie on 0409 369 276

NSYNC Dance Academy

Afternoon & evening dance classes for children and adults. Hip Hop, Jazz,

Classical and Tap. Acrobatics for Children.



Days & Times – Tuesdays – 4.30-8.30pm & Wednesdays 4.15-9.00pm

Where – Timbarra Community Hall

Info – Lauryn on 0422 860 457

Email – nsyncdanceacademy@gmail.com

Web: www.nsyncdanceacademy.com

LAST DAY FOR 2024 IS TUES 3RD & WED 4th DEC

Seated Movement Sessions (Chair Dancing)

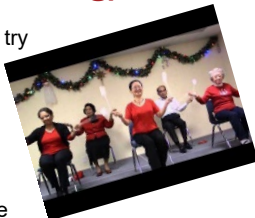
Would you like to try exercising from the

comfort of a chair? Join us for some seated

movement sessions where

we will use fun and uplifting songs and

different styles and eras of music. All ages and abilities welcome.



different

When – Monday's (School Terms Only)

Where – Timbarra Community Room

Time – 10.15am - 11.00am

Cost - \$8 per session

Info – Centre at 9704 1863 or email- admin@berwicknc.com.au

LAST DAY FOR 2024 IS 16th DEC

YOGA with Nick

Looking for Yoga sessions. Whether you have done it before or would like to give it a try, Nick offers two classes a week and all are welcome.

Days & Times -

Mondays – 9.45-11am

Saturdays – 8.30-9.45am

Where – Timbarra Community Room



Bring own mat, water bottle and wear comfortable clothing.

SCHOOL TERMS ONLY

LAST DAY FOR 2024 IS MON 9th & SAT 14th DEC

Kadampa Meditation



Take time for yourself as you join Kadampa for some evening meditation.

When – Thursdays

Where – Timbarra Multipurpose Room

Time – 7pm – 8.30pm

Info – Kate on 03-9756 7203 or Email: info@kadampa.org.au

LAST DAY FOR 2024 IS THURSDAY 12th DEC

Narrative Therapist Defining Stories

Narrative therapy is for anyone carrying the heavy burden of a Problem story. Some of our life stories and lived experiences become dominant or LOUD, and some of these dominant stories can be problematic and have negative effects on our lives. Effects we are no longer okay with! Once we have untangled the problem stories, we begin to re-author your life stories. Allow Nicole to help you become aware of yourself as a storyteller, to challenge the problem stories, and to tell your stories in ways that align with what you value.

When – Fridays

Where – Timbarra Meeting Room

Time – 10am – 6.30pm

Info – Nicole – 0413 544 482

Email: nicole@definingstories.com.au

Web: www.definingstories.com.au

[LAST DAY FOR 2024 IS FRI 13th DEC](#)

Community Garden & Seed Library

Weekly garden group meets every Thursday at our Berwick Community Garden located between the



Timbarra Community Centre and the Timbarra Hall. All welcome to tend to the garden, share some tips, enjoy each other's company and a cuppa afterwards.

When: Thursdays during school terms

Time: 9.30am – 11.30 am

Info: Centre on 9704 1863

Email: admin@berwicknc.com.au

Bring: Garden gloves

All welcome. No experience necessary.

[LAST DAY FOR 2024 IS THURS 19th DEC](#)

Square Dance Club

Come give Square Dancing a try. We offer two daytime classes on a Wednesday.

When –

Wednesdays

Where – Timbarra
Community Hall

Time –

Learners/Beginners
1pm-2.15pm

Experienced
Mainstream 2.15-
3.45pm

Cost – Beginners \$5 Experienced \$10

Info – Tony – 0408 340 990

Email: bowring@bigpond.net.au



[LAST DAY FOR 2024 IS WED 4th DEC](#)

Advanced Square Dance Club

Advanced Classes for those with lots of experience.

When – Mondays from 1 July 2024 (except 19 & 26th August & 2 September)

Where – Timbarra
Community Hall

Time – 2.00-
4.00pm

Cost – \$10 per
session

Info – Tony – 0408
340 990

Email:

bowring@bigpond.net.au



[LAST DAY FOR 2024 IS MON 2ND DEC](#)



SHARED INTEREST GROUPS



Neighbourhood Knitters Chat & Yarn Group



We provide the wool, you provide the "Yarn".

