Frankston North Community Centre Quarterly Newsletter

SPRING EDITION

October 2026

COMING UP...

5 - 31 October	Seniors Festival
13 October	Zumba Gold with Jenny
13 October	Carefinder (MyAgedCare Support)
10 November	Carefinder (MyAgedCare Support)
17 November	State Election Low Sensory Voting
8 December	Carefinder (MyAgedCare Support)
11 December	End of Year Celebration Event
15 December	Youth School Holiday Program

DAYS OF SIGNIFICANCE

10 October	World Mental Health Day
12 - 18 October	National Carers Week
31 October	Halloween
3 November	Melbourne Cup Day (centre closed)
8 - 16 November	Garage Sale Trail
11 November	Remembrance Day
19 November	International Men's Day
25 Nov - 10 Dec	16 Days of Activism
5 December	International Volunteer Day
10 December	Human Rights Day
25 December	Christmas Day (centre closure)
26 December	Boxing Day (centre closure)

WORD OF THE SEASON

"Taim bilong san" (Time of sun)

In Tok Pisin, the national language of Papua New Guinea, there are two seasons.
Wet season (roughly Dec to Mar): Known as **taim bilong ren** (time of rain).
Dry season (roughly May to Oct): Known as **taim bilong san** (time of sun).



Coordinator's Update:



Voelcker (Acting Coordinator)

Spring has arrived at Frankston North Community Centre, bringing new faces, new opportunities.

We're excited to welcome some new temporary staff. So if you see a new face around be sure to say hello!

In keeping with the season, the Wild Bunch Garden Club have been busy planting seeds and preparing garden beds for the next harvest. The produce supports our centre kitchen, while the garden itself creates opportunities for people to connect, upskill and enjoy being outdoors.

We are also excited about the start of Term 4 Adult and Community Further Education (ACFE) short courses, providing opportunities to increase skills, build confidence and develop connections. So, whether you're looking to learn something new, prepare for work or develop practical skills, there may be a course for you.

A visit can lead to a course, a course can lead to volunteering, and both can lead to new friendships and opportunities.

So, this spring, why not try something new, reconnect with the community or simply drop in for a chat.

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What's On at the Centre



Bianca and Leanne

New Faces

If you have been into our centre lately you will have seen two new faces.

Bianca has joined our team driving and leading several programs. A proud Peruvian Australian woman, Bianca has been in the government sector for several years. Bianca is passionate about all communities and meaningful engagement.

Leanne also recently joined our team. A proud Papua New Guinean Australian woman, Leanne has a passion for working with communities and raising their voices. Leanne has worked for many years alongside First Nations peoples' and communities.

Some of our programs

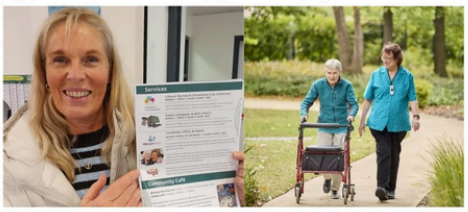
Tech Triage sessions for anyone needing one on one assistance with mobile phone, computers and tablets.

Thursday 2:00pm - 4:00pm.
Call us on 8773 9545 to book a FREE appointment.

Regular yoga sessions
Friday 1:00pm - 2:00pm.

Facilitated Playgroup and Story time (with libraries).
Thursday 9:30am - 11:30am.

Do you need help with myagedcare?



Carefinders can:

- Help you register wtih My Aged Care
- Support you through the assessment
- Connect you with providers
- Help you find services such as
  - shopping
  - transport
  - personal care
  - gardening

FREE SERVICE

'Carefinders' Kim and Janet will be onsite on

Tuesday 13th October
Tuesday 10th November
Tuesday 8th December

Call us on 8773 9545 to book your FREE appointment.

*limited appointments available

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FNCC SPOTLIGHT

The Wild Bunch!









We had a chat to some of our gardening group about what they love about being a part of the Wild Bunch. Here are some of their words:

"Yes, we learn about gardening, but it also helps us get out of our comfort zones. We also sometimes also catch up outside of garden club which is wonderful".

"People can come and have a laugh or a cry!"

"I have been coming to garden club for around two and a half years and I love it. It's a beautiful space, and yes, we garden, but we also share our lives together with each other".

The Wild Bunch was described by many as providing a fun, safe space to share and grow together.

Looking to get involved?
Join our free Garden Club, **Fridays from 10am-12pm.**

Ready Rhubarb!

Recently the garden bed was bursting at the seams with an abundance of rhuarb, and so the gardening group got to work. Firstly, they removed the rhubarb from the garden bed, and then they separated the rhubarb from the roots. The new garden bed was prepared with soil and compost and then the roots were planted in there, all ready for the next crop of rhubarb!



Harvested rhubarb

Volunteer Gratitude



Helen is our amazing volunteer who works with *The Wild Bunch* on the gardening program. Helen has been volunteering at the Frankston North Community Centre for many years!

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Helen's Rhubarb Crumble Recipe

yummm!



Ingredients

- 2 bunches of rhubarb
- ½ cup oats
- ½ cup plain flour
- 1 tablespoon raw sugar
- 1 tablespoon brown sugar
- a pinch of salt
- 100g melted butter

Method

1. Combine all the dry ingredients and melt the butter.
2. Pour the melted butter into the dry mix and then crumble with your fingers until it is a crumb mix.
3. Stew the rhubarb with a little water in a pan, when it comes to the boil, reduce to a simmer and let it cook for around 5 minutes. You can add some apple to the rhubarb mix if you like too.
4. Add sugar to taste.
5. Put the stewed rhubarb into an oven proof dish and top with the crumble mix.
6. Cook in the oven at around 180°C / 350°F for around 15 - 20 minutes or until browned on top.
7. Serve with icecream or cream.

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Healthy Lifestyles

Jenny's Health Tip

Water is the best drink for a thirsty person.
Think of it this way, if we are not drinking enough water, we are walking around like a stagnant pond.
Fresh water flushes out toxins from our bodies, increases our energy & relieves fatigue.
Since our brain is mostly water, drinking water helps us think, focus and concentrate.

Try a glass of water first thing in the morning!



Jen
(Exercise Facilitator)

Exercise and Movement Groups

We have a range of exercise and movement groups that are suitable for all fitness levels.

Why don't you join us for a FREE trial?

Stretch & Balance	**Tuesday 9:30am - 10:15am**
Still Moving (seated exercise)	**Tuesday 11:30am - 12:00pm**
Zumba Dance	**Wednesday 9:30am - 10:15am**
Still Strong (seated exercise)	**Wednesday 10:45am - 11:45am**

Jenny's Exercise Tip

Reverse lunges are a joint-friendly, lower body exercise that strengthens our glutes, hamstrings, quadriceps, and core while improving our balance and stability.



Reverse Lunge

The added bonus... Reverse lunges are gentle on our knees and ideal if you are a beginner or have any knee concerns.