

# Paynesville Neighbourhood Centre

Term 2  
2026



The Freemasons with our Foodbank Kitchen volunteers. Freemasons, supplied a new oven for our program.

# What's on

## SBA'S KITCHEN | COOKING EXPERIENCE | \$60 EACH

Tuesday April 28 | 10am | An Indian Inspired Autumnal Menu

Tuesday June 16 | 10am | Pumpkin & Spice

All food is gluten free. Limited numbers.

## COMMUNITY BUS TRIP | \$10 EACH

Wednesday April 22 | 9.30am depart | Lakes Entrance Opp  
Shops

## SMART DEVICE BASICS

Monday 27<sup>th</sup> April, 4<sup>th</sup> & 11<sup>th</sup> May | 12-3pm | \$10

BYO device

## INTERMEDIATE COMPUTERS

5 Monday sessions | May 18 - June 22 | 12-3pm | \$25 conc/\$50  
full

BYO device

## USING THE CLOUD

Wednesday May 6 | 10am-11am | \$20

BYO device

## RESIN CHEESE BOARD AND KNIFE SET

Thursday June 18 | 12pm-2pm | \$65

To book any of the above,



Call 5156 0214



Email: [info@pnc.vic.edu.au](mailto:info@pnc.vic.edu.au)

Direct through our website.



[www.pnc.vic.edu.au/courses-activities/](http://www.pnc.vic.edu.au/courses-activities/)

# Mindful May

Mindful May is a month of simple, feel-good activities designed to help you slow down, reconnect, and try something new. Join us for a series of one-off sessions focused on creativity, movement and mindfulness, perfect for taking a moment just for you.

Cost is \$5pp, per activity.

## MINDFULNESS USING AI TECHNOLOGY

Wednesday May 6 | 1pm-3pm  
BYO device

## BEGINNERS SESSION YOGA - DEBORAH LANGLEY

Wednesday May 13 | 12pm-1.15pm

## CHOCOLATE TRUFFLE MAKING

Thursday May 21 | 10am-11.30am

## MEDITATION DRUMMING

Wednesday May 27 | 10am-11.30am

BYO Yoga Mat or cushion if you would like to sit on the floor, chairs are provided if preferred.

Please note: these one-off sessions have limited spaces.  
Book early to avoid missing out.

# 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.

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

Numbers limited - please contact us.

\$5 per session.

# What's on

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 | May 2<sup>nd</sup>, July 4<sup>th</sup> | 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.

First Aid

CPR \$75 | 1st Aid \$175

First Aid Management and Training TO BOOK - 9894 1013

Thursday May 14th

Thursday June 9th

Aged Care Community Consultation

FREE | Thursday 16 April, 10.30am to 11.30am

The Department of Health, Disability and Ageing want to ensure that older Australians have access to safe, high-quality aged care no matter where they live. To support this work, the Department is interested in visiting Paynesville to hear from community members, particularly those over 65, along with their families, friends and neighbours, about existing service gaps, challenges, preferences, and potential local solutions for aged care in the region.

# Intermediate Computers



**Date:** 5 sessions. Mondays . May 18<sup>th</sup>- June 22<sup>nd</sup>

**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 skill to go after the job you want.

## To book

Call 5156 0214 | Email [info@pnc.vic.edu.au](mailto:info@pnc.vic.edu.au)



Paynesville Neighbourhood Centre

55 Esplanade, Paynesville 3880  
ABN 22 590 431 615  
[info@pnc.vic.edu.au](mailto:info@pnc.vic.edu.au)  
[pnc.vic.edu.au](http://pnc.vic.edu.au)  
(03)5156 0214

# Smart Device Basics

Are you looking to improve your understanding of your android smartphone or device?



**Date:** Mondays 27th April, 4th & 11th May 2025

**Time:** 12pm-3pm

**Cost:** \$10

## What to expect

This 3 week course is designed to help you navigate your android device with confidence. We will cover essential skills, tips and features to ensure you get the most out of your smartphone.

- sending and receiving text messages
- setting up voicemail
- using social media
- managing apps
- staying safe online

## To book

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(03) 5156 0214

# An Indian Inspired Autumnal Menu With SBA's kitchen



**Date:** Tuesday 28 April 2026

**Time:** 10am-2pm

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

**Cost:** \$60

The produce of autumn, the flavours of India, and the joy of sitting, eating and chatting at the table.

Inspired by family, friends and sharing, this is a menu using the produce of autumn, the flavours of India, and the joy of talking and sharing a meal with others.

On the day you will work together to create delicious meals using seasonal produce, and a variety of Indian spices and techniques.

