

Term 2 Classes & Activities



Mon 19 April — Fri 25 June 2021

Koonya Back Beach

Photo thanks to Cynthia Hudspeth: cynthiahudspeth93@gmail.com



Sorrento Community Centre 5984 3360

860 — 868 Melbourne Road (via Morce Avenue)

Sorrento VIC 3943

Reception Open 9 - 5pm Monday to Friday

V1 Mar '21



Sorrento Community Centre



Follow us on

Instagram

[sorrento_community_centre](https://www.instagram.com/sorrento_community_centre)



Who we are....

Independent and a registered charity.

We're all about community! We aim to support all members of our community, create social cohesion and help people achieve their goals.

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

Looking for something? Got an idea? Want to share?

SUGGESTIONS & COMMENTS

We welcome your feedback

We can't do it alone! If you think of something, please say something! We are always on the look out for new programs and people to take the lead. So, please let us have your feedback, comments and suggestions!

Fees & 2021 Registration Levy

All participants involved in the Centre pay an Annual Registration Levy of \$15. This helps to offset the Centre's day to day running costs, administration overheads and hospitality expenses. For those wishing to be more closely involved in Centre activities, for an additional \$5 per annum you can become an Association Member.

We work to keep the cost of our programs affordable and accessible. While most regular volunteer-facilitated programs cost \$4 per session, each activity has its own fee structure depending on equipment cost, facilitator fees, etc.

Most regular programs run throughout each term (break over the school holidays). Other courses and activities may be single or pop-up 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.

See something you like? Don't delay to book and pay.

Call us (Reception is open 9am to 5pm weekdays), and book and pay by phone, or through our website. Pay online, by cash or card at Sorrento Community Centre, or by bank deposit to: BSB 633000 (Bendigo Bank), Account 152 992 657, Account Name: Sorrento Community Centre.



ABN:
98085210677



Look Up! Look Out! Look About this Autumn

Try some of these new Pop-Up Programs



Homemade Pasta Cooking

Learn to make a range of authentic Italian pastas served in a variety of ways with delicious accompaniments.

Warwick, the owner of Wazza's Kitchen Cooking School has a knack of developing your culinary skills through clear, simple steps that guarantee success. This course caters for both meat lovers and vegetarians and includes sitting down together to share a meal. *Not suitable for people with gluten allergies*

Class 1—Simple Pasta. Saturday 1 May 4.15 to 6.15pm \$60 inc ingredients

Potato gnocchi with a fresh tomato sauce. Homemade spaghetti carbonara (vegetarian option—Herbed Spaghetti). Homemade Beef Lasagne (vegetarian option—mushroom Lasagne)

Class 2—Advanced Pasta. Saturday 5 June 4.15 to 6.15pm \$60 inc ingredients

Ricotta gnocchi, fried with garlic and herbs. Spinach and 3-Cheese Ravioli with a burnt butter sage sauce. Lamb, spinach and fetta cannelloni with a tomato sauce (vegetarian option—spinach, kumara and fetta cannelloni)

Seniors Self Tuesday 4 May 10am to 12 noon

Defence*

\$55

No physical energy required! Just bring yourself and learn how, through simply being aware and alert to how we can adjust our everyday habits, we can protect ourselves from potential harm.

Ladies Self

Defence*

\$55

Friday 7 May 7pm to 9pm

Do you go running alone? In the dark? You are worth protecting! Learn how a predator selects their victim, bust the myths about self protection, and how to harness your natural power.

Mandala

Magic

\$90 + \$45 for
materials

Tuesday 11 May. 9.30 - 12.30pm

Mandalas are about connection and the idea that everything is related to everything else. So bring some mandala magic into your everyday life and create a unique bread board or serving board as a keepsake for yourself or as a beautiful gift. No prior art experience or 'art know how' - all materials supplied.

