

A photograph of a group of seniors exercising. In the foreground, a woman with blonde hair is smiling, wearing a green long-sleeved top. Next to her, a man with white hair is also smiling, wearing a maroon polo shirt. They are both holding green dumbbells. In the background, another woman with grey hair and a man with white hair are also smiling and exercising. The scene is set in a bright, airy room with large windows.

2019/20  
Edition

# Keeping Active, Involved and Informed

A directory of physical activity groups and other  
information for older people.

Frankston Region & the Mornington Peninsula



Peninsula  
Health

# About the Directory

This directory lists community groups and physical activity options that are available across Frankston and the Mornington Peninsula. It does not include all groups available.

The directory has been divided into regions to help you find groups close to you.

**Each region is divided into:**

- Physical Activity Groups
- Seniors Groups
- Community Houses

## **FOR MORE COPIES**

For more copies contact Peninsula Health.

**Web:** [www.peninsulahealth.org.au/agestrong](http://www.peninsulahealth.org.au/agestrong)

**Email:** [agestrong@phcn.vic.gov.au](mailto:agestrong@phcn.vic.gov.au)

**Phone:** 5976 9071

## **UP TO DATE INFORMATION**

Details are subject to change, please contact the group directly to confirm.

To be included in the next edition, please contact Peninsula Health, Agestrong on **5976 9071** or [agestrong@phcn.vic.gov.au](mailto:agestrong@phcn.vic.gov.au)

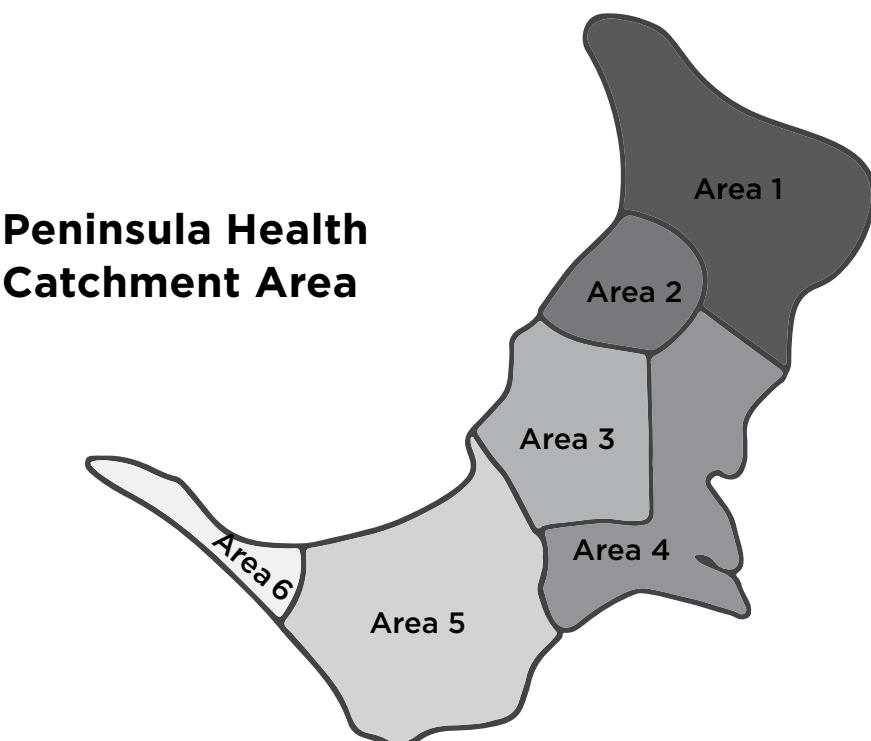
Groups available are not limited to those listed here.

**Produced by Peninsula Health. Supported by Frankston City Council and Mornington Peninsula Shire.**

**Contact: (03) 5976 9071 or email [agestrong@phcn.vic.gov.au](mailto:agestrong@phcn.vic.gov.au)**

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# Physical Activity Guidelines for Older Australians (65 years and older)

- You should do some physical activity, no matter your age, weight, health problems or abilities.
- You should be active every day in as many ways as possible. Do a range of physical activities such as fitness, strength, balance and flexibility.
- You should build up at least 30 minutes of moderate intensity physical activity on most, preferably all, days.
- If you are starting a new physical activity, start at a level that is easy and slowly build up the recommended amount, type and frequency of activity.
- If you already do vigorous physical activity, you should carry on doing so in a way that suits your ability as you get older. You should follow recommended safety procedures and guidelines.

## **TYPES OF EXERCISE**

There are four types of activities needed to keep you healthy.

**Moderate Activities** for your heart, lungs and blood vessels.

**Do 30 minutes of activity from this group on most days.**

Examples include brisk walking, swimming, golf, yard & garden work or dancing.

**Strength Activities** to help maintain bone strength.

**Do specific strength exercises 2 or 3 times a week.**

Examples include strength training exercises, lifting or carrying groceries or small children, climbing stairs or moderate yard work such as digging.

**Flexibility Activities** to help you move more easily.

Examples include Tai Chi, Yoga or stretching exercises.

**Balancing Activities** to improve your balance and help prevent falls.

These can be done easily at home by doing heel raises, side leg raises or half squats.

**For more information visit [www.health.gov.au/paguidelines](http://www.health.gov.au/paguidelines)**

# **PHYSICAL ACTIVITY GROUP INFORMATION**



## **AREA 1**

Patterson Lakes, Seaford,  
Carrum Downs, Langwarrin,  
Frankston North



PHYSICAL ACTIVITY	GENERAL EXERCISE GROUPS									
	Group Information	Time	M	T	W	T	F	Where	Phone	Price
<b>SHAKE IT UP (GENTLE AEROBICS)</b> A combination of aerobics, dance, strength training and Pilates.		11.15am	X					Patterson Lakes Community Centre 54-70 Thompson Road Patterson Lakes	9772 8588	\$6.50 per session
<b>FLOW INTO FITNESS</b> No matter how young or old you are, maintaining your muscle and bone strength is vital. Our trainer will ensure everyone's needs are met in this fun fitness program.		1.30pm to 2.30pm			X			Belvedere Community Centre 36 Belvedere Road Seaford	9776 8922	\$10 per session or \$50 for a 6 session pass
<b>CIRCUIT MOVES</b> Improve your fitness and health while working through a series of exercise circuits. All ages and fitness levels welcome.		9.15am to 10.15am				X		Belvedere Community Centre 36 Belvedere Road Seaford	9776 8922	\$10 per session or \$50 for a 6 session pass
<b>JOHN'S FITNESS CLASS</b> Groove yourself into shape with John. Feel the music and let loose. Exercises, Zumba, stretch, resistance training and relaxation.		1pm	X					Frankston North Community Centre 26 Mahogany Avenue Frankston North	0407 567 306	\$6 per session

PHYSICAL ACTIVITY	INDIVIDUALLY TAILORED EXERCISE									
	Group Information	Time	M	T	W	T	F	Where	Phone	Price
<b>PULMONARY REHAB PROGRAM</b> An 8 week education and exercise course for people with chronic lung disease. Includes a pre and post assessment. Must be diagnosed with respiratory conditions. Preferable to have a referral and a recent lung function test.		Afternoon		X		X		Patterson Lakes Community Centre 54-70 Thompson Road Patterson Lakes	1300 665 781	\$5 per session (\$10 for pre and post assessment)
<b>EXERCISE PHYSIOLOGY</b> Exercise Physiology is prescribed and run by qualified Exercise Physiologists aimed at: Improving Cardiovascular Health, Type 2 Diabetes, Chronic conditions in a gentle small group atmosphere. All fitness levels and ages welcome. Medical clearance and individual assessment required.		Various times, contact for details						PACE Health Management 83-85 Cranbourne Road Langwarrin	9789 1233	Contact for details

Physical Activity	Group Information	Gentle Exercise							Phone	Price
		Time	M	T	W	T	F	Where		
<b>TAI CHI</b> Gentle Tai Chi.		11am			X			Patterson Lakes Community Centre 54-70 Thompson Road Patterson Lakes	9772 8588	\$11 per session
<b>HATHA YOGA</b> <b>BEGINNERS TO INTERMEDIATE</b> Hatha yoga offers a gentle introduction to the most basic yoga postures leaving you feeling longer, looser and more relaxed. BYO mat and water bottle.		Wed 10.30am & 6.30pm Fri 9.30am			X		X	Patterson Lakes Community Centre 54-70 Thompson Road Patterson Lakes	9772 8588	\$12.50 per session
<b>TAI CHI MOVES</b> Fun, energizing, flowing Tai Chi class in a small group setting. An effective means of alleviating stress and anxiety and considered a form of meditation in motion promoting serenity and peace.		Tue 1pm to 2pm Thurs 10.30am		X		X		Belvedere Community Centre 36 Belvedere Road Seaford	9776 8922	\$10 per session or \$50 for a 6 session pass
<b>TAI CHI QIGONG</b> This is a beautiful gentle flowing exercise routine that is a joy to do and is deeply relaxing. It can help improve your circulation, digestion, reduce mental stress and physical tension. Contact Community Centre for dates.		7pm to 8.15pm				X		Belvedere Community Centre 36 Belvedere Road Seaford	9776 8922	\$130 for 6 weeks
<b>GENTLE EXERCISE CLASS</b> Help improve strength, balance, flexibility, fitness and mobility. Good balance required.		9.30am				X		Lyrebird Community Centre 203-205 Lyrebird Drive Carrum Downs	9782 0133	\$9 per session
<b>TAI CHI</b> Tai Chi is an ancient Chinese system of slow flowing movements and shifts of balance to strengthen the body and assist confident ease of movement. Bookings essential.		11am during school term	X					Langwarrin Community Centre 2-6 Lang Road Langwarrin	9789 7653	\$110 per term

PHYSICAL ACTIVITY		GENTLE EXERCISE								
Group Information		Time	M	T	W	T	F	Where	Phone	Price
<b>YOGA WITH NIRMANA</b>	Gentle stretching, yoga postures, breathing and relaxation. Suitable for Beginners to Intermediate. BYO yoga mat.	9.15am to 10.15am during school term		X			X	Frankston North Community Centre 26 Mahogany Avenue Frankston North	8773 9545	\$2 per session
<b>MEDITATION WITH TANIA</b>	Learn how to meditate and practice mindfulness with Resident Yogi Tania. All levels welcome.	1.30pm to 2.30pm					X	Frankston North Community Centre 26 Mahogany Avenue Frankston North	8773 9545	\$3 per session

PHYSICAL ACTIVITY		LEISURE								
Group Information		Time	M	T	W	T	F	Where	Phone	Price
<b>MAHOGANY BOWLS CLUB</b>	Indoor carpet bowls. Members compete in mixed teams of players.	9.30am to 12.30pm			X			Frankston North Community Centre 26 Mahogany Avenue Frankston North	8773 9545	\$4 per session

PHYSICAL ACTIVITY		DANCING								
Group Information		Time	M	T	W	T	F	Where	Phone	Price
<b>CIRCLE DANCING</b>	Circle dance for 30 minutes, followed by social and ballroom dancing for 1 hour. Music will include cha cha, rock & roll, foxtrot, tango etc. No partners required.	10am 1st & 3rd Wed of the month			X			Patterson Lakes Community Centre 54-70 Thompson Road Patterson Lakes	9772 8588	\$2 per session

PHYSICAL ACTIVITY	STRENGTHENING PROGRAM									
	Group Information	Time	M	T	W	T	F	Where	Phone	Price
<b>AGESTRONG</b> Group strength and balance program for people who no longer feel confident to exercise due to falls, health conditions or low confidence. Physio assessment required, contact Access to book in at your local Community Health Centre.		<b>Mornings</b>		<b>X</b>		<b>X</b>		Patterson Lakes Community Centre 54-70 Thompson Road Patterson Lakes	1300 665 781	\$5.50 per session
<b>AGESTRONG</b> Group strength and balance program for people who no longer feel confident to exercise due to falls, health conditions or low confidence. Physio assessment required, contact Access to book in at your local Community Health Centre.		<b>Mornings</b>	<b>X</b>				<b>X</b>	Lyrebird Community Centre 203-205 Lyrebird Drive Carrum Downs	1300 665 781	\$5.50 per session
<b>AGESTRONG</b> Group strength and balance program for people who no longer feel confident to exercise due to falls, health conditions or low confidence. Physio assessment required, contact Access to book in at your local Community Health Centre.		<b>Mornings</b>			<b>X</b>		<b>X</b>	Langwarrin Community Centre 2-6 Lang Road Langwarrin	1300 665 781	\$6 per session
<b>AGESTRONG</b> Group strength and balance program for people who no longer feel confident to exercise due to falls, health conditions or low confidence. Physio assessment required, contact Access to book in at your local Community Health Centre		<b>Mornings</b>	<b>X</b>		<b>X</b>			Frankston North Community Centre 26 Mahogany Avenue Frankston North	1300 665 781	\$5.50 per session

PHYSICAL ACTIVITY	WALKING GROUPS									
	Group Information	Time	M	T	W	T	F	Where	Phone	Price
<b>FRIENDLY WALKING GROUP</b> Unstructured leisure walking group in local area. Walk at own pace. Varied fitness levels of participants. Must be able to walk safely outdoors and have reasonable balance and fitness.		<b>9.30am</b>		<b>X</b>				Meets at Lyrebird Community Centre 203-205 Lyrebird Drive Carrum Downs	9782 0133	\$1 per session
<b>HEART &amp; SOLE WALKING GROUP</b> Walking group leaves from the centre. One group walk for 20 minutes and one group walk for 1 hour. Both meet for a cuppa and a chat at the centre.		<b>9.15am 2 Groups</b>	<b>X</b>					Frankston North Community Centre 26 Mahogany Avenue Frankston North	0417 513 639	Free

PHYSICAL ACTIVITY	WATER EXERCISE									
	Group Information	Time	M	T	W	T	F	Where	Phone	Price
<b>WATER AEROBICS</b> Light cardio and resistance work in pool. Caters for all levels of ability and injuries. Bring bathers, towel and thongs.		<b>Tues 11am</b> <b>Wed 10am</b> <b>Fri 9.30am</b>		<b>X</b>	<b>X</b>		<b>X</b>	Langwarrin Sports Medicine 83-85 Cranbourne Road Langwarrin	9789 1233	\$15 per session

SENIORS GROUPS		Where	Phone	Club Email & Website
Group Information				
<b>BELVEDERE BOWLS CLUB</b> Social bowls and competition bowls.		148R East Road Seaford	9776 8289	belvederebowls@bigpond.com www.belvederebowlsclub.com
<b>KALENKA INC.</b> English classes, bingo, cards, exercise, lunch, singing and lectures.		Seaford Community Centre Talbot Hall 1/6 Broughton Street Seaford	Ritta 9587 7061	
<b>SEAFORD SENIOR CITIZENS CLUB INC.</b> Bingo, games, trips, bowls, cards, pool, and mah-jong.		Seaford Community Centre Talbot Hall 1/6 Broughton Street Seaford	9785 1621	
<b>CARRUM DOWNS OVER 55'S</b> Indoor Bowls, Rummikub, pool and outings.		Seaford Community Centre Talbot Hall 1/6 Broughton Street Seaford	Terry 9766 4271 or 0403 311145	
<b>RADUGA RUSSIAN SENIOR CITIZENS CLUB</b> English classes, exercise, lunch, singing and lectures.		Seaford Uniting Church Railway Parade Seaford	Yelena 9772 6858	
<b>CARRUM DOWNS SENIOR CITIZENS CLUB INC.</b> Card games, board games, pool tables, bingo and social time to chat with friends. Games Day every Tuesday. Excursions and social events.		Lyrebird Community Centre 203-205 Lyrebird Drive Carrum Downs	Carol 0412 877 449	cazcoops6@bigpond.com
<b>AVONDRUST AUXILIARY (TO DUTCHCARE)</b> Luncheons and Dutch card afternoon. Kiosk is open daily.		Avondrust Village 1105 Frankston-Dandenong Road Carrum Downs	George 0427 221 040	
<b>CARRUM DOWNS PROBUS CLUB INC.</b> Croquet, mah-jong, 500, walking group, movies, lunch, Sunday travellers, dining out, theatre groups and bus trips.		Sands Hotel 71 Hall Road Carrum Downs	Pat 9785 2678	
<b>LANGWARRIN SENIOR CITIZENS CLUB</b> Indoor bowls, board games, afternoon tea and a monthly luncheon.		Langwarrin Community Centre 2-6 Lang Road Langwarrin	Linda 5995 5281	

