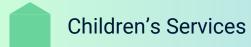


We offer our Berwick Community:



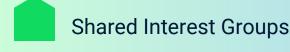


Support Groups



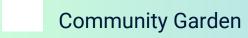


Activities for the Mature Adult





Hall & Room Hire





Facilitated Playgroups

OUR VENUES

Timbarra 26 Parkhill Dr, Berwick Tel: 03-9704 1863 Email: admin@berwicknc.com.au **Centre Operating Hours**

Mon -Thurs - 9.00am - 3.00pm Friday - 9.00am - 12.00 pm

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



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

<u>Please note</u>: 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 Operating Hours (During Terms 1-4):

High Street (Children's Services) - Monday – Thursday 9am-3pm, Fri – Office Closed Timbarra & High Street (Seniors Building) – Monday-Thursday 9.00am-3.00pm Friday – 9.00am-12.00pm

Call: Timbarra & Seniors Building Venue 9704 1863 or 9796 1970 (Children's Services only)
email: Admin@berwicknc.com.au







Term 3 Workshops & Events

Garden Workshops in Term 3

Sowing the seeds for Spring!

Dust off the Winter chills by looking ahead to the warmth and wonder of the weather to come by delving into the garden to get things ready to enjoy. Join in as we review the importance of preparing your soil for the best planting and harvest results. When and how to plant your seeds? What to plant? Not to forget the sharing of many helpful hints. So, get your gloves, pop on your boots and a jacket to join us in the garden.

Where: Berwick Community Garden located next to the Timbarra Hall 20-27

Parkhill Dr, off Timbarra Way.

<u>Date:</u> Thursday 14 August 2025

<u>Time</u>: 9.30am - 10.30am

Numbers are limited. **BOOKINGS ESSENTIAL**. Call 9704 1863 to secure your

spot.





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. <u>Dates for Term 3</u>: Wednesday 23 July 2025 from 3pm to 5pm and Tuesday 16 September 2025 from 3pm to 5pm.

Keep up to date on all our Termly workshops & events by following us on Facebook (f) or checking our website

(www.berwickneighbourhoodcentre.com)







HEALTH & WELLBEING

Exordium Health

Circuit Training & Boxing Classes

Suitable for all fitness levels incl. over 50's, those with health conditions or new to exercise. All equipment provided except mats.

<u>Days & Times</u> - Tues & Fridays 9.15-11.15am <u>Where</u> - Timbarra Community Hall <u>Cost</u> - \$14 per session or \$10 Concession <u>Info</u> - Lorraine 0425 748 644 or email: info@exordiumhealth.org <u>Bring own mat, water bottle & wear</u> <u>comfortable clothing.</u>





HEALTH & WELLBEING

Cheyenne on Queue Line Dancing

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

When: Mondays

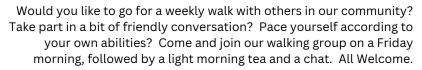
Where: Timbarra Community Hall

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

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



Walking Group



<u>When:</u> Fridays <u>Where:</u> Meet in Timbarra Community foyer

<u>Time:</u> 10am - 11.30am (approx)

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



NSYNC Dance Academy

Afternoon & evening Dance classes for children & Adults. Hip Hop, Jazz, Classical and Tap. Acrobatics for Children.

Days & times: Tues 4.30pm-8.30pm

Wed 4.15pm - 9.00pm & Thurs 4pm - 6pm

Where: Meet in Timbarra Community Hall

Info: Lauryn on 0422 860 457

Email: nsyncdanceacademy@gmail.com **Web:** www.nsyncdanceacademy.com



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 & abilities welcome.



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

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.

Day's & Times: Mondays 9.45am - 11am

Where: Timbarra Community Room

Bring own mat, water bottle & wear comfortable clothes.

