

# Term 4, 2022 Classes & Activities

Monday 03 October to Friday, 16 December, 2022

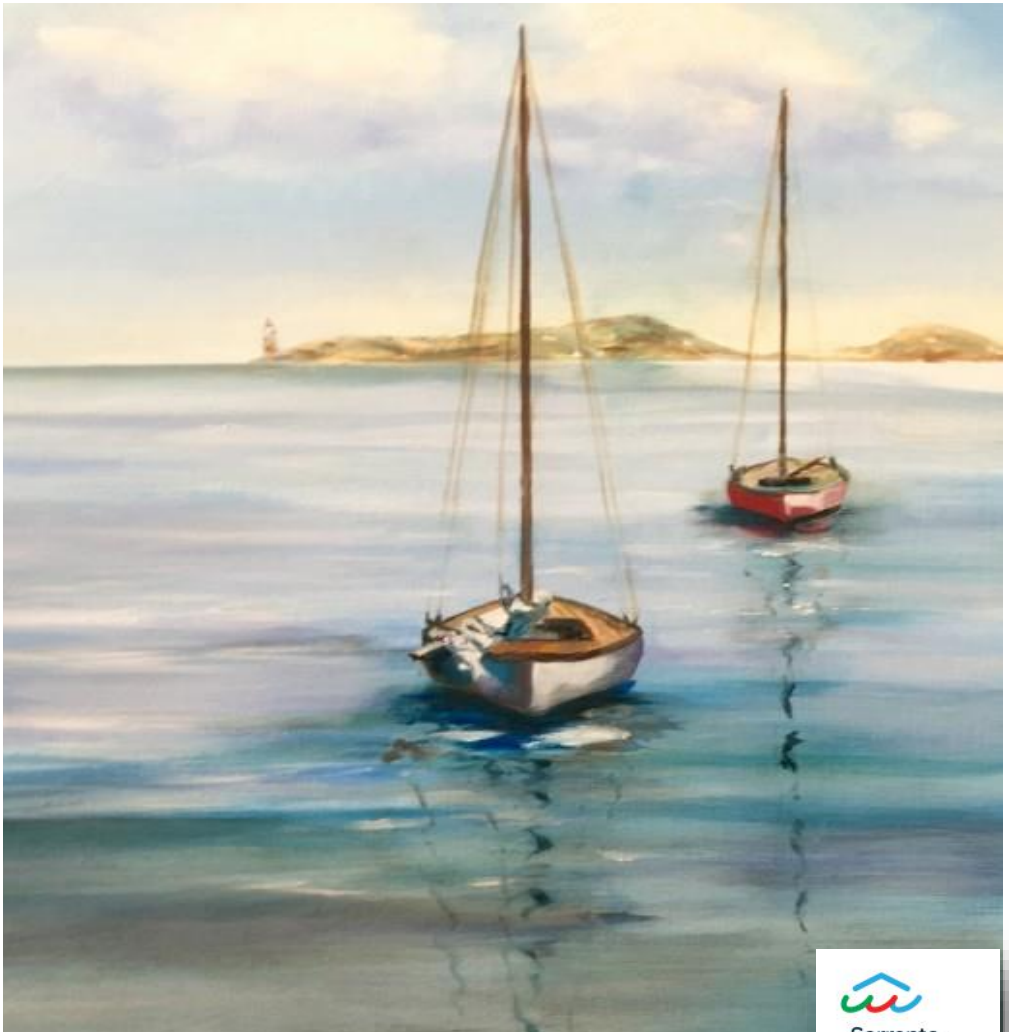


Photo thanks to local artist & teacher  
Claire Spring "*Couta Boats at the Heads*"



**Sorrento Community Centre**  
(03) 5984 3360

ABN:98085210677

[admin@sorrentocc.org.au](mailto:admin@sorrentocc.org.au)

 Sorrento Community Centre

 Follow us on  
**Instagram**

[sorrento\\_community\\_centre](https://www.instagram.com/sorrento_community_centre)



## 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.sorrento.org.au](http://www.sorrento.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.sorrento.org.au](http://www.sorrento.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)

# Floral Workshops

6 Week 5 Week course

## "Expressions of Interest"

Format: Week 1 "Taster" followed by 4 Workshops

Tuesdays

from 10am - 12noon

\$85 - per 2hr class

Each week a different  
topic/arrangement created.

All flowers, vessels,  
sundries and wrapping are included  
and taken home at the end of  
each class.

A complimentary home floristry tool  
kit, including snips, floral tape, rose  
strippers, etc. will be given to all  
participants who sign up after the  
"Taster" workshop.



