

SOUTH BARWON COMMUNITY CENTRE

Enrol for all activities on 5243 8388 or visit our offices at 33 Mount Pleasant Road, Belmont.

Information online at:

www.sbcommunitycentre.blogspot.com

or email info@sbcc.org.au



TERM 1 2008

(4 Feb. to 30 March)

Monday

SCRIBES – Writing Group

Do you want to write? If so, join our friendly writing group and bring your stories to life.

Time: 9:30-12pm, \$2.00 per session

WALKING WITH STROLLERS

Make friends and get fit at the same time.

Time: 10.00 – 11.00 am

Tuesday

ORGANIC EDIBLE GARDENING

Learn about the organic movement and plan and design your own garden, with a qualified landscape designer. 4 week course

Date: 8 April Time: 10.30 – 12.00 approx

\$35 (\$30 concession)

CRAFT GROUP

Members of the SBCC Craft Group invite you to come along and have fun at our informal and welcoming meetings.

Time: 1.00 – 3.00pm, \$2 per session

4 G (Generation Gap Games Group)

Children bring along your parents, grandparents or carers to play board games in a friendly atmosphere.

Tuesdays from 5 Feb.

Time: 4.00 – 5.00pm, \$2 per session

INTRO TO PHILOSOPHY

Ponder ego, love, life's purpose, beliefs, attachments, introduction to meditation, self realization.

Begins Tuesday 12th February ongoing

Time: 7.30 – 9.00pm, \$2 per session

Wednesday

OM:NI MEN'S GROUP

(Older Men New Ideas)

Join a friendly and welcoming group that provides opportunities for men to meet, talk and laugh with others their age.

2nd & 4th Wednesday of the month, 10.30 – 12.30pm

\$3.00 per session

GRANDPARENTS GROUP

This friendly group provides an opportunity for grandparents to get together to share experiences of being a grandparent in today's society.

2nd & 4th Wednesday of the month

Time: 1.00 – 3.00pm, \$2.50 per session

GAMES GROUP (Scrabble, Chess, Backgammon, etc..)

Come along to our games group and spend your morning playing your favourite board, traditional or card games. Enjoy a cuppa and a chat while testing your wits and skills.

1st & 3rd Wednesday of the month.

Time: 10.30 – 12.00pm, \$2.00 per session

Thursday

WALKING GROUP

Come along to our walking group, get fit and make new friends.

Time: 10.00am,

.50c (for a cuppa after)

PET LOSS GRIEF SERVICE

The Geelong Pet Loss Grief Service provides support and assistance to bereaved pet owners.

Cost: Free. Booking essential.

NO FALLS 2

An extension of the No Falls Exercise Program designed to maintain your fitness with low impact exercises designed for people who have completed the initial No Falls Program.

From February 28th

Time: 2 – 3pm,

\$5.00 per session

DEVELOP YOUR WRITING SKILLS

Learn specific skills to aid your writing. Genres, mental blocks, planning

From February 21st

Time: 10.30 – 12.00

\$2.00 per session

Saturday

BELMONT TOY LIBRARY

This group provides an opportunity for parents to borrow quality educational toys, puzzles and games, soon to open on a week day.

Time: 9.30 – 11.00am

Phone: Julie 5244 4606 for information and bookings

Groups and Services

HIGHTON PLAYGROUP

The Highton Playgroup is based at SBCC and offers fun activities and great facilities for children 0 – 5 years.

Contact: Sarah on 5244 4592 for session times and additional information.

COMPUTER HELP

A volunteer at SBCC is willing and able to try and provide individual tuition and answer some of your computer related questions and offer help and advice.

Gold coin donation. Appointment essential

JIGSAW PUZZLE LIBRARY

Our ever expanding jigsaw library has a large range of different puzzles with varied themes and piece counts. Please donate your completed jigsaw puzzles so others can enjoy them too.

LIFE COACHING (Personal coaching)

Find out how to start really living a life that you love instead of simply accepting the one that you lead. Spark your true passion and begin to take real positive steps towards a great future.

Life Coach – Jackie Lukacz, Ph: 0417 367 394 OR

email: jackiel@rabbit.com.au Bookings essential

TYPING SERVICE

Come talk to us about your typing needs, help with resumes, manuscripts, stories.

RECYCLING COLLECTION POINT FOR:

Prescription Glasses' ring pulls, corks, bread ties and stamps

Expression of Interest:

Art Group

Develop your skills in your chosen medium with local Artist Wilma Sutherland. Bring your own materials. **8 weeks for \$48**