



**Mornington
Peninsula
and Frankston
region**

Keeping Active, Involved and Informed

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



**Peninsula
Health**



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 on 1300 665 781** to **book** in at your local Community Health Centre – Rosebud, Hastings, Frankston or Mornington.

Scan the QR code to find out more.
peninsulahealth.org.au/agestrong



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
- Bowls Clubs
- Community Centres
- Men's Sheds
- Multicultural Groups
- Seniors Groups
- Support Groups

FOR MORE COPIES

For more copies contact Peninsula Health.



peninsulahealth.org.au/agestrong



agestrong@phcn.vic.gov.au



5976 9071

Information in this edition was current at the time of publication in August 2023. 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**

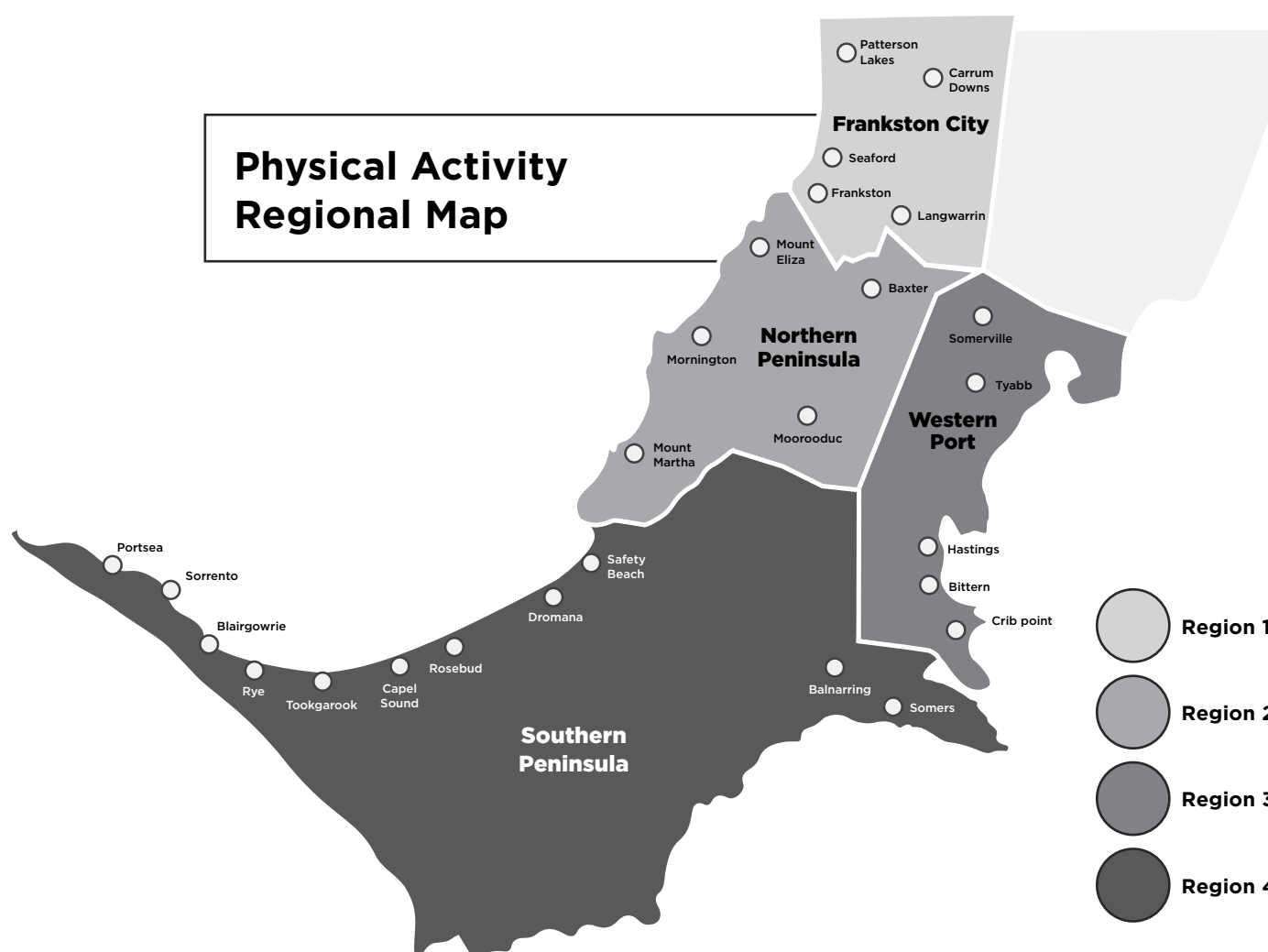
Groups available are not limited to those listed here.

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

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

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

Staying active as you get older is important for good mental and physical health and wellbeing. It reduces the risk of many diseases, including some cancers, and helps maintain a healthy weight.

HOW MUCH PHYSICAL ACTIVITY YOU SHOULD DO

For people aged 65 years and over, we recommend at least *30 minutes* of moderate intensity physical activity on most, preferably all, days. If you find *30 minutes* difficult right now, start with just *10 minutes* once or twice a day. After *2 weeks*, increase to *15 minutes* twice a day. If you can do more than *30 minutes*, you will get extra benefits.

Over the course of the week, try to incorporate different types of activities. Try to reduce the time you spend sitting down – break that time up as often as you can.

BENEFITS OF BEING ACTIVE

As you get older, it's important to do some form of physical activity every day.

What you do depends on your health and lifestyle. But there are easy ways to add activity to your day. If you have health problems, it's a matter of finding what works for you. Talk to your doctor about what activity suits you. For example, if you have:

- heart problems, diabetes or asthma – you can start moderate walking or swimming
- arthritis – you can try hydrotherapy or swimming in a warm pool
- osteoporosis – you can try weight bearing and strength activities.

Just a slight increase in activity each day can improve your health and wellbeing. It can help:

- reduce the risk of health issues, like high blood pressure, high cholesterol, type 2 diabetes, bone and joint problems, heart disease and some cancers
- maintain a healthy weight
- reduce the risk of falls and injury
- give you more energyimprove your sleep reduce stress and anxiety
- improve concentration
- improve your mental health.

BUILDING ACTIVITY INTO YOUR DAY

Building physical activity into your everyday life doesn't have to be difficult. You can set aside a specific time each day, or fit some exercises in while waiting for the kettle to boil or watching TV. There are lots of exercises you can incorporate into your day.

Ideas for Exercising at Home for over 60s

PHYSICAL ACTIVITY GUIDELINES FOR OLDER AUSTRALIANS (Australian Government – Department of Health)

1. **Think** of movement as an opportunity, not an inconvenience
2. **Be** active every day in as many ways as you can
3. **Put** together at least 30 minutes of moderate intensity physical activity on most, preferably all, days
4. **If** you can, also enjoy some regular, vigorous activity for extra health and fitness.

TIPS FOR EXERCISING AT HOME (Australian Government – Department of Health)

- Build exercising into your daily routine.
- Try to reduce the amount of time you spend sitting.
- Some exercises can be easily built into your existing routine. For example, you can do shoulder rolls while waiting for the kettle to boil or heel & toe raises while watching TV.
- It is good to include a range of different types of activities throughout the week.

Moderate fitness activities are good for your heart, lungs and blood vessels. Aim for 30 minutes of activity from this group on most days.

- > brisk walking
- > swimming
- > golf with no cart
- > aerobics or water aerobics
- > cycling
- > yard and garden work
- > tennis
- > mopping and vacuuming.
- > walking the dog

Strength activities help maintain muscle and bone strength. Do specific strength exercises 2 or 3 times per week.

- > weight, strength or resistance training
- > lifting and carrying (for example, groceries or small children)
- > climbing stairs
- > moderate yard work (for example, digging and shifting soil)
- > calisthenics (for example, push-ups and sit-ups).

Flexibility activities help you move more easily, and can include:

- > tai chi
- > bowls (indoor and outdoor)
- > mopping or vacuuming
- > stretching exercises
- > yoga
- > dancing.

Balancing activities can prevent falls and injuries, and can include:

- > side leg raises
- > half squats
- > heel raises.

SAFETY TIPS

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

- Exercises should not cause you pain. If you feel pain, stop the exercise and consult your health professional.
- If needed, do exercises near a bench or chair so you can hold on for support.
- If you are exercising alone, have your phone nearby so you can contact someone if needed.

Exercises for home – Agestrong Program

The following exercises are from the **Agestrong Program**.

- > Complete 6 – 8 different strengthening exercises if able.
- > For each exercise, do 8 - 10 repetitions of the exercise. Rest, and then complete another set of 8-10 repetitions.
- > Hold each stretch for 10 – 30 seconds as able.

Acknowledgements

This handout has been developed by the Agestrong Network, Peninsula Health (agestrong@phcn.vic.gov.au). The illustrations have been completed by Jackson Knightbridge.

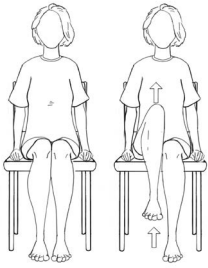
Support

Exercise Physiologists at Peninsula Health can provide support to develop a more personalised home based exercise program if required.

Contact Access on 1300 665 781.

Strengthening Exercises – Seated

Warm up



MARCHING ON THE SPOT

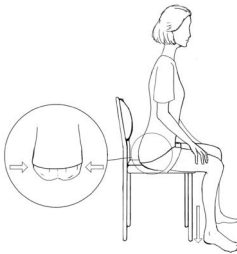
Raise and lower legs in marching action. Lower feet in a controlled action. Add arms – in marching motion or punching out to the front. Aim for 30 sec – 1 min, rest & repeat



SIDE BENDS

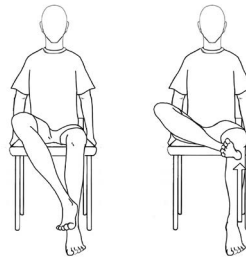
Sit up straight in seat. Reach towards ground on each side, but do not aim to touch the ground. Complete 5 – 10 and repeat as able.

Hips and Bottom



GLUTE SQUEEZE

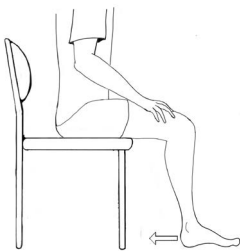
Sit up in chair with feet placed slightly forward. Squeeze bottom muscles together and push down through the heels. Release muscles.



GLUTE STRETCH

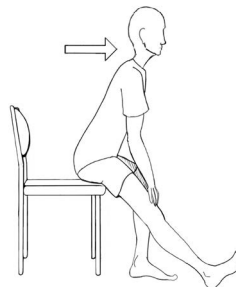
Sit in chair with good posture. Keep your left leg at 90° with your foot flat on the floor. Place the back of the right foot on the left shin and draw up as high as comfortable.

Hamstring



HAMSTRING CURLS – SEATED

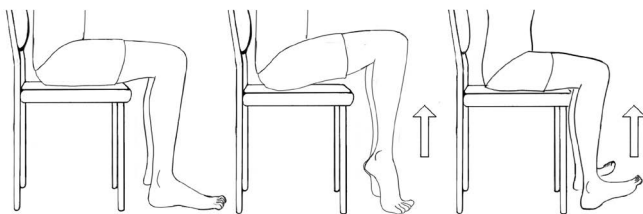
Sit forward in chair with good posture with feet shoulder width apart. With a slow controlled movement, push one heel into the floor and drag back. Do not move other foot. Release muscles.



HAMSTRING STRETCH

Sit on edge of chair. Place one leg straight with toes pulled towards you. Bend from hips, moving chest forward (not down). Keep back straight. Repeat on other leg.

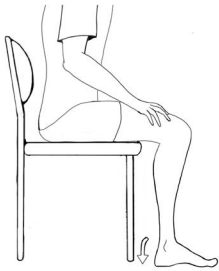
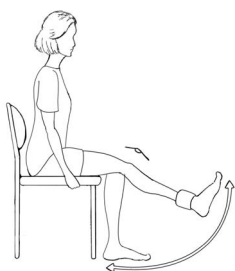
Calf



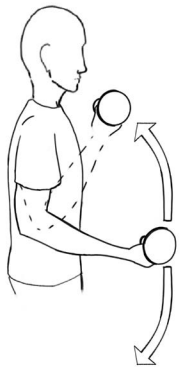
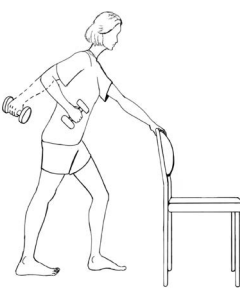
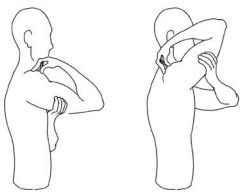
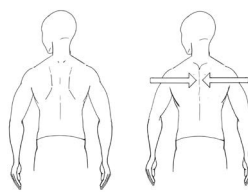
HEEL & TOE RAISES

Sit in chair with good posture. Knees shoulder width apart. Raise heels, coming up on to your toes, keeping toes on the ground. Then raise toes while keeping heels on the ground.

Thigh

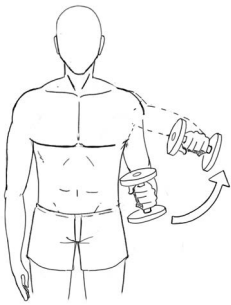
	STATIC QUADS Sit up straight in chair with knees at a 90 degree angle. Place hands on your thighs. Push down & forward through your feet & tighten thigh muscles. Hold for 3 seconds. Release muscles.		KNEE EXTENSION Sit with good posture in supportive chair. Raise one foot to the count of 3, keeping a small bend in the knee. Lower leg slowly.
	SIT TO STAND Sit forward in chair with your feet under your knees, shoulder width apart. Lean forward from hips, keeping back straight, and stand. Slowly return to sitting. If you are unable to stand, just lift your bottom off the chair slightly.		THIGH STRETCH Sit on the side of the chair. Rest top of toes on the floor. Lower knee towards floor. Hold for 20-30 seconds.

Biceps, Triceps & Posture

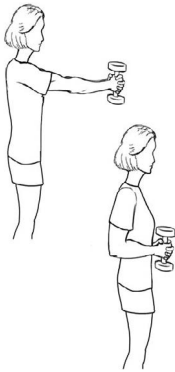
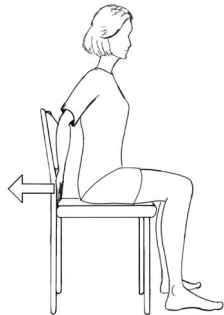
	BICEP CURLS Hold dumbbells at sides of body, one in each arm. Keeping elbows at side, bend arms and slowly lift dumbbells towards shoulders without allowing your elbows to raise. Lower dumbbells slowly towards the ground, without allowing your elbows to move.		TRICEPS EXTENSION Hold weight in right hand, lean forward and place left hand on chair. Start with elbow pulled back and hand in line with ribs. Keep elbow still & straighten arm out behind you.
	TRICEPS STRETCH Put hand on same shoulder (scratch your shoulder) Use opposite arm to gently push elbow backwards if comfortable. Hold for 20 seconds.		SCAPULA RETRACTION Sit with good posture. Place your hands by your side, palms facing your body. Draw shoulders & arms backwards, squeeze shoulder blades back & towards each other, keep your neck muscles relaxed, keep shoulders down. Hold for 3 seconds and relax.