## Regular Activities, Courses & Social Groups

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

### Art, Craft & Creativity

Boomerang Bags - <b>W</b>	Wed
Botanical Drawing & Painting - <b>W</b>	Thurs
Drawing with Leigh - <b>W</b>	Tues
Floral Arrangements - <b>TBA</b>	Tues
French Immersion Workshop - <b>W</b>	Fri
Life Drawing	Wed
Mosaic Workshops - <b>W</b>	Wed

### Health & Wellbeing

Chat 'n Go Walkers - <b>W</b>	Mon
Ocean Fitness Mat Pilates - <b>W</b>	Wed
Pickleball – <b>W</b>	Mon, Tues & Thurs
Podiatrist -	by appointment
Psychologist -	by appointment
Shake it Up Dance Group - <b>W</b>	Thurs
Simple Yoga— <b>W</b>	Mon
Tai Chi with Coral - <b>W</b>	Mon

### Connect, Learn & Socialise

Book Clubs <b>M</b>	Mon, Tues, Thurs, Fri
French Card Game - <b>W</b>	TBC Fri
Mah Jong - <b>W</b>	TBC Wed
Sorrento Savvys	Social Group
Environment Circle - <b>M</b>	Thurs

### Learning, Work & Life Skills

First Aid /CPR Full Course	TBA
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### Children & Families

#### Community Play Group

<b>Sorrento Early Learning</b> - Daily	P.11
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### Community Groups

Blairgowrie Community Garden  
Point Nepean Men's Shed

**Basketball** After School Mon-Fri 3-5pm

### 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 etc. - Shire Library Kiosk - drop off or collect your books.

Photocopying (minimal charges apply).

Plug in your phone or mobility scooter.

Stadium Drop-in - Gold coin donation or \$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)

**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: \$200 for 10 weeks

(\$15 Ann. Levy applies)



### Afternoon

**Pickleball (W)**

Coaching: 12.30 to 1pm Play Time: 1pm to 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)

**Simple Yoga (W)**

Time: 5.15pm to 6.30pm

Simple yoga and breathwork for pain management. Yoga can help to relax the body, calm the mind, increase trust in the body to move with ease. Cynthia, our facilitator, is a qualified physiotherapist and trained Yoga and Meditation teacher, with many years experience.

Cost \$30 per session

(\$15 Ann Levy applies)



## Regular Tuesday Programs

Floral Workshops  
(W)

Time: 10am to 12pm

### Expressions of Interest

“Taster” Workshop followed by four weekly sessions.  
A different topic/arrangement created every week.  
All flowers, vessels and materials included.

Cost: \$85 per 2hour session

(\$15 Ann. Levy applies)



### Afternoon

Drawing with  
Leigh (W)

Time: 1pm to 3.30pm

This enthusiastic group, led by Leigh, will welcome you to the Art Studio, regardless of whether you're a beginner or more advanced. Currently full.

Cost: \$12.50 per week

(\$15 Ann. Levy applies)

Pickleball (W)



Time: 1pm to 3pm

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

Cost: \$5/\$10 non-members

(\$15 Ann. Levy applies)

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 Ann. Levy applies)

## 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: Mon (2-4 yrs) Tues & Fri (18 mths - 5 yrs) Wed & Thurs(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](http://www.education.gov.au) **Enquire: 5984 3360 Deb.**



## 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)

Time: 1.30 to 4.00pm

#### Expressions of Interest



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

Cost: \$4

(+\$15 Ann. Levy applies)

### Life Drawing with Leyla (W)

Time: 2pm to 4pm

#### Expressions of Interest

Drawing the figure can be a powerful exploration of the human form. Leyla will guide participants to get creative and experimental, work with different mediums and try out different techniques.

Cost: \$85 per session. Bookings essential



## Regular Thursday Programs

### Botanical Drawing and Painting



Commencing in Term 4 , 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: 27.10.22 & 24.11.22 (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)

### Pickleball (W)

Time: 7pm start

A great workout that's fun and social.

Equipment supplied. Wear comfortable clothes & runners

Cost: \$5/\$10 non-members

(+\$15 Ann. Levy applies)

## Regular Friday Programs

NEW

### French Immersion Workshops (W)



Time: 10am to 12.00pm

Join Isabelle for a magnifique French immersion class, involving various creative activities. An opportunity to practice your listening and conversational skills with the support of the group, as well as a detailed resource of greetings, vocabulary and expressions.

#### Language learning made fun!

Cost: \$90 per session (2 hours)

(+\$7.50 pro-rata Ann Levy)

### 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)

NEW

## Why Yoga for chronic pain management?

### Simple Yoga & Breathwork

Persistent, chronic pain occurs when the body and mind are hypervigilant, & overprotective.

There is often a fear of moving.

Yoga can help to –

- Relax the body
- Calm the mind
- Increase trust in the body to move with ease
- Understand the differences between `good` stress and `bad` stress.



Conducted by Cynthia, a physiotherapist and trained Yoga & Meditation teacher, with many years of experience

Bookings & Enquiries call (03) 5984 3360

# COME SKATE FOR FREE!!!

FREE - Learn to skate coaching sessions!!!

FREE - Skate Jam sessions

Comp Heats -  
Beginners,  
Intermediate  
& Advanced



11 amazing giveaways to be won randomly and 9 competition prizes valued from \$50 upto \$350

30 OCTOBER 2022

**AT SORRENTO  
SKATE PARK**

**9am - 4pm**

× × ×



*Event live streaming - 3RPP*



**SHED NINE**

proudly sponsored by

the **Y ACTION SPORTS**

REGISTRATIONS ph: 59843360

<https://www.revolutionise.com.au/sorrentocc/events/152862/>



## 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.

