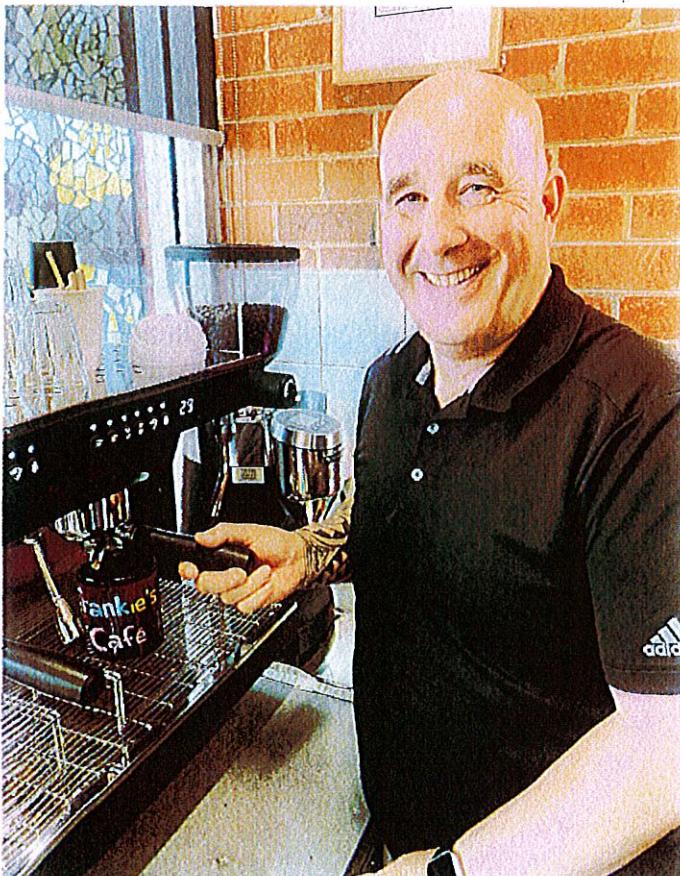


Meet Graeme

We are so excited to welcome our new team member Graeme. Graeme is our new Community Development Officer. His background is in youth work and has a passion for training and supporting others to up skill and build their confidence.

Graeme is originally from Scotland and has lived in Australia since 2006. He loves coaching soccer, cycling and walking his 2 dogs. He is looking forward to meeting you all.

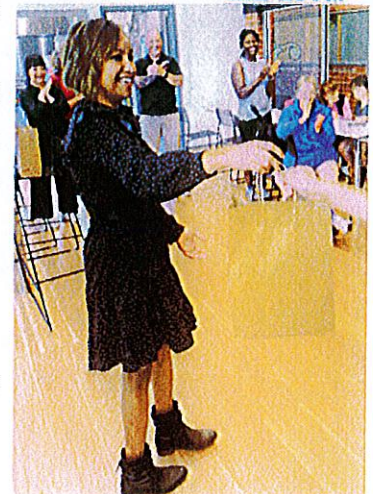


ACFE Graduation



We celebrated the completion of round 2 Adult Community Further Education (ACFE) with a graduation lunch.

For their graduation day lunch, the students created their own menu of cheese twisties, focaccia, zucchini



fritters and spaghetti bolognese. We have commenced round 3 and if you are interested in joining our 2 exciting courses: **Café Creations** Monday to Wednesday and **Catering with Frankie's** Thursday to Friday please contact us on 9293 7122 or email us at fscrc@frankston.vic.gov.au



Cuppa in English

Cuppa in English is open to anyone over the age of 18 who are looking to improve their English speaking skills in an informal setting over a cuppa. This is also a great opportunity to make friends. Come and join us on Wednesdays from 12 to 2pm.



Seated Zumba



Do you like music and want to move but have mobility issues due to recent surgery or injury? Seated Zumba is designed to get your blood pumping to strengthen your heart and help

your body move oxygen and blood to your muscles while improving your strength and flexibility. Drop in on Thursdays at 1.30pm and check out how much fun you can have while seated :-)

Cultural Corner IDAHOBIT 2022



17 May 2022 is International Day Against Homophobia, Biphobia, Interphobia & Transphobia (IDAHOBIT). To mark the day & to celebrate LGBTQIA+ people globally, and raise awareness for the work still needed to combat discrimination, FSCRC will be baking rainbow cupcakes for the flag raising ceremony on 17 May 2022. We will also deliver rainbow cookies to several locations across Frankston including Community Centres, Libraries, Neighbourhood Houses and schools. More information on IDAHOBIT check out <https://www.idahobit.org.au>

NATIONAL 16-22 MAY 2022
VOLUNTEER
Better Together WEEK

National Volunteer Week is Australia's largest annual celebration of volunteers and their important contribution to our communities. It is a chance to celebrate, appreciate and recognise the vital work of volunteers. The annual Impact Volunteer Expo will be held on **17 May 2022 from 11.00am to 2.00pm** at the Frankston Arts Centre, 27-37 Davey Street, Frankston. This is an excellent opportunity to discover the great community work provided by volunteer involving organisations and services.



