



FRANKSTON SOUTH COMMUNITY and RECREATION CENTRE

PROGRAMS & ACTIVITIES

2023

***We engage, empower and strengthen
our Community***

Frankston South Community and Recreation Centre
2/55 Towerhill Road, Frankston South.
Tel: 03 9293 7122

Email: fscrc@frankston.vic.gov.au

Last Update 30/5/23

FSCRC PROGRAMS – CENTRE OPERATED

FSCRC is committed to our community connecting people via social, recreational and educational activities. We are always looking at introducing new programs and welcome input from our community. We thank our wonderful volunteers for running these programs;



AGE STRONG GROUP

A joint initiative with Peninsula Health, Age Strong is a strength and balance program for older people that is designed to meet individual needs, keep fit and make new friends in a supportive environment. Contact 1300 665 781 for referral.

- Monday & Wednesday: 10.30am & 11.30am
- Thursday: 11.30am Cost: \$7.00



ART THERAPY

Art program that promotes creativity, self-expression and reflection for health and well-being. Call to book your spot!

Every 2nd Friday: 1pm-4pm Cost \$3.00

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BOARD GAMES Come and play Chess, Scrabble, Cards and many other fun games located in Frankie's Cafe...bring a friend, everyone welcome to use! Cost FREE

BOOK CLUB

Do you enjoy reading? Come along to the FSCRC book club. The Book Club meets on the last Friday of every month.

Friday Cost \$3



COOKING WITH TIM

Under our Jump Start program for youth funded by Vic Health, come and enjoy our cooking workshops with Chef Tim showing you how to make delectable cultural dishes!

- Monday: 5pm-6.30pm Cost FREE

CUPPA IN ENGLISH

Improve your English in a relaxed social setting and enjoy a Cuppa! Bookings required...please call FSCRC to book.

Friday: 9.30-10.30m. Cost \$3.00

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Last Update 30/5/23



FITNESS EXERCISE

Improve your overall fitness, strength and flexibility. All ages.

- Monday & Wednesday: 9.30am Cost: \$8.50



FLOOR STRETCH

Keep your body moving & flexible with our stretch class whilst making friends!

Thursday: 10.30am Cost \$8.50



KIRTAN

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Last Update 30/5/23

Suitable for everyone, KIRTAN is an ancient Indian call and response chant to music to reconnect our hearts and connecting to the moment through sound.

- Wednesday: 11.15am Cost: \$3.00

MOVE IT OR LOSE IT

Combination of cardio, strength, balance and core exercises to keep your body in check.

- Friday: 9.30am Cost \$7.00



PRYMEBALL

Keep fit and make friends by playing Prymeball. Prymeball is similar to volleyball but you catch the ball and is just as much fun!

- Friday: 1pm Cost \$5.00

SEATED EXERCISE

Strength and movement exercises for those who need to be seated but still have fun!

- Friday: 10.30am Cost \$7.00

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Last Update 30/5/23



STORY TIME @ SOUTH

For Pre-schoolers...come and listen to wonderful story books selected from our library and make new friends! Light snack provided.

- Wednesday: 9.45am Cost \$3.00

TWINGES IN THE HINGES

Improve balance, strength & range of motion. All ages.

- Thursday: 9.30am Cost: \$8.50



WALK GROUP @ SOUTH

Get some fresh air, make new friends & enjoy the benefits of walking.

- Tuesday: 9.30am Cost \$3.00

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Last Update 30/5/23



WALKING FOOTBALL (SOCCER)

Partnering with Football Victoria, enjoy a slow moving, non-contact small sided version of soccer, specially modified to allow everyone of all ages and ability to enjoy the game

Tuesday: 1pm-2pm Cost \$2.00



YOUTH HANGOUT

Come and hang out at the youth hub...play pool, games or lounge & watch TV. The youth hub is a fun, safe and interactive space for 12-18 year olds.