Especially for those that love to knit and crochet and would like to meet other like-minded people. Enjoy knitting in an informal, relaxed atmosphere, with a focus on time to be donated to charities.

When – Thursdays

Where – Timbarra Multipurpose Room

Time – 10am – 12pm

Info – Timbarra centre 9704 1863 or

email: admin@berwicknc.com.au

LAST DAY FOR 2024 IS THUR 12TH DEC

Sewing Machine & Computerised Machine Embroidery Group

Come along and have some fun with your machines, whether a plain sewing machine or

an embroidery machine – all sewers welcome

When – 3rd Thursday of the month

Where – Timbarra Community Hall

Time – 10am to 3pm

Info – Lyn Dickson 0407 472 960



LAST DAY FOR 2024 IS THUR 12TH DEC

Don't forget to bring your machines

Craft Classes with Elizabeth

Do you enjoy craft making? Would you like to make some new friends? Join us to discover the joy of craft and have a chat with like-minded people. You will be introduced to a range of craft techniques through a new project each week. All materials are included though you may wish to bring your own scissors, glue stick and double-sided tape.

BOOKINGS ESSENTIAL

Days & Times

Tuesdays – 10am-12pm

(8 Oct – 3 Dec) 8 Weeks (**NO SESSION ON 5**

NOV – PUBLIC HOL)

Thursdays – 12.30pm-2.30pm (10 Oct – 5 Dec) – 9 Weeks

Where – Timbarra Multipurpose Room

Cost: \$5 per class – all materials supplied

Info/Bookings – Centre 9704 1863

Email: admin@berwicknc.com.au



LAST DAY FOR 2024 IS TUES 3RD DEC & THUR 5TH DEC

CWA (Country Women's Association)

The CWA meet on the 1st Monday of the Month.



Where: Timbarra Community Room

Time: 7pm-9pm

Info: Kate – 0435 863 054

Email: azzo71@yahoo.com.au

LAST DAY FOR 2024 IS MON 2ND DEC

Chikushinkai Iaido & Jodo

Interested in learning more about the Martial Arts of Iaido and Jodo?



When – Saturdays

Where – Timbarra Hall

Time – 8.30am – 12pm

Info – PAUL – 0410 768 692

Email – fairlane501@gmail.com

LAST DAY FOR 2024 IS SAT 23RD DEC

Sri Lankan Theatre Group

This group provides an



opportunity for Sri Lankan children, youth and adults to share cultural values and express themselves via theatre while sharing their culture with the wider Australian Community.

When – Friday evenings

Where – Timbarra Hall

Time: 6 pm – 9.30pm

Info – Timbarra centre 9704 1863 or

email: admin@berwicknc.com.au

LAST DAY FOR 2024 IS FRI 13TH DEC

Berwick Toy Library

Over 400 toys for pre-school ages, including large toys. Borrow new toys every fortnight to keep your children stimulated and entertained.

When – Saturday mornings



12th, 19th, 26th October,
2nd, 16th, 30th November &
14th December

Where – Timbarra Multipurpose Room, Timbarra Way, Berwick

Time: 8am – 11am

Cost: \$55 per year per family membership

Info – Ashlea – 0402 929 385

email: berwicktoylibrary@gmail.com

[LAST DAY FOR 2024 IS SAT 14TH DEC](#)

Pitch Perfect Studios

Interested in singing lessons? Join Nikita from Pitch Perfect Studio



Days & Times – Mondays – 5pm-8.00pm

Wednesdays – 4.30pm-6.30pm

Thursdays – 5pm-8.30pm

Where – Meeting Room at 112 High Street, Berwick

Info – Nikita – 0424994956

Email – nikita@pitchperfectstudios.com.au

[LAST DAY FOR 2024 IS THUR 5TH DEC](#)

Sapphire Spirituality

Women's circles are intimate gatherings where women come together to seek sage council, set goals, dream, share, and play confidentially and safely among other women. All women are welcome to join the group and won't be forced to share or overstep their own boundaries. It's a safe place to listen, learn and if you wish, share, and participate.

