



# Berwick Neighbourhood Centre

MON 20 JAN -  
FRI 4 APRIL **2025**

## TERM 1

*Community is about doing something together  
that makes belonging matter.*

### We offer our Berwick Community:



Health and Wellbeing Groups



Support Groups



Children's Services



Activities for the Mature Adult



Shared Interest Groups



Hall & Room Hire



Community Garden



Facilitated Playgroups

### OUR VENUES

#### Timbarra

26 Parkhill Dr, Berwick  
Tel: 03-9704 1863  
Email: [admin@berwicknc.com.au](mailto:admin@berwicknc.com.au)  
Mon - 9.30am - 2.30pm  
Tues, Wed & Thurs - 9.00am -  
3.00pm  
Friday - 9am - 12pm

#### High Street (Children's Services)

112 High St, Berwick  
Tel: 03-9796 1970  
Email: [childrenservices@berwicknc.com.au](mailto:childrenservices@berwicknc.com.au)  
Mon-Thurs - 9am - 3pm  
Fri - Closed

#### High Street (Seniors Building)

112 High St, Berwick  
Tel: 03-9704 1863  
Email: [admin@berwicknc.com.au](mailto:admin@berwicknc.com.au)

Website: [www.berwickneighbourhoodcentre.com](http://www.berwickneighbourhoodcentre.com)



Berwick Neighbourhood Centre

**Public Holiday Centre Closures in Term 1** - Mon 27 Jan (Australia Day), Mon 10  
March (Labour Day)



## Berwick Neighbourhood Centre Information

The Berwick Neighbourhood Centre is a **Not for Profit organisation** whose aim is to provide a safe, inclusive welcoming space for all community members to engage in a range of activities/services that enable learning opportunities, support and connections with others in our diverse and ever changing community. We look forward to you becoming part of our Berwick community.

There is an **Annual Membership fee of \$10**

**Please note:** All details in this term program were correct at the time of printing. The Centre reserves the right to change times, dates and fees when necessary. Updates of our program can be seen via our Facebook and our website. Our centre operates in accordance with the current government health guidelines and reserves the right to cancel or transition to online programs if required to do so.



The Berwick Neighbourhood Centre acknowledges and pays respect to the past, present and future Traditional Custodians and Elders of this nation and the continuation of cultural, spiritual and educational practices of Aboriginal and Torres Strait Islander peoples.

*The Berwick Neighbourhood Centre is committed to providing a child safe environment*

### Centre Office Hours:

**High Street (Children's Services)** - Monday – Thursday 9am-3pm Fri – Office Closed

**Timbarra & High Street (Seniors Building)** – Monday 9.30am-2.30pm

Tuesday, Wednesday & Thursday 9.00am-3.00pm

Friday – 9am-12pm

Call: Timbarra Venue 9704 1863 or 112 High Street 9796 1970 (Children's Services)

email: [Admin@berwicknc.com.au](mailto:Admin@berwicknc.com.au)



Neighbourhood Houses Victoria



The Berwick Neighbourhood Centre is proudly supported by the Beaconsfield District Branch of Bendigo





# Term 1 Workshops & Events

## Garden Workshops in Term 1

### Autumn Preparations

Summer crops are nearly gone. Garden beds have been put under stress. Let's take some time to look at how we can rejuvenate it. Come and join Kim as we learn about replenishing the nutrients in our soil, the impact of lingering summer crops and what to plant next!

**Where:** Berwick Community Garden located next to the Timbarra Hall 20-27 Parkhill Drive, off Timbarra Way.

**Date:** Thursday 6 March 2025

**Time:** 9.30am – 10.30am

**Numbers are limited. Bookings essential call 9704 1863 to secure your spot.**



## Saturday Papercraft with Elizabeth

This 2-hour card-making class will concentrate on teaching a range of foundation papercraft skills in detail while using quality products to create beautiful projects. Each class will explore a new technique and/or explore a new product. Participants will get to enjoy high-class Stampin' Up products with no obligation to make a purchase.

