

## ART AND CULTURE

### CURRENTS AFFAIRS DISCUSSION

In conjunction with U3A Daylesford this group meets regularly for lively discussions of local and international issues.

**Wednesday 3 Feb** 10am-12pm  
**Wednesday 24 Feb** 10am-12pm  
**Wednesday 16 Mar** 10am-12pm

Tutor: Frank Page  
**Gold Coin Donation**

### HOUSE OF TAROT

Step by step guide to using the Tarot. Starting with a brief history, tuning in, meanings of cards, how to do a spread. Reading for oneself and others.

**Saturday 20 Feb & 27 Feb** 10.30am-3.30pm  
**\$95 or \$90 Conc.**

Tutor: Tania Yorgey

### TUNE INTO YOUR LIFE

Unique psycho-spiritual method developed by holistic depth psychologist Ira Progoff.

A psycho-spiritual method of keeping a journal, differing from traditional journals in having both structure and meditative exercises.

**Sat 19 & Sun 20 March** 9.30am-4.30pm  
**\$160**

Tutor: Jan Watson

## LANGUAGES

### FRENCH CONVERSATION

Learn and practice French through conversation. Everyone welcome.

**Tuesday 2 Feb for 8 wks** 4.45pm-5.45pm  
**\$80.00**

### FRENCH GRAMMAR

Learn French or refresh your knowledge of French in a friendly and relaxed atmosphere.

**Tuesday 2 Feb for 8 wks** 3.30pm-4.30pm  
**\$120.00**

Tutor: Rosie Laszlo

## DNC Calling For:

### TEACHERS WHO WOULD LIKE TO TEACH THE FOLLOWING:

Bellydancing  
 Cooking  
 Languages

Or let us know what you would like to teach.

**Call us for a chat**

## FITNESS, HEALTH & WELLBEING

### ARCHERY

Back by popular demand join John to learn how to shoot a bow and arrow and hit a target. A great family fun activity.

**Every Wednesday** from 24 Feb  
**5pm-7pm**  
**Adults \$18 & Children \$12 per session**

Tutor: John Blake

### ALEXANDER TECHNIQUE

A gentle technique designed to promote wellbeing by exploring whole-body awareness and movement that involves minimum effort and strain. The classes are light-hearted and fun. Everyone is welcome.

**Fortnightly from Monday 8 Feb** 4 classes  
**7.00pm-8.15pm**  
**\$60.00 or \$16.00 per session**

Tutor: Anne Mallen  
 Phone: 0408 024 881  
 Email: mallenanne@gmail.com

### EXPLORE BACK-BREATH-VOICE ALEXANDER TECHNIQUE WORKSHOP

We will introduce you to key principles and exercises. Through these we you will explore habits of tension, assisting you to begin or continue a remarkable process of change. Beginners welcome.

**Sunday 20 March** 10am-3pm  
**\$69 or \$59 Conc.**

Tutor: Anne Mallen  
 Phone: 0408 024 881  
 Email: mallenanne@gmail.com

### BOXING FOR FITNESS FOR GIRLS YEAR 9-12 @ THE ARC

A range of punching combinations and body weight exercises to increase, agility, balance, reflexes, strength and confidence.

**Every Tuesday** from 16 Feb  
**3.45pm-4.35pm**  
**\$12 per session**

Tutor: Justine Pilgrim  
 0417 056 689

### BOXING & CIRCUIT FOR FITNESS FOR ADULTS @ THE ARC

A range of punching combinations and body weight exercises to increase cardio fitness, agility, balance, reflexes and strength.

**Every Mon-Tue-Wed-Fri** from 16 Feb  
**6am-6.50am Boxing**  
**7am-7.50am Circuit**  
**\$14 per session**

Tutor: Justine Pilgrim  
 0417 056 689

Good start to your day

### WU STYLE TAI CHI

Learning and practising the Wu style long form, a gentle but effective exercise for body, mind and spirit.

**Monday 8 Feb** for 6 weeks  
**10.00am-11.00am**  
**6.00pm-7.00pm**  
**\$65 or \$55 concession**

### EIGHT SILKEN MOVEMENTS

Easy to follow Chi Gong based movements for balancing, strength, flexibility and inner peace..

**Monday 8 Feb** for 6 weeks  
**11.15am-12.15pm**  
**\$10.00 per session**

Tutor: Gudrun Markowsky

### YOGA IN A CHAIR

Gentle exercises to increase flexibility, improve co-ordination and enhance wellbeing. Ideal for those with physical restrictions or limited mobility.

**Every Wednesday 10 Feb** 11.00m-12.00pm  
**\$10.00 or \$5 Conc. per session**

Tutor: Kirstin Beggs

### YOGA

The class focusses on issues experienced by those living a rural life style. Gradual, comfortable exercises to restore, realign and deepen awareness. This class has been running for over 20 years.

