



BACC

Blacktown Area Community Centres Inc.



Term 3, 2016 Program

TERM 3 BEGINS MONDAY 18th JULY AND ENDS ON FRIDAY 23rd SEPTEMBER



No one will be denied access to our groups because of their inability to pay the set fees.

www.bacc.org.au

Marayong House

64 Falmouth Rd
Quakers Hill 2763
Ph: 9626 5312

Roving Child Care

64 Falmouth Rd
Quakers Hill 2763
Ph: 9626 5312

Doonside Cottage

2 Astral Drive
Doonside 2767
Ph: 9621 2937

Dean Park

9 Yarramundi Drive
Dean Park 2761
Ph: 9621 2937

Youth Program

64 Falmouth Rd
Quakers Hill 2763
Ph: 9626 5312

Paint Mt Druitt REaD

64 Falmouth Rd
Quakers Hill 2763
Ph: 9626 5312

GROUPS		
DAY	TIME	ACTIVITY
Monday	9.30 - 2.30	Floristry Course (TAFE NSW Outreach Introduction Course) Floristry is returning for Semester 2. Learn practical work skills in floristry. The information session is on Monday 8th August at 10.30am
Monday	9.30 -10.30	Move It & Lose It @ Woodcroft A fitness class with a personal trainer for all ages and fitness levels. \$5 per class. The group meets near the tennis courts, Antique Ave, Woodcroft
Tuesday	9.30 - 10.30	Qigong Qigong is gentle exercise for your mind, body and spirit. \$2 per class
Tuesday	11.15 - 12.15	Zumba Using upbeat Latin music Zumba is an easy aerobic class. \$5 per class.
Tuesday	12.30 -1.30	Mums with Bubs Exercise Class Various exercises for Mums with Bubs 6 weeks-2 years. All levels catered for. \$5 per class
Wednesday	9.45 - 10.45	Yoga Strengthen and tone your body & improve your mental health. \$5 per class
Wednesday	11.15 - 1.15	Knit, Natter, Crochet and Chatter Work on your own project and share your expertise with others. \$2 per session
Wednesday	1.15 - 2.15	Move it & Lose it A fitness class with a personal trainer for all ages and fitness levels. \$5 per class
Thursday	10 - 11	Bollywood Dancing A very simple dance to learn and a fun way to get fit. \$5 per class
Thursday	11 - 1	Card Making Learn how to make your own greeting cards . \$5 per class
Thursday	1 - 2	Zumba for Special Needs A slower pace Zumba class for people with a disability. \$3 per class
Friday	Times vary	Friendship Group A fun, friendly and informal group that covers everything from craft to cooking, movies and more! Time, venue and costs vary according to the weekly activity.

EVENTS		
DATE	TIME	EVENT
Saturday, 20th August	9 - 1	Community Markets @ William Dean Public School

GROUPS		
DAY	TIME	ACTIVITY
Monday	12.30 - 2.30	Indigenous Space @ BACC A fun, friendly, informal group for Indigenous residents. Enjoy afternoon tea, play Bingo, win prizes of household and grocery items. Free.
Monday	6.30 - 8.30	Alcoholics Anonymous (AA) A support group for people with an addiction includes AA, GA, NA etc.
Tuesday	9.30 - 10.30	Yoga Strengthen and tone your body & improve your mental health. \$5 per class
Tuesday	10 - 12	Supported Playgroup @ Doonside Neighbourhood Centre (In partnership with Wesley Mission.) A great opportunity for families to meet, play and receive information. Free morning tea. (26/7/16 - 13/9/16)
Tuesday	1.30 - 2.30	Aboriginal Women's Group Open to Mums, Aunties, Grandmothers, Step Mums and Big Sisters. Come along for a yarn. Refreshments provided. Free
Tuesday	3.15 - 4.30	Kids Club For Primary School aged kids with organised games and activities. Free
Tuesday First Tuesday of each Month	6 - 8	Men's Group Open to dads, uncles, grand-dads, step dads and big brothers. Come for a chat with others in similar positions as you. Free
Wednesday First Wednesday of each Month	10 - 12	Koori Outreach An opportunity for Indigenous community members to have a yarn and enjoy morning tea with representatives from Housing NSW, Centrelink, Wentworth Community Housing, Ngallu Wal: Aboriginal Child and Family Centre, Blacktown Mental Health, and many more!! Free
Wednesday	10 - 12	Playgroup @ Wingarra An informal session where mums, dads, grandparents, caregivers and their babies/toddlers meet together. Held at Wingarra Pre-School (on the grounds of Doonside Public School). \$2 per session

