



South Shepparton Community Centre Inc.

290 Archer Street, Shepparton

Term 1 Activities 2025

Monday

Exercise : 10 —11am

Exercise for all abilities. \$5 per session

Skills & Jobs : 11am—12pm

Information about career and courses

Sausage Sizzle : 11:30am

Join us for a good old fashioned sausage sizzle and chat with other community members.
GOLD COIN DONATION

Quilting Class: 1—2.30pm

Bring a project or be inspired. \$5 per session

Grow: 7pm (2hrs)

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

Herb & Cottage Plant Group: 11:30am

Meets on the 2nd Monday of the Month.
Bring your own lunch.

Tuesday

Self Advocacy : 10—11am

Learn to empower yourself

Punjabi Story Time : 10—12pm

Story telling in Punjabi for children.

Basic Computers: 1pm (1.5hrs)

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

Fly To Health : Bi—weekly Speech and Occupational therapies for children. Contact 1300 163 665 or email hello@fly2health.com.au for more information.

Follow us on Facebook



Wednesday

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. \$2 per session.

Creativity Class: 10am (2hrs)

Come and try new crafts, 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: 1pm (1hr)

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

Doctors Clinic : 10-2pm (4hrs)

Walk in service, free of charge, All welcome.

Community Lunches: 3rd Wednesday of Every Month! Join us for a delicious meal. Held on 19th February, 19th March & 16th April. Served at 12 noon.

Thursday

Mosaic and Art: 10am (2hrs)

Learn to mosaic masterpiece, learn how to cut tiles, grout and complete your project. \$5 per session.

Grow: 10:30am (2hrs)

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

Live Love Laugh : 12pm (2hrs)

Come Live Love and Laugh. With guest speakers and group activities. \$5 per sessions.

Music Time: 2pm (1hr)

Bring along your instrument and learn to play or jam along. \$5 per session.

Coeliac Support Group: A bi-monthly group and information for people with Coeliac Disease. For more information please contact 0408189644

Friday

Cald Language and sewing class : 12—2pm

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

Variety Art : 12:30pm (1.5hrs)

Come along and explore! Different arts on a rotating basis with our experienced local artist. Learn and consolidate your skills. Check our Facebook page for weekly updates. \$5 per session.

Monash University : 10:30-2:30pm (4hrs)

Substance survey. If you or someone you know is suffering from IV substance abuse please contact the centre for further information.

Senior's Morning Tea : 1st Friday of the month

Services

Eclipse Education:

First Aid, CPR and White Card courses available. Please contact (03) 52010569. Website : eclipseeducation.com.au

Smartlink Training :

First Aid Training. Call 02 6023 4310 or email info@smartlinktraining.net.au

Red Cross First Aid :

Contact Red Cross for dates and availability

Emergency

Food Relief:
Monday—Friday
9:30—2:30pm.

Also available.....

Room Hire Available

Please call in and see one of our friendly staff for pricing and availability or call us on 5821 6172.

Assistance with documents

Applying online and filling out forms can be done with our assistance. Come in and see our friendly

Nick-Nack Shop

Open Monday to Friday 9am to 2:30pm. 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

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