**BYO a basic craft kit including scissors, glue (preferably fine-tipped), double-sided tape or a tape runner. You may also wish to include a bone folder, glue stick, ruler and pencil.**

**When:** Saturday – 15<sup>th</sup> February 2025

**Time:** 1pm – 3pm

**Where:** Timbarra Multipurpose room

**Cost:** \$25 including materials and a light morning tea

**Get in early! Classes will have a maximum of 8 participants to ensure everyone receives comprehensive instruction and has time to fully develop each skill.**

**Bookings are essential.**

**Please book with Elizabeth Wheat by text or phone at 0481 004 189 or by email- passionforpapercraft@outlook.com.au**

## The Casey 360 Bus

Come down and check out the Casey 360 Bus, a mobile youth information centre for young people that services the suburbs of the City of Casey.



The Casey 360 bus provides:

- 2 youth workers
- Information on a range of issues relevant to young people
- 7 LCD TV screens for movies and games
- 3 Apple iMacs with internet access
- 5 PS4s, a Nintendo Switch and iPads
- Board games, card games and sporting equipment
- This is a FREE service for young people aged 10 - 25 years.

**Meet Rory & the team at Timbarra Community Centre/Hall  
Dates & Times To be announced.**



# HEALTH & WELLBEING

## Exordium Health

### Circuit Training & Boxing classes.

Suitable for all fitness levels including over 50's, those with health conditions or new to exercise. All fitness equipment provided, except mats.



### Days & Times

Tuesdays 9.30am to 10.30am

Fridays – 9.30am to 10.30am

**Where** – Timbarra Community Hall

**Cost** - \$14 per session or \$10 concession

**Info** – Lorraine 0425 748 644 or email - [info@exordiumhealth.org](mailto:info@exordiumhealth.org)

[2025 Start Date is 7 January](#)

Bring own mat, water bottle and wear comfortable clothing.

## Exordium Health

Fitness class for **PERI & POST MENOPAUSAL** women. Includes cardio, core strengthening work & body weight & resistance exercises.



### Day & Time

Wednesday's 7.30-8.15pm

**Where** – Timbarra Community Room

**Cost** - \$14 per session or \$10 concession

**Info** – Lorraine 0425 748 644 or email - [info@exordiumhealth.org](mailto:info@exordiumhealth.org)

Bring own mat, water bottle and wear comfortable clothing.

[2025 Start Date is 8 January](#)

## Walking Group

Would you like to go for a weekly walk with others?

Take part in a bit of friendly conversation? Pace yourself according to your own abilities?



Come and join our walking group on a Friday morning followed by a light morning tea and a chat. All welcome.

**When** – Fridays

**Where** – Meet in Timbarra Community foyer.

**Time** – 10am – 11.30am (approx.)

**Info** – Centre at 9704 1863 or email- [admin@berwicknc.com.au](mailto:admin@berwicknc.com.au)

[2025 Start Date is 6 February](#)

## Cheyenne On Queue Line Dancing



Get fit and have fun while you step out to the music.

**When** – Mondays

**Where** – Timbarra Community Hall

**Time** – 9.30am-12.30pm and/or 6.30-9.30pm

**Info** – Darren 0435 507 307 or check out [www.cheyenneonqueue.com.au](http://www.cheyenneonqueue.com.au)

[2025 Start Date is 13 January](#)

## Reiki with Debbie

Reiki is a Japanese form of therapy that aims to increase energy levels and promote relaxation and wellbeing. It is applied through non-invasive, non-manipulative gentle touch and can contribute to your wellbeing by helping you feel relaxed, peaceful and more energetic.



For further information or to book an appointment please call **Debbie on** 0409 369 276

## NSYNC Dance Academy

Afternoon & evening dance classes for children and adults. Hip Hop, Jazz,



Classical and Tap. Acrobatics for Children.

**Days & Times** – Tuesdays – 4.30-8.30pm & Wednesdays 4.15-9.00pm

**Where** – Timbarra Community Hall

**Info** – Lauryn on 0422 860 457

**Email** – [nsyncdanceacademy@gmail.com](mailto:nsyncdanceacademy@gmail.com)

**Web:** [www.nsyncdanceacademy.com](http://www.nsyncdanceacademy.com)

[2025 Start Date is 4 February](#)

## Seated Movement Sessions (Chair Dancing)



Would you like to try exercising from the comfort of a chair? Join us for some seated movement

sessions where we will use fun and uplifting songs and different styles and eras of music. All ages and abilities welcome.

