



## Term 4 Summer 2024

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 Interim Coordinator's Desk...



## Welcome to Term 4 2024!

#### **DNC CHANGES OFFICE HOURS!**

DNC have recently changed our manned reception hours. We are now open 4 days a week and closed on Fridays. Reception hours are now 9am-3pm Mon-Thurs, however our room hire and our co-working spaces are still available from 7am-10pm, as per normal.

#### PICKLE BALL AT THE ARC

DNC is happy to announce that Pickle Ball has come to Daylesford and is being played at the ARC each Sunday morning from 11.30am. It's a lot of fun, no experience is necessary and is suitable for most ages. We have players ranging from 11-70+. If you'd like to take part, just call Wendy Vorstenbosch. Her number is listed on page 11. If you haven't tried it yet, get yourself down to the ARC Sunday morning! It's a bit of fun.

#### FRENCH CLASSES RETURN TO DNC

We are happy to announce that we will have a beginners French class returning to DNC in Term 4. Our Tutor, Catherine LeRoux is a qualified French teacher with almost 20years experience. Her classes commence on 7th October. Enrolments are open now.

#### DNC Signs up to be a Donation Partner with the Container Deposit Scheme

We have recently signed up as a Donation Partner with the Container Deposit Scheme. This means we can now officially accept donations of refunds from anyone who wishes to donate to a charity. Next time you have a few bottles to take to the recycle station, if you would like to donate your refund to a local group, you can now select DNC as the recipient. If your group is looking for a fundraising partner, please get in touch. We'd be happy to work with you!

All courses can be booked from our website www.dncentre.org.au

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DNC has recently signed up as a "Donation Partner" with the Container Deposit Scheme. We can accept donations of refunds from anyone who wishes to donate their refund to a charity. If you would like to donate your refund to a local group, you can now select DNC as the recipient. Here's how:

#### To make a donation to DNC:

- 1. Download the CDS VicWest App from the appstore
- 2. Search "Charities" in the Searchbox and select DNC
- 3. Once on the DNC page, scroll down and click SET AS PAYOUT button!
- 4. At the recycle station, scan your barcode at the scanner, pop your bottles in and that's it!

If you are part of a local group and would like to support DNC with your refunds, we would be very grateful of any donations and happy to chat to you further if you would like to do something officially with your group. We can help with flyers etc. Just call us and we'd be happy to work with you!

Our nearest refund point is at 37 East St (Industrial Estate) Daylesford.



#### What can I return?

Most aluminium, glass, plustic and liquid paperboard (carton) drink containers between 150mL and 3 litres are eligible. You can keep the lids on, we recycle them too.



### Check for the 10c mark

Look for the 10c mark on the drink container label. It is often located near the barcode.





# CO-WORKING SPACES FOR HIRE











#### **ABOUT THE SPACES**

DNC now has a selection of co-working spaces available. We have co-working space, paid space, private space and free space.

#### **GET IN TOUCH**

03 5348 3569 admin@dncentre.org.au www.dncentre.org.au

#### PROPERTY FEATURES

- · Private office (avail on select days)
- Communal spaces
- · Board Room style
- · Daily, Weekly or Hourly rates
- \$20 for 3 hours (min charge)
- \$30 Day Pass
- \$20 per day per 3 day block (\$60)
- \$18 per day per 10 day block (\$180)

## Provide First Aid HITAID011

Learn how to provide emergency care, perform CPR and manage injury until medical help arrives. You never know who's life you might save.

Provide First Aid Is a full day course with an online component. CPR refresher is morning only.



Where: DNC Paddock Room

When: Tues 29th Oct

Time: Full course: 9am-3.30pm CPR Only: 9am-12noon

Cost: \$137 full course;

\$95 CPR only

This course is being conducted by ITS who will be looking after all registrations. On enrolment, an option will be given to pay by Invoice, Credit Card or Paypal.

## Mens Group

For self-exploration, sharing and support. Speak your truth; Be listened to and be heard. Support others to say what they need to say. Explore challenges and life issues. Enjoy the camaraderie In a safe and supportive environment.

Dates 10 & 24 Oct - 07 & 21 Nov - 05 Dec. \$50 covers cost of all 5 sessions

(Min age 18; Enrolments essential)



Tutor: Greg Govinda

When: From 10th Oct

Time: Thurs 7pm-9pm, fortnightly

Cost: \$50 covers all 5 sessions

Contact Greg 'Arjuna' Govinda on 0466 339 287

Or see www.innerwork4men.com

(established in 2017)

## Yoga

Hatha yoga classes will enhance your wellbeing 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 to book 0419121961

Tutor: Jan Tepper

When: Tue 6pm from 8th Oct

Sat 9am from 12th Oct 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 is-

## **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.

This group is for anyone 15 or over. No singing or note-reading experience needed!



Tutor: Suzanne Hobson

When: Mon from 7th Oct

Time: 7pm - 8.15pm

Cost: \$100 per term

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

and performer.

Call Suzanne on 0448 564 362

## **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 7th Oct

Time: 10.30am

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

## **French Alive**

Are you someone who learnt French years ago and would like to refresh your skills? Or maybe you are planning to travel to a French speaking country and would like to enrich your experience? Perhaps you'd simply like to refine your understanding of the French language? This course offers a mix of conversational French and structured language lessons in a fun, relaxed and supportive environment..