Strengthening Exercises – Seated

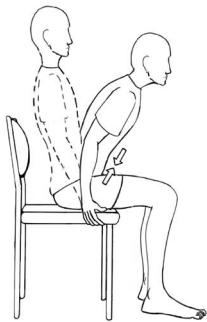
Shoulder

	LATERAL SHOULDER RAISE Hold weight, position your elbow at your side with arm bent to 90 degrees. Raise your elbow out to the side to natural shoulder arc, keeping arm at 90. Slowly lower		SHOULDER STRETCH Place hand on opposite shoulder. Use other hand to gently move elbow up.
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Upper Back & Chest

	FORWARD ROW Sit with good posture, shoulders relaxed, arms out straight, shoulder width apart. Hold dumbbells upright. Pull elbows by your side into the body and squeeze your shoulder blades together		CHEST STRETCH Sit forward in chair. Relax shoulders. Palms facing away from body. Reach arms behind and open up your chest. Hold 10-30 seconds.
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Trunk

	SEATED SIT UPS Sit forward in chair with good posture. Keeping back straight lean forward to 45 degrees. Return to straight. Lean backwards if able. Return to straight.		CORE ACTIVATION Sit forward in chair with good posture. Hold a weight in both hands with elbows bent. Keeping body still, 'stir the pot' with your weight.
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REGION 1

Frankston City Region

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

PHYSICAL ACTIVITY	Aqua	
Group Information	Where	Contact
AQUA CLASSES 3 different Aqua classes available Aqua Aerobics, Aqua HIIT & Aqua Yoga. Waive form to sign prior to joining. Pack 10 \$125	Input Fitness 224 Cranbourne Rd Frankston	Input Fitness  9789 3566  reception@inputfitness.com.au  inputfitness.com.au
AQUA CLASSES 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. Casual and membership options available.	PARC Cnr Cranbourne Rd & Olive Grove Frankston	PARC Frankston  9781 8444  info@parcfrankston.com.au  parcfrankston.com.au
FAB 50S SWIMMING & AEROBICS CLUB 40 minute aqua session for those over 50. Run by 2 senior aqua aerobics coaches, work at your own pace. Membership form to be completed. \$20 annual fee. Pay as you go, multi-pass or membership options available.	PARC Frankston Cnr Cranbourne Rd & Olive Grove Frankston	Fab 50s Swimming & Aerobics Club  5975 4118  parcfrankston.com.au aquatics/fab-50s

PHYSICAL ACTIVITY	Dance	
Group Information	Where	Contact
DANCE GROUPS A range of dance groups available including Belly Dancing, Zumba, Boogie & Movement and Self Care Dance. Bookings essential.	Orwil Street Community House 16 Orwil Street Frankston	Orwil Street Community House Inc.  9783 5073  info@orwilst.org.au  orwilst.org.au

ZUMBA Zumba is a total dance workout, combining all elements of fitness.	Frankston North Community Centre 26 Mahogany Ave Frankston Nth	 0409 571 531  fncc@frankston.vic.gov.au  frankston.vic.gov.au/fncc
ZUMBA GOLD Cardio dance class for beginners who want to enjoy movement and stretching to music.	Frankston South Rec Centre 55 Towerhill Rd Frankston South	Frankston South Rec Centre  9293 7122  fscrc@frankston.vic.gov.au  frankston.vic.gov.au/fscrc

PHYSICAL ACTIVITY		General Exercise Groups	
Group Information	Where	Contact	
AGESTRONG A group strength and balance program with a focus on muscles used for everyday activities. Run by Peninsula Health using the Agestrong content. Assessment needed with Physio/Exercise Physiologist at Peninsula Health Community Health. Contact Access to book.	Lyrebird Community Centre 203 Lyrebird Drive, Carrum Downs	Access – Peninsula Health  1300 665 781  agestrong@phcn.vic.gov.au  peninsulahealth.org.au/agestrong	
GENTLE EXERCISE CLASS Gentle movements designed to help improve strength, balance, flexibility, fitness and mobility. Good balance required.	Lyrebird Community Centre 203 - 205 Lyrebird Drive, Carrum Downs	Lyrebird Community Centre  9782 0133  admin@lyrebird.org.au  lyrebird.org.au	
TAI CHI Tai Chi class	Karingal PLACE Neighbourhood Centre 103 Ashleigh Avenue, Frankston	Dot  0438 890 633	
AGESTRONG A group strength and balance program with a focus on muscles used for everyday activities. Run by Karingal PLACE using the Agestrong content. Assessment needed with Physio/Exercise Physiologist at Peninsula Health Community Health. Contact Access to book.	Karingal PLACE 103 Ashleigh Avenue, Frankston	Access – Peninsula Health  1300 665 781  agestrong@phcn.vic.gov.au  peninsulahealth.org.au/agestrong	

PARC AGESTRONG EXERCISE GROUP 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. Must be a member of Frankston RSL.	Frankston RSL 183 Cranbourne Road, Frankston	Frankston RSL 📞 8792 4426 🌐 frankstonrsl.com.au
GENTLE CHAIR EXERCISE This chair exercise program is suitable for people with mobility issues wanting to improve strength, balance, coordination and overall flexibility. Bookings essential.	Orwil Street Community House 16 Orwil Street, Frankston	Orwil Street Community House Inc. 📞 9783 5073 ✉ info@orwilst.org.au 🌐 orwilst.org.au
MEDITATION & YOGA GROUPS A range of groups with a focus on gentle movements, relaxation and mindfulness. Different groups include Reiki, Yoga, Meditation, Mindfulness & Women's Wellbeing. Bookings essential.	Orwil Street Community House 16 Orwil Street, Frankston	Orwil Street Community House Inc. 📞 9783 5073 ✉ info@orwilst.org.au 🌐 orwilst.org.au
GROUP CLASSES A variety of classes in varying intensities including Tai Chi, Pilates, Yoga, Yogalates, Cycling. Casual and membership options available.	PARC Cnr Cranbourne Rd & Olive Grove, Frankston	📞 9781 8444 ✉ info@parcfrankston.com.au 🌐 parcfrankston.com.au
PARC MOVERS Classes for those who want a lower intensity whilst getting great functional results in strength and cardio. Casual and membership options available.	PARC Cnr Cranbourne Rd & Olive Grove, Frankston	PARC Frankston 📞 9781 8444 ✉ info@parcfrankston.com.au 🌐 frankstonrsl.com.au
ACTIVE LIVING Light exercise using resistance to music. Parking permits available, contact for parking details. GP sign off required for over 65 with heart problems. Various membership options available.	Monash Sport, Monash University, Building W MPARC McMahons Road, Frankston	Monash Sport, Monash University 📞 9904 4496 ✉ fitness.peninsula@monash.edu 🌐 monash.edu/sport
AGESTRONG A group strength and balance program with a focus on muscles used for everyday activities. Run by Peninsula Health using the Agestrong content. Assessment needed with Physio/Exercise Physiologist at Peninsula Health Community Health. Contact Access to book.	Frankston North Community Centre 26 Mahogany Drive, Frankston North	Access - Peninsula Health 📞 1300 665 781 ✉ agestrong@phcn.vic.gov.au 🌐 peninsulahealth.org.au/agestrong

MORNING KICKSTART Kickstart your morning with this exercise class designed to get you going for the day.	Frankston North Community Centre 26 Mahogany Ave Frankston Nth	Frankston North Community Centre ☎ 8773 9545 ✉ fncc@frankston.vic.gov.au 🌐 frankston.vic.gov.au/fncc
STRETCH & BALANCE Slowly ease into your morning with this gentle stretch and balance class to increase movement.	Frankston North Community Centre 26 Mahogany Ave Frankston Nth	Frankston North Community Centre ☎ 8773 9545 ✉ fncc@frankston.vic.gov.au 🌐 frankston.vic.gov.au/fncc
EXERCISE CLASSES A variety of classes are available for a mix of abilities - Fitness Exercise, Twinges in the Hinges, Stretch Floor Program and more.	Frankston South Rec Centre 55 Towerhill Road, Frankston South	Frankston South Rec Centre ☎ 9293 7122 ✉ fscrc@frankston.vic.gov.au 🌐 frankston.vic.gov.au/fscrc
FIT OVER 60 Fitover 60 offers group fitness classes for those over 60 years young. Momentum aims to improve cardiovascular fitness via movement to music exercise, while Strength & Tone will offer strength & increase bone density via a weight workout.	Scout Hall 1 Bentley Place, Frankston South	Briar Rule ☎ 0419 713 635 ✉ briarfreedom60@gmail.com
GENERAL EXERCISE FOR ALL AGES An exercise group for people who are new to exercise. All ages welcome. Bookings essential.	Langwarrin Community Centre 2 - 6 Lang Road, Langwarrin	Langwarrin Community Centre ☎ 9789 7653 ✉ reception@langwarrincc.org.au 🌐 langwarrincc.org.au
AGESTRONG A group strength and balance program with a focus on muscles used for everyday activities. Run by Langwarrin Community Centre using the Agestrong content. Assessment needed with Physio/Exercise Physiologist at Peninsula Health Community Health. Contact Access to book.	Langwarrin Community Centre 2 Lang Road, Langwarrin	Access - Peninsula Health ☎ 1300 665 781 ✉ agestrong@phcn.vic.gov.au 🌐 peninsulahealth.org.au/agestrong

AGESTRONG A group strength and balance program with a focus on muscles used for everyday activities. Run by Peninsula Health using the Agestrong content. Assessment needed with Physio/Exercise Physiologist at Peninsula Health Community Health. Contact Access to book.	Patterson Lakes Community Centre 54 – 70 Thompson Road, Patterson Lakes	Access – Peninsula Health 📞 1300 665 781 ✉️ agestrong@phcn.vic.gov.au 🌐 peninsulahealth.org.au/agestrong
STRETCH, PILATES & TAI CHI CLASSES Various classes available including Tai Chi, Power Bar Pilates & Stretch & Tone	Belvedere Community Centre @Davey Richardson Pavilion 151 East Road, Seaford	Belvedere Community Centre 📞 9776 8922 ✉️ reception@belvedere.org.au 🌐 belvedere.org.au
FRANKSTON U3A – VARIOUS GROUPS A range of classes available including Tai Chi, Yoga, walking groups, gentle exercises, bike riding and more. To enrol in courses you must be a member of U3A Frankston. Annual Membership Fee	Various Locations	Frankston U3A 📞 9770 1042 ✉️ secretary@u3af.org.au 🌐 u3af.org.au

PHYSICAL ACTIVITY		Individualised Programs	
Group Information	Where	Contact	
STROKE CIRCUIT TRAINING & MS GROUP A gym exercise program for people who have had a stroke and have had an exercise program prescribed. Participants will be supervised using gym equipment. Parking permits available, contact for parking details. Physio/Carer can attend the first few session. Referral & Exercise Program to be provided by Physio.	Monash Sport, Monash University, Building W MPARC McMahons Road, Frankston	Monash Sport, Monash University 📞 9904 4496 ✉️ fitness.peninsula@monash.edu 🌐 monash.edu/sport	
CHRONIC DISEASE GROUPS A range of rehabilitation programs such as Cancer/Cardiac/Chronic disease/Pulmonary rehab. Speciality programs for people with other conditions e.g. Osteoarthritis. Exercise physiologists and Physiotherapists can support/facilitate exercise programs. Individual assessment required, contact Access to book in at your local Community Health Centre.	Frankston Community Health 12-32 Hastings Road, Frankston	Access – Peninsula Health 📞 1300 665 781 🌐 peninsulahealth.org.au/services/peninsula-health-community-health	

WELLNESS GROUPS Small, personalised groups run by an Exercise Physiologist. Specific programs available for Cardiac, Pulmonary, Rehabilitation and more. Medical clearance & individual assessment required.	PACE Health Management 24 Yuille Street, Frankston South	PACE Health Management  9770 6770  info@pacehm.com.au  pacehm.com.au
CLINICAL EXERCISE SESSION/PILATES A specifically tailored program prescribed & monitored by a physiotherapist. Pilates groups also available.	Langwarrin Sports Medicine Centre & Pilates Studio 83-85 Cranbourne Road, Langwarrin	Peninsula Sports Medicine Group  9789 1233  info@psmggroup.com.au  psmggroup.com.au
PULMONARY REHAB PROGRAM - PATTERSON LAKES 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.	Patterson Lakes Community Centre 54 - 70 Thompson Road, Patterson Lakes	Access - Peninsula Health  1300 665 781

PHYSICAL ACTIVITY		Leisure Activities	
Group Information	Where	Contact	
SOCIAL BADMINTON Enjoy a social game. No experience necessary. Reasonable balance & moderate fitness required. Shuttles provided. BYO racquet.	Gymnasium - McClelland College 24/28 Alexander Crescent, Frankston	Mornington Peninsula Badminton Inc.  0412 150 514  mpb.org.au	
FRANKSTON CROQUET CLUB This is a small friendly club. Playing croquet is not hard on the body and can be purely social or quite competitive. Coaching available. Please wear flat soled enclosed shoes. No joining fee.	Frankston Croquet Club Cnr Spring & Nolan Streets, Frankston	Frankston Croquet Club Inc.  9783 7340 or 0407 342 562  faypotoole@gmail.com  croquetvic.asn.au	
MAHOGANY INDOOR BOWLS Social gathering where indoor carpet bowls are played in mixed teams.	Frankston North Community Centre 26 Mahogany Avenue, Frankston Nth	Frankston North Community Centre  8773 9545  fncc@frankston.vic.gov.au  frankston.vic.gov.au/fncc	

SOCIAL BADMINTON Enjoy a social game. No experience necessary. Reasonable balance & moderate fitness required. Shuttles provided. BYO racquet	Gymnasium - McClelland College 24/28 Alexander Crescent, Frankston	Mornington Peninsula Badminton Inc. ☎ 0412 150 514 🌐 mpb.org.au
PRYMEBALL Modified game of volleyball, ball is caught before being passed over the net, played in a non-competitive atmosphere. Reasonable balance & moderate fitness required.	Frankston South Rec Centre 55 Towerhill Road, Frankston South	Frankston South Rec Centre ☎ 9293 7122 ✉ fscrc@frankston.vic.gov.au 🌐 frankston.vic.gov.au/fscrc
SOCIAL TABLE TENNIS Enjoy a social game. No experience necessary. Reasonable balance & moderate fitness required. ShuttlesBats and balls provided. BYO racquet first session FREE.	Frankston South Rec Centre 55 Towerhill Road, Frankston South	Frankston South Rec Centre ☎ 9293 7122 ✉ fscrc@frankston.vic.gov.au 🌐 frankston.vic.gov.au/fscrc
WALKING SOCCER Enjoy a slow moving modified version of the world game for over 50's. No soccer experience necessary.	Frankston South Rec Centre 55 Towerhill Road Frankston South	Frankston South Rec Centre ☎ 9293 7122 ✉ fscrc@frankston.vic.gov.au 🌐 frankston.vic.gov.au/fscrc
WALKING BASKETBALL A low-impact, social and fun way to improve the levels of physical activity for inactive and slightly active Australians, including those recovering from injury.	Dreamstreet Lending Arena 98 Barida Avenue, Seaford	☎ 9776 8999 ✉ tanya.thomas@fdba.com.au 🌐 fdba.com.au/2022/03/03/walking-basketball-growing-at-frankston-basketball/
CROQUET A mobile croquet club working with community groups on the Mornington Peninsula. Our courts are any available lawn & we take croquet to all members of the community, namely the disadvantaged, disengaged, isolated or disillusioned. Flat shoes needed.	Mobile Club Based in Tootgarook, but travels the entire peninsula.	RNB Croquet Club ☎ 0421 486 890 ✉ rnbcroquet@gmail.com 🌐 croquetvic.asn.au

