

Celebrating our Wonderful Volunteers

Volunteers are an essential part of FSCRC. Without our volunteers, many of the services and programs that we offer would not be available to you.

We celebrated Volunteer Week (15th - 19th May) with a morning tea and small gifts and presentation to acknowledge and thank our amazing selfless volunteers that give their time and expertise to support our Centre and community. Unfortunately not all could attend.

We are very fortunate to have 9 awesome volunteers that assist or provide wonderful programs for you to enjoy. They are...

Catherine Carlin - Prymeball
Evelyn Hernandez - Cooking and Cafe
Glenyse Webster - Book Club
Hin Ting Kwan - Cooking and Cafe
Lee-Ann Kim - Art Therapy
Maureen Endicott - Walk Group
Paula Wybrow - Kirtan
Rosemary Jackson-Smith - Cuppa in English
Tenille Humphreys - Stories @ South

Thank You!



Pictured L-R: Graeme Ferguson, Evelyn Hernandez, Maureen Endicott
Tenille Humphreys, Paula Wybrow & Steve Jackson

Dandenong Market Tours

As part of our Vic Health Youth, Food and Culture program promoting healthy eating from different cultures, what better place is there to experience so many cultures in one building than the Dandenong Market?

FSCRC took a group of Frankston HS Yr12 students to the Dandenong Market where they got the opportunity to sample many wonderful healthy foods from stalls from different countries.

Our very own 'chef Tim' led the tour and highlighted the fresh produce and foods available when making good food choices. Students and teachers found it very informative and tasty.

FSCRC will be giving more Frankston secondary schools the opportunity to do tours at Dandenong Market. Please contact either Graeme Ferguson or Steve Jackson to discuss how we can support your school.



Despite the heavy rain, FSCRC together with the Mornington Peninsula Badminton Association Thursday Ladies held Australia's Biggest Morning Tea event for the Cancer Council on May 25 by hosting a lovely morning tea with a delicious spread of home-made scones, cakes, sandwiches and various yummy platters. A HUGE thank you to everyone that brought food and platters! Trinity kept coffee's flowing in exchange for donations, Graeme kept the table filled and Jenny and Margaret ran the raffles!

We raised \$400.00



We would like to thank everyone that attended the event and donated to a very worthy cause fighting Cancer.



Frankston South Community and Recreation Centre

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Address: 55 Towerhill Road Frankston South 3199



Hospitality Training



Recent graduate Ella pictured with Graeme Ferguson

FSCRC offers adults a FREE 4-week introductory course to the Hospitality industry called "Cafe Creations". The course provides learners with hands-on experience and newfound confidence working in Frankie's Cafe, preparing and cooking lunches served to the general public.

The course runs Monday-Wednesday 9am-2.30pm and covers the basic essentials to work in a kitchen environment plus learners receive their Food Handling and RSA certificates! The course commences first Monday of every month.

If you would like to do this wonderful course, please contact Graeme Ferguson on 9293 7122

frankie's
Café

Monday - Thursday
9.00am - 1.45 pm

Pre-schooler Activities

FSCRC is very fortunate to be able to offer a selection of activities for pre-schoolers that assists them form new friendships and reinforce social skills.

Ready Steady Go Kids - Range of sport programs for 1.5 - 6 year olds. Mon & Wed 9.30-12pm. Contact 1300 766 892

Stories @ South - Bring your child and listen to stories, sing songs and do some coloring. Wed 9.45-10.45am \$3 Light snack provided.

Kelly Mini Sports - Range of sport programs for 1 - 5 year olds. Friday 9.30-12pm. Contact 0403 908 854

Little Kickers - Teaching 1.5 - 7 year olds soccer skills. Saturday 9-11.30am. Contact 5975 8637

Youth Services

You will see some new faces at the Centre soon as the Frankston Youth Services team will be temporarily housed at FSCRC from the 23rd June for approximately 6-8 weeks as their building is being renovated.

They will be based in the Youth Hangout behind the stadium.

FSCRC - June Events

June 1: 4 Secrets to living a long, happy and healthy Life. A FREE seminar about weight loss and gut health that will transform your life. 6.30-8pm.

June 15: Nutrimetics is running a skincare masterclass. Contact Cyndi 0432 488 156 to reserve your place (limited). \$15 p.p which includes a gift bag to take home.

June 19,20 & 21: Speak n Share will be running well-being seminars for Frankston HS students about dealing with the impact of death.

June 26- July 7: School Holiday Programs. FSCRC in conjunction with some hirers, will be offering activities during the school holidays that include Badminton, Soccer, Table Tennis and many other fun activities. Schedule to be finalized very soon!

Line Dancing

Want to keep fit and have fun at the same time? Get your boot scootin gear on and do-si-do down to FSCRC!

We are very pleased to announce that Line Dancing will commence weekly at FSCRC on **Tuesday the 6th of June from 2pm-3pm** in the Energize Room.

For more information Contact Nicole from *Denim N Lace* 0419 584 648



FSCRC Survey

Big Thank you to everyone that participated in our survey. We received **507 responses** over the survey period and the suggestions and feedback will give us greater insight what our community wants, needs and expects of FSCRC.

We are collating survey data which will help us shape our future programs to ensure FSCRC continues to be servicing the interests and needs of the Frankston South community.

Program Updates

Walking Soccer Tuesday: 1pm - 2pm PLAYERS WANTED

Prymeball Friday: 1pm - 2pm PLAYERS WANTED
Stories @ South - Wednesday 9.45am - 10.45am
SPOTS AVAILABLE

Table Tennis - Mondays 5pm - 9pm & Thursdays
1pm - 3pm

Line Dancing - Commences 6th June