SCHOOL TERMS ONLY





HEALTH & WELLBEING



Kadampa Meditation

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

<u>When:</u> Thursdays <u>Where:</u> Timbarra Multipurpose Room

<u>Time:</u> 7pm - 8.00pm <u>Info:</u> Kate on 03-9756 7203 or email - a

info@kadampa.org.au

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

Community Garden & Seed Library



Our weekly community 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
Where: Community Garden at our Timbarra venue
Time: 9.30am - 11.30am
Info: Centre on 9704 1863
Email: admin@berwicknc.com.au
Bring: Garden Gloves

ALL WELCOME. No experience necessary.

Square Dance Club

Come give Square Dancing a try. We offer two daytime classes on a Wednesday for beginners or experienced mainstream and an advanced class on a Monday for those with lots of experience.

<u>Days & Times:</u> Mondays (Advanced Classes) 2pm-4pm at \$10 per session **Days & Times:** Wednesdays (Learners/Beginners) 1pm-2.15pm at \$5 per session

Days & Times: Wednesdays (Experienced Mainstream) - 2.15pm-3.45pm at \$10 per session

Info: Tony - 0408 340 990 Email: bowring@bigpond.net.au



ALL WELCOME.



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.

<u>Days & Times:</u> Thursdays 10am to 12pm <u>Where:</u> Timbarra Multipurpose Room <u>Info:</u> Timbarra Centre at 9704 1863 or <u>Email:</u> admin@berwicknc.com.au



Crochet Classes



Join our cosy crochet classes for beginners and learn the basics of this relaxing and creative class. Whether you are just starting out or an experienced crocheter working on your own projects, our sessions are the perfect place to unwind, connect and create. Advanced participants are welcome to bring their projects or work on charity squares for a meaningful touch.

<u>Days & Times:</u> Wednesdays 1pm - 3.30pm <u>Where:</u> Timbarra Multipurpose Room <u>Info:</u> Timbarra Centre at 9704 1863 or <u>Email:</u> admin@berwicknc.com.au

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.

Days & Times: 3rd Thursday of the month 10am to 3pm

<u>Where:</u> Timbarra Community Hall <u>Info:</u> Lyn Dickson on 0407 472 960



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.



Days & Times:

Tuesdays - 10am - 12pm (22 July - 16 Sept (9 weeks)
TUESDAY CLASS IS FULL FOR TERM 3

Thursdays - 12.30pm-2.30pm (24 July - 18 Sept) (9 weeks) THURSDAY CLASS HAS 2 SPOTS LEFT FOR TERM 3

> Where: Timbarra Multipurpose Room Cost: \$5 per class - all materials supplied Info/Bookings: Centre at 9704 1863 or email - admin@berwicknc.com.au



Australian Oriental Martial Arts Tai Chi

Would you like to try giving Tai Chi a go? Join Master Wendy on a Sunday afternoon at the Timbarra Hall.

<u>Days & Times:</u> Sundays 2pm - 5pm <u>Where:</u> Timbarra Community Hall <u>Info:</u> Master Wendy Jiang - 0467 597 080

Email: ad@awcc.com.au





SHARED INTEREST GROUPS

Chikushinkai laido & Jodo

Interested in learning more about the martial arts of laido and Jodo?

Days &Times: Saturdays 8.30am - 12pm Where: Timbarra Community Hall

Info: Paul - 0410 768 692 Email: fairlane501@gmail.com



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.



Days &Times: Fridays 6pm - 9.30pm Where: Timbarra Community Hall Info: Centre at 9704 1863 or Email: admin@berwicknc.com.au

CWA (Country Women's Association)

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

Days &Times: 1st Monday of the month 7pm - 9pm

Where: Timbarra Community Room

Info: Kate - 0435 863 054 Email: azzo71@yahoo.com.au



Men's Morning Discussion Groups

Discussion Group for older men with new ideas. We have two groups that run on different days. Please see days & info below. All Welcome.