- Tuesday to Friday: 3pm – 5pm Cost: FREE

ZUMBA GOLD

Cardio dance class designed for beginners who want to enjoy movement and stretching to great music!

- Friday: 11.30 Cost \$7.00

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Last Update 30/5/23



FSCRC is part of the Frankston City Library. We have a large selection of books catering for avid readers of travel, cooking, fiction or non-fiction books.

You can register to become a Frankston City library member at our centre, as well as return books from any other Frankston City Library.



COMPUTERS

We have 2 computers available for everyone to use located in Frankie's Café. You are welcome to use during business hours and your information is removed once you log-off.

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Last Update 30/5/23

FSCRC – HIRER PROGRAMS

We thank our wonderful hirers who choose to use the FSCRC to run their programs for our local community. Participants will need to contact them directly to access their programs.



ANAHATA YOGA

Classes combine gentle stretches and movement with relaxation and meditation.

- Monday: 6-7pm & 7.15-8.45pm
- Tuesday: 6-7pm
- Wednesday: 9.30-11am
- Thursday: 9.30-10.30am
- Friday: 9.30-11am

Contact Paula Wybrow: 0433 960 021



BADMINTON

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Last Update 30/5/23

The Mornington Peninsula Badminton Association run a number of Badminton sessions for people of all abilities and ages. Beginners Welcome & coaching offered!

- Thursday: Ladies Comp 9.30am-12pm. Intermediate level, all ages.
- Saturday: 12pm-1.30pm & 2pm-3.30pm Junior Coaching
- Saturday 4pm-6pm Social Games...all ages and levels.

Tel: 0412 150 514



BODYBARRE PILATES

Jacqui has been operating Bodybarre Pilates at Frankston South for over 10 years. Barre is a group based Pilates class that is guaranteed to give you a full body workout using Pilate balls, hand weights & bands.

- Mon- 6pm Barre
- Thu-6pm Pilates Matwork
- Sat-8am Barre

Contact Jacqui: 0408754410 or pilatespt@hotmail.com

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Last Update 30/5/23

BOSNIAN SOCCER GROUP

Welcome all new players over 18 interested in soccer and having a bit of fun! All nationalities welcome.

- Thursday 8-9.30pm

Contact Alen: 0404 620 458



DANCE SPACE 88

Dance Space 88 is for adults to enjoy a fun dance-stretch-fitness class where you can learn a range of dance styles. It caters for all levels and abilities. Trial classes are available.

- Tuesday: 9.15-10.15am
- Wednesday: 6.30-7.30pm & 7.45-8.45pm

Contact Serena: 0402 344 122/ dancespace88@outlook.com



KELLY MINI SPORTS

Kelly Mini Sports run a range of sport programs for 1-5 year olds that are delivered by expert coaches in a safe and fun

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Last Update 30/5/23

environment. Children discover sport and develop their motor skills, confidence and social skills.

- Friday 3 programs: 9.30am, 10.20am & 11.10am

Tel: 0403 908 854



LINE DANCING

Come and keep fit and make new friends whilst learning some boot-scootin moves!

- Tuesday 2-3pm

Contact Nicole from Denim N Lace 0419 584 648



LITTLE KICKERS

Little Kickers teaches children aged 18 months to 7 years coordination, agility, balance and social skills through soccer in a fun filled environment.

- Saturday 9am-11.30pm

Contact Nick: 03 5975 8637

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Last Update 30/5/23

MELBOURNE AYUMI JAPANESE LESSON

For children with a Japanese background.

Contact Hiromi: 0419 584 083

- Tuesday: 4-6pm



Join Australia's largest multi-sport program for 1.5-6 year olds in aged based classes teaching them coordination, social and 10 different sports skills.

- Monday & Wednesday 9am-12.15pm

Register 1300 766 892



TABLE TENNIS

The Mornington Peninsula & Frankston City Table Tennis Association run table tennis at FSCRC for people of all standards and abilities.