**When** – Monday's (School Terms Only)

**Where** – Timbarra Community Room

**Time** – 10.15am - 11.00am

**Cost** - \$8 per session

**Info** – Centre at 9704 1863 or email- [admin@berwicknc.com.au](mailto:admin@berwicknc.com.au)

[2025 Start Date is 27 January](#)

## YOGA with Nick

Looking for Yoga sessions. Whether you have done it before or would like to give it a try, Nick offers two classes a week and all are welcome.

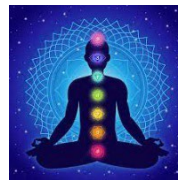
### Days & Times -

Mondays – 9.45-11am

Saturdays – 8.30-9.45am

**Where** – Timbarra Community Room

Bring own mat, water bottle and wear comfortable clothing.



### SCHOOL TERMS ONLY

[2025 Start Date is Sat 8 January, Mon 10 Feb](#)

## Kadampa Meditation



Take time for yourself as you join Kadampa for some evening meditation.

**When** – Thursdays

**Where** – Timbarra Multipurpose Room

**Time** – 7pm – 8.30pm

**Info** – Kate on 03-9756 7203 or **Email:** [info@kadampa.org.au](mailto:info@kadampa.org.au)

[2025 Start Date is 6 February](#)

## **Narrative Therapist Defining Stories**

Narrative therapy is for anyone carrying the heavy burden of a Problem story. Some of our life stories and lived experiences become dominant or LOUD, and some of these dominant stories can be problematic and have negative effects on our lives. Effects we are no longer okay with! Once we have untangled the problem stories, we begin to re-author your life stories. Allow Nicole to help you become aware of yourself as a storyteller, to challenge the problem stories, and to tell your stories in ways that align with what you value.

**When** – Fridays

**Where** – Timbarra Meeting Room

**Time** – 10am – 6.30pm

**Info** – Nicole – 0413 544 482

**Email**: [nicole@definingstories.com.au](mailto:nicole@definingstories.com.au)

**Web**: [www.definingstories.com.au](http://www.definingstories.com.au)

**2025 Start Date is 31 January**

## **Community Garden & Seed Library**



Weekly garden group meets every Thursday at our Berwick Community Garden located between the Timbarra Community Centre and the Timbarra Hall. All welcome to tend to the garden, share some tips, enjoy each other's company and a cuppa afterwards.

**When**: Thursdays during school terms

**Time**: 9.30am – 11.30 am

**Info**: Centre on 9704 1863

**Email**: [admin@berwicknc.com.au](mailto:admin@berwicknc.com.au)

**Bring**: Garden gloves

**All welcome. No experience necessary.**

**2025 Start Date is 29 January**

## **Square Dance Club**

Come give Square Dancing a try. We offer two daytime classes on a Wednesday.

**When** –

Wednesdays

**Where** – Timbarra  
Community Hall

**Time** –

Learners/Beginners  
1pm-2.15pm



Experienced Mainstream 2.15-3.45pm

**Cost** – Beginners \$5 Experienced \$10

**Info** – Tony – 0408 340 990

**Email**: [bowring@bigpond.net.au](mailto:bowring@bigpond.net.au)

**2025 Start Date is 12 February**

## **Advanced Square Dance Club**

Advanced Classes for those with lots of experience.

**When** – Mondays

**Where** – Timbarra  
Community Hall

**Time** – 2.00-4.00pm

**Cost** – \$10 per  
session

**Info** – Tony – 0408  
340 990

**Email**: [bowring@bigpond.net.au](mailto:bowring@bigpond.net.au)



**2025 Start Date is 10 February**



# SHARED INTEREST GROUPS

## Neighbourhood Knitters Chat & Yarn Group



We provide the wool, you provide the "Yarn".

Especially for those that love to knit and crochet and would like to meet other like-minded people. Enjoy knitting in an informal, relaxed atmosphere, with a focus on time to be donated to charities.

