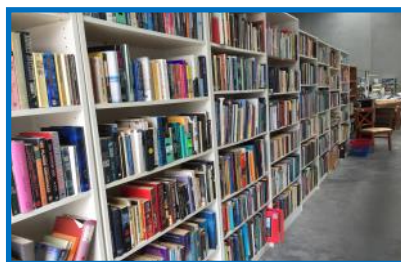
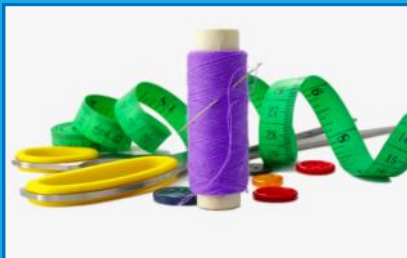


Term 3 Course & Activity Guide

ACTIVITIES, COURSES & SOCIAL GROUPS

July to September 2020



Sorrento Community Centre
860 — 868 Melbourne Road (*via Morce Avenue*)
Sorrento VIC 3943 5984 3360

v2

sorrentocommunitycentre.org.au



Sorrento Community Centre



Sorrento Early Learning



Who we are....

Independent and not for profit. We respond to, support and engage people across all spectrums of our community. We work to create social cohesion through a healthy, connected and vibrant community.

We connect our community, bringing our community together. Check out our YouTube channel - Sorrento Community TV. Discover what's on, about other community-based organisations, their activities and events. See for yourself: youtube.com/channel/UCvEMOZQDd42kQZ4y6CyyRBw

Our courses and activities help you to connect, learn, grow and strengthen your networks, build friendships and help you make the most out of life.

We are agile, constantly evolving to meet our community needs. If your interest is not catered for - let us know!

Got a Request?

We can't do it alone! Can we work together? We are always on the look out for new programs and people to take the lead. So, please let us know your suggestions and share any opportunities you may have.



Fees & 2020 Registration Levy

An Annual Registration Levy of \$15 is payable by all participants in Centre activities (regardless of where they are held). This helps to offset the Centre's day to day running costs, administration overheads and hospitality expenses.

We work to keep the cost of our programs affordable and accessible. Each activity has its own fee structure. However, most regular volunteer facilitated in-house activities cost \$4 per session. Payments may be by week, by term, or annually. Activity fees are payable through the Centre's Reception unless otherwise stated.

Booking and Paying

Activities and courses are a mix of term-based, short courses or one-off (pop-up, single session) programs. Some activities can be joined mid-term.

All courses are subject to sufficient enrolments and may be cancelled; in this case, a 100% refund will be offered. Enrolments are accepted in the order they are received and will only be confirmed once payment is received. You will be notified if the class is full or cancelled. A cancellation policy applies to some courses. Waiting lists may apply.

Payment can be made by cash or card at Sorrento Community Centre, or by bank deposit to: Bendigo Bank. BSB 633000. Account 152 992 657. Account name Sorrento Community Centre

Reception is open: 9am to 5pm weekdays

ABN:
98085210677



Activities, Courses & Social Groups

D = daily, W = weekly, F = fortnightly, M = monthly, SS = single session

Art, Craft & Creativity

Art Workshops with Jos - W	Mon
Boomerang Bags - W	Wed
Botanical Drawing & Painting -W	Fri
Drawing Workshop - W	Tues
Mosaic Workshops - W	Wed
Patchwork & Embroidery - W	Wed
Sorrento Writers - F	Tues

Health & Wellbeing

Art Therapy for Adults - W	Thurs
Best Foot Forward - W	Tues
Chat 'n Go Walkers - W	Mon
Happy Healthy Half Hour - SS	Fri
Live Longer, Live Stronger - W	Wed
Pickleball / Table Tennis - W	Mon
Podiatrist - every 6 weeks	Mon
Psychologist - W	Fri
Wednesday Walkers - W	Wed
Shake it Up Dance Group - W	Thurs
Stadium Walkers - W	Tues
Tai Chi with Coral - W	Mon
Yoga with Jo - W	Tues, Wed, Fri

Learning, Work & Life Skills

First Aid /CPR Full Course - SS	Thurs
First Aid Re-Accreditation - SS	Mon
First Aid for Educators/Carers - SS	Tues
Responsible Service of Alcohol - SS	Wed

Connect, Learn & Socialise

Chess - W	Mon, Wed
Book Clubs M	Mon, Tues, Thurs, Fri
Environment Circle - M	Wed
French Conversation - W	Fri
Greek for Travellers - W	Thurs
French Card Game - M	Fri

Children & Families

Community Play Group	Tues
Sorrento Early Learning - Daily	Page 9
- 18 mths to 5 yrs 9.15 - 2.15	Tues / Fri
- 2 to 4 yrs 9.15 - 2.15	Mon
- 3 to 4 yrs 9.15 - 2.15	Wed /Thurs

Support Services

Alcoholics Anonymous	Sat
Monday to Fridays:	
Parents Room and	
Baby Change facilities	
Complimentary 1/2 hour internet access	
Drop in tea/coffee stations	
Free Book Exchange	
JP - Justice of the Peace on call	
Photocopying (charges apply)	
Plug in your phone or mobility scooter	
Secure Document Destruction (gold coin)	
Stadium Drop-in (\$2 per person)	

Programs will operate post Victorian Lockdown period— call 5984 3360 for clarification.

