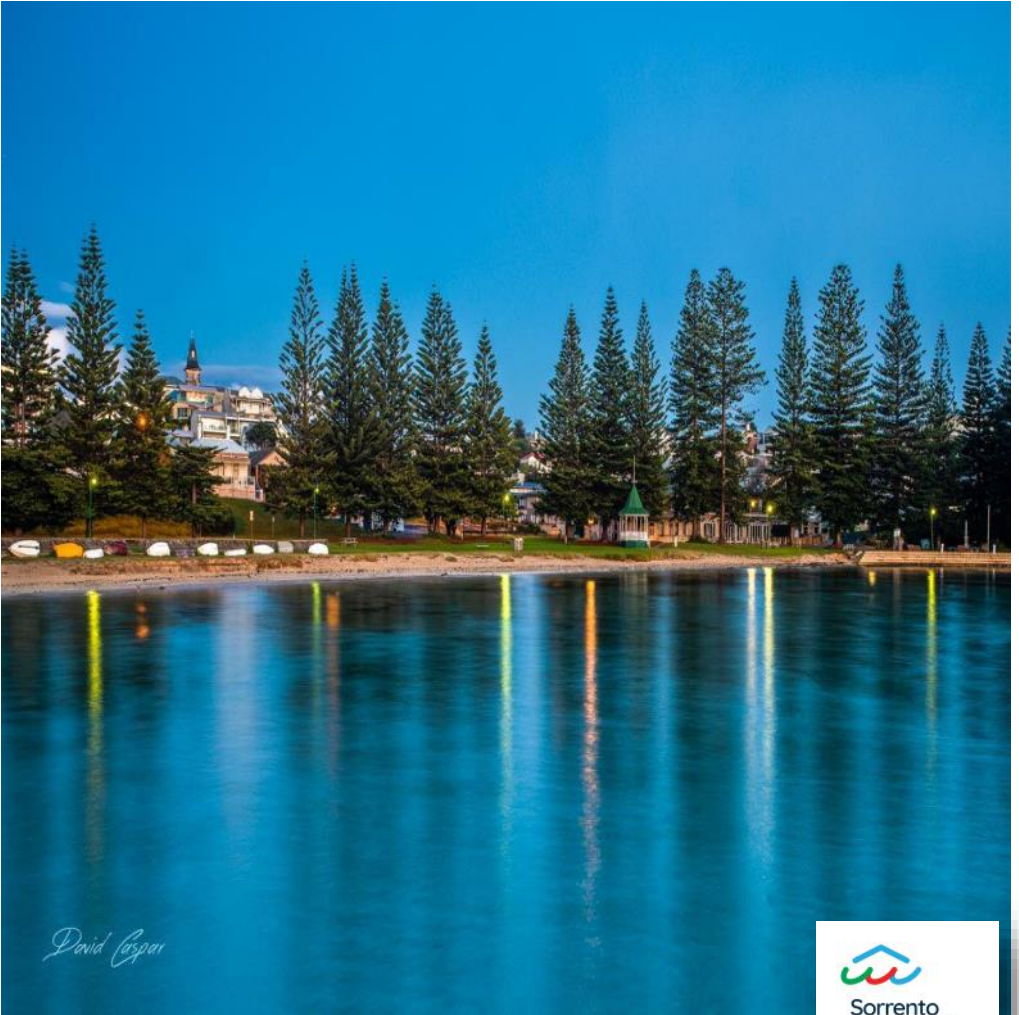


Term 3, 2022 Classes & Activities

Monday 11 July to Friday 16 September 2022



David Casper



Photo thanks to local David Casper:
"The Sorrento Foreshore Dawn"

Sorrento Community Centre

(03) 5984 3360 860 —

ABN:98085210677

868 Melbourne V1 July 22

sorrento_community.centre



Sorrento Community Centre



Follow us on
Instagram



Who we are....

Independent and a registered charity.

We're all about community! We aim to support all members of our community, create social cohesion and help people achieve their goals.

We connect our community, bringing our community together. **Discover what's on**, about other community-based organisations, their activities and events. See for yourself ..www.sorrentocc.org.au.



Our **courses and activities** help you to connect, learn, grow and strengthen your networks, build friendships and help you make the most out of life.

Looking for something? Got an idea?

SUGGESTIONS & COMMENTS

We welcome your feedback

We can't do it alone! If you think of something, please say something! We are always on the look out for new programs and people to take the lead. So, please let us have your feedback, comments and suggestions....www.sorrentocc.org.au.

Fees & 2022 Registration Levy

All participants involved in the Centre pay an Annual Registration Levy of **\$15**. This helps to offset the Centre's day to day running costs, administration overheads and hospitality expenses. For those wishing to be more closely involved in Centre activities, for an additional \$5 per annum you can become a Voting Member.

