

SCC Activity Guide

ACTIVITIES, COURSES & SOCIAL GROUPS

Term 1: 28 January to 27 March 2020



Sorrento Community Centre

860 — 868 Melbourne Road

Sorrento 3943 **5984 3360**

Activities, Courses, Social Groups

Connect & Create 3

Sorrento Sewing Circle
 Sorrento Writers
 Mosaic Workshops
 Very Snuggly Quilts
 Introduction to Smalti, Driftwood and
 General Mosaics (1-day)
 Introduction to Smalti and Driftwood
 (Weekend Workshop)

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Art Workshops
 Drawing Workshops
 Intro Botanical Drawing & Painting

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First Aid & CPR (full course)
 First Aid Re-Accreditation
 French for Beginners
 Responsible Service of Alcohol -
 date to be advised

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Pickleball
 Table Tennis
 Walkers - Chat 'n Go
 Wednesday Walkers
 Live Longer, Live Stronger
 Podiatrist at the Centre
 Best Foot Forward
 Tai Chi
 Yoga with Jo
 Shake it Up - Movement & Music

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 Mah Jong
 Sorrento Conversation - March
 Founder, School of St Jude, Tanzania
 Geology of the Mornington Peninsula

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Sorrento Early Learning

- **Mixed Age** - 18mths to 5 yrs Tues/Fri
 - **3 to 4 yrs** Mon/Wed/Thurs

After School Program

Creative Kids

School Holiday Programs

Support Services

Free Book Exchange
 Safe Document Destruction
 Rooms for Hire at community rates
 Alcoholics Anonymous
 Re-charge your phone or scooter
 Complimentary internet access
 Baby changing facilities
 Photocopying (charges apply)
 Stadium Drop-in
 Drop in tea/coffee stations

Community Groups

Sorrento Basketball Club

Daily After School— Under 9's onwards

Blairgowrie Community Garden 10

Please book or confirm your attendance through Reception: 5984 3360 or
 by email: admin@sorrentocommunitycentre.com

Costs: All participants pay \$15 Annual Registration Levy.

Connect and Create

Creativity

Sorrento Sewing Circle | Wednesdays weekly | 10am onwards

Looking to join a group of like-minded people?

Sew Knit Patchwork Crochet & Crafts Bring yours along, or come and sew Boomerang Bags, or maybe just come along for a chat and share a cuppa.



Sorrento Writers | 2nd & 4th Tuesdays of each month | 9.30 to 11.30am

Join this circle of learning where new and experienced writers meet and discuss their current works.

Mosaic Workshops | Wednesdays weekly | 9.15 to 11.30am

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

We have the supplies to get you started - and the friendship to bring you back.

Very Snuggly Quilts | 1-day Workshop Thursday 13th February | 9.30 to 3.30pm

Help chronically ill children at the Royal Children's Hospital, by being part of this worthwhile project. No experience needed.

If you can't sew, there's other tasks that need to be completed. All welcome.

Introduction to Smalti, Driftwood and General Mosaics | 1 day Workshop Monday 27th April | 10 to 4pm | \$150 | Book with Tutor: 0413 600 908 or email: cmosaics@gmail.com

Visiting SA Mosaic Artist Carol Hill will lead you in a journey of discovery exploring a new and contemporary approach into a world of colour and texture, which is rooted in Italian and Mexican tradition and quality. Visit: www.cmosaics.com.au or  CMosaics

Introduction to Smalti and Driftwood | Weekend Workshop | 25th & 26th April | 10 to 4pm | \$300 for weekend or \$150 per day | Book with Tutor: 0413 600 908 or email: cmosaics@gmail.com

If you enjoy working with glass, fibre and wood, are looking to relax and take some time for yourself, and want to delve into something different in a friendly and supportive group, then this is for you! See above for more about your Tutor.

Did You Know?

In the event of a local emergency, Sorrento Community Centre is your
local **Emergency Relief Centre**

Connect through Art

Creativity

Art Workshops with Jos | Mondays weekly | 9 to 12 OR 12.15 to 3pm | \$170 (8 sessions) + \$20 materials fee (paid to tutor)

Popular art workshops at the home studio of the tutor enable you to be guided through a range of techniques and mediums. Resumes Monday 3rd Feb., 2020

Drawing Workshops with Leigh | Tuesdays weekly | 1 to 3pm

This small and enthusiastic group of people will welcome you to the Art Studio regardless of whether you are a beginner or more advanced. Leigh will share with you his knowledge and passion for drawing in all its forms.

Introduction to Botanical Drawing and Painting | Thursdays weekly | 9.30 to 12 noon | *\$180 (8 weeks)

Visiting Artist Susie Parry presents for you an intensive introductory course in Botanical drawing and painting. Suitable for beginners. Develop observation skills and learn about tonal values, pencil and ink rendering, composition, colour, watercolour and gouache. Explore, develop and understand a variety of techniques to create your own detailed Botanical studies. Commences Thursday 6th Feb., 2020

Everything will be supplied for the first 3 weeks, including notes in book form and materials.