**When** – Thursdays

**Where** – Timbarra Multipurpose Room

**Time** – 10am – 12pm

**Info** – Timbarra centre 9704 1863 or

**email:** [admin@berwicknc.com.au](mailto:admin@berwicknc.com.au)

2025 Start Date is 30 January

## Sewing Machine & Computerised Machine Embroidery Group

Come along and have some fun with your machines, whether a plain sewing machine or an embroidery machine – all sewers welcome

**When** – 3<sup>rd</sup>

Thursday of the month

**Where** –

Timbarra Community Hall

**Time** – 10am to 3pm

**Info** – Lyn Dickson 0407 472 960



2025 Start Date is 16 January

**Don't forget to bring your machines**

## Craft Classes with Elizabeth

Do you enjoy craft making? Would you like to make some new friends? Join us to discover the joy of craft and have a chat with like-minded people. You will be introduced to a range of craft techniques through a new project each week. All materials are included though you may wish to bring your own scissors, glue stick and double-sided tape.



**BOOKINGS ESSENTIAL**

**Days & Times**

**Tuesdays** – 10am-12pm (4 Feb – 25 Mar) 8

**Thursdays** – 12.30pm-2.30pm (6 Feb – 27 Mar) – 8 Weeks

**Where** – Timbarra Multipurpose Room

**Cost:** \$5 per class – all materials supplied

**Info/Bookings** – Centre 9704 1863

**Email:** [admin@berwicknc.com.au](mailto:admin@berwicknc.com.au)

2025 Start Date is 16 January

## CROCHET CLASSES

Have you always wanted to learn how to crochet?



Join us for crochet classes.

**Where:**

Timbarra Multipurpose Room

**When:**

Wednesday's

**Time:**

1pm–3.30pm

**Info** – 97041863

**Email** – [admin@berwicknc.com.au](mailto:admin@berwicknc.com.au)

## Chikushinkai Iaido & Jodo

Interested in learning more about the Martial Arts of Iaido and Jodo?



**When** – Saturday's 8.30am – 12pm

**Where** – Timbarra Hall

**Info** – PAUL – 0410 768 692

**Email** – [fairlane501@gmail.com](mailto:fairlane501@gmail.com)

2025 Start Date is Sat 11 January & Wed 15 January

## Sri Lankan Theatre Group

This group provides an



opportunity for Sri Lankan children, youth and adults to share cultural values and express themselves via theatre while sharing their culture with the wider Australian Community.

**When** – Friday evenings

**Where** – Timbarra Hall

**Time:** 6 pm – 9.30pm

**Info** – Timbarra centre 9704 1863 or

**email:** [admin@berwicknc.com.au](mailto:admin@berwicknc.com.au)

2025 Start Date is 24 January



## Berwick Toy Library

Over 400 toys for pre-school ages, including large toys. Borrow new toys every fortnight to keep your children stimulated and entertained.



**When** – Saturday mornings

1<sup>st</sup>, 15<sup>th</sup>, 22<sup>nd</sup> February & 1<sup>st</sup>, 15<sup>th</sup>, 29<sup>th</sup> March 2025

**Where** – Timbarra Multipurpose Room, Timbarra Way, Berwick

**Time:** 8am – 11am

**Cost:** \$55 per year per family membership

**Info** – Ashlea – 0402 929 385

**email:** [berwicktoylibrary@gmail.com](mailto:berwicktoylibrary@gmail.com)

## Pitch Perfect Studios

Interested in singing lessons? Join Nikita from Pitch Perfect Studio



**Days & Times** – Mondays – 5pm-8.00pm

Wednesdays – 4.30pm-6.30pm

Thursdays – 5pm-8.30pm

**Where** – Meeting Room at 112 High Street, Berwick

**Info** – Nikita - 0424994956

**Email** – [nikita@pitchperfectstudios.com.au](mailto:nikita@pitchperfectstudios.com.au)

[2025 Start Date is 20 January](#)

## Sapphire Spirituality



Women's circles are intimate gatherings where women come together to seek sage council, set goals, dream, share, and play confidentially and safely among other women. All women are welcome to join the group and won't be forced to share or overstep their own boundaries. It's a safe place to listen, learn and if you wish, share, and participate.

**When** – Saturdays

**Where** – Timbarra Community Room

**Time** – 3.30pm – 5.30 pm

**Info** – Lily – 0422 836 617

**Email** – [lilyvess@gmail.com](mailto:lilyvess@gmail.com)

## OM:NI (Older Men New Ideas)

Discussion group for older men with new ideas! We have two groups that run on different days. Please see days and info below.