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Last Update 30/5/23

- Monday (Juniors) 5pm-6.30pm
- Monday (Social all ages) 7pm-9pm
- Thursday (Keenagers for over 40's): 1pm-3pm

Cost \$7.00 includes bat and balls (first session FREE)

Contact: 5975 7168 or email: mftta@outlook.com

THAI CHI- ARTHRITIS FOUNDATION

Thai Chi from the Arthritis Foundation is a program designed to improve the quality of life for people with arthritis. The program uses Sun Style Tai Chi which includes agile steps and exercises that may improve mobility, breathing and relaxation.

Contact Dorothy: 9789 0632

- Tuesday 12-1pm

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Last Update 30/5/23



YOGA WITH SOGA

Hatha & Vinyasa yoga with the elements of Ashtanga and stretching.

- Wednesday: 7-8pm

Contact Lily: 0458 458 048



PILATES

For beginners and intermediate. A unique non-impact pilates exercises with yoga elements to help regain strength, flexibility and improve posture and wellbeing.

- Pilates – Tuesday 10.30am-11.30am
- Thursday 6.30pm-7.30pm

Contact: Paola 0416 136 084 or paola.ditel@gmail.com

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Last Update 30/5/23

WEEKLY TIMETABLE (Centre Run Activities in Yellow)

Monday	Tuesday	Wed	Thursday	Friday	Saturday
Ready Steady Go Kids 9am	Dance Space 88 9.15am	Ready Steady Go Kids 9am	Anahata Yoga 9.30am	Anahata Yoga 9.30am	Body Barre Pilates 8am
Fitness Exercise 9.30am	Walk Group @ South 9.30am	Fitness Exercise 9.30am	Twinges in the Hinges 9.30am	Kelly Mini Sports 9.30am	Little Kickers 9am
Age Strong 10.30am	Pilates 10.30am	Anahata Yoga 9.30am	Badminton 9.30am	Move it or Lose It 9.30am	Badminton Coaching 12pm
Age Strong 11.30am	Thai Chi Arthritis 12pm	Stories @South 9.45am	Floor Stretch 10.30am	Cuppa in English 9.30am	Badminton Coaching 2-pm
Cooking with Tim 4.45pm	Walking Soccer 1pm	Age Strong 10.30am	Age Strong 11.30am	Seated Exercise 10.30am	Badminton Social 4pm
Table Tennis Juniors 5pm	Line Dancing 2pm	Kirtan 11.15am	Table Tennis Over 40's Social 1pm	Zumba Gold 11.30am	
Body Barre Pilates 6pm	Melb Ayumi Japanese 4pm	Age Strong 11.30am	Body Barre Pilates 6pm	Pryme Ball 1pm	
Anahata Yoga 6pm	Anahata Yoga 6pm	Dance Space 88 6.30pm	Pilates (Vita Yoga) 6.30pm	Art Therapy 1pm	
Table Tennis Social 7pm		Yoga With Soga 7pm	Bosnian Soccer 8pm		
Anahata Yoga 7.15pm		Dance Space 88 7.45pm			

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Last Update 30/5/23



CHATTY CAFE

Frankie's Café is a member of the Chatty Café scheme. Every **Tuesday from 10am-11.30am**, we invite everyone to come and have a cuppa, share a table and have a chat with someone and make a new friend!



MORNINGTON PENINSULA FAMILY HISTORY SOCIETY

The MPFHS is based at FSCRC and can show you how to get started, or help you further your research of your family history.

Their extensive library, computers and friendly & experienced staff make it easier and informative, and can give you free access to ancestry.com, findmypast and others.

- Tuesday 10.30am-2.30pm
- Thursday 10.30am-2.30pm
- Sunday 2pm-5pm

Telephone: 9783 7058

Email: info@mpfhs.org

www.mpfhs.org

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Last Update 30/5/23



TRAINING COURSES



FSCRC runs FREE pre-accredited training courses funded by Adult Community Further Education (ACFE) to prepare learners for employment or further study in a fun and interactive work setting...Frankie's Café.

