

## Term 3 Classes & Activities



Mon 12th July - Fri 17th September

Wave Wash Sunset

*Photo thanks to local Photographer Cynthia Hudspeth: [cynthiahudspeth93@gmail.com](mailto: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*

*V2 July 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



## Pop-Up (one-off) Programs in Term 3



**First Aid  
(inc. CPR)  
- Single Day**

**Date:** 26 August, 2021 **Time:** 9.30 to 3pm  
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**  
**\*USI required - We can help you get one!**



**SORRENTO COMMUNITY CENTRE IN PARTNERSHIP WITH UMBRELLA DEMENTIA CAFÉS**

INVITE YOU TO A **MORNING TEA TO FIND OUT**

# What is a Dementia Café?

**THURSDAY JULY, 22ND - 10.30am - 12 noon @**  
**Sorrento Community Centre, 860-868 Melbourne Road, Sorrento 3943**

We believe a connected and inclusive social community is fundamental to personal well-being. To support those in our community experiencing dementia, we have partnered with Umbrella Dementia Cafés, a health promotion charity, to build our very own supportive and fun social group for couples living with dementia.

**RSVP essential** as due to COVID-19 restrictions, seating will be limited. Register your interest to attend this informative morning tea event by calling us at **Sorrento Community Centre - 5984 3360** or register on our website: [www.sorrentocc.org.au](http://www.sorrentocc.org.au)

Umbrella Dementia Cafés support a growing network of dementia cafés in Melbourne and Rosebud, read more about the innovative work they do empowering people living with dementia.

Everyone is welcome to attend this information morning tea whether you're a healthcare professional, curious local businessperson, an interested volunteer, a donor or anyone looking to meet others going through the same dementia journey.

**Guest Speakers**

**Kirsty Porter**, the founder and CEO of Umbrella Dementia Cafés, and;  
**Lyn Young**, a member of the Umbrella Cafe Blackburn who cares for her partner living with dementia.

 **Sorrento Community Centre**  
Connecting our community  
03 5984 3360  
[admin@sorrentocc.org.au](mailto:admin@sorrentocc.org.au)  
[www.sorrentocc.org.au](http://www.sorrentocc.org.au)

 **Umbrella Dementia Cafés**  
Empowering People with Dementia  
[umbrelladementiacafes.com.au](http://umbrelladementiacafes.com.au)

Get social with us  /ConnectingSorrentoCommunity  /sorrento\_communitycentre



# ***How to Get Your Spark Back.....***

**8 Days  
to a Happier, Healthier You**



8 Sessions to help you Beat the Ageing Process

## **Guided. Individualised. Measure your Progress**

Supervised by an expert physiotherapist

Wednesdays

Sorrento Community Centre,  
860-868 Melbourne Road, Sorrento, 3943

**Book: 5984 3360**

Commencing : 28 July 2021

Enjoy life more!

Improve your fitness and get more out of life the natural way.



Sorrento  
Community  
Centre  
Connecting our community

## Regular Activities, Courses & Social Groups

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

### Art, Craft & Creativity

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
Sorrento Writers - F	Tues

### Health & Wellbeing

Chat 'n Go Walkers - W	Mon
8 Days to a Happier, Healthier You	
- W	Wed
Live Longer, Live Stronger - W	Wed
Pickleball - W	Mon
Podiatrist - 6 weekly	Mon
Psychologist - W	Thurs & Fri
Wednesday Walkers - W	Wed
Shake it Up Dance Group - W	Thurs
Table Tennis - EOI	TBA
Tai Chi with Coral - W	Mon
Time for Me - W	TBA
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

### Connect, Learn & Socialise

Book Clubs M	Mon, Tues, Thurs, Fri
Environment Circle - M	Wed
French Card Game - W	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 9-5 Mon-Fri

Private Work Space /Consulting Room
Complimentary 1/2 hr internet access
Parents Room & Baby Change facilities
Coffee/Reading Room
Rooms and Stadium for Hire
Drop in tea/coffee stations
Books & Jigsaws - Free Exchange
Books etc. - Shire Library Kiosk - drop off
or collect your books
JP - Justice of the Peace - on call
Photocopying (minimal charges apply)
Plug in your phone or mobility scooter
Stadium Drop-in (\$2 per person)



**Biggest Morning Tea**

@ Sorrento Community Centre

Join us for Morning Tea and help raise funds for the Cancer Council.

**Thursday 29th July**

**10.30am.. \$15-**

Bookings/ Enquiries: ph.5984 3360

## 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.

Commencing 19/7/2021.

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)

*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**

## 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)

TBC

Time: 10am to 11am

Commences: TBC

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)

### FAMILIES WELCOME HERE



**Baby Change facilities, Family Room, Heat-up your toddler's meal of baby's bottle - and more!**

Looking for a quiet, calm place to change and feed your baby or attend to your child's needs?

A warm welcome awaits you at Sorrento CC (open 9 - 5 Monday to Friday)

## 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 3D Art. 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)



### 8 Days to Health and Happiness (W)

Commencing: 28/7/2021

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. Includes 1:1 initial consultation, 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 \$100 - Private Health Rebate claimable)

### 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 July, 25 Aug, 22 Sep, 27 Oct, 24 Nov (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)





## Regular Thursday Programs

### Botanical Drawing and Painting - Advanced

Commencing Time: 10am to 12.30pm

Artist: Susie Parry presents for our community Following on from the Introduction to Botanical Drawing a ing course, Susie 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 Introductory Course

Cost: \$180 (8 week course) (+ \$15 Ann Levy applies)

### 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.

Cost: \$10/session (\$15 Ann Levy applies)

*(Proceeds support local disadvantaged children)*

## Afternoon

### Chair Yoga (W)

TBC

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.



### Your Place, Your Space - Private Working Spaces and Consulting Room available for you.



Your Community Centre is open and available for you to work in peace and quiet, meet clients, patients or customers in confidence, or simply access our high quality printing/photocopying services. Free parking at the door. Wheelchair friendly. Reception 9 - 5 daily. Access out of normal business hours can be arranged.

## Regular Friday Programs

Do you have  
an idea for a  
Friday  
morning  
program?

We'd love to hear your ideas  
Please call us and chat  
about your idea.....  
5984 3360



### Afternoon

Friday Book  
Club  
(W)

Commencing: 16/7/21  
Time: 2.00 to 4.00pm

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 -  
Jeu de Tarot  
(M)

Time: 4pm to 5.30pm  
Weekly

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](http://www.education.gov.au)

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

# HAVE YOU COMPLETED OUR SURVEY YET?

WHY? Help us to do better - and meet the needs of our community

2021  
SURVEY

# WE WANT TO HEAR FROM YOU

COMPLETE  
ONLINE WITH  
THE QR CODE



OR  
GRAB A HARDCOPY



Sorrento  
Community  
Centre