### GROUP A

**When** – Last Thursday of the month

**Where** – Timbarra Hall

**Time** – 9.00am-12.00pm

**Info** – Jim – 0408 335 130

[2025 Start Date is 30 January](#)

### GROUP B

**When** – 3<sup>RD</sup> Friday of the month

**Where** – Timbarra Multipurpose Room

**Time** – 9.00am-12.00pm

**Info** – John Deutch – 0431 844 833

**Email** – [johnybill1947@hotmail.com](mailto:johnybill1947@hotmail.com)

[2025 Start Date is 17 January](#)

## Ladies with HATitude

Looking for a fun Group for women ages 40 plus who want some sunshine & colour in their lives? The **RED** Hatters are coming! The Red Hat Society is the largest international women's social club, whose focus is on living life to the fullest, having fun and not "acting your age", and your local "Ladies with HATitude" will be holding regular meetings at the Timbarra Neighbourhood Centre.



**When** – Wed 5 Feb, 5 Mar, 2 April 2025

**Where** – Timbarra Community Room

**Time** – 11.00am – 2pm

**Info** – Robyn Wright  
0447657976

**Email** – [ladieswithhatitude@mail.com](mailto:ladieswithhatitude@mail.com)

[2025 Start Date is 5 February](#)

## Book Swap

Bring a book, swap a book.



**When** – Mondays

**Where** – Timbarra Multipurpose Room

**Time** – 1pm – 2pm

**Info** – 9704 1863

**Email** – [admin@berwicknc.com.au](mailto:admin@berwicknc.com.au)

## Women's Group

Bring your craft, bring your latest read, or just bring yourself. Pop in for a chat. See what is happening at the centre. Have a cuppa and relax for a moment or two.



**Where:** Timbarra Community Centre Community Room

**When:** Mondays from 12.30pm – 2pm

All welcome.

[2025 Start Date is 3 February](#)

## U3A Tai Chi

Join the U3A Tai Chi classes held in the Seniors Hall at High Street on Monday mornings.



**Where:** Senior's Hall, 112 High St, Berwick

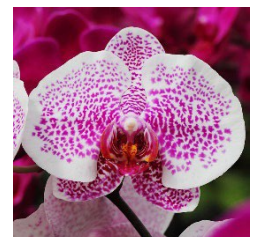
**When:** Mondays from 9.30am – 11.30am

**Info:** Bruce – 0433 507 577

[2025 Start Date is 3 February](#)

## Berwick Orchid Club

Interested in joining the Berwick Orchid Club? They meet on the last Sunday of the month at our Seniors Hall. Give us a call for more information.



**Where:** Senior's Hall, 112 High St, Berwick

**When:** Last Sunday of the Month – 23 Feb, 23 Mar 2025

**Time:** 12pm – 4pm

**Info:** Neil – 0407 726 712

## U3A Cantonese/Chinese Cooking Classes

Come along and join the U3A's Cantonese/Chinese cooking classes as they cook up a storm.

**Where:** Senior's Hall, 112 High St, Berwick

**When:** Every 4<sup>th</sup> **Monday of the month** from 1.00 – 3.00pm starting from 24<sup>th</sup> February 2025

**Info:** Bruce – 0433 507 577



[2025 Start Date is 24 February](#)

## U3A Exercise Classes

Fancy some gentle exercises with great company, join the U3A exercise classes held each week.

**Where:** Senior's Hall, 112 High St, Berwick

**When:** **Thursdays** from 10–11am

**Info:** Bruce – 0433 507 577



[2025 Start Date is 30 January](#)

## Berwick Seniors

Our Berwick Seniors offer the following weekly activities at the Senior's Hall, 112 High Street Berwick.

- **Line Dancing – Tuesday** 10am-1pm [2025 starts 7 January](#)
- **Scottish Dancing – Tuesday** 7-10pm [2025 starts 4 March](#)
- **Activity Day – Wednesday** 11am-3pm [2025 starts 8 January](#)
- **Club Day – Friday** 8am – 3pm [2025 starts 10 January](#)
- **Monthly Meeting – 1<sup>st</sup> Sat** of month 10.30am-2.30pm [- 4 Jan, 1 Feb, 1 Mar & 5 April](#)

For more info please email Wendy – [wmedew@gmail.com](mailto:wmedew@gmail.com)

## Rock & Roll Dancing

Fancy a bit of rock & roll dancing with others who love to dance. Join us on a Monday evening for lots of fun, laughter and movement.

