



daylesford
neighbourhood centre



Term 4 Summer 2023

13 Camp Street, Daylesford

Phone: (03) 5348 3569

Email: admin@dncentre.org.au

Web: www.dncentre.org.au*

*All Courses can be booked direct from our website



From the Manager's Desk...



Welcome to Term 4 2023!

Things are never quiet here at the Centre. We have been busy finalizing some new courses for Term 4 including Digital Literacy, Mindfulness for Mental Health and Literacy Thru Art. We look forward to bringing these classes to our community and think they'll be popular! We also have our "Safe Seats Safe Kids" safety check happening

In "Centre News", we have recently updated our old "Computer Lab" room to a bright new "co-working space". We love the new look of the room and have renamed it "The Green Room"! It has a whole new feel to it. Spaces will be available to hire individually or for small meetings. More on this coming soon!

It's school holiday time again and we have some school holiday activities which we hope will help break the boredom over the holidays. Better still — all activities are free of charge due to a very generous donation from the Daylesford Foundation! Details on Page 13.

GREEN ROOM NOW AVAILABLE TO HIRE!



All courses can be booked from our website www.dncentre.org.au
Click on the COURSES link, then scroll to locate your preferred course

Free Legal Advisory Service

Now in Daylesford



Free Legal Assistance in Daylesford

Ballarat & Grampians Legal Service are providing a free legal advisory service to residents of Hepburn Shire.

Next Daylesford appointments on:

Wed 27th Sept

Wed 25th Oct

Wed 22nd Nov

Wed 6th Dec

Book your appointment by calling 5331 5999



**All appointments
conducted at the
Neighbourhood
Centre**



Eight Silken Movements

An easy-to-follow movement class based on elements of Chi Gong and Tai Chi. Promoting balance, coordination, flexibility and inner calm.

Beneficial for all age groups.

No previous experience required.

Dress comfortably.

Pay per session.



Tutor: Gudrun Markowsky
Where: DNC Paddock Room
When: Mon from
Time: 10.30am 18th Sept
Cost: \$20 per session

Gudrun is a long term tutor here at the Centre.
For information about Eight Silken Movements (Chi Gung), please call Gudrun on 0490 053 521

Yoga

Hatha yoga classes will enhance your well-being through the practice of asana (movement and postures), pranayama (breath practices and awareness) and relaxation. Expect to feel stretched, strengthened, energised and calm. All levels welcome, including beginners.

Classes: Tues 6pm or Sat 9am
BYO: Yoga mat and blanket.

Contact Jan directly for all enquires and to book your spot: 0419121961



Tutor: Jan Tepper
When: Tue from 19th Sept
Sat from 23rd Sept
Cost: \$20 per casual session
\$180 for a 10 class pass

Jan is a Yoga teacher with more than 15 years experience. She is also a Physiotherapist working in rehabilitation of musculoskeletal issues having a strong knowledge of the body and health issues.

Tai Chi

Wu style Tai Chi, is a gentle and slow but exacting form of exercise, based on an ancient Chinese tradition. It is suitable for all age groups and helps support flexibility, concentration, memory and balance as well as inner peace. Some practice at home will be advisable. Wear comfy clothes and soft soled shoes or slippers.

Classes are weekly and run for 60 mins. No previous experience required.



Tutor: Gudrun Markowsky
Where: DNC Paddock Room
When: Mon from 18th Sept
Time: 1pm-2pm
Cost: \$20 per session

Gudrun is a long term tutor here at the Centre.
For information about Tai Chi, please call Gudrun on 0490 053 521

Stretch Therapy—Masterclass

Stretch Therapy classes are on hold for Term 4, but we are offering a one-off, 2 hour Masterclass on Oct 21. Based on elements of sports science, physical therapies, martial arts and yoga, Stretch Therapy is a system used around the world to find ease in movements. Stretch therapy is suitable for all levels of fitness. Wear comfortable clothing.

Enquiries to John on 0438 781 137



Tutor: John Ielo, Myotherapist
When: Sat 21st Oct; 1 day only!
Where: DNC Paddock Room
Time: 3pm-5pm
Cost: \$50

Having worked with professional sports people, special needs children, corporate massage, injury rehabilitation, wellness clinics and spas, John is equipped with experience and up to date knowledge.

Computer & Phone Essentials*

This 10 weeks course is designed to help learners understand the basics of various areas of technology, including different digital devices, their functionality and the ways people can use these devices to connect with others and access services over the Internet.

