



FRANKSTON SOUTH COMMUNITY RECREATION CENTRE



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NEWSLETTER

October 2009

What's New?

Seniors Festival Week 4-11 October

Hopefully everyone has a seniors Festival Flyer by now and are booked in and taking advantage of all the great activities, the brochures are available at the front desk.

Jenny's 9:30am New body Aerobics class on the 14 October is cancelled

Jenny will be taking the warm ups at the **Kananook Creek Ramble on Wednesday the 14** The normal Wednesday class and anyone else that has time is welcome. We are meeting at the Frankston Visitor Information Centre (Pier Promenade). Join the 5.5 km guided walk throughout the foreshore to Seaford, a courtesy bus is available for those unable to walk back or you can stay in Seaford and enjoy some refreshments at the **Min Health Expo**

The Recreation Centre will be holding a stall 1:30pm - 3:30pm at the Seaford Community Hall Information and displays on Keeping fit.

If any one would Like to help out on the stall please let Jenny know .

The police are still investigating the break-in to the Centre, that damaged the window, 3 door jams and my computer. Thanks to maintenance staff every thing is almost back to normal. I will keep you posted if I receive any information on the people that broke in. The Police are looking for 3 men they have video footage of them trying to break into the milk bar at the mail nothing was stolen

Coffee in a dee cup

Also new at the centre is Dee's *Coffee in a dee cup*. The lobby now has the lovely smell of Coffee so enjoy a real coffee or hot chocolate on a Tuesday, Wednesday or Friday morning.

New Tumble Gym Class Times for Term 4

Due to the Popularity of the tumble gym classes we are extending the program to include a extra class this means, that the classes provided will be even more specific to the age level and ability of your child.

Friday Tumble gym
1- 2 years at 9am
2-3 years at 9.45
3-4 years at 10.30
4-5 years at 11.15am

Free fruit for the children and parent's as well as tea coffee will be provided after class to help promote healthy eating habits.

Term 4 starts on the 9th October and runs for 10 weeks with the last class being 11th December
Cost for the 10 weeks \$100.00 or casually \$13.00 for bookings call Jenny at the centre.

Ageing Well Expo

Wednesday, 7 October 10:00am to 2:00pm
370 Craigie Road Mount Martha Mel Ref: 146 A11

Peninsula Health in Partnership with Mornington

Peninsula Shire & National Seniors and Sponsored by State trustees

Learn about groups in the Frankston and Mornington Peninsula region.

A focus on keeping involved, looking after your health, living confidently and physical activity.

For more information phone 9788 1289

Have you looked on line at all the great programs and Clubs that use the Centre on the **Website www.frankston.vic.gov.au**

Follow the links:

A-Z Services → Parks & Leisure Services →

Frankston South Recreation Centre

If your group would like to contribute to this newsletter please

E-mail jenny.bosse@frankston.vic.gov.au



Across the Ages walk Group or Walk and Talk

Dot Hine pitched in the middle is one of the groups main walkers - Rain, hail or shine— Dot is at the centre always ready to go!!

Dot, the mother of 8 children, 18 grand children and 22 great grand children, has just celebrated her 86th birthday and is an inspiration to the other walkers in the group. Dot has walked all her life and despite an eye problem, Macular Degeneration she sets an impressive pace. The group meet every Tuesday at 9.30 am

Next walk:

- * 13 October—Beach Boardwalk. Meet at the Frankston Pier car park
- * 10 November—Langwarrin Flora & Fauna Reserve.

All other walks start and finish at the Recreation Centre every Tuesday at 9.30am
Cost \$2 Fresh fruit and tea coffee provided no need to book — Just come along.



How to Look 10 years Younger without Plastic Surgery

An "Unlock Your Potential" Seminar
By Sue Doogan—Image Consultant
Was held Wednesday 16 September

Everyone that came to the seminar
enjoyed the afternoon session about
how to keep in style!!!

Have you met Lou? Our massage therapist
Available on Mondays in the main foyer 10am till 12noon no appointment needed.
Why not try a Neck and Shoulder Massage 5 minute Massage Only \$5.00
Call Lou on 0414 644 738 or 9770 6787

Agestrong Program

Agestrong Exercise Instruction Manuals
and progress sheets are available at the office
Agestrong T-Shirts in Navy Blue
Sizes:

Small, Medium, Large and X Large
please pre order at office
Cost \$23.50

Manuals \$10.00 each
Meals on Wheels lunch \$4.50
12.30 Monday and Wednesdays
Anyone can order at the office



Australian Hearing
Free Hearing Checks available at the Centre on
Wednesday the 21st October
Appointments between 9.30 and 12.30 am

- The test are free to all seniors and pension card holders
 - Screening involves:
 - ears check
 - 3-4 frequencies tested
 - Results explained
 - Results and written information given
 - Referred for further help if needed
 - Federal Government provided subsidised hearing aids, repairs and batteries (payment of annual fee) ongoing rehabilitation and advice
- Please book a time at the office**

