



South Shepparton Community Centre Inc.

administrator@southcom.org.au

www.southcom.org.au

11 Service Street, Shepparton

Ph: 58 216 172

Term 1 Activities 2020

PROGRAM	M	T	W	T	F	TIME	COST
<u>SKILLS & TECHNOLOGY</u>							
Basic Computers		✓			✓	9.30-10.30 Tuesday 1.00-2.00 Friday	\$100 (10 weeks)
➤ Learn how to use a computer by learning the basics such as: file/folder storage, email, the Internet and Microsoft word. Consisting of 20 sessions, over 10 weeks.							
Develop Your Job Skills				✓		1.00	\$100 (10 weeks)
➤ This pre-accredited course can help you get job ready. Whatever it is you need to learn to get job ready, we can help. Skills such as intermediate Computer skills, experience in our Op Shop with customer service or register use, preparing for interviews or looking for work.							
You Can Customer Service	=====Contact for Details=====						
➤ Come along to this course to learn the skills needed to enter the workforce in a customer service role.							
Sign me Up!	=====Contact for Details=====						
➤ Learn how to sign up for a variety of online accounts including; MyGov, Facebook, Email and much more.							
Learn Android (Smartphone/Tablet)		✓			✓	11.00-12.00 Tuesday 2.00-3.00 Friday	\$5 per Session
➤ Learn how to use your smartphone or android device functions, personalisation and general use of your device as well as anything else you would like to know to use your device to its fullest.							
Learn Apple (Ipad/Iphone)	✓					1.30-2.30	\$5 per Session
➤ Bring your iPad/iPhone or use the Centre's iPads to learn the functions of IOS devices. Functions such as mail, contacts, general use, navigation, personalisation and more.							
<u>SPECIAL INTEREST</u>							
Working with Wood Tools	=====Contact for Details=====						
➤ Learn how to use a variety of hand tools for various wood jobs							
Playgroup		✓				10.00-11.00	\$2 per Session
➤ Weekly sessions where mums, dads or carers can come along with their child aged 0-5yrs old for a morning of making new friends, stories and music.							
Game Time			✓			11.00	\$2 per Session
➤ Come and play a variety of Board/Card games with some great company. Meet new people and enjoy a morning of playing cards or games such as scrabble.							
Family History					✓	10.00-12.00	\$5 per Session
➤ Are you interested in learning more about your family history? Join our friendly group with others who are also learning how to find out more about their family history.							
Learn a Language	=====Contact for Details=====						
➤ Learn a language other than English. Pilipino, Tamil, etc. Let us know what language you wish to learn, and we will try to arrange it.							
Singing with Sharon & Shane					✓	1.00-2.30	\$5 per Session
➤ A casual singing session with Sharon and Shane and some occasional dance lessons included.							
<u>ART & CRAFT</u>							
Textile Art; Traditional and Contemporary	✓					10.00-3.00	\$6 per Session
➤ This group meets weekly to use a range of textiles and embroidery as the base for creations. You can even bring along your own project to work on (bring your own lunch).							
Learn to Sew		✓				1.00-3.00	\$10 per Session
➤ This program is run by a seamstress who will teach you anything you wish to know about sewing. For both beginners and the more advanced.							
Variety Art & Craft					✓	10.00-12.30	\$5 per Session
➤ 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.							
Mosaic Thursdays		✓				10.00-12.00	\$5 per Session
➤ 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.							
Creativity Class			✓			9.30-12.00	\$5 per Session
➤ 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 knitting, crochet or other activity.							
Feed a Family on a Budget	=====Contact for Details=====						
➤ Learn and discuss cooking and tips to cut the cost of feeding yourself and or your family.							



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HEALTH & WELLBEING

Healthy Connections				✓		12.00-2.00	\$5 per Session
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- 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. Bring your own lunch.

Meditation & Spiritual Development or Tarot		✓				Contact: 0417 523 082	
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- Learn about meditation and spiritual development. These classes will help you learn the value of meditation as well as teach you about spiritual development or learn the meaning of the tarot cards and how to do readings in a relaxed and caring atmosphere

Coeliac Support Group				✓		Contact: 0408 189 644	
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- 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 the above number.

Zen Wellbeing	Contact Ya for more information: 0413865289						
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- Chinese Medicine, Acupuncture, Tuina & Moxibustion, Cupping, Massage, Pain Management, Denar Therapies, Counselling

Low Impact Exercise				✓		9.15-10.00	\$5 per session
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- Suited to any fitness level, any age and are great for adding that little bit of exercise to your week.

SOCIAL & SUPPORT

Herb & Cottage Plant Group	✓					11.30-3.00 on 2nd Monday of the Month	\$2 per Session
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- This is a monthly fellowship group with an accent on herbs and other plants. With a different theme each month, including a set item of interest and a set plant or herb

Grow			✓			1.00-3.00	No Cost
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- Grow is a weekly peer support group for mental wellbeing using a proven program to work on issues of depression, anxiety, social isolation, grief and loss etc. Call 0417 102 150 or 9528 2977 for more information.

Live, Love, Laugh				✓		10.00-12.00	\$5 per Session
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- This friendship group meets for ten weeks throughout the term. Sessions include a variety of guest speakers and activities all in a relaxed and friendly environment.

Monthly Mystery	=====Various=====						Gold Coin Donation
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- Each Monthly Mystery consists of a different event. Events such as sing-a-longs, guest speakers, workshops, lunches and information sessions. People wanting to attend these sessions will need to contact the centre with their email address for us to be able to email them with the information for that months MYSTERY.

ENGLISH CLASSES

Conversational English	=====By Appointment=====						\$5 per Session
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- If you understand English and just want to practice developing your conversational skills, this program is for you. Make an appointment at the Centre, and we will introduce you to a mentor who will spend one hour with you conversing in English to assist you to communicate when you're out and about in the community.

Australian Citizenship Practice			✓			10.00-1.00	\$5 per Session
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- 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

Building Your Resume	=====By Appointment=====						\$5 per Session
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- We will help you create a Resume to gain employment, even if you're new to Australia. Bookings are essential.

Very 'Basic' English	=====By Appointment=====						\$5 per Session
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- Are you having trouble learning to speak English? We will help you learn basic words of the English Language. Ring or drop into the Centre to make an appointment.

SERVICES

Shepparton Food Share If you need food for you and your family, you can contact us for assistance. For further information please contact us on 58 216172.	Budget Basics We have a facilitator who can assist you with your budget. All meetings confidential. Bookings are essential. Cost is \$5 per session.	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
Community Room Come from out of town? Got some time between appointments? Come and use our Community Room to relax and have a cuppa. Whether you want to get out of the heat, rain or cold or just sit and relax for a moment.	Social Media Jump on social media and like our Facebook page to keep up to date with what's happening. Simply search South Shepparton Community Centre or @SSCC3630	Sam Sam Psychologist Sam Sam Psychologist provides focused psychological and relaxation strategies as well as behavioural interventions. Appointments may be bulk billed. Call 0468 468 489.
'Garage Sale' Our 'Garage Sale' is open Monday to Friday 10am to 2pm. Many trinkets and surprises to be found, come in and find yourself a bargain.	Mobile Library The mobile library stops outside the centre every second Monday from 11:30am to 1:15pm.	We also Offer We also offer Room Hire, Computer Use, Wi-Fi, Printing, Photocopying. Shredding and much more. Contact us to see if we can help you.