This course will be tailored to individual needs, so don't be terrified of the classroom format, we are here to make sure you are comfortable to learn! * ACFE subsidized



Tutor: Ed Butler

When: Tues 10th Oct

Time: 2pm-4pm

Cost: \$30 for full 10 weeks

Our Tutor, Ed Butler, has 20+ years as a local teacher. He hopes to improve the digital literacy of our less technical community members over this 10 week course.

Honeytones Choir

Group singing is a great way to express yourself and to connect with others. Studies show that it provides a multitude of social and health benefits. As a choir, we will sing in a range of musical styles, working together to bring the songs we are learning to life and to continually develop our musical and singing skills.

Who is it For? Anyone 15 or over. No singing or note-reading experience needed!



Tutor: Suzanne Hobson

When: 7pm - 8.15pm

Mondays from *2nd Oct

Cost: \$100 per term

Special Introductory session on 2nd Oct!

Suzanne Hobson has been conducting choirs for adults and children for over 20 years. She is also a pianist, teacher, and performer.

Responsible Service of Alcohol

SITHFAB021

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

Now is a great time to upskill and get yourself job-ready.



Tutor: The Laurels

When: Tues 21st Nov

Time: 10am-2.30pm

Cost: \$110

Laurels Education & Training mission is to provide educational and personal growth opportunities that support people to reach their full potential and to work with employers to ensure their workforce is highly skilled and engaged.

Mindfulness for Mental Health

Mindfulness is a mind training skill that supports greater calm, clarity, focus, balance and mental health. Drop in for a guided 75 **minute** practice session and discover the benefits for yourself. No previous experience required. Prior to your first session, please call Peter for a personal orientation.

Cost: includes take home materials

Phone: 0449 000 393



Tutor: Peter Muizulis

When: Saturdays from Oct 7th

Time: 10:30am-11.45am

Cost: \$20 per session

Peter has an Honours degree in Psychology and has practised and taught mindfulness for over 30 years. For more information, visit:

www.mindfulnessforliving.com.au

Safe Seats Safe Kids

Free Child Car Restraint Inspections Fri 17th Nov 1.30pm-3.30pm

Local parents and carers are invited to book in for a free child car restraint fitting or safety check. Bookings open on 14th October.

Book online at www.safeseatssafekids.com.au

**IS YOUR CHILD
TRAVELLING
SAFELY?**

FREE!
**CHILD CAR
RESTRAINT
FITTINGS &
SAFETY CHECKS** ✓

PLEASE
SCAN
HERE TO
BOOK



**Safe Seats
Safe Kids**

Find out more information at
safeseatssafekids.com.au



ART for Expression and a Better Life *

This 8 week program is for anyone interested in creating a richer life experience through art making. With a focus on watercolour and ink, we will be exploring materials and techniques whilst discovering how the practice of making art will positively inform the rest of your day.

Throughout the course we will be:

- exploring colour mixing and looking at how to use colour for impact
- mark making and line work
- sketching from life, from photos and from your imagination
- building a playful workbook of ideas and methods to carry you beyond the class and into your own practice and given the time of year, if you choose, making unique and meaningful seasonal gifts.

Sophia is a new resident in Hepburn Shire with her son, pups and guinea pig, she is excited to share her knowledge and experience with Shire residents for the first time.

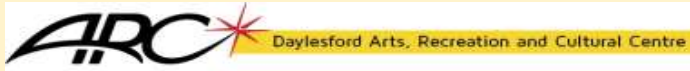
* ACFE subsidized



A 50% subsidised starter pack of specially curated materials will be provided as part of the course fee. All you need to do is show up and be prepared to jump in.

Tutor : Sophia Cosmas
When : From Fri 6th Oct
Time : 10am-11.30am (90 min)
Cost : \$275* (*incls a 50% subsidy on materials)

Our Tutor, Sophia is a dedicated and enthusiastic artist with a daily practice involving exploration and experimentation, commissions and other fine art work.



WANT TO GET INVOLVED WITH SPORTS AT THE ARC?