**Very Snuggly
Quilts**

FREE

Please register
in advance -
ring 5984 3360

Friday 14 May 2 sessions: 10am to 12 & 1pm to 3pm

Calling all people interested in having a fun day whilst helping to make a real difference! Come and join the group who make quilts for chronically ill children at the Royal Children's Hospital. No experience required. A warm welcome awaits you from leader Marie Lee.



More new Pop-Up Programs

Pino and Picasso

\$80. *Inc. easels, canvasses, aprons, paints, brushes & wine*

Sunday 16 May. 2pm to 5pm.

A pop-up with a difference! Enjoy 3 hours of drinking wine, laughing with friends and trying to paint like Picasso. You will take on some of the basic (and some more advanced) techniques of painting on canvas, in a hassle-free, approachable and collaborative setting.

Make a Cutting Board in a Day

*\$180 + \$20 for materials



Tuesday 18 May. 9am to 6pm (lunch break 1-2pm)

OR Saturday 22 May. 9am to 6pm (lunch break 1-2pm)

With individualised tuition you can learn the art of woodworking from an expert in his safe woodworking studio in Rye. Make a hand-crafted chopping board to be proud of. Your tutor Glenn will help you learn the craft or improve your basic skills.

**Rebate applies: for Pensioners or Health Care Card holders. Cost: \$100 + \$20 for materials*

Sunday Sourdough

\$70 inc. ingredients

Sunday 23 May. 4-hour course. 10am to 2pm

Warwick compresses the 24 hours required for sour dough bread-making into a morning's fun. You will leave with dough ready to take home and bake later. Experience every step in the process during this hands-on course, culminating in a light lunch.

Not suitable for people with gluten allergies

Make a Beautiful Box in 1.5 days
\$245+ \$20 for materials



Course 1: Tues 25 May (9am-6pm) and Wed 26 May (9am-1pm)

OR Course 2: Sat 29 May (9am- 6pm) and Sun 30 May (9am-1pm)

Glenn, your expert tutor loves to share his skills with you in his safe woodworking studio in Rye. Make a beautiful, hand-crafted Box. Not only will you take home your beautiful box, but you will learn the craft and/or improve your basic skills.

**Rebate applies for pensioners or Health Care Card holders. Cost: \$140+ \$20 for materials*

More Adult Pop-Up Programs are offered during School Holidays and also throughout the term.

Children's School Holiday Program - see separate brochure

So that you don't miss out, check our Facebook, Instagram and Website for

All programs running unless otherwise stated (and through changing COVID restrictions)

Please 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**

Regular Activities, Courses & Social Groups

D = daily, W = weekly, F = fortnightly, M = monthly, EOI=Calling for Expressions of Interest

Art, Craft & Creativity

Art Therapy with Susie	Fri
Workshops with Jos - W	Mon
Boomerang Bags - W	Wed
Botanical Drawing & Painting -W	Thurs
Drawing with Leigh - W	Tues
Flowers by Zak: Flower Club	Mon
Mosaic Workshops - W	Wed
Photography	Thurs
Sorrento Writers - F	Tues

Health & Wellbeing

Chat 'n Go Walkers - W	Mon
Health, Happiness & Healing - W	Wed
Live Longer, Live Stronger - W	Wed
Meditation - Learn to Meditate	Mon
Pickleball - W	Mon
Podiatrist	Mon
Psychologist - W	Thurs & Fri
Wednesday Walkers - W	Wed
Podiatrist—6 weekly	Mon
Shake it Up Dance Group - W	Thurs
Table Tennis - EOI	TBA
Tai Chi with Coral - W	Mon
Time for Me - W	Tues
10,000 Steppers Challenge	Tues
Yoga - Chair Yoga	Thurs

Learning, Work & Life Skills

Be Connected: IT help for beginners	TBA
First Aid /CPR Full Course	Thurs
First Aid Re-Accreditation	Mon
Responsible Service of Alcohol	TBA

Connect, Learn & Socialise

Chess - EOI	TBA
Book Clubs M	Mon, Tues, Thurs, Fri
Environment Circle - M	Wed
French Conversation - W	Fri