SENIORS GROUPS		Where	Phone	Club Email & Website
Group Information				
<b>LANGWARRIN LADIES PROBUS CLUB INC.</b>	Day trips, dinner out, guest speakers, craft, gardening, cinema group, chat and chew club and lunch after the meeting.	Langwarrin Community Centre 2-6 Lang Road Langwarrin	Reception 9789 0449	
<b>SEAFORD PROBUS CLUB INC.</b>	Guest speaker followed by lunch. Includes trips away, theatre outings, walking groups, computer classes, craft, golf, cards and games.	King Close Community Centre 26 Moreton Street Frankston North	Carolyn 0450 158 149	seafordprobus@gmail.com
<b>SOUTH AMERICAN SENIOR CITIZENS CLUB OF FRANKSTON &amp; MORNINGTON PENINSULA</b>	Art, painting, socialisation, trips and outings. Enjoy morning tea.	King Close Community Centre 26 Moreton Street Frankston North	Cesar 9766 6887	
<b>FRANKSTON NORTH SENIOR CITIZENS CLUB</b>	Cards, bingo, scrabble and rummikub.	Frankston North Community Centre 26 Mahogany Avenue Frankston North	Reception 8773 9545	fncc@frankston.vic.gov.au <a href="http://www.facebook.com/frankstonnorthcommunitycentre">www.facebook.com/frankstonnorthcommunitycentre</a>
<b>FRANKSTON FILIPINO SENIORS SUPPORT GROUP</b>	Lunch, guest speakers, cards, craft, cultural dancing, line dancing and zumba.	Holy Family Church Hall 34 Moreton Street Frankston North	Grace 0409 192 390	
<b>PINES MEN'S SHED</b>	Make furniture, cubby houses, possum boxes, repair and recycle. Includes metal working and wood turning.	14 Stringybark Crescent Frankston North	Reception 9786 1008	<a href="mailto:pinesmensshed@bigpond.com">pinesmensshed@bigpond.com</a>
<b>PROSTATE CANCER SUPPORT GROUP</b>	Friendly discussion about prostate cancer diagnosis, treatment and recovery.	King Close Community Centre 26 Moreton Street Frankston North	Gordon 0407 817 996	
<b>MAHOGANY INDOOR BOWLS CLUB</b>		Jack Verity Hall Frankston North Community Centre 26 Mahogany Avenue Frankston North	8773 9545	<a href="mailto:fncc@frankston.vic.gov.au">fncc@frankston.vic.gov.au</a>
<b>LANGWARRIN MEN'S SHED</b>	Make furniture, possum boxes, repair and recycle. Learn to use a computer and cook!	185N Cranbourne - Frankston Road Langwarrin	9789 8380	<a href="mailto:comms@langwarrinmensshed.org.au">comms@langwarrinmensshed.org.au</a> <a href="http://www.langwarrinmensshed.org.au">www.langwarrinmensshed.org.au</a>

COMMUNITY HOUSES			
Centre Name	Where	Phone	Club Email & Website
<b>BELVEDERE COMMUNITY CENTRE</b>	36 Belvedere Road Seaford	9776 8922	reception@belvedere.org.au <a href="http://www.belvedere.org.au">www.belvedere.org.au</a>
<b>SEAFORD COMMUNITY CENTRE</b>	Talbot Hall, Broughton Street (Rear of Seaford Community Centre) Seaford	1300 322 322	<a href="mailto:halls@frankston.vic.gov.au">halls@frankston.vic.gov.au</a>
<b>LYREBIRD COMMUNITY CENTRE</b>	203-205 Lyrebird Drive Carrum Downs	9782 0133	admin@lyrebird.org.au <a href="http://www.lyrebird.org.au">www.lyrebird.org.au</a>
<b>LANGWARRIN COMMUNITY CENTRE</b>	2-6 Lang Road Langwarrin	9789 7653	reception@langwarrincc.org.au <a href="http://www.langwarrincc.org.au">www.langwarrincc.org.au</a>
<b>FRANKSTON NORTH COMMUNITY CENTRE</b>	26 Mahogany Avenue Frankston North	8773 9545	<a href="mailto:fncc@frankston.vic.gov.au">fncc@frankston.vic.gov.au</a>
<b>KING CLOSE COMMUNITY CENTRE</b>	26 Moreton Street Frankston North	9782 4517	





## **AREA 2**

Frankston, Frankston South,  
Mount Eliza, Baxter

PHYSICAL ACTIVITY		GENERAL GROUP EXERCISE								
Group Information		Time	M	T	W	T	F	Where	Phone	Price
<b>GROUP CLASSES</b> A range of groups available including Yoga, Zumba, Pilates, Active. GP certificate required if underlying condition.		Contact for times						Core Health Club 313 Nepean Hwy Frankston	9781 5533	\$20 for seniors casual or membership options available
<b>LIVFIT</b> Stretching, gentle weight work and strengthening. Aims to ease stiffness and pain.		8.50am		X				Leawarra House 200 Beach Street Frankston	0412 130 837	\$9 per session
<b>ACTIVE AGEING</b> Light exercise using resistance to music. Parking permits available, contact for parking details. GP sign off required for over 65 with heart problems.		9.30am	X		X			Monash Sport, Monash University Building W, MPARC McMahons Road Frankston	9904 4496	\$10 per session
<b>GROUP CLASSES</b> A variety of classes offered including Tai Chi, Pilates, Yoga, Yogalates, Cycling.		Various classes available, contact for times or view website						Peninsula Aquatic Recreation Centre Cnr Cranbourne Road & Olive Grove Frankston <a href="http://www.parcfrankston.com.au">www.parcfrankston.com.au</a>	9781 8444	\$16 per session (\$12.80 conc)  Membership options available
<b>PARC MOVERS</b> A class designed for those who want a lower intensity whilst getting great functional results in strength and cardio.		Various classes available, contact for times or view website						Peninsula Aquatic Recreation Centre Cnr Cranbourne Road & Olive Grove Frankston <a href="http://www.parcfrankston.com.au">www.parcfrankston.com.au</a>	9781 8444	\$16 per session (\$12.80 conc)  Membership options available
<b>FAB 50S</b> 40 minutes of gentle exercise to music. Warm ups, exercise and cool down stretching in the hydrotherapy pool.		10am 10.50am 11.40am 12.30pm 1.20pm during school terms					X	Peninsula Aquatic Recreation Centre Cnr Cranbourne Road & Olive Grove Frankston	9781 8444	\$7.20 per session (10 session pass \$64.80)  \$20 annual membership fee

PHYSICAL ACTIVITY	GENERAL GROUP EXERCISE									
	Group Information	Time	M	T	W	T	F	Where	Phone	Price
<b>EXERCISE FOR OVER 50'S</b> Exercise to increase strength and fitness. All exercises are done standing and some floor work.		9am	X		X		X	St Paul's Uniting Church Cnr Bay Street & High Street Frankston	0419 713 635	\$9 per session
<b>FITNESS EXERCISE</b> Improve your overall fitness, strength and flexibility.		9.30am	X		X			Frankston South Community Recreation centre 55 Towerhill Road Frankston South	9293 7122	\$8.50 per class
<b>GENTLE EXERCISE FOR OVER 55</b> Gentle seated workout. Aerobic balance and strength training. Annual membership \$10.		10.15am				X		Mount Eliza Neighbourhood House 90-100 Canadian Bay Road Mount Eliza	9787 8160	\$5 per session
<b>GENTLE EXERCISE FOR OVER 55</b> Aerobic balance and coordination, floor/mat work. Annual membership \$10.		9am				X		Mount Eliza Neighbourhood House 90-100 Canadian Bay Road Mount Eliza	9787 8160	\$5 per session
<b>EXERCISES FOR HEALTH</b> Stretching, gentle weight work and strengthening. Aims to ease stiffness and pain.		10.30am		X				St James the Less Church Hall Cnr Koetong Parade & Nepean Hwy Mount Eliza	0412 130 837	\$9 per session
<b>EXERCISES</b> Exercises using weights. Includes floor exercises. Annual membership \$5 (\$10 for first year).		9am				X		Mt Eliza Senior Citizens Club 90b Canadian Bay Road Mount Eliza	9787 8170	\$3 per session (includes tea and biscuits)

PHYSICAL ACTIVITY	INDIVIDUALLY TAILORED EXERCISE									
	Group Information	Time	M	T	W	T	F	Where	Phone	Price
<b>CANCER REHABILITATION PROGRAM</b> A 6 week education and exercise course for people who have cancer. Includes one on one assessment. Must have cancer diagnosis within the past 2 years.	Contact for times. Two sessions per week							Frankston Community Health 12-32 Hastings Road Frankston	1300 665 781	\$5 per session
<b>CARDIAC REHAB PROGRAM</b> An 8 week program for those who have had a cardiac event or surgery. It incorporates an exercise component and education. Pre-assessment required.	Contact for times							Frankston Community Health 12-32 Hastings Road Frankston	1300 665 781	\$5 per session

Physical Activity	Individually Tailored Exercise									
	Group Information	Time	M	T	W	T	F	Where	Phone	Price
<b>CHRONIC HEART FAILURE REHAB PROGRAM</b>  A 9 week education and exercise course for people with a diagnosis of chronic heart failure. Includes a one on one assessment. Must be diagnosed with chronic heart failure and undergo assessment.		9am & 10.30am		X				Frankston Community Health 12-32 Hastings Road Frankston	1300 665 781	\$5 per session
<b>KICKSTART</b>  A 6 week program designed to improve your confidence to engage in physical activity. It is suitable for people with a chronic disease or at risk of developing a chronic disease. Physio assessment required, contact Access to book in at your local Community Health Centre.		Contact for times						Frankston Community Health 12-32 Hastings Road Frankston	1300 665 781	\$5 per session
<b>LIFE PLUS PROGRAM</b>  An 8 week physical activity & lifestyle program for people with, or at risk of diabetes, heart disease and stroke. The program includes an exercise program and education.		Contact for times						Monash Sport, Monash University Monash Gym Building W, MPARC McMahons Road Frankston	1300 665 781	Depends on eligibility
<b>PULMONARY REHAB PROGRAM</b>  An 8 week education and exercise course for people with chronic lung disease. Includes a pre and post assessment. Must be diagnosed with respiratory conditions. Preferable to have a referral and a recent lung function test.		Contact for times. Two sessions per week						Frankston Community Health 12-32 Hastings Road Frankston	1300 665 781	\$5 per session  \$15 for course book (optional)
<b>EXERCISE PHYSIOLOGY</b>  Group exercise for improved strength, fitness, balance and mobility. All classes run by medically trained Exercise Physiologists and individualised for the client. Group classes are aimed to improve chronic health conditions while improving confidence and ability to perform daily tasks. Assessment from our Exercise Physiologist required.		Contact for times						Active One Frankston 25 Yuille Street Frankston	8707 0830	\$13-\$19 per session

PHYSICAL ACTIVITY	INDIVIDUALLY TAILORED EXERCISE									
	Group Information	Time	M	T	W	T	F	Where	Phone	Price
<b>STROKE CIRCUIT TRAINING &amp; MS GROUP</b>  A gym exercise program for people who have had a stroke. Uses treadmill, exercise bike, leg strengthening exercises and balance exercises. Parking permits available, contact for parking details. Physio/Exercise Physiologist Assessment required. Contact Access to book.		<b>8am &amp; 9.30am</b>		<b>X</b>		<b>X</b>		Monash Sport, Monash University Building W, MPARC McMahons Road Frankston	1300 665 781	\$9 per session
<b>EXERCISE PHYSIOLOGY GROUP</b>  Exercise Physiology Groups are prescribed and run by qualified Exercise Physiologists aimed at: Improving Cardiovascular Health, Type 2 Diabetes, Chronic conditions in a gentle small group atmosphere. All fitness levels and ages welcome. Medical clearance and individual assessment required.		<b>Various times, contact for details</b>						PACE Health Management 24 Yuille Street Frankston South	9770 6770	Contact for details

PHYSICAL ACTIVITY	GENTLE EXERCISE									
	Group Information	Time	M	T	W	T	F	Where	Phone	Price
<b>TAI CHI</b>  Exercise your mind, body and spirit using this holistic, fully integrated health art from China. By using a series of gentle exercises you will feel relaxed and refreshed. This is a self-run group.		<b>7pm during school terms</b>	<b>X</b>					Karingal PLACE Neighbourhood Centre 103 Ashleigh Avenue Frankston	8786 6650	\$3 per session
<b>SEATED EXERCISE TO MUSIC CLASS</b>  Improve strength. Beneficial for those with problems with their back, knees, feet, arthritis, osteoporosis, excess weight, lack of sleep or recovering from injuries.		<b>10am to 11am</b>				<b>X</b>		Orwil Street Community House 16 Orwil Street Frankston	9783 5073	\$11 per session \$9 per session (concession)
<b>CHAIR YOGA</b>  Suitable for all shapes, sizes and mobility. The chair acts as a prop to aid balance and support.		<b>9.30am to 10.30am</b>	<b>X</b>					Orwil Street Community House 16 Orwil Street Frankston	9783 5073	\$12 per session or \$80 for 8 weeks
<b>STRETCH FLOOR WORKOUT</b>  Improve balance core strength flexibility. Must be able to get on floor.		<b>1.30pm</b>		<b>X</b>				Frankston South Community Recreation centre 55 Towerhill Road Frankston South	9293 7122	\$8.50 per class

PHYSICAL ACTIVITY	GENTLE EXERCISE									
	Group Information	Time	M	T	W	T	F	Where	Phone	Price
<b>TAI CHI</b> Light Tai Chi movements that are beneficial for your strength and balance.		12pm	X					Frankston South Community Recreation centre 55 Towerhill Road Frankston South	9293 7122	\$3 per class
<b>TWINGES IN THE HINGES</b> Gentle exercise class intended to improve balance, strength and flexibility. This is a good beginners class which includes stress relief and relaxation Reasonable balance required.		9.30am				X		Frankston South Community Recreation centre 55 Towerhill Road Frankston South	9293 7122	\$8.50 per class
<b>FRANKSTON ARTHRITIS SELF HELP - TAI CHI</b> Tai chi for arthritis, also conduct social outings and information meetings. Annual Membership \$10.		12pm		X				Frankston South Community Recreation centre 55 Towerhill Road Frankston South	9766 0353	\$2 each week
<b>ANAHATA YOGA</b> Gentle style of Yoga, a blend of hatha and raja yoga to improve health and wellbeing. Beginners, intermediate and advanced classes available. Bookings essential.	Various classes available, contact for times							Frankston South Community Recreation centre 55 Towerhill Road Frankston South	9783 6601	Per 10 week term: 1hr sessions \$160 1.5hr sessions \$170
<b>YOGA - BEGINNERS</b> Yoga to help you relax, reduce stress and improve your fitness and flexibility. Suitable for beginners or those returning to yoga. Annual membership \$10.		10.45am		X				Mount Eliza Neighbourhood House 90-100 Canadian Bay Road Mount Eliza	9787 8160	\$150 for 10 week term or \$25 casual
<b>YOGA - PROGRESSIVE</b> Progressive Yoga for people with experience. Experience in Yoga required. Annual membership \$10.		9am		X				Mount Eliza Neighbourhood House 90-100 Canadian Bay Road Mount Eliza	9787 8160	\$180 for 10 week term
<b>TAI CHI</b> Annual membership \$5 (\$10 for first year).		9.45am			X			Mt Eliza Senior Citizens Club 90b Canadian Bay Road Mount Eliza	9787 8170	\$3 per session (includes tea and biscuits)

PHYSICAL ACTIVITY		LEISURE								
Group Information		Time	M	T	W	T	F	Where	Phone	Price
<b>FRANKSTON CROQUET CLUB</b> Club social days. All equipment supplied. Please wear flat soled shoes and casual clothing. Coaching available.		<b>Tue, Thu, Sat (Winter) 10am to 3pm</b>  <b>Thu 4.00pm (Summer)</b>		X		X		Frankston Croquet Club Cnr Spring & Nolan Streets Frankston	9787 1665	Contact the Club for more details
<b>PRYMEBALL</b> Modified game of volleyball, ball is caught before being passed over the net, played in a non-competitive atmosphere. Reasonable balance and moderate fitness required.		<b>Tue 9.30am &amp; Fri 1pm</b>		X			X	Frankston South Community Recreation centre 55 Towerhill Road Frankston South	9787 9772	\$6.50 per session
<b>SOCIAL BADMINTON</b> Enjoy a social game. No experience necessary. Reasonable balance and moderate fitness required. Shuttles provided. BYO racquet		<b>Tue 5.30pm to 7.30pm</b>  <b>Sat 4pm to 6pm</b>		X				Frankston South Community Recreation centre 55 Towerhill Road Frankston South	0402 924 692	\$11 per session
<b>SNOOKER</b> Annual membership \$5 (\$10 for first year).		<b>1pm to 4pm</b>  <b>Sat 1pm</b>	X		X	X		Mt Eliza Senior Citizens Club 90b Canadian Bay Road Mount Eliza	9787 8170	\$3 per session (includes tea and biscuits)
<b>BILLIARDS</b> Annual membership \$5 (\$10 for first year).		<b>10am to 12pm</b>					X	Mt Eliza Senior Citizens Club 90b Canadian Bay Road Mount Eliza	9787 8170	\$3 per session (includes tea and biscuits)
<b>TABLE TENNIS</b> Annual membership \$5 (\$10 for first year).		<b>10am to 12pm</b>	X					Mt Eliza Senior Citizens Club 90b Canadian Bay Road Mount Eliza	9787 8170	\$3 per session (includes tea and biscuits)
<b>BOWLS</b> Indoor carpet Bowls. Annual membership \$5 (\$10 for first year).		<b>1pm to 4pm</b>			X			Mt Eliza Senior Citizens Club 90b Canadian Bay Road Mount Eliza	9787 8170	\$3 per session (includes tea and biscuits)

PHYSICAL ACTIVITY		DANCING								
Group Information		Time	M	T	W	T	F	Where	Phone	Price
<b>BELLY DANCING</b> Belly dancing is a low impact full body workout that tones and shapes the body in a fluid like manner. Belly dancing strengthens pelvic muscles and prevents lower back problems. Improves posture, hip flexibility and relieves stress. Suitable for all fitness levels.		<b>7.30pm to 8.30pm</b>		<b>X</b>				Orwil Street Community House 16 Orwil Street Frankston	9783 5073	\$5 per session
<b>WOMEN'S TRANSFORMATIONAL/MEDITATIVE DANCE</b> This workshop focuses on our connection to the inner most self, the part that often is not acknowledged. There is no prior dance experience or fitness level necessary. Based on Raqs Sharqi (Egyptian dance) contemporary and classical fusion. Bookings essential.		<b>10am to 12.30pm</b>	<b>SATURDAY</b>					Orwil Street Community House 16 Orwil Street Frankston	9783 5073	\$40 per session (\$35 concession)
<b>ZUMBA GOLD</b> Low key Zumba dancing. Parking permits available, contact for parking details. GP sign off required for over 65 with heart problems.		<b>9.30am</b>					<b>X</b>	Monash Sport, Monash University Building W, MPARC McMahons Road Frankston	9904 4496	\$10 per session
<b>ZUMBA GOLD</b> Fun class using music from around the world including Latin, belly dance, big band, swing. No partners needed.		<b>9.30am</b>					<b>X</b>	Frankston South Community Recreation centre 55 Towerhill Road Frankston South	0410 519 385	\$8.50 per class
<b>LINE DANCING</b> Learn the basics of line dancing steps to foot tapping music Annual membership \$10.		<b>1pm</b>				<b>X</b>		Mount Eliza Neighbourhood House 90-100 Canadian Bay Road Mount Eliza	9787 8160	\$5 per session
<b>DANCING</b> New Vogue dancing. Annual membership \$5 (\$10 for first year).		<b>10am to 12pm</b>		<b>X</b>				Mt Eliza Senior Citizens Club 90b Canadian Bay Road Mount Eliza	9787 8170	\$3 per session (includes tea and biscuits)