Centre Users to observe Social Distancing, and protective behaviours.

Please book all activities through Reception at Sorrento Community Centre, unless specified otherwise. Reception open 9 - 5pm daily. **5984 3360**

The \$15 2020 SCC Annual Registration Levy usually applies to all activities.

4 Monday

Art Workshops with Jos (w)

Popular art workshops enable you to be guided through a range of techniques or mediums. Mornings: 9 to 12 noon
OR Afternoons: 12.15 to 3pm. Resumes 20/7/2020
Cost: \$170 - 8 sessions, + \$20 materials paid to tutor (+ \$15)

Chat 'n Go Walkers (w)

Join the group that walks, talks and savours the best of our local walking tracks.
Monday mornings weekly. 10am start from the Centre.
Cost: \$10 annual fee (+ \$15 Annual Registration Levy)

Chess



A great game to play during the winter months!
Come, sharpen your skills - and meet others.
Mondays. 1 - 3pm
Cost: \$4/session (+\$15 Annual Registration Levy)



First Aid Re-accreditation (SS)



Need to complete your First-Aid Re-accreditation with Healthguard Trainers?
Monday 7 September | Full Accreditation | 5 til 8pm | \$80
CPR update | 5 til 7pm | \$70
**You'll need to have either completed a full First Aid course in past 12 months, or have completed Re-Accreditation in past 12 months. USI (Unique Student Identifier) to be completed beforehand.*

Monday Book Club (M)

An opportunity to meet others and discuss books, plus, of course, topics of mutual interest.
1st Monday of each month. 2.30 to 4pm
Cost: \$4 /session (+\$15 Annual Registration Levy)

Pickleball (w)

All the rage in America, this popular new game tunes up your fitness in an enjoyable way. A better workout than walking - and meeting others at the same time. All equipment supplied. Wear comfortable clothes and runners.
Mondays. From 1.30pm.
Cost: \$4/session (+\$15 Annual Registration Levy)

Podiatrist (every 6 weeks)

Resident Podiatrist Kate can help to prevent, diagnose and treat a wide range of conditions. Monday mornings.
Phone for Appt: 0409 179 678 Cost: \$35 per session

Tai Chi with Coral (w)

Coral leads this warm and friendly group. Tai Chi helps to achieve health and harmony in mind and body, mobility, suppleness and mental alertness.
Mondays. 10.30 to 11.30am Resumes 13/7/20
Cost: \$170 for 10 weeks (+\$15 Annual Registration Levy)

5 Tuesday

Best Foot Forward (W)

Join Kathy for a gentle armchair workout, keep those muscles in tone, and enjoy meeting others at the same time. Enrol with Kathy: 0417 031 220.
Tuesdays weekly. 9.40pm to 10.30pm Cost: \$15 per session

Drawing Workshops (W)

This enthusiastic group, led by Leigh, will welcome you to the Art Studio, regardless of whether you're a beginner or more advanced.
Tuesdays weekly. 1 to 3 pm. Resumes 14/7/2020
Cost: \$10 per week (+\$15 Annual Registration Levy)

First Aid Update for Early Childhood Staff



A requirement for all people working with children in educational settings - formal or informal. Includes: Asthma and Anaphylaxis training.
Tuesday 1 September. 2.30 to 6pm. Cost: TBA

Sorrento Writers (F)

Join this circle of learning where writers meet to discuss their current works.
2nd and 4th Tuesdays of each month. 9.30 to 11.30am
Resumes 14/7/2020 Cost: \$4 (+\$15 Annual Registration Levy)

Stadium Walkers (W)



Feel like a walk - but don't feel up to going out in the cold? Prefer to walk at your own pace? Be out of the weather, while still keeping up a level of fitness. A participant-led group. (Bring your own headphones if you wish)
Tuesdays. 10 - 11am. Cost: \$4 (+\$15 Annual Registration Levy)

Tuesday Book Club (M)

Lively discussion awaits you while you review a range of books.
2nd Tuesday of each month. 3.30 to 5pm
Cost: \$4 (+\$15 Annual Registration Levy)

Yoga with Jo (W)

Jo leads this popular group at the beautiful premises of Blairgowrie Yacht Squadron. Phone Jo: 0438 023 484
Tuesdays: 6.15am to 7.15am OR 9.15am to 10.30am
Cost \$180 for 10 classes/ \$20 casual, Concessions (\$15 Regn)

Play Group for Families



Children like Play Group for heaps of reasons. Adults like Play Group because they can meet other local families and develop new friendships; relax and talk in a friendly environment; share experiences and ideas; play with children and nurture a spirit of co-operation.
Tuesdays weekly. 9.30 to 11am. Cost: \$5 / week.

