

Frankston Senior Club Listings

Frankston Senior Citizens Clubs and Groups

Group Information	Time	Day					Where	Phone	Price
		M	T	W	T	F			
Frankston Combined Probus Inc Activities include guest speakers, day trips, caravanning, craft, games, picnics, dinners, computer group and walking club. 3 rd Friday of the month.	10.00am to 12.00pm					X	RSL – Bowls Pavilion rear of RSL building 183 Cranbourne Rd Frankston 3199 maryms@optusnet.com.au	Mary (Secretary) 9776 5176	Contact the Group
Probus Club of Langwarrin Combined Inc Activities include meetings, guest speakers, morning tea, craft, movies, table tennis, walks, golf, book group, bus trips, caravan trips, luncheons. Visitors welcome. 4 th Friday of the month.	10.00am to 12.00pm					X	RSL Frankston, Bowling Club Rooms 183 Cranbourne Rd Frankston 3199 PO BOX 4090 Langwarrin 3910	Richard 0416 138 844	Contact the Group
Langwarrin Ladies Probus Club Inc Day trips, dinners, guest speakers, craft, gardening, cinema group, chat & chew club, and lunch after the meeting. Last Thursday of the month.	10.00am to 12.00pm				X		Langwarrin Community Centre 2-6 Lang Rd Langwarrin 3910	9789 0449	Contact the Group
Probus Club of Frankston "Friendship, Fellowship and Fun". Enjoy outings, golf, cards, walking, theatre, music, bus trips, and discussion mornings. 1 st Friday of the month.	10.00am					X	RSL – Bowls Pavilion rear of RSL building 183 Cranbourne Rd Frankston 3199 enquiries.probusfrankston@gmail.com www.probusfrankston.org.au	Clyde 9783 7140	Contact the Group
Frankston Ladies Probus Club Inc Activities include luncheons, guest speakers, morning teas, fashion shows and outings. 2 nd Thursday of the month.	10.00am				X		Community of Christ Church Hall 2 Logan St Frankston 3199	Helen 9789 5192	Contact the Group

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Carrum Downs Probus Club Inc Croquet, mah-jong, 500, walking group, movies, lunch, Sunday travellers, dining out, theatre groups and bus trips. 2 nd Wednesday of the month.	9.30am to 12.00pm			X		Sands Hotel 71 Hall Rd Carrum Downs 3201 PO BOX 8452 Carrum Downs 3201	Pat 9785 2678	Contact the Group
Seaford Probus Club Inc Guest speaker followed by lunch. Includes trips away, theatre outings, walking groups, computer classes, craft, golf, cards and games. 2 nd Thursday of the month.	9.45am				X	King Close Community Centre 26 Moreton St Frankston North 3200 seafordprobus@gmail.com PO BOX 328 Seaford 3198	Carolyn 0450 158 149	Contact the Group
Frankston Senior Citizens Club Come along and enjoy bingo, concerts, outings and luncheons in a friendly social environment.	1.00pm to 2.00pm		X			Leawarra House 200 Beach St Frankston 3199	Josie 9789 5272	Contact the Club
Carrum Downs Senior Citizens Club Inc A friendly social club that offers card & board games, pool, bingo and social time to chat with friends. Games day every Tuesday at the Lyrebird Community Centre.	10.00am to 2.00pm		X			Lyrebird Community Centre 203-205 Lyrebird Dve Carrum Downs 3201 cazcoops6@bigpond.com PO BOX 8176 Carrum Downs 3201	Carol 0412 877 449	Contact the Club
Frankston North Senior Citizens Club New members are welcome to come along and enjoy cards, bingo, scrabble and rummikub.	10.00am	X				Frankston North Community Centre 26 Mahogany Ave Frankston North 3200 fncc@frankston.vic.gov.au	8773 9545	Contact the Club
Langwarrin Senior Citizens Club Indoor bowling, board games, afternoon tea and a monthly luncheon.	1.00pm to 3.30pm			X		Langwarrin Community Centre 2-6 Lang Rd Langwarrin 3910	Linda 5995 5281	Contact the Club

