

## OTHER PROGRAMS

### BROADBAND FOR SENIORS

FREE!!!

Volunteers provide 1-2 guided sessions.  
More information call 9645 1476

Venue MPCC

**MINI MAESTROS** Music program for pre-school children.  
Builds confidence and fosters a love of music. Classes for age groups from 6 months to 5 yrs. Contact Janet on 0425 806 037

**WATERFRONT WELCOMERS** If you're passionate about Port Melbourne and love meeting new people, the Waterfront Welcomers are keen to welcome you aboard as a volunteer. Visitor greeting at Station Pier.

For more information contact us on 9645 1476



### SouthPort Community Centre Inc.

154 Liardet Street

Office Hours: **Monday - Friday 9.30 am - 4.30 pm**

Phone: **9645 1476**

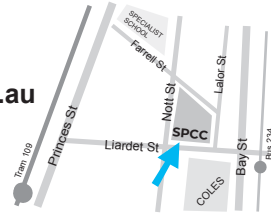
Fax: 9645 4539

Email: [admin@southportcc.org.au](mailto:admin@southportcc.org.au)

Web: [www.southportcc.org.au](http://www.southportcc.org.au)

Postal Address: **PO Box 721**

**Port Melbourne, VIC 3207**



## VENUES

**SouthPort Community Centre (SPCC)** 154 Liardet St, cnr. Nott St Port Melbourne (Melway Ref: 2J E4-E5)

**Port Melbourne Community Rooms (PMCR)** entry through Coles carpark or big blue gates downstairs at 147 Liardet St, Port Melbourne (Melway Ref: 2J E4-E5)

**Elwood St Kilda Neighbourhood Learning Centre (ESNLC)** 87 Tennyson Street, Elwood (Melway Ref: 67 D2)

**Sol Green Recreation Centre (SGRC)** Corner Coventry & Montague Sts, South Melbourne (Melway Ref: 2J K2)

**Dig In Community Garden (DICG)** Murphy's Reserve, Williamstown Rd, Port Melbourne (Melway Ref: 2J B2)

**Fishermans Bend Community Garden (FBCC)** Corner Dunstan Pde & Centre Ave, Garden City (Melway Ref: 56/H2)

**Sandridge Trugo Club (STC)**, 1 Tucker Ave, Garden City (Melway Ref: 56 K2)

**Middle Park Community Centre (MPCC)** 254 - 256 Richardson St Middle Park, (Melway Ref: 2K / E11)

**South Melbourne Community Centre (SMCC)** Corner Park St & Ferrars Place (Melway Ref: 2K B4)

### ROOM HIRE

Looking for a space to run a course or hold a meeting or a function?

We have well equipped community spaces suitable for small groups to large workshops. [www.southportcc.org.au](http://www.southportcc.org.au)  
Contact Deb King on 9645 1476 or [finance@southportcc.org.au](mailto:finance@southportcc.org.au)

**PAYMENTS:** You need to pay when you enrol to guarantee your place. CASH or CHEQUE or ELECTRONIC TRANSFER ONLY. Please see enrolment form for instructions.

**DONATIONS:** Donations over \$200 are tax deductible. Please contact us for more information. **Incorp. No. A0011788B**

SouthPort Community Centre reserves the right to alter, cancel or otherwise modify the information, which is correct as of June 2019.

We gratefully acknowledge the support of our funders:



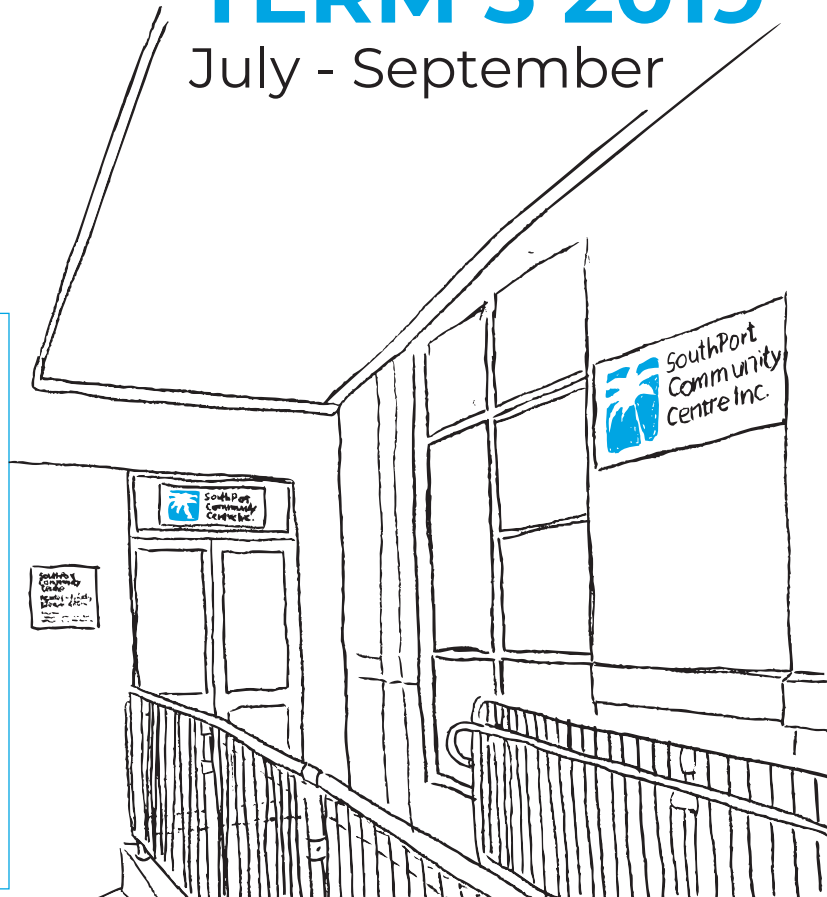
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# SouthPort Community Centre Inc.

## TERM 3 2019

### July - September



## COMPUTERS, ART, MUSIC JOB TRAINING, ENGLISH WELLBEING, FAMILY COMMUNITY

FORMERLY



SouthPort Community Centre Inc.  
is a non-profit community-based organisation.

Visit our website [www.southportcc.org.au](http://www.southportcc.org.au)  
or call **9645 1476**

## COMPUTERS

Learn IT skills in a friendly and stimulating atmosphere with our experienced teacher.



### COMPUTERS LEVEL 1

Mondays 1 - 3.30pm

Computers for beginners with intro to the pc, email and Internet. 20 hours over 8 weeks. Cost: \$50 conc.\* / \$80\*\* Venue: SPCC

## HEALTH & WELLBEING

### EXERCISE FOR ALL AGES

Mondays 9.15 - 10 am

Fridays 9 - 9.45 am

Cost: \$5 per session

Venue: SGRC

Venue: SPCC

### STRETCH CLASS

Tuesdays 9.15 - 10 am

Cost: \$10 per session

Venue: SMCC

### TAI CHI

Tuesdays 9.30 - 11 am

Cost: \$5 per session

Venue: SMCC



### ACCESSIBLE YOGA

for participants with mobility issues. Gentle guidance through simple stretches, breathing and relaxation. Thursdays 10 - 11 am Cost: \$20 / 4 session Venue: PMCR

**BARRE** Developing strength, flexibility and balance through your hips and core. Everyone is welcome. Wednesdays 9.15 - 10 am

Cost: \$5 per session

**ALIVE AND AWARE** We design and bring our wellbeing workshops to you! Workshops include, yoga, meditation, men's health and more. We can link you into other programs. Various times and locations.

Free to disadvantaged groups. Call for more info on 9645 1476

## ART & PERFORMANCE

### CITY OF VOICES COMMUNITY THEATRE

Learn performance skills & participate in theatrical productions. All welcome. Contact us for details on how to become involved. Wednesdays 4.30 - 7 pm

Venue: SMCC

### DROP IN ART

Relaxed environment. No artistic skills needed. Materials supplied. Cost: \$5 or \$2.50 conc.

Mondays 1.30 - 3 pm

Venue: SPCC

**SHARE & CARE ENTERTAINERS** Wednesdays 12.30 - 2pm We tap dance and entertain the community. All ages group. New members & beginners welcome.

