



Paynesville Neighbourhood Centre

# TERM 2 COURSES

APRIL 24 - JUNE 23, 2023

Check out what's on this term, and don't forget to put up our Monthly Calendars at home so you don't miss any of the exciting things happening at Paynesville Neighbourhood Centre!

## PRE/ACCREDITED COURSES:



### Financial Wellbeing for Women

A FREE program for women to talk, support each other and learn about managing money, saving and budgets, relationships and money, and more!

**When:** Mondays 9.30am - 12.30pm,  
March 27th - May 22nd  
[excluding school holidays - 10th & 17th April]  
**Where:** East Bairnsdale Community Hub  
**Free!**



### Life Skills for Women

This fun course is designed for women who want to explore and discover their potential and become happier, stronger, and more confident!

**When:** Tuesdays 9.30am - 2.30pm,  
May 2nd - June 20th  
[8 sessions]  
**Where:** PNC  
**\$50 full fee / \$25 concession**



### Intermediate Computers

Take your computer skills to the next level and gain the confidence to take on your next role!

**When:** Mondays 12.15pm - 3.15pm,  
May 1st - 29th  
[5 weekly sessions]  
**Where:** PNC  
**\$30 full fee / \$15 concession**



### Basic Computers

Develop basic computer skills and gain confidence in using technology at home and in the workplace.

**When:** Mondays 12.15pm - 3.15pm,  
June 19th - July 17th  
[5 weekly sessions]  
**Where:** PNC  
**\$30 full fee / \$15 concession**



### First Aid Course

First Aid Management deliver monthly first aid courses at PNC!

To book, call 9894 1013 or visit [firstaidmanagement.com.au](http://firstaidmanagement.com.au)

**When:** Thursdays, monthly 9am - 5pm  
(see website for dates and costs)  
**Where:** PNC



### Marine Licence Course

Boat Licence Management deliver monthly marine license training courses at PNC!

To book, call 9894 1013 or visit [firstaidmanagement.com.au](http://firstaidmanagement.com.au)

**When:** Wednesdays, monthly 5.45pm - 10pm  
(see website for dates and cost)  
**Where:** PNC

For more information, or to book your place, contact the Paynesville Neighbourhood Centre (PNC) on 5156 0214, email [info@pnc.vic.edu.au](mailto:info@pnc.vic.edu.au), or visit [www.pnc.vic.edu.au](http://www.pnc.vic.edu.au).

55 The Esplanade, Paynesville VIC 3880





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# TERM 2 ACTIVITIES

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## SOCIAL ACTIVITIES & SUPPORT:



### Monday Craft

Work on your own project in a fun social setting. BYO craft project. New members always welcome!

**When:** Mondays 9.30am - 11.30am  
**Cost:** \$5 per session (1st session free)



### Tuesday Craft

Craft at your own project, or work with others on group goals. BYO craft project. Please note, currently limited capacity

**When:** Tuesdays 9.30am - 12pm  
**Cost:** \$5 per session - 1st session free



### Tuesday Ladies

A lively social group of mature ladies who are young at heart! New members always welcome!

**When:** Tuesdays 1pm - 4pm  
**Cost:** \$2 per session



### Foodbank

No proof of Centrelink payment required. 1 Foodbank visit per household, per week. Limits may apply on some items.

**When:** Open Tuesdays & Thursdays, 10am - 2pm  
**Cost:** Free!



### Paper Craft

A friendly group of liked-minded paper crafters. BYO project and tools. New members welcome!

**When:** First Thursday of each month 1pm - 3.30pm  
**Cost:** \$5 per session



### Brazilian Jiu-Jitsu

Looking for an exciting new activity for yourself or your kids? Oz Continuum are running adult and children's Brazilian Jiu-Jitsu classes at PNC

**Visit** [ozcontinuumbjj.com.au](http://ozcontinuumbjj.com.au) for dates and costs, and to register.



### Colour & Creativity

Join Madelaine for a fun afternoon connecting with your creative side. No experience needed!

**When:** 1pm - 3pm, Second Thursday of each month  
**Cost:** Free! All materials supplied.

For more information, or to book your place, contact the Paynesville Neighbourhood Centre (PNC) on 5156 0214, email [info@pnc.vic.edu.au](mailto:info@pnc.vic.edu.au), or visit [www.pnc.vic.edu.au](http://www.pnc.vic.edu.au).

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