When – Saturdays

Where – Timbarra Community Room

Time – 3.30pm – 5.30 pm

Info – Lily – 0422 836 617

Email – lilyvess@gmail.com

[LAST DAY FOR 2024 IS SAT 21ST DEC](#)

OM:NI (Older Men New Ideas)

Discussion group for older men with new ideas! We have two groups that run on different days. Please see days and info below.



GROUP A

When – Last Thursday of the month

Where – Timbarra Hall

Time – 9.00am-12.00pm

Info – Jim – 0408 335 130

[LAST DAY FOR 2024 IS THUR 19TH DEC](#)

GROUP B

When – 3RD Friday of the month

Where – Timbarra Multipurpose Room

Time – 9.00am-12.00pm

Info – John Deutch – 0431 844 833

Email – johnybill1947@hotmail.com

[LAST DAY FOR 2024 IS FRI 20TH DEC](#)

Ladies with HATitude

Looking for a fun Group for women ages 40 plus who want some sunshine & colour in their lives? The **RED** Hatters are coming! The Red Hat Society is the largest international women's social club, whose focus is on living life to the fullest, having fun and not "acting your age", and your local "Ladies with HATitude" will be holding regular meetings at the Timbarra Neighbourhood Centre.



When – Wed 2 Oct, 6 Nov & 4 Dec 2024

Where – Timbarra Community Room

Time – 11.00am – 2pm

Info – Robyn Wright
0447657976

Email – ladieswithhatitude@mail.com

[LAST DAY FOR 2024 IS WED 4TH DEC](#)

Book Swap

Bring a book, swap a book.



When – Mondays

Where – Timbarra Multipurpose Room

Time – 1pm – 2pm

Info – 9704 1863

Email – admin@berwicknc.com.au

Women's Group

Bring your craft, bring your latest read, or just bring yourself. Pop in for a chat. See what is happening at the centre. Have a cuppa and relax for a moment or two.



Where: Timbarra Community Centre Community Room

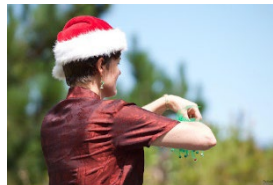
When: Mondays from 12.30pm – 2pm

All welcome.

[LAST DAY FOR 2024 IS MON 16TH DEC](#)

U3A Tai Chi

Join the U3A Tai Chi classes held in the Seniors Hall at High Street on Monday mornings.



Where: Senior's Hall, 112 High St, Berwick

When: Mondays from 9.30am – 11.30am

Info: Bruce – 0433 507 577

[LAST DAY FOR 2024 IS MON 9TH DEC](#)

Berwick Orchid Club

Interested in joining the Berwick Orchid Club? They meet on the last Sunday of the month at our Seniors Hall. Give us a call for more information.

Where: Senior's Hall, 112 High St, Berwick

When: Last Sunday of the Month

Time: 12pm – 4pm

Info: Neil – 0407 726 712



[LAST DAY FOR 2024 IS SUN 15TH DEC](#)

U3A Cooking Classes

Come along and join the U3A cooking classes as they cook up a storm trying different international cuisines.

Where: Senior's Hall, 112 High St, Berwick

When: Mondays from 1.00 – 3.30pm

Info: Bruce – 0433 507 577



[LAST DAY FOR 2024 IS MON 25TH NOV](#)

U3A Exercise Classes

Fancy some gentle exercises with great company, join the U3A exercise classes held each week.

Where: Senior's Hall, 112 High St, Berwick

When: Thursdays from 10–11am

Info: Bruce – 0433 507 577



[LAST DAY FOR 2024 IS THURS 12TH DEC](#)

Berwick Seniors

Our Berwick Seniors offer the following weekly activities at the Senior's Hall, 112 High Street Berwick.

- **Line Dancing – Tuesday** 10am-1pm [LAST DAY FOR 2024 IS TUE 17TH DEC](#)
- **Scottish Dancing – Tuesday** 7-10pm [LAST DAY FOR 2024 IS TUES 10TH DEC](#)
- **Activity Day – Wednesday** 11am-3pm [LAST DAY FOR 2024 IS WED 18TH DEC](#)
- **Club Day – Friday** 8am – 3pm [LAST DAY FOR 2024 IS FRI 13TH DEC](#)
- **Monthly Meeting – 1st Sat** of month 10.30am-2.30pm [LAST DAY FOR 2024 IS SAT 7TH DEC](#)

For more info please email Wendy – wmedew@gmail.com

Rock & Roll Dancing

Fancy a bit of rock & roll dancing with others who love to dance. Join us on a Monday evening for lots of fun, laughter and movement.