French Card Game - M	Fri
Mah Jong - W	Wed
Sorrento Savvys	P. 11

Children & Families

Community Play Group (Leader needed)	
Sorrento Early Learning - Daily	P.11

Community Groups

Blairgowrie Community Garden	P.12
Pt Nepean Men's Shed	P.12
Basketball After School	Daily & Sat
Alcoholics Anonymous	Sat

Support Services

	Mon-Fri
Parents Room & Baby Change facilities	
Complimentary 1/2 hr internet access	
Drop in tea/coffee stations	
Free Book Exchange	
Morn. Pen. Shire Library 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)	



Friday 27 May. 10.30am

*Come and be part of this fun event
where the community comes together
and raises funds for Cancer Council.*

Regular Monday Programs

Podiatrist
(every 6 weeks)

Podiatrist Kate can help to prevent, diagnose and treat a wide range of conditions. Call for appointment - 0409 179 678

Art Workshops with Jos (w)

Times: Mornings: 9 to 12 noon OR Afternoons: 12.15 to 3pm.

Popular art workshops enable you to be guided through a range of techniques or mediums.

Cost: \$170 - 8 sessions, + \$20 materials paid to tutor (\$15 Ann Levy)

Chat 'n Go Walkers (w)

Time: 10am start from the Centre

Join the group that walks, talks and savours the best of our local walking tracks.

Cost: \$10 annual fee

(\$15 Ann. Levy applies)

Tai Chi with Coral (w)

Time: 10.30am to 11.30am.

Coral leads this warm and friendly group. Tai Chi helps to achieve health and harmony in mind and body, mobility, suppleness and mental alertness.

Cost: \$170 for 10 weeks

(\$15 Ann. Levy applies)

Afternoon

Pickleball (w)

Time: From 1.30pm

A better workout than walking - and meeting others at the same time. Equipment supplied.; wear comfortable clothes & runners

Cost: \$4/session

(\$15 Ann. Levy applies)

Flowers by Zak: Flower Club (w)



Time: 2pm to 4pm.

Be inspired by Zak who will engage and show you the tricks of the trade to create beautiful arrangements to enjoy yourself, create gifts for friends. Book for a week or a whole term.

Cost: \$50/session Inc flowers and equipment (\$15 Ann. Levy applies)

Monday Book Club (M)

Time: 2.30pm to 4pm 1st Monday of each month.

An opportunity to meet others and discuss books, plus, of course, topics of mutual interest.

Cost: \$4 /session

(\$15 Ann Levy applies)

First Aid Re-accreditation (SS)



Time: 5pm to 8pm (CPR Update - 5pm to 7pm)

Healthguard Trainers will be back at Sorrento Community Centre

Date: Monday 10th May Cost: Re-Accreditation \$80

**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.*

Learn to Meditate @ OBY

Time: 7pm. 4 week course x 40 minute sessions with Maggie

Carr, Certified Yoga Teacher with 15+ years experience

Meditation has been proven to lower blood pressure, help relieve stress, become less reactionary, improve sleep and overall health and wellbeing. Book: 0409 409 252. Cost: \$40 per 4 week block.

7 Regular Tuesday Programs

10,000 Steppers Challenge (W)

Time: 10am to 11am

Join the group that walks at a pace to suit each person and keep those winter kilos off at the same time. Choose between indoors or outdoors? Flat surface or up and down? Suit yourself!

Be encouraged and supported by others to keep up your resolve to aim for 10,000 steps per day.

Cost: \$4

(\$15 Ann. Levy applies)

Sorrento Writers (F)

Time: 9.30am to 11.30am

2nd and 4th Tuesdays of each month.

Join this circle of learning where writers meet to discuss their current works.