GROUP A

When: Last Thursday of the month 9am -12pm

> Where: Timbarra Meeting Room Info: Jim - 0408 335 130

GROUP B

When: 3rd Friday of the month Where: Timbarra Multipurpose Room Info: John Deutch - 0431 844 833 Email: johnybill1947@hotmail.com

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.

Days &Times: Saturdays 8am - 11am

Dates this term: 26 July, 9,16,23 Aug & 6, 13 Sept 2025 Where: Timbarra Multipurpose room, Timbarra Way, Berwick

Cost: \$55 per year per family membership

Info: Ashlea 0402 929 385 or Email: berwicktoylibrary@gmail.com



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Pitch Perfect Studios

Interested in singing lessons? Join Nikita from Pitch Perfect Studio.

Days &Times: Mondays 5pm-8pm, Wed 4.30pm-6.30pm & Thur 5-8.30pm Where: Meeting Room at 112 High St, Berwick Info: Nikita - 0424 994 956

Email: nikita@pitchperfectstudios.com.au



SHARED INTEREST GROUPS

Ladies with HATitude

Looking for a fun group of women ages 40 plus who want some sunshine and colour in their lives? The RED Hatters are here! 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 our age"! We hold regular meetings at the Berwick Neighbourhood Centre at Timbarra.

Days & Dates: Mondays - 7 May, 4 June, 7 July, 4 Aug, 1 Sept, 6 Oct, 3 Nov & 1 Dec 2025

Where: Timbarra Community room

Time: 11.30am - 2pm

Info: Robyn Wright at 0447 657 976 or Email: ladieswithhatitude@mail.com



Linking Local Ladies (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.

When: Mondays

Where: Timbarra Meeting Room

Time: 12pm - 2pm

Info: Centre at 9704 1863 or Email: admin@berwicknc.com.au



Book Swap

Bring a book, swap a book.

When: Mondays Where: Timbarra multipurpose room

> Time: 1pm - 2pm Info: Nikita - 0424 994 956

Email: nikita@pitchperfectstudios.com.au

What's on offer at our Senior's Hall, High St, Berwick

U3A Tai Chi

Join the U3A Tai Chi classes held in the Seniors Hall at 112 High St on Monday Mornings.

When: Mondays Where: Senior's Hall, 112 High St, Berwick Time: 9.30am - 11.30am Info: Bruce - 0433 507 577

Berwick Orchid Club

Interested in joining the Berwick Orchid Club? They meet on the last Sunday of the month.

When: Last SUNDAY of month Where: Senior's Hall, 112 High St, Berwick Time: 12pm - 4pm Info: Neil - 0407 726 712

Other Activities on offer by the Berwick Seniors

- Line Dancing Tues 10am-1pm
- Scottish Dancing Tues 7pm-10pm
- Activity Day Wed 11am-3pm
- Club Day Fri 8am-3pm For more info please email Wendy -

wmedew@gmail.com

U3A Cantonese Cooking Classes

Come along and join the U3A's Cantonese/Chinese cooking classes as they cook up a storm.

When: Every 4th Monday of the month Where: Senior's Hall, 112 High St, Berwick

Time: 1pm - 3pm Info: Bruce - 0433 507 577

Rock & Roll Dancing

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

When: Mondays Where: Senior's Hall, 112 High St, **Berwick** Time: 6.30pm - 9.30pm Info: Samantha 0423 053 007

Casey Tamil

Monthly meeting on the 1st Saturday of each month.

When: 1st Saturday of the month Where: Senior's Hall, 112 High St, Berwick **Time:** 10.30am-2pm Info: Siva - 0491 149 113 Email: sivas1714@gmail.com

U3A Exercise Classes

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

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

Time: 10am - 11am Info: Bruce - 0433 507 577



Family, Youth & Children's Services

3 Year old Play & Grow Sessions

Looking for pre-kinder type session for your 3 year old 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 & supporting environment. Childcare Subsidy (CCS) is available in you qualify.

