

## Meet Ruth - Exercise Instructor

A big thanks to Ruth Gray who filled in for Raquel while she is away on leave (returning Monday 13 May).

Ruth is an experienced and qualified fitness instructor who also works at Belvedere Community Centre and is a qualified midwife working at Peninsula Health.

Originally from Germany, Ruth has lived in Australia since 2011. She is a busy mother of three and enjoys going to the beach with her family and loves teaching reformer pilates and yoga.



## 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 and make new friends in a relaxed atmosphere. No need to book, just drop in between 10:00am - 11:00am. Hope to see you there!

# Under Construction Update

## Seeking Cafe Volunteers!

Frankie's Cafe is gearing up for an exciting relaunch and we need passionate volunteers to join our team. If you are an inspiring barista and want to build your skills, this is your chance to join our cafe team as a volunteer barista and dive into the world of coffee making and customer service. Give us a call at 9293 7122 to learn more about this great opportunity.

## Learn Local Courses

Congratulations to our April Cafe Creation graduates who demonstrated they have what it takes to work in a cafe as they made some wonderful lunches that were enjoyed by the community.

Our Learn Local Café Creations, Barista Basics and Crash Course Coffee short courses are a great way to get skills and hands-on hospitality experience!

Our May Cafe Creations course is fully booked but our June course still has vacancies and commences 3 June until 26 June, Monday to Wednesdays 9am - 3pm.

If you would like to unlock your potential and transform your tomorrow, ring us on 9293 7122!

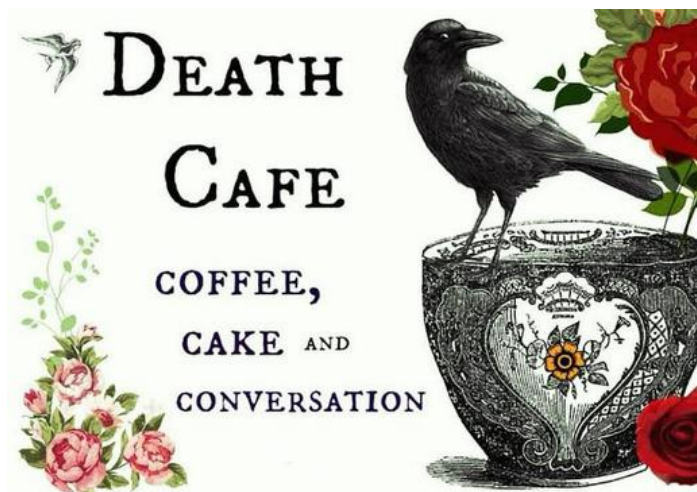


## Upcoming Events @ FSCRC

### **Australia's Biggest Morning Tea** **Thursday, 23 May 10.30am - 12.30pm**

Together with Mornington Peninsula Badminton Association, we are holding a scrumptious morning tea to raise funds for cancer research as part of Australia's Biggest Morning Tea.

Come and enjoy a cuppa, friendly company and help a great cause. Gold coin donation. Proceeds to the Cancer Council Victoria.



### **Talking Death Workshop** **Tuesday, 28 May 10.30am - 11.30am**

Wondering about death and end-of-life planning but unsure where to start? Join us for an insightful workshop led by Jennifer Ulyatt from Mornington Peninsula Death Cafe. It's your chance to ask questions, gain clarity, and ease into discussions about preparing for the future. Light refreshments provided. Let's talk about what matters most.

# Snaps @ South