PHYSICAL ACTIVITY	STRENGTHENING PROGRAM									
	Group Information	Time	M	T	W	T	F	Where	Phone	Price
<b>AGESTRONG</b>  Group strength and balance program for people who no longer feel confident to exercise due to falls, health conditions or low confidence. Physio assessment required, contact Access to book in at your local Community Health Centre.		<b>Mornings</b>		<b>X</b>		<b>X</b>		Frankston Community Rehab Centre 125 Golf Links Road Frankston	1300 665 781	\$5.50 per session
<b>AGESTRONG - FRANKSTON RSL</b>  A strengthening and balance program for those who no longer feel confident and have limitations in mobility. Improves muscle strength, balance, flexibility and daily function as well as reduces the risk of falls. Preference given to DVA clients. GP certificate required.		<b>8am &amp; 9am</b>		<b>X</b>			<b>X</b>	Frankston RSL 183 Cranbourne Road Frankston	9783 2288	Dependant on DVA entitlements
<b>AGESTRONG</b>  Group strength and balance program for people who no longer feel confident to exercise due to falls, health conditions or low confidence. Physio assessment required, contact Access to book in at your local Community Health Centre.		<b>Mornings</b>	<b>X</b>			<b>X</b>		Frankston SAI Home & Community Care 411 Nepean Hwy Frankston	1300 665 781	\$5 per session
<b>STRONG FOR LIFE STRENGTH GROUP</b>  An affordable supportive and progressive program for older adults. Available to PARC members and non-members.		<b>Various classes available, contact for times or view website</b>						Peninsula Aquatic Recreation Centre Cnr Cranbourne Road & Olive Grove Frankston <a href="http://www.parcfrankston.com.au">www.parcfrankston.com.au</a>	9781 8444	Contact PARC for details
<b>AGESTRONG - FRANKSTON SOUTH</b>  Group strength and balance program for people who no longer feel confident to exercise due to falls, health conditions or low confidence. Physio assessment required, contact Access to book in at your local Community Health Centre.		<b>10.30am &amp; 11.30am</b>	<b>X</b>		<b>X</b>		<b>X</b>	Frankston South Community Recreation centre 55 Towerhill Road Frankston South	1300 665 781	\$7.00 per session

PHYSICAL ACTIVITY	STRENGTHENING PROGRAM								
	Time	M	T	W	T	F	Where	Phone	Price
<b>AGESTRONG FRANKSTON SOUTH - CHAIR BASED</b>  Group strength and balance program for people who no longer feel confident to exercise due to falls, health conditions or low confidence. Physio assessment required, contact Access to book in at your local Community Health Centre	<b>12.30pm</b>	<b>X</b>					Frankston South Community Recreation centre 55 Towerhill Road Frankston South	1300 665 781	\$7 per session
<b>AGESTRONG</b>  Group strength and balance program for people who no longer feel confident to exercise due to falls, health conditions or low confidence. Physio assessment required, contact Access to book in at your local Community Health Centre.	<b>10.15am</b>	<b>X</b>			<b>X</b>		Karingal Neighbourhood House 103 Ashleigh Avenue Karingal	1300 665 781	\$6 per session

PHYSICAL ACTIVITY	WALKING GROUP									
	Group Information	Time	M	T	W	T	F	Where	Phone	Price
<b>ACROSS THE AGES WALK</b> An outdoor walk for all ages. Medium to fast paced walk. Sometimes leaves from other venues, please call prior to confirm. Indoor group on wet days. Must be reasonably fit.		<b>9.30am</b>		<b>X</b>				Leaves from Frankston South Community Recreation centre 55 Towerhill Road Frankston South	9293 7122	\$3 for tea/coffee /fresh fruit
<b>KARINGAL HUB HEALTH WALKS</b> Supported indoor walk including warm up / stretches, walk and cool down. Walk own pace. Support from volunteers. Please collect registration forms from Centre Management and arrive 10mins early with these to your first session.		<b>Mon, Wed, Fri 7:45am Tue 5.30pm</b>	<b>X</b>	<b>X</b>	<b>X</b>		<b>X</b>	Karingal Hub Shopping Centre Cranbourne Road Frankston	9789 1192	Free
<b>RAMBLERS WALKING GROUP</b> Leisurely walk with occasional day trips. Calendar of walks is available from the Community House. Annual membership \$10.			<b>SATURDAY</b>					Mount Eliza Neighbourhood House 90-100 Canadian Bay Road Mount Eliza	9787 8160	Free
<b>WALKING GROUP</b> A walking group for people who want to become fit & healthy through a varied and weekly walk, finish with a cuppa and chat at a local café. Annual membership \$10.		<b>8.30am</b>		<b>X</b>		<b>X</b>		Mount Eliza Neighbourhood House 90-100 Canadian Bay Road Mount Eliza	9787 8160	Free
<b>DOG WALKING GROUP</b> A walk with the dogs through the park for one hour followed by tea and coffee. Annual membership \$12. Dogs must be well socialised and non-aggressive. Please contact prior to attending to ensure your dog is suitable.		<b>Tue 8.30am &amp; 9.30am Thu 9.30am</b>		<b>X</b>		<b>X</b>		Baxter Park Frankston Flinders Road Baxter	9789 8475	Free

PHYSICAL ACTIVITY		WATER EXERCISE								
Group Information		Time	M	T	W	T	F	Where	Phone	Price
<b>AQUA AEROBICS</b> Aqua aerobics medium level.		Mon - Fri 12.15pm	X	X	X	X	X	Input Fitness 224 Cranbourne Road Frankston	9789 3566	\$12.40 per session or \$100 for 10 sessions (concession)
		Sun 10.30am	SUNDAY							
<b>AQUA YOGILATES</b> Combining Yoga and pilates to provide an all round strength and flex workout in the pool. Using yoga poses, mixed with core strength exercises of pilates in the water helps develop strength balance and ROM.		1pm			X			Input Fitness 224 Cranbourne Road Frankston	9789 3566	\$12.40 per session or \$100 for 10 sessions (concession)
<b>AQUA H.I.I.T</b> High intensity impact training. Quick burst of energy followed by recovery in the pool.		6.15pm				X		Input Fitness 224 Cranbourne Road Frankston	9789 3566	\$12.40 per session or \$100 for 10 sessions (concession)
<b>HYDROTHERAPY</b> Individually tailored exercises. Maximum of 6 sessions, followed by transition to community pool. Physio assessment required, contact Access to book in at your local Community Health Centre.		Sessions times provided once registered						Frankston Community Rehab Centre 125 Golf Links Road Frankston	1300 665 781	\$5 per session
<b>AQUA CLASSES</b> A variety of groups available to strengthen your body with reduced impact to your joints. Resistance tools such as buoyant water weights and noodles may be used.		Various classes available, contact for times or view website						Peninsula Aquatic Recreation Centre Cnr Cranbourne Road & Olive Grove Frankston <a href="http://www.parcfrankston.com.au">www.parcfrankston.com.au</a>	9781 8444	\$16 per session (\$12.80 conc) Membership options available
<b>FABULOUS FIFTIES SWIMMING CLUB</b> 40 minutes of gentle exercise to music followed by an additional 15 minutes in the pool. Heated indoor pool. Trial sessions available contact for details. Enrolment form to be completed. \$20 annual fee.		10am 40 mins session 2pm					X	Peninsula Aquatic Recreation Centre Cnr Cranbourne Road & Olive Grove Frankston	5975 4118	\$7.20 per session 10 session passes \$64.80

SENIORS GROUPS		Where	Phone	Club Email & Website
Group Information				
<b>ITALIAN SENIORS OF FRANKSTON</b> Bingo, billiards, bocce, indoor bowls, cards, outings, dancing, celebrations, bands and performances.		Bruce Park Hall Margate Avenue Frankston	Domenic 0407 250 413	
<b>AUSTRALIAN MULTICULTURAL SENIORS SUPPORT GROUP INC</b> Dancing, board games and lunch.		Frankston Multicultural Centre 24-26 High Street Frankston	Fe 0418 592 944	gilliesfe@gmail.com
<b>FRANKSTON COMBINED PROBUS INC.</b> Guest speakers, day trips, caravanning, craft, games, picnics, dinners out, computer club and walking club.		RSL - Bowls Pavilion Rear of RSL building 183 Cranbourne Road Frankston	Mary 9776 5176	maryms@optusnet.com.au
<b>GREEK SENIOR CITIZENS CLUB</b> Morning and afternoon tea, lunch, trips, picnics, cards, bingo and games.		2 Petrie Street Frankston	Stacey 0423 531 828	
<b>GREEK ELDERLY WOMEN'S CLUB</b> Bingo, Greek book swap, exercise, knitting, dance, singing and day trips.		2 Petrie Street Frankston	Dimitra 0418 554 840	
<b>CHINESE SENIOR CITIZENS CLUB</b> Gentle exercise, tai chi, cultural dancing, mah-jong, socialising and lunch. Includes outings and birthday celebrations.		MiCare 24-26 High Street Frankston	Jenny 0438 616 613	
<b>CAFÉ BAZAAR - SOCIAL SUPPORT ACTIVITY GROUP</b> A social support group for independent multicultural seniors. Activities include cards, music, chess, knitting, craft computers, movies and chats with friends.		MiCare 24-26 High Street Frankston	9781 5788	cbssccc@icare.com.au
<b>GREEK PLANNED ACTIVITY GROUP</b> Hot lunches, gentle exercise, bingo, craft, music, celebrations of culturally significant events, guest speakers and information sessions.		MiCare 24-26 High Street Frankston	9781 5788	cbssccc@icare.com.au
<b>POLISH SENIOR CITIZENS CLUB</b> Come along and enjoy tea and coffee, conversation, bingo, celebrations and cards.		MiCare 24-26 High Street Frankston	Dominika 0468 640 786	

SENIORS GROUPS				
Group Information		Where	Phone	Club Email & Website
<b>PROBUS CLUB OF FRANKSTON</b> Outings, golf, cards, walking, theatre, music, bus trips and discussion mornings.		RSL Frankston, Bowls Pavilion 183 Cranbourne Road Frankston	Clyde 9783 7140	enquiries.probusfrankston@gmail.com www.probusfrankston.org.au
<b>PROBUS CLUB OF LANGWARRIN COMBINED INC.</b> Meetings, guest speakers, morning tea, craft, movies, table tennis, walks, golf, book group, bus trips, caravan trips, luncheons.		RSL Frankston, Bowling Club Rooms 183 Cranbourne Road Frankston	Richard 0416 138 844	PO BOX 4090 Langwarrin 3910
<b>SEAGULL DAY CLUB</b> Weekly social program including gentle exercise and light lunch. \$10 per week. \$20 for outings. Limited transport available.		Frankston RSL 183 Cranbourne Road Frankston	Sharon 9783 5509	
<b>FRANKSTON LADIES PROBUS CLUB INC.</b> Activities include luncheons, guest speakers, morning teas, fashion shows and outings.		Community of Christ Church Hall 2 Logan Street Frankston	Helen 9789 5192	
<b>COUNTRY WOMEN'S ASSOCIATED - FRANKSTON BRANCH</b> Craft, outings and cooking.		33 Beach Street Frankston	Jenny 9766 5614	
<b>FRANKSTON SENIOR CITIZENS CLUB</b> Bingo, concerts, outings and luncheons.		Leawarra House 200 Beach Street Frankston	Josie 9789 5272	
<b>UNIVERSITY OF THE THIRD AGE (U3A) - FRANKSTON</b> Over 60 courses available, social activities and the opportunity to make new friends in a relaxed yet stimulating environment!		Stella Maris Centre Gate 8, 161 McMahons Road Frankston	9770 1042	office@u3af.org.au www.u3af.org.au
<b>FRANKSTON PARKINSON'S SUPPORT GROUP</b> Information, support, socialising, speaker on topics of interest. People with Parkinson's, their carer's, friends and family or all others are welcome.		St John of God 255-265 Cranbourne Road Frankston	David 9783 5456	
<b>FRANKSTON EAST OVER 55'S</b> Enjoy carpet bowls, exercise, line dancing, bingo and craft.		Leawarra House 200 Beach Street Frankston	Pearl 9766 0290	

SENIORS GROUPS		Where	Phone	Club Email & Website
Group Information				
<b>FRANKSTON BOWLING CLUB</b> A friendly, social community club. Includes active and competitive bowls as well as barefoot, social and indoor bowls.		Cnr Yuille & Williams Streets Frankston	9783 2877	secretary@cofbc.com <a href="http://www.frankston.bowls.com.au">www.frankston.bowls.com.au</a>
<b>KARINGAL BOWLING CLUB</b> Social and Pennant bowls. The Club offers full, social and junior memberships. The Club caters for all ages and bowlers with disabilities.		248 Skye Road Frankston	9789 0754	<a href="http://www.karingalbowlingclub.com.au">www.karingalbowlingclub.com.au</a>
<b>FRANKSTON MEN'S SHED</b> Men's Community Kitchen, social group, gardening and woodwork.		Cnr Hastings Road & Dundas Street Frankston	John 9784 8403	
<b>NATIONAL SENIORS AUSTRALIA - FRANKSTON BRANCH</b> Topical speakers, morning tea, entertainment, luncheons, outings and day trips.		St Francis Xavier Church Hall Young Street Frankston	Marion 9776 6648	
<b>PENINSULA ACTIVITY GROUP</b> Friendship group for all. Activities include walking, trips, day outings, shows, lunches, guest speakers and tea and coffee.		Uniting Church High Street Frankston	Joana 9775 2304	
<b>COUNTRY WOMEN'S ASSOCIATED - FRANKSTON SOUTH BRANCH</b> Cooking and craft.		Connect Church Hall 135 Golf Links Road Frankston South	Dorothy 0428 874 488	<a href="mailto:dorothy.daly@bigpond.com">dorothy.daly@bigpond.com</a>
<b>MOUNT ELIZA CENTRAL PROBUS CLUB INC.</b> Golf, caravan & camping, bowls, book club, investment group, theatre, outings and cinema. Monthly meeting with guest speakers.		Uniting Church 93 Canadian Bay Road Mount Eliza	Marg 0409 962 151	
<b>LADIES PROBUS CLUB OF MOUNT ELIZA VILLAGE INC</b> Outings, film, social dining, book club, scrabble, solo and guest speakers.		Uniting Church 93 Canadian Bay Road Mount Eliza	Fay 9787 1665	
<b>MOUNT ELIZA FIFTY-FIVE PLUS CLUB INC</b> Table tennis, indoor carpet bowls, snooker, dancing, cards, games, exercise, tai chi, films, outings and trips.		90b Canadian Bay Road Mount Eliza	Sue 9787 8170	<a href="mailto:me55plusclub@gmail.com">me55plusclub@gmail.com</a> <a href="http://www.mteliza55plusclub.com">www.mteliza55plusclub.com</a>

## SENIORS GROUPS

Group Information	Where	Phone	Club Email & Website
<b>MOUNT ELIZA BOWLING CLUB</b>	90-100 Canadian Bay Road Mount Eliza	9787 3047	mtelizabc@bigpond.com www.mtelizabowlingclub.com.au
<b>MT ELIZA MEN'S SHED</b> A place for blokes to gather, work and support each other. Activities include community projects and woodwork.	Mount Eliza Country Club (rear of the building) 32 Old Mornington Road Mount Eliza	Don 9787 8076	
<b>THE EMBROIDERERS GUILD OF VICTORIA - MORNINGTON BRANCH</b> A friendly, helpful and welcoming club. Come along to learn specific techniques and general embroidery skills.	Mt Eliza Community Centre Canadian Bay Road Mount Eliza	Barbara 0411 381 154	
<b>MORNINGTON RAILWAY PRESERVATION SOCIETY INC.</b> Restoration of steam locomotives, maintenance, carriage restoration and maintenance.	460 Moorooduc Hwy Mount Eliza	Geoff 5971 1569	secretary@morningtonrailway.org

## COMMUNITY HOUSES

Centre Name	Where	Phone	Club Email & Website
<b>EBDALE COMMUNITY HUB AND LEARNING CENTRE</b>	20 Ebdale Street Frankston	9293 7102	ebdale@frankston.vic.gov.au
<b>KARINGAL PLACE NEIGHBOURHOOD CENTRE</b>	103 Ashleigh Avenue Frankston	8786 6650	www.karingalpnc.org.au
<b>ORWIL STREET COMMUNITY HOUSE</b>	16 Orwil Street Frankston	9783 5073	info@orwilst.org.au www.orwilst.org.au
<b>FRANKSTON SOUTH COMMUNITY AND RECREATION CENTRE</b>	55 Towerhill Road Frankston South	9293 7122	frankstonsouthreccentre@frankston.vic.gov.au
<b>MT ELIZA NEIGHBOURHOOD HOUSE</b>	90-100 Canadian Bay Road Mount Eliza	9787 8160	www.mountelizanh.com.au

