

# CENTRE PROGRAMS

## U3A Frankston

University of the Third Age run various classes for retirees and seniors over 55. Connect with like minded people and expand your knowledge and skills in areas such as languages, history, arts, guitar and more.

For more information contact their office on

Monday to Friday, 10am – 1pm

Call : 9770 1042 or visit [www.u3af.org.au](http://www.u3af.org.au)

## Maternal Child Health, Immunisation and Parent Education Sessions

By appointment only. All bookings are made via Council's booking line: 9784 1756

## Library services

Library borrowing and returns are welcome between Monday – Friday, 9am – 5pm. With an extensive children's and junior readers range, as well as adult fiction, you can find something for all family members to read.

## Youth Hangouts at Karingal PLACE

A **free** social group run by Youth Services for young people aged 12 – 24 looking to connect and make new friends. Activities include cooking and basketball.

Wednesdays, 3.30pm – 5pm

Call Cal for more information: 0488 599 249

## Karingal PLACE Kindergarten

Kinder operates Monday to Friday 8.30am – 1.30pm for 3 year and 4 year old groups.

For booking contact : 8751 8363

## Volunteer with us

We are seeking volunteers to run our walking group. If you love walking, connecting with people and want to volunteer please call us on 8786 6650 for a role description and to discuss the opportunity further.

## Karingal PLACE Mailing List

Keep up to date with all our latest programs and activities. Email us on [karingalplace@frankston.vic.gov.au](mailto:karingalplace@frankston.vic.gov.au) to join the interest list and follow us on our webpage [frankston.vic.gov.au/KaringalPLACE](http://frankston.vic.gov.au/KaringalPLACE) or Facebook on [www.facebook.com/KaringalPLACE](https://www.facebook.com/KaringalPLACE)



## Karingal PLACE Neighbourhood Centre

Program  
Term 3  
2023

## Centre News

### Glass Bin Recycling Information Session - 9 August

Find out about the new glass recycling bins at our pop-up information session. Council's waste team will be on hand to answer all your questions between 9.15am – 12.15pm in the foyer.

### The Women's Bootcamp

are running some of their classes in Karingal PLACE Stadium during the winter months. If you are new to fitness or interested in building your fitness reach out to Sonia and the team for more information. You will always get a positive welcome and upbeat session with Sonia. Check them out online or via your socials - [www.thebootcampco.com.au/frankston](http://www.thebootcampco.com.au/frankston) or call 0485 876 088

### Karingal Craft Corner

Come and connect with other crafters over a cuppa and bring along your current craft project, or try something new and purchase one of our low cost craft kits. Register your interest at [karingalplace@frankston.vic.gov.au](mailto:karingalplace@frankston.vic.gov.au) or call the centre on 8786 6650.

### Walking Group – Interest List

We are now taking names of those interested in being involved in a local morning walking group in Term 4. Day and time to be confirmed. If you are interested in connecting with other locals and being active while exploring the Karingal area, then leave your contact details with us at reception on 8786 6650.

Karingal PLACE Neighbourhood Centre  
(03) 8786 6650  
[www.frankston.vic.gov.au](http://www.frankston.vic.gov.au)



# Karingal PLACE Neighbourhood Centre

## UPCOMING EVENTS

**AUGUST 1**

Hosted by Women's Health in the South East  
6:30 PM - 8:00 PM

### Menopause Information Session

Information session for community members aged 35 – 55, to increase knowledge and awareness of menopause and perimenopause, common symptoms, long-term health impacts and hormonal and non-hormonal options for symptom management.

**FREE**

**AUGUST 24**

Facilitated by Brooke Clarke  
7:00 PM - 9:00 PM

### Craft workshop - Polymer Clay

Our resident craft guru, Brooke, will guide you through creating your own jewellery and art pieces using polymer clay.

**Cost \$30 or \$15 for health care cardholders**

**AUGUST 30**

Hosted by KidzAid  
7:00 PM - 9:00 PM

### Paediatric First Aid

Learn invaluable infant and child CPR and choking skills with KidzAid Australia. A must for every parent and care giver.