Connect and Learn

Work & Life Skills

First Aid | 1 day | Friday 14th February | 9 to 4pm (full course) OR 9 to 11am (CPR only) | \$145 full course OR \$60 CPR only



Our qualified and highly experienced Trainer from IOET (Institute of Education and Training. RTOID 41300) will train you to become a qualified First Aider. At the end of the session you will have achieved: HLTAID003 Provide First Aid OR HLTAID001 Provide CPR (only)

First Aid Re-Accreditation | Monday 2nd March | 5 to 8pm | \$80 OR CPR Update only \$70 (5 to 7pm)



Suitable for people who have completed a Full First Aid course in the last 18 months or have completed previous Re-Accreditation course with Healthguard.

French for Beginners | Fridays weekly | 10 to 12 | \$180 (8 sessions)



A small group class with a focus on pronunciation and fluency so that you can be understood when speaking French. Facilitated by an experienced tutor, this new class promises to provide you a great opportunity to not only try something new but meet others in a friendly and supportive group. Commences 31st January 2020.

Connect for Health & Wellbeing

Healthy Lifestyle

**Pickleball and/or Table Tennis | Mondays weekly | 1.30 to 3.30pm
OR Thursdays weekly | 11.30 to 1.30pm Choose your Shot!**

Enjoy tuning up your fitness, while connecting with others. Burn calories, sharpen your reflexes, stimulate your concentration, and improve your balance.



Wednesday Walkers | Wednesdays weekly | 9.15am start from Centre

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

Chat 'n Go | Mondays weekly | 10.00 am start from Centre

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

Live Longer, Live Stronger | Wednesdays weekly | 9.30 | \$12 per session

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

Podiatrist at the Centre | Monday mornings | 6 weekly | \$35 per session | Phone Kate for appointment 0409 179 678.

Resident Podiatrist Kate can help to prevent, diagnose and treat a wide range of conditions. Book your appointment direct with Kate.

Best Foot Forward | Tuesdays weekly | 9.40 to 10.30 | \$15 per session | Phone Kathy for information or to enrol 0417 031 220

Join Kathy for a gentle armchair workout, keep those muscles in tone, and enjoy meeting others at the same time.

Tai Chi with Coral | Mondays weekly | 10.30 to 11.30 | \$170 (10 weeks)

Coral leads this warm and friendly group, helping them to achieve health and harmony in mind and body, mobility, suppleness and mental alertness. Ideal for arthritis sufferers.

Yoga with Jo | Tuesdays 6.15 to 7.15am or 9.15 to 10.30am | Wednesdays 7pm to 8.15 | Fridays 6.15am to 7.15 OR 9.15am to 10.30 | \$180 10 classes \$20 casual. Book with Jo 0438 023 484 (at Blairgowrie Yacht Squadron)

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

Shake it Up! | Thursdays weekly | 10.00 to 11.00am | \$10 per session

Movement and Music ...come and enjoy an hour of fun moving to the music. This is a light exercise class with the focus of having fun and moving.

General Interest

Monday Book Club | 1st Monday of each month | 2.30 to 4.00pm

An opportunity to meet others and discuss books plus, of course, topical matters of mutual interest

Tuesday Book Club | 2nd Tuesday of each month | 3.30 to 5.00pm

Lively discussion awaits you while you review a range of books, in a warm and supportive group of like-minded readers.

Thursday Book Group | 3rd Thursday of each month | 3.30 to 5.00pm

Meet and discuss stories, discover new authors and share a love of reading and exploring literature.

Mah Jong | Wednesdays weekly | 1.30 to 4.00pm

Keep the brain cells active! Join the group that plays this intriguing and ancient game each week. We'll teach you how!



Sorrento Community Conversation — March

Gemma Sisia is coming to Sorrento!

Founder: The School of St Jude, Tanzania

Monday 16th March | 2pm

You may have seen her on Australian Story. You may have heard her before.... If so, you'll know she is an inspiring speaker, and there's always something new!

This time, you can learn about the new girls' secondary school opening January 2020.



Gemma has travelled the world spreading the word about the school she started, literally physically building the school from the ground up. St Jude's was built on her belief that everyone has the right to an education - and the power that education has in fighting poverty.

Over 17 years, St Jude's has been a pioneering leader in charitable education - growing from just one teacher and 3 students to providing 1,800 students with a free, high—quality education and now hundreds of St Jude's graduates with a path on to university

FREE event. Come and be inspired!

