



FRANKSTON SOUTH COMMUNITY AND RECREATION CENTRE NEWSLETTER

MAY 2017

PHONE 9293 7122

Important Dates

Sun 7 May

World Laughter Day

Wed 10 May

Volunteer Meeting

Sun 14 May

Mother's Day

Mon 15 May

International Day of Families

Wed 17 May

IDAHOBIT (see overleaf for more)

Wed 25 May

Australia's Biggest Morning Tea

Mon June 5

World Environment Day

Mon 12 June

Queen's Birthday

July 1 to July 13

School Holidays

FROM THE OFFICE

National Volunteers Week 8-14 May

Your community centre could not survive without the hard work and dedication of our 17 volunteers. During this week show your appreciation by wearing your brightest socks to your class or activity and leave a message on our noticeboard. As always, a huge **thank you** from the staff.

Happy Anniversary Laughter Club 2 May

The Frankston Laughter Club is celebrating its third anniversary with a free session on Tuesday, 2 May at 1.30pm. Take the opportunity to try this powerful technique to increase oxygen and increase endorphins for health and well-being.

Watch the Flowers, Herbs and Vegies Grow.

Thanks to The Jennies — Jenni A, Jenny B and Jennie W — for weeding, digging and planting some seedlings in our outdoor space. Everyone is welcome to spend some time on the verandah in the Autumn sunshine watching the flowers bloom and the vegies grow.

Community Connectors

We're excited to announce that four of our volunteers have been chosen to participate in a pilot program to connect socially isolated people with local activities and events. Congratulations to Jennie, Lou, Maureen and Angela. We hope it is a great success

Open Day A Great Success

We had more than 140 people through the doors for our open day which showcased the fantastic variety of activities this centre has on offer. Thank you to all our hirers and our volunteers for making this day a great success.

Walk Group

Every Tuesday

9.30am

Meet in the lobby

Enjoy a walk around beautiful Frankston South. Choose your own pace. There'll always be others to keep you company. When you return to the centre, stay for a cuppa and a chat.





Australia's Biggest Morning Tea

Thursday, 25 May at 10.30am

The Women's Badminton Team invite you to the Cancer Council's Biggest Morning Tea. This is an opportunity to give to a great cause, meet up with old and new friends and have a home-made tasty treat!

Please donate to the raffles if you can and take a ticket or two! All money raised goes to cancer research. We all look forward to seeing you there.



Cover Girlz "Be You" 1 Day Workshop Saturday, 20 May

For teenage girls looking to improve their confidence and self-worth, this workshop covers:

- Changing the belief system of 'not good enough' into 'enough'
- Gratitude Diary
- Mindfulness Therapies
- Breath Work
- Personal Space
- Body Image - Health & Nutrition
- Vision Boards
- Facial Skin Care & Natural Makeup
- EFT tapping and STM yoga poses

For bookings, contact Andrea Munson on 0430550899.



Interested in finding out more about your ancestors? Come to a course at the **Mornington Peninsula Family History Society**.

Courses on offer are:

"Find My Past", "Ancestry" and a "Beginners Class".

Classes are held every month at the MPFHS rooms at the centre on Saturdays from 10am to 12pm.

Tea and coffee available.

Cost is \$7 and refunded if a yearly subscription is taken out on the day.

Raising the flag for IDAHOBIT

Come and join Frankston City Council when they raise the rainbow flag for the International Day Against Homophobia, Biphobia, and Transphobia (IDAHOBIT).

When: Wednesday, 17 May, 10.30am

Where: Corner of Davey and Young Streets

Master classes in composting and worm farming

When: Saturday, 29 April

Composting: 9.30-10.30am

Worm farming: 11am-12pm

Booking essential. Ph: 9768 1628.

FREE

Learn how to be a super composter or worm farmer. Reduce your household waste and reap the rewards.

Yoga Flow

NEW

Thursdays 7.30 to 8.30pm

This Hatha and Vinyasa styled class is a space for those seeking to sustain more relaxation in their lives by creating stillness in the mind, as well as those wanting to improve their flexibility, balance and tone their entire bodies.

All levels welcome. BYO mat.

Cost: \$10. Bookings preferred.

For all enquiries, contact Steph 0435 617 109 stephliwellness@gmail.com

Mid-Afternoon Women's Workout Tuesdays 2pm

We are offering a brand new exercise program for:

- Mums to get moving before school pick-up
- Part-time workers whose mornings are taken
- All women whose busy schedules stops them from attending morning and evening classes.

This class is guaranteed to be fun, exciting and get you going. Only \$8 per class. Pay as you go.