Wednesdays

Boomerang Bag orkshops



Come and be part of this enthusiastic team dedicated to helping to rid the Peninsula of landfill - and single-use plastic bags. If you can't sew - we'll show you how - and there's many other roles to play!

Wednesdays. 10am. Cost: Nil (+\$15 Annual Registration)

Chess



Like playing chess? Want to keep your brain active? A great way to sharpen your skills and meet others.

Wednesdays. 10 - 12pm Cost: \$4/session (+\$15)



Environment Circle (M)



With Guest Speakers, this discussion group is for people who care about our environment and want to have a greater understanding of our natural world. Join us for drinks & nibbles. Starts 26 Aug; then 23 Sep; 28 Oct; 25 Nov.

Wednesdays. 4 - 5.30pm. Cost \$5 (+\$15 Annual Registration Levy)

Live Longer, Live Stronger (W)

Build your core strength, keep fit and active under the experienced and watchful eye of Cameron Williams

Wednesdays. 9.30 to 10.30am. Cost: \$12 per session (+\$15 Regn)

Mosaic Workshops (W)

This friendly group enjoys weekly sessions together, sharing their knowledge and encouraging others in this 3D Art.

Wednesdays 9.15 to 11.30am

Cost: \$4/session (+\$15 Annual Registration Levy)

Patchwork, Embroidery & Knitting & Crochet (W)



Bring your UFO (unfinished project). Learn the Basics of patchwork or stitches for embroidery. Beginners Welcome. We can help you with patterns and templates and advice or pathways for where to find extra resources.

Wednesdays weekly. 1 - 3pm Cost: \$10 per week (+\$15 Regn)

(RSA) Responsi- ble Service of Alcohol (SS)

This is the certificate you need to work for licensed premises that hold a general on-premises packaged liquor or late night licence. Wed. 9th September. 5 - 9pm. Cost: \$55

Wednesday Walkers (W)

Want to get and keep fit? This group is fast-paced, but still there's enough time to meet others and make new friends.

Wednesdays. 9.15am at SCC. Cost: \$10 annual fee (+\$15 Regn)

Yoga with Jo (W)

Jo leads this popular group at the beautiful premises of Blairgowrie Yacht Squadron. Phone Jo: 0438 023 484

Wednesdays weekly: 7pm to 8.15pm. Cost - \$180 for 10 classes or \$20 casual, Full Term Concessions apply (+\$15)

7 Thursdays

Art Therapy (W)

Art Therapy is a way of communicating, in a non-verbal way, your thoughts and feelings that may be too difficult to express in words. Sessions allow you time for reflection. Fully qualified and experienced Art Therapist Susie Parry leads this group where there is no 'right' or 'wrong'.
Thursdays. 10 to 12pm.
Cost: \$55 per session (+\$15 Annual Registration Levy)

Book Club (M)

Enjoy Thursday Book Club. Meet and discuss themes, discover new authors and share a love of reading.
3rd Thursdays monthly. 3.30 to 5.00pm
Cost: \$2 (+\$15 Annual Registration Levy)

Greek for Travellers (W)

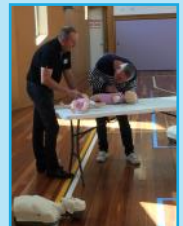


A carefully designed, no-pressure, fun class that will have you mastering survival language for travelling through Greece with confidence.
Course is varied, interesting and fun!
Thursdays. 2 to 3pm OR 6 to 7pm. Starts after Lockdown.
Cost: \$90 (8 week course). (+\$15 Annual Registration Levy)



Full First Aid (inc. CPR) (SS)

Our qualified and highly experienced trainer will train you to become a confident, fully qualified First Aider.
HLTAID003 - Provide First Aid - \$145
HLTAID 001 - CPR (only) - \$60
Thursday 17 September. 9 to 4pm.
*You will need a USI - We can help you get one!



Psychologist



Local, fully qualified and experienced Psychologist is available for you on Thursdays by appointment. Meet Marilyn in our relaxed community setting.
Medicare rebate available.
Call us - 5984 3360 - to find out more details.