FRANCE

Tutor: Catherine LeRoux Where: DNC Clerks Room

When: Mon from 7th Oct (5 weeks)

Time: 1.30pm-2.30pm

Cost: \$90 per 5 weeks / \$85 conc

Catherine is a French born native speaker and teacher of over 30 years' experience. She looks forward to meeting you and exploring this beautiful language together.

## **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, or check out the info on the DNC website.

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















## **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

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. With winter upon us, this might be your next party venue.

For more information check out daylesfordarc.com.au, call us on 53483569 or email us at admin@dncentre.org.au













# WANT TO GET INVOLVED WITH SPORTS AT THE ARC? HERE IS WHO YOU NEED TO CONTACT:

Volley Ball—Colin Priest—0447 487 674
Basketball Clinics—Tegan—0402 550 450
Pickle Ball—Wendy- 0458 372 906

If you would like to book some time at the ARC for your sporting group,





#### **PICKLE BALL**

Pickle Ball is new to the ARC. It's very popular overseas and just taking off in Australia. It's currently running on Sunday mornings at the ARC and has been introduced to Daylesford by Wendy Vorstenbosch.

Wendy is a Pickle Ball enthusiast and is happy to keep her sessions fun, casual and open to all ages. It's more about getting out and having some fun. Participants so far have ranged from 11-70+, so it has a wide appeal for many reasons. Pickle Ball is a bit of a cross between Tennis, Badminton and Table Tennis. It's played on a badminton court with a net that's not as high as a tennis net, no over-arm allowed and the paddles are made of plastic!

Bookings are suggested if you want to join in, but you are welcome to just come along and have a hit. No experience is necessary—just a willingness to have a go and have some fun at the same time. The good thing about Pickle Ball is no experience is necessary.

Call Wendy on 0458 372 906 to let her know you're interested!

Sessions are \$10 per person
Wear comfy clothes and runners or soft shoes.
BYO water bottle







#### BASKETBALL CLINICS

Do you want to improve your basketball skills and have fun at the same time? If so, these clinics are running every Wednesday afternoon during Term 4!

Basketball is a great sport that teaches not only physical skills, but also social skills, teamwork, problem-solving, discipline and work ethic, and helps build confidence while having fun on the court.

Coach Tegan is experienced in teaching the fundamentals of the game to children of all ages and skill levels. She will help you master the basics of shooting, dribbling, passing, rebounding, defence and footwork through simple and effective drills and games. These clinics are open to children aged 10 and under (between 4-5pm), and 11 and over (between 5-6pm).

To keep it accessible for every child, the cost is only a \$2 donation paid at the door.

We acknowledge the support of the Daylesford Bowling Club and thank them for their support in making sport accessible to all

## BASKETBALL CLINICS AT THE ARC

Basketball clinics continue for Term 4!

#### Wednesday afternoons from 9th Oct

\$2 Gold coin donation payable at the door





\*4pm - 5pm: Ages 10 and under \*5pm - 6pm: Ages 11 and older Enquires to Tegan: 0402 550 450

\*DNC acknowledges the support of the Daylesford Bowling Club\*







#### **VOLLEYBALL**

# Volleyball is played on Monday nights at the ARC and is suitable for beginners and people of all ages.

Did you know....

- 4 Teams who reached Victorian State Schools Championship which made each team in the top 8 school teams in Victoria.
- 7 teams have made it to the state championships in the last 2 years. Most play in the junior competition on Monday nights from 6pm-7pm.
- Social adult competition runs from 7pm-8pm straight after the juniors.

Sessions are coached by Victorian State Coach, Colin Priest with 3 other qualified coaches.

If you would like to know more about participating in Volleyball contact Coach Collin on 0447 487 674















## Free Legal Advisory Service offered to Hepburn Shire Residents

DNC have teamed with the Ballarat & Grampians Community Legal Service and will be offering a free legal advice service for residents of the Hepburn Shire.

## **Upcoming Daylesford Dates:**

Thurs 6th June Wed 14th Aug Wed 9th Oct Wed 4th Dec

## **Book Your Appointment**

All appointments are taken by the BGCCLS office. Call 5331 5999 to book your appointment.

Making legal service accessible to Hepburn Shire Residents



**EVERY SUNDAY FROM 11:30AM** 

**BEGINNERS WELCOME** 

PLEASE WEAR SNEAKERS AND BRING A BOTTLE OF WATER.

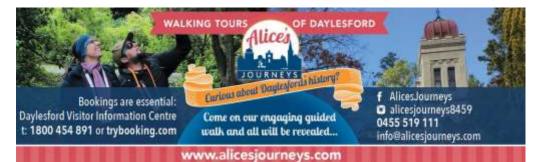
\$10 Per Person

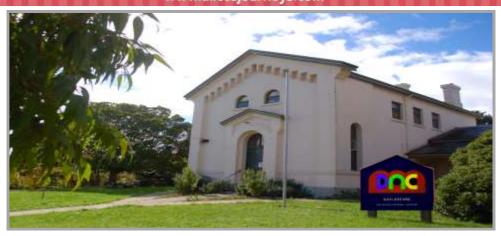
Event supported by DNC

THE ARC 39 SMITH ST DAYLESFORD



For more information and bookings: Phone Wendy 0458 372 906





## **Daylesford Neighbourhood Centre**

Reception Mon- Thurs 9am - 3pm; Closed Fri Room Hire Avail 7am-10pm 7 days (bookings essential)

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