**DOONSIDE COTTAGE Groups continued on
next page**

Thursday	10 - 10.30	Baby Rhyme Time Enjoy songs, finger plays and rhymes with your baby while developing their language and pre-reading skills. Meet other mums, dads, grandparents and caregivers in these fun, interactive sessions. Free
Thursday	10.30 - 11	Time To Chat A time for parents and caregivers attending Baby Rhyme Time to chat with other participants. Free
Thursday	3.15 - 4.30	Kids Cooking from the Garden An opportunity for primary school aged kids to learn to cook with fresh produce grown in our very own garden. Free
Thursday	6 - 7	Yoga Strengthen and tone your body & improve your mental health. \$5 per class.
Friday	10 - 12	Indigenous Card Making Learn how to make your own greeting cards inspired by Indigenous Art. \$5 per class
Friday	9.30 -3.30	Staying Home Leaving Violence Outreach Service The WASH House is providing Outreach services for those requiring assistance with Domestic Violence. Free and confidential. Fortnightly from 22/7/16
Saturday	10 -11	Kids Bollywood (For 4 -7 year olds) A fun class for kids to learn Bollywood dance. \$5 per class
Saturday	11 - 12	Kids Bollywood (For 8 -13 year olds) A fun class for kids to learn Bollywood dance. \$5 per class

EVENTS		
DATE	TIME	EVENT
Wednesday , 24th August	11-1	BBQ & Bingo
Saturday, 17th September	10-1	Family Fun Day

WE ENCOURAGE YOUR FEEDBACK

HAVE YOUR SAY!

Your suggestions, comments and complaints are always welcome. You can :

Speak with a member of staff

Write to us (PO Box 4105 Marayong 2148

Email us (jodie@bacc.org.au)

Pop a note in one of our suggestion boxes

(there is one at each of our centres)

JOIN THE BLACKTOWN YOUTH ADVISORY GROUP!

Become a leader, improve the community and have a great time with friends! All while gaining life skills

If you are between 15 - 21 years old and can commit to once a month meetings during 2016 please contact us on 9626 5312 for more info

YAG is held at Doonside Cottage on Wednesdays at 4.30pm

YAG is a partnership between BACC and Youth off The Streets

STOP SMOKING PROGRAM

We need at least 7 participants to start this FREE support program at Doonside Cottage!

Ring or visit us to register your interest and book your spot.



Doonside Cottage provides Vacation Care for primary school aged children during school holidays.

Please contact us for the October school holiday program!

GROUPS		
DAY	TIME	ACTIVITY
Monday	9.30 - 4.00	Seniors Group An over 60s group who meet for outings and activities. \$5 per session
Monday	10.15 - 11	Mini Tots Soccer <i>(In partnership with Relationships Australia)</i> A Free soccer program for 4- - 5 year olds. Develop skills and meet new people. End of term certificates for every child. Closed in trainers/sandshoes and joggers only. NO soccer boots. (25/7/16 - 12/9/16)
Monday	11-12.30	Story Time <i>(in partnership with Wesley Mission)</i> Share stories, songs & rhymes with an exciting craft and morning tea. Develop your child's motor skills, literacy and social skills. For children 3.5 + years (25/7/16 - 12/9/16)
Tuesday	9.30 - 10	Baby Rhyme Time Enjoy songs, finger plays and rhymes with your baby while developing their language and pre-reading skills. Meet other mums, dads, grandparents and caregivers in these fun, interactive sessions. Free.
Tuesday	10 - 10.30	Time to Chat A time for parents and caregivers attending Baby Rhyme Time to chat with other participants in our child care room. Free
Tuesday	10 - 12	Sewing Come along and learn how to sew or share your expertise with others whilst making new friends. The group is suitable for beginners or the advanced. \$5 per session
Tuesday	7- 8	Qi Gong Qi Gong is gentle exercise for your mind, body and spirit. \$5