PHYSICAL ACTIVITY		Walking Groups	
Group Information		Where	Contact
LYREBIRD WALKING GROUP A pleasant paced 1 hour walk around the local community. Must be able to walk safely outdoors & have reasonable balance and fitness. BYO drink bottle.		Meets at Lyrebird Community Centre 203 – 205 Lyrebird Drive, Carrum Downs	Lyrebird Community Centre  9782 0133  admin@lyrebird.org.au  lyrebird.org.au
FRANKSTON WALKING GROUP Monthly walk through the George Pentland Gardens. Contact Michelle to confirm meeting point. Complete online registration form		George Pentland Gardens Cnr Foot & Williams Streets, Frankston	 0412 321 354  walking.heartfoundation.org.au
WALKING TO WELLNESS These sessions will run in the community house and utilise the local community streets to walk and talk about healthy eating and nutrition. Bookings essential.		Orwil Street Community House 16 Orwil Street, Frankston	Orwil Street Community House Inc.  9783 5073  info@orwilst.org.au  orwilst.org.au
WALKING GROUP Walking Group		Karingal PLACE Neighbourhood Centre 103 Ashleigh Avenue, Frankston	Karingal Place  8786 6650  karingalplace@frankston.vic.gov.au
HEART & SOLE WALKING GROUP Walking group meets 3rd Saturday of the month. The group catches a bus & heads somewhere for a stroll, a chat and BYO afternoon tea. Cost varies due to bus hire & location, but usually under \$10.		Meet at Frankston Community Baptist Church 43 Monterey Blvd, Frankston North	Norma  0417 513 639
WALKING GROUP 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.		Leaves from Frankston South Rec Centre 55 Towerhill Road, Frankston South	Frankston South Rec Centre  9293 7122  fscrc@frankston.vic.gov.au

BOWLS CLUBS

Group Information	Where	Contact
BELVEDERE BOWLS CLUB Social bowls and competition bowls.	160 East Road, Seaford	 9776 8289  belvederebowls @bigpond.com  belvederebowlsclub.com
BAXTER VILLAGE BOWLS CLUB Social and Pennant Bowls.	8 Robinson Road, Frankston South	 5971 5219  baxtervillagebc@gmail.com  baxtervillage.bowls.com.au
CARRUM BOWLING CLUB A friendly, social community club. Includes active and competitive bowls as well as barefoot, social and indoor bowls.	Keast Park 1R Nepean Highway, Seaford	 9772 2437  enquiries@ carrumbowlingclub.org.au  carrum.bowls.com.au
FRANKSTON BOWLING CLUB A friendly, social community club. Includes active and competitive bowls as well as barefoot, social and indoor bowls.	Cnr Yuille & Williams Street, Frankston	 9783 2877  clubmanager@cofbc.com  frankston.bowls.com.au
KARINGAL BOWLING CLUB 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  bowlsmgr@ karingalbowls.com.au  karingalbowlsclub.com.au
YAMALA PARK FRANKSTON BOWLING CLUB A small family friendly lawn bowls club offering barefoot & social bowls.	Dunstan Street, Frankston South	 9787 5638  Yamalaparkbc@gmail.com  facebook.com/ Yamalaparkbc

COMMUNITY CENTRES

Group Information	Where	Contact
BELVEDERE COMMUNITY CENTRE A range of activities including adult education classes, sewing and craft groups, exercise groups and more.	Belvedere Community Centre 36 Belvedere Road, Seaford	 9776 8922  reception@belvedere.org.au  belvedere.org.au
EBDALE COMMUNITY HUB AND LEARNING CENTRE	Ebdale Community Hub and Learning Centre 20 Ebdale Street, Frankston	 9293 7102  ebdale@frankston.vic.gov.au  frankston.vic.gov.au
FRANKSTON NORTH COMMUNITY CENTRE Activities include craft groups, card games, support groups and exercise groups.	Frankston North Community Centre 26 Mahogany Avenue, Frankston North	 8773 9545  fncc@frankston.vic.gov.au  frankston.vic.gov.au/fncc
FRANKSTON SOUTH COMMUNITY AND RECREATION CENTRE A variety of programs including board games, book club, exercise groups, social groups.	Frankston South Community and Recreation Centre 55 Towerhill Road, Frankston South	 9293 7122  frankstonsouthreccentre@frankston.vic.gov.au  frankston.vic.gov.au
KARINGAL PLACE NEIGHBOURHOOD CENTRE Lots of activities including Men's Group, craft corner, chatty cafes and more	Karingal PLACE Neighbourhood Centre 103 Ashleigh Avenue, Frankston	 8786 6650  karingalplace@frankston.vic.gov.au  frankston.vic.gov.au/KaringalPLACE
LANGWARRIN COMMUNITY CENTRE Activities include computer classes, art classes, community garden, scrabble and more.	Langwarrin Community Centre 2-6 Lang Road, Langwarrin	 9789 7653  reception@langwarrincc.org.au  langwarrincc.org.au
LYREBIRD COMMUNITY CENTRE Adult education including computer classes, english, baking plus craft groups, games, exercise and more.	Lyrebird Community Centre 203-205 Lyrebird Drive, Carrum Downs	 9782 0133  admin@lyrebird.org.au  lyrebird.org.au

ORWIL STREET COMMUNITY HOUSE Support Groups, exercise groups, wellbeing, women's shed, computer courses and more.	Orwil Street Community House 16 Orwil Street Frankston	 9783 5073  info@orwilst.org.au  orwilst.org.au
SEAFORD COMMUNITY CENTRE	Seaford Community Centre Talbot Hall, Broughton Street, Seaford (Rear of Seaford Community Centre)	 1300 322 322  halls@frankston.vic.gov.au

MEN'S SHEDS

Group Information	Where	Contact
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!	185N Cranbourne-Frankston Road Langwarrin	 9789 8380  comms@langwarrinmensshed.org.au  langwarrinmensshed.org.au
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.	14 Stringybark Crescent Frankston North	 9786 1008  pinemensshed@bigpond.com  pinescommunitymensshed.com.au

MULTICULTURAL GROUPS

Group Information	Where	Contact
AUSTRALIAN MULTICULTURAL SENIORS SUPPORT GROUP INC A warm welcoming environment including dancing, board games and lunch.	Frankston Multicultural Centre 24-26 High Street Frankston	 0418 592 944  gilliesfe@gmail.com
AVONDRUST AUXILIARY (to Dutchcare) Luncheons and Dutch card afternoon. Kiosk is open daily.	Avondrust Village 1105 Frankston-Dandenong Rd Carrum Downs	 0427 221 040

CARRUM DOWNS SRI LANKAN SENIORS Enjoy the culture, food and community	Talbot Hall 2/6R Broughton Street, Seaford	 0402 109 536
CHINESE SENIOR CITIZENS CLUB Gentle exercise, tai chi, cultural dancing, mah-jong, socialising and lunch. Includes outings and birthday celebrations.	Orwil Street Community House 16 Orwil St Frankston	 0488 990 499
FRANKSTON FILIPINO SENIORS SUPPORT GROUP Enjoy lunch, guest speakers, cards, craft, cultural dancing, line dancing and zumba. 2nd Wednesday of the month.	Holy Family Church Hall 34 Moreton Street, Frankston North	 0409 192 390
GREEK ELDERLY WOMEN'S CLUB Activities include bingo, Greek book swap, exercise, knitting, dance, singing and day trips.	2 Petrie Street, Frankston	 0418 554 840
GREEK SENIOR CITIZENS CLUB Enjoy morning and afternoon tea, lunch, trips, picnics, cards, bingo and games. <i>*Transport available subject to eligibility & availability call 9784 1933</i>	2 Petrie Street, Frankston	 0423 531 828
KALENKA INC (RUSSIAN) Enjoy English classes, bingo, cards, exercise, lunch, singing and lectures. 1st Monday of the month.	Talbot Hall 2/6R Broughton Street, Seaford	 5987 7061
POLISH SENIOR CITIZENS CLUB Come along and enjoy tea and coffee, conversation, bingo, celebrations and cards. 2nd Wednesday of the month.	Leawarra House 200 Beach Street, Frankston	 0468 640 786
RADUGA RUSSIAN SENIOR CITIZENS CLUB English classes, exercise, lunch, singing and lectures. 2nd Friday of the month. Fourth Friday of the month is an outing.	Seaford Uniting Church Railway Parade Seaford	 9772 6858
SOUTH AMERICAN SENIOR CITIZENS CLUB OF FRANKSTON & MORNINGTON PENINSULA Art, painting, socialisation, trips and outings. Enjoy morning tea.	Orwil Street Community House 16 Orwil Street, Frankston	 9766 6887

SENIORS GROUPS

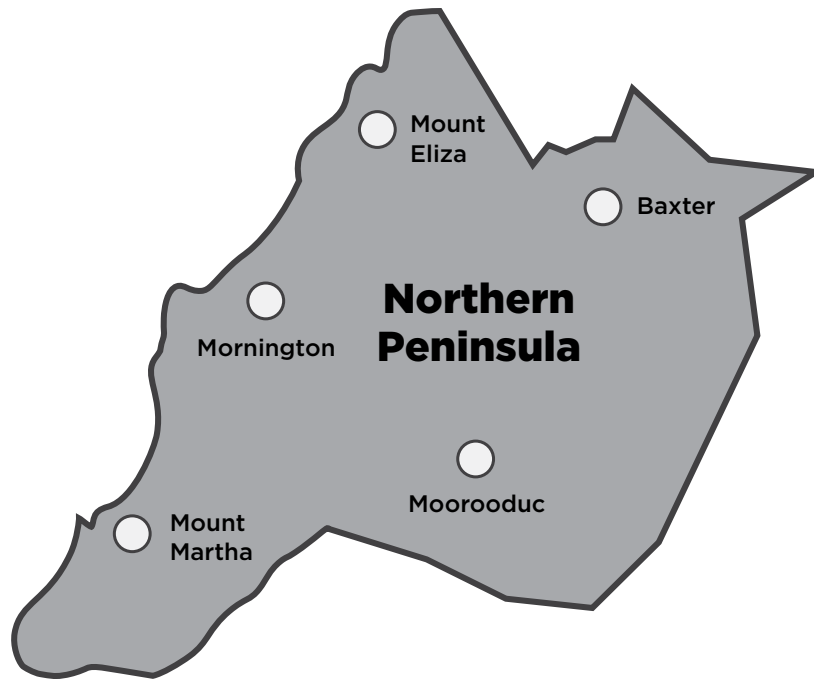
Group Information	Where	Contact
BSL RECREATION & SOCIAL CONNECTION HUB Gardening, table tennis, pool, outings, exercise & dance.	Banksia Community Respite Centre 12 Inglis Avenue Frankston	 8781 4250
CARRUM DOWNS PROBUS CLUB INC. Croquet, Card games, movies, lunch, dining out, theatre groups and bus trips.	Lyrebird Community Centre 203-205 Lyrebird Drive, Carrum Downs	 0428 027 925  carrumdownsprobus@gmail.com
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.	Lyrebird Community Centre 203-205 Lyrebird Drive, Carrum Downs	 0412 877 449  cdsnrcitzclub@gmail.com
COUNTRY WOMEN'S ASSOCIATION FRANKSTON BRANCH Come along and join in craft, outings and cooking.	33 Beach Street Frankston	 9766 5614
COUNTRY WOMEN'S ASSOCIATION FRANKSTON SOUTH BRANCH Activities include cooking and craft. New members welcome. 2nd Thursday of the month.	Connect Church Hall 135 Golf Links Road Frankston South	 0428 874 488
FRANKSTON COMBINED PROBUS INC Activities include guest speakers, day trips, caravanning, craft, games, picnics, dinners, computer group and walking club. 3rd Friday of the month.	RSL Frankston, Bowls Pavilion 183 Cranbourne Road Frankston	 0450 916 366  fcprobus@gmail.com

FRANKSTON EAST OVER 55s Come along and enjoy carpet bowls, exercise, line dancing, bingo and craft.	Leawarra House 200 Beach Street Frankston	 9766 0290
FRANKSTON FRIENDSHIP CLUB Join us for morning tea, guest speakers, reminiscence sessions and day trips. 1st Wednesday of every month.	St Francis Xavier Catholic Church 60 Davey Street Frankston	 0419 367 778
FRANKSTON LADIES PROBUS CLUB INC Activities include luncheons, guest speakers, morning teas, fashion shows and outings. 2nd Thursday of the month.	Community of Christ Church Hall 2 Logan Street Frankston	 9789 5192  seafordprobus@gmail.com
FRANKSTON NORTH SENIOR CITIZENS CLUB New members are welcome to come along and enjoy cards, bingo, scrabble and rummikub.	Frankston North Community Centre 26 Mahogany Avenue Frankston North	 8773 9545  fncc@frankston.vic.gov.au  facebook.com/frankstonnorthcommunitycentre
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.	Langwarrin Community Centre 2-6 Lang Road Langwarrin	 9789 3880
PENINSULA ACTIVITY GROUP Friendship group for all. Activities include walking, trips, day outings, shows, lunches, guest speakers and tea and coffee. 3rd Friday of the month.	Uniting Church High Street Frankston	 9775 2304
PROBUS CLUB OF FRANKSTON “Friendship, Fellowship and Fun”. Enjoy outings, golf, cards, walking, theatre, music, bus trips, and discussion mornings. 1st Wednesday of the month.	RSL Frankston, Bowls Pavilion 183 Cranbourne Road Frankston	 9783 7140  enquiries.probusfrankston@gmail.com  probusfrankston.org.au
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. 4th Friday of the month.	Frankston Naval Memorial Club 36 Barretts Road Langwarrin	 0416 138 844

SEAFORD PROBUS CLUB INC Guest speaker followed by lunch. Includes trips away, theatre outings, walking groups, computer classes, craft, golf, cards and games. 2nd Thursday of the month.	Pat Rollo Reserve Silver Avenue Frankston North	 0419 326 085  seafordprobus@gmail.com
SEAFORD SENIOR CITIZENS CLUB INC. Come along and enjoy social time to chat with friends and fun activities.	A.H. Talbot Hall 6R Broughton Street Seaford	 9785 1621
U3A FRANKSTON Over 60 courses available. Members enjoy a range of classes, social activities and the opportunity to make new friends.	Karingal PLACE 103 Ashleigh Ave Frankston	 9770 1042  office@u3af.org.au  u3af.org.au

SUPPORT GROUPS

Group Information	Where	Contact
FRANKSTON PARKINSON'S SUPPORT GROUP 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 Rd, Frankston	 9783 5456
MENTIS ASSIST A range of Social Support groups for people facing challenges with their mental health. Groups include shopping, outings, activities, etc. Some transport available for some activities.	Various Locations Frankston/Carrum Downs	Alison Cliff  5970 5000  info@mentisassist.org.au  mentisassist.org.au
PROSTATE CANCER SUPPORT GROUP Friendly discussion about prostate cancer diagnosis, treatment and recovery.	Frankston RSL 183 Cranbourne Road Frankston	 0419 133 826  pcfa.org.au/support



REGION 2

Northern Peninsula

Mornington, Baxter, Mount Martha
Mount Eliza, Moorooduc

PHYSICAL ACTIVITY	Aqua	
Group Information	Where	Contact
AQUACISE Aquacise (exercise done in water) is a safe, low impact activity for all fitness levels. GP certificate required if underlying condition. 10 or 20 class passes available at a reduced rate.	Kings Swim Centre 5 St Catherines Ct Mornington	Kings Swim Centre  5975 0777  mornington@kingswim.com.au  kingswim.com.au