**Where:** Senior's Hall, 112 High St, Berwick

**When:** **Mondays** from 6.30pm – 9.30pm

**Info:** Samantha - 0423053007



[2025 Start Date is 13 January](#)

## CWA (Country Women's Association)

The CWA meet on the 1<sup>st</sup> Monday of the Month.

**Where:** Timbarra Community Room

**Time:** 7pm-9pm

**Info:** Kate – 0435 863 054

**Email:** [azzo71@yahoo.com.au](mailto:azzo71@yahoo.com.au)







# FAMILY, YOUTH & CHILDREN'S SERVICES

## 3-Year-Old Play & Grow Sessions

Looking for pre-kinder type sessions for your child that is run during school terms only. Our program is run in accordance with the Early Years Learning & Development Frameworks by qualified educators in a caring & supportive environment. Childcare Subsidy is available if you qualify.



**When** – Monday to Thursdays  
**Where** – High St Venue, 112 High St, Berwick  
**Time** – 9.15am – 2.15pm  
**Info** – Kerry 03-9796 1970  
**Email** – [childrenservices@berwicknc.com.au](mailto:childrenservices@berwicknc.com.au)

Children must turn 3 years old before the end of April in the year they enrol. Small classes in a lovely community setting with consistent, friendly educators.

[2025 Start Date is 20 January](#)

## Childcare at High Street

We offer permanent bookings for your children aged 15 months to 4 years at our centre during school terms only. A choice of either 3 hour or 5-hour sessions with our nurturing diploma qualified educators. Our childcare program is run in accordance with the Early Years Learning & Development Frameworks Childcare Subsidy is available if you qualify.



**When** – Monday to Thursdays  
**Where** – High St Venue, 112 High St, Berwick  
**Time** – 9.00am – 12pm or 2.15pm  
**Info** – Kerry 03-9796 1970  
**Email** – [childrenservices@berwicknc.com.au](mailto:childrenservices@berwicknc.com.au)

Small classes in a lovely community setting with consistent, friendly educators.

[2025 Start Date is 20 January](#)

## Vita Speech

We offer a range of individual & group therapy services for children, teens and young adults. We can help with early communication skills for late talkers (1–3-year-olds), social/friendship skills for primary school, teens & young adults & school readiness for pre- schoolers.

**Where** – Timbarra Community Room  
**Days & Times:**  
Fridays - 12.30-2.30pm  
Saturdays – 10.15am-12.45pm  
**Info** – 9707 5033  
**Email** [-visaspeechpathology@gmail.com](mailto:visaspeechpathology@gmail.com)



[2025 Start Date is Fri 7 Feb & Sat 8 Feb](#)

## PLAYGROUPS AT TIMBARRA

Are you looking for a playgroup for you and your child/ren where you can socialise with other parents/carers/children while your child learns through play?

Our playgroups are run by an experienced facilitator in an excellent, well-equipped venue, with a secure, enclosed playground.

All equipment is provided.



## Playgroup Ages 12 weeks – 15 months "Babies Natter & Chatter"

**Days & Times:** Tuesdays & Thursdays 12.30pm - 2.00pm

**Where:** Timbarra Community Room  
**Cost** – Paid per Term depending on total weeks in term.  
**Info** – Kat 03-9704 1863  
**Email** – [admin@berwicknc.com.au](mailto:admin@berwicknc.com.au)  
**Bookings essential as numbers are limited.**

**TERM 1** - Starting [Tues 4 Feb 2025 & Thurs 6 Feb 2025](#)

\$72 for 9-week term (works out to \$8 per session) if attending one session per week and \$144 if attending both sessions per week.

**Note** - These sessions are dependent on numbers. If we have little interest, we may revert to just one session per week on either a Tuesday or a Thursday.

## Playgroup Ages 15 months – 3 years

**Days & Times:** Tuesdays 9.30am - 11.30am  
Thursdays 9.30am - 11.30am

**Where:** Timbarra Community Room  
**Cost** – Paid per Term depending on total weeks in term.  
**Info** – Kat 03-9704 1863  
**Email** – [admin@berwicknc.com.au](mailto:admin@berwicknc.com.au)  
**Bookings essential as numbers are limited.**

**TERM 1** - Starting [Tues 4 Feb 2025 & Thurs 6 Feb 2025](#)

\$72 for 9-week term (works out to \$8 per session) if attending one session per week and \$144 if attending both sessions per week.