**Contact us to go on the waitlist**

## Sample menu:

- Naan Bread (Gluten Free)
- Nihari (Beef Curry)
- Nihari Masala (Spice Blend)
- Panch Poran (Spice Blend)
- Raita
- Saag Aloo
- Vegetable Bhaji

(All food will be gluten free)

## On the day:

Participants will be provided with ingredients, instructions and guidance as they prepare the various delicious dishes on the day.

## 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 other's who attend on the day.

**To book** Call 5156 0214 | Email [info@pnc.vic.edu.au](mailto:info@pnc.vic.edu.au)



Paynesville Neighbourhood Centre

**We Bring Local  
People Together**

# Pumpkin & Spice With SBA's kitchen



**Date:** Tuesday 16 June 2026

**Time:** 10am-2pm

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

**Cost:** \$60

~Bright, aromatic and cozy.~

Perfect dishes that bring warmth and colour to the table as the colder months close in. Colourful, bright and packed full of flavour, the thought of pumpkin paired with spices, immediately conjures up images of cooler months and cozy nights. In this session you will work together to create a warm, comforting feast of pumpkin dishes from around the world to share as we sit, relax and chat, as we finish the session.

### Sample menu:

- Pumpkin Mutable
- Butternut Pumpkin and Bacon Tart
- Lebanese inspired Lamb, Pumpkin & Rice
- Keralan Style Pumpkin, Bean & Coconut Curry Soup
- Roast Tomato and Pumpkin Salad with Spinach and Pinenuts and a Pesto Dressing
- Pumpkin Streusel Cake - 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 other's who attend on the day.

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# Mindfulness

using AI

Learn to use ChatGPT  
for mindfulness activities.  
No technical experience needed.



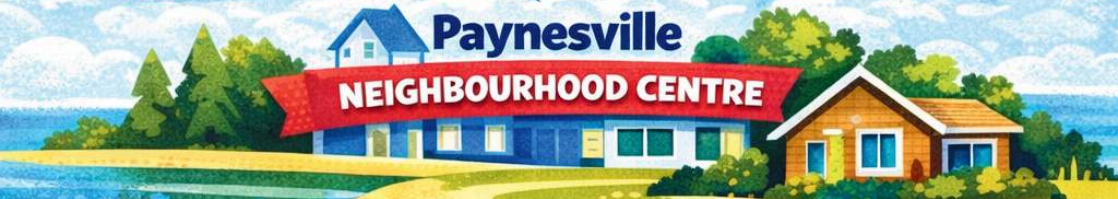
6 May | 1 PM

COST: \$5

TO BOOK, CALL:  
**(03) 5156 0214**

Paynesville

NEIGHBOURHOOD CENTRE



# Tech

## WORKSHOP

FOR SENIORS!

6th May

# HOW TO USE THE CLOUD



TIME: 10 - 11 AM

COST: \$20

TO BOOK, CALL:  
**(03) 5156 0214**

Paynesville

NEIGHBOURHOOD CENTRE



# Lakes Entrance Opp Shop bus trip.



**Date:** Wednesday, 22 April 2026

**Time:** Depart PNC at 9.30am. Return approximately 3.30pm

**Cost:** \$10

## What to expect

- A fun day out hitting the Opp Shops of Lakes Entrance.
- There will be time to stop for lunch or enjoy a home packed lunch at your leisure.
- Lots of laughs, bargains and new friendships.

## To book

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Paynesville Neighbourhood Centre

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# 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**



Feb 7th	Sept 5 <sup>th</sup>
Mar 14 <sup>th</sup>	Oct 3 <sup>rd</sup>
May 2 <sup>nd</sup>	Nov 7 <sup>th</sup>
Jul 4 <sup>th</sup>	Dec 5 <sup>th</sup>
Aug 1 <sup>st</sup>	

\*No repair cafe in April or June, due to long weekends

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.



Repair Café



Paynesville Neighbourhood Centre



Neighbourhood Houses  
The Heart of Our Community

# Paynesville Childcare Centre

We currently have availabilities for children over the age of 3.



Please contact Rosie via email for more information  
[rosie@pnc.vic.edu.au](mailto: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.

# Foodbank

Open Thursdays between 11am- 2pm.

Our Foodbank program enables people to come in and top up their usual grocery shopping when times are tough. Fresh produce also available. We are located at the Paynesville Uniting Church.

## Community Lunch

1st Thursday of every month from 12pm - 1pm.

FREE

Take-away also available. Everyone is welcome.

Foodbank & Community Lunch are supported by Uniting Church, Paynesville OPP Shop and the generosity of local community members  
Donations are always accepted



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5156 0214



info@pnc.vic.edu.au



www.pnc.vic.edu.au

Find us on Facebook and  
Instagram



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