## COMMUNITY GARDENS AND MENS SHEDS CONTACTS

Centre Name	Where	Contact Email	Contact Name
<b>MT ELIZA MEN'S SHED</b> Mt Eliza Community House	90-100 Canadian Bay Road Mount Eliza	don.reeves@bigpond.com	Don Reeves
<b>PENINSULA NORTH MEN'S SHED</b>	211 Baxter Tooradin Road Baxter (next to Baxter Hall)	wingewarra_obbud@internode.on.net	Paul Jacobs



## **AREA 3**

Mornington,  
Mount Martha, Moorooduc

PHYSICAL ACTIVITY		GENERAL EXERCISE GROUP								
Group Information		Time	M	T	W	T	F	Where	Phone	Price
<b>SUPERVISED GYM</b> Older adult strength training program in the gym. Individual programming orientation required prior to class.		Mon, Tue, Thu, Fri 8am to 11am	X	X	X	X	X	Civic Reserve Recreation Centre 350 Dunns Road Mornington	5975 0133	\$7 per session
<b>PRIME FUSION</b> Aerobics, fitness, strength, balance, pilates. Need GP Clearance.		8.10am	X		X		X	Civic Reserve Recreation Centre 350 Dunns Road Mornington	5975 0133	\$12.50 casual
<b>PRIME CIRCUIT</b> Strength, balance,aerobics and stretching. Need GP Clearance.		8.10am		X		X		Civic Reserve Recreation Centre 350 Dunns Road Mornington	5975 0133	\$12.50 casual

PHYSICAL ACTIVITY		LEISURE								
Group Information		Time	M	T	W	T	F	Where	Phone	Price
<b>CROQUET FREE TRY FOR INTEREST/RECREATION</b> Opportunity to trial the game. Cup of tea afterwards. Flat shoes needed.		Contact for times						Civic Reserve Recreation Centre Dunns Road Mornington	9787 1039	Free

PHYSICAL ACTIVITY		DANCING								
Group Information		Time	M	T	W	T	F	Where	Phone	Price
<b>MONTANA LINE DANCING</b> Low impact line dancing, all ages welcome, no partner needed. Tea and coffee supplied. Weekly door prizes. Good balance required.		10am (Beginners)		X				Mooroooduc Hall Cnr Derril & Bentons Roads Mooroooduc	5975 0118	\$10 per session
		11am (Intermediate)								

PHYSICAL ACTIVITY	INDIVIDUALLY TAILORED EXERCISE								
	Time	M	T	W	T	F	Where	Phone	Price
<b>EXERCISE PHYSIOLOGY GROUP</b>  Exercise Physiology Groups are prescribed and run by qualified Exercise Physiologists aimed at: Improving Cardiovascular Health, Type 2 Diabetes, Chronic conditions in a gentle small group atmosphere. All fitness levels and ages welcome. Medical clearance and individual assessment required.	<b>Contact for times</b>						PACE Exercise Physiology Mornington Rear 103 Main Street Mornington	5973 6109	1hr \$35 casual. 30min \$17.50 casual. Discounts available for pensioners and multiple session.
<b>EXERCISE PHYSIOLOGY GROUP</b>  Exercise Physiology Groups are prescribed and run by qualified Exercise Physiologists aimed at: Improving Cardiovascular Health, Type 2 Diabetes, Chronic conditions in a gentle small group atmosphere. All fitness levels and ages welcome. Medical clearance and individual assessment required.	<b>Mon, Wed &amp; Fri 10am</b>  <b>Mon 6pm</b>  <b>Tues &amp; Thurs 6pm</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	PACE Exercise Physiology Suite 5/34 Lochiel Avenue Mount Martha	5974 3147	Casual - \$35 per hour Pensioner - \$30 per hour Pack - \$150 for 5 sessions paid in advance
<b>MS GYM</b>  Tailored gym program modified to meet the needs of people who have suffered a stroke, have lung problems or MS. Physio assessment required, contact Access to book in at your local Community Health Centre.	<b>11am</b>		<b>X</b>				Civic Reserve Recreation Centre 350 Dunns Road Mornington	5975 0133	\$7 per session
<b>LUNGS IN ACTION</b>  A group exercise program for people with respiratory problems. Everyone has an individualised program including strength training and cardiovascular exercise. Must have completed a Pulmonary Rehab Program and undergo assessment.	<b>Tue 10am</b>  <b>Wed &amp; Thu 1.30pm</b>		<b>X</b>	<b>X</b>	<b>X</b>		Civic Reserve Recreation Centre 350 Dunns Road Mornington	5975 0133	\$7 per session
<b>STROKE CIRCUIT TRAINING</b>  Exercise program suitable for participants who have suffered a stroke. Physio assessment required, contact Access to book in at your local Community Health Centre.	<b>12.15pm</b>		<b>X</b>				Civic Reserve Recreation Centre 350 Dunns Road Mornington	1300 665 781	\$7 per session

PHYSICAL ACTIVITY	INDIVIDUALLY TAILORED EXERCISE									
	Group Information	Time	M	T	W	T	F	Where	Phone	Price
<b>EXERCISE PHYSIOLOGY</b>  Group exercise for improved strength, fitness, balance and mobility. All classes run by medically trained Exercise Physiologists and individualised for the client. Group classes are aimed to improve chronic health conditions while improving confidence and ability to perform daily tasks. Assessment from our Exercise Physiologist required.		3pm	X					Beleura Health Solutions - Mornington 945 Nepean Hwy Mornington	5976 2212	\$13-\$19 per session
<b>INDIVIDUALISED GROUP PROGRAMS</b>  Personalised classes with a maximum of 4 participants, classes available include: Pilates, Strengthen and Stretch, Older Adults. Initial consult required \$95.		Contact for times						Bayside Osteopathic Clinic 941 Nepean Hwy Mornington	5977 0466	1 hour: \$95, 45min \$75, 30min \$65, private health rebates may apply.
<b>KICKSTART</b>  A 6 week program designed to improve your confidence to engage in physical activity. It is suitable for people with a chronic disease or at risk of developing a chronic disease. Physio assessment required, contact Access to book in at your local Community Health Centre.		Contact for times						Mornington Community Health 62 Tanti Avenue Mornington	1300 665 781	\$5 per session
<b>LIFE PLUS PROGRAM</b>  An 8 week physical activity and lifestyle program for people with, or at risk of diabetes, heart disease and stroke. The program includes an exercise program and education.		Contact for times						Mornington Community Health 62 Tanti Avenue Mornington	1300 665 781	Depends on eligibility
<b>PULMONARY REHAB PROGRAM</b>  An 8 week education and exercise course for people with chronic lung disease. Includes a pre and post assessment. Must be diagnosed with respiratory conditions. Preferable to have a referral and a recent lung function test. Physio/Exercise Physiologist Assessment.		Contact for times, two sessions per week						Mornington Community Health 62 Tanti Avenue Mornington	1300 665 781	\$5 per session.  \$15 for course book (optional)

PHYSICAL ACTIVITY		GENTLE EXERCISE								
Group Information		Time	M	T	W	T	F	Where	Phone	Price
<b>TAI CHI FOR HEALTH</b>	Specially designed Tai Chi movements for people with arthritis. Further development of skills learnt in intermediate classes. Self medical assessment required (and review by physio if required).	<b>9.30am (Beginners &amp; Intermediates)</b>  <b>11am (Advance &amp; Maintenance)</b>	<b>X</b>					Mornington Masonic Lodge Cnr Barkly Street & Eastern Ring Road Mornington	5970 2000	\$45 per term
<b>BODY BALANCE - OVER 55'S.</b>	Yoga/Tai Chi/Pilates workout that builds flexibility and strength. Moves and poses to music create a holistic workout that brings the body into a state of harmony and balance. GP certificate required, Initial Assessment (costs \$20).	<b>Mon 10.40am</b>  <b>Tue &amp; Thu 6.30pm</b>	<b>X</b>	<b>X</b>		<b>X</b>		Optima Health & Fitness 36 Milgate Drive Mornington	5976 4000	\$7.50 per class  10 visit pass \$70
<b>PILATES - OVER 55'S</b>	Pilates exercises. GP certificate required, Initial Assessment (costs \$20).	<b>9.20am</b>		<b>X</b>				Optima Health & Fitness 36 Milgate Drive Mornington	5976 4000	\$7.50 per class  10 visit pass \$70
<b>YOGA - OVER 55'S</b>	Gentle yoga exercises. GP certificate required, Initial Assessment (costs \$20).	<b>Wed &amp; Fri 10.40am</b>  <b>Sat &amp; Sun 10am</b>			<b>X</b>		<b>X</b>	Optima Health & Fitness 36 Milgate Drive Mornington	5976 4000	\$7.50 per class  10 visit pass \$70
		<b>SATURDAY &amp; SUNDAY</b>								
<b>TAI CHI</b>	Gentle Tai Chi and Qigong for beginners, intermediate and advanced.	<b>11.30am</b>	<b>SATURDAY</b>				Currawong Community Hall 5-17 Currawong Street Mornington		9889 9999	\$150 per term (Conc \$140) \$25 casual
<b>GENTLE HATHA YOGA WITH ANNIE</b>	Gentle yoga. Suitable for all levels and ages.	<b>9.30am</b>	<b>X</b>				Angel Yoga 27 Bradford Road Mount Martha	0414 599 455	\$20 casual	
<b>YIN WITH ANNIE</b>	Gentle floor based yoga class, with poses held. Suitable for all levels and ages.	<b>9.30am</b>					<b>X</b>	Angel Yoga 27 Bradford Road Mount Martha	0414 599 455	\$20 casual

PHYSICAL ACTIVITY		STRENGTHENING PROGRAM								
Group Information		Time	M	T	W	T	F	Where	Phone	Price
<b>LIVING LONGER LIVING STRONGER</b>	This COTA program is designed to improve strength. It is conducted in a gym using a variety of equipment. An orientation session is essential (bookings essential).	<b>Mon, Wed &amp; Fri 11am &amp; 12.05pm</b>  <b>Tue 7.45am &amp; 8.50am</b>	X	X	X		X	Civic Reserve Recreation Centre 350 Dunns Road Mornington	5975 0133	\$7 per session
<b>STAY ON YOUR FEET - AGESTRONG</b>	An Agestrong group strength and balance program for people who no longer feel confident to exercise due to falls, health conditions or low confidence. Physio assessment required, contact Access to book in at your local Community Health Centre.	<b>Thu 12.45pm</b>  <b>Fri 12.05pm</b>				X	X	Civic Reserve Recreation Centre 350 Dunns Road Mornington	1300 665 781	\$7 per session
<b>STAY ON YOUR FEET (CHAIR BASED) AGESTRONG</b>	An Agestrong group strength and balance program for people who no longer feel confident to exercise due to falls, health conditions or low confidence. Physio assessment required, contact Access to book in at your local Community Health Centre.	<b>2pm</b>				X		Civic Reserve Recreation Centre 350 Dunns Road Mornington	1300 665 781	\$7 per session
<b>LIGHT, LOW AND TONED - OVER 55'S</b>	Strength training to improve strength, mobility, balance, gait and flexibility. Targeted at over 55. GP certificate required, Initial Assessment (costs \$20)	<b>12pm</b>		X	X	X	X	Optima Health & Fitness 36 Milgate Drive Mornington	5976 4000	\$7.50 per class  10 visit pass \$70

PHYSICAL ACTIVITY		WATER EXERCISE								
Group Information		Time	M	T	W	T	F	Where	Phone	Price
<b>AQUACISE</b>	Simple rhythmic water exercise & stretching. GP certificate required if underlying condition.	<b>1pm</b>	X	X	X			Kings Swim Centre 5 St Catherines Court Mornington	5975 0777	Casual - \$14.50 Book of 10 - \$112 Book of 20 - \$195
<b>AQUA AEROBICS</b>	Aqua aerobics, gentle movement in water, work at your own pace.	<b>2.30pm</b>		X		X		Mount Martha Swim Centre 62 Forest Drive Mount Martha	5974 3400	\$10 per session (\$90 for book of 10)

PHYSICAL ACTIVITY		CYCLING							
Group Information	Time	M	T	W	T	F	Where	Phone	Price
<b>BICYCLE USER GROUP - MORNINGTON</b> Bring your bike along for a group ride on undulating terrain.	10am			X			Meet at Civic Reserve Recreation Centre 350 Dunns Road Mornington	5975 0133	Free

PHYSICAL ACTIVITY		WALKING GROUPS							
Group Information	Time	M	T	W	T	F	Where	Phone	Price
<b>WALKING GROUP - MORNINGTON LIBRARY</b> An outdoor walk suitable for all abilities.	10am		X				Meet at Mornington Library Vancouver Street Mornington	5975 0133	Free
<b>BENTONS WALKING GROUP</b> Indoor walk through the shopping centre.	7.45am		X				Bentons Square Shopping Centre Cnr Bentons & Dunns Roads Mornington	5973 5331	Free
<b>MORNINGTON CENTRAL WALKS</b> Afree and social walking group. Safe indoor walking environment, walk at own pace, exercise stations included, suitable for older people.	7.45am				X		Mornington Central Shopping Centre 78 Barkly Street Mornington	5976 1299	Free
<b>BOC SOCIAL WALKING GROUP</b> Free social walking group, run by an Exercise Physiologist from Bayside Osteopathic Clinic. Must complete a pre-exercise screening form.	9am				X		Matthew Flinders Memorial Statue Mornington Park Mornington	5977 0466	Free
<b>WALK AND TALK PROGRAM</b> Break off into smaller groups (Brisk/Slower, variable distances). Dogs on leads welcome. Need to be independently mobile.	9.15am	X		X		X	Begin at Mount Martha Community Learning Centre Cnr Esplanade & Dominion Roads Mount Martha	5974 2297	Free

COMMUNITY HOUSES					
Centre Name	Where	Phone	Club Email & Website		
<b>BENTONS SQUARE COMMUNITY CENTRE</b>	145 Bentons Road Mornington	5977 2468	communitycentre@bentonssquare.org.au www.bentonssquare.org.au		
<b>MORNINGTON COMMUNITY CONTACT</b>	9-11 Albert Street Mornington	5975 4772	mcci@satlink.com.au www.mcci.acfe.vic.edu.au		

SENIORS GROUPS		Where	Phone	Club Email & Website
Group Information				
<b>MORNINGTON SENIOR CITIZENS CENTRE</b> Bowls, Bingo, Scrabble, Computer Classes, Dancing, Outings.		Mornington Senior Citizens Club 11 Flinders Drive Mornington	5975 3688	
<b>NATIONAL SENIORS AUSTRALIA - MORNINGTON PENINSULA</b> Social and community activities, guest speakers.		Benton Square Community Centre Bentons Road Mornington	Jill 5975 3866	jillfalla@hotmail.com
<b>UNIVERSITY OF THE THIRD AGE (U3A)</b> With more than 200 courses, members enjoy a wide range of classes and social activities in a relaxed environment.		Currawong Community Centre Currawong Street Mornington	5975 9773	office@u3amornington.org.au www.u3amornington.org.au
<b>MORNINGTON CIVIC BOWLS &amp; SOCIAL CLUB</b>		Civic Reserve 350 Dunns Road Mornington	5975 7434	www.morningtoncivicbowls.com.au morncivic@gmail.com
<b>MORNINGTON BOWLING CLUB INC.</b>		The Esplanade Mornington	5975 2470	info@morningtonbowlingclub.org www.morningtonbowlingclub.org
<b>MORNINGTON CROQUET CLUB INC.</b>		Civic Reserve 350 Dunns Road Mornington	5976 1318	morningtoncroquetclub@gmail.com
<b>MOUNT MARTHA SENIOR CITIZENS CLUB</b> Indoor bowls, cards, games, outings, trips, BBQ.		Mount Martha House Cnr Dominion Road & Esplanade Mount Martha	5975 2542	
<b>MOUNT MARTHA BOWLS &amp; SOCIAL CLUB INC.</b>		45 Watson Road Mount Martha	5974 2894	mmbowls@mmbcinc.com.au www.sites.google.com/site/mountmarthabowlsandsocialclub

COMMUNITY GARDENS AND MENS SHEDS CONTACTS				
Centre Name	Where	Contact Email		Contact Name
<b>MORNINGTON COMMUNITY GARDEN</b>	43 Mitchell Street Mornington	dig-itcomgarden@hotmail.com		Pauline Greenwell
<b>MORNINGTON MEN'S SHED</b> Social space at 91A Wilson Road, Mornington	43 Mitchell Street Mornington (workshop)	secretary@morningtonmensshed.com.au		Arie De Wit
<b>NEW PENINSULA MEN'S SHED</b>	370 Craigie Road Mount Martha	andrewdoncovio@gmail.com		Andrew Doncovio
<b>MORNINGTON RAILWAY MEN'S SHED</b>	460 Moorooduc Highway Moorooduc	Secretary@morningtonrailway.org		Geoff Blake