MARAYONG HOUSE Groups continued on next page

MARAYONG HOUSE 64 Falmouth Road, Quakers Hill Ph: 9626 5312

Wednesday	10 - 12	Playgroup An informal session where mums, dads, grandparents, caregivers and their babies/toddlers meet together. \$2 per session
Wednesday	10 - 12	Card Making Learn how to make your own greeting cards . \$5 per class
Wednesday Third Wednesday of each Month	6 - 8	BLISS (Blacktown Lesbian Information and Social Support) A social support group providing social activities and information to Lesbian, Bi-sexual and Same Sex Attracted Women. Free
Wednesday Second and Fourth Wednesday of each Month	6 - 8	Living with Addictions (in partnership with Bridges) This program is designed to be supportive, informative and a safe space to talk about addictive behaviour. Free
Thursday	10 - 12	Parents Group Come along and meet new friends. Activities include guest speakers, demonstrations and more! Limited childcare is available. \$2 per session
Thursday	12.30 - 1.30	Move it & Lose it A fitness class with a personal trainer for all ages and fitness levels. \$5 per class
Friday	9.30 - 11.30	Scrapbooking Come along and learn how to scrapbook or share your expertise with others while making new friends. Limited Childcare is available. \$5 per session.

EVENTS		
DATE	TIME	EVENT
Sunday, 25th September	1-3	Meet Your Neighbour Day

Rooby Roo needs your help.....She wants every single child in Mt DrUITT to read a book every single day.

You can help Rooby Roo by giving her your pre-loved children's books

Look out for Rooby Roo's REaD donation boxes at these venues

Ph: 96265312

- ◆ Marayong House
- ◆ Doonside Cottage
- ◆ Dean Park



YOUTH PROGRAM

64 Falmouth Road, Quakers Hill Ph: 9626 5312

GROUPS

DAY	TIME	ACTIVITY
Monday	4 - 5	Life Skills Offering a variety of life skills and educational programs that build independent living skills (eg: meal prep, budgeting, employability) \$2 per session
Monday	5 - 7	Boxing Boxing teaches you about self discipline, builds up self respect, respect for others and will challenge you physically and mentally. Classes will be held at Blacktown PCYC. Transport to and from the venue will be provided. \$6.50 per class
Tuesday	4.30-6.30	Rap4Change Learn to rap, DJ, produce beats, street art and breakdance.. Rap4Change is continuing from Term 2. (19th July - 9th August)
Wednesday	3.30 - 4	Youth Committee Come along and be a big part of the decision making for your youth outings and programs. Be a part of our Youth Bus Project. Light refreshments are provided. Free
Wednesday	4 - 5.30	Youth Drop in Offering a variety of recreational programs as well as a safe place where young people can come and hangout or talk to each other and/or workers. \$2 per session
Wednesday	4 - 5.30	Youth Bus Project Be part of this exciting project which will transform a State Transit Bus into a cool new Youth Space .

TERM OUTINGS

DATE	TIME	EVENT
Friday, 5th August	5.30pm	Slot Cars - Penrith
Friday, 19th August	5.30pm	Don Bosco - St Marys
Friday, 2nd September	5.30pm	Ice Skating - Penrith Ice Palace
Friday, 16th September	5.30pm	Aqua Golf - Penrith Panthers

Our Youth Program provides a Holiday Program for Young People aged 12-24 years during school holidays.

Please contact us for the October school holiday program!

For more information on our Youth Term Outings , School Holiday Program or Youth Groups please contact one of our Youth Workers on 9626 5312