HERE IS WHO YOU NEED TO CONTACT:

Daylesford Tang Soo Tao Martial Arts —Damian Smith – 0428 994 859

Volley Ball—Colin Priest—0447 487 674

Squash Bookings—DNC—53483569

**If you would like to book some time at the ARC for your sporting group,
call us on 5348 3569**



Venue Hire - The ARC

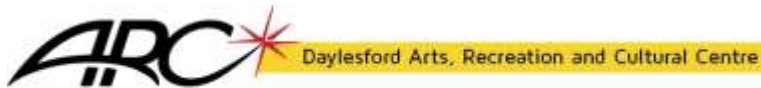


DNC manages The ARC on behalf of the community. The ARC consists of:

- Court/Stadium 1 & 2 (double basketball courts with spectators stand)
- Court 3 (single basketball court)
- Foyer / Kiosk (heated area, AV system, café style seating and kiosk)
- Multi Purpose Room / Canteen
- Squash courts (two full sized squash courts) available for hire. Racquets and balls available at no extra charge from DNC

All spaces can be hired individually and are available outside of school hours as well as weekends. The ARC makes for an incredible Children's/Adults birthday party venue, or a space for a large capacity function for 300 or more and anything in-between. Call us for a costing for your special function.

For more information check out <http://daylesfordarc.com.au>, visit us here at the Centre, call 53483569 or email us at admin@dncentre.org.au



Venue Hire - DNC

Venue Hire!

Did you know we have several rooms, large and small, available for hire? All rooms can be hired on a casual or permanent basis.

Other areas include a co-working space, function spaces, kitchen facilities and class rooms. Our spaces are suitable for meetings, individual workspaces, conferences and events, classes, community activities and social gatherings! The possibilities are endless! If you want to arrange a site inspection to see our rooms, call us to make a time.

**Full & Half Day rates available for registered Not-for-Profit groups.
Video Conferencing equipment included in regular room hire rate**



BASKETBALL CLINICS RETURN TO THE ARC

Basketball clinics will be running at the ARC
for Term 4!!

Wed afternoons; 4pm-5.30pm from 18th October

\$2 Gold coin donation payable at the door or \$20 up front for full term



This activity is sponsored by the Daylesford Foundation

All Ages Welcome

Enquires to Sam on 0417 000 736



No Interest loans
are still available
for items such as
whitegoods, vehi-
cles, car registra-
tion, medical or
educational needs.

Call 9606 0117 to
talk about your op-
tions.

No Interest Loans

nhvic.org.au/nils
(03) 9606 0117



DNC is a proud supporter of:



Thank you to our Sponsors!

We extend our sincere appreciation to our sponsors. We invite you to support these community-minded businesses who support us.



BGCLS offering
Free Legal Service in Daylesford.
Call 5331 5999 to book a time.



Sandy's Catering

0431 547 776



Pastry King

Bakery, Café - Bakery, Cafe Food:
Daylesford





Daylesford Neighbourhood Centre offers all these services?

Aside from our courses and workshops that we offer each term, DHC also offers the following services to our community:-

- Meeting Room/Venue Hire with video conferencing equipment suitable for Zoom meetings, conferences, events, classes and similar activities
- Venue hire for social events and functions
- Volley Ball & Basketball courts for hire
- Squash Court hire
- School holiday activities
- Free wifi and computer access
- Photocopying/scanning and printing services
- Confidential Shredding Services
- Job Agency and Employment services
- Assistance with Power Saving Bonus applications
- Projector Hire
- Free Legal Advice, by appointment

If you have something you would like to see at Neighbourhood Centre, or would like to run a course under the ACFE umbrella (Adult, Community & Further Education) which might provide a pathway to employment, call us to discuss your thoughts.



All courses can be booked from our website www.dncentre.org.au
Click on the COURSES link, then scroll to locate your preferred course

WALKING TOURS OF DAYLESFORD



Curious about Daylesford's history?

Bookings are essential:
Daylesford Visitor Information Centre
t: 1800 454 891 or trybooking.com

Come on our engaging guided
walk and all will be revealed...

f AlicesJourneys
a alicesjourneys8459
0455 519 111
info@alicesjourneys.com

www.alicesjourneys.com



Daylesford Neighbourhood Centre

Open Monday - Thursday 9am - 4pm; Fri 9am-1.30pm

Free Wi-Fi and Computer Access

All courses can be booked online via our Website

www.dncentre.org.au

DNC acknowledge that we are on traditional lands of the Dja Dja Wurrung. We offer our respect to the Elders of these traditional lands, and through them to all Aboriginal and Torres Strait Islander peoples past and present.



DAYLESFORD NEIGHBOURHOOD CENTRE INC.

ABN 91 523 232 008

Inc No A0009619Z