## **AREA 4**

Balnarring, Crib Point, Hastings,  
Somers, Somerville, Tyabb

PHYSICAL ACTIVITY		GENERAL GROUP EXERCISE								
Group Information		Time	M	T	W	T	F	Where	Phone	Price
<b>PRIME MOVERS</b> A low impact class designed to increase cardiovascular fitness, balance and coordination.		<b>Tue 10.30am</b>  <b>Thu 9.20am</b>		<b>X</b>		<b>X</b>		Somerville Health & Fitness Studio Shop 1/13 Eramosa Road West Somerville	1300 850 197	\$7 per session
<b>BODYPUMP</b> Les Mills body pump designed to increase muscular tone, while burning up to 600 calories! BYO towel and drink bottle.		<b>Monday 9:10am &amp; 5:30pm</b> <b>Wednesday 5:30pm</b> <b>Friday 9:10am</b> <b>Saturday 8:05am</b>	<b>X</b>		<b>X</b>		<b>X</b>	Somerville YMCA 55 Grant Road Somerville	5977 7711	\$15 per session
<b>FUNCTIONAL FIT</b> Functional weights class designed to recompose the body. BYO towel and drink bottle.		<b>6am</b>			<b>X</b>			Somerville YMCA 55 Grant Road Somerville	5977 7711	\$15
<b>BOXING BOOTCAMP</b> A combination of high intensity boxing, Bootcamp, and circuit classes which aim to burn as much body fat as possible. BYO towel and drink bottle.		<b>6.30pm</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>		Somerville YMCA 55 Grant Road Somerville	5977 7711	\$15
<b>CIRCUIT</b> For the beginner to the advanced. A variety of exercises that will leave you feeling great and wanting more. BYO towel and drink bottle.		<b>Wed 6.05am</b>  <b>Thu 9.10am</b>			<b>X</b>	<b>X</b>		Somerville YMCA 55 Grant Road Somerville	5977 7711	\$15 per session
<b>PRYME MOVERS</b> A modified exercise program for older adults who like to keep active. Works on cardio fitness, strength, flexibility and balance in a fun and friendly environment. BYO towel and drink bottle.		<b>1.30pm</b>			<b>X</b>		<b>X</b>	Somerville YMCA 55 Grant Road Somerville	5977 7711	\$10.20 per session or \$81.40 for 11 session pass
<b>FIT, STRONG AND STABLE</b> A fitness program designed to improve your cardiovascular fitness, strength, bone density and balance. Exercises can be done from seated position if needed.		<b>3pm to 4pm</b>					<b>X</b>	Somerville Community House 21 Black Camp Road Somerville	5978 8330	\$12 per session

PHYSICAL ACTIVITY		GENERAL GROUP EXERCISE								
Group Information		Time	M	T	W	T	F	Where	Phone	Price
<b>REFORMED</b> Small group pilates, yoga, circuit and boxing classes (max 8 in group) as well as private and small group personal training and exercise physiology services.		Various times, contact for details						Reformed Exercise Physiology 1A/5 Simcock Street Somerville	5978 0749	\$15-25 group \$60-80 private

PHYSICAL ACTIVITY		WATER EXERCISE								
Group Information		Time	M	T	W	T	F	Where	Phone	Price
<b>AQUAEAZE</b> Pool is 28-30°C. Modified water aerobics for those with mobility concerns. GP Assessment required - contact for form.		10.30am					X	Pelican Park Rec Centre 2 Marine Parade Hastings	1300 850 197	\$7 per session
<b>SWEAT AQUA</b> Pool is 28-30°C. Aqua exercise to music, based on Sports Science Research. GP Assessment required - contact for form.		10.30am			X			Pelican Park Rec Centre 2 Marine Parade Hastings	1300 850 197	\$7 per session
<b>HYDRO AQUA</b> Pool is 34-35°C. Exercise in the water - a fantastic cardio and toning workout using the water as resistance. Hoist into pool. Must be able to move quickly in the water. BYO towel and drink bottle.		Tue 12.30pm & 1.30pm  Thu 1.30pm		X		X		Somerville YMCA 55 Grant Road Somerville	5977 7711	\$10.20 per session
<b>HYDROTHERAPY FOR BEGINNERS</b> Pool is 34-35°C. Modified for people with arthritis or joint problems/replacements or those who have not exercised for some time. Hoist into pool. BYO towel and drink bottle.		2.45pm		X		X		Somerville YMCA 55 Grant Road Somerville	5977 7711	\$10.20 per session or \$81.40 for 11 session pass

PHYSICAL ACTIVITY	GENTLE EXERCISE								
	Time	M	T	W	T	F	Where	Phone	Price
<b>YOGA FOR EVERYONE</b>  This class caters for all levels. Work at your own pace and learn breathing, posture, relaxation and meditation techniques. Total term fee must be paid in full.	<b>Mon 9.30am</b>  <b>Thu 6pm</b>	X			X		Crib Point Community House 7 Park Road Crib point	5983 9888	Contact as price is based on term fee.
<b>YOGALATES</b>  Soothing, relaxing and getting in touch with your inner-self. Incorporating yoga and Pilates in the one class. BYO towel and drink bottle.	<b>Tue &amp; Thu 10.15am</b>  <b>Sun 9.10am</b>		X		X		Somerville YMCA 55 Grant Road Somerville	5977 7711	\$15 per session
<b>PILATES</b>  Yogalates and Pilates classes working on core stability, flexibility and strengthening. BYO towel and drink bottle.	<b>Mon 10:15am &amp; 7.30pm</b>  <b>Tues 10:15am</b>  <b>Thu 10:15am &amp; 7.30pm</b>  <b>Fri 10.15am</b>	X	X		X	X	Somerville YMCA 55 Grant Road Somerville	5977 7711	\$15 per session
<b>TAI CHI FOR ARTHRITIS</b>  Intermediate Tai Chi. Suitable for those with some Tai Chi experience.	<b>Wed 1.50pm to 2.35pm (Beginners)</b>  <b>2.45pm to 3.45pm (Intermediate)</b>			X			Somerville Community House 21 Black Camp Road Somerville	5977 8330	\$10 per session

PHYSICAL ACTIVITY	STRENGTHENING PROGRAM								
	Time	M	T	W	T	F	Where	Phone	Price
<b>HASTINGS HALL EXERCISE CLASS</b>  An Agestrong group strength and balance program for people who no longer feel confident to exercise due to falls, health conditions or low confidence. Physio assessment required, contact Access to book in at your local Community Health Centre.	<b>9.30am</b>				<b>X</b>		Hastings Hall 3 High Street Hastings	1300 665 781	\$7 per session
<b>STAY ON YOUR FEET - AGESTRONG</b>  An Agestrong group strength and balance program for people who no longer feel confident to exercise due to falls, health conditions or low confidence. Physio assessment required, contact Access to book in at your local Community Health Centre.	<b>1.30pm &amp; 2.30pm</b>	<b>X</b>					Pelican Park Rec Centre 2 Marine Parade Hastings	1300 665 781	\$7 per session
<b>LIVING LONGER LIVING STRONGER</b>  This COTA program is designed to improve strength. It is conducted in a gym using a variety of equipment. An orientation session is essential (bookings essential).	<b>11.30am</b>	<b>X</b>		<b>X</b>		<b>X</b>	Pelican Park Rec Centre 2 Marine Parade Hastings	1300 850 197	\$7 per session
<b>STAY ON YOUR FEET (CHAIR BASED) AGESTRONG</b>  An Agestrong group strength and balance program for people who no longer feel confident to exercise due to falls, health conditions or low confidence. Class is completed from a chair. Physio assessment required, contact Access to book in at your local Community Health Centre.	<b>2.30pm</b>	<b>X</b>					Pelican Park Rec Centre 2 Marine Parade Hastings	1300 665 781	\$7 per session
<b>SOMERS HALL EXERCISE CLASS</b>  An Agestrong group strength and balance program for people who no longer feel confident to exercise due to falls, health conditions or low confidence. Physio assessment required, contact Access to book in at your local Community Health Centre.	<b>11am</b>				<b>X</b>		Somers Pavilion 68 Camp Hill Road Somers	1300 665 781	\$7 per session
<b>STAY ON YOUR FEET - AGESTRONG</b>  An Agestrong group strength and balance program for people who no longer feel confident to exercise due to falls, health conditions or low confidence. Physio assessment required, contact Access to book in at your local Community Health Centre.	<b>Tue 9.20am</b> <b>Thu 10.30am</b>		<b>X</b>		<b>X</b>		Somerville Health & Fitness Studio Shop 1/13 Eramosa Road West Somerville	1300 665 781	\$7 per session

PHYSICAL ACTIVITY	INDIVIDUALLY TAILORED EXERCISE								
	Time	M	T	W	T	F	Where	Phone	Price
<b>KICKSTART</b>  A 6 week program designed to improve your confidence to engage in physical activity. It is suitable for people with a chronic disease or at risk of developing a chronic disease. Physio assessment required, contact Access to book in at your local Community Health Centre.	<b>Contact for times</b>						Hastings Community Health 185 High Street Hastings	1300 665 781	\$5 per session
<b>LIFE PLUS PROGRAM</b>  An 8 week physical activity and lifestyle program for people with, or at risk of diabetes, heart disease and stroke. The program includes an exercise program and education.	<b>Contact for times</b>						Hastings Community Health 185 High Street Hastings	1300 665 781	Depends on eligibility
<b>PULMONARY REHAB PROGRAM - HASTINGS</b>  An 8 week education and exercise course for people with chronic lung disease. Includes a pre and post assessment. Must be diagnosed with respiratory conditions. Preferable to have a referral and a recent lung function test. Physio/Exercise Physiologist Assessment.	<b>Contact for times, two sessions per week</b>						Hastings Community Health 185 High Street Hastings	1300 665 781	\$5 per session  \$15 for course book (optional)
<b>EXERCISE PHYSIOLOGY</b>  Group exercise for improved strength, fitness, balance and mobility. All classes run by medically trained Exercise Physiologists and individualised for the client. Group classes are aimed to improve chronic health conditions while improving confidence and ability to perform daily tasks. Assessment from our Exercise Physiologist required.	<b>Wed 10.40am</b>  <b>Thu 5.10pm</b>			<b>X</b>	<b>X</b>		Beleura Health Solutions 40 Victoria Street Hastings	5979 3737	\$13-\$19 per session
<b>MS &amp; STROKE GYM</b>  Tailored gym program modified to meet the needs of people who have suffered a stroke, have lung problems or MS. Physio assessment required, contact Access to book in at your local Community Health Centre.	<b>11am</b>				<b>X</b>		Pelican Park Rec Centre 2 Marine Parade Hastings	1300 665 781	\$7 per session

PHYSICAL ACTIVITY		WALKING GROUPS							
Group Information	Time	M	T	W	T	F	Where	Phone	Price
<b>EASY WALKING</b> Slow paced walk, weather permitting. Various routes in local area.	9am		X				Crib Point Community House 7 Park Road Crib Point	5983 9888	Free

SENIORS GROUPS								
Group Information	Where	Phone	Club Email & Website					
<b>BALNARRING SENIOR CITIZENS INC.</b> Meetings, Cards, Bingo, occasional outings.	Frankston Flinders Road Balnarring	5983 1208						
<b>BALNARRING BOWLS &amp; SOCIAL CLUB INC.</b>	12A Bruce Street Balnarring	5983 1655	info@balnarringbowls.com www.banarringbowls.com					
<b>HASTINGS SENIOR CITIZENS CLUB</b> Snooker, Billiards, Craft. Bingo. Bowls, Cards, Board Games, Social.	16 Herring Street Hastings	5979 1286						
<b>UNIVERSITY OF THE THIRD AGE (U3A) - HASTINGS</b> U3A is for retired people who wish to keep their minds and bodies active! We are a group of enthusiastic volunteers, sharing their knowledge and expertise.	13 Teal Court Hastings	5979 8585	info@hastingsu3a.org.au www.hastingsu3a.org.au					
<b>HASTINGS BOWLING CLUB INC.</b>	40 Marine Parade Hastings	5979 1723	hastbowl@gmail.com www.hastingsbowlingclub.com.au					
<b>SOMERVILLE SENIOR CITIZENS CLUB</b> Indoor bowls, bingo, cards, BBQs.	21 Black Camps Road Somerville	5977 7759						
<b>SOMERVILLE BOWLING CLUB INC.</b>	259-267 Jones Road Somerville	5977 5476	somiebowls@bigpond.com www.somerville.bowls.com.au					
<b>MORNINGTON DUTCH AUSTRALIAN SENIORS CLUB INC.</b> Cards, Rummikub, Monthly outings.	Tyabb Hall Cnr Tyabb & Frankston Flinders Roads Tyabb	0405 782 367	morningtondutchaustr.seniorsclub@gmail.com					

## COMMUNITY HOUSES

Centre Name	Where	Phone	Club Email & Website
<b>CRIB POINT COMMUNITY HOUSE</b>	7 Park Road Crib Point	5983 9888	info@cpch.org.au www.cpch.org.au
<b>GOOD SHEPHERD COMMUNITY HOUSE @ WALLAROO</b>	6 Wallaroo Place Hastings	5970 7000	wallaroo@goodshep.org.au www.goodshepvc.org.au
<b>HASTINGS COMMUNITY HOUSE</b>	85 High Street Hastings	15971 9198	hastingsch@bigpond.com www.hastingsch.com
<b>SOMERVILLE COMMUNITY HOUSE</b>	Annie Sage Community Centre 21 Black Camps Road Somerville	5977 8330	info@somervillecommunityhouse.com.au www.somervillecommunityhouse.com.au

## COMMUNITY GARDENS AND MENS SHEDS CONTACTS

Centre Name	Where	Contact Email	Contact Name
<b>CRIB POINT COMMUNITY GARDEN</b>	7 Park Road Crib Point	thecrib3919@gmail.com	Carole Barrie
<b>THE GARDEN - HASTINGS</b>		Laronie.Thompson@aus.salvationarmy.org	Laronie Thompson
<b>WESTERNPORT MEN'S SHED</b>	1973 Frankston Flinders Road Hastings (next to Hastings Hub)	wpmshed@bigpond.com	Colin Prowd
<b>WILLUM WARRAIN MEN'S SHED</b>	Willum Warrain Gathering Place 10c Pound Road Hastings	gpc@willumwarrain.com.au	Karston Poll



## **AREA 5**

Safety Beach, Dromana, Flinders  
Red Hill, Rosebud, Capel Sound, Main Ridge

PHYSICAL ACTIVITY		INDIVIDUALLY TAILORED EXERCISE								
Group Information		Time	M	T	W	T	F	Where	Phone	Price
<b>EXERCISE PHYSIOLOGY GROUP</b>  Exercise Physiology Groups are prescribed and run by qualified Exercise Physiologists aimed at: Improving Cardiovascular Health, Type 2 Diabetes, Chronic conditions in a gentle small group atmosphere. All fitness levels and ages welcome. Medical clearance and individual assessment required.		<b>Tue 1.30pm</b>  <b>Thu 10.30am</b>		<b>X</b>		<b>X</b>		PACE Exercise Physiology 42-44 Boneo Road Rosebud	5986 3655	\$30 per session
<b>REHAB CLASSES</b>  Exercise Physiology run Groups specific for rehabilitation. Medical clearance and individual assessment required.		<b>Contact for info</b>						PACE Exercise Physiology 42-44 Boneo Road Rosebud	5986 3655	\$40-50 per session
<b>LUNGS IN ACTION</b>  Gentle exercise to get the body moving. Designed for people with respiratory problems. Referral from GP required.		<b>Tue 12pm</b>  <b>Fri 11am, 12pm &amp; 1pm</b>		<b>X</b>			<b>X</b>	PACE Exercise Physiology 42-44 Boneo Road Rosebud	5986 3655	\$16 per session
<b>CANCER REHABILITATION PROGRAM</b>  A 6 week education and exercise course for people who have finished treatment for cancer. Must have cancer diagnosis within the past 2 years.		<b>Contact for times</b>						Rosebud Community Health 38 Braidwood Avenue Rosebud	1300 665 781	\$5 per session
<b>CARDIAC REHAB PROGRAM</b>  A 8 week program for those who have had a cardiac event or surgery or those with heart failure. It incorporates an exercise component and education. Pre-assessment required.		<b>1.30pm</b>		<b>X</b>				Rosebud Community Health 38 Braidwood Avenue Rosebud	1300 665 781	\$5 per session
<b>KICKSTART</b>  A 6 week program designed to improve your confidence to engage in physical activity. It is suitable for people with a chronic disease or at risk of developing a chronic disease. Physio assessment required, contact Access to book in at your local Community Health Centre.		<b>Contact for times</b>						Rosebud Community Health 38 Braidwood Avenue Rosebud	1300 665 781	\$5 per session

PHYSICAL ACTIVITY	INDIVIDUALLY TAILORED EXERCISE								
	Time	M	T	W	T	F	Where	Phone	Price
<b>LIFE PLUS PROGRAM</b> An 8 week physical activity and lifestyle program for people with, or at risk of diabetes, heart disease and stroke. The program includes an exercise program and education.	Contact for times						Rosebud Community Health 38 Braidwood Avenue Rosebud	1300 665 781	Depends on eligibility
<b>PULMONARY REHAB PROGRAM - ROSEBUD</b> An 8 week education and exercise course for people with chronic lung disease. Includes a pre and post assessment. Must be diagnosed with respiratory conditions. Preferable to have a referral and a recent lung function test. Physio/Exercise Physiologist Assessment.	Contact for times, two sessions per week						Rosebud Community Health 38 Braidwood Avenue Rosebud	1300 665 781	\$5 per session \$15 for course book (optional)
<b>MOBILITY CIRCUIT</b> A gym exercise program for people with mobility issues. Uses treadmill, exercise bike, leg strengthening exercises and balance exercises. Physio assessment required, contact Access to book in at your local Community Health Centre.	11am to 11.45am	X	X	X	X		Anytime Fitness 1253-1255 Point Nepean Road Rosebud	1300 665 781	\$8 per session
<b>STRONG &amp; STABLE</b> Light paced exercise to improve strength, maintain bone density, improve balance, coordination and mobility. Suitable for people with lung and heart conditions. GP sign off required & list of medications.	11am	X					Contact for address	0418 596 770	\$10 per session

PHYSICAL ACTIVITY	DANCING								
	Time	M	T	W	T	F	Where	Phone	Price
<b>PENINSULA OLD TIME CEILIDH DANCE CLUB</b> A mixture of dances including New Vogue, Old Time Ballroom and Scottish Country Dancing. Partners not needed. Beginners welcome.	1.30pm to 4pm					X	Catholic Church Hall 1 Foote Street Dromana	5985 3551	\$4 per session

