



# FRANKSTON SOUTH COMMUNITY AND RECREATION CENTRE

Newsletter | AUGUST 2024

## Welcome to Frankston South Community and Recreation Centre

Frankston South Community and Recreation Centre (FSCRC) is a dynamic facility operated by Frankston City Council. Our mission is to enhance the community by offering a safe, inclusive environment that fosters social connections, skill development, and overall health and wellbeing.

We collaborate closely with local residents to create and deliver diverse activities and programs that cater to various interests, skills, and talents. Our approach is based on community development principles, partnering with a variety of organisations and service providers to ensure our offerings meet community needs effectively.

We can't wait to welcome you to FSCRC!



## Come Be Part of Art @ South

Sessions for this month will be held on 16 and 30 August from 1 to 4 PM. No artistic experience necessary—just come and join our friendly, supportive environment. Let your inner artist shine with colour and textures!

Cost is \$4.00 with all materials provided. Don't miss out on the creative fun!



## Meet Natalie and Daniel: Our Dedicated Volunteers at Frankie's Café!

We're excited to introduce Natalie and Daniel, our amazing volunteers at Frankie's Training Café, where they serve up delicious coffees with a smile! Frankie's Training Café is now open every Thursday and Friday from 10 to 1 PM at the Frankston South Community and Recreation Centre.

Enjoy a cup of coffee for just \$3, lovingly made by our enthusiastic volunteers. It's a perfect opportunity to support our training café and enjoy a delightful coffee break after your FSCRC program.

Join us this month to savor a cup of goodness at Frankie's Training Café!





## Join Us for Playgroup every Monday!

Explore a world of fun and learning every Monday morning from 9:30 to 11 AM at the Frankston South Community and Recreation Centre! Our playgroup sessions are designed to engage children with music, songs, and interactive playtime activities. For just \$5.20 per family, it's an affordable way to enjoy quality time together.

### Why Playgroup?

Playgroups provide valuable benefits for both children and parents. They offer a structured environment where children can develop social skills, learn through play, and build confidence in interacting with others. For parents and caregivers, playgroups offer a supportive community where they can share experiences, gain parenting tips, and forge friendships with other local families.

Don't miss out on this wonderful opportunity to bond with your child, play together, and connect with other families in your community! Join us next Monday and every week thereafter for a morning filled with joy and laughter at our playgroup. See you there!



Monday	Tuesday	Wednesday
Ready Steady Go Kids 9.30am-12pm	Dance Space 88 9.15am -10.15am	Ready Steady Go Kids 9.30am-12pm
Fab & Fit 9.30am-10.30am	Walk Group 9.30am-10.30am	Fab & Fit 9.30am-10.30am
Play Group 9.30am -11am	Kelly Mini Sports 9.30am-12pm	Anahata Yoga 9.30am-11am
Agestrong 10.30am-11.30am Referral Required	Mornington Peninsula Family History 10.30am-2.30pm	Agestrong 10.30am-11.30am Referral Required
Agestrong 11.30am-12.30pm Referral required	Pilates (Vita Yoga) 10.30am-11.30am	Kirtan 11.15am-12pm
Games Galore 1pm-2.30pm	Twinges in the Hinges 10.30am-11.30am	Agestrong 11.30am-12.30pm Referral Required
Table Tennis 6pm-9pm	Fab and Fit 11.30am-12.30pm	Dance Space 88 6.30pm-8.45pm
Body Barre Pilates 6pm-6.45pm	Tai Chi Arthritis 12.30pm-1.30pm	Westernport Special Olympics 6.30pm-7.30pm
Anahata Yoga 6pm-7pm	Walking Soccer 1pm-2pm	Yoga With Soga 7pm-8pm
Anahata Yoga 7.15pm-8.45pm	Melbourne Ayumi Japanese 4pm -6pm	7pm-8pm
	Vera Dance 5.30pm-6.30pm	
	Anahata Yoga 6pm-7pm	