**Note** - These sessions are dependent on numbers. If we have little interest, we may revert to just one session per week on either a Tuesday or a Thursday.



# MINISTRY

## ANCHOR BAPTIST CHURCH

**When:** Sundays 9.30am – 12.30pm  
Sundays 5.30pm - 7.30pm

**Where:** Timbarra Hall

**Info:** Rija or Celeste 0404 924 506 **Email:** [abrellceleste@gmail.com](mailto:abrellceleste@gmail.com)

2025 Start Date is 5 January



# ACTIVITIES FOR THE MATURE ADULT

## BERWICK ACTIVITIES CLUB

### Carpet Bowls



A great way to meet new friends, have fun and keep fit.

**When:** Tuesdays

**Time:** 1.00pm – 3.30pm

**Where:** Timbarra Hall

**Info:** Bruce – 0447 554 475

**Email:** [brucehenry6@bigpond.com](mailto:brucehenry6@bigpond.com)

2025 Start Date is 7 January

## BERWICK ACTIVITIES CLUB

### Social Group

A social and friendship group offering games, cards, activities and excursions with others of a similar age.

**When:**

Wednesdays

**Time:** 9.30am – 12.30pm

**Where:**

Timbarra Hall

**Info:** Bruce – 0447 554 475

**Email:** [brucehenry6@bigpond.com](mailto:brucehenry6@bigpond.com)



2025 Start Date is 8 January

## BERWICK ACTIVITIES CLUB

### Dance Group

Do you enjoy dancing? Come join the club and have fun with others who love to dance.

**When:** Thursday Evenings

**Time:** 6.30pm – 9.30pm

**Where:**

Timbarra Hall

**Info:** Bruce – 0447 554 475

**Email:** [brucehenry6@bigpond.com](mailto:brucehenry6@bigpond.com)



2025 Start Date is 16 January

## BERWICK ACTIVITIES CLUB

### SCRABBLE CLUB

Fancy some fun with 7 random letters and a group of others who enjoy the game of scrabble?

If you think you can spell, please join us for some social fun.



**When:**

Friday's

**Time:**

1.00pm – 3.30pm

**Where:** Timbarra Hall

**Info:** David

**Email:** [yank45@optusnet.com.au](mailto:yank45@optusnet.com.au)

2025 Start Date is 31 January



# SUPPORT GROUPS

## **GROW** SUPPORT GROUP

# GROW

mental  
wellbeing  
programs

### *Mental Wellbeing Programs*

**GROW** provides friendly help for those of us suffering from emotional distress, depression, or other effects of stress. Members share their own experiences & coping strategies to help one another.

**GROW** is anonymous, confidential, open to all and free.

**When** – Wednesdays

**Time:** 10am – 12pm

**Where:** Timbarra Multipurpose Room

**Info:** GROW 9528 2977

**Web:** [www.grow.net.au](http://www.grow.net.au)

**2025 Start Date is 8 January**

## **SUNLIGHT OF THE SPIRIT GROUP** *Alcoholics Anonymous*

Sunlight of the Spirit is an open meeting of Alcoholics Anonymous. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety. Join us for our weekly meeting where we study from the Big Book of Alcoholics Anonymous and share our experiences, strength and hope for each other. Everyone is welcome, especially newcomers.

**When:** Tuesdays

**Time:** 7.30pm – 8.30pm

**Where:** Timbarra Multipurpose Room

**Info:** Sean – 0425 707 480

**Email:** [sunlightofthespiritaa@gmail.com](mailto:sunlightofthespiritaa@gmail.com)

**Web:** [www.sunlightofthespiritaa.org.au](http://www.sunlightofthespiritaa.org.au)



**2025 Start Date is 7 January**





# Berwick Neighbourhood Centre Community Garden

## What's happening in the garden in Term 1, 2025?

### Our Community Garden is ready and waiting for you.

Regardless of your gardening experience, the community garden is a place to meet, to share and to learn. Meet new people from the community as we come together through regular Garden groups, workshops and tending to our raised garden beds.