**Monday 01 Feb** for 8 weeks  
**5.15pm-6.45pm**  
**Tuesday 2 Feb** for 8 weeks  
**10.15am-11.45am**

Tutor: Larch Holy cross church

## GENERAL

### CYBER SAFETY

How to spot a scam

Different types of scams and how they work. What to do if you are a victim of a scam.

Practical tips on how to stay safe online.  
**Wednesday 24 Feb** 1pm-3pm

### \* TUESDAY KITCHEN GARDEN GROUP

This is an all-abilities group. You will learn how to prepare a garden for planting, how to successfully plant seedlings and germinate seeds, and when to harvest. You'll even learn how to prepare a meal from what you have grown.

**Tuesday 9.30am -3.00pm**

### \* WEDNESDAY GROUP

This all-abilities group who meet to improve literacy, numeracy and life skills. Activities include shopping, cooking, creative writing, craft and budgeting. Ideal for people looking to develop basic life skills.

**Wednesday 9.30am-3.00pm**

### HIGH TEA PARTY COOKING CLASS

Students will create traditional High Tea consisting of decorative cakes, sponges chocolate slices etc.

**Sunday 14 Feb** 10am-12.30pm  
**\$25 or \$20 Conc.**

Qualified Chef: Fiona Brand

### MAKE YOUR OWN PASTA, PESTO & OTHER SAUCES

If possible bring some basil or other fresh herbs from your garden for sauces.

**Saturday 13 Feb** 10am-12pm  
**\$25 or \$20 Conc.**

Qualified Chef: Fiona Brand

### \* RESUME WRITING

Feel you are not getting anywhere applying for positions? We will help you to address key selection criteria, application format, decode job advertisement and more. Book a session with our qualified teacher.

**Every Friday** \$10 per session  
**Appointments start from 2pm**

### \* WANT TO KNOW HOW TO USE YOUR NEW PHONE / TABLET / IPAD / MOBILE DEVICE

Learn at your own pace in One on One sessions.

**Monday from 8 Feb**  
**Appointments start at 9am**  
**\$15 or \$10 Conc.**

Call the centre to make a booking.

Tutor: Sally van Rooden

### WORM FARMING / COMPOSTING

A workshop about recycling methods such as composting or worm farming which can dramatically reduce your carbon foot print, enrich your gardens soil and help the environment.

**Saturday 5 March**  
**10am-11.30pm**  
**PROVIDED BY HEPBURN SHIRE COUNCIL**

FREE



## LECTURE SERIES

### WHAT IS ASTRONOMY?

This lecture will be an overview of what the 4 weeks night course, to be held in Term 2, 2016, will cover.

**Saturday 5 March** 11.30am-12.30pm  
**\$12.50**

Coffee + Tea provided

Lecturer: Robert Holmes  
**From the Talbot Observatory**

## TRAINING

### FIRST AID Level 2 HLTAID003

Learn how to provide emergency care, perform resuscitation and manage injury and illness until medical aid arrives. A work book must be filled out online or receive a hard copy from the Centre and completed prior to the class starting. We also offer CPR ONLY training in the morning.

Provided by Vic First Aid.

**Friday 18 March** 9.00am-5.00pm  
**\$150.00 for level 2**  
**\$70.00 for CPR only.**

### FOOD SAFETY HANDLER LEVEL 1 SITXFSA101

The course is structured to meet the needs of people who have not previously completed food hygiene training or would like to update the knowledge in light of many changes over the past few years. This course is suitable for staff working in any food business..

Provided by ITFE.

**Monday 22 Feb** 10am-2pm  
**\$110**

### FOOD SAFETY SUPERVISOR LEVEL 2 SITXFSA201

The course incorporates basic food hygiene principles and practical application in the workplace, and the implementation and maintenance of food safety standards in the workplace. Participants must hold a current SITXFSA101 Certificate to be eligible for this workshop.

Provided by ITFE.

**Monday 29 February** 10am-2pm  
**\$110**

### RESPONSIBLE SERVICE OF ALCOHOL SITHFAB009A

This is the official Victorian Liquor Licensing Commission program designed to give participants the skills and knowledge necessary to ensure a safe environment in licensed premises. Provided by KCLC.

**Wednesday 2 March** 5.00pm -9.00pm  
**\$95 or \$90 Concession**

Tutor: John Thomas

### \* THE SKILLS STORE

Do you need assistance with the following?

MYOB  
 Computers  
 Bookkeeping

We can assist local businesses with quality training tailored to you needs.

**Call us for availability and pricing.**

**THE FOLLOWING SPACES ARE AVAILABLE FOR HIRE**

Courts / Stadium: 2 basketball courts with spectators stand.