Shake it Up Dance (W)

Popular Dance Class with Eileen, with exercises to music to improve your fitness. Enjoy dancing to the music while having fun!
Thursdays. 10 to 11am. Cost: \$10/session (+\$15 Ann. Regn.)
(Proceeds support local disadvantaged children)

Fridays

Botanical Drawing and Painting

Following on from the Introduction to Botanical Drawing and Painting course, qualified Artist Susie Parry will assist you to further develop your skills. This more advanced course focuses on colour and the completion of finished work.

Note: Pre-Requisite - completion of Introduction Course.

Fridays. 10 to 12.30pm. Starts Friday 24/7/2020

Cost: \$180 (8 week course) (+ \$15 Annual Registration Levy)

French Conversation - the basics

Be prepared for when you can take that next trip overseas or be more confident in speaking French fluently. A small group class with a focus on pronunciation and fluency so that you can be understood when speaking.

Fridays. 10 to 12 noon Starts: After Lockdown

Cost: \$185 (9 week course) (+ \$15 Ann Regn Levy)



French Card Game - Tarot (M)



Do you enjoy the card game 500? Want to try something easier and more fun than Bridge? The second most popular card game in France, it is a trick-taking strategy game played by 3 to 5 players. *(And not to be confused with anything psychic!)*

Fridays. 4 to 5.30pm. Cost: \$4 (+ \$15 Annual Registration Levy)

Friday Book Club (M)

Enjoy the camaraderie and discussion at Friday Book Club where you choose your own book, and bring your review and thoughts to share with the group.

Last Friday of each month: 2.30 to 4.15pm

Cost: \$4 (+ \$15 Annual Registration Levy)

Happy Healthy Half Hour (SS)



A free seminar presented by Physiotherapist Natalie about how to live a healthier lifestyle, and the best path to a happier, healthier you.

Learn more about our 'Health and Wellness Circle', a holistic approach for your overall health and wellbeing, particularly relevant during this COVID-19 period.

Date: TBA post Lockdown. 9.30 am or 11.30am Sessions.

Yoga with Jo (W)

At Blairgowrie Yacht Squadron. Phone Jo: 0438 023 484

Fridays. 9.15am to 10.30am Cost - \$180 for 10 classes or \$20 casual, Full Term Concessions. (+\$15 Annual Registration Levy)



Sorrento Early Learning

A small, family-friendly Centre,
with 22 available places at each session.

Under the strong, committed leadership of Bianca, assisted by our very able Educators Jacqui and the team, we are proud to offer you strong, education-based programs to meet the individual needs of your child, based on age and developmental progress.

Program times: 9.15am to 2.15pm daily, 48 weeks of year

Days: Mondays (2-4 yrs)
Tuesdays, Fridays (18 mo - 5 yrs)
Wednesdays, Thursdays (3-5 yrs)

Fees: \$61.00 per session (w/o subsidy)

An Approved Provider for Child Care Subsidy (CCS) under the Australian Government's Child Care Subsidy system. Go to: www.education.gov.au

Enquire: 5984 3360 and speak with Deb, Early Learning Administrator.

Note: Waiting Lists apply for some days.

NEW

Sorrento Community Play Group

Fun for children (from 6 months)

Bring your little ones, meet others and enjoy support of other parents.

Led by Narelle, our fully qualified and experienced
Early Childhood professional



Tuesdays

9.30 to 11am

\$5 per session*

No Jab, No Play applies
Nut free, Egg free.

Bookings: Call Deb on Reception 5984 3360

**Plus \$15 Annual Registration Levy*

Sorrento Savvys

Want to meet others in a social setting?

Savvys is a Social Group for the over 50's in our community who organise a wide range of regular social events including:

- Weekly walks followed by coffee
- Monthly Drinks and Dinner in local restaurants
- Picnics
- Visits to local MP attractions such as Heronswood, McClelland Sculpture Park, Regional Art Galleries, Beleura House.
- Recreational activities embracing Croquet, Barefoot Bowls, Petanque
- Bush hikes and lunch
- Occasional Lectures and Field Trips such as Geology of the Mornington Peninsula



A quarterly program is designed by the members, with individual Savvys taking responsibility for the planned events. Everyone is encouraged to bring new ideas to the group and participate at a level that suits.

Cost: \$10 annual fee (+ \$15 Annual Registration Levy)

All Savvy Members receive a quarterly e-newsletter advising upcoming activity details (Place, date, time), plus details of the person to contact for

Want to know the latest on what's on around town?

Check out our new Sorrento Community TV (You Tube) Channel

How? Just Google 'You Tube' - type in **Sorrento Community TV**
or use the link below:

<https://www.youtube.com/channel/UCvEMQZQDd42kQZ4y6CyyRBw>