Located between the Timbarra Community Centre and Timbarra Hall, come and check out this vibrant welcoming environment. Designed to accommodate all ages, stages and abilities the Community Garden will provide the opportunity:

- \* to successfully grow nutritious food via tending to individual or community raised garden beds.
- \* learn what to do with harvested produce via food preparation opportunities in the Timbarra Hall kitchen.
- \* see the benefits of sustainable living via workshops and activities.
- \* meet other locals and experience the benefits to your wellbeing of being in the garden.

\* For more information call Kim on 9704 1863 or email: [manager@berwicknc.com.au](mailto:manager@berwicknc.com.au)



## Garden Workshops & Garden Groups Weekly Garden Group

The group meets every **Thursday** to share garden tips, tend to the community garden, enjoy each other's company and a well-deserved cuppa. Don't forget your garden gloves. No garden experience necessary. Everyone is welcome.

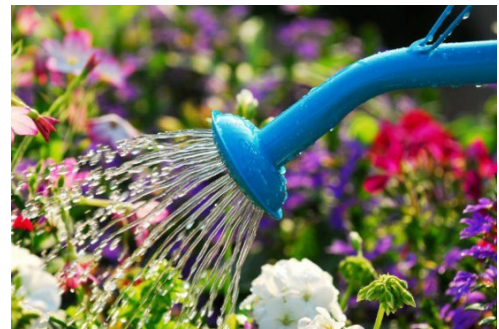
Rest assured, if you need a little respite from the weather be it too warm or cold, we can still gather in the comfort of a room in our centre.

**Date:** Thursdays during the school term

**Time:** 9.30-11.30am

**Venue:** Berwick Community Garden located **between** the **Timbarra Community Centre** and the **Timbarra Hall**.

[2025 Start Date is 29 January](#)



## Saturday Morning Garden Group for Term 1

For those garden goers who are unable to make a weekday, we also do a couple of Saturday sessions each term. This term, they will take place on:

**Saturday 1<sup>st</sup> March 2025 – 8.30am to 10am**

In extreme weather Garden sessions will be cancelled. If unsure, please contact Kim at [manager@berwicknc.com.au](mailto:manager@berwicknc.com.au) for confirmation of Garden operation times.



# **\*\*HALL & ROOM HIRE OPPORTUNITIES\*\***

## **Multipurpose Room – Timbarra Community Centre**

Lovely room with small kitchenette and enclosed outdoor area. Suitable for up to 40 people.

## **Community Room – Timbarra Community Centre**

A decent sized room suitable for up to about 40 people with access to full kitchen and substantial enclosed outdoor area.

## **Meeting rooms–Timbarra Community Centre & High Street**

Suitable for 10-15 people. Timbarra Meeting Room includes a small kitchenette in the room. High St has access to a kitchen.

## **Timbarra Community Hall – Timbarra Community Centre**

The Timbarra Community Hall is available for hire on Saturday evenings between 5pm and 12am for birthdays, engagements, Weddings and any other special Celebration you may wish to Celebrate. The Hall can comfortably cater for 100 people. Good Commercial kitchen, heating and air-conditioning.

- HALL BOOKINGS ARE ESSENTIAL.
- APPLICATIONS ARE REVIEWED EACH WEDNESDAY.
- NO BOOKING WILL BE ACCEPTED LESS THAN 14 BUSINESS DAY'S BEFORE THE EVENT DATE.
- HALL HIRE IS NOT AVAILABLE DURING SCHOOL HOLIDAY'S

## **The High St Senior's Hall - High St Senior's Building**

The hall is located at 112 High St, Berwick and is suited for meetings, classes, community groups & functions for up to 120 people. Full kitchen available on site. Hall area comes with stage. Heating & cooling provided.

- HALL BOOKINGS ARE ESSENTIAL.
- APPLICATIONS ARE REVIEWED EACH WEDNESDAY.
- NO BOOKING WILL BE ACCEPTED LESS THAN 14 BUSINESS DAY'S BEFORE THE EVENT DATE.
- HALL HIRE IS NOT AVAILABLE DURING SCHOOL HOLIDAY'S

For Bookings or further information on any of these hire opportunities please call 9704 1863 or email [Admin@berwicknc.com.au](mailto:Admin@berwicknc.com.au)





