

January 2024

opportunity » growth » lifestyle

Happy 2024!

Welcome to our first newsletter for 2024. We hope you had a good break.

We have been busy planning for new programs to be introduced for 2024 as well as relaunching others on different days and times. Some programs have also been retired. FSCRC programs will run from 15 January.

We welcome new hirers to FSCRC and wish them all the best of success with their programs and thank returning ones for continued business. Please check our Program Booklet 2024 for what is on offer and the most recent updates to our program schedule.

Play Group is Coming!

As result of our community surveys and conversations, we are very excited to announce that a pop-up Play Group is coming to FSCRC commencing **Tuesday 13 February** for 3 weeks from 9.30am-11.30am!



Facilitator Elaine will captivate the children with fun games and activities for them to enjoy.

Pop-up Play Group is FREE and no booking required. Bring a hat, snack and water bottle.

We look forward to seeing you!

Room Hire

We are very fortunate to have a clean, vibrant Centre with great facilities which includes various multi-purpose rooms for hire by the hour.

If you would like to run a training session, meeting or an event at FSCRC, then enquire today. Rooms are available during and after business hours and weekends, but not for parties! Call us on 9293 7122 to discuss your requirements.

Room	23/24 Rates (Hr)	Capacity
Stadium		200
Community	\$35	
Commercial	\$42	
Energise Room		30
Community	\$26	
Commercial	\$31	
Relaxation Room		10
Community	\$24	
Commercial	\$26	
Meeting Room 1		20
Community	\$23	
Commercial	\$26	
Meeting Room 2		25
Community	\$26	
Commercial	\$29	



Meeting Room 1



Relaxation Room

Training Courses



FSCRC is continuing to offer people pre-accredited training courses preparing them for the hospitality field during 2024. Last year, we had over 60 people attend our courses and their feedback was how much it benefitted them and how well the training was delivered.

Our first **Cafe Creations & Coffee course** will commence **Monday 5 February**. The course covers all the basic essentials for introduction to hospitality where learners get to prepare lunches, make coffee and get their Food Handling Certificate. The course runs Monday to Wednesday from 9am-3pm for 4 weeks.

Our 2-day **Barista Basics and Crash Course Coffee course** commences **Feb 15 and 16** and gives learners opportunity to make different types of coffee and gain confidence using the coffee machine to work in a cafe.

Booking essential - call us on 9293 7122 for more information and to reserve your spot.



Chatty Cafe

Chatty Cafe is returning in 2024 on Fridays from **10am-11.30am**. First one for the year is **2 February**.

Bring a neighbour, a friend or come by yourself. Get out of the house and join us for a cuppa and biscuit.

Play games, chat about life...make new friends in a respectful and inclusive setting.



2024 Program Return Dates

FSCRC 2024 Programs Start Dates

- Centre run Programs
- Private Hirer programs

Program	2024 Start Date
Agestrong	15 Jan
Art @ South	16 Feb
Anahata Yoga	29 Jan
Ayumi Japanese Lesson	13 Feb
Bodybarre Pilates	15 Jan
Bosnian Football Club	20 Jan
Derinya Basketball	18 Jan
Dementia Australia	22 Feb
Dancespace88	6 Feb
Denim N Lace Line Dancing	6 Feb
Fab and Fit Exercise	15 Jan
Floor Stretch Thursday	15 Jan
Food for Thought Book Club	26 Jan
Frankston Arthritis Thai Chi	6 Feb
Kelly Mini Sports	23 Jan
Kirtan	29 Jan
Little Kickers	20 Jan
Mornington Peninsula Badminton	10 Jan
Mornington Peninsula Table Tennis	15 Jan
Mornington Peninsula Family History	16 Jan
Overport Basketball	TBA
Playgroup	Pop up Playgroup 13 Feb Playgroup 4 March
Prymeball	19 Jan
Ready Steady Go Kids	5 Feb
Stories at South	TBA
Stork and Sage Pre and Postnatal Yoga	19 Jan
Twinges in the Hinges	15 Jan
Vita Yoga & Pilates	23 Jan
Walking Football (Soccer)	16 Jan
Vira Yesenkova Dance and Cheerleading	16 Jan
Westport Special Olympics	31 Jan
Yoga with Soga	TBA

NB: ALL PHYSICAL ACTIVITY PROGRAMS WILL BE CANCELLED IF TEMPERATURE IS FORECAST 35 OR HIGHER