

Paynesville Neighbourhood Centre

Term 4
2026



Paynesville Neighbourhood Centre

55 Esplanade, Paynesville, VIC 3880
ABN 22 590 431 615
info@pnc.vic.edu.au
pnc.vic.edu.au
(03) 5156 0214

What's on

SBA's KITCHEN | Cooking Experience

Tuesday Oct 13 | 10am | The Amazing Aromas and Flavours of South East Asia | \$60

Tuesday Nov 10 | 10am | Theme TBC | \$60

Tuesday Dec 8 | 10am | A Feast Fit for Christmas | \$60
All food is gluten free. Limited numbers.

Community Bus Trip

Wed Oct 14 | 9.30am | Seniors Concert | \$10

Wed Nov 11 | 10.15am | Heartbeat 60's Display | \$10

Intermediate Computers

5 Monday sessions | Oct 5 - Nov 9 (Skip Nov 2) | 12pm-3pm |
\$25 conc/\$50 full | BYO device

Support at home information session | FREE
Presented by Latrobe Community Health Service

Thursday Oct 15 | 10am .

Lifeline, listening for life session

Wednesday Oct 28, 9.30am-2.30pm

Light Lunch Provided

VEC Community Information Session

Thursday October 22, 10am

Christmas themed mini table vase decoration | \$70

With Marama Flax
Thursday Nov 19

Polymer Clay Earring workshop | \$55

Wednesday December 2

What's on

Monday Craft- 9.30am - 11.30am

Come and join our friendly craft group! Bring your supplies and join in. Some of the things we do:

Painting

Knitting and Crochet

Cross-stitch

Bead painting

Everyone welcome. \$5 per session. Refreshments provided.

Tuesday Craft - 9.30am - 11.30am

Get creative and connect with others share ideas, make beautiful creations and enjoy great company. Work on your own projects such as knitting, crochet, bead painting, sewing, cross-stitch. Learn new skills.

All skill levels welcome. \$5 per session. Refreshments provided.

Tuesday Ladies - 1pm - 3pm

Fun, Friendship & Games!

Are you looking for a fun and friendly group to connect with? Join the Tuesday Ladies and enjoy card games, great company and afternoon tea.

\$2 per session.

Paper Craft - 12.30pm - 3pm First Thursday of the month

Love working with paper? Whether you are into scrapbooking, card making or other paper crafts, join our friendly group for creativity and connection.

\$5 per session. Refreshments provided.

What's on

Book Club - 1pm - 3.00pm - second Thursday of the month.

Numbers limited - please contact us.

\$5 per session.

CWA Junior | 4pm | Third Wednesday of the month

Girls aged 5+ are invited to join the group.

Small membership fee applies

Contact Robyn 0418 895 313

YOGA - Deborah Langley | Tuesday 6-7pm | Sunday 9.30-10.30am

\$20 at the door

For more information contact
wellnesscentralworldwide@gmail.com

Repair Cafe | October 3, November 7, December 5 | 10am-12pm

FREE

Got a broken item? Don't throw it away - bring it to Repair Cafe.
Friendly volunteers assess your goods and do their best to give
your belongings a new lease on life.

Intermediate Computers



Date: Monday 5th, 12th, 19th 26th October & 9th November

Time: 12pm-3pm

Cost: \$25 concession / \$50 full

What to expect

- Take your computer skills to the next level and gain the confidence to take on your next role!
- Explore programs such as Word, Excel, Powerpoint and email.
- Get familiar with common Microsoft Office programs.
- Gain skills to go after the job you want.

To book

Call 5156 0214 | Email info@pnc.vic.edu.au



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The Amazing Aromas and Flavours of South East Asia

With SBA's kitchen



Date: Tuesday, 13 October 2026

Time: 10am-2pm

Where: Library, Meeting Rooms (Just next door to us.)

Cost: \$60

Explore the vibrant flavours of Malaysia, Bali, Singapore and Thailand in this hands-on cooking session. Learn how to create the perfect balance of sweet, sour and savoury while preparing a delicious feast of family favourites and travel-inspired dishes, including a traditional Malaysian Chicken Curry. Working together, you'll cook, share a meal, and enjoy great conversation in a relaxed and welcoming atmosphere.

