



FRANKSTON SOUTH COMMUNITY AND RECREATION CENTRE

Newsletter | JULY 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!

CPI fee increase reminder

 Just a friendly reminder: As of July 1, 2024, our room hire fees and all FSCRC run programs incur an annual increase to keep up with CPI. The new program fee rates for the 2024-2025 financial year are as follows:

Program	Previous Price	Current Price
Exercise Classes	\$8.50	\$8.80
Agestrong	\$7.50	\$7.75
Prymeball	\$5.00	\$5.20
Art @ South	\$3.00	\$4.00
Walking Soccer	\$2.00	\$3.00
Walking Group	\$3.00	\$3.10
Kirtan	\$3.00	\$3.10
Playgroup	\$5.00	\$5.20



International Yoga Day @ FSCRC

As part of International Day of Yoga on Friday 21 June, FSCRC welcomed the community to participate in two complimentary yoga classes, aimed at introducing newcomers to the benefits of yoga practice. 🌿

The day proved to be a resounding success, with participants enjoying the calming atmosphere and the chance to explore different yoga styles. Paula led an invigorating session of Anahata Yoga from 11:15am to 12:15pm, focusing on heart-centered movements and mindfulness. Following that, Paola guided attendees through a serene Hatha Yoga session from 12:30pm to 1:30pm, emphasizing the alignment of body and breath.

After the sessions, participants gathered for light refreshments, fostering a sense of community and relaxation. 🍵 🌸 The event provided a wonderful opportunity for individuals to experience the physical and mental benefits of yoga in a supportive environment.

Keep an eye out for future programs hosted by FSCRC, where you can continue to connect with our supportive community.



Under Construction Update

🚧 Frankie's Café Reopening 🚧

We've been listening closely to your feedback and we're absolutely thrilled to share some exciting news with you: Frankie's Café, our beloved training café, will be reopening in the coming months! 🎉

We will have two dedicated teams of volunteers, including Elfiie and Daniel, who are eager to serve you delicious coffee crafted with care and passion, all priced at just \$3 per cup.

As we count down the days to our reopening, we'll keep you updated with all the latest developments. Be sure to follow us on social media and keep an eye out for more information around the centre.

We look forward to welcoming you back to Frankie's Café soon! Your support means so much to our volunteers! 🍪



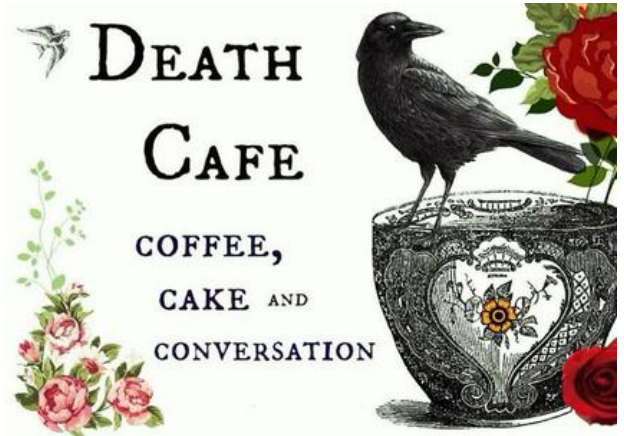
Upcoming Events @ FSCRC in July

Monday Playgroup

Looking for a fun and engaging activity for you and your little ones? Join us every **Monday morning from 9:30am to 11:00am** at Frankston South Community and Recreation Centre.

Enjoy a variety of activities including crafts, music, stories, and playtime, all for just \$5 per family! 🎨🎵📖

Don't miss out on this wonderful opportunity to connect with other families and create lasting memories with your children.



Death Cafe

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 10:30am to 11:30am**. 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.



What's On Tuesday

TIME

CLASS

9.15am-10.15am

Dance Space 88

9.30am-10.30am

Walk Group

9.30am-12pm

Kelly Mini Sports

10.30am-11.30am

Vita Yoga Pilates

10.30am-2.30pm

MP Family History

10.30-11.30am

Twinges in the Hinges

11.30-12.30pm

Fab & Fit Exercise

12.30pm-1.30pm

Tai Chi

1pm-2pm

Walking Soccer

4pm-6pm

Japanese

5.30pm-6.30pm

Vera Dance Class

6pm-7pm

Anahata Yoga