PHYSICAL ACTIVITY		GENTLE EXERCISE								
Group Information		Time	M	T	W	T	F	Where	Phone	Price
<b>GENTLE FITNESS</b> Gentle stretching, strengthening and balance exercises. Doctors clearance is advisable if over 50.		9am		X				Catholic Church Hall 1 Foote Street Dromana	5982 2994	\$10 per session
<b>YOGA / RELAXATION</b> Breathing - standing movements. Sitting on floor relaxation. Bring a yoga mat. Doctors clearance is advisable if over 50. Must be able to get on floor.		Mon 6pm  Tues 10.15am	X	X				Catholic Church Hall 1 Foote Street Dromana	5982 2994	\$18 per session if paying by term or \$24 casual
<b>GENTLE FITNESS</b> Gentle stretching and strengthening and balance exercises. Doctors clearance is advisable if over 50.		9am				X		Anglican Church Hall (opposite Memorial Hall) Nepean Hwy Rosebud	5982 2994	\$10 per session
<b>FITBALL WORKOUT/PILATES</b> Fitball workout/pilates. Bring a yoga mat. Doctors clearance is advisable if over 50.		10.15am				X		Anglican Church Hall (opposite Memorial Hall) Nepean Hwy Rosebud	5982 2994	\$18 per session if paying by term or \$24 causal
<b>INDIGO YOGA</b> A Yin Yoga session that caters for varied abilities.		10am			X			Samsara Studio 30 McCombe Street Rosebud	0419 334 817	\$15 per session
<b>YOGA WITH LAURA</b> Yoga suitable for beginners, the elderly and unwell. Can be completed in a seated position. Be gently guided through postures, stretching, relaxation, meditation and breathing.		11am	X					Seawinds Community Hub 11A Allambi Avenue Capel Sound	5986 5207	\$10 per session

PHYSICAL ACTIVITY	STRENGTHENING PROGRAM									
	Group Information	Time	M	T	W	T	F	Where	Phone	Price
<b>AGESTRONG</b> Group strength and balance program for people who no longer feel confident to exercise due to falls, health conditions or low confidence. Physio assessment required, contact Access to book in at your local Community Health Centre.		<b>Mornings</b>		<b>X</b>			<b>X</b>	Safety Beach Sailing Club Marine Drive Safety Beach	1300 665 781	\$5.50 per session
<b>STAY ON YOUR FEET - AGESTRONG</b> An Agestrong group strength and balance program for people who no longer feel confident to exercise due to falls, health conditions or low confidence. Physio Assessment required, contact Access to book in at your local Community Health centre.		<b>10.30am</b>		<b>X</b>				Flinders Hall 54 Cook Street Flinders	1300 665 781	\$7 per session
<b>STAY ON YOUR FEET - AGESTRONG</b> An Agestrong group strength and balance program for people who no longer feel confident to exercise due to falls, health conditions or low confidence. Physio assessment required, contact Access to book in at your local Community Health Centre.		<b>1pm</b>			<b>X</b>			Rosebud Memorial Hall Nepean Hwy Rosebud	1300 665 781	\$7 per session
<b>AGESTRONG</b> Group strength and balance program for people who no longer feel confident to exercise due to falls, health conditions or low confidence. Physio assessment required, contact Access to book in at your local Community Health Centre.		<b>Mornings</b>	<b>X</b>		<b>X</b>			Rosebud Senior Citizens Centre 121 Ninth Avenue Rosebud	1300 665 781	\$5.50 per session
<b>AGESTRONG</b> Group strength and balance program for people who no longer feel confident to exercise due to falls, health conditions or low confidence. Physio assessment required, contact Access to book in at your local Community Health Centre.		<b>Afternoon</b>		<b>X</b>				Bayview Church 1 Inglewood Crescent Rosebud	1300 665 781	\$5.50 per session
<b>AGESTRONG - CHAIR BASED</b> Chair-based group strength and balance program for people who no longer feel confident to exercise due to falls, health conditions or low confidence. Physio assessment required, contact Access to book in at your local Community Health Centre.		<b>10.30am</b>				<b>X</b>		Rosebud Community Health 38 Braidwood Avenue Rosebud	1300 665 781	\$5.50 per session

PHYSICAL ACTIVITY		WALKING GROUPS								
Group Information		Time	M	T	W	T	F	Where	Phone	Price
<b>PACERS WALKING CLUB - ROSEBUD</b> Walk along the board walk in a group, seats along the way. Walk at your own pace.		9am			X			The Village Green Opposite Rosebud Hotel Rosebud	5986 3094	Gold coin donation
<b>ROSEBUD PLAZA WALKS</b> Indoor walk through the shopping centre run by a trained leader.		7.45am				X		Rosebud Plaza Shopping Centre 37 McCombe Street Rosebud	4435 0100	Free

PHYSICAL ACTIVITY		WATER EXERCISE								
Group Information		Time	M	T	W	T	F	Where	Phone	Price
<b>AQUA EXERCISE</b> Water Aerobics. GP certificate required if underlying condition.		Mon, Wed & Fri 9am Mon & Thu 11.30am	X		X	X	X	Peninsula Swim & Aquatic Centre Colchester Road Rosebud	5981 2667	\$12 per session Book of 10 \$108

SENIORS GROUPS		Where	Phone	Club Email & Website
Group Information				
<b>DROMANA BOWLS CLUB INC.</b>	1 Stawell Street Dromana	5987 2564		admin@dromanabowlsclub.com.au www.dromanabowlsclub.com.au
<b>DROMANA SENIOR CITIZEN'S CENTRE INC.</b> Singing, Bingo, Bowls, Art, Billiards, Tai Chi, Yoga, Line Dancing, Games, Fitness, Marching, Scottish Dancing, Outings, BBQ.	43 Pier Street Dromana	5987 1109		
<b>ITALIAN SENIORS SOCIAL CLUB DROMANA INC.</b> Dinner dance every fourth Saturday of the month.	Community Hall Dromana	5981 9524		
<b>UNIVERSITY OF THE THIRD AGE (U3A) - SOUTHERN PENINSULA</b> A supportive learning environment for people who are retired or semi-retired to share their knowledge. Exercise classes, Computer Courses, Language classes, Art classes, History classes and more.	359a Point Nepean Road Dromana	5981 8777		office@u3asouthpen.org.au www.u3asouthpen.org.au
<b>FLINDERS GOLF BOWLS CLUB</b>	Bass Street Flinders	5989 0583		bowlsatflindersgolfclub@gmail.com
<b>FLINDERS PETANQUE CLUB</b>	B.A. Cairns Reserve Stokes Street Flinders	0419 368 586		smivc@ozemail.com.au
<b>PANAGIE KAMARIANI GREEK ORTHODOX SENIORS CLUB</b> Meetings, social outings, bus trips.	Greek Orthodox Church 135 Arthurs Seat Road Red Hill	5931 0110		panaya@bigpond.com
<b>ROSEBUD BOWLS CLUB INC.</b>	952 Point Nepean Road Rosebud	5986 8892		sec@rosebudbowls.com.au www.rosebud.bowls.com.au
<b>ROSEBUD COUNTRY CLUB BOWLS</b>	207 Boneo Road Rosebud	5950 0800		www.rosebudcountryclub.com.au/cms/bowls/
<b>ROSEBUD OVER 50S SOCIAL CLUB</b> Snooker, Bingo, Exercise, Social, Cards, Dancing, Movies.	121-123 Ninth Avenue Rosebud	5986 1923		

SENIORS GROUPS		Where	Phone	Club Email & Website
Group Information				
<b>AUSTRALIAN CROATIAN SOCIAL CLUB</b>		113-119 Truemans Road Capel Sound		5981 1411 <a href="mailto:branka_ryecroclub@yahoo.com.au">branka_ryecroclub@yahoo.com.au</a>
<b>ROSEBUD ITALIAN CLUB</b> Lunches, Dinner Dances, Cards, Bocce.		8 Newington Avenue Capel Sound		5982 2603 <a href="mailto:rosebuditalianclub1@outlook.com">rosebuditalianclub1@outlook.com</a>
<b>MAIN RIDGE BOWLS &amp; PETANQUE CLUB INC.</b>		Recreation Reserve 455 Main Creek Road Main Ridge		0422 815 733 <a href="mailto:mainridgebpc@gmail.com">mainridgebpc@gmail.com</a> <a href="http://www.mainridgebpc.com.au">www.mainridgebpc.com.au</a>

COMMUNITY HOUSES		Where	Phone	Club Email & Website
Centre Name	Centre Name	Where	Phone	Club Email & Website
<b>DROMANA COMMUNITY HOUSE</b>	15 Gibson Street Dromana	15 Gibson Street Dromana	5987 2631	<a href="mailto:info@dromanacommunityhouse.org.au">info@dromanacommunityhouse.org.au</a> <a href="http://www.dromanacommunityhouse.com">www.dromanacommunityhouse.com</a>
<b>SEAWINDS COMMUNITY HUB</b>	11a Allambi Avenue Capel Sound	11a Allambi Avenue Capel Sound	5982 2204	<a href="mailto:info@seawindscommunityhub.com.au">info@seawindscommunityhub.com.au</a> <a href="http://www.seawindscommunityhub.com.au">www.seawindscommunityhub.com.au</a>

COMMUNITY GARDENS AND MENS SHEDS CONTACTS				
Centre Name	Where	Contact Email	Contact Name	
<b>ROSEBUD COMMUNITY GARDEN</b>	Leon Avenue Rosebud	<a href="http://www.rosebudcommunitygarden.org.au">www.rosebudcommunitygarden.org.au</a>	Tom Freeman	
<b>DROMANA COMMUNITY GARDEN</b>	Marna Street Reserve Dromana	<a href="mailto:dromanacommunitygardens@gmail.com">dromanacommunitygardens@gmail.com</a>	Samantha Blair	
<b>ROSEBUD MEN'S SHED</b>	Mount Eliza Community House 90-100 Canadian Bay Road Mount Eliza	<a href="mailto:don.reeves@bigpond.com">don.reeves@bigpond.com</a>	Don Reeves	
<b>SAFETY BEACH - DROMANA MEN'S SHED</b>	Marna Street Reserve Dromana	<a href="mailto:sbdms@bigpond.com">sbdms@bigpond.com</a>	Rick Plummer	
<b>MAIN RIDGE MEN'S SHED</b>	366 Main Creek Main Ridge	<a href="mailto:rob.connor@iinet.net.au">rob.connor@iinet.net.au</a>	Rob Connor	
<b>ROSEBUD &amp; DISTRICT MEN'S SHED</b>	11a Allambi Avenue Capel Sound (behind Seawinds Hub)	<a href="mailto:rosebuddistrictsmensshed@gmail.com">rosebuddistrictsmensshed@gmail.com</a>	Jack Carter	



## **AREA 6**

Rye, Tootgarook, Sorrento  
St Andrews Beach, Blairgowrie

PHYSICAL ACTIVITY	GENTLE EXERCISE								
	Time	M	T	W	T	F	Where	Phone	Price
<b>YOGA / RELAXATION</b> Breathing - standing movements. Sitting on floor relaxation. Bring a yoga mat. Doctors clearance is advisable if over 50. Must be able to get on floor.	<b>11am</b>			<b>X</b>			Rye Yacht Club Foreshore Rye	5982 2994	\$18 per session if paying by term or \$24 casual
<b>HATHA YOGA WITH ANNIE</b> Stretch and strengthen your new way to a healthy body. Floor work involved. Bookings required and \$10 annual membership	<b>6.15pm</b>		<b>X</b>				Rye Community Centre 27 Nelson Street Rye	0414 599 455	\$15 per session
<b>PILATES</b> Form and correct exercise mindfulness of connecting. All welcome. Bookings required and \$10 annual membership.	<b>11.15am</b>					<b>X</b>	Rye Beach Community Centre 27 Nelson Street Rye	5985 4462	Free
<b>GUIDED MEDITATION</b> Great stress relief and calming influences through guided meditation and beautiful space. Bookings required and \$10 annual membership.	<b>7.30pm</b>				<b>X</b>		Rye Beach Community Centre 27 Nelson Street Rye	0450 644 182	Contact for details
<b>YOGA WITH LAURA</b> Yoga suitable for beginners, the elderly and unwell. Can be completed in a seated position. Be gently guided through postures, stretching, relaxation, meditation and breathing. Bookings required and \$10 annual membership.	<b>10am</b>		<b>X</b>				Rye Beach Community Centre 27 Nelson Street Rye	5986 5207	\$10 per session
<b>TAI CHI</b> Gentle Tai Chi movements. Ideal for arthritis sufferers. Enrolment form required and \$10 annual membership.	<b>10.30am</b>	<b>X</b>					Sorrento Community Centre 860-868 Melbourne Road Sorrento	5984 3360	\$160 for 10 weeks
<b>OKI-DO YOGA</b> Oki-do Yoga - A Japanese style yoga. A combination of stretches. BYO mat or blanket. \$10 registration.	<b>9.15am</b>		<b>X</b>			<b>X</b>	Blairgowrie Yacht Squadron Blairgowrie	0438 023 484	\$15 per session or concessions if paying by term.

PHYSICAL ACTIVITY		LEISURE							
Group Information	Time	M	T	W	T	F	Where	Phone	Price
<b>SOCIAL SOCCER FOR BLOKES</b> A social game of soccer for all levels of skill. Bring along a black or white t-shirt. Enrolment form required and \$10 registration fee.	7pm			X			Sorrento Community Centre 860-868 Melbourne Road Sorrento	5984 3360	\$15 per session

PHYSICAL ACTIVITY		STRENGTHENING PROGRAM							
Group Information	Time	M	T	W	T	F	Where	Phone	Price
<b>STAY ON YOUR FEET - AGESTRONG</b> An Agestrong group strength and balance program for people who no longer feel confident to exercise due to falls, health conditions or low confidence. Physio assessment required, contact Access to book in at your local Community Health Centre.	Mon, Wed & Fri 1.30pm  Tue 11am	X	X	X		X	Blairgowrie Community Hall 8 William Road Blairgowrie	1300 665 781	\$7 per session

PHYSICAL ACTIVITY		GENERAL EXERCISE GROUP							
Group Information	Time	M	T	W	T	F	Where	Phone	Price
<b>LIVE LONGER LIVE STRONGER</b> Weight training and mat work to build core strength and overall fitness. Enrolment form required and \$10 registration fee.	9.15am			X			Sorrento Community Centre 860-868 Melbourne Road Sorrento	5984 3360	\$12 per session
<b>BEST FOOT FORWARD</b> A gentle arm chair workout. Enrolment form required and \$10 annual membership.	9.40am		X				Sorrento Community Centre 860-868 Melbourne Road Sorrento	0417 031 220	\$15 per session

PHYSICAL ACTIVITY		WALKING GROUPS								
Group Information		Time	M	T	W	T	F	Where	Phone	Price
<b>FIT BEYOND 50</b> Strength training for everyone. Bookings required and \$10 annual membership.		12.30pm					X	Rye Beach Community Centre 27 Nelson Street Rye	5985 4462	Free
<b>WALK FOR A GOOD LIFE</b> A supported outdoor walking group. Includes warm up and refreshments. Seating available along the walking track. Bookings required and \$10 annual membership.		9am	X					Meet in the Rye Beach Community Centre 27 Nelson Street Rye	5985 4462	Free
<b>WEDNESDAY WALKERS</b> A brisk-paced outdoor walk along a variety of tracks. Enrolment form required and \$10 annual membership.		9.15am to 11.30am			X			Sorrento Community Centre 860-868 Melbourne Road Sorrento	5984 3360	\$4 per session
<b>CHAT &amp; GO CATCH UP</b> Easy, social walk, followed by a cuppa Enrolment form required and \$10 annual membership.		10am	X					Sorrento Community Centre 860-868 Melbourne Road Sorrento	5984 3360	\$10 per year

COMMUNITY HOUSES				
Centre Name	Where	Phone	Club Email & Website	
<b>RYE COMMUNITY HOUSE</b>	27 Nelson Street Rye	5985 4432	ryecommunityhouse@gmail.com www.ryech.org	
<b>SORRENTO COMMUNITY CENTRE</b>	860 Melbourne Road Sorrento	5984 3360	admin@sorrentocommunitycentre.com www.sorrentocommunitycentre.com	

COMMUNITY GARDENS AND MENS SHEDS CONTACTS			
Centre Name	Where	Contact Email	Contact Name
<b>BLAIGOWRIE COMMUNITY GARDEN</b>	37 Stringer Road Reserve Blairgowrie	www.blairgowriecommunitygarden.org	Anne Van Veen
<b>POINT NEPEAN MEN'S SHED</b>	The Hangar 4 Hotham Street Sorrento	ptnepeanmensshed@gmail.com	Terry Phippen

SENIORS GROUPS		Where	Phone	Club Email & Website
Group Information				
<b>RYE &amp; PENINSULA GREEK SENIOR CITIZENS CLUB INC.</b> Social gatherings, Lunches, celebrations of special dates.		Rye Civic Hall 12 Napier Street Rye	0407 072 235	
<b>RYE &amp; PENINSULA GREEK WOMEN'S GROUP</b> Social gatherings, outings.		17 Nelson Street Rye	0422 255 383	
<b>RYE BOWLS CLUB</b>		Cnr Napier & Collingwood Streets Rye	5985 2450	ryebowls@live.com <a href="http://www.ryebowlsclub.com.au">www.ryebowlsclub.com.au</a>
<b>ITALIAN &amp; ETHNIC SENIOR CITIZENS CLUB OF FLINDERS INC.</b> Cards, Bingo.		Rye Civic Hall 12 Napier Street Rye	0419 881 567	
<b>HELLENIC ASSOC OF MORNINGTON PENINSULA AGED CITIZENS CLUB INC.</b> Social, Dinner Dance, Outings.		3 Carmichael Street Tootgarook	0403 649 125	
<b>TOOTGAROOK SENIOR CITIZENS CENTRE INC.</b> Keep Fit, table Tennis, Old Time Dance, Tai Chi, Club Day, Exercise, Scottish Dancing, Dance,Line Dancing, Computer Classes, Bowls, Movement & Stretch, Stay on your Feet, Painting, BBQ.		2 Barry Street Tootgarook	5985 4992	<a href="mailto:tootseniors@gmail.com">tootseniors@gmail.com</a>
<b>SORRENTO/PORTSEA SENIOR CITIZENS</b> Mah-jong, Embroidery, Photography, Art, Movies, Dancing, Tai Chi, Singing.		823 Melbourne Road Sorrento	5984 1425	<a href="mailto:sorrentoactivitycentre@gmail.com">sorrentoactivitycentre@gmail.com</a>
<b>SORRENTO CROQUET CLUB INC.</b>		Parade Ground Port Nepean National Park Portsea	5988 0148	<a href="mailto:croquetsorrento@gmail.com">croquetsorrento@gmail.com</a> <a href="http://www.croquetvic.asn.au">www.croquetvic.asn.au</a>
<b>ST ANDREWS BEACH PETANQUE CLUB</b>		St Andrews Recreation Club 99 Bass Meadows Boulevard St Andrews Beach	0418 216 491	<a href="mailto:sandragreg@hotmail.com">sandragreg@hotmail.com</a>
<b>BLAIGOWRIE SENIORS</b> Aerobics, Craft, Line Dancing, Acting and Dancing.		9 William Road Blairgowrie	5988 8395	<a href="mailto:Lyndham52@gmail.com">Lyndham52@gmail.com</a>

# Everyone has the right to feel safe

## WHAT IS ELDER ABUSE?

Elder abuse is any act which causes harm to an older person and is carried out by someone they know and trust such as family, friends or carers. It includes financial, emotional, physical, social or sexual abuse and neglect.