Where: Senior's Hall, 112 High St, Berwick

When: Mondays from 6.30pm – 9.30pm

Info: Samantha - 0423053007



[LAST DAY FOR 2024 IS MON 16th DEC](#)



FAMILY, YOUTH & CHILDREN'S SERVICES



3-Year-Old Play & Grow Sessions

Looking for pre-kinder type sessions for your child that is run during school terms only. Our program is run in accordance with the Early Years Learning & Development Frameworks by qualified educators in a caring & supportive environment. Childcare Subsidy is available if you qualify.



When – Monday to Thursdays
Where – High St Venue, 112 High St, Berwick
Time – 9.15am – 2.15pm
Info – Kerry 03-9796 1970
Email – childrenservices@berwicknc.com.au

Children must turn 3 years old before the end of April in the year they enrol. Small classes in a lovely community setting with consistent, friendly educators.

LAST DAY FOR 2024 IS TUES 17TH DEC

Childcare at High Street

We offer permanent bookings for your children aged 15 months to 4 years at our centre during school terms only. A choice of either 3 hour or 5-hour sessions with our nurturing diploma qualified educators. Our childcare program is run in accordance with the Early Years Learning & Development Frameworks Childcare Subsidy is available if you qualify.



When – Monday to Thursdays
Where – High St Venue, 112 High St, Berwick
Time – 9.00am – 12pm or 2.15pm
Info – Kerry 03-9796 1970
Email – childrenservices@berwicknc.com.au

Small classes in a lovely community setting with consistent, friendly educators.

LAST DAY FOR 2024 IS TUES 17TH DEC

Kinder Dance

Dance classes aimed at 3–5-year-olds that cover fun songs they all know. We will be exploring jazz, ballet, and basic movement dancing with the use of props such as instruments, shakers, teddies & materials. All 3–5-year-olds with all abilities welcome.



When – Monday's
Where – Timbarra Community Hall
Time – 9.30-10.00am
Cost - \$10 per session
Info – Timbarra Centre at 9704 1863
Email - admin@berwicknc.com.au

LAST DAY FOR 2024 IS TUES 17TH DEC

First Time Parents Group

First time parents from around Casey come together to discuss a range of parenting topics, held mornings or afternoons, once a week for 4 weeks. Groups are run face to face, with an online group as an alternative option for those unable to attend in person.

Days & Times:
Wednesdays – 1pm – 4pm
Where – Timbarra Multipurpose Room
Info – Your Maternal Child Health Nurse (MCH) or 9705 5590

MY TIME

For parents and carers with a child with a disability, chronic medical condition, or other additional needs including developmental delays. Unwind and share experiences with others who understand.



Activities for both yourself & your child on the day.
When – Every 2nd Friday during term time
Where – Timbarra Multipurpose Room
Time – 9.30am-12.00pm
Info – Bibi Azizi 0466 106 201
Email - bibia@mytimevic.com.au

LAST DAY FOR 2024 IS FRI 13TH DEC

Vita Speech

We offer a range of individual & group therapy services for children, teens and young adults. We can help with early communication skills for late talkers (1–3-year-olds), social/friendship skills for primary school, teens & young adults & school readiness for pre-schoolers.

Where – Timbarra Community Room
Days & Times:
Fridays - 12.30-2.30pm
Saturdays – 10.15am-12.45pm
Info – 9707 5033
Email - visaspeechpathology@gmail.com



LAST DAY FOR 2024 IS TUES 17TH DEC

PLAYGROUPS AT TIMBARRA

Are you looking for a playgroup for you and your child/ren where you can socialise with other parents/carers/children while your child learns through play?

Our playgroups are run by an experienced facilitator in an excellent, well-equipped venue, with a secure, enclosed playground.

All equipment is provided.



Playgroup Ages 15 months – 3 years

Days & Times: Tuesdays 9.30am - 11.30am
Thursdays 9.30am - 11.30am

Where: Timbarra Community Room

Cost – Paid per Term depending on total weeks in term.