We work to keep the cost of our programs affordable and accessible. While most regular volunteer-facilitated programs cost \$4 per session, each activity has its own fee structure depending on equipment cost, facilitator fees, etc.

All courses are subject to sufficient enrolments and may be cancelled; in this case, a 100% refund will be offered. Enrolments are accepted in the order they are received and will only be confirmed once payment is received. You will be notified if the class is full or cancelled. A cancellation policy applies to some courses. Waiting lists may apply.

See something you like? Don't delay to book and pay.

Call us (Reception is open 9am to 5pm weekdays), and book and pay by cash or card at Sorrento Community Centre, or by bank deposit to:

BSB 633000 Account 152 992 657,

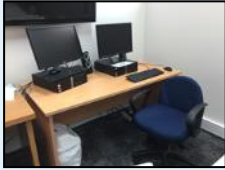
Account Name: Sorrento Community Centre.

Special Interest

Your Place, Your Space -

Private Working Spaces and Consulting Room available for you.

Your Community Centre is open and available for you to work in peace and quiet, meet clients, patients or customers in confidence, or simply access our high quality printing/photocopying services.



Free parking at the door. Wheelchair friendly. Reception 9 - 5 daily. Access out of normal business hours can be arranged. Please call to discuss availability and costs.



Pickleball is often recognised as one of the fastest growing sports worldwide and can be played indoors or outdoors.



It is the social nature of the sport which has been a central driver of this. A game lasting 15 minutes includes a great deal of laughter, and social connectedness both on the court and off. You can make this game as social or competitive as you want - the laughter remains.



Baby Change facilities, Family Room, Heat-up your toddler's meal or baby's bottle - and more!

Looking for a quiet, calm place to change and feed your baby or attend to your child's needs?

A warm welcome awaits you at Sorrento CC (open 9 - 5 Monday to Friday)



Navigator Café' – Facilitated by Umbrella Dementia Cafés .

The Navigator Café is an informal social group for couples and families experiencing dementia living in the local community. Connect over a hot cuppa, meet new friends, and share ideas about how to stay at home longer while living with dementia.

Our two-hour morning teas includes a fun meet and greet, group activities and an optional carers peer support meeting, called Care & Share, which happens during the café.

Our volunteers, trained by our partner Umbrella Dementia Cafés, build friendships, create beautiful spaces, and enjoy meaningful activities with those living with dementia to allow their partners to connect and chat with others in the caring role.

Umbrella Dementia Cafés is a registered charity that improves the social health and well-being of people living with dementia. Umbrella Dementia Cafés supports a network of five social groups, called 'cafés', who provide all the supports we need to have this beautiful inclusive social group at Sorrento Community Centre.

Your Aged Care Package can be used to attend this group

Navigator Café - Umbrella Dementia Cafe

Hosted at Sorrento Community Centre

1st and 3rd Thursday of the month from 10am to 12noon

Please contact manager Greg Hilton on 0438 481 879 for further details.



Regular Activities, Courses & Social Groups

D = daily, W = weekly, F = fortnightly, M = monthly, EOI=Calling for Expressions of Interest

Art, Craft & Creativity

Workshops with Jos - W	Mon
Boomerang Bags - W	Wed
Botanical Drawing & Painting - W	Thurs
Drawing with Leigh - W	Tues
Mosaic Workshops - W	Wed

Health & Wellbeing

Chat 'n Go Walkers - W	Mon
Happier, Healthier You - W	Wed
8 Days Health Program	
Ocean Fitness Mat Pilates - W	Wed
Pickleball – W	Mon
Pickleball - W	Tues
Podiatrist -	by appointment
Psychologist -	by appointment
Shake it Up Dance Group - W	Thurs
Tai Chi with Coral - W	Mon

Connect, Learn & Socialise

Book Clubs M	Mon, Tues, Thurs, Fri
French Card Game - W	TBC
Mah Jong - W	Wed
Men's Budget Cooking Class	Fri
Sorrento Savvys	p. 7
Environment Circle - M	Thurs

Learning, Work & Life Skills

First Aid /CPR Full Course	2 Sept
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Children & Families

Community Play Group (Leader needed)
Sorrento Early Learning - Daily P.11

Community Groups

Blairstown Community Garden
 Pt Nepean Men's Shed

Basketball After School Mon-Fri 3-5pm
 SPBA Junior Competition Sat

Support Services 9-5 Mon-Fri

Private Work Space /Consulting Room.
 Complimentary 1/2 hr internet access .
 Parents Room & Baby Change facilities.
 Rooms and Stadium for Hire.
 Drop in tea/coffee stations.
 Books & Jigsaws - Free Exchange.
 Books etc. - Shire Library Kiosk - drop off
 or collect your books.
 Photocopying (minimal charges apply).
 Plug in your phone or mobility scooter.
 Stadium Drop-in \$20 annually for unlimited
 use for basketball practice (pending
 availability).

