

February 2024

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Business As Usual

We hope you all had a good break over the holiday season and 2024 is off to a great start for you.

At FSCRC, all programs have now recommenced and we are looking forward to an exciting year as we continue the work we began last year planning for the future of the centre.

We want FSCRC to be a place where locals come to meet, learn, be inspired and supported and we will be continuing our conversations with you to ensure programs are aligned to your evolving needs and aspirations.

So stay tuned as we will be talking to you again soon!

Play Group Starts 13 Feb!

Explore a world of learning and fun at our Pop-Up Playgroup for children aged 0-6 years on Tuesday, 13 February, Tuesday 20 February and Tuesday 27 February from 9.30am – 11.30am. No cost and no booking required.

Then from Monday, 4 March our playgroup will move permanently to Mondays from 9.30am – 11.30am with a new facilitator. Cost \$5.00. All of these sessions are led by early childhood educators and include diverse activities from music and crafts to imaginative play. Don't forget your hat, drink and snacks.



Art @ South Returns Feb 16

You don't have to be an artist, just come and participate in a friendly and supportive environment. Our first Art @ South session for 2024 starts on 16 February from 1pm-4pm and runs every fortnight thereafter.

Let your inner artist shine by being creative with colour and textures, and not to mention having a bit of fun at the same time! Cost \$3.00 all materials provided.



Tim Tam Day - Feb 16

16 February is National Tim Tam Day, and we are celebrating this iconic Australian sweet biscuit by giving everyone attending FSCRC that day a Tim Tam!

Don't miss out - come on down and enjoy!



Barista Training

Want to make great coffee?

Our Barista Basics and Crash Course Coffee courses run back to back on Thursday 15 February and Friday 16 February from 9am-3pm.

Commencing with Barista Basics on Thursday, learners will gain confidence using the coffee machine and learn how to froth milk like a pro. Then on Friday, give learners will be given the opportunity to learn how to make different types of coffee.

Each session is limited to 6 participants. No cost for this short course but bookings are essential. - Call us on 9293 7122 for more information or to reserve your spot



Chatty Cafe Fridays



Chatty Café is returning on Fridays, kicking off the year on Friday, 2 February from 10:00am - 11:30am.

Drop by for a casual chat, a cuppa and a biscuit. Engage in great conversations to brighten your day. Bring a friend or come by yourself.

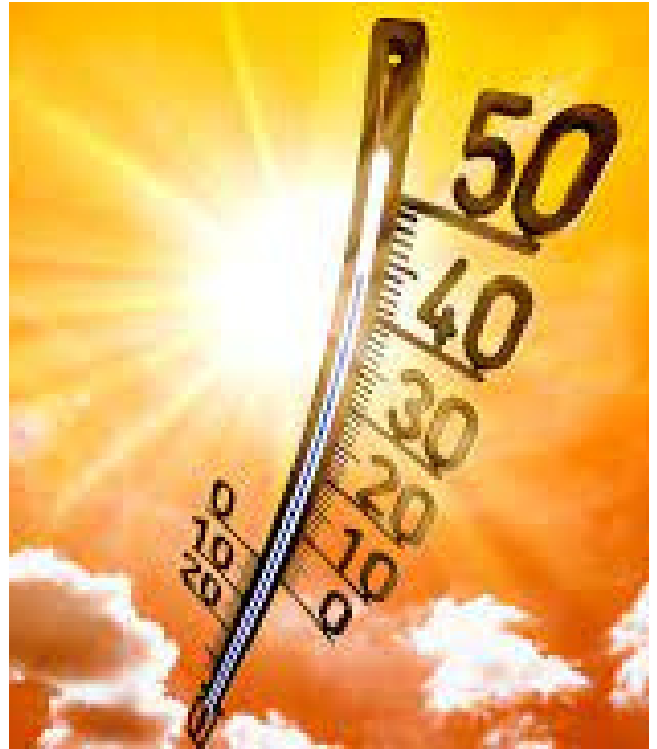
No cost and no need to book.

Heat Policy

To ensure your safety and well-being, all FSCRC operated physical activity programs such as exercise classes *Fab & Fit* and *Agestrong* will be cancelled if the temperature for that day is forecast 35 degrees or higher.

If you are unsure, please call us on 9293 7122 to confirm.

Hirer programs may have a different heat policy and participants will need to contact them directly.



Save The Date!

Dementia Australia will be providing a FREE workshop on Understanding Dementia on April 23, 2024.

The session will provide an overview of different types of dementia, diagnosis, planning ahead and how to support someone living with dementia.

If you have a family member or someone you know may have dementia, then book early so you don't miss out!

Find out more

Please contact Dementia Australia on 0408 301 800 or email Vic.Booking@Dementia.org.au
Book on: <https://UD23APR24.eventbrite.com.au>



When: Tuesday, 23 April 2024
1pm-3.30pm, 2.5 hrs

Where: Frankston South
Community and Recreation
Centre, 2/55 Towerhill
Road, Frankston South 3199

Cost: Free