PHYSICAL ACTIVITY	Dancing	
Group Information	Where	Contact
PENINSULA LINE DANCERS Line dancing – classes and social nights. All ages & levels welcome, no partner needed.	Moorooduc Hall Cnr Derril & Bentons Road, Moorooduc	Robert  0439 901 229  peninsulalinedancers@icloud.com  facebook.com/groups/392424534453636
DANCING GROUPS New Vogue & Line Dancing groups available. Beginners welcome. Annual membership - \$10.	Mt Eliza 55 Plus Club 90B Canadian Bay Road, Mt Eliza	Mount Eliza 55+ Club  9787 8170  mail@mteliza55plusclub.org.au  mteliza55plusclub.org.au
DANCE FITNESS Learn a simple, yet fun and high energy dance routine. Bookings required.	Mount Martha House Community Centre Cnr Esplanade & Dominion Road, Mt. Martha	Mount Martha House  5974 2297  mountmatrhahouse@mornpen.vic.gov.au  mountmarthahouse.com.au

PHYSICAL ACTIVITY	General Exercise	
Group Information	Where	Contact
AGESTRONG A group strength and balance program with a focus on muscles used for everyday activities. Run by Belgravia using the Agestrong content. Assessment needed with Physio/Exercise Physiologist at Peninsula Health Community Health. Contact Access to book.	Civic Reserve Recreation Centre 350 Dunns Road, Mornington	Access-Peninsula Health ☎ 1300 665 781 ✉ agestrong@phcn.vic.gov.au 🌐 peninsulahealth.org.au/agestrong
GENTLE EXERCISE GROUPS A number of groups available including Yoga & Stretching classes	Bentons Square Community Centre 145 Bentons Road, Mornington	Bentons Square Community Centre ☎ 5977 2468 ✉ communitycentre@bentonssquare.org.au 🌐 bentonssquare.org.au
YOGA AND PILATES Weekly Classes include Chair Yoga, Gentle Mindful Yoga and Pilates. Small class sizes and a welcoming, fun environment. Visit the website or phone to reserve your place.	Mornington Community House 3/91 Wilsons Road, Mornington	Mornington Community House ☎ 5975 4772 ✉ morningtoncommunityhouse@mornpen.vic.gov.au 🌐 morningtoncommunityhouse.com.au
SENIORS KUNG FU Gentle introduction in to the Chinese martial art of Wing Chun Kung Fu, moving meditation, breathing exercises.	Peninsula Kung Fu 1/2A Carbine Way, Mornington	Peninsula Kung Fu ☎ 5975 3252 ✉ info@peninsulakungfu.com.au 🌐 peninsulakungfu.com.au
BODY ACTIVE Uplifting outdoor class with an experienced trainer. Various classes available.	Mornington Park Cnr Esplanade & Main Street, Mornington	UFIT Health & Wellness ☎ 0432 798 164 ✉ u_fit@outlook.com 🌐 ufithealthwellness.com
EXERCISES FOR HEALTH Stretching, gentle weight work and strengthening. Aims to ease stiffness and pain.	St James the Less Church Hall Cnr Koetong Parade & Nepean Hwy, Mt Eliza	Olivia ☎ 0412 130 837

YOGA - INCLUDING CHAIR YOGA Yoga to help you relax, reduce stress and improve your fitness and flexibility. Two classes available - 60 or 90 minutes. Annual membership - \$10.	Mount Eliza Neighbourhood House 90-100 Canadian Bay Road, Mt Eliza	Mount Eliza Neighbourhood House  9787 8160  info@mountelizanh.com.au  mountelizanh.com.au
EXERCISE GROUPS A range of different exercise groups including Tai Chi & Aerobics. Partly seated group available. Annual membership - \$10.	Mt Eliza 55 Plus Club 90B Canadian Bay Road, Mt Eliza	Mount Eliza 55+ Club  9787 8170  mail@mteliza55plusclub.org.au  mteliza55plusclub.org.au
GENERAL EXERCISE FOR OVER 55 Aerobic balance and coordination, includes floor/mat work, stretches and core strength. Annual membership - \$10.	Mount Eliza Neighbourhood House 90-100 Canadian Bay Road, Mt Eliza	Mount Eliza Neighbourhood House  9787 8160  info@mountelizanh.com.au  mountelizanh.com.au
GENERAL EXERCISE FOR OVER 55 - SEATED Gentle, seated workout. Aerobic balance, left and right coordination movements. Strength, bands and weights to keep those muscles toned. Annual membership - \$10.	Mount Eliza Neighbourhood House 90-100 Canadian Bay Road, Mt Eliza	Mount Eliza Neighbourhood House  9787 8160  info@mountelizanh.com.au  mountelizanh.com.au
TAI CHI Gentle Tai Chi class. Bookings required.	Mount Martha House Community Centre Cnr Esplanade & Dominion Road, Mt Martha	Mount Martha House  5974 2297  mountmatrhahouse@mornpen.vic.gov.au  mountmarthahouse.com.au
RISING MOON TAI CHI Tai Chi, Qigong and Shibashi classes available. Classes at Mornington, Mount Martha, Tyabb & Somerville. Online content also available.	Contact for info	Jenny Harrison  0418 566 216  info@risingmoontaichi.net  risingmoontaichi.net
MORNINGTON U3A - VARIOUS GROUPS A range of classes available including Tai Chi, Fan dancing, meditation and more. To enrol in courses you must be a member of U3A Mornington. Annual Membership Fee	Various Locations	Mornington Life Activities Club  5975 9773  office@u3amornington.org.au  u3amornington.org.au

MORNINGTON LIFE ACTIVITIES CLUB - VARIOUS INDOOR & OUTDOOR GROUPS A wide range of activities including Cycling, Golf, Table Tennis, Walking and more. Annual Membership Fee.	Various Locations	Mornington Life Activities Club  0402 906 921  secretary@lifemornington.org.au  lifemornington.org.au
GROUP PILATES A tailored pilates program run in small groups.	Mornington Central Physiotherapy & Pilates Studio 15 Railway Grove Mornington	Peninsula Sports Medicine Group  9789 1233  psmgroup.com.au

PHYSICAL ACTIVITY	Individualised Programs	
	Where	Contact
SUPERVISED GYM Older adult strength training program in the gym. Individual programming orientation required prior to class.	Civic Reserve Recreation Centre 350 Dunns Rd Mornington	Civic Reserve Recreation Centre  5975 0133  civicreserve@belgravialeisure.com.au  mornpenleisure.com.au
EXERCISE PHYSIOLOGY GROUP Small, personalised groups run by an Exercise Physiologist. Specific programs available for Cardiac, Pulmonary, Rehabilitation and more. Medical clearance & individual assessment required.	PACE Exercise Physiology Mornington Rear 103 Main St Mornington	PACE Health Management  5973 6109  info@pacehm.com.au  pacehm.com.au
CHRONIC DISEASE GROUPS A range of rehabilitation programs such as Cancer/Cardiac/Chronic disease/ Pulmonary rehab. Speciality programs for people with other conditions e.g. Osteoarthritis. Exercise physiologists and Physiotherapists can support/facilitate exercise programs. Individual assessment required, contact Access to book in at your local Community Health Centre.	Mornington Community Health 62 Tanti Ave Mornington	Access – Peninsula Health  1300 665 781  peninsulahealth.org.au/services/peninsula-health-community-health

EXERCISE PHYSIOLOGY Various group & individual exercise classes for improved strength, fitness, balance and mobility. Run by Exercise Physiologists and individualised for the client. Assessment from our Exercise Physiologist required.	Beleura Health Solutions - Mornington 945 Nepean Hwy Mornington	Beleura Health Solutions  5976 2212  mornington@beleura.com.au  beleura.com.au
EXERCISE PHYSIOLOGY GROUP Small, personalised groups run by an Exercise Physiologist. Specific programs available for Cardiac, Pulmonary, Rehabilitation and more. Medical clearance & individual assessment required.	PACE Exercise Physiology Suite 5/34-38 Lochiel Ave, Mt Martha	PACE Health Management  5974 3147  info@pacehm.com.au  pacehm.com.au

PHYSICAL ACTIVITY	Leisure Activities	
Group Information	Where	Contact
SOCIAL AND COMPETITION CROQUET Social and competition Croquet. Beginners most welcome. Free tryout and 3 free lessons. Flat shoes needed.	Civic Reserve 350 Dunns Rd Mornington	Mornington Croquet Club  morningtoncroquetclub@gmail.com  croquetvic.asn.au
MOUNT MARTHA BOWLS AND PETANQUE CLUB A community club playing petanque and bowls and offering various social activities. Both games are excellent forms of gentle physical exercise and socialising for people of all ages and abilities. Annual Membership.	Mt. Martha Bowls, Petanque and Social Club 45 Watson Road Mount Martha	Mt Martha Petanque and Social Club  0409 413 416  andreabowles@bigpond.com  facebook.com/MtMarthaPetanqueClub
LEISURE ACTIVITIES A range of activities running weekly including Carpet Bowls, Table Tennis, Snooker & Billiards. Annual membership - \$10.	Mt Eliza 55 Plus Club 90B Canadian Bay Road, Mt Eliza	Mount Eliza 55+ Club  9787 8170  mail@mteliza55plusclub.org.au  mteliza55plusclub.org.au
CROQUET A mobile croquet club working with community groups on the Mornington Peninsula. Our courts are any available lawn & we take croquet to all members of the community, namely the disadvantaged, disengaged, isolated or disillusioned. Flat shoes needed.	Mobile Club Based in Tootgarook, but travels the entire peninsula.	RNB Croquet Club  0421 486 890  rnbcroquet@gmail.com  croquetvic.asn.au

PHYSICAL ACTIVITY		Walking Groups	
Group Information	Where	Contact	
DOG WALKING GROUP 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.	Baxter Park Frankston Flinders Road, Baxter	Suzanne  9789 8475	
BENTONS WALKING GROUP Indoor walk through the shopping centre.	Bentons Square Shopping Centre Cnr Bentons Road & Dunns Rd, Mornington	Bentons Square Shopping Centre  5973 5339  bentonssquare.com.au	
MORNINGTON CENTRAL WALKS Come and join in the fun of a free and social walking group. Safe indoor walking environment, walk at own pace, exercise stations included, suitable for older people.	Mornington Central Shopping Centre 78 Barkly Street, Mornington	Mornington Central  5976 1299  morningtoncentral.com.au	
WALKING GROUP Join the group for a coffee and a stroll.	Bentons Square Community Centre 145 Bentons Road Mornington	Bentons Square Community Centre  5977 2468  communitycentre@bentonssquare.org.au  bentonssquare.org.au	
WALKING GROUPS Help us design a program of walking groups that meet your needs. Mornington Community House has clean, modern facilities and ample car parking. This is a safe and welcoming meeting spot for your walking group. Contact the friendly team to register your interest.	Mornington Community House 3/91 Wilsons Road, Mornington	 5975 4772  morningtoncommunityhouse@mornpen.vic.gov.au  morningtoncommunityhouse.com.au	
WALKING GROUP – MORNINGTON LIBRARY An outdoor walk suitable for all abilities.	Meet at Mornington Library Vancouver Street, Mornington	Civic Reserve Recreation Centre  5975 0133  mornpenleisure.com.au	
MORNINGTON PARK WALKING GROUP Monthly medium paced walk and a coffee. Complete online registration form	Meet at Mornington Pier car park. Schnapper Point Drive, Mornington	 0412 321 354  walking.heartfoundation.org.au	

WALKING GROUPS Various walking groups including social, men's, 10km, Nordic. Annual membership \$10.	Mount Eliza Neighbourhood House 90 - 100 Canadian Bay Road, Mt Eliza	Mount Eliza Neighbourhood House  9787 8160  info@mountelizanh.com.au  mountelizanh.com.au
WALKING GROUP A friendly walking group to chat & enjoy a walk in the local community. Moderate fitness required.	Meet in Tennis Court Car Park Cnr Esplanade & Dominion Road, Mt Martha	Mount Martha House  5974 2297  mountmarthahouse@mornpen.vic.gov.au  mountmarthahouse.com.au

BOWLING, PETANQUE & CROQUET CLUBS

Group Information	Where	Contact
MORNINGTON BOWLING CLUB INC.	The Esplanade Mornington	 5975 2470  morningtonbowlingclub.org
MORNINGTON CIVIC BOWLS & SOCIAL CLUB	Civic Reserve Dunns Rd & Tyabb Road, Mornington	 5975 7434  mornrcivic@gmail.com
MORNINGTON CROQUET CLUB INC	Civic Reserve 350 Dunns Road, Mornington	Anthea Amos  5976 1318  morningtoncroquetclub@gmail.com  croquetvic.asn.au
MOUNT ELIZA BOWLING CLUB	90-100 Canadian Bay Road, Mt Eliza	 9787 3047  mtelizabowlingclub.com.au
MOUNT MARTHA BOWLS AND PETANQUE CLUB INC	45 Watson Road, Mt Martha	 5974 2894

COMMUNITY HOUSES & GARDENS

Group Information	Where	Contact
BENTONS SQUARE COMMUNITY CENTRE Activities available include support Groups, health & wellbeing, crafts, computer classes.	Bentons Square Community Centre 145 Bentons Road, Mornington	 5977 2468  communitycentre@bentonssquare.org.au  bentonssquare.org.au
ECO LIVING DISPLAY CENTRE, Friday Garden Group	The Briars, 450 Nepean Highway, Mount Martha	 5950 1681  environmental education@mornpen.vic.gov.au  mornpen.vic.gov.au/ecocentre
MORNINGTON COMMUNITY HOUSE A friendly and welcoming community facility, providing a safe and relaxed space for people to meet, learn new skills, and have fun. We offer a range of social and recreational activities that support our community to connect, learn, and contribute. We also offer room hire at reasonable rates.	Mornington Community House 3/91 Wilsons Road, Mornington	 5975 4772  morningtoncommunityhouse@mornpen.vic.gov.au  morningtoncommunityhouse.com.au
MT ELIZA NEIGHBOURHOOD HOUSE Activities include mah-jong, chess, craft, book exchange, computer classes.	Mt Eliza Neighbourhood House 90-100 Canadian Bay Road, Mt Eliza	 9787 8160  info@mountelizanh.com.au  mountelizanh.com.au
MOUNT MARTHA COMMUNITY HOUSE A range of activities including crafts, Chess club, Men's Groups, exercise groups and more.	Mount Martha Community House 466 Esplanade, Mt Martha	 5974 2297  mountmarthahouse@mornpen.vic.gov.au  mountmarthahouse.com.au
MORNINGTON COMMUNITY GARDEN The main goal of the garden is to provide our Community with access to a working environment within which they can enjoy themselves, garden, learn, and have contact with like minded people, and share their experiences. Come and grow veggies, learn with	Mitchell Street Mornington	Winston  0407 164 420  dig-itcomgarden@hotmail.com  dig-it-garden.weebly.com