Regular Monday Programs

Podiatrist (every 6 weeks)	Podiatrist Kate can help to prevent, diagnose and treat a wide range of conditions. Call for appointment - 0409 179 678 (\$15 Ann. Levy applies)
Art Workshops with Jos (W)	Time: 12.15 to 3pm. Popular art workshops enable you to be guided through a range of techniques or mediums. Cost: \$180 - 8 sessions,+ \$20 materials paid to tutor (\$15 Ann Levy)
Chat 'n Go Walkers (W)	Time: 10am start from the Centre Join the group that walks, talks and savours the best of our local walking tracks. Cost: \$10 annual fee (\$15 Ann. Levy applies)
Tai Chi with Coral (W)	Time: 10.30am to 11.30am. Coral leads this warm and friendly group. Tai Chi helps to achieve health and harmony in mind and body, mobility, suppleness and mental alertness. Cost: \$160 for 8 weeks (\$15 Ann. Levy applies)

Afternoon

Pickleball (W)	Time: 1pm—3pm A great workout that's fun and social. Equipment supplied.; wear comfortable clothes & runners Cost: \$5/\$10 non-members (\$15 Ann. Levy applies)
Monday Book Club (M)	Time: 2.30pm to 4pm 1st Monday of each month. An opportunity to meet others and discuss books, plus of course, topics of mutual interest. - Currently full Cost: \$4 /session (\$15 Ann Levy applies)

Regular Tuesday Programs

Pickleball (W)	Time: 1pm—2pm A great workout that's fun and social. Equipment supplied.; wear comfortable clothes & runners Cost: \$5/\$10 non-members (\$15 Ann. Levy applies)
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Regular Tuesday Programs

Tuesday Book
Club (M)

Time: 3.30 to 5pm

2nd Tuesday of each month.

Lively discussion awaits you while you review a range of books.

Cost: \$4 - Currently full

(\$15 Annual Levy applies)



Sorrento Savvys is a Social group for over 50's living on the Mornington Peninsula

The Savvys is a great way to connect with people on the Peninsula and a great way to meet people if you are new to the area.



Members organise a range of regular activities such as weekly walks and coffee to monthly dinner and drinks evenings at various venues on the peninsula.

Throughout the year there are many other events planned including breakfasts, picnics gallery and garden visits, sports afternoons and race days.



Cost : \$15 Annual Registration

Please call the Sorrento Community Centre or email us to find out more

Sorrento Community Centre

860-868 Melbourne Road, Sorrento 3943



Sorrento Savvys

Regular Wednesday Programs

Mosaic Workshops (W)

Time: 10 to 11.30am

This friendly group enjoys weekly sessions together, sharing their knowledge and encouraging others in this Art. Cost: \$4/session (+\$15 Ann. Levy applies)



Ocean Fitness-Mat Pilates, (W)

Time: 9.30 to 10.30am

Build your core strength, keep fit and active under the experienced and watchful eye of Cameron Williams (Ocean Fitness) Cost: \$15 per session (+\$15 Ann. Levy applies)

Boomerang Bag Workshops (W)

Time: From 10am

Come and be part of this welcoming and enthusiastic team who enjoy getting together to help to reduce landfill on the Peninsula - and the use of single-use plastic bags. If you can't sew, there's plenty of other jobs to do or if you wish, we'll show you how!

Cost: Nil



(+\$15 Ann. Levy applies)

Afternoon

Mah Jong (W)

Come and play the intriguing and ancient game - Mah Jong! Join our enthusiastic group of Mah Jong players - Various levels, beginners welcome! Commencing in August.

Wednesdays weekly. 1.30 to 4.00pm. Cost: \$4 (15 Ann. Levy applies)

Pickleball (W)

Time: 7pm—9pm

A great workout that's fun and social. Equipment supplied. Wear comfortable clothes & runners.

Cost: \$5/\$10 non-members (\$15 Ann. Levy applies)



Regular Thursday Programs

Botanical Drawing and Painting

Commencing 13 October 2022

Time: 10am to 12.30pm

Artist: Susie Parry presents for our community

"Introduction to Botanical Drawing and Painting"



Explore, develop and understand a variety of techniques using watercolour, and gouache' paints, to produce your own detailed Botanical Illustration.

Cost: \$185 (8 week course)

(+ \$15 Ann. Levy applies)

Shake it Up with Eileen (W)

Popular Dance Class with Eileen, with exercises to music to improve your fitness. Enjoy dancing to the music while having fun!

Thursdays. 10 to 11am.

