

January 2022

opportunity » growth » lifestyle

Meet Natalie



We are so excited to welcome our new team member Natalie. Natalie is our new Administration Officer and she will be working on Thursdays and Fridays.

Natalie has a passion for empowering others with a background in community development. She has worked and lived in Frankston for over 20 years. She loves the beach, eating out and travelling. Natalie says she is looking forward to meeting you all in person :-)

Get hospitality ready @ FSCRC

We have 2 exciting courses in 2022. **Café Creations** Monday to Wednesday and **Catering with Frankie's** Thursday to Friday. Both courses are ACFE funded and provide the learner with hands on learning experience at Frankie's Café. Frankie's Café is the Centre run Café serving the community hot/cold beverages and snacks.



The programs are designed for learners to develop entry level techniques and skills in food preparation, basic cookery, menu preparation, food handling, OH&S compliance and a range of skills in hospitality.

Intake for the March round is currently open. If you are interested please contact us on 9293 7122 or email us at fscrc@frankston.vic.gov.au



Let's celebrate
the Waterfront
Festival. Lock
Saturday 19
and Sunday 20
February in the
diary!

Spirit of Transformation by Women's Spirit Project

FSCRC is proud to be hosting the Spirit of Transformation sessions at the Centre from March to June 2022.

The Spirit of Transformation Program is a FREE 12 weeks program that will boost your self esteem, resilience and help you to achieve goals within a supportive community of other women. For more information and to apply go to: www.womensspiritproject.org

The Women's Spirit Project is a grassroots, volunteer-led initiative which aims to inspire and empower women experiencing disadvantage to transform their lives through fitness, health and well-being activities.



SPRIT OF TRANSFORMATION Program

Women's Spirit Project

FREE 12 WEEK PROGRAM

30 WOMEN | 15 MENTORS | 12 WEEKS

MARCH - JUNE 2022

FRANKSTON | MORNINGTON PENINSULA

Be empowered for positive change

Meet Jordan



We had the pleasure of meeting Jordan during Frankston Youth Services holiday program at FSCRC. Jordan has been a regular with Youth Services for over 3 years. We were blown away with his stylish cardigan. Did you know it took him 60 hours to crochet this cardigan? During one of the many lockdowns, he took up crochet using

YouTube videos and Pinterest for design ideas. Are you interested in learning a new skill or Arts & Crafts? Call us on **9293 7122**.

Cultural Corner



Lunar New Year also known as Chinese New Year commenced on 1 February 2022. 2022 is the Year of the Water Tiger. Water Tiger comes from Tiger's five elements (Gold, Wood, Water, Fire and Earth). The Tiger is a symbol of strength, exorcising evils, and braveness.



Frankston South Community and Recreation Centre

E: fscrc@frankston.vic.gov.au **Ph:** 9293 7122

Address: 55 Towerhill Road Frankston South 3199