Court / Gymnasium: single basketball court with rock climbing wall.

Squash courts: 2 full sized squash courts.

Theatre: seats 240

Multi Purpose Room/Foyer/Kiosk: heated area with pool table, café style seating, audio-visual system and kiosk.

**WHAT IS ON AT THE ARC?**

|  |                     |
|--|---------------------|
| <b>Archery</b>                                   | <b>03 5348 3569</b> |
| <b>Basketball</b>                                | <b>0499 811 817</b> |
| <b>Boxing Fitness</b>                            | <b>0417 056 689</b> |
| <b>"Dawn School of Dancing"- Ballet-Tap-Jazz</b> | <b>0407 045 369</b> |
| <b>Sprung Circus</b>                             | <b>0477 499 342</b> |
| <b>Squash</b>                                    |                     |
| <b>Volleyball</b>                                | <b>03 5348 7674</b> |

Phone: 03 5348 3569

Website: [www.daylesfordarc.com.au](http://www.daylesfordarc.com.au)



**Venue Hire**

Several rooms, small and large, are available for hire at reasonable rates for meetings, events and social gatherings.

- Computer Lab**
- Court Room**
- Jurors Room**
- Kitchen**
- Main Class Room**
- Paddock Room**

Call us for prices

**COMMUNITY EVENT**  
**"Excursion to the Melbourne Flower Show"**  
**16 March 2016 \$25**

**GROUPS @ DNC**

- Bush Walking Group**  
Fridays **start 9.00 am**
- Easy Walking**  
Fridays **start 9.00 am**  
Meet outside the Court House  
Enquiries: Ian 03 5348 4283
- Crochet Group**  
Wednesdays **2.00pm-3.30pm**  
Tutor: Peppa Sinclair  
**Gold coin donation**
- Craft / Crochet Group**  
Thursdays **10.00am-12.00pm**  
**Gold coin donation**
- Herb and Cottage Gardeners**  
4th Thursday of the Month From 24 March  
call 03 5348 1936 for info **7.30pm 9.30pm**
- Sweet Justice Women's Choir**  
Mondays **4.00pm-5.00pm**  
**Gold coin donation**
- Wholefoods Collective**  
Wednesday **2.00pm-4.00pm**  
Thursday **3.00pm-5.00pm**  
Saturday **10.00am-12.00pm**  
Become a member and enjoy reasonable priced organic produce. Come and see us and our products in the Old Police Cottage behind the Court

**Services**

- Printer**
  - Black/White & Colour A4 & A3 printing and photocopying .
  - Scanning
  - Fax
- Printer Features**
  - Booklet facility
  - Multipage collating
  - Stapling
- Self service or if assistance is required make a booking.
- Other**
  - Data projector hire
  - Guillotine
  - Laminating



**PROGRAM**



**TERM 1 2016**

**REGISTER YOUR EXPRESSION OF INTEREST FOR 2016 FOR:**

- Basic Car Maintenance**
- Beekeeping in Term 3**
- Bike Maintenance & Repair in Term 2**
- Horsemanship Clinic for Beginners in Term 2**
- Intro to Horticulture in Term 2**
- Introduction to Floristry in Term 2**
- Introduction to Ceramics in Term 2**

**About us**

Located in Daylesford's Old Court House. The centre is a not for profit organisation that provides space for community activities. Daylesford Neighbourhood Centre offers a wide variety of courses and activities. Some are subsidised by State Government or by funding from other sources. All courses are costed according to tutor fees, subsidies, administration time and centre costs, so each course fee is a different price. Costs are kept as low as possible.

We encourage and value community involvement. If you have any ideas for courses or have a skill or talent you would like to teach please contact us for a chat.

**Courses with an \* indicates a Government Funded course.**

**How to Register for a Class**

- 1 Email [daylesford@ourneighbourhood.org.au](mailto:daylesford@ourneighbourhood.org.au) or call 03 5348 3569.
- 2 **Enrol early** as classes with insufficient numbers will be cancelled.
- 3 Term fees are to be paid with enrolment by cash or EFT. Payment is required prior to classes starting.
- 4 If a course is cancelled, your fee will be refunded.
- 5 Check the time and location of your course at the time of enrolment.

**DAYLESFORD NEIGHBOURHOOD CENTRE INC.**

ABN 91 523 232 008  
Inc. No: A0009619Z

13 Camp Street  
Daylesford VIC 3460

PO Box 325, Daylesford VIC 3460

**Phone: 03 5348 3569**

**Email:**  
[daylesford@ourneighbourhood.org.au](mailto:daylesford@ourneighbourhood.org.au)

Website: [www.ourneighbourhood.org.au](http://www.ourneighbourhood.org.au)

The Centre is open:  
Monday to Thursday 9.00am-4pm  
Friday 9.00am-1.30pm