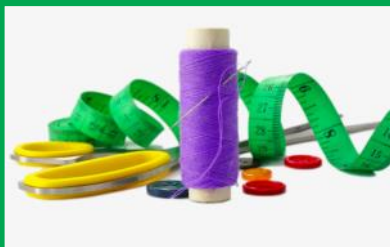


Term 1 Course & Activity Guide

ACTIVITIES, SERVICES, COURSES & SOCIAL GROUPS

Mon 1 February - Thurs 1 April 2021



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

Reception Open 9 - 5pm Monday to Friday



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](https://www.youtube.com/channel/UCvEMQZQDd42kQZ4y6CuyRBw). Discover what's on, about other community-based organisations, their activities and events. See for yourself: [youtube.com/channel/UCvEMQZQDd42kQZ4y6CuyRBw](https://www.youtube.com/channel/UCvEMQZQDd42kQZ4y6CuyRBw)

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!

Looking for something specific?

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 have your feedback, share your suggestions and let us know any opportunities you may have.



Fees & 2021 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: BSB 633000 (Bendigo Bank), Account 152 992 657, Name: Sorrento Community Centre



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	Thurs
Drawing Workshop - W	Tues
Flowers by Zac: Flower Club	Mon
Mosaic Workshops - W	Wed
Sorrento Writers - F	Tues
Very Snuggly Quilts - SS	Thurs

Health & Wellbeing

Art Therapy for Adults - W	Fri
Best Foot Forward - W	Tues
Chat 'n Go Walkers - W	Mon
Happy Healthy Half Hour - SS	TBA
Health, Happiness & Healing - W	TBA
Live Longer, Live Stronger - W	Wed
Pickleball / Table Tennis - W	Mon
Podiatrist	Mon
Psychologist - W	Thurs & 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
Responsible Service of Alcohol- SS	Wed

Connect, Learn & Socialise

Chess - W	Wed
Book Clubs M	Mon, Tues, Thurs, Fri
Environment Circle - M	Wed
Exploring Plants of Sthn Peninsula	TBA
French Conversation - W	Fri
French Card Game - M	Fri
Greek for Travellers - W	Tues
Mah Jong - W	Wed
Sorrento Savvys	Page 11

Children & Families

Community Play Group	TBA
Sorrento Early Learning - Daily	Page 11

Community Groups

Blairgowrie Community Garden	Page 10
Pt Nepean Men's Shed	Page 10
Basketball	After School — Every day
Alcoholics Anonymous	Sat

Support Services

Parents Room & Baby Change facilities	Mon-Fri
Complimentary 1/2 hr. 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)	

Some programs deferred due COVID Restrictions. All programs running unless otherwise stated.

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 2021 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 1/2/2021

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

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 Levy applies)

First Aid Re-accreditation (SS)



Need to complete your First-Aid Re-accreditation. Healthguard Trainers will be back at Sorrento Community Centre -

Date: Mon 22/3/2021 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.*

Flowers by Zac : Flower Club



Always wanted to know how to make the most of what you have to hand? Be inspired by Zac who will engage and show you the tricks of the trade to create beautiful arrangements to enjoy yourself, or create gifts for friends. Cost includes flowers and equipment. Book for a week or a whole term.

Monday afternoons weekly. Commences Mon 8/2/2021

Mondays 2 - 4pm. Cost: \$50/session. (\$15 Ann. Levy applies)

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 Levy applies)

Pickleball (w)

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 Ann. Levy applies)

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 treatment

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—11.30am Resumes 1/2/2021

Cost: \$170 for 8 weeks (\$15 Ann. Levy applies)

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 (\$15 Annual Levy applies)

Drawing Workshops with Leigh (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 2/2/2021

Cost: \$10 per week (\$15 Annual Levy applies)

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 9/2/2021 Cost: \$4 (\$15 Annual Levy applies)

Stadium Walkers (W)

Feel like a walk - but not confident walking on an uneven surface? Prefer to walk at your own pace? Be out of the elements and keep up a level of fitness. A participant-led group. (Bring your own headphones if you wish)

Tuesdays. 10 - 11am. Cost: \$4 (\$15 Annual Levy applies)

Tuesday Book Club (M)

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

2nd Tuesday of each month. 3.30 to 5pm. Starts 9/2/2021

Cost: \$4 (\$15 Annual Levy applies)

Greek for Travellers (W)



A carefully designed, no-pressure, fun class that will have you mastering survival language for travelling confidently. Course is varied, interesting and fun!



Tuesdays 4 to 5pm OR 5 to 6pm. Commences 9/2/21

Cost: \$90 (8 week course). Includes Manual and other materials.



Secure destruction of your confidential documents.

Service is available for you (Gold Coin donation)

Wednesdays

Boomerang Bag Workshops

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!

Wednesdays. From 10am. Cost: Nil (\$15 Annual Levy applies)



Environment Circle (M)



A stimulating and engaging monthly discussion group led by Inez for people who care about our environment and want a better understanding of our natural world. Informative Guest Speakers offer thought-provoking and engaging discussion.

Join us for drinks & nibbles (please book for catering purposes)
Wednesdays. 4 - 5.30pm. Dates: Feb 24, Mar 24, Apr 28, May 26.
Cost \$5 (includes refreshments) (\$15 Annual Levy applies)

Live Longer, Live Stronger (W)

Build your core strength, keep fit and active under the experienced and watchful eye of Cameron Williams (Ocean Fitness)
Wednesdays. 9.30 to 10.30am.
Cost: \$12 per session (+\$15 Annual Levy applies)

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)

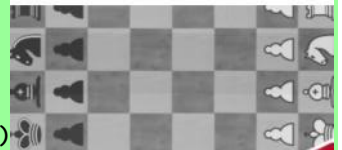
Mosaic Workshops (W)

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)

Play Chess (w) Make your Move!