Sample Menu:

- Tom Yam Goon (Prawns in a Fragrant Broth)
- Som Tam Salad (Green Pawpaw/Mango Salad)
- Murtabak
- Gado Gado
- Nasi Goreng
- Singapore Noodles
- Pad Thai
- Khao Niao Mamuang (Sweet Sticky Rice with Fresh Mango)

What you will take home:

Notes and recipes for the dishes made on the day.
A share of any leftovers from the lunch (containers provided).
Maybe a new friendship with others who attend on the day

(All food will be gluten free).

To book Call 5156 0214 | Email info@pnc.vic.edu.au



Paynesville Neighbourhood Centre

**We Bring Local
People Together**

East Gippsland Seniors Concert bus trip.



Date: Wednesday 14 October

Time: Depart PNC at 9.15am.

Cost: \$10 for bus. Concert is free- we have tickets for participants.

What to expect

The East Gippsland Seniors Concert with the incredible Wendy Stapleton who will take you on a nostalgic journey with her brand-new show, The Swinging Sixties. Morning Tea included.

To book

Call 5156 0214 | Email info@pnc.vic.edu.au



Paynesville Neighbourhood Centre

**We Bring Local
People Together**



Home is where the heart is. Stay there longer.

Our health needs change as we age, but one thing stays the same:

Our desire to remain living in our own home. Hear our service experts explain how you can access government funding to help you stay living at home for longer.

When: Thursday, October 15 at 10am

Where: Paynesville Neighbourhood Centre

RSVP: Call PNC 5156 0214 or email info@pnc.vic.edu.au

Contact: Pooja Khatwani (pooja.khatwani@lchs.com.au)



We acknowledge all First Nations people as the traditional custodians on whose ancestral lands our offices are situated. We recognise and pay our respects to Elders - past, present and emerging - and all First Nations people and communities across Australia.



CALL US
1800 242 696

EMAIL
supportathome@lchs.com.au

LEARN MORE
lchs.com.au





Make your voice heard

Every vote counts.

Join the Victorian Electoral Commission for a free information session on how voting works and how to take part.

Date: Thursday 22 October

Time: 10.00 AM

Location: Paynesville Neighbourhood Centre

Victorian state election:
Saturday 28 November 2026.

Listening for Life

Light Lunch
provided.



Date: Wed, Oct 28

Time: 9.30am-2.30pm

Cost: FREE

Listening for Life is a practical training program designed to help participants recognise when someone may be experiencing a mental health issue or emotional crisis and respond in a safe, supportive, and appropriate manner.

Participants will learn to:

- Understand mental illness and common mental health challenges
- Recognise signs of a crisis or mental health issue
- Explore effective ways to respond and provide support
- Develop active listening and communication skills
- Use appropriate language and terminology
- Encourage positive action and help-seeking behaviours
- Apply self-care strategies and tools to maintain their own wellbeing
- Identify referral pathways and access additional support services

To book Call 5156 0214 Email info@pnc.vic.edu.au



Paynesville Neighbourhood Centre



Theme To Be Confirmed With SBA's kitchen



Date: Tuesday, 10 November 2026

Time: 10am-2pm

Where: Library, Meeting Rooms (Just next door to us.)

Cost: \$60

Session theme to be confirmed.

Please contact us to register your interest as this is gaurenteed to book out.

Sample Menu:

- To be confirmed

What you will take home:

Notes and recipes for the dishes made on the day.
A share of any leftovers from the lunch (containers provided).
Maybe a new friendship with others who attend on the day.

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Paynesville Neighbourhood Centre

**We Bring Local
People Together**

Heartbeat 60's display bus trip.



Date: Wednesday 11 November

Time: Depart PNC at 10.15am.

Cost: \$10 (bus) + gold coin donation for exhibit

What to expect

We're heading to Sarsfield to visit the incredible Heartbeat 60's Display, the first of its kind in Australia. Packed with memorabilia and memories from the much-loved TV series, this is a trip you won't want to miss.

To book

Call 5156 0214 | Email info@pnc.vic.edu.au

A Feast Fit for Christmas With SBA's kitchen



Date: Tuesday, 8 December 2026

Time: 10am-2pm

Where: Library, Meeting Rooms (Just next door to us.)

Cost: \$60

In this fun session work together to create a selection of festive dishes that come together to provide a vibrant, delicious meal to share as we finish the session.

Sample Menu:

- Stuffed Mini Capsicum Wreath
- Orange & Sherry Baked Salmon with Crispy Kale
- Chicken, Bacon & Avocado Salad with Honey Mustard Dressing
- Fresh & Zesty Quinoa Salad
- Beetroot, Pea & Herb Salad
- Traditional Christmas Trifle
- Fruit Salad(All food will be gluten free)

What you will take home:

Notes and recipes for the dishes made on the day.