<u>When:</u> *Mondays - Thursdays* <u>Where:</u> 112-116 High St, Berwick

<u>Time:</u> 9.15am - 2.15pm <u>Info:</u> Kerry - 03-9796 1970

Email: childrenservices@berwicknc.comau

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





Childcare at High Street

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

When: Mondays - Thursdays
Where: 112-116 High St, Berwick
Time: 9.00am - 12 pm or 2pm
Info: Kerry - 03-9796 1970

Email: childrenservices@berwicknc.comau

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



PLAYGROUPS at Timbarra

Are you looking for a Playgroup for you & your child/ren where you can socialise with others while your child learns through play? Our playgroups are run by a qualified, experienced facilitator in an excellent, well-equipped venue, with a secure, enclosed playground. All equipment is provided.

<u>When:</u> Tuesdays - Thursdays <u>Where:</u> Timbarra Community Room

Session Times: 12 weeks-3 years 9.30am -11.30am

<u>Cost:</u> \$8 per session <u>Info:</u> Kat on 03-9704 1863

BOOKINGS ARE ESSENTIAL AS NUMBERS ARE LIMITED

Email: admin@berwicknc.comau

Note: Sessions are dependent on numbers.

Vita Speech

We offer a range of individual & group therapy services for children, teens & 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.

<u>Days & Times:</u> <u>Fri</u> - 1 pm - 2.30pm <u>Saturdays</u> - 10.15am-12.45pm <u>Where:</u> Timbarra Community Room

Info: 9707 5033

Email: visaspeechpathology@gmail.com





MINISTRY

Anchor Baptist Group

When: Sundays - 9.30 to 12.30pm & 5.30pm - 7.30pm

Where: Timbarra Hall Info: Rija or Celeste 0404 924 506

Email: abrellceleste@gmail.com



SUPPORT GROUPS





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

Where: Timbarra multipurpose room

Time: 10am - 12pm

Info: GROW at 03-9528 2977 Web: www.grow.net.au

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.

<u>Time:</u> 7.30pm - 8.30pm <u>Info:</u> Sean - 0425 707 480

Web: www.sunlightofthespiritaa.org.au



BERWICK ACTIVITIES CLUB <u>Carpet Bowls</u>

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





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

BERWICK ACTIVITIES CLUB <u>Dance Group</u>

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





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: Fridays Time: 9.30am - 12pm

Where: Timbarra Community Room

Info: David

Email: yank45@optusnet.com.au



Berwick Neighbourhood Centre Community Garden

GARDEN

What's happening in the garden in Term 3, 2025

Our Community Garden is ready and waiting for vou!

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 & the 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 the centre on **03-9704 1863** or email: admin@berwicknc.com.au





Saturday Morning Garden Group for Term 3

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

Saturdays 2 Aug & 6 Sept 2025 - 8.30-10am

In extreme weather, garden sessions will be cancelled. If unsure, please email Kim at manager@berwicknc.com.au for confirmation of times.

Weekly Garden Group

The group meets every **Thursday** to share tips, tend to the community garden, enjoy each others company and a well deserved cuppa. Don't forget your garden gloves.

No garden experience necessary. All 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.

Time: 9.30am - 11.30am When: Thursdays (during school terms) Venue: At the garden between the Timbarra Community Centre and the Hall.



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 5-10 people. Timbarra Meeting Room includes a small kitchenette in the room. High St has access to a kitchen. Suitable for 10 - 15 people.

Timbarra Community Hall - Timbarra Community Centre

The Timbarra Community Hall is available for hire on Saturday evenings between 2pm 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 suited 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 <u>BEFORE</u> 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 <u>9704 1863</u> or email <u>Admin@berwicknc.com.au</u>





Belinda Wilson MP

State Member for Narre Warren North

- ⊕ belindawilson.com.au 🕶 ⊚ belindawilsonvic
- Shop 101, Endeavour Hills Shopping Centre, Matthew Flinders Ave, Endeavour Hills.

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