You've seen The Queen's Gambit? Want to join the movement to play and learn Chess? Enjoy sharpening your mental skills - and meet other like-minded enthusiasts.
Wednesdays. 10 to 12 noon.
Cost: \$4 per session (\$15 Reg applies)



Responsible Service of Alcohol (RSA)

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 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 Annual Levy applies)

Thursdays

Botanical Drawing and Painting— Intermediate



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. Commences Thurs 4/2/2021

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

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 Levy applies)

Full First Aid (inc. CPR) - Single Day

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

Date: Thurs 25/3/2021. 9.30 to 3pm. *USI required - We can help you get one!

Psychologist at the Centre

Local, fully qualified and experienced Psychologist is available for you on Thursdays by appointment. Meet Marilyn in private in a relaxed community setting. Medicare rebate available.

Call us - 5984 3360 - to discover more details.

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 Annual Levy applies)
(Proceeds support local disadvantaged children)

Very Snuggly Quilts (SS)

Calling all people interested in having a fun day whilst helping to make a real difference! Come and join the group that are making quilts for chronically ill children at the Royal Children's Hospital. No experience required.

A warm welcome awaits you from leader Marie Lee.

Date: Thursday 11/2/21. 2 sessions: 10 to 12, 1 to 3pm

Please register in advance - call 5984 3360.



Sorrento Community Conversations are returning!

(with COVID restrictions in place)

Come and learn the real news from Key Speakers on topics that interest you. Q&A Session follows the speaker.
Monthly - dates TBA.

Fridays

Art Therapy with Susie (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'.

Four Fridays, Commences Fri 15/2/2021. \$220 (includes all equipment and guidance in a supportive way) (\$15 Annual Levy applies)

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 Friday 5/2/2021

Cost: \$180 (8 week course)

(\$15 Annual Levy applies)



French Card Game - Tarot (M)



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!)

4th Fridays. Starts 26/2/2021. 4 to 5.30pm. Cost: \$4 (\$15 Annual Levy applies)



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 Levy applies)

Happy Healthy Half Hour



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

Date: TBA. 9.30 am or 11.30am Sessions.

Come and find out about our new guided weekly program—
Health, Happiness and Healing



Psychologist at the Centre

Local, fully qualified and experienced Psychologist is available for you by appointment. Meet Marilyn in confidence in a relaxed community setting. Medicare rebate available. Call us - 5984 3360 - to discover more details.





French Conversation - the basics

French Conversation is a small group class with a focus on pronunciation and fluency so that you can be understood when speaking French.

Maybe you are interested in polishing up your school days French, or want to become more confident and prepared for your next trip overseas, then this is for you!

Facilitated by an experienced tutor, this class provides you with a great opportunity to not only try something new but meet others and learn in a friendly and supportive group.

Fridays weekly Term 1, 2021 | 10 to 12 noon

Commencing Friday 5 February to 26 March, 2021

Cost \$180 (8 weeks)



Bookings / Enquiries: 5984 3560
email: admin@sorrentocc.org.au



Sorrento Community Centre 5984 3560
860-868 Melbourne Road (enter via Morce Avenue,
Sorrento 3945)

Sorrento Community Centre www.sorrentocc.org.au

DISCOVER & ENJOY

art THERAPY FOR ADULTS



Meet Susie, your Facilitator

Discover Art Therapy a creative way of exploring who we are and where we are going. It's a way to express yourself, a way of communicating and allows you the time to reflect and consider.

Fully qualified and experienced Art Therapist Susie Parry will guide you while you experiment ... there's no 'right' or 'wrong', no skills are necessary and no-one assesses your work.

You can use a variety of art materials such as pencils, pastels, conté, pen and ink, paints, collage or clay.

Fridays | 10 - 12 midday

4 weekly Sessions | Commences Friday 12 February 2021

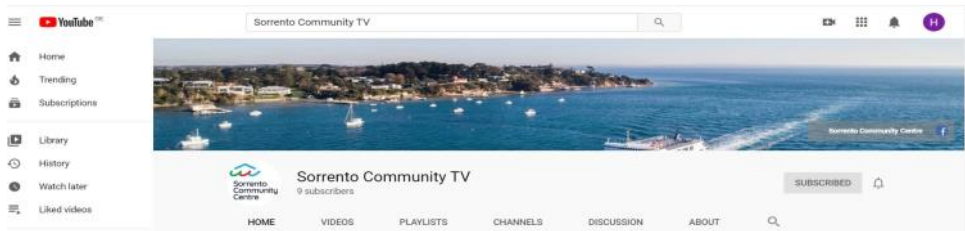
\$220 (includes all equipment and guidance)

Want to know what's on around town?

Have you checked out Sorrento Community TV
(You Tube) Channel?

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

<https://www.youtube.com/channel/UCvEMOZODd42kOZ4y6CyyRBw>



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.

Sorrento Early Learning

Small, family-friendly
with 22 available places at each session.



Under the strong, committed leadership of Bianca, assisted by our very able Educators Jackie 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: \$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.

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 Annual Levy applies)

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

FAMILIES WELCOME HERE



Attend to your baby
in peace and quiet
Parent's Room
with Armchair

FREE

Open 9 - 5 Mon to Fri

5984 3360



Sorrento Community Centre

860-868 Melbourne Road, Sorrento 3943

sorrentocommunitycentre.com

