

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



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?

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

Phone: 03 5348 3569

Website: 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	start 9.00 am
Fridays	
Easy Walking	start 9.00 am
Fridays	
Meet outside the Court House	
Enquiries: Ian 03 5348 4283	
Crochet Group	2.00pm-3.30pm
Wednesdays	
Tutor: Peppa Sinclair	
Gold coin donation	
Craft / Crochet Group	10.00am-12.00pm
Thursdays	
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 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

Website: www.ourneighbourhood.org.au

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