Frankston South Community and Recreation Centre

E: fscrc@frankston.vic.gov.au Ph: 9293 7122

Address: 55 Towerhill Road Frankston South 3199


Frankie's
Café

Centre-run activities

- Walking Group** \$3.00
Get some fresh air and enjoy the benefits of walking. All ages.
Tuesday 9.30am
- Stories at South** \$3.00
Join us for some fun and make friends along the way. The session is perfect for 0-5 years.
Wednesday 10am
- Cuppa in English** \$3.00
Available for all abilities over the age of 18 who are looking to improve English speaking skills.
Wednesday 12 - 2pm
Thursday 3 - 5pm

WEDNESDAY 13th P
Rainbow Bake-Off
LGBTIQA+
Time: 1 pm - 4 pm
Ages: 12 - 24
Meet @ Frankston South Community Centre
Cost: FREE

Open Mic Night
ALL AGES
Time: 4:30 pm - 6:30 pm
Meet @ Frankston South Community Centre
Cost: FREE



Frankston South Youth

Programs are offered for aged 12 - 24.
Youth Hangout Contact Tilly 0488 591 855
Mon 3 - 5pm
FSCRC Program Drop in or call 9293 7122
Tue - Fri 3 - 5pm

Centre-run exercise classes

- Fitness Exercise** \$8.50
Improve your overall fitness, strength and flexibility. All ages.
Monday 9.30am
Wednesday 9.30am
- Seated Zumba** \$8.50
Improve balance, strength and flexibility in this gentle class. All ages.
Thursday 1.30pm
- Twinges in the Hinges** \$8.50
Improve balance, strength and flexibility in this gentle class. All ages.
Thursday 9.30am
- Stretch Floor Workout** \$8.50
Gently improve balance, strength and range of motion. All ages
Thursday 10.30am
- Zumba Gold** \$8.50
Dance your way to fitness. All ages.
Friday 9.30am
- Age Strong** \$7.00
Referral essential
Run by Peninsula Health and Frankston City Council. Classes increase strength, flexibility and balance for mature age people. Contact: 1300 665 781.
Monday 10.30am
11.30am *Bus*
- Wednesday** 10.30
11.30am
- Thursday** 11.30

If you are interested in something else, please let us know. We are here to meet community needs.

Frankston South Community and Recreation Centre

Programs and Activities - April 2022



opportunity >> growth >> lifestyle

Frankie's Café

Training Programs: Café Creations & Catering with Frankie's

We have 2 exciting courses in 2022. **Café creations** Monday to Wednesday and **Catering with Frankie's** Thursday to Friday. Both courses are ACFE funded and provide the learner with hands on learning experience at Frankie's Café. Frankie's Café is the Centre run Café serving the community hot/cold beverages and snacks.

The programs are designed for learners to develop entry level techniques and skills in food preparation, basic cookery, menu preparation, food handling, OH&S compliance and a range of skills in hospitality. Intake for the March round is currently open. If you are interested please contact us on 9293 7122 or email us at fscrc@frankston.vic.gov.au

Upcoming Events

ACFE students' graduation will be on **Thursday 28 April**, please come along to celebrate them.

Youth Services

Rainbow Bake – Off LGBTIQA+ Age 12 - 24
Wednesday 13 April 1pm - 4pm Cost FREE
Open Mic Night All Age
Wednesday 13 April 4.30pm - 6.30pm Cost FREE

Frankston South Community and Recreation Centre

55 Towerhill Road, Frankston South 3199

fscrc@frankston.vic.gov.au

Phone: 9293 7122

frankston.vic.gov.au/fscrc



"Like" us on Facebook

Ready Steady Go

Introduces kids to a variety of sports.