Thursday	Friday	Saturday
Anahata Yoga 9.30am - 10.30am	Anahata Yoga 9.30am - 11.00am	Body Barre Pilates 8am-8.45am
Twinges in the Hinges 9.30am -10.30am	Kelly Mini Sports 9.30am -12pm	Mini Soccer Stars 9am - 11.30am
Badminton Ladies Comp 9.30am -12pm	 <b>Chatty Cafe</b> 10am -11.30am 	Pre Natal Yoga 10am-11am
Floor Stretch 10.30am -11.30am	Pryme Ball 1pm -2.30pm	Badminton Coaching 12pm - 1.30pm
Mornington Peninsula Family History 10.30am-2.30pm	Book Club 1pm -3pm Fourth Friday of the Month	Badminton Coaching 2pm - 3.30pm
Agestrong 11.30am -12.30pm Referral Required	Art @ South 1pm -4pm Fortnightly	Badminton Social 4pm-6pm
Table Tennis 1pm -3pm	Vera Dance 4.30pm-6.30pm	Sunday
Vera Dance 1.30pm-2.30pm		Badminton Coaching 12pm -1.30pm
Body Barre Pilates 6pm -6.45pm		Mornington Peninsula Family History 2pm-5pm
Pilates (Vita Yoga) 6.30pm -7.30pm		Badminton Coaching 2pm -3.30pm
Bosnian Soccer 8-9.30pm		Badminton Social 4pm -6pm

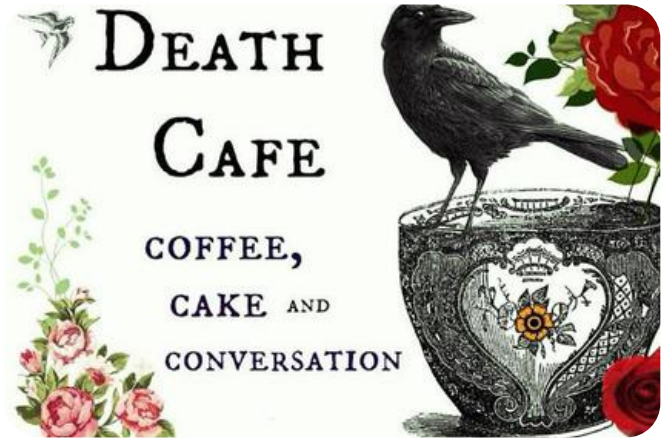
## Upcoming Events @ FSCRC in August

### Loneliness Awareness Week Morning Tea

Join us for a special morning tea on **Monday 5 August from 10 to 11:30 AM** at the Frankston South Community and Recreation Centre, as we mark Loneliness Awareness Week.

Loneliness can affect anyone, and together, over tea and treats, we can foster connections and support one another.

Let's share a cup of kindness and a slice of friendship together. We look forward to seeing you there!



### Estate Planning with Death Cafe Australia

Following the success of our first Death Café in May, we are excited to announce that Jennifer will be hosting another session on **Tuesday 6 August from 10:30 to 11:30 AM**. This time, Jennifer will be joined by Matilda, a legal executive specialising in deceased estates. Matilda will provide valuable insights into estate planning and discuss what happens to your affairs after you pass away.

We invite you to join us for this informative and thought-provoking discussion. It's a great opportunity to gain knowledge and clarity on an important topic that affects us all.

Don't miss out on this session! Please call FSCRC at **9293 7122** to reserve your spot.

# Snaps @ South



## FSCRC Community Story: Albert

Albert, an 87-year-old retiree, was introduced to the Frankston South Community and Recreation Centre by his next-door neighbor in 2023. Seeking to maintain his fitness after COVID-19, he joined the Agestrong program close to a year ago. He initially struggling with basic exercises; however, today Albert can effortlessly perform 10 push-ups—a remarkable achievement for someone of his age!

Shortly after starting Agestrong, Albert also took up table tennis at the centre after nearly 50 years of not playing the sport. At first, he had difficulty in handling the ball but now plays twice a week, even collecting his own balls.

Beyond physical benefits, Albert values the center for its sense of community and friendships. It's not just about fitness; it's about staying active and connected, enhancing his mobility and reflexes while enjoying the camaraderie of like-minded individuals.

Albert's story highlights how dedication, support, and a welcoming community can transform one's life, proving that age is no barrier to personal growth and fulfillment.

