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## Welcome Isabel!

We are delighted to welcome Isabel to the FSCRC team as our new Community Development Officer. Isabel will be actively engaging with our community and fostering strong relationships to understand local community needs.

Isabel will also build on the work from our community survey and develop programs and events that focus on community strengthening and capacity building, ensuring FSCRC remains a vibrant and welcoming hub for everyone. Please make Isabel welcome!



## Chatty Cafe Fridays

Come and join our Chatty Café every Friday! It's where locals meet for good conversation and great company. Connect over a cuppa in a relaxed atmosphere. No need to book, just drop in between 10:00am - 11:00am. Hope to see you there!

# CPI fee increase effective 1 July 2024

Please note that as of 1 July 2024, our room hire fees and all FSCRC Centre-run-programs will incur an annual increase to keep up with CPI. Our new program fee rates for the 2024 - 2025 financial year are as follows:

Program	Current Price per class\$	1 July increase per class \$
Exercise Classes	8.50	8.80
<u>Agestrong</u>	7.50	7.75
<u>Prymeball</u>	5.00	5.20
Art @ South	3.00	4.00
Soccer	2.00	3.00
Walking	3.00	3.10
<u>Kirtan</u>	3.00	3.10
Playgroup	5.00	5.20

## Learn Local Courses

Our Learn Local Café Creation and Barista courses remain popular and are a great introduction to the hospitality industry.

Participants get to explore new interests without the commitment and expense of long-term courses.

Participants also gain new confidence and skills through the hands-on learning experience enabling them to pursue employment or further education.

Our next Barista Basics course is running on the 16 and 17 July. So, if you would like to unlock your potential and transform your tomorrow, ring us on 9293 7122!



**Please note that FSCRC will be closed from 1 July to 7 July 2024, due to building Maintenance.**

# Celebrating International Day of Yoga

Have you ever thought about trying yoga but not sure where to start? FSCRC is offering two free introductory classes for beginners to come and experience the joy of yoga and get some zen in their life!

**Friday 21, June 2024**

**Anahata Yoga - Paula:  
11.15am - 12.15pm**

**Hatha Yoga - Paola:  
12.30pm - 1.30pm**

Light refreshments provided afterwards.  
Bookings essential. Please call 9293 7122 or see reception to book your class.



# Walking Football - Beginner Skills Session



Due to the popularity and growth of our walking football program, from July 1 FSCRC is introducing skill sessions on Tuesday's from 12.30pm-1pm for beginners who would like to participate in our walking football program, but not sure how to play and require some basic skills to get started.

If you can walk, you can play! Come on down and give it a try.

Everyone welcome!

# Snaps @ South



**Vera Dance Class**



Frankston South Community & Recreation Centre



**Chatty Cafe**



**Biggest Morning Tea**



**Barista Training**

To unsubscribe, please call us on 9293 7122 or email us [fscrc@frankston.vic.gov.au](mailto:fscrc@frankston.vic.gov.au)