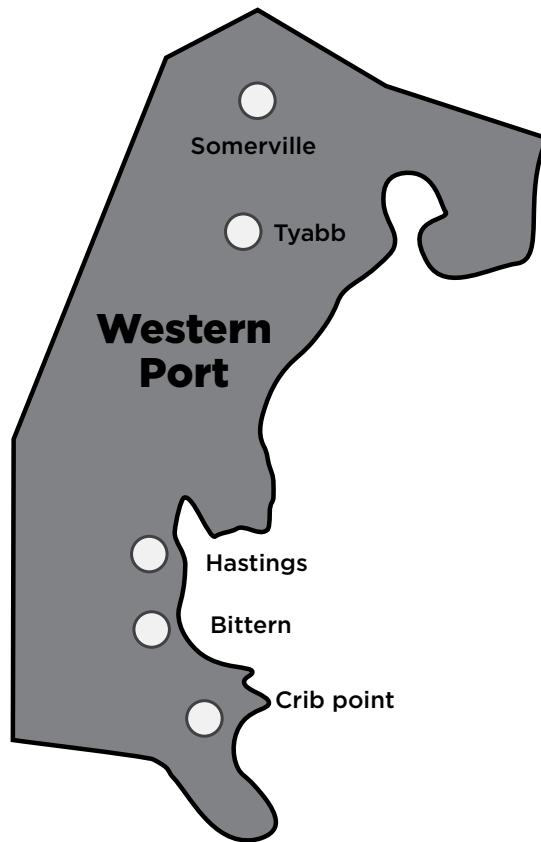
MEN'S SHEDS

Group Information	Where	Contact
PENINSULA NORTH MEN'S SHED Meet other people like your self and bring any ideas or activities with you that you may be able to share with others.	211 Baxter-Tooradin Road, Baxter	Bob Steward  0492 984 825  baxtermensshed@pnmsbaxter.org.au  pnmsbaxter.org.au
MORNINGTON RAILWAY MEN'S SHED	Mornington	Geoff Blake  1300 767 274  secretary@morningtonrailway.org  morningtonrailway.org.au
MORNINGTON MEN'S SHED A place for nurturing mate-ship and creating feelings of belonging. A structured program for advancing Men's health and well being.	Mornington Community House 2/91 Wilsons Road, Mornington	 0482 019 490  mensshedmornington@gmail.com  morningtonms.mpmsn.com.au
MT ELIZA MEN'S SHED A place for blokes to gather, work and support each other. Activities include community projects and woodwork.	Mount Eliza Country Club 32 Old Mornington Road, Mount Eliza (rear of the building)	Rod Wickes  0415 448 562  mountelizamensshed.org
NEW PENINSULA MEN'S SHED A place where men can come together in a safe, supportive, friendly and creative environment. Work on your own project, or get involved in community projects.	370 Craigie Road Mount Martha	Andrew Doncovio  npmensshed@gmail.com  mtmarthams.mpmsn.com.au

SENIORS GROUPS

Group Information	Where	Contact
MORNINGTON SENIOR CITIZENS CENTRE Bowls, Bingo, Scrabble, Computer Classes, Dancing, Outings.	Mornington Senior Citizens Club 11 Flinders Drive Mornington	Henri Hopmans  5975 3688  morningtonseniors@gmail.com  morningtonseniorcitizensclub.com
PENINSULA THEOSOPHICAL GROUP (PTG) Monthly Sunday meetings (first Sunday of the month 12.30 - 15.30) includes a meditation, shared veg lunch followed by a speaker on various spiritual topics	Mornington Community House 3/91 Wilsons Road, Mornington	Alice Oppen  0439 563 313  aopper@bigpond.net.au  austheos.org.au/centres/mpg/
MORNINGTON RAILWAY PRESERVATION SOCIETY INC	Mornington	 1300 767 274  secretary@morningtonrailway.org  morningtonrailway.org.au
THE EMBROIDERERS GUILD OF VICTORIA - MORNINGTON BRANCH 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  mornington@embroiderersguildvic.org  embroiderersguildvic.org
LADIES PROBUS CLUB OF MOUNT ELIZA VILLAGE INC Outings, film, social dining, book club, scrabble, solo and guest speakers.	Uniting Church 93 Canadian Bay Road, Mount Eliza	Fay  9787 1665
MOUNT ELIZA CENTRAL PROBUS CLUB INC. Golf, caravan & camping, bowls, book club, cards, theatre, outings and cinema. Monthly meeting with guest speakers.	Uniting Church 93 Canadian Bay Road, Mount Eliza	 0409 962 151  acunha15@bigpond.com

MOUNT ELIZA FIFTY-FIVE PLUS CLUB INC Table tennis, indoor carpet bowls, snooker, dancing, cards, games, exercise, tai chi, films, outings and trips.	Mount Eliza Fifty-Five Plus Club 90b Canadian Bay Road, Mount Eliza	Leigh Eustace  9787 8170  mail@mteliza55plusclub.org.au  mteliza55plusclub.com
MOUNT MARTHA SENIOR CITIZENS CLUB Indoor bowls, cards, games, outings, trips, BBQ	Mount Martha Community House Cnr Dominion Road & Esplanade, Mount Martha	Dave Chamberlain Vice President  0427 188 896  seniorsclubmountmartha@gmail.com
PENINSULA DUTCH SENIOR SOCIAL CLUB	Bentons Square Community Centre 145 Bentons Road, Mount Martha	Ms Liz Finucan  5977 2468
MENTIS ASSIST A range of Social Support groups for people facing challenges with their mental health. Groups include shopping, outings, activities, etc. Some transport available for some activities.	Various Locations Mornington	Alison Cliff  5970 5000  info@mentisassist.org.au  mentisassist.org.au
UNIVERSITY OF THE THIRD AGE (U3A) - MORNINGTON U3A is a community of people sharing knowledge and skills! With more than 200 courses, members enjoy a wide range of classes, social activities and the opportunity to make new friends in a relaxed and stimulating environment.	Currawong Community Centre Currawong Street Mornington	 5975 9773  office@u3amornington.org.au  u3amornington.org.au



REGION 3

Western Port

Crib Point, Somerville, Tyabb,
Hastings & Bittern

PHYSICAL ACTIVITY	Aqua	
Group Information	Where	Contact
AQUA ZUMBA A fun class blending Zumba with water resistance. Runs during Summer only.	Crib Point Outdoor Pool 31 Governors Road, Crib Point	Crib Point Outdoor Pool  5983 9672  cribpoint@belgravialeisure.com.au  cribpointpool.com.au
AQUA CLASSES 3 different aqua classes are available including a modified gentle program for those with mobility issues. groups with a focus on strength & cardio also available. Pool is 28 - 30°C. GP Assessment required - contact for form.	Pelican Park Rec Centre 2 Marine Parade, Hastings	Pelican Park Recreation Centre  1300 850 197  pelicanpark@belgravialeisure.com.au  pelicanparkrec.com.au

PHYSICAL ACTIVITY	General Exercise	
Group Information	Where	Contact
GENERAL EXERCISE Various exercise classes available including a gentler class using a chair for balance, and a class doing exercises to music.	Crib Point Comm House 7 Park Road, Crib Point	Crib Point Community House  5983 9888  info@cpch.org.au  cpch.org.au
YOGA CLASSES Classes cater for all levels. Work at your own pace and learn breathing, posture, relaxation and meditation techniques. Total term fee must be paid in full.	Crib Point Comm House 7 Park Road, Crib Point	Crib Point Community House  5983 9888  info@cpch.org.au
AGESTRONG A group strength and balance program with a focus on muscles used for everyday activities. Run by Belgravia using the Agestrong content. Assessment needed with Physio/Exercise Physiologist at Peninsula Health Community Health. Contact Access to book.	Hastings Hall 3 High Street, Hastings	Access - Peninsula Health  1300 665 781  agestrong@phcn.vic.gov.au  peninsulahealth.org.au/agestrong

AGESTRONG A group strength and balance program with a focus on muscles used for everyday activities. Run by Belgravia using the Agestrong content. Assessment needed with Physio/Exercise Physiologist at Peninsula Health Community Health. Contact Access to book.	Pelican Park Recreation Centre Marine Parade, Hastings	Access – Peninsula Health ☎ 1300 665 781 ✉ agestrong@phcn.vic.gov.au 🌐 peninsulahealth.org.au/agestrong
PRIME MOVERS A low impact class designed to increase cardiovascular fitness, balance and coordination.	Somerville Recreation Centre 14 Edward Street, Somerville	Somerville Recreation Centre ☎ 5974 7800 🌐 mornpenleisure.com.au
AGESTRONG A group strength and balance program with a focus on muscles used for everyday activities. Run by Belgravia using the Agestrong content. Assessment needed with Physio/Exercise Physiologist at Peninsula Health Community Health. Contact Access to book.	Somerville Recreation Centre 14 Edward Street, Somerville	Somerville Recreation Centre ☎ 1300 665 781 ✉ agestrong@phcn.vic.gov.au 🌐 peninsulahealth.org.au/agestrong
YOGA / TAI CHI Group Tai Chi and Hatha Yoga classes available. Registration required	Annie Sage Community Centre 2/21 Worwong Avenue, Somerville	Somerville Community House ☎ 5977 8330 ✉ info@somervillecommunityhouse.com.au 🌐 somervillecommunityhouse.com.au
RISING MOON TAI CHI Tai Chi, Qigong and Shibashi classes available. Classes at Mornington, Mount Martha, Tyabb & Somerville. Online content also available.	Contact for info	Jenny Harrison ☎ 0418 566 216 ✉ info@risingmoontaichi.net 🌐 risingmoontaichi.net
HASTINGS U3A - VARIOUS GROUPS A range of classes available including table tennis, dancing, walking and more. To enrol in courses you must be a member of U3A Hastings. Annual Membership \$25	Various Locations	Hastings U3A ☎ 5979 4280 ✉ info@u3ahastings.org.au 🌐 u3ahastings.org.au

PHYSICAL ACTIVITY		Individualised Groups
Group Information	Where	Contact
MS & STROKE GYM 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 1300 665 781 to book in at your local Community Health Centre.	Pelican Park Rec Centre 2 Marine Parade, Hastings	Pelican Park Recreation Centre  1300 850 197  pelicanpark@belgravialeisure.com.au  pelicanparkrec.com.au
CHRONIC DISEASE GROUPS A range of rehabilitation programs such as Cancer/Cardiac/Chronic disease/ Pulmonary rehab. Speciality programs for people with other conditions e.g. Osteoarthritis. Exercise physiologists and Physiotherapists can support/facilitate exercise programs. Individual assessment required, contact Access to book in at your local Community Health Centre.	Hastings Community Health 185 High Street, Hastings	Access – Peninsula Health  1300 665 781  peninsulahealth.org.au/services/peninsula-health-community-health
EXERCISE PHYSIOLOGY Various group & individual exercise classes for improved strength, fitness, balance and mobility. Run by Exercise Physiologists and individualised for the client. Assessment from our Exercise Physiologist required.	Beleura Health Solutions – Hastings 40 Victoria Street, Hastings	Beleura Health Solutions  5979 3737  info@beleura.com.au  beleura.com.au
VARIOUS GROUP PROGRAMS Various programs available including Strength & Conditioning Small group sessions, 60 minute Circuit Sessions & STRONG Program for people with a cancer diagnosis. Initial 1:1 consultation with one of our Exercise Physiologists.	Your Move Health 2/103 High Street, Hastings	Your Move Health  5904 6239  contact@yourmovehealth.com.au  yourmovehealth.com.au
SMALL GROUP CLASSES 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.	Evolve Exercise Physiology & Pilates 1A/5 Simcock Street, Somerville	Evolve Exercise Physiology & Pilates  5978 0749  somerville@evolveep.com.au  evolveep.com.au

PHYSICAL ACTIVITY		Leisure Activities	
Group Information		Where	Contact
SOCIAL BADMINTON Enjoy a social game. No experience necessary. Reasonable balance & moderate fitness required. Shuttles provided. BYO racquet.		Somerville Recreation Centre 14 Edward Street, Somerville	Mornington Peninsula Badminton Inc.  0412 150 514  mpb.org.au
SOCIAL LADIES BADMINTON - FEATHERED FRIENDS Enjoy a social game, beginners welcome. Reasonable balance & moderate fitness required. Shuttles provided. All equipment supplied.		Somerville Recreation Centre 14 Edward Street, Somerville	Mornington Peninsula Badminton Inc.  0429 402 051  mpb.org.au
CROQUET A mobile croquet club working with community groups on the Mornington Peninsula. Our courts are any available lawn & we take croquet to all members of the community, namely the disadvantaged, disengaged, isolated or disillusioned. Flat shoes needed.		Mobile Club Based in Tootgarook, but travels the entire peninsula.	RNB Croquet Club  0421 486 890  rnbcroquet@gmail.com  croquetvic.asn.au

PHYSICAL ACTIVITY		Walking Groups	
Group Information		Where	Contact
EASY WALKING Slow paced, friendly walking group, weather permitting. Various routes in local area. Contact for each weeks' location.		Crib Point Community House 7 Park Road, Crib Point	 5983 9888  info@cpch.org.au  cpch.org.au
HASTINGS HOT TROTTERS An active and friendly walking group who explore the local wide open spaces.		Meet at Hastings Library 7 High Street, Hastings	 5971 9198  hastingsch@bigpond.com  hastingscomhouse.com

ACTIVE LIVING WALKING GROUP Meet in the foyer for a walk around the local surrounds and enjoy some socialisation.	Pelican Park Rec Centre 2 Marine Parade, Hastings	 1300 850 197  pelicanpark@belgravialeisure.com.au  pelicanparkrec.com.au
WALKING GROUPS A number of different walking groups are available - a robust walk, a well paced group and a bush walking group. Registration required.	Annie Sage Community Centre 2/21 Worwong Avenue, Somerville	 5977 8330  info@somervillecommunityhouse.com.au  somervillecommunityhouse.com.au

BOWLING CLUBS

Group Information	Where	Contact
HASTINGS BOWLING CLUB INC	40 Marine Parade, Hastings	 5979 1723  hastingsbowlingclub.com.au
SOMERVILLE BOWLING CLUB INC	259 – 267 Jones Road, Somerville	 5977 5476  somerville.bowls.com.au

COMMUNITY HOUSES & GARDENS

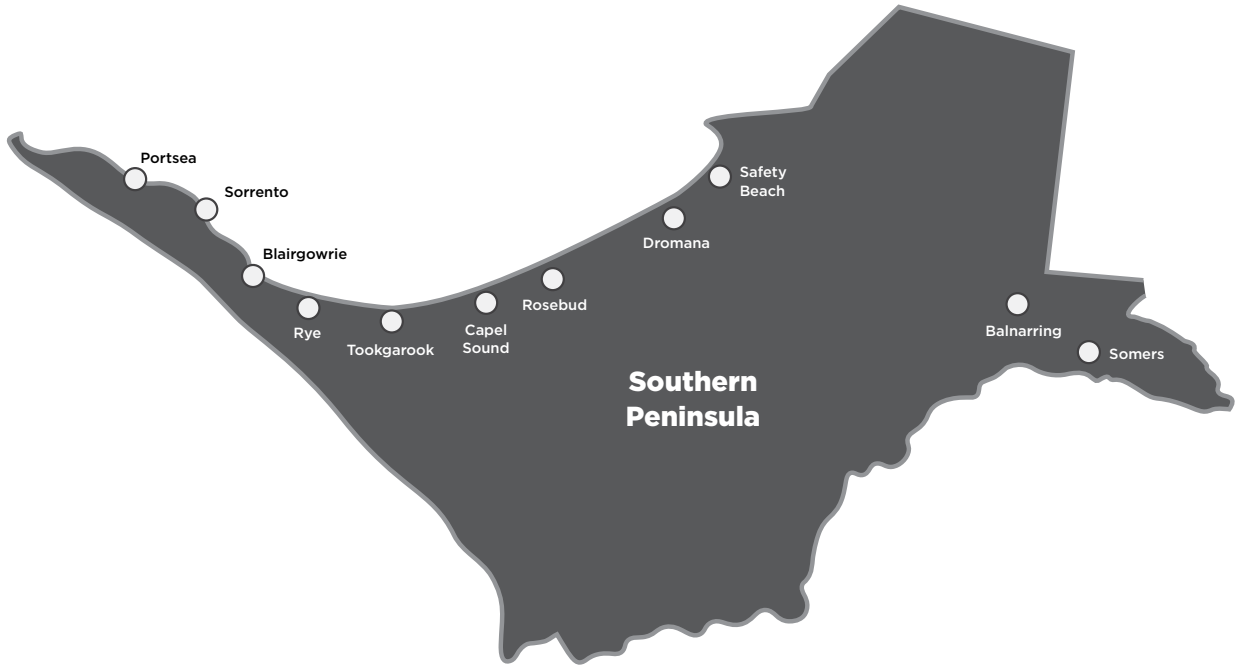
Group Information	Where	Contact
CRIB POINT COMMUNITY HOUSE	Crib Point Community House 7 Park Road, Crib Point	 5983 9888  info@cpch.org.au  cpch.org.au
GOOD SHEPHERD COMMUNITY HOUSE @ WALLAROO	Good Shepherd Community House @ Wallaroo 6 Wallaroo Place, Hastings	 5970 7000  wallaroo@goodshep.org.au  goodshepvic.org.au