General Interest

Geology of the Mornington Peninsula

Peter Legge will share his considerable knowledge during a lecture on
Tuesday 28th January | 9 to 10.30am

Peter's knowledge of this topic is legendary, and this is a great opportunity to learn more about the geology of our area.

This is the first of four sessions introducing participants to the geology of our area. At this session you can register for the field trips being conducted by Peter over the next three Tuesdays.

Are you worried about safely disposing of

Protecting
 your confidential
 information



SPACES FOR HIRE @ SORRENTO COMMUNITY CENTRE

Wanting a quiet place where you can access a computer and printer - and work away uninterrupted?

Planning your child's birthday party - and looking for a new space?

Looking for a meeting room? Or an Art Studio?



Spaces for hire include

- Art Studio
- Stadium
- Meeting Rooms
- Computer Room

Easy Parking

Community
 Rates

24/7

Photocopying



Connecting Socially

Sorrento Savvys

Sorrento Savvys is....

a Social Group for the over 50's in our community.

Sorrento Savvys 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, etc.
- Recreational activities embracing Croquet, Bare Foot 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.

Want to know more? **Call Sorrento CC Reception - 5984 3360**

Cost: \$10 annual fee (+ \$15 Annual registration fee).

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

For Children - Sorrento Early Learning

SORRENTO EARLY LEARNING

AN APPROVED PROVIDER FOR CHILD CARE SUBSIDY (CCS)
under the Australian Government's Child Care Subsidy system*

Sorrento Early Learning, a small, family-friendly Centre



Under the dedicated and professional 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.



Open 48 weeks of the year
9.15 am to 2.15pm – Monday to Friday

Days:

Mondays, Wednesdays, Thursdays:
for children aged 3 to 4 years

Tuesdays and/or Fridays:

Multi-age program
for children aged 18 mths to 5 years

Fees:

\$58.85 per session (without subsidy)

***Child Care Subsidy (CCS)** available to eligible families. Check your eligibility:
www.education.gov.au

Call: 5984 3360

and speak with Early Learning Administrator Deb (between 9am and 2pm daily), to enquire about availability, arrange a tour, or meet the team.

Note: Waiting Lists apply for some days.

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 9.00am

➤ **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.ptnepeanmensshed.com

Membership Enquiries: secretary.ptnepeanmensshed@gmail.com



The latest news from President Anne.....

The Blairgowrie Community Garden is now thriving with produce to share with our members. Currently we have over 75 family memberships.

We meet regularly on Sunday mornings between 9 and 11am, but the garden is open to members 24/7. You can always pop down to pick something for your next meal.

We aim to build and plant out an orchard and more gardens beds in the coming months.

Over the summer months we have a watering roster which allows members to assist in keeping the garden flourishing.

We welcome visitors to come in and see our garden. **New members are always welcome.**

Find us at Stringer road Reserve, Blairgowrie (at the tennis courts), at **www.blairgowriecommunitygarden.org** or follow our Facebook and Instagram pages.



Proudly auspiced by Sorrento Community Centre

Penman Reserve
COMMUNITY PLAYGROUND

BUY A PICKET
TO SUPPORT OUR PROJECT

to upgrade the Penman Reserve in Blairgowrie

Your Family name!

450 PER PICKET

FAMILY SMITH

OUR SPONSORS:

Rye, Beachside and Dromedary Community Bank branches
Bendigo Bank

blairgowrie
Town & Beach

HILLVIEW
Services

MAW CIVIL GROUP

MEATHEATH BUTCHERS

Penman Reserve Community Playground Blairgowrie

@penmanplayground

PURCHASE YOUR FAMILY PICKET VIA:
GoFundMe - search: Penman Reserve Community Playground

MORNINGTON PENINSULA Shire

Who we are

Sorrento Community Centre is independent and not for profit. We aim to respond to, support and engage our community. Through our activities we are working to create a healthy, connected and vibrant community.



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

We are constantly evolving and growing to meet our community needs. We hope that there is something here for everyone - from the very young to the most senior. We are always on the look out for new programs - and facilitators and tutors to take the lead. So, please let us know your suggestions and share any opportunities you may have.

Fees & 2020 Registration Levy

A small **Annual Registration Levy** of **\$15** is payable for all people participating in Centre activities (regardless of where they are held). This helps to cover the Centre's day to day running costs, administration overheads and hospitality expenses.

We try 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.

Enrolling in Activities

Activities and courses are a mix of term-based, short courses or one-off (pop up) programs. Often 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.

How to Pay



Payment can be made by cash or EFTPOS at Sorrento Community Centre. Reception is open: 9am to 5pm weekdays.

Alternatively, by bank deposit to: Bendigo Bank
BSB: 633 000, Account No: 152 992 657,
Account Name: Sorrento Community Centre



www.sorrentocommunitycentre.com

ABN: 9808 5210 677



Sorrento Community Centre