Cost: \$7 per session

Contact Carol on 9645 2369

Venue: FBCC

**ROARHOUSE** A vibrant, socially inclusive live showcase of music, spoken word, poetry & performance arts. Events at various venues. Please join us! [www.roarhouse.org](http://www.roarhouse.org)

**VOSSANOVA** This is a choir for people who sing for enjoyment. You'll learn to sing in a variety of styles and develop skills in songwriting, harmonising, breathing techniques, confidence, projection and much more.

Tuesdays 1.30 - 3.30 pm

Cost: FREE

Venue: SPCC

Contact us for more details on 9645 1476



## RECREATION GROUPS FOR PEOPLE WITH MENTAL HEALTH ISSUES

### MONDAY DROP IN

Cost: Donation for meal and activity.

Mondays 11 am - 3 pm

Venue: SGRC

**WOMEN'S ACTIVITY GROUP** every 2<sup>nd</sup> Friday 12.30 - 3.30 pm

Cost: \$5 per session. Requires booking.

Venue: SPCC



## EDUCATION FOR LIFE

**SPEAKING OUT** A communications & leadership course for people living in public or social housing.

9 weeks. Cost: Free

Wednesdays 11 am - 3 pm

### ENGLISH AS A SECOND LANGUAGE

Improve skills in reading, writing, listening and speaking.

Grammar, pronunciation, conversation, current affairs and more!

Beginners / Intermediate

Tuesdays 10 am - 12 pm

10 weeks. Cost: \$35\* / \$50 / \$90

Venue: SPCC

### READING AND WRITING

Tuesdays 12.30 - 2.30 pm

Improve your literacy and numeracy skills.

Venue: SPCC

10 weeks. Cost: FREE / \$50 / \$90\*\*

### STORIES OF THE SOUTH SIDE

14 weeks x 3 hrs. Cost: FREE Wednesdays 1.30 - 4.30 pm

More info on 9645 1476 or [admin@southportcc.org.au](mailto:admin@southportcc.org.au)

### ARCS (Applied Reception & Customer Service) Training

Innovative learning program in a **small group setting** teaching **real-life work skills** in on-the-job environment, combined with classroom & project based learning. 6.5 hrs per week over 6 mths Wednesdays 1 - 4 pm + practical training shift

Cost: FREE \*\*\* / \$250

Req: Australian Citizenship or PR Venues: SPCC & ESNLC

More information on 9645 1476 or [training@southportcc.org.au](mailto:training@southportcc.org.au)

### MAKE YOUR MARK

Young artists - learn from successful creative industry experts how to professionally design and sell your own work.

Thursdays 6.30 - 9 pm

8 weeks. Cost: FREE\*\*\* / \$15 per session

Venue: SPCC

## ACTIVITIES

**DIG IN COMMUNITY GARDEN** Community garden plots

Cost: \$30 - \$70 p/y.

Call us for more info.

Working Bee 1st Sunday of month 10 am

Venue: DICG

### FISHERMANS BEND COMMUNITY GARDEN

Community garden plots. Call us for more information.

Cost: \$20 p/y

Venue: FBCC

### BEGINNERS BRIDGE CALL US FOR MORE INFO ON 9645 1476

FREE!!! Donation for refreshments.

Venue: SPCC

### BRIDGE - SUPERVISED COURSE

Cost: \$5 per session

Thursdays 1.30 - 4 pm

Venue: SPCC

**DUPLICATE BRIDGE** For experienced duplicate Bridge players Clinic and refreshments included.

Wednesdays 1 - 4 pm

Cost: \$10 per session

Venue: SPCC

### SCRABBLE

Donation for refreshments.

Wednesdays 2 - 4 pm

Venue: SPCC

## FAMILY FRIENDLY

### GET OUT OF TOWN

School holiday family program. Great free activities for concession card holders. 3 day activities per term.

Call us for more info on 9645 1476

## VOLUNTEER

### WANT TO RUN A GROUP OR HELP YOUR COMMUNITY?

We have plenty of opportunities. For more information contact Brian on 9645 1476 or email: [volunteer@southportcc.org.au](mailto:volunteer@southportcc.org.au)

\* Please enquire about our fee structure for ACFE funded courses

\*\* Non-permanent Australian resident price is \$100

\*\*\* SPCC free for concession card holders and unemployed