**Cost: \$35 per person, limited places**

## Winter Wellness Workshops

Join us for a series of winter wellness workshops with Annette Subhani from New Pathways Coaching & Education and use the winter months to focus on and strengthen your well-being with useful strategies.

### Navigating Stress & Anxiety with Holistic Approaches

**Tuesday 11 July, 10.30 am - 12 noon**

*Do you often feel anxious, worried and have overwhelming emotions?*

The good news is we don't need to continue to live with stress, extreme feelings and anxiety! This workshop will explore factors causing stress, uncover everyday techniques to move past negative emotions and triggers, and learn key coping strategies to improve your holistic wellbeing.

### Prioritising My Self-Care

**Wednesday 26 July, 10.30 am - 12 noon**

Choices are a big part of life and prioritising your personal health and wellbeing can be the greatest challenge. Enhancing our awareness about 'what works for us' is vital, as we all tend to give up quickly when the going gets tough and change does not bring about results. This workshop explores the power of routines, reflects on mental health and will assist you to uncover obstacles to your wellbeing.

### Turning Sleep into Wellbeing

**Tuesday 15 August, 7 pm - 8.30 pm**

*We all need to sleep; in fact we sleep a third of our day away! So, what is happening when we sleep?*

This workshop uncovers the science of sleep and why it improves your overall health and wellbeing, the power of the natural 'body rhythm' and how sleep allows for the healing of heart, mind, body and spirit. Participants will leave with new insights and steps to improve their sleep, along with a personal Sleep Diary.

## Centre Activities

**MON**

### Men's Group

Connect with other men and enjoy a friendly, relaxed conversation. Open to new members, all are welcome.

**10.30am - 12.30pm**

Community Room 2

**Gold Coin Donation**

### Maternal & Child Health Parent Education Sessions

Contact **9784 1756** for booking or inquiries  
Community Room 1  
**9am - 3pm**

### Karingal Craft Corner

BYO craft projects and connect with other crafters.

**1pm - 3pm**  
Community room 2

**Gold coin donation**

### Tai Chi

Improve your strength and balance through the art of tai chi.

Registrations via Dot on 0438 890 633

**7pm - 8pm**  
Community Room 1  
**Cost: \$5.00**

**TUE**

### Community Playgroup

Socialise, play and have fun with other local families. Open to ages 0 – 5 years old. Bookings are required as places are limited (during school term)

**9.30am - 11am**

Community Room

**\$5 per Family per week or \$35 for Term 3**

### Walking Group (Coming Soon)

**9.30am - 10.30am**  
Gold Coin Donation

**WED**

### Storytime at Karingal PLACE

Wednesdays during school term

**9.30am - 10.30am**

Community Room 1

**Free**

### Chatty Café

A casual social group open to all community members. Connect with other locals over a free cuppa and a chat.

**10am - 12pm**  
Karingal PLACE Foyer  
**Free**

**THU**

### Maternal & Child Health (referral only)

First Time Parents Groups

Contact **9784 1756** for booking or inquiries.

**9am - 3pm**

### Youth Hangout

**3.30pm - 5.30pm**

**Free**

### Program coming soon

Contact us to register your interest in mindfulness programs and yoga.

**FRI**

### Agestrong Classes

Available by referral only through Peninsula Health.

\*Fully booked with a waiting list\*

**9.15am - 11.15am**

Community Room

### Senior Exercise Park

Trained volunteers will be onsite to assist seniors with proper use of equipment.

**9am - 12 noon**

Wingham Park

### Supported Playgroup

Specific criteria applies for families attending supported playgroup.

Call playgroups coordinator for more information on 9293 7156  
**12 noon - 2pm**

### Have an idea for a program or activity?

Call or drop us a line to discuss your ideas. We would love to hear from you! Email us at [karingalplace@frankston.vic.gov.au](mailto:karingalplace@frankston.vic.gov.au) or call us on **8786 6650** during business hours.