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<p>Seaford Senior Citizens Club Inc Come along to bingo on Monday; mah-jong, cards & pool on Tuesday; carpet bowls & cards on Wednesday; bookclub once a month on Thursday and carpet bowls & cards on Friday.</p>	<p>12.30pm 10.30am</p>	<p>X To 2pm</p>		<p>X To 4pm</p>		<p>X To 4pm</p>	<p>Talbot Hall Broughton Street (Rear of Seaford Community Centre) Seaford 3198</p>	<p>9785 1621</p>	<p>Contact the Club</p>
<p>U3A Frankston Over 60 courses available. Members enjoy a range of classes, social activities and the opportunity to make new friends.</p>	<p>9.15am to 1.15pm</p>	<p>X</p>	<p>X</p>	<p>X</p>	<p>X</p>	<p>X</p>	<p>Stella Maris Centre Gate 8, 161 McMahons Rd Frankston 3199 office@u3af.org.au www.u3af.org.au</p>	<p>9770 1042</p>	<p>Contact the Club</p>
<p>Country Women's Association Frankston Branch Come along and join in craft, outings and cooking.</p>	<p>9.30am</p>			<p>X</p>			<p>33 Beach St Frankston 3199</p>	<p>Jenny 9766 5614</p>	<p>Contact the Club</p>
<p>Country Women's Association Frankston South Branch Activities include cooking and craft. New members welcome. 2nd Thursday of the month.</p>	<p>10.00am</p>				<p>X</p>		<p>Connect Church Hall 135 Golf Links Rd Frankston South 3199</p>	<p>Dorothy 0428 874 488</p>	<p>Contact the Club</p>
<p>Frankston Men's Shed Activities at the Shed include a community kitchen, social group, gardening and woodwork. Entry to the program is by self-referral or through a health or community service professional.</p>	<p>Contact the Shed</p>						<p>Cnr Hastings Rd & Dundas St Frankston 3199 www.peninsulahealth.org.au</p>	<p>John 9784 8403</p>	<p>\$5 Monday for community kitchen Gold coin donation for Monday afternoon tea</p>

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Pines Men's Shed Feel good, be productive, contribute to community and charities, connect with friends, have a yarn and a cuppa. Make furniture, cubby houses & possum boxes. Includes metal working & wood turning.	8.00am to 5.00pm	X	X	X	X	X	14 Stringybark Cres Frankston North 3200 pinesmensshed@bigpond.com	9786 1008	Contact the Shed
Langwarrin Men's Shed Feel good, be productive, contribute to community & connect with friends. Make furniture, possum boxes, repairs and recycle. Learn to use a computer and cook!	10.00am	X To 1pm	X To 1pm	X To 2pm	X To 1pm	X To 1pm	185N Cranbourne-Frankston Rd Langwarrin 3910 comms@langwarrinmensshed.org.au www.langwarrinmensshed.org.au	9789 8380	Contact the Shed
Seagull Day Club Weekly social program including gentle exercise and light lunch. <i>*Transport available subject to eligibility & availability.</i>	10.00am to 2.00pm		X*				Frankston RSL 183 Cranbourne Rd Frankston 3199	Sharon 9783 5509 For Transport 9784 1933	\$10 per week \$20 for outings
Peninsula Activity Group Friendship group for all. Activities include walking, trips, day outings, shows, lunches, guest speakers and tea and coffee. 3 rd Friday of the month.	10.30am to 1.00pm					X	Uniting Church High St Frankston 3199	Joana 9775 2304	Contact the Group
National Seniors of Australia – Frankston Branch Topical speakers, morning tea, entertainment, luncheons, outings and day trips. Last Wednesday of the month.	9.30am			X			St Francis Xavier Church Hall Young St Frankston 3199	Marion 9776 6648	\$3 per session \$40 annual membership
Kalenka Inc Enjoy English classes, bingo, cards, exercise, lunch, singing and lectures. 1 st Monday of the month.	10.00am to 1.00pm	X					Talbot Hall Broughton Street (Rear of Seaford Community Centre) Seaford 3198	Ritta 5987 7061	Contact the Group

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Carrum Downs Over 55s Enjoy indoor bowls, rummikub, pool, bingo and outings. BYO lunch, free tea and coffee. Free lunch once every 3 months.	10.00am to 4.00pm				X		Talbot Hall Broughton Street (Rear of Seaford Community Centre) Seaford 3198	Terry 9766 4271 0403 311 145 (President)	Contact the Group
Frankston East Over 55s Come along and enjoy carpet bowls, exercise, line dancing, bingo and craft.	pm am & pm	X		X	X		Leawarra House 200 Beach St Frankston 3199	Pearl 9766 0290	Contact the Group
BSL Recreation & Social Connection Hub Gardening, table tennis, pool, outings, exercise & dance.	Contact the Hub						2-4 Overton Rd Frankston 3199	1300 147 147	Contact the Hub

Multicultural Clubs and Groups

Group Information	Time	Day					Where	Phone	Price
		M	T	W	T	F			
Australian Multicultural Seniors Support Group Inc A warm welcoming environment including dancing, board games and lunch.	1.00pm to 5.00pm	X					Frankston Multicultural Centre 24-26 High St Frankston 3199 gilliesfe@gmail.com	Fe 0418 592 944	Contact the Group
Café Bazaar – Social Support Activity Group A social support group for independent multicultural seniors. Activities include cards, music, chess, knitting, craft computers, movies and chats with friends. <i>No transport available.</i>	10.00am to 1.00pm			X			MiCare 24-26 High St Frankston 3199 cbssccc@micare.com.au	9781 5788	No cost except for outings