Barista Training

Undertake Barista training and learn the Barista basics to make coffee, use the coffee machine and grinder and even do some coffee art!

Fridays 9-3pm for 3 weeks (18hrs)

Hospitality Training

Gain valuable experience and skills undertaking our training where you choose what you want to cook, learn basic cooking skills, menu preparation whilst gaining your Food Handling and RSA Certificates!

Monday to Wednesday 10am-3pm for 6 weeks (90 hrs)

Eligibility

- 17 or older
- Not attending High School
- Desire to work in the field of study

For more Information contact Graeme Ferguson, Details below

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Last Update 30/5/23



ROOM HIRE



FSCRC has rooms available for ongoing or casual hire at very reasonable hourly pricing.

These rooms are not available for parties.

Room	22/23 Rates (Hr)	Capacity
Stadium		200
Community	\$34	
Commercial	\$40	
Energise Room		30
Community	\$25	
Commercial	\$30	
Relaxation Room		10
Community	\$23	
Commercial	\$25	
Meeting Room 1		20
Community	\$22	
Commercial	\$25	
Meeting Room 2		25
Community	\$25	
Commercial	\$28	

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Last Update 30/5/23

WANT TO RUN A PROGRAM OR EVENT @ FSCRC?

We are always looking for more hirers & companies to offer programs at our Centre. If you would like to run a program that would benefit the Frankston South Community at FSCRC, please contact Centre Management on 9293 7122.

FEEDBACK

FSCRC is your community Centre. We want it to be a place that you feel safe and welcomed and has activities and events that you are interested in.

If there is an activity you would like to see at FSCRC or an area for improvement, we welcome your feedback. Your feedback helps us improve.

Please contact us via telephone, email or come and have a chat to discuss.

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Last Update 30/5/23

COMMUNITY CENTRES

There are eight other community centres and neighbourhood houses across Frankston City. They each offer unique programs/ activities, training courses and services.



Belvedere Community Centre

336 Belvedere Road, Seaford

Tel: 9776 8922 www.belvedere.org.au



Ebdale Community Hub & Learning Centre

20 Ebdale Street, Frankston

Tel: 9293 7102 www.frankston.vic.gov.au



Frankston North Community Centre

26 Mahogany Ave, Frankston North

Tel: 8773 9545 www.frankston.vic.gov.au/fncc

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Last Update 30/5/23



Karingal Place Neighbourhood Centre

103 Ashleigh Avenue, Frankston

Tel: 8786 6650 www.frankston.vic.gov.au



Langwarrin Community Centre

2 Lang Road, Langwarrin

Tel: 9789 7653 www.langwarrincc.org.au



Lyrebird Community Centre

203 Lyrebird Drive, Carrum

Tel: 9782 0133 www.lyrebird.org.au

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Last Update 30/5/23



Nairn Marr Djambana Gathering Place

32 Nursery Avenue, Frankston

Tel: 9783 1521 www.djambana.org.au



Orwill Street Community House

16 Orwill Street, Frankston

Tel: 9783 5073 www.orwilst.org.au

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Last Update 30/5/23

LOCAL SUPPORT AGENCIES



COMMUNITY SUPPORT FRANKSTON

Services include emergency food, grocery vouchers, help with utility bills, referrals and advocacy for people who live, or work in the City of Frankston.

FRANKSTON MEALS ON WHEELS SERVICE

Meals on Wheels is a vital service provided by Frankston City Council for eligible senior and disabled residents providing nourishing meals five days a week.

Contact Amanda Smith 0439 427 500

Amanda.smith@frankston.vic.gov.au

HOMELESS – EMERGENCY ACCOMMODATION

Salvation Army

37 Ross Smith Avenue, Frankston

Phone: 9784 5000 (Mon-Fri 9am-5pm)

After Hours toll Free: 1800 825 955

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