



Term 1, 2022

South Shepparton Community Centre Inc.

11 Service Street, Shepparton

Monday

Cooking Morning; 11AM (1.5hrs)

Come along and learn how to cook some tasty food. We will supply all ingredients and you get to stay and eat at the end of the class. \$5 per session

Conversations about life, it's challenges and opportunities; 12:30PM

A weekly group where you can come and talk with others about a variety of topics. Cost is \$2 per session.

Herb & Cottage Plant Group; 11:30AM

Meets on the 2nd Monday of the month. This is a monthly fellowship group with an accent on herbs and other plants. \$2 per session

Grow; 6PM (2hrs)

A weekly peer support group for mental wellbeing. Call 0417 102 150 or 9528 2977 for more information.

Tuesday

Playgroup; 9:15AM (1hr)

Come along with your child aged 0-5 for a morning of fun. \$2 per session.

Learn Apple (iPad/iPhone); 10AM (1hr)

Learn how to use your IOS device to its full capabilities. \$5 per session

Basic Computers; 11AM (1.5hrs)

Learn about files, email, word and the internet. 10 week course.

Learn Android (Smartphone/Tablet); 11:30AM (1hr)

Learn how to personalise and use your android device. \$5 per session

Learn to Sew; 1PM (2hrs)

Learn all about sewing. For both beginners and the more advanced. \$10 per 2 hour session.

Develop Your Job Skills; 1PM (1.5hrs)

This pre-accredited course can help you get job ready. Customer service skills, preparing for interviews or looking for work.

Wednesday

Mens Group 10AM (2hrs)

Men of all ages are invited to join our very casual session on the first Wednesday of every month to get out of the house to chat and meet some new mates. \$2 per session.

Card Morning 10AM (1.5hrs)

Come and play a variety of Board/Card games while you meet new people. \$2 per session.

Creativity Class; 10AM (2hrs)

Come and meet new friends, try new crafts, puzzles or just chat. All ages and abilities are welcome to join in or bring their own activity. \$5 per session

Australian Citizenship Practice (1hr)

Do you need help to learn the Citizenship Test content? Come along and begin to learn the important information you need to pass the test. Contact 5821 6172. \$5 per session.

Garage Sale; Open Monday to Friday 10am to 2pm. Come in and find yourself a bargain.

Thursday

Mosaic Thursdays; 10AM (2hrs)

Learn to create a mosaic masterpiece by learning how to work with mosaics and how to design your own masterpiece; cut tiles, grout and complete your project. \$5 per session.

Meditation; 10:30AM (1hr)

Come along and start your morning with some relaxing meditation. Learn how to relax your mind and body and start the day in a positive way. \$5 per session.

Healthy Connections; 12PM (2hrs)

Come along to this group and learn more about your community. This group is about making new friends and general advice to help you connect with your community. \$5 per session.

Music Time; 2PM (1hr)

A casual music session with Sharon. Come along to sing, play your instrument and occasionally dance. \$5 per session.

Friday

Family History; 10AM (2hrs)

Join our friendly group with others who are also learning how to find out more about their family history. \$5 per session.

Variety Art & Craft; 10AM (2hrs)

Come along for a morning of craft of your choosing. Choose from many types of craft such as mosaics, clay, or anything you wish to create. \$5 per session.

Letting Go Self Help Group; 1PM (1hr)

A confidential group to help people address their concerns about excessive shopping or collecting that is affecting their well-being. Join others in similar situations to talk about strategies to use and support others dealing with the same concerns. \$2 per session.

Shepparton Food Share Emergency Food Relief

If you need emergency food for you and your family, you can contact us for assistance.

Services

Community Room; Come and use our Community Room to relax and have a cuppa. Get out of the heat, rain or cold or just sit and relax for a moment.

Money Minded; We have a facilitator who can assist you with your budget. All meetings confidential. Bookings are essential.

Meditation /Spiritual Development/Tarot; Learn the value of meditation, spiritual development and tarot. Contact 0417523082 for more information.

Red Cross /Eclipse First Aid; First Aid courses available through Red Cross or Eclipse, please contact the Red Cross on 1300 367 428 or Eclipse at www.eclipseeducation.com.au

Coeliac Support Group; A bi-monthly group which meets to provide support and information for people with Coeliac Disease. For more information including times and dates of the next meeting please contact 0408189644.

Various Days

English; Conversational and Basic (1hr)

This class will help those who understand English and want to practice developing their conversational skills, as well as those who need to learn the English basics.

Facebook and Zoom Basics (1hr)

Do you want to learn more about how to use Facebook or Zoom to keep in touch with family or friends? We can help! Contact the Centre directly for times.

Resume Revamp

We will help you create a Resume to gain employment, even if you are new to Australia. Bookings are essential.

We also offer Room Hire, Computer Use, Wi-Fi, Printing, Photocopying. Shredding and much more. Contact us to see if we can help you or jump on Facebook and like our page to keep up to date with what is happening or visit www.southcom.org.au All programs and activities will run subject to changes in COVID restrictions.

Ph. 5821 6172 or Email: administrator@southcom.org.au