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<p>Dutch Club – Klavrejassen Klaverjassen is one of the most popular card games in the Netherlands, traditionally played in cafes and social clubs. New members always welcome. Enjoy good company, a game or two and some great conversation.</p>	11.30am			X		King Close Community Centre 26 Moreton St Frankston North 3200	Henriette 9584 1816	\$2 a session
<p>Greek Planned Activity Group Activities include hot lunches, gentle exercise, bingo, craft, music and celebrations of culturally significant events, guest speakers and info sessions. <i>Transport available.</i></p>	10.00am to 3.00pm				X*	MiCare 24-26 High St Frankston 3199 cbssccc@micare.com.au	9781 5788 Ring 9781 5788 for Transport details	Fees apply Contact MiCare for eligibility to join the group
<p>Greek Senior Citizens Club Enjoy morning and afternoon tea, lunch, trips, picnics, cards, bingo and games. <i>*Transport available subject to eligibility & availability.</i></p>	9.00am to 3.00pm		X*			2 Petrie St Frankston 3199	Stacey 0423 531 828 Ring 9784 1933 for Transport	Contact the Club
<p>Greek Elderly Women’s Club Activities include bingo, Greek book swap, exercise, knitting, dance, singing and day trips.</p>	10.00am to 3.30pm	X				2 Petrie St Frankston 3199	Dimitra 0418 554 840	Contact the Club
<p>Italian Seniors of Frankston Members enjoy bingo, billiards, bocce, indoor bowls, cards, outings, dancing, celebrations, bands and performances. <i>*Transport available subject to eligibility & availability.</i></p>	10.00am		X*			Bruce Park Hall Margate Ave Frankston 3199	Domenic 0407 250 413 For Transport 9784 1933	Contact the Club

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Chinese Senior Citizens Club Gentle exercise, tai chi, cultural dancing, mah-jong, socialising and lunch. Includes outings and birthday celebrations.	9.00am to 3.30pm		X				MiCare 24-26 High St Frankston 3199	Jenny 0438 616 613 No transport available	Contact the Club
Polish Senior Citizens Club Come along and enjoy tea and coffee, conversation, bingo, celebrations and cards. 2 nd Wednesday of the month.	1.00pm to 4.00pm			X			MiCare 24-26 High St Frankston 3199	Dominika 0468 640 786 No transport available	Contact the Club
South American Senior Citizens Club of Frankston & Mornington Peninsula Art, painting, socialisation, trips and outings. Enjoy morning tea.	9.00am to 1.00pm	X					King Close Community Centre 26 Moreton St Frankston North 3200	Cesar 9766 6887 (President)	Contact the Club
Frankston Filipino Seniors Support Group Enjoy lunch, guest speakers, cards, craft, cultural dancing, line dancing and zumba. 2 nd Wednesday of the month.	11.00am to 3.00pm			X			Holy Family Church Hall 34 Moreton St Frankston North 3200 Postal Address: 32 Arlene Dve Skye 3977	Grace 0409 192 390 (President)	Contact the Group
Avondrust Auxiliary (to Dutchcare) Luncheons and Dutch card afternoon. Kiosk is open daily. Wednesday mornings weekly. Thursday afternoons fortnightly.	Contact the Club						Avondrust Village 1105 Frankston-Dandenong Rd Carrum Downs 3201	George 0427 221 040	Contact the Club
Raduga Russian Senior Citizens Club English classes, exercise, lunch, singing and lectures. 2 nd Friday of the month. Fourth Friday of the month is an outing.	10.00am to 1.00pm					X	Seaford Uniting Church Railway Pde Seaford 3198	Yelena 9772 6858 (President) Galina 9036 1436 0426 602 706 (Vice President)	Contact the Club

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Walking Groups:

Group Information	Time	Day					Where	Phone	Price
		M	T	W	T	F			
ACROSS THE AGES WALK Get some fresh air and enjoy the benefits of walking.	9.30am		X				Frankston South Community Rec Centre 55 Towerhill Rd Frankston South 3199 frankstonsouthreccentre@frankston.vic.gov.au	9293 7122	\$3 per session
FRIENDLY WALKING GROUP Unstructured leisure walking group in local area. Walk at own pace. Varied fitness levels of participants. Must be able to walk safely outdoors & have reasonable balance and fitness.	9.30am		X				Lyrebird Community Centre 203-205 Lyrebird Dve Carrum Downs 3201 admin@lyrebird.org.au www.lyrebird.org.au	9782 0133	\$1 per session
DOG WALKING GROUP Walk with a group and your dog for 1 hour or 30 minutes. Walk followed by tea/coffee. Dogs must be well socialised and non-aggressive. Please contact prior to attending to ensure your dog is suitable.	8.30am 9.30am		X X			X	Baxter Park Frankston Flinders Road Baxter 3911	Suzanne 9789 8475	\$12 annual membership
KARINGAL HUB HEALTH WALKS Come along to indoor walks supported by volunteers. Arrive 10 minutes early. Complete a Registration Form from Centre Management.	7.45am 5.30pm	X		X		X	Karingal Hub Shopping Centre Cranbourne Road Karingal 3199	9789 1192	FREE
HEART & SOLE WALKING GROUP Two walking groups leave from the centre. One group walks for 20 minutes and the other group walks for 1 hour. Both meet for a cuppa and a chat at the centre.	9.15am	X					Frankston North Community Centre 26 Mahogany Ave Frankston North 3200 fncc@frankston.vic.gov.au	Norma 0417 513 639	FREE