HASTINGS COMMUNITY HOUSE	Hastings Community House 185 High Street, Hastings	 5971 9198  hastingsch@bigpond.com  hastingscomhouse.com
SOMERVILLE COMMUNITY HOUSE	Somerville Community House 2/21 Worwong Avenue, Somerville	 5977 8330  info@somervillecommunityhouse.com.au  somervillecommunityhouse.com.au
CRIB POINT COMMUNITY GARDEN Crib Point Community Garden is a friendly social group. Come along and learn new skills, share ideas, meet new people, and grow organic foods. The group meets regularly for group gardening and shared lunch. New members are warmly welcomed.	7 Park Road, Crib Point	 thecrib3919@gmail.com  cribpointgarden.com.au

MEN'S SHEDS		
Group Information	Where	Contact
WESTERNPORT MEN'S SHED To sustain and improve members health through social interaction and skill sharing while undertaking worthwhile projects to the benefit of members and the community.	45 Sudholz Street, Bittern	 0447 354 158  info@wpmshed.com.au  westernportms.mpmsn.com.au

SENIORS GROUPS

Group Information	Where	Contact
HASTINGS SENIOR CITIZENS CLUB Bingo, Games Club, Snooker	Hastings Seniors Learning Hub 16 Herring Street, Hastings	Valery Morton  0418 600 464  valerymorton@bigpond.com
SOMERVILLE SENIOR CITIZENS CLUB Indoor bowls, social club	1/21 Worwong Avenue, Somerville	Lyn McPherson  0484 952 006  somervilleseniorscc@outlook.com  mpcommunity.com.au/user/somerville-senior-citizens-club
MORNINGTON DUTCH AUSTRALIAN SENIORS Cards, Rummikub, Monthly outings.	Tyabb Community Hall Cnr Tyabb & Frankston Flinders Road, Tyabb	Marianne Lubruyere  morningtondutchaustr.seniorsclub@gmail.com
UNIVERSITY OF THE THIRD AGE (U3A) - HASTINGS 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.	3 High Street, Hastings	 5979 4280  info@u3ahastings.org.au  hastingsu3a.org.au



REGION 4

Southern Peninsula

Safety Beach, Dromana, Rosebud,
Capel Sound, Tookgarook, Rye,
Blairgowrie, Sorrento,
Portsea & Somers

PHYSICAL ACTIVITY		Dancing
Group Information	Where	Contact
ZUMBA Zumba is a total dance workout, combining all elements of fitness.	Studio 13/23 Suffolk Street, Capel Sound	Helen  0418 762 242  helenrollinson@gmail.com  zumba-mornington-peninsula.square.site
PENINSULA OLD TIME CEILIDH DANCE CLUB A mixture of dances including New Vogue, Old Time Ballroom and Scottish Country Dancing. Partners not needed. Beginners welcome.	Catholic Church Hall 1 Foote Street, Dromana	Lorraine  5985 3551
SHAKE IT UP Dance class with exercises to music to improve fitness. Enjoy dancing while having fun. Enrolment form required & \$15 annual membership.	Sorrento Community Centre 860-868 Melbourne Road, Sorrento	Sorrento Community Centre  5984 3360  admin@sorrentocc.org.au  sorrentocc.org.au

PHYSICAL ACTIVITY		General Exercise
Group Information	Where	Contact
AGESTRONG A group strength and balance program with a focus on muscles used for everyday activities. Run by Belgravia Leisure using the Agestrong content. Assessment needed with Physio/Exercise Physiologist at Peninsula Health Community Health. Contact Access to book.	Balnarring Hall 3035 Frankston - Flinders Road, Balnarring	Access - Peninsula Health  1300 665 781  agestrong@phcn.vic.gov.au  peninsulahealth.org.au/agestrong
	Blairgowrie Community Hall 8 William Road, Blairgowrie	

AGESTRONG A group strength and balance program with a focus on muscles used for everyday activities. Run by Peninsula Health using the Agestrong content. Assessment needed with Physio/Exercise Physiologist at Peninsula Health Community Health. Contact Access to book. AGESTRONG	Rosebud Senior Citizens Centre 121 Ninth Avenue, Rosebud	Access – Peninsula Health  1300 665 781  agestrong@phcn.vic.gov.au  peninsulahealth.org.au/agestrong
	YAWA 100 Besgrove Street, Rosebud	
	Safety Beach Sailing Club Marine Drive, Safety Beach	
AGESTRONG A group strength and balance program with a focus on muscles used for everyday activities. Run by Belgravia Leisure using the Agestrong content. Assessment needed with Physio/Exercise Physiologist at Peninsula Health Community Health. Contact Access to book. AGESTRONG	Rosebud Memorial Hall Nepean Highway, Rosebud	Access – Peninsula Health  1300 665 781  agestrong@phcn.vic.gov.au  peninsulahealth.org.au/agestrong
	Somers Pavilion 68 Camp Hill Road, Somers	
PILATES Pilates class. Bookings essential.	Seawinds Community Hub 11a Allambi Avenue, Capel Sound	Tanya  0408 540 785  seawindscommunityhub.com.au
TAI CHI, YOGA & PILATES GROUPS Various groups available including Tai Chi & Pilates. Enrolment form required & \$15 annual membership.	Sorrento Community Centre 860 – 868 Melbourne Road, Sorrento	Sorrento Community Centre  5984 3360  admin@sorrentocc.org.au  sorrentocc.org.au
SEASONAL YOGA WITH JO HAFEY Japanese Seasonal Yoga. Postures, exercises and Asanas are aimed at releasing tension, strengthening the core and maintaining a sense of flexibility in who we are. Beginners & more experienced welcome. Summer classes available to Blairgowrie Senior Citizen. BYO mat or blanket.	Blairgowrie Yacht Squadron 2900 Point Nepean Road, Blairgowrie	Jo Hafey  0438 023 484  info@ezense.com.au  ezense.com.au

SENIORS EXERCISE CLASS Exercise group with a focus on strength and balance.	Tootgarook Senior Citizens Group 2 Barry Street Tootgarook	Tootgarook Seniors Citizens Centre 📞 0487 206 034 🌐 tootseniors@gmail.com.au
U3A SOUTHERN PENINSULA - VARIOUS GROUPS A range of classes available including Table Tennis, Cycling, Balance Class, Pilates, Walking, Dancing and more. To enrol in courses you must be a member of U3A Southern Peninsula. Annual Membership Fee.	Various Locations	U3A Southern Peninsula 📞 5981 8777 📧 office@u3asouthpen.org.au 🌐 u3asouthpen.org.au
YAWA - VARIOUS CLASSES A range of different groups available. Exercise Physiologists available for people with medical conditions, injuries or disabilities.	YAWA Aquatic Centre 100 Besgrove Street, Rosebud	YAWA Aquatic Centre 📞 5982 6000 🌐 yawa.com.au

PHYSICAL ACTIVITY		Individualised Programs	
Group Information	Where	Contact	
CLINICAL EXERCISE SESSION/ PILATES A specifically tailored program prescribed & monitored by a physiotherapist. Pilates groups also available.	Rosebud Physiotherapy Clinic & Pilates Studio 42-44 Boneo Rd, Rosebud	Peninsula Sports Medicine Group 📞 9789 1233 📧 info@psmggroup.com.au 🌐 psmgroup.com.au	
CHRONIC DISEASE GROUPS A range of rehabilitation programs such as Cancer/Cardiac/Chronic disease/ Pulmonary rehab. Speciality programs for people with other conditions e.g. Osteoarthritis. Exercise physiologists and Physiotherapists can support/facilitate exercise programs. Access to book in at your local Community Health Centre.	Rosebud Community Health 38 Braidwood Ave Rosebud	Access - Peninsula Health 📞 1300 665 781 🌐 peninsulahealth.org.au/services/peninsula-health-community-health	

PHYSICAL ACTIVITY		Leisure Activities	
Group Information	Where	Contact	
BOWLS Social and competition bowls. Beginners welcome. Flat shoes needed.	West Rosebud Bowling & Croquet Club 66A Elizabeth Avenue, Capel Sound	West Rosebud Bowling & Croquet Club  5986 8075  info.wrbcc@gmail.com  westrosebud.bowls.com.au	
CROQUET Golf Croquet and Aussie Croquet played on various days. Flat shoes needed.	Rosebud Village Glen Croquet Club 335-351 Eastbourne Road, Capel Sound	West Rosebud Bowling & Croquet Club  5986 8616  vgcroquet@gmail.com  croquetvic.asn.au	
CROQUET Games of Croquet played are Golf Croquet, Ricochet Croquet, and Association Croquet. Beginners welcome. Flat shoes needed.	West Rosebud Bowling & Croquet Club 66A Elizabeth Avenue, Capel Sound	Rosebud Village Glen Croquet Club  5986 8075  info.wrbcc@gmail.com  westrosebud.bowls.com.au	
CROQUET Competition and casual croquet available. Opportunity to trial the game. Cup of tea afterwards. Free tuition available. Flat shoes needed.	Parade Ground Point Nepean National Park, Portsea	Sorrento Croquet Club  0419 518 501  croquetsorrento@gmail.com  croquetvic.asn.au	
CROQUET A mobile croquet club working with community groups on the Mornington Peninsula. Our courts are any available lawn & we take croquet to all members of the community, namely the disadvantaged, disengaged, isolated or disillusioned. Flat shoes needed.	Mobile Club Based in Tootgarook, but travels the entire peninsula Rye/ Blairgowrie/ Tootgarook	RNB Croquet Club  0421 486 890  rnbcroquet@gmail.com  croquetvic.asn.au	
PICKLEBALL Pickleball is a paddle sport that combines elements of tennis, badminton, and ping-pong using a paddle and plastic ball. Pickleball is a social activity, ideal for all skill levels, it's healthy and most of all it's FUN! Refer to website for coaching and playing times.	Sorrento Community Centre 860 – 868 Melbourne Rd, Sorrento	Sorrento Community Centre  5984 3360  admin@sorrentocc.org.au  sorrentocc.org.au	

PHYSICAL ACTIVITY		Walking Groups	
Group Information		Where	Contact
WALKING & HIKING GROUPS 2 levels of walking groups available. Hiking group walk 12-15km. Walking Group walks along the boardwalk and then have a coffee.		Dromana Contact for meeting point	 0417 467 734  dromanacommunityhouse@gmail.com  dromanacommunityhouse.com
DROMANA DYNAMICS Friendly group with fortnightly walks around the peninsula. BYO lunch, walking gear, water. etc.		Dromana Various Walks	Michael Scott  0414 711 240
ROSEBUD PLAZA WALKING GROUP Meets in the food court. An indoor walking group. Includes warm up, walk & cool down.		Rosebud Plaza Shopping Centre Cnr Boneo Road & McCombe Street, Rosebud	Rosebud Plaza Shopping Centre  5435 0100  rosebudplaza@charterhall.com.au  rosebudplaza.com.au
RYE WALKERS Weekly walking group - gentle walks around the village with coffee and chat afterwards.		Rye Community House 27 Nelson Street, Rye	Rye Community House  5985 4462  reception@ryech.org  ryech.org
CHAT N GO WALKERS A group that walks, talks & savours the best of our local walking tracks. Enrolment form required & \$15 annual membership.		Sorrento Community Centre 860 - 868 Melbourne Road, Sorrento	Sorrento Community Centre  5984 3360  admin@sorrentocc.org.au  sorrentocc.org.au

BOWLING, PETANQUE & CROQUET CLUBS

Group Information	Where	Contact
BALNARRING BOWLS & SOCIAL CLUB INC.	12A Bruce Street, Balnarring	 5983 1655  balnarringbowls.com
DROMANA BOWLS CLUB INC.	1 Stawell Street, Dromana	 5904 7501  dromanabowlsclub.com.au
FLINDERS GOLF BOWLS CLUB	Bass Street, Flinders	 5989 0583
MAIN RIDGE BOWLS & PETANQUE CLUB INC	Recreation Reserve 455 Main Creek Road, Main Ridge	 0422 815 733  mainridgebpc.com.au
SORRENTO CROQUET CLUB INC	Parade Ground Port Nepean National Park, Portsea	 5988 0148  croquetvic.asn.au
ROSEBUD BOWLS CLUB INC	952 Point Nepean Road, Rosebud	 5986 8892  rosebud.bowls.com.au
ROSEBUD COUNTRY CLUB BOWLS	207 Boneo Road, Rosebud	 5950 0800  rosebudcountryclub.com.au/cms/bowls/
RYE BOWLS CLUB	Cnr Napier & Collingwood Streets, Rye	 5985 2450  ryebowlsclub.com.au
ST ANDREWS BEACH PETANQUE CLUB	St Andrews Recreation Club 99 Bass Meadows Boulevard Street, Andrews Beach	 0418 216 491

COMMUNITY HOUSES & GARDENS

Group Information	Where	Contact
DROMANA COMMUNITY HOUSE Community Garden, Coffee Catch Up, Singing Group, Crafts and more	Dromana Community House , 15 Gibson Street, Dromana	 0417 467 734  dromanacommunityhouse@gmail.com  dromanacommunityhouse.com
SEAWINDS COMMUNITY HUB Arts & Crafts, Learning, Health and Wellness, Community programs available.	Seawinds Community Hub 11a Allambi Avenue, Rosebud West	 5982 2204  info@seawindscommunityhub.com.au  seawindscommunityhub.com.au
RYE COMMUNITY HOUSE Activities available include Music, Art, Drama, sewing, computer support.	Rye Community House 27 Nelson Street, Rye	 5985 4462  reception@ryech.org  ryech.org
SORRENTO COMMUNITY CENTRE Dancing Groups, exercise groups, games day, painting groups and more.	Sorrento Community Centre 860-868 Melbourne Road, Sorrento	 admin@sorrentocc.org.au  sorrentocc.org.au
BLAIRGOWRIE COMMUNITY GARDEN Community Garden beds with regular working bees.	Stringer Road Reserve Stringer Road, Blairgowrie	Anne  0402 372 136  bcgveggies@gmail.com  blairgowriecommunitygarden.org
DROMANA COMMUNITY GARDEN We gather at the garden as a group and as individuals, to work on producing a share crop of fruits and vegetables as well as learning about gardening. We also hold regular working bees.	10 Marna Street, Dromana	 dromanacommunitygarden@gmail.com  dromanacommunityhouse.com/dromana-community-garden
ROSEBUD COMMUNITY GARDEN As a community, we work, eat, learn and swap at our get-togethers on the last Saturday of every month. We have a meeting, work together on tasks in the communal areas of the garden, and enjoy a yarn over lunch.	Leon Avenue, Rosebud	 rosebud.c.garden@gmail.com  rosebudcommunitygarden.org.au