Cost: \$4

(\$15 Ann. Levy applies)

Time for Me (W)

Time: 10am to 11am

Commences: Tues 4/5/2021

Michelle will show you how a seated guided meditation can help you to feel more relaxed, less worried and reduce anxiety so that you can gain a sense of calm and peace in your life

Cost: \$20

(\$15 Ann. Levy applies)

Afternoon

Drawing Workshops with Leigh (W)

Time: 1pm to 3.30pm

This enthusiastic group, led by Leigh, will welcome you to the Art Studio, regardless of whether you're a beginner or more advanced.

Cost: \$10 per week

(\$15 Ann. Levy applies)

Tuesday Book Club (M)

Time: 3.30 to 5pm

2nd Tuesday of each month.

Lively discussion awaits you while you review a range of books.

Cost: \$4

(\$15 Ann. Levy applies)



Do you have an idea for a program?

Do you have a passion, skill or know-how you could share?

Don't be shy - it's by reaching out and sharing that we all learn and grow together.

Please call us and have a chat about it! 5984 3360

Regular Wednesday Programs

Mosaic Workshops (W)

Time: 9.15 to 11.30am

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

Cost: \$4/session

(+\$15 Ann. Levy applies)



Wednesday Walkers (W)

Time: 9.15 from Sorrento Community Centre

Want to get and keep fit? Walk, talk - and there's still enough time to meet others and make new friends.

Cost: \$10 annual fee

(+\$15 Ann. Levy applies)

Live Longer, Live Stronger (W)

Time: 9.30 to 10.30am

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

Cost: \$12 per session

(+\$15 Ann Levy applies)

Boomerang Bag Workshops (W)

Time: From 10am

Come and be part of this welcoming and enthusiastic team who enjoy getting together to help to reduce landfill on the Peninsula - and the use of single-use plastic bags. If you can't sew, there's plenty of other jobs to do or if you wish, we'll show you how!

Cost: Nil

(+\$15 Ann Levy)



Health, Happiness & Healing (W)

Time: 10.45 to 11.45am

Dr Natalie de Morton shares her expertise in leading a tailored program for those wishing to find a healthier and happier lifestyle.

8-week program starts 21/4/21. Includes individualised exercise program, range of engaging speakers whilst enjoying each other's company over morning tea.

Cost: \$20 per week (1:1 Consultation an extra \$50)

**Supported by Morn Pen Shire grant*

Afternoon

Mah Jong (W)

Come and play the intriguing and ancient game - Mah Jong! Join our enthusiastic group of Mah Jong players - Various levels, beginners welcome!

Wednesdays weekly. 1.30 to 4.00pm. Cost: \$4

(\$15 Annual Levy)

Environment Circle (M)

Time: 4pm to 5.30pm

Dates: 28 April, 26 May, 23 June (4th Wednesdays monthly)

A stimulating and engaging discussion group for people who care about our environment and want a better understanding of our natural world. Informative Guest Speakers. RSVP for catering

Cost \$5 (includes drinks & nibbles)

(+\$15 Ann. Levy applies)



Responsible Service of Alcohol (RSA)

Time: 5pm to 9pm

This is the certificate you need to work for licensed premises that hold a general on-premises packaged liquor or late night licence.

Date: TBC Cost: \$55

Regular Thursday Programs

First Aid (inc.
CPR)
- Single Day

Time: 9.30 to 2pm

Fun, interactive, fully Certified Course by qualified and highly experienced trainer so you become a fully qualified First Aid Trainer.

HLTAID011 - Provide First Aid - \$145 HLTAID 009 CPR (only) - \$60

Date: 3rd June.

*USI required - We can help you get one!

Botanical
Drawing and
Painting -
Introduction

Time: 10am to 12.30pm

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.

Cost: \$180 (8 week course)

(+ \$15 Ann Levy)



Shake it Up
with Eileen
(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. Resumes 4/2/2021.