## WHAT IS SENIORS RIGHTS VICTORIA?

Seniors Rights Victoria provides information, support, advice and education to help prevent elder abuse and safeguard the rights, dignity and independence of older people.

Our services include Helpline, free specialist legal services, short-term support and advocacy for individuals and community education.

**1300 368 821**

Monday to Friday, from 10am to 5pm

**[www.seniorsrights.org.au](http://www.seniorsrights.org.au)**



Seniors Rights Victoria is a program of COTA Vic and the key state-wide service dedicated to preventing and responding to elder abuse. Seniors Rights Victoria is supported by the Victorian Government.



## FURTHER INFORMATION AND ASSISTANCE

If you are in danger or see a crime being committed call **Triple Zero (000)**

If you have information about a crime contact **Crime Stoppers** on **1800 333 000** or visit [www.crimestoppersvic.com.au](http://www.crimestoppersvic.com.au)

**Neighbourhood Watch** encourages people to participate in the prevention of crime and to better secure their neighbourhoods. Go to [www.nhw.com.au](http://www.nhw.com.au) for more information.

**Anybody can fall for a scam.** Scams are schemes designed to deceive you, generally for the purpose of stealing your money or personal details. To report a scam call **Consumer Affairs 1300 55 81 81**.

For information about the **Seniors Card** call **1300 797 210**.

**Council on the Ageing (COTA)** provides information, support, activities and education programs for older people. Contact 9654 4443 or visit [www.cotavic.org.au](http://www.cotavic.org.au)

Information for older drivers is available from **VicRoads** [www.vicroads.vic.gov.au](http://www.vicroads.vic.gov.au)

**Victoria Police** have tips and information on their website [www.police.vic.gov.au](http://www.police.vic.gov.au)

## FROM THE OFFICE OF THE COMMISSIONER FOR SENIOR VICTORIANS – KEY CONTACT NUMBERS

commissionerforseniorvics@dhhs.vic.gov.au

	Phone	Website
<b>AGED CARE QUALITY AND SAFETY COMMISSION</b> A free service for anyone to raise concerns about the quality of aged care services that are subsidised by the Australian Government. Complaints can be lodged in writing, addressed to: Aged Care Quality and Safety Commission, GPO Box 9819, Melbourne 3001 or email info@agedcarequality.gov.au	1800 951 822 weekdays 9am-5pm	<a href="http://www.agedcarequality.gov.au">www.agedcarequality.gov.au</a>
<b>ALZHEIMER'S AUSTRALIA (VICTORIA)</b> Alzheimer's Australia advocates for the needs of people living with all types of dementia, and for their families and carers, and provides support services, education and information.	1800 100 500 weekdays 9am-5pm	<a href="https://vic.fightdementia.org.au">https://vic.fightdementia.org.au</a>
<b>BETTER PLACE AUSTRALIA</b> Better Place Australia provides services to enhance family relationships and the prevention, management and resolution of family conflict. This includes family mediation, conciliation, arbitration, counselling, family therapy, elder abuse prevention and relationship education.	1800 639 523 weekdays 9am-5pm	<a href="http://www.betterplaceaustralia.com.au">www.betterplaceaustralia.com.au</a>
<b>CARERS VICTORIA</b> Carers Victoria is the state-wide voice for carers who provide care and support to family and friends. Carers Victoria represents and provides support to carers in Victoria.	1800 242 636 weekdays 8.30am-5pm	<a href="http://www.carersvictoria.org.au">www.carersvictoria.org.au</a>
<b>FEDERATION OF COMMUNITY LEGAL CENTRES</b> Community legal centres are independent centres that provide free legal services to the public (eligibility criteria apply). Search the website to find your nearest Community Legal Centre.	9652 1500 weekdays 9am-5pm	<a href="http://www.fclc.org.au">www.fclc.org.au</a>
<b>FINANCIAL COUNSELLING AUSTRALIA</b> Financial counsellors are non-judgmental, qualified professionals who provide information, support and advocacy to people in financial difficulty. Their services are free, independent and confidential. To find a financial counsellor near you, search the website.	1800 007 007 weekdays 9.30am-4.30pm	<a href="http://www.financialcounsellingaustralia.org.au/Corporate/Find-a-Counsellor">www.financialcounsellingaustralia.org.au/Corporate/Find-a-Counsellor</a>
<b>HOUSING FOR THE AGED ACTION GROUP (HAAG)</b> Housing for the Aged Action Group specialises in the housing needs of older people. HAAG engages and works with older people through community activism, services & advocacy to achieve social change and housing justice.	9654 7389 weekdays 9am-5pm	<a href="http://www.oldtenants.org.au">www.oldtenants.org.au</a>
<b>JUSTICE CONNECT</b> Justice Connect provides over-the-phone legal help, or self-help tools and resources. Intensive support can be provided by pro bono lawyers free of charge. Advice is available specifically for older people experiencing elder abuse, or with a legal issue associated with ageing.	8366 4400 Mon, Wed, Fri 9am-5pm	<a href="http://www.justiceconnect.org.au">www.justiceconnect.org.au</a>
<b>LAW INSTITUTE OF VICTORIA</b> Private lawyers across Victoria can provide you with legal advice and representation, for a fee. Search the website for your nearest lawyer.	9607 9550 weekdays 9am-5pm	<a href="http://www.liv.asn.au/findyourlawyer">www.liv.asn.au/findyourlawyer</a>

## FROM THE OFFICE OF THE COMMISSIONER FOR SENIOR VICTORIANS - KEY CONTACT NUMBERS

commissionerforseniorvics@dhhs.vic.gov.au

Group Information	Phone	Club Email & Website
<b>MYAGEDCARE</b> The Australian Government's My Aged Care phone line and website can help you to access services and find information in one spot for yourself or a family member, friend or someone you're caring for.	1800 200 422 weekdays 8am-8pm Sat, 10am-2pm	<a href="http://www.myagedcare.gov.au">www.myagedcare.gov.au</a>
<b>OFFICE OF THE PUBLIC ADVOCATE</b> OPA can assist with information about enduring powers of attorney (financial and medical treatment), enduring guardianship and administration. Your voice – Trust your choice – Tips for seniors making enduring powers of attorney and Take Control Kit with blank forms are available.	1300 309 337 weekdays 9am-4.45pm	<a href="http://www.publicadvocate.vic.gov.au/power-of-attorney">www.publicadvocate.vic.gov.au/power-of-attorney</a>
<b>POLICE</b> Ring 000 if you are in danger or witness a dangerous situation. To find a police station near you, search the website address.	000 24 hrs 7 days a week	<a href="http://www.police.vic.gov.au">www.police.vic.gov.au</a>
<b>SAFE STEPS</b> Safe Steps Family Violence Response Centre provides free professional support services for women and children experiencing violence and abuse from a partner or ex-partner, another family member or someone close to them.	1800 015 188 24 hrs 7 days a week	<a href="http://www.safesteps.org.au">www.safesteps.org.au</a>
<b>SENIORS CARD</b> The Victorian Seniors Card provides card holders with discounts from over 4,000 participating businesses across Victoria. Most businesses offer a minimum of 10% discount on goods or services. Victorian Seniors Card holders receive public transport concessions and seniors' fares.	1300 797 210 weekdays 9am-5pm	<a href="http://www.seniorsonline.vic.gov.au/seniors-card">www.seniorsonline.vic.gov.au/seniors-card</a>
<b>SENIORS INFORMATION VICTORIA</b> Seniors Information Victoria offers free, independent, confidential information on a wide range of issues of interest to older Victorians.	1300 135 090 weekdays 9.30am-1pm	<a href="http://www.cotavic.org.au/info/siv">www.cotavic.org.au/info/siv</a>
<b>SENIORS ONLINE</b> Seniors Online is a Victorian Government website that aims to be the first port of call online for older Victorians. It contains information about Seniors Card program; Victorian Seniors Festival events; Better Health Channel; Victorian Government programs; community contacts and directories.		<a href="http://www.seniorsonline.vic.gov.au">www.seniorsonline.vic.gov.au</a>
<b>SENIORS RIGHTS VICTORIA</b> Seniors Rights Victoria provides information, support, advice and education to help prevent elder abuse and safeguard the rights, dignity and independence of older people.	1300 368 821 weekdays 10am-5pm	<a href="http://www.seniorsrights.org.au">www.seniorsrights.org.au</a>
<b>VICTORIAN LEGAL AID</b> A government funded agency set up to ensure that people who cannot afford to pay for a private lawyer can get help with their legal problems (eligibility criteria apply).	1300 792 387 weekdays, 8.45am-5.15pm	<a href="http://www.legalaid.vic.gov.au">www.legalaid.vic.gov.au</a>

# A message from Victoria Police

Victoria Police is committed to protecting older people's safety and wellbeing, enabling older Victorians to lead dignified, secure lives, as equal members of society.

Older Victorians have specific needs and potential vulnerabilities that must be considered in order for them to be protected from harm and to maintain their wellbeing and dignity as they age.

Not all older people are vulnerable. However, we know that there are vulnerable people in our society and that for some people, vulnerability increases with age.

As people age, factors that may contribute to an increase in vulnerability include isolation, access to economic resources, physical or cognitive capabilities, and reliance on others to care for them.

Victoria and Australia have an ageing population. With 1 in 6 Australians over 65, we need to look out for our family members, friends and neighbours.

Social isolation is a key factor contributing to both perceptions of safety and victimisation and we can all play a part in reducing this.



VICTORIA POLICE

## Crime Prevention tips

### **BURGLARY AND THEFT**

Having your home broken into can be a distressing experience. Many people feel uncomfortable at the thought of a stranger going through their personal belongings. Some simple steps to prevent theft and burglary include:

- Lock all doors and windows even when inside your home.
- Make it look like someone is home when you are out.
- Inform your neighbours so they can keep an eye out on your property.
- Make it harder for burglars to get in without being seen.
- Secure valuables in a safe or well hidden place.

## **THEFT FROM MOTOR VEHICLES**

Thefts from cars are often due to valuables being left in plain sight or doors and windows being left unlocked. Thefts can occur at any time so it is important not to present an easy opportunity for thieves by:

- Removing all valuable items when you leave your car.
- Locking all doors and closing all windows before leaving your car (even in your driveway or garage).
- Wherever possible parking your car in a well-lit and secure area.

## **PERSONAL SAFETY**

We all have the right to feel safe and be safe as we go about our daily lives. We all react differently to situations and safety can mean different things to different people. We don't want people to be concerned or fearful, but we need to have a healthy regard for our own safety and well-being. This can include:

- Staying alert when out in public.
- Keeping valuables light, held tight and out of sight.
- Being aware of your personal security when using ATMs or talking to a teller at the bank.
- Always carry a mobile phone to enable emergency contact in any situation.
- Keep handbags close at all times.

For more Crime Prevention advice visit <https://www.police.vic.gov.au>

## **ELDER ABUSE**

We all have a right to respect and dignity as we get older. Elder abuse is any act which causes harm to an older person and is carried out by someone they know and trust, such as family, friends or carers. It includes financial, emotional, physical, social or sexual abuse or neglect.

Relationships with family and friends can go wrong. Elder abuse is a form of family violence. It can be a complex, hidden crime which can occur regardless of a person's gender, sexuality, culture, ethnicity, religious or socio-economic background.

Victoria Police is committed to responding to all forms of family violence.

Always contact police where there is an immediate risk of physical harm or serious damage to property by calling **Triple Zero (000)**.

## **DRIVER SAFETY**

Most older Victorians drive safely, accept their limitations and modify their driving accordingly.

Recognising early warning signs that your driving may be deteriorating is an important step in keeping yourself and your loved ones safe.

Some early warning signs that you may need to change your driving habits are:

- Scratches along your car.
- Minor collisions.
- People regularly tooting at you.

Family members may have a conversation with you if they have concerns about your safety on the roads. You should plan for possible retirement from driving in a similar way to planning retirement from work. Talk to your doctor about any health issues that may alter your fitness to drive. Become familiar with other transport options and community services before you actually need to use them.

## **SCAMS**

Many scammers may use dating sites and social media to identify older Australians who have recently divorced or lost a long-term partner, taking advantage of their inexperience with these sites and their often vulnerable emotional state.

Scammers are clever and if you don't know what to look out for, anyone can fall victim to a scam. Have you ever received an offer that seems too good to be true, perhaps a phone call to help fix your computer or a threat to pay money you do not owe, an alert from your bank, Centrelink, Australian Tax Office or telecommunication provider about a problem with your account or even an invitation to "befriend" or connect with someone online?

For more information about scams, visit the Scamwatch website:  
<https://www.scamwatch.gov.au/get-help/advice-for-older-australians>

Older Australians may also be more susceptible to door-to-door and home maintenance scams. While many legitimate businesses sell things door-to-door, scammers also use this approach. These types of scams generally involve promoting goods and services that are of poor quality, or are not delivered at all.

Scammers may try and sell you gardening or roofing services, and then bill you for additional work that you did not agree to. Sometimes they may pretend to conduct a survey so they can get your personal details, or to disguise their sales pitch until they have been talking to you for a while.

You have rights under the Australian Consumer Law when a salesperson approaches you at your front door, over the phone or in a public place. These protections apply to sales methods that are called 'unsolicited consumer agreements'.

For more information contact the ACCC and order a "Do Not Knock" sign.  
<https://www.accc.gov.au/publications/door-to-door-do-not-knock-sign>

- If you need immediate police assistance call **Triple Zero (000)**.
- If you have information about a crime – contact Crime Stoppers on **1800 333 000** or visit [www.crimestoppersvic.com.au](http://www.crimestoppersvic.com.au)

## Community Information Directory

The Community Information Directory lists a wide range of groups, clubs & services that are available on the Mornington Peninsula.

**Pick up your free copy from:**

- The Shire's Customer Service Offices in Hastings, Rosebud, Mornington or Somerville
- Your local Community Information Centre

New searchable database: [mpcommunity.com.au](http://mpcommunity.com.au)



### COMMUNITY INFORMATION AND SUPPORT CENTRES

**Western Port**  
185 High Street,  
Hastings  
5979 2762

**Mornington**  
320 Main Street,  
Mornington  
5975 1644

**Southern Peninsula**  
878 Point Nepean Road,  
Rosebud  
5986 1285



## Peninsula Social Club

At Peninsula Social Club (PSC) we believe that nobody who wants company should be without it. We offer fun and affordable social activities for seniors and older people with disabilities. We offer outings, cafe luncheons and musical matinees as well as door to door transport with social companionship.

Please call **03 5971 5210** or email us at [socialclub@peninsulatransportassist.org](mailto:socialclub@peninsulatransportassist.org)



# How can we assist you?

We're here to help, which means we understand how important it is to provide you with the flexibility to seek advice or assistance in a way that works for you. No matter your query or concern, you can be assured we'll have somebody standing by to offer the help you need, when you need it, and in the way you prefer.

Not able to visit a Shire office during opening hours? Head online to make a payment, report a problem, renew a registration, access forms or to take advantage of the many additional services our website offers, all from the comfort of your home. Prefer to chat to someone in person? Simply pick up the phone or jump on webchat to speak with a member of our friendly customer service team.

**Did you know you can pick up or request copies of many different handy brochures, booklets and Fact Sheets?** Such as Scooter Safety and locations of local Scooter Recharge Points; Mobility Maps of key town locations; Changing Places Toilets and locations; Food Relief locations; Affordable Housing information; Best Bites Directory; Shire strategies and plans such as The Positive Ageing Strategy and The Health & Wellbeing Plan; and many more!

