



Term 3 Activities 2020

| | PROGRAM | M | T | W | T | F | TIME | COST | |
|--|---|---------------------|---|---|---|------------|--------------------------|------------------|--|
| SKILLS AND TECHNOLOGY | Basic Computers | | ✓ | | | | 9:30-10:30 1:00-2:00 | \$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. Skills such as intermediate computer skills, experience in our Op Shop, customer service skills, 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. | | | | | | | | |
| SPECIAL INTEREST | 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 2:00-3:00 | \$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. | | | | | | | | |
| ART AND CRAFT | 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 while you meet new people. | | | | | | | | |
| | 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. | | | | | | | | |
| ART AND CRAFT | Feed a Family on a Budget | | ✓ | | | | 1:00 | \$5 per Session | |
| | Learn and discuss cooking and tips to cut the cost of feeding yourself and or your family. | | | | | | | | |
| | Music Time | | | | ✓ | | 2:00 | \$5 per Session | |
| | A casual music session with Sharon. Come along to sing, play your instrument and occasionally dance. | | | | | | | | |
| | 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). | | | | | | | | |
| ART AND CRAFT | 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. | | | | | | | | | |



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| HEALTH AND WELLBEING | Healthy Connections | | | | ✓ | | 12.00-2.00 | \$5 per Session |
| | 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 | |
| | 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. | | | | | | | |
| SOCIAL AND SUPPORT | Coeliac Support Group | | | | ✓ | | Contact: 0408 189 644 | |
| | 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. | | | | | | | |
| | Walking Exercise | | | | ✓ | | 9.15-10.00 | \$5 per Session |
| ENGLISH CLASSES | Herb & Cottage Plant Group | ✓ | | | | | 11.30-3.00 | \$2 per Session |
| | 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 |
| | 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. | | | | | | | |
| SERVICES | Live, Love, Laugh | | | | ✓ | | 10.00-12.00 | \$5 per Session |
| | 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 | | | | | | Variety | Gold Coin |
| Each Monthly Mystery consists of a different event. People wanting to attend these sessions will need to contact the centre with their email address and will be emailed with the information for each monthly MYSTERY. | | | | | | | | |
| SERVICES | English; Conversational and Basic | | | | | | Contact 5821 6172 for details | \$5 per Session |
| | 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. | | | | | | | |
| | Australian Citizenship Practice | | | | | | Contact 5821 6172 for details | \$5 per Session |
| 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. | | | | | | | | |
| SERVICES | Resume Revamp | | | | | | By appointment | \$5 per Session |
| | We will help you create a Resume to gain employment, even if you are new to Australia. Bookings are essential. | | | | | | | |
| | Shepparton Food Share | Money Minded | | Red Cross /Eclipse First Aid | | | | |
| If you need food for you and your family, you can contact us for assistance. For further information please contact us on 58 216172 | | We have a facilitator who can assist you with your budget. All meetings confidential. Bookings are essential. Cost is \$5 per session. | | 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 | | Mobile Library | | Sam Sam Psychologist | | | | |
| Come from out of town? Got some time between appointments? 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. | | The mobile library stops outside the centre every second Monday from 11:30am to 1:15pm. | | Sam Sam Psychologist provides focused psychological and relaxation strategies as well as behavioural interventions. Appointments may be bulk billed. Call 0468 468 489. | | | | |

Don't forget our 'Garage Sale' is open Monday to Friday 10am to 2pm. Come in and find yourself a bargain.

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