A share of any leftovers from the lunch (containers provided).

Maybe a new friendship with others who attend on the day.

To book Call 5156 0214 | Email info@pnc.vic.edu.au



Paynesville Neighbourhood Centre

**We Bring Local
People Together**

Polymer Clay Earrings



Date: Wednesday December 2, 2026

Time: 10am - 12pm

Cost: \$55

What to expect

- Get creative and design your own unique polymer clay earrings using a range of colours, shapes and patterns. You'll learn the basics of working with polymer clay and assemble your finished pieces into beautiful wearable jewellery.
- Take home 3 pairs of handmade dangle earrings.
- No experience necessary and all materials supplied.
- Please note: This workshop is for dangle earrings only. Stud earrings are not included.

To book

Call 5156 0214 | Email info@pnc.vic.edu.au



Paynesville Repair Cafe

at Paynesville
Neighbourhood Centre



Visitors can bring in their broken items—whether it's clothing, electronics, or furniture—and receive expert guidance from repair specialists to get them fixed.

For those without items to repair, it's a wonderful chance to unwind with a cup of tea or coffee, enjoy delicious treats from local cafés, and socialize with others in the community.

We're equipped to repair a wide range of household items, including electrical appliances, bicycles, crockery, toys, furniture, minor sewing repairs and even sharpen garden tools.

If it's broken and you can carry it, we'll gladly assess it and do our best to restore it, giving your belongings a fresh lease on life.



**FIRST SATURDAY OF
EACH MONTH**



**PAYNESVILLE
NEIGHBOURHOOD CENTRE
ENTRY VIA REAR CARPARK.**



10AM - 12PM



Oct 3rd
Nov 7th
Dec 5th

Dates subject to change due to staff availability. Check PNC facebook page for updates.

Our prime goal is to help people and to reduce landfill.



Foodbank Community Lunch

October 1st

Tacos



November 5th

Oaks Day/Ladies Day
High Tea (wear a fancy
hat or fascinator!)

December 3rd



Pizza

December 17th
BOOKINGS ESSENTIAL

See Cathryn at
Foodbank or call/email
PNC 5156 0214 |
info@pnc.vic.edu.au

Christmas lunch – Last
day of Foodbank.

Two sittings
12 pm & 1 pm



Paynesville Foodbank

Hosted by Paynesville Neighbourhood Centre

What is Foodbank? Foodbank is a program run by PNC to assist local households with food relief. Every Thursday we host foodbank, which is available to anyone who needs it.

When: Foodbank is held every week on Thursdays
11am-2pm
We also host a FREE cooked lunch on the First Thursday of each month.

Cost: Paynesville Foodbank is FREE to access.

What do i need to bring? Just yourself and a shopping bag!

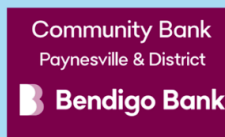
Where: We are located at Paynesville Uniting Church,
Corner of King street and Langford Parade.

Support: Community Bank Paynesville & District
Bendigo Bank, Paynesville IGA and many more.



Paynesville Neighbourhood Centre

RITCHIES IGA

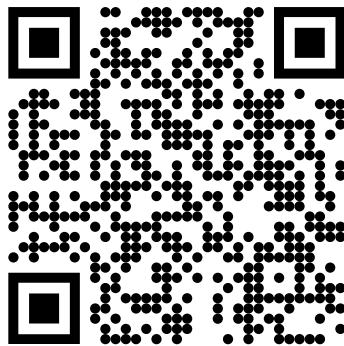


Paynesville Childcare Centre

Please contact Rosie via email for more
information
rosie@pnc.vic.edu.au



Add your child to our waitlist:
<https://pnc.vic.edu.au/childcare/>



Our hours of operation are Monday through
Thursday 8.30am to 4.00pm.

Christmas Closure



Our office will be closed from
3pm, December 17th, 2026
and will reopen at
9am, January 11th 2027

Our Childcare will be closed from
4pm, December 16th, 2026
and will reopen at
8.30am, January 25th 2027



Our final Foodbank for 2026 will be
Thursday December 17th, 11am-2pm
returning
Thursday January 14th , 2027 11am-2pm

While there is no foodbank running,
St Peters by the lake will be available
for emergency food relief during this
period.

Please contact the parish on **0407
705 048** if required.



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Let us know if you want to receive our term
flyer via email

Find us on Facebook and
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