MEN'S SHEDS

Group Information	Where	Contact
ROSEBUD & DISTRICT MEN'S SHED Metal work & woodwork projects, repurposing and repairing of computers and more.	11A Allambie Avenue, Capel Sound	Ray Atkinson  0473 068 760  rosebuddistrictmensshed@gmail.com  rosebudms.mpmsn.com.au
SAFETY BEACH - DROMANA MEN'S SHED Individual and group projects including items for local community organisations.	75A Pier Street, Dromana	Graeme Morris  5981 4765  secretary@sbdmensshed.com  sbdmensshed.com
MAIN RIDGE MEN'S SHED More than old blokes hammering, talking and drinking coffee, the Men's Shed is undertaking community projects and more. Women's group also available.	366 Main Creek Road, Main Ridge	 0418 545 125  mainridge.menshed@gmail.com  mainridgems.mpmsn.com.au
POINT NEPEAN MEN'S SHED Where you are able to participate in meaningful projects and activities, at your own pace, in a relaxed environment and in the company of other like-minded people.	4 Hotham Road, Sorrento	John Crough  0425 827 910  secretary.ptnepeanmensshed@gmail.com  sorrentoms.mpmsn.com.au

SENIORS GROUPS

Group Information	Where	Contact
AUSTRALIAN CROATIAN SOCIAL CLUB MORNINGTON PENINSULA RYE INC. Bocce, social club	113C Truemans Road, Capel Sound	Grozdana Stremjl (Secretary)  0422 304 230  acscmpr@outlook.com

DROMANA SENIOR CITIZEN'S CENTRE INC Carpet Bowls, Gentle Exercise, Tai Chi, Yoga, Bingo, Billiards, Croquet (indoor), Monthly club outings, Events, Concerts and Performances.	43 Pier Street, Dromana	Glenda Allan  5987 1109  dromanaseniors@outlook.com
ITALIAN ETHNIC SENIOR CITIZENS CLUB OF DROMANA INC Bocce, Social Club, Dinner Dances	Dromana Community Hall 2A Verdon Street, Dromana	Mila Kellaway (Secretary)  0400 203 072  italiansscd@gmail.com
PANAGIA KAMARIANI GREEK ORTHODOX SENIORS CLUB Meetings, social outings, bus trips.	Greek Orthodox Church 135 Arthurs Seat Road, Red Hill South	 panagiaelderly@gmail.com
ROSEBUD OVER 50S SOCIAL CLUB Snooker, Bingo, Exercise, Social, Cards, Dancing, Movies	121-123 Ninth Avenue, Rosebud	Yvonne Ferguson-McLellan  5986 1923  contact@rosebudover50s.com.au  rosebudover50s.com.au
ROSEBUD ITALIAN CLUB INC. We are a not for profit Italian club that is filled with love, happiness and lots of food! We pride ourselves on bringing a family atmosphere to all our events, and welcoming all people of all backgrounds to our club.	Rosebud Italian Club 8 Newington Avenue, Rosebud West	 5982 2603  rosebuditalianclub1@outlook.com  sites.google.com/view/rosebud-italian-club/home
RYE & PENINSULA GREEK SENIOR CITIZENS CLUB INC Bocce, Social Club, Dinner Dances	Rye Civic Hall 12 Napier Street, Rye	Dimos Caragergos (President)  0400 788 944  ryeandpeninsulascc@gmail.com
RYE & PENINSULA GREEK WOMEN'S GROUP INC. Women's Social Club, luncheons and outings	17 Nelson Street, Rye	Jenny Arapus  ryeandpeninsulagreekwomen@gmail.com  mpcommunity.com.au/user/rye-and-peninsula-greek-womens-group

RYE BEACH PROBUS CLUB Book club, fishing, golf, walking group, music groups and more.	Rye Civic Hall 12 Napier Street, Rye	 ryebeachprobusclub.wordpress.com
ITALIAN ETHNIC SENIOR CITIZENS CLUB OF FLINDERS INC. Cards, Bingo	Rye Civic Hall 12 Napier Street, Rye	Nerina Berni (President)  0481300639  italianethnicsenioreitizen@gmail.com
SORRENTO SENIOR CITIZENS INC. Cards, Art, Embroidery, Exercise, Mah-jong, Theatre Company, Singing	823 Melbourne Road, Sorrento	Pam Watts  5985 4175  info@sorrentoactivitycentre.org  sorrentoactivitycentre.org
HELLENIC ASSOCIATION OF MORNINGTON PENINSULA Social, Dinner Dance, Outings	3 Carmichael Street, Tootgarook	Caterina Kritelli  0403 649 125  hellenicseniors@gmail.com
TOOTGAROOK SENIOR CITIZENS CENTRE INC Indoor bowls, mah-jong, Social dancing , exercise classes, table tennis, art and craft classes and much, much more.	2 Barry Street, Tootgarook	Denise Davis  5985 4992  mpcommunity.com.au/user/tootgarook-senior-citizens-centre/
MENTIS ASSIST A range of Social Support groups for people facing challenges with their mental health. Groups include shopping, outings, activities, etc. Some transport available for some activities.	Various Locations Dromana/Rosebud	Alison Cliff  5970 5000  info@mentisassist.org.au  mentisassist.org.au
UNIVERSITY OF THE THIRD AGE (U3A) - SOUTHERN PENINSULA 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  u3asouthpen.org.au

Senior Community Register

Senior Community Registers exist to support older people to feel safe living in their own homes. The registers are run by volunteers with the support of local Police. It is a free community service. Each register runs slightly different to ensure the welfare of their members. It could be through regular phone calls, home visits, newsletters and social activities. The volunteers hold a vast knowledge of important local information.

Below are the details of the local Community Registers:

ORGANISATION	CONTACT DETAILS	CATCHMENT AREA	SERVICES
Mornington Police Senior Community Register	Mornington Police Station 6-8 Main Street, Mornington 5970 4983 MPSCR1@hotmail.com Mon, Wed, Fri 10am – 1pm	Full time residents within Mount Eliza, Mornington & Mount Martha	• Identification Card • Newsletter • Phone Calls • Home Visits • Info Pamphlets
Hastings Police Senior Citizens Register	6 Bray Street, Hastings 0499 910 904 hastingsregister@hotmail.com Tue – Fri 10am – 12pm	Baxter (part), Somerville, Tyabb, Hastings, Bittern, Crib Point, Merricks North, Crib Point, Somers, Balnarring, Merricks, Pt Leo, Shoreham, Red Hill South (part)	• Identification Card • Newsletter • Phone Calls • Home Visits • Info Pamphlets • Social activities
Rosebud Police Senior Citizens Register	Rosebud Police Station 95 Boneo Road, Rosebud 5986 0400 seniorsregister@gmail.com Weekdays 9.30am – 12pm	Southern Peninsula	• Identification Card • Phone Calls • Home Security Check • Social activities • Newsletter
Frankston Community Register	Carrum Downs Police Station 42 Ballarto Rd, Frankston North 8770 4126 frankstoncommunityregister.fra@gmail.com Weekdays 10am – 12pm	Frankston City Council region	• Identification Card • Phone Calls • Social activities • Newsletter

Contact your local register for a copy of the registration forms or for more information.

Tips to avoid getting scammed

The central principle of scam avoidance in today's world is to stop and think before you act. Be sceptical, cautious, and if in doubt end the communication and seek advice from a trusted source.

- Take the time to think things through and ask yourself if something could be a scam.
- Scammers typically try to pressure you to act quickly.
- Never hand over sensitive information or personal information to anyone on the phone, via text or online.
- Never give out your pins or passwords.
- If you get a call claiming to be from a company you do business with, hang up and contact the company yourself using contact details from a trusted source (such as the official company website).
- If the emailer, texter or caller claims to be from a company you have no relationship with, simply delete the messages or hang up.
- Don't send money or personal information to people in unusual locations.
- Be wary if you are asked to pay for something in an unusual way, such as a pre-loaded debit card or virtual currencies like bitcoin.
- If you are asked to set up a new bank account or PayID to either send or receive money, be suspicious. These are all hallmarks of a scam.
- Be sceptical when reviewing emails, never click a link, or open an attachment in a text or email that you are suspicious of. Make sure the sender is who they say they are, and know what you are opening. If in doubt, delete it.
- If you receive a robocall (an automated call with a pre-recorded message, sometimes using an automated voice), hang up.
- Enable two-factor authentication where available.
- Report suspected scams to Scamwatch and ReportCyber.
- If you think you have been scammed, act quickly and contact your bank. You can also seek help from IDCare.
- Watch out for follow-up scams. Once successful, a scammer is likely.

FREE LEGAL SERVICE

FREE legal advice to people aged 65 and over on a range of legal issues including:

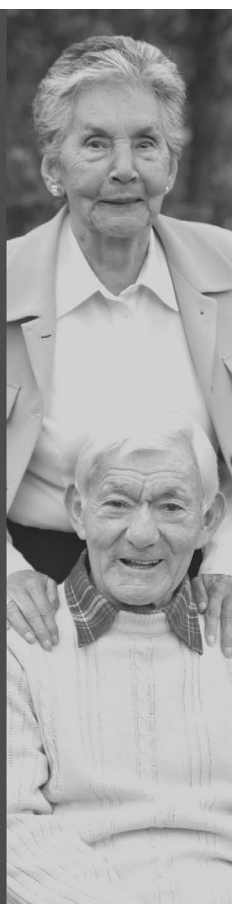
General civil law issues
Family law
Infringements
Tenancy
Physical or financial abuse
Aged care facilities and retirement villages
Estate planning
Powers of Attorney
Wills and estates
Guardianship and administration
Financial disputes

 **9783 3600**
to make a booking



Peninsula
Community
Legal Centre

www.pclc.org.au



Choice Consumer Advocacy
choice.com.au

Respecting seniors



ELDER ABUSE MYTH

“They’re going to get the money in my will anyway – I suppose they might as well have it now.”

ELDER ABUSE FACT

Family members are only legally entitled to property they might inherit after their relative dies, not before.

Inheritance: Not an entitlement

If someone you know is feeling pressured to hand over their assets, call **Peninsula Community Legal Centre** on **9783 3600**.



RESPECTING SENIORS NETWORK
FRANKSTON & MORNINGTON PENINSULA



Peninsula
Community
Legal Centre



This campaign is supported
by the Victorian Government



A COTA Victoria Program

www.seniorsrights.org.au
1300 368 821

Who we are & what do we do?

Seniors Rights Victoria (SRV) is a program of the [Council of the Ageing \(COTA\) Victoria](#). SRV advances the rights of older people and works to prevent elder abuse.

- We have many [resources](#) available to empower people to help themselves.
- We [advocate for policy changes](#) and law reform.
- We offer [Community Education](#) and [Professional Education](#).

We also provide free information and referrals, legal advice and legal casework on matters specifically related to elder abuse, to any Victorian aged 60 and above, or to any Indigenous Victorian aged 45 and above.

Advocacy and Social work Support

SRV has a team of experienced advocates who provide free information, advice, referral and support to older people at risk of, or experiencing, elder abuse. Our advocates can also provide information to other people or professionals concerned about someone experiencing elder abuse.

In some circumstances, SRV advocates can help older people experiencing elder abuse directly with:

- Referrals for counselling or other support
- Help navigating Centrelink enquiries
- Practical assistance with the financial sector
- Support through a court process
- Help navigating referral pathways for suitable and affordable housing
- Linking in with My Aged Care services

Legal Support

SRV's lawyers can provide legal advice and legal casework in appropriate circumstances to older people experiencing elder abuse. SRV supports & empowers older people through the provision of legal advice directly to the older person.

If necessary and appropriate Seniors Rights Victoria lawyers can help with:

- Intervention Orders, including requesting the perpetrator be removed from a shared home
- Arrangements involving the exchange of assets in return for the promise of care including 'family care', 'assets for care' and 'granny flat' arrangements
- Situations involving adult children living with their parents
- Inappropriate exercises of power under a Power of Attorney
- Financial Abuse, including debts, loans, misuse of Powers of Attorney, transfer of property and co-ownership disputes
- Disputes about contact with grandchildren
- Guardianship and Administration issues
- Advice about future planning to protect against elder abuse, including Powers of Attorney

Our funders

Seniors Rights Victoria acknowledges the support of the Victorian Government, Victoria Legal Aid and the Commonwealth of Australia Attorney-General's Department.



Aboriginal & Torres Strait Islander Organisations

WILLUM WARRAIN Aboriginal Association

Willum Warrain Aboriginal Association seeks to provide a safe, cultural space for Aboriginal and Torres Strait Islander peoples to gather on the Mornington Peninsula. We regard ourselves as a place of **HOPE AND HEALING, CULTURE AND CONNECTION, BEING AND BELONGING** for our mob. We also regard ourselves as **A DESTINATION FOR RECONCILIATION**.

We welcome everyone who comes through our gates. We have many non-Indigenous kin, friends and supporters who are members too. We have a number of Programs available for our community, with the objective of increasing a sense of belonging and cultural strengthening. These include women's group, men's groups, deadly youth group, bush playgroup, and a community drop in and gardening day. We also celebrate significant Aboriginal cultural events throughout the year.

Community Drop in and Gardening Day

Friday is our community drop-in and gardening day. People come and help out between 11am and 1.00pm in our nursery, the vegetable garden or just have a cuppa and a yarn. We always share a meal together and the last Friday every month is Big Mob Cook Up. This is a special luncheon not to be missed based on bush tucker ingredients many harvested from our own grounds. It is also a good day to drop in and visit our Bush Nursery and pick up some indigenous plants grown by community.

Willum Warrain Gathering Place

10c Pound Road, Hastings
(03) 5979 1391 or 0403 528 034
gpc@willumwarrain.org.au
willumwarrain.org.au



Nairn Marr Djambana

Nairn Marr Djambana Inc is a not for profit incorporated organisation.

Governed by a volunteer committee of management and guided by a circle of Elders. Cultural way is embedded throughout all core business.

Our executive committee and Elders are Aboriginal and/or Torres Strait Islander Peoples, living, working, or connected to Frankston. Our weekly programs include: homework clubs, dad's groups, and mum's groups. In addition, we hold many special events over the course of the year. Our facilities include a commercial kitchen, dining room, playroom, training room and office spaces, all available for hire for events. Community input on new programs or activities is encouraged.

Contact us for membership!

Nairn Marr Djambana Inc,
32 Nursery Avenue, Frankston
03 9783 1521
Djambana@bigpond.com



Multicultural Seniors Groups Support

Peninsula Ethnic Seniors Council

The Peninsula Ethnic Seniors Council is a forum for information dissemination and sharing of issues relevant to Culturally and Linguistically Diverse seniors groups and communities. Membership includes groups and clubs associated with Frankston and the Mornington Peninsula.

This Council's purpose is to provide; Education in relation to healthy ageing and service provision for ageing ethnic communities; Information dissemination and sharing of issues relevant to ageing ethnic communities; Peer support to CALD senior groups through the sharing of experience and knowledge of operating senior groups and assisting CALD community members;

Where appropriate, to advocate on issues to the Department of Families, Fairness and Housing (DFFH), Department of Health and Aged Care, Services Australia and through Ethnic Communities' Council of Victoria (ECCV).

Meetings are supported by Frankston City Council and Mornington Peninsula Shire's positive ageing teams.

For more information contact

positiveageing@mornpen.vic.gov.au or
positiveageing@frankston.vic.gov.au

Volunteering

 Peninsula Health

BECOME A VOLUNTEER

Volunteers provide valuable support to staff, visitors, patients, families and carers in our hospitals, community health and mental health services.

Why Volunteer?