Cost: \$10/session

(\$15 Ann Levy applies)

(Proceeds support local disadvantaged children)

Afternoon

Chair Yoga
(W)

Time: 2pm to 3pm

A gentle and safe practice for people wanting to enjoy the benefits of yoga but may (or may not) have mobility limitations. Great for those who need more support, manage an injury, have trouble standing and balancing, or getting up and down off the floor. Enjoy improved muscle tone, better breathing, less stress, better sleep and an overall improved sense of wellbeing.

Cost: \$20/session (or pay for whole term)

(\$15 Ann Levy applies)

Book Club
(M)

Time: 3.30pm to 5.00pm 3rd Thursdays monthly.

Enjoy Thursday Book Club. Meet and discuss themes, discover new authors and share a love of reading.

Cost: \$4

(+\$15 Ann Levy applies)

Psychologist
at the Centre
(W)

Thursdays or Fridays.

By appointment - call Centre to find out more.

Local, fully qualified and experienced Psychologist.

Meet Marilyn in private in a relaxed community setting. Medicare rebate available.



FREE
Photography
Meet and
Greet

Time: 5pm to 6pm. Thursday 22nd April.

Have you got a camera, but don't know how to use it properly?

Planning to travel and want to advance beyond the 'auto' setting?

Interested in promoting your business, your product or lifestyle?

Meet Julian, a professional photographer and videographer with 20 years experience, to explore what you would like to learn.

Regular Friday Programs

Art Therapy with Susie (W)

Time: 10am to 12 noon.

Four Fridays, 10 am to 12 noon. Commences Fri 30/4/2021.

Art Therapy is about self-expression, stress relief and about feeling good about yourself. Under Susie's careful guidance you will achieve a real sense of accomplishment and improved self-esteem.

\$220 (inc. all equipment and guidance in a supportive way) (\$15 Levy)

French Conversation - the basics

Time: 10am to 12 noon.

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.

Cost: \$180 (8 week course)

(\$15 Ann Levy applies)



Afternoon

Friday Book Club (M)

Time: 2.30 to 4.15pm

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.

Cost: \$4

(\$15 Ann Levy applies)

French Card Game - Tarot (M)

Time: 4pm to 5.30pm

30/4/21, 28/5/21, 25/6/21 (4th Fridays)

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!)

Cost: \$5 (inc. refreshments)

(\$15 Ann Levy applies)



Psychologist at the Centre (W)

Thursdays or Fridays.

By appointment - call Centre to find out more.

Local, fully qualified and experienced Psychologist. Meet Marilyn in private in a relaxed community setting. Medicare rebate available.



New to the area? Want to get out and meet people in a social setting?

Try Sorrento Savvys

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 Ann Levy applies)



Sorrento Early Learning

Join Bianca, Jackie and the team at our small, family-friendly with 22 available places at each session.

We are proud to offer you strong, education-based programs to meet the individual needs of your child, based on their 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: \$65.00 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.

POINT NEPEAN MEN'S SHED ASSOCIATION INC.

Health and Well-Being through social connection and community involvement

Located at "The Hangar"
4 Hotham Road Sorrento
(opposite the Hotel Sorrento)



Supporting local community groups and schools through a variety of activities

Our "Mobile Workshop" is now in operation

Meeting every Thursday from 9:00 am,
catch up with old friends, discuss project ideas and life in general

Drop in for a chat
New members and fresh ideas always welcome

Check out the website: www.sorrentoms.mpmsn.com.au
Membership Enquiries: secretary.ptnepeanmensshed@gmail.com



HELLO FROM THE GARDEN

Our garden at Stringer Reserve is a lovely place to spend some time and we appreciate it even more after it was closed during lockdown.

Membership is only \$20 per household and it's a great way to enjoy some fresh produce (the strawberries are delicious) and meet other people in a friendly setting.

In the coming months we'll be building a potting shed so there'll be plenty of action in the garden.

We're also going to decorate some of the garden beds with mosaics and we'll be holding a workshop for that project.

All ages are welcome and you can find out what's going on through posters at the pavilion or on our website at www.blairgowriecommunitygarden.org

We'd love to see you in the garden.