Cost: \$10/session

(\$15 Ann. Levy applies)

(Proceeds support local disadvantaged children)

Afternoon

Environment Circle (M)

Time: 4pm to 5.30pm

Dates: 28.07.22 & 25.08.22 (4th Wednesday monthly)

A stimulating and engaging discussion group for people who care about our environment and want a better understanding of our natural world.

Informative Guest Speakers. RSVP for catering

Cost: \$5/\$10 non-members (includes drinks & nibbles)

(\$15 Ann. Levy applies)



Book Club(M)

Time: 3.30pm to 5.00pm

3rd Thursday monthly.

Enjoy Thursday Book Club. Meet and discuss themes, discover new authors and share a love of reading.

Cost: \$4

(+\$15 Ann Levy applies)

Psychologist at the Centre (W)

Thursdays or Fridays.

By appointment - call Centre to find out more.

Local, fully qualified and experienced Psychologist.

Meet Marilyn in private in a relaxed community setting. Medicare rebate available.



Regular Friday Programs

Friday Book Club (M)

Time: 2.00 to 4.00pm

Last Friday of the month

Enjoy the camaraderie and discussion at Friday Book Club where you choose your own book, and bring your review and thoughts to share with the group.

Cost: \$4

(\$15 Ann Levy applies)

French Card Game - Jeu de Tarot (W)

Time: 4pm to 5.30pm

Weekly - **ON HOLD until further notice**

Want to try something easier and more fun than Bridge? The second most popular card game in France, it is a trick-taking strategy game played by 3 to 5 players.

(And not to be confused with anything psychic!)

(\$15 Ann Levy applies)



Mens Budget Cooking Class (EOI)

Time: 4pm to 6pm - **Expressions of Interest**

Joins us for a casual Mens Budget Cooking Class (microwave). Learn basics for a two course meal. Participate or sit back and enjoy fresh food with interesting flavours and very little effort. Storage and health practices will also be outlined. Example meals would be: pumpkin soup, chicken liver pate, pavlova, apricot chicken, pies and pasties. You can sit back enjoy eating your rewards as a social meal with fellow participants afterwards.

Cost: \$25 per session (inc. ingredients)

(\$15 Ann Levy applies)



Psychologist (W)

Thursdays or Fridays.

By appointment - call Centre to find out more.



Local, fully qualified and experienced Psychologist.

Meet Marilyn in private in a relaxed community setting.

Medicare rebate available.

Sorrento Early Learning Centre



Join the team at our small, family-friendly Early Learning Centre, with 22 available places at each session.

We are proud to offer you strong, education-based programs to meet the individual needs of your child, based on their age and developmental progress.

Program times: 9.15am to 2.15pm daily, 48 weeks of year

Days: Monday (2-4 yrs)

Tuesday, Friday (18 mths - 5 yrs)

Wednesday, Thursday (3-4yrs)

Fees: \$65.00 per session (w/o subsidy)

An Approved Provider for Child Care Subsidy (CCS) under the Australian Government's Child Care Subsidy system. Go to: www.education.gov.au **Enquire: 5984 3360** Deb.



Mornington Peninsula Library kiosk now at Sorrento Centre

Southern Peninsula residents will be delighted with the installation of a new Library Hub at the Sorrento Community Centre. Having been a popular destination for library reservation pick-ups and drop-offs for years, the Sorrento Community Centre now houses its very own browsing collection.

Memberships, Registrations and Donation opportunities for Sorrento Community Centre 2022.

- ◆ [Annual SCC Registration Levy](#) for all users. \$15 annually February. (This helps to offset the Centre's day to day running of centre)
- ◆ [VIP Membership](#) annually due February. \$250 inclusive of SCC Registration Levy and option for voting rights. (These funds will be used to help assist with free events or reducing costs, during our holiday programs for children.)
- ◆ [Association Voting Membership](#) \$5 annually February and is in addition to our SCC Registration Levy and voting rights.
- ◆ [Business Affiliate Membership Program](#) \$250 annually, inclusive of SCC Registration Levy and Association Voting Membership is optional. Please call our Manager Greg Hilton directly on 0438 481 879 to discuss the benefits of supporting Sorrento Community Centre.
- ◆ [Family/Single Basketball Stadium Memberships](#) \$20/\$60 charged annually inclusive of SCC Registration Levy - Bookings essential.
- ◆ **Single:-**These will be for adults over 18 and for unlimited training midweek after 5pm to 7pm and Sundays from 9am to 7pm upon availability.
- ◆ **Family:-** includes maximum of 2 adults and including their children up to the age of 17years. For training in our basketball stadium midweek after 5pm to 7pm and Sundays from 9am to 7pm upon availability.
- ◆ [Social Membership](#) \$25 inclusive of SCC Registration Levy and Savvys social administration levy.