## OUR SERVICE CENTRES

Our customer service centres are open from 8.30am-5pm Mon to Fri (excluding public holidays)  
(03) 5950 1000 or 1300 850 600  
[mornpen.vic.gov.au/report-it](http://mornpen.vic.gov.au/report-it)

### Rosebud

90 Besgrove Street

### Mornington

2 Queen Street

### Hastings

21 Marine Parade

### Somerville

1085 Frankston-Flinders Road

## VISITOR INFORMATION

**Mornington Peninsula Visitor Information Centre**  
359B Point Nepean Road, Dromana  
7 days, 10am-4pm.  
Closed Christmas Day.  
03 5950 1579

### Visitor Information

BP Baxter Service Centre  
(Southbound Peninsula Link)  
1400 Mornington Peninsula Freeway,  
Baxter  
Open 7 days, 24/7  
(staffed Fridays 4pm-7pm and  
Saturdays 10am-1pm)  
[visitmorningtonpeninsula.org](http://visitmorningtonpeninsula.org)

**If you or someone you know is homeless or at risk of homelessness, there are services available to help.**

**The Southern Peninsula Shower and Laundry Program** operates once a week on the Rosebud foreshore. [mpf.org.au](http://mpf.org.au)

For help with housing, call the Salvation Army Crisis Service, free and available 24hrs: 1800 825 955

For information about housing, support, healthcare, food and other services visit the Ask Izzy website or download the app for your phone. [askizzy.org.au](http://askizzy.org.au)



# Libraries

Mornington Peninsula Library Service strives to provide equal access to information, ideas and lifelong learning opportunities through a range of services programs and classes. Come in and use Our Library FREE WiFi.

Our libraries are situated at Mornington, Rosebud, Hastings and Somerville while our Mobile Library visits 16 towns each week.

## **MORNINGTON LIBRARY**

Vancouver Street, Mornington, 3931  
Tel: **5950 1820**

## **HASTINGS LIBRARY**

7 High Street, 3915  
Tel: **5950 1710**

## **ROSEBUD LIBRARY**

McDowell Street, Rosebud, 3939  
Tel: **5950 1230**

## **SOMERVILLE LIBRARY**

1085 Frankston-Flinders Road,  
Somerville, 3912  
Tel: **5978 0834**

## **MOBILE LIBRARY**

The Mobile Library comes to your area, stopping at 16 sites across the peninsula each week. Let our friendly and helpful staff assist you find your next big read or your favourite film. Find out when the Mobile Library is in your area to make use of this valuable service - Tel: **5950 1713**

## **HOME LIBRARY SERVICE**

Bringing books and library materials to your door with the help of our valued volunteers. No fees or charges for Library members who are housebound and longer loan periods (up to six weeks). If you are interested in receiving the Home Library Service, please contact the Home Library Service Coordinator on **5982 0126** or email [homelibraryservice@mornpen.vic.gov.au](mailto:homelibraryservice@mornpen.vic.gov.au)

Visit Our Library Website

<https://ourlibrary.mornpen.vic.gov.au/Home>

for more information, events and opening hours.



## **MORNINGTON PENINSULA SHIRE POSITIVE AGEING NEWSLETTER**

A Community for All Ages Available at all Shire libraries and Customer Service Outlets - A seasonal newsletter for those 55+years.

**To view the newsletter electronically**, please access the Mornington Peninsula Shire Website at [www.mornpen.vic.gov.au/Positive\\_Ageing](http://www.mornpen.vic.gov.au/Positive_Ageing)

**To Join the mailing list**, please email [positiveageing@mornpen.vic.gov.au](mailto:positiveageing@mornpen.vic.gov.au) or phone 5950 1000



# Transport Assist

Peninsula Transport Assist Inc. (PTA), is a registered charity and volunteer assisted community transport organisation looking after the transport needs of residents in the Frankston and Mornington Peninsula Region.



—PENINSULA—  
**TRANSPORT ASSIST**  
*Volunteer Assisted Community Transport*

Our police checked volunteer drivers use their own vehicles to transport you to medical appointments, shopping trips, hairdressers, social events or any other place you need to reach. They will stay and assist you at your destination eliminating the need for additional carers. Fees apply.

Community buses are also available for hire from PTA and users have access to over 11 buses to suit their needs. Bus drivers are also available for hire although all mini-buses can be driven using a normal car license. Fees apply.

For more information please call the PTA office on 9708 8241 between the hours of 9.30am to 3.30pm Mon-Fri or email [peninsulatransportassist@gmail.com](mailto:peninsulatransportassist@gmail.com)

Additional information can also be found at [www.peninsulatransportassist.org](http://www.peninsulatransportassist.org)

# Mornington Peninsula Shire Transport

## DIAL A BUS

The Shire operate a Dial a bus service for residents aged over 60. The cost is \$1 each way.

The service takes residents to their local shops and service providers.

The bus operates in each area of the Shire at least 1 day each week. For example: on Tuesday the Dial a Bus collects passengers from Rye through to Rosebud taking passengers to the Rosebud Shopping precinct. The bus can also drop passengers at any address within that service area.

## OUTINGS AND EXCURSIONS

The Outings and Excursions program takes eligible passengers aged over 60 to visit venues of interest as far afield as Melbourne. The service operates 1 day each month in most areas of the Shire.

Passengers need to be independent and mobile for both services.

For more information on these services please contact Carol or Janene at the Shire on **5950 1605**.



# Drink water – it's the best choice

Water is the best choice for our bodies – it does not contain sugar which can cause tooth decay and weight gain.

It's also the best choice for our wallets – it's FREE!

When we don't drink enough water we can become dehydrated. Dehydration can lead to urinary tract infections, kidney stones, seizures and low blood pressure.

## HOW MUCH WATER DO I NEED TO DRINK?

Six to eight cups of water a day is usually enough. However, if you are exercising or the weather is hot and humid you may need to drink more.

Everyone is different – some people need to drink more or less water than the recommended average, so please follow your doctor's advice if this applies to you. Grab yourself a reusable water bottle and carry it with you. There are public water fountains found in parks and reserves to fill up your water bottle. If you are in a shopping centre, restaurant or anywhere else you can ask to fill up your water bottle.

Flavour your water with fruit, veggies and herbs!

Try adding slices of lemon, lime, orange or crushed raspberries. Cucumber and fresh mint are also refreshing flavours!

If you are at home, keep cooled water in the fridge or a jug of water on the bench.

## YOU CAN FILL UP YOUR WATER BOTTLE HERE:

- Comfort Station, Corner of Playne Street and Nepean Hwy
- Outside Frankston Train Station
- Corner of Wells Street and Park Row
- Davey Street Bus Stop



# Think Volunteering

Volunteering can be rewarding and fun. It benefits everyone in the community.

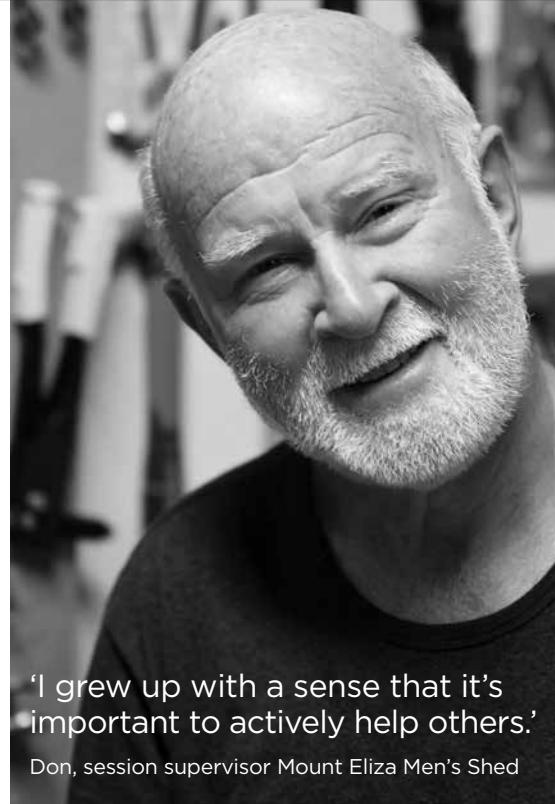
## WHERE CAN I VOLUNTEER?

Enquire at your local school, church, health centre, community house, sporting club or information centre to find out if they need volunteers. Or ask your friends and family who volunteer if they know of organisations where you might like to volunteer.

## SEARCH FOR A VOLUNTEERING ROLE AT:

[volmornpen.com.au](http://volmornpen.com.au)

No access to the internet? Just pop into your nearest library and ask for assistance to search the Volunteering Mornington Peninsula website or phone **1300 850 600**.



'I grew up with a sense that it's important to actively help others.'

Don, session supervisor Mount Eliza Men's Shed



# Aged & Disability Services

## SUPPORTING YOU TO LIVE INDEPENDENTLY IN YOUR HOME

We can provide assistance around the house or help you get out and about:

- Assessment: an assessor will come to your home and determine what you would like to achieve and what is important to you
- Domestic Assistance
- Personal Care
- Respite care
- Home maintenance & modifications: minor repairs with a focus on safety & security
- Meals on Wheels
- Community transport
- Social Support

### For Information, or to make a referral:

- **If you are 65 and over (or 50 and over if you are Aboriginal or Torres Straits Islander), contact:** My Aged Care - Ph: 1800 200 422. Monday to Friday, 8am-8pm; Saturday, 10am-2pm (Closed public holidays)
- **If you are 64 and under (or 49 and under if you are Aboriginal or Torres Straits Islander), contact:** Referral & Intake - Southern Metro Regional Assessment Service, Mornington Peninsula Outlet Ph: 1300 850 600 or 5950 1000. Monday to Friday, 8.30am-5pm (Closed on public holidays)

**Please note, Mornington Peninsula Shire is not an NDIS provider.**



# Family Health Support Services

## Community Transport — Empowering You



Do you need to get around your local area and are unable to use public transport?

Frankston City's eligible residents can access shopping, services and activities through Community Transport at the cost of a gold coin donation.

Community Transport is a door to door service operating Monday to Friday on a fixed timetable to various locations including;

- Bayside Shopping Centre
- Centro Karingal Shopping Centre
- Frankston City Library
- Swimming at PARC
- Local senior citizens centres

If you or someone close to you would benefit from this service please contact Council's Family Health Support Services Intake Officer on **9784 1933**.



# Family Health Support Services

## Delivered Meals



Frankston City Council's Delivered Meals Service (Meals on Wheels) provides nourishing meals seven days per week to assist older people, people with disabilities and their carers to remain independent in their homes.

The Delivered Meals Service provides:

- Three course meals consisting of soup, main meal and dessert which are dietitian approved
- Juice from Monday to Thursday delivered with hot meals
- Frozen meals for weekends and public holidays
- Cost effective government subsidised meals delivered direct to your door

If you or someone close to you would benefit from this service please contact Council's Family Health Support Services Intake Officer on **9784 1933**.



# Family Health Support Services

## In Home Support and Social Participation



### Needing additional support to remain in your own home?

Frankston Council's Family Health Support Services provides a great range of services to support older people, people with a disability and their carers to live independently at home and as part of their community.

Services available to meet your needs include:

- Showering assistance
- Shopping support
- Home cleaning assistance
- Carer respite
- Delivered meals
- Home safety maintenance
- Home safety installations
- Social bus outings
- Community bus transport
- Ageing Positively
- Volunteering

***Caring • Capable • Local • Reliable***

For more information and to discuss your eligibility  
please contact Council's Intake Officer on **9784 1933**.

Supported by the Australian Government Department of Health. Although funding for this service has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.

# Positive Ageing Together

## Community Connector Program



Frankston City Council's Community Connector program utilises volunteers to match residents with activities in the local community.

Community Connector volunteers contact activity coordinators on your behalf and assist with the process of joining.

**Who is this for?** Anyone over the age of 60 or their carer, who is interested in finding out about what activities are available in their community.

Community Connectors can help you connect with:

- Exercise classes
- Computer classes
- Friendship groups
- Craft groups
- Seniors clubs
- Volunteering

For more information contact Council's Positive Ageing Team on **9768 1624**.



# Positive Ageing Together

## Pot Luck Program



### Meet and eat

Come along to this weekly community gathering event where you can meet new people, make new friends and enjoy a home cooked meal and dessert for \$4!

No bookings required, just come along.

**When:** Thursdays, 12–1.30pm

**Where:** Leawarra House, 200 Beach Street, Frankston

**Cost:** \$4

Attendees must be over 18 years of age.

For more information contact Council's Positive Ageing Team on **9768 1624**.





## Shopping online

Over 9 million Australians are choosing to shop online, and here are some of the reasons why:

- **Convenience** of shopping from almost anywhere at any time as long as there's an internet connection.
- It's easy to **compare** prices, models and brands.
- Access to a **wider range of products** that may not be available in store.
- Reviews help with making an **informed decision**.

Even the most experienced of online shoppers need to be aware of potential security risks, so here are a few tips to help get you on your way to being a safe and savvy online shopper.

### 1. Only shop on secure sites

Look out for:

- 'https' in the address bar (the 's' indicates it's a secure page).
- Green closed padlock.
- Trust marks that show the site has met security and privacy requirements. E.g. McAfee Secure, Norton secured.

### 2. Know who you're buying from

It's important to know where the online store is based – are they an Australian or overseas retailer? While overseas retailers need to comply with Australian Consumer Law (ACL), it's not always a given that they'll make returns easy. Also, look out for contact details – do they

have a phone or email address you can use to get in touch should you have any questions?

### 3. Use your credit card instead of your debit card

Credit cards are the safest way to pay for goods online because they offer extra protection and make it easier to get your money back should anything go wrong. PayPal is another safe option, or even setting up a credit card purely for online transactions. No matter how you work it, be sure to always check your bank statements.

### 4. Read the terms and conditions

Before you buy, familiarise yourself with the retailer's cancellation and returns policy: who pays for the return shipping? Do you get a full refund or store credit? How long is the return window? This information is usually found at the bottom of the web page.

### 5. Warning signs

Think twice before buying from online retailers who:

- Only accept payment in the form of a money order or wire transfer instead of secure methods such as credit card or PayPal.
- Don't provide any contact details.
- Are selling goods at prices that are too good to be true.
- Have poor reviews.



# Banking online

Visiting a branch to do the banking is still the norm for many Australians, however, internet banking is on the rise and overtaking the traditional methods. It's easy to see why:

- **Save time** when there's no need to travel or line up in long queues.
- **Convenience** of paying bills and accessing your account any time of the day or week.
- **Save money** with suppliers who provide a discount for direct debit payments.
- Your account keeps a record of all the bills you've paid online for **easy reference**.

You can rest assured that banks work hard to keep your money (and their money) safe, however, there are things we can all do from our end to make sure we're banking safely.

## 1. Create unique strong passwords

Use strong passwords to make it harder for fraudsters to guess them and access your personal information. Avoid using one password across multiple sites and remember to change your passwords regularly.

**Tip:** take a well known phrase or anniversary and use substitutions. E.g. 'Married on the 24th of July' becomes Mot24J! when you use the first letter of each word and an exclamation mark as the special character.

## 2. Enable two factor authentication

Two factor authentication (2FA) is also known as multi factor authentication and provides you with an extra level of security.

It uses your username and password, plus one extra security check that only you can access such as a security code that's sent to your mobile phone, or a code generated by a security token.

## 3. Only bank on a secure site

As with online shopping, look for the 'https' at the beginning of the address bar which

indicates you're visiting a secure page, and always log out of your account when you're finished. Also, avoid using a public computer or public Wi-Fi to do your banking online.

## 4. Keep your computer secure and up to date

Use anti-virus software such as McAfee or Norton and make sure your computer is always up to date, including your web browser (e.g. Internet Explorer, Google Chrome).

## 5. Beware of scammers

Phishing scams are designed to part you with your money by tricking you into revealing personal information such as your bank account or credit card details, and username and passwords.

Your bank will never ask you to 'confirm' or 'verify' your details by text or email so think twice before you provide your personal information. If you do receive an official looking message that you're unsure about, never use the contact details in the message - contact them directly instead by doing an internet search for their phone number.



Office of the  
eSafety Commissioner



Be Connected  
Every Australian online.

## Tips on using public Wi-Fi safely

When you're out and about and want to connect to the internet, you can use the free public Wi-Fi networks which can often be found in shopping centres, libraries and cafes. This saves you from using your own mobile data which can be expensive.

Do remember to take precaution when using public Wi-Fi. Don't:

- Pay for things online with your debit or credit card.

- Log into your bank.
- Fill in a form that asks for personal information.

Stick to using public Wi-Fi for accessing the web and catching up on the news, or doing things that don't require you to enter your personal details.

## There's help when you need it

When things don't go as planned online, there's always somebody you can talk to.

### Online shopping:

1. First, contact the online seller or website.
2. If you can't resolve your problem directly with the online retailer, you can contact the Australian Competition and Consumer Commissioner (ACCC) on 1300 302 502 or visit [www.accc.gov.au](http://www.accc.gov.au)
3. Contact your bank as soon as possible.

**Tip:** the ACCC also has a complaint letter tool you can use to help you draft a letter or email to the seller. (Search: ACCC complaint letter tool).

### Online banking:

Contact your bank straight away should you notice any strange activity on your account.

## Safety first on Be Connected

You can learn more about other safety topics on the Be Connected site:

[beconnected.esafety.gov.au](http://beconnected.esafety.gov.au). The 'Safety first' course will teach you the essential skills to stay safe online, as well as the 'why' and 'how' of safe passwords, paying for goods safely online, and how to download and save files from the internet safely.



Office of the  
eSafety Commissioner



Be Connected  
Every Australian online.



# Agestrong

A group strength & balance program  
Run by trained leaders  
Multiple locations across the catchment  
Chair-based groups available

All participants must have an assessment with an Exercise Physiologist or Physiotherapist. Contact Access to book in at your local Community Health Centre – Rosebud, Hastings, Frankston or Mornington.

[www.peninsulahealth.org.au/agestrong](http://www.peninsulahealth.org.au/agestrong)  
Access: 1300 665 781



Produced by Peninsula Health. Supported by Frankston City Council and Mornington Peninsula Shire.

Contact: (03) 5976 9071 or email [agestrong@phcn.vic.gov.au](mailto:agestrong@phcn.vic.gov.au)

**Peninsula Health**  
PO Box 52  
Frankston Victoria 3199  
Telephone (03) 9784 7777  
[www.peninsulahealth.org.au](http://www.peninsulahealth.org.au)

Disclaimer: The information contained in the brochure is intended to support, not replace, discussion with your doctor or health care professionals.