Info – Kat 03-9704 1863

Email – admin@berwicknc.com.au

Bookings essential as numbers are limited.

TERM 4 - Starting **8TH OCT 2024** -**12TH DEC 2024** (No Tuesday group on 5 Nov due to public holiday)

\$72 for 9-week term (Tuesdays)

\$80 for 10-week term (Thursdays)

LAST DAYS FOR 2024 ARE TUES 10TH DEC & THUR 12TH DEC

Playgroup Ages 12 weeks – 15 months *“Babies Natter & Chatter”*

Days & Times: Thursdays 12.30pm - 2.00pm

Where: Timbarra Community Room

Cost – Paid per Term depending on total weeks in term.

Info – Kat 03-9704 1863

Email – admin@berwicknc.com.au

Bookings essential as numbers are limited.

TERM 4 - Starting **8TH OCT 2024** -**12TH DEC 2024** (No Tuesday group on 5 Nov due to public holiday)

\$72 for 9-week term (Tuesdays)

\$80 for 10-week term (Thursdays)

LAST DAYS FOR 2024 ARE TUES 10TH DEC & THUR 12TH DEC



MINISTRY



ANCHOR BAPTIST CHURCH

When: Sundays 9.30am – 12.30pm
Sundays 5.30pm - 7.30pm

Where: Timbarra Hall

Info: Rija or Celeste 0404 924 506 **Email:** abrellceleste@gmail.com



ACTIVITIES FOR THE MATURE ADULT



BERWICK ACTIVITIES CLUB

Carpet Bowls

A great way to meet new friends, have fun and keep fit.

When: Tuesdays
Time: 1.00pm – 3.30pm
Where: Timbarra Hall
Info: Bruce – 0447 554 475
Email: brucehenry6@bigpond.com



LAST DAY FOR 2024 IS TUES 17th DEC

BERWICK ACTIVITIES CLUB

Social Group

A social and friendship group offering games, cards, activities and excursions with others of a similar age.



When: Wednesdays
Time: 9.30am – 12.30pm
Where: Timbarra Hall
Info: Bruce – 0447 554 475
Email: brucehenry6@bigpond.com

LAST DAY FOR 2024 IS WED 18th DEC

BERWICK ACTIVITIES CLUB

Dance Group

Do you enjoy dancing? Come join the club and have fun with others who love to dance.



When: Thursday Evenings
Time: 6.30pm – 9.30pm
Where: Timbarra Hall
Info: Bruce – 0447 554 475
Email: brucehenry6@bigpond.com

LAST DAY FOR 2024 IS THUR 19th DEC

BERWICK ACTIVITIES CLUB

Beginners Dance Group

Fancy a dance, but not sure how? Come on down and join our beginner's class. It's never too late to learn to dance!

When: Friday Evenings
Time: 7-8 pm
Where: Timbarra Multipurpose Room
Info: Bruce – 0447 554 475
Email: brucehenry6@bigpond.com



LAST DAY FRIDAY 8th NOV

BERWICK ACTIVITIES CLUB

SCRABBLE CLUB

Fancy some fun with 7 random letters and a group of others who enjoy the game of scrabble? If you think you can spell, please join us for some social fun.



When: Friday's
Time: 1.00pm – 3.30pm
Where: Timbarra Hall
Info: David
Email: yank45@optusnet.com.au

LAST DAY 13th DEC



SUPPORT GROUPS



GROW SUPPORT GROUP

GROW

mental wellbeing programs

Mental Wellbeing Programs

GROW provides friendly help for those of us suffering from emotional distress, depression, or other effects of stress. Members share their own experiences & coping strategies to help one another.

GROW is anonymous, confidential, open to all and free.

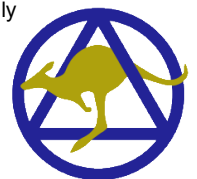
When – Wednesdays
Time: 10am – 12pm
Where: Timbarra Multipurpose Room
Info: GROW 9528 2977
Web: www.grow.net.au

LAST DAY FOR 2024 IS WED 18th DEC

SUNLIGHT OF THE SPIRIT GROUP *Alcoholics Anonymous*

Sunlight of the Spirit is an open meeting of Alcoholics Anonymous. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety. Join us for our weekly meeting where we study from the Big Book of Alcoholics Anonymous and share our experiences, strength and hope for each other. Everyone is welcome, especially newcomers.