Contact: 1300 766 892

readysteadygokids.com.au

Mon	9.15am	1.5 - 2.5yo
	9.45am	2.5 - 4yo
	10.30am	4 - 6yo
Wed	9.15am	1.5 - 2.5yo
	9.45am	2.5 - 4yo

Little Kickers

Learn footy skills, keep fit, have fun.

Contact: Nick 03 5975 8637

melbourne@litlekickers.com.au

Sat	9am	18mth - 2.5yo
	9.50am	2.5 - 3.5yo
	10.40am	3.5 - 5yo

Kangaroo Training

Exercise with your baby in a way that is safe and fun, while building strength and fitness.

Contact: Yolande 0405 860 846

yolande@kangarotraining.com.au

Tue 10.30 - 11.30am

Overport Allstars Basketball

Contact: overportbasketball@gmail.com

Mon	3.30 - 4.30pm
Tue	8 - 9am
	3.30 - 4.30pm
Wed	8 - 9am
	3.30 - 5.30pm
Thur	8 - 9am
	3.45 - 5.45pm
Fri	8 - 9am
	3.30 - 4.30pm

Mornington Pen. Family History Society

Contact: 9783 7058 or mpfhs.org

Tue & Thur 10.30am - 2.30pm

Sun 2 - 5pm

Wed* 7 - 9pm

*(Term 1 and 4 only - 1st and 3rd Wed of month)

Body barre Pilates

The ultimate workout to tone and define your whole body.

Contact: Jacqui 0408 754 410

pilatespt@hotmail.com

Mon	6pm	Barre Attack
Tue	6pm	Piloxing Barre
Thu	6pm	Pilates
Sat	8am	Barre Attack

Dance Space 88

Learn a range of different dance styles from African to Broadway and more!

Kids learn creative dance and choreographic techniques.

Contact: Serena 0402 344 122

dancespace88@outlook.com

Tue	9.15am	Adult
	4pm	Kid's (TBC)
Wed	6.30pm	Adult
	7.45pm	Adult

Melbourne Ayumi Japanese Lesson

For children with a Japanese background

Contact: Hiromi 0419 584 083

hiromi@ayuminihongo.com

Tue 4 - 6pm

Westernport Special Olympics

Providing weekly sports training and regular competition for people with an intellectual disability.

Contact: Tina 0409 542 238

Wed 6.30 - 7.30pm

Kelly Mini Sports

Contact: Simon 0432 355 020

Tue 10.15 - 11.15am

Fri 9.30am - 12pm

Anahata Yoga

Classes combine gentle stretches and movement with breath awareness, deep relaxation and meditation techniques. Suitable for everybody.

Contact: Paula 0433 960 021

paula@anahatayoga.com

Mon	6pm, 7.15pm
Tue	6pm, 7.15pm
Wed	9.30am
Thu	9.30am
Fri	9.30am

Vita Yoga

A Unique, non-impact exercises with yoga elements to help regain strength and flexibility.

Contact: Paola 0416 136 084

pdltelart@gmail.com

Thu 6.30pm - 7.30pm

Yoga with Soga

Hatha and Vinyasa yoga, with the elements of Ashtanga and body stretching

Contact: Lily 0458 458 048

lvyadimi@gmail.com

Wed 7 - 8pm

Sun 6 - 7.30pm

Tai Chi : Arthritis Foundation

Always welcome new members

Contact: Dorothy 9789 0632

Tue 11.45am - 12.45pm

Queen of My Own Universe

Women circles and workshops

Contact: Margaret 0405 755 526

Mon 7pm - 9pm

Mornington Pen. Badminton Inc.

Ladies Competition Badminton

For women of all ages playing at an intermediate level.

Team selection required.

Contact: Carolyn 0400 430 227

Thu 9.30am - 12.30pm

Social Badminton

Come and play with friends and family or join in with other players. Loan racket available.

Contact: Ben 0412 150 514

Sat 4pm - 6pm

Junior Badminton Coaching

Have fun while you're learning the basic skills of badminton.

Contact: Greg 0412 721 958

badminton@mpb.org.au

Thu 6pm - 7.30pm

Sat 2pm - 3.30pm

Bobcats Basketball Club

Always welcome new members

Contact: Jason 03 5908 4909

Mon 5.30 - 6.30pm

Bosnian Soccer Group

Welcome all new members age over 18 for Men's soccer

Contact: Alen 0404 620 458

Thu 8 - 9.30pm

Red Ruby Dancers

Dancing group for elderly and disadvantaged people to raise fund to charity

Contact: Audrey 0409 783 393

Thu 11.30am - 12.30pm

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