



# South Shepparton Community Centre Inc.

290 Archer Street, Shepparton

## Term 2 Activities 2023

### Monday

#### **Monday morning chit chat; 10am**

Come along and discuss your weekend or start the week with some fresh conversation while meeting new people. \$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

#### **Monday BBQ; 11.30am - 1pm**

Join us for a good old fashioned snag in bread. Donations accepted.

#### **Grow; 7pm (2hrs)**

A weekly peer support group for mental wellbeing. Call 03) 9528 2977 for more information.

### Tuesday

#### **Play Group; 9.15am (1hr)**

Suitable for preschool children. Bring your child along and have a cuppa and catch up with other parents in the area.

#### **Basic Computers; 11am (1.5hrs)**

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

#### **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

#### **Learn Apple (iPad/iPhone); 10am (1hr)**

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

#### **Cards 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.

#### **Smartphone/Tablet; 11:30am (1hr)**

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

#### **Learn to Crochet 12:30pm (1hr)**

Come along and learn to crochet or crochet with others. BYO materials. \$5 per session.

### **Shepparton Food Share Emergency Food Relief**

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

### Thursday

#### **Mosaic and Art; 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.

#### **Healthy Connections; 12PM (2hrs)**

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

#### **Music Time; 2PM (1hr)**

A casual music session. Come along to sing, play your instrument and occasionally dance. \$2 per session.

### Yoga

Saturday from 11:00am. A 45 minute session which can also include chair yoga if required. Contact the Centre to book. \$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.

#### **Justice of the Peace; 10am - 12pm**

If you require documents witnessed by a JP you can pop in anytime between 10 am and 12pm.

#### **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. \$2 per session.

### Services

#### **Community Room;**

Come and use our Community Room to relax. 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. Bookings 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](http://www.eclipseeducation.com.au)

#### **Coeliac Support Group;**

A bi-monthly group to provide support and information for people with Coeliac Disease. For more information 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;**

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

#### **Op Shop**

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

Have a skill or something you would like to share with others? Let us know and we will try to incorporate it into our programs.

For a small fee 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](http://www.southcom.org.au).

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