When: Tuesdays
Time: 7.30pm – 8.30pm
Where: Timbarra Multipurpose Room
Info: Sean – 0425 707 480
Email: sunlightofthespiritaa@gmail.com
Web: www.sunlightofthespiritaa.org.au





Berwick Neighbourhood Centre Community Garden



What's happening in the garden in Term 4, 2024?

Our Community Garden is ready and waiting for you.

Regardless of your gardening experience, the community garden is a place to meet, to share and to learn. Meet new people from the community as we come together through regular Garden groups, workshops and tending to our raised garden beds.

Located between the Timbarra Community Centre and Timbarra Hall, come and check out this vibrant welcoming environment. Designed to accommodate all ages, stages and abilities the Community Garden will provide the opportunity:

- * to successfully grow nutritious food via tending to individual or community raised garden beds.
- * learn what to do with harvested produce via food preparation opportunities in the Timbarra Hall kitchen.
- * see the benefits of sustainable living via workshops and activities.
- * meet other locals and experience the benefits to your wellbeing of being in the garden.

* For more information call Kim on 9704 1863 or email: manager@berwicknc.com.au



Garden Workshops & Garden Groups Weekly Garden Group

The group meets every **Thursday** to share garden tips, tend to the community garden, enjoy each other's company and a well-deserved cuppa. Don't forget your garden gloves. No garden experience necessary. Everyone is welcome.

Rest assured, if you need a little respite from the weather be it too warm or cold, we can still gather in the comfort of a room in our centre.

Date: Thursdays during the school term

Time: 9.30-11.30am

Venue: Berwick Community Garden located **between** the **Timbarra Community Centre** and the **Timbarra Hall**.



Saturday Morning Garden Groups This Term

For those garden goers who are unable to make a weekday, we also do a couple of Saturday sessions each term. This term, they will take place on:

Saturday 9th November – 8.30am to 10.00am

Saturday 7th December 2024 - 8.30am to 10.00am

In extreme weather Garden sessions outdoors will be replaced with planning and gathering together to share ideas indoors. If unsure, please contact Kim at manager@berwicknc.com.au for confirmation of Garden operation times.



****HALL & ROOM HIRE OPPORTUNITIES****

Multipurpose Room – Timbarra Community Centre

Lovely room with small kitchenette and enclosed outdoor area. Suitable for up to 40 people.

Community Room – Timbarra Community Centre

A decent sized room suitable for up to about 40 people with access to full kitchen and substantial enclosed outdoor area.

Meeting rooms–Timbarra Community Centre & High Street

Suitable for 10-15 people. Timbarra Meeting Room includes a small kitchenette in the room. High St has access to a kitchen.

Timbarra Community Hall – Timbarra Community Centre

The Timbarra Community Hall is available for hire on Saturday evenings between 5pm and 12am for birthdays, engagements, Weddings and any other special Celebration you may wish to Celebrate. The Hall can comfortably cater for 100 people. Good Commercial kitchen, heating and air-conditioning.

- HALL BOOKINGS ARE ESSENTIAL.
- APPLICATIONS ARE REVIEWED EACH WEDNESDAY.
- NO BOOKING WILL BE ACCEPTED LESS THAN 14 BUSINESS DAY'S BEFORE THE EVENT DATE.
- HALL HIRE IS NOT AVAILABLE DURING SCHOOL HOLIDAY'S

The High St Senior's Hall - High St Senior's Building

The hall is located at 112 High St, Berwick and is suitable for meetings, classes, community groups & functions for up to 120 people. Full kitchen available on site. Hall area comes with stage. Heating & cooling provided.

- HALL BOOKINGS ARE ESSENTIAL.
- APPLICATIONS ARE REVIEWED EACH WEDNESDAY.
- NO BOOKING WILL BE ACCEPTED LESS THAN 14 BUSINESS DAY'S BEFORE THE EVENT DATE.
- HALL HIRE IS NOT AVAILABLE DURING SCHOOL HOLIDAY'S

For Bookings or further information on any of these hire opportunities please call 9704 1863 or email Admin@berwicknc.com.au