- Give back to the community
- Connect and interact with other members of your community
- Experience new challenges and develop new skills
- Achieve a sense of purpose



VOLUNTEERING OPPORTUNITIES

We have a number of volunteer opportunities within community health, across Frankston, Hastings, Mornington and Rosebud. Roles include Agestrong Volunteers, Volunteer Drivers and Social Support Group Volunteers.

Learn what opportunities are available by calling 9784 8174 or by scanning the QR Code.





Impact Volunteering

Information about Volunteering

- Looking to Volunteer?
- Are you a not for profit organisation who is seeking Volunteers?

Impact Volunteering can help you.

Impact Volunteering is a Frankston City Council run program that supports individuals and organisations across Frankston City and the wider community.

Impact Volunteering offers a range of initiatives, providing support and resources for volunteers in our community.

Web: www.frankston.vic.gov.au/impactvol

Phone: 9768 1407

Email: impactvolreferrals@frankston.vic.gov.au

Contact us to book a telephone or an in-person appointment. In-person appointments will be held in the Frankston Library.

Volunteering for Health and Wellbeing

Volunteering benefits you and our Mornington Peninsula communities.

Research shows that contributing your time and skills can lead to improved physical, emotional and brain health. Volunteering can lead to new friendships, experiences, skills and knowledge.

Volunteers are needed now more than ever. Use your skills and life experience to make a difference to a cause you care about.

Find a volunteer role that suits you at 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



**MORNINGTON
PENINSULA**
Shire

Advisory Groups

Advisory Groups are an important partnership between community members and organisations to ensure that services are meeting the needs of the community.

Below are opportunities to get involved:

COMMUNITY ADVISORY GROUPS - PENINSULA HEALTH

Peninsula Health has a number of Community Advisory Groups (CAGs) that bring the consumer and community perspective, experiences and concerns into Peninsula Health through our Consumer Advisor members.

The CAGs enable two-way communication between Peninsula Health and the broader community. As a Consumer Advisor you will provide advice on specific matters of consumer, carer and community interest or concern. You will also help to inform the community about what is happening at Peninsula Health.

Peninsula Health has a number of Community Advisory Groups including Older persons/Carers CAG, Disability CAG, Mental Health CAG, Cultural and Linguistic Diversity CAG, Gay, Lesbian, Bisexual, Transgender, Intersex & Queer+ CAG.

If you would like more information or a paper copy of the application form, please contact Michelle Daniel, Consumer Engagement Manager on 9784 2665 or email consumerengagement@phcn.vic.gov.au



Peninsula Health

AGE FRIENDLY FRANKSTON AMBASSADORS - FRANKSTON CITY COUNCIL

This group supports the planning of key events and resources for older residents in the community. Age Friendly Frankston Ambassadors meet every two months to discuss challenges in the community and advocate to Council on age related issues.

Are you interested in becoming an Age Friendly Frankston Ambassador? We are looking for members who:

- live, work or play in Frankston City
- are interested in representing older adults in the community
- are proactive
- enjoy contributing as part of a small group.

For more information speak to Council's Positive Ageing team on 1300 322 322 or frankston.vic.gov.au.



PACE - MORNINGTON PENINSULA SHIRE

PACE (Peninsula Advisory Committee for Elders) works with the Shire to help guide its Positive Ageing Strategy and to contribute to an age-friendly Mornington Peninsula. PACE provides a crucial voice regarding opportunities and challenges that impact on our ability to age well. Access to information, respect, social inclusion and mobility are some of the issues of focus through PACE.

For more information contact positiveageing@mornpen.vic.gov.au or phone 5950 1000



**MORNINGTON
PENINSULA
Shire**

Exercise Equipment

Wingham Park Senior Exercise Equipment

Looking for an exciting way to stay active and connect with others?

The Wingham Park Senior Exercise Equipment is open and ready for use! The outdoor exercise space includes several stations specifically designed to help improve balance, strength, functional movement and mobility.

Exercising outdoors is beneficial for both physical and mental health and can greatly reduce stress and improve our mood. It is a great way to socialise and have some fun.



There are instructional signs located within the Park as well as QR Codes to help you get started.

Follow the steps below:

1. Open the camera on your smart phone
2. Line up the QR Code in the camera frame
and open the notification message
3. If there is no notification message and nothing happens then you may need a QR Code application



Some mobile phones have an in-built QR Code scanner in their camera, however some mobile phones will require you to download a QR Code application ('mobile app').

How does a QR Code work?

QR is short for Quick Response and it can be read quickly by a mobile phone. Some mobile phones have an in-built QR Code scanner in their camera, however some mobile phones will require you to download a QR Code application ('mobile app').

Session information

Our trained volunteers are looking forward to showing you how to use the equipment!

Senior Exercise Champions Charmaine, Kev, Lyn, Sharon, Veronica, Fran and Wayne are available every Friday morning.

Book a one-on-one session through Frankston Council Website or contact 0438 902 205

When: Every Friday 9:30 AM -12PM

Where: Wingham Park

103 Ashleigh Avenue, Frankston

Cost: Free (Bookings essential)

Enquiries: positiveageing@frankston.vic.gov.au or

Johanna Varghese - Positive Ageing 0438 902 205



This project is a partnership between:



Service, Support and Information Centres

Frankston City Council – Service Centres

Please contact 1300 322 322 for further information
(this number also applies for After Hours Emergency Services)



FRANKSTON CIVIC CENTRE

30 Davey Street
Frankston 3199

*Main reception
upstairs off Davey
Street*

LANGWARRIN CUSTOMER SERVICE CENTRE

Shop 6,
The Gateway
230 Cranbourne-
Frankston Road,
Langwarrin 3910

SEAFORD CUSTOMER SERVICE CENTRE

Seaford Community
Centre, 1/6 Broughton
Street, Seaford 3198

*Near the corner of
Station and
Broughton Streets
(behind Seaford
Village Shopping
Centre on Nepean
Highway)*

FRANKSTON VISITOR INFORMATION CENTRE – 7N Pier Promenade, Frankston

The award winning Frankston Visitor Information Centre (FVIC) at the Frankston Waterfront provides residents and visitors with local knowledge, directions and advice on how to make the most of their time in Frankston City.

Residents can visit our Customer Service desk to complete any Council related business from Monday to Friday.

The FVIC supports the promotion of events for Frankston and the Mornington Peninsula, encouraging tourism across the region.

COMMUNITY SUPPORT FRANKSTON – 35 Beach Street, Frankston

Community Support Frankston Inc. is a not for profit community support agency which provides services including emergency food, grocery vouchers, help with utility bills, referrals and advocacy for people who live, or work in the City of Frankston.

Please contact **(03) 9783 7284** for assistance or visit **frankston.net** for further information.

Please note: Requests for help or information can only be attended to by volunteer community workers during the agency's current opening hours.

Mornington Peninsula Shire - Service Centres



**MORNINGTON
PENINSULA**
Shire

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.

OUR SERVICE CENTRES

Open from 9am-4.30pm Monday to Friday (excluding public holidays).

Hastings office open from 1.00-4.30pm (excluding public holidays).

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

Support Centres

WESTERN PORT COMMUNITY SUPPORT CENTRE

Peninsula Community
Health, Reception B
185 High St, Hastings

Monday to Friday
10am - 4pm

03 5979 2762

info@wportcomsupport.org.au

MORNINGTON COMMUNITY SUPPORT CENTRE

320 Main Street,
Mornington

Monday to Friday
9.30am - 4pm

03 5975 1644

manager@mcisc.org.au
front.desk@mcisc.org.au

SOUTHERN PENINSULA SUPPORT CENTRE

878 Point Nepean Road,
PO Box 91, Rosebud
Monday to Friday
9.30am - 3.30pm

03 5986 1285

admin@spsic.org

Libraries

Frankston City Council – Libraries

Frankston City Libraries is your community lounge room serving the information, entertainment and online needs of Frankston City residents and visitors.

Our library branches are located in Frankston, Carrum Downs and Seaford with outreach locations in Langwarrin, Karingal, Frankston North, Frankston South and Frankston Beach.



FRANKSTON LIBRARY

60 Playne Street,
Frankston, 3199

03 9784 1020

CARRUM DOWNS LIBRARY

203 Lyrebird Drive,
Carrum Downs, 3201

03 8773 9539

SEAFORD LIBRARY

1/6R Broughton
Street, Seaford, 3198

03 9784 1048

OUTREACH LOCATIONS

Small borrowing collections can be found at some of Frankston City's community centres, with more library services, computer access and reservation collection available at Langwarrin Customer Service Centre.

HOME LIBRARY SERVICE

Home Library Service is a free service available to residents of Frankston City who are unable to visit the Library due to illness, frailty, disability or short-term mobility restrictions.

If you or someone you know would like this service, or you would like to volunteer, please email the library at libraryenquiries@frankston.vic.gov.au or phone 03 9784 1020.

Visit our library website library.frankston.vic.gov.au for more information, events and opening hours.

Mornington Peninsula Shire – Libraries



**MORNINGTON
PENINSULA**
Shire

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 Wi-Fi.

Our libraries are situated at Mornington, Rosebud, Hastings, and Somerville. There is a Library Hub at Sorrento and a home library service.

MORNINGTON LIBRARY

Vancouver Street,
Mornington
03 5950 1820

ROSEBUD LIBRARY

McDowell St, Rosebud
03 5950 1230

SORRENTO LIBRARY HUB

Sorrento Community
Centre, 860-868
Melbourne Road,
Sorrento
03 5950 1230

HASTINGS LIBRARY

7 High Street, Hastings
03 5950 1710

SOMERVILLE LIBRARY

1085 Frankston- Flinders Road,
Somerville
03 5950 1638

CLICK AND DELIVER

Can't make it into one of our branches? Our Click and Deliver service will deliver library items to your home for free anywhere within the Mornington Peninsula Shire.

We deliver Wednesday - Fridays and we will get your items to you as soon as possible, subject to availability. If you have a query, please call the library on 03 5950 1230

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 0408 680 883 or email homelibraryservice@mornpen.vic.gov.au

**For more information, events, and opening hours, please visit
Our Library website ourlibrary.mornpen.vic.gov.au**

Support to Live Independently in Your Own Home

Family Health Support Services



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
- Community bus transport
- Ageing Positively
- Volunteering
- Escorted outings
- Delivered meals
- Home safety maintenance
- Home safety installations
- Social bus outings

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.



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:

- 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.



Mornington Peninsula Shire Community Care



**MORNINGTON
PENINSULA**
Shire

To be eligible for the following **Shire Community Care Services**, residents must be assessed via **My Aged Care** on **1800 200 422** or log on to **myagedcare.gov.au**.

Health Access Transport

The Shire's Health Access Transport Service connects eligible residents to medical appointments. The service works twice a week travelling as far as Frankston Hospital, stopping at local medical facilities along the way such as Rosebud Hospital, St John of God Rehab and Beleura Private. Pick up is from resident's home address and is limited to medical appointments only, not medical treatments. **To learn more or book, contact us on 5950 1605.**

Meals on Wheels

The Shire Meals on Wheels Service provides nutritious, well-balanced, high-quality meals to support older people, people with disabilities and their carers, in their own homes. Eligible residents can choose meals that best suits their taste and dietary needs, up to seven meals a week, fresh or frozen delivered to their door by our friendly volunteers. **For more information contact the Shire on 5950 1637.**

Outings & Excursions

The Shire offers a program of regular outings and excursions to places and events of interest for older people and/or people with a disability. Cost of travel on Outings and Excursions is \$8.50 per trip and additional costs such as entry fees or lunch are at the passenger's own expense. **To request a brochure or learn more, contact us on 5950 1605.**

Dial-a-bus

The Mornington Peninsula Shire operates a Dial-a-Bus service for older residents with each township having a dedicated day for services. Morning trips collect people from their homes and drop them to any location with the service area, with the return trips starting in the early afternoon. Cost of travel on Dial-A-Bus is \$1.00 each way. **To learn more or book, contact us on 5950 1605.**

Support to Live Independently in your own Home

In-home support for Commonwealth Home Support Program (CHSP) residents aged 65 years and older, or 50 years and older for Aboriginal and Torres Strait Islander, is provided by Bolton Clarke and Mecwacare. Home Support Assessors will talk to residents about these providers at the time of their assessment. Services covered under in-home support include:

- Domestic Assistance - cleaning, unescorted shopping
- Personal Care - showering
- Respite Care
- Shopping Assistance
- Home Maintenance

To be connected with a HomeSupport Assessor, contact My Aged Care on 1800 200 422 or visit myagedcare.gov.au

Peninsula Transport Assist Inc.

Peninsula Transport Assist Incorporated (PTA). PTA have over 50 volunteer drivers who transport people to medical appointments, shopping trips, social events and many other places inside and outside of the Peninsula region, using their own vehicles for a small fee. No medical forms required! **PTA services residents on the Mornington Peninsula and Frankston region. Destinations Victoria wide.**

Contact PTA on 9708 8241 or 0403 823 268 or visit peninsulatransportassist.org

Communication, Online Skills and Information

Be Connected

Get the support you need to build your online skills or help to take the very first steps towards getting online with the Be Connected program. Be Connected provides free online learning modules and presentations and free face-to-face training at local community centres across Australia.

The program is a joint initiative between the Department of Social Services, eSafety and Good Things Foundation to increase the confidence, skills and online safety of older Australians. Please visit beconnected.esafety.gov.au.

Free online safety presentations

Join a live online presentation to develop your digital skills and keep safer online. Hosted by eSafety, Be Connected presentations cover a range of topics every month including how to use government websites, staying safe on Facebook, how to avoid scams and safer online shopping and banking.

Visit **Be Connected** for the topic schedule and information about how to register.

Self-guided online learning

The Be Connected website offers free learning modules on all sorts of topics, including how to get online safely, internet shopping and banking, and identifying and avoiding scams. The courses are free, short and easy to follow.

Other Be Connected content that may be of interest:

- **8 ways to protect your privacy online** – beconnected.esafety.gov.au/articles-and-tips/8-ways-to-protect-your-privacy-online
- **Security tips – media release** – esafety.gov.au/newsroom/media-releases/new-year-new-devices-be-connected-and-make-online-safety-priority-year
- **Identifying and avoiding scams** – beconnected.esafety.gov.au/topic-library/identifying-and-avoiding-scams

Positive Ageing Together newsletter subscription

Positive Ageing Together is Frankston Council's bi-monthly newsletter for community members over the age of 55. This can be posted to your home or sent via email. The newsletter includes:

- recreational and social activities in the municipality
- interesting and relevant articles about health, wellbeing or local matters.

To subscribe please email positiveageing@frankston.vic.gov.au or call 1300 322 322



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 visit the Mornington Peninsula Shire website mornpen.vic.gov.au/Positive_Ageing

To join the mailing list, please email positiveageing@mornpen.vic.gov.au or phone 5950 1000



**MORNINGTON
PENINSULA**
Shire

Connect to the Environment and to each other

Active Living and Climate

Our health and climate are connected in many ways. By walking, bike riding, and using public transport more, we can improve our health and reduce the causes of climate change.

When we know where good walking, riding and public transport routes are, it makes it so much easier. We can feel good while we're getting to work, dropping into the local shops or doing the school run.

Local walking routes: victoriawalks.org.au. **Local bike riding routes:** bicyclenetwork.com.au

You can also find out how to take the train, bus or tram: ptv.vic.gov.au

Landcare and Friends Groups – Mornington Peninsula

Volunteering is a great way to meet people, make friends and to make a positive contribution to your local community. There are many opportunities to get involved in local conservation groups and climate change groups.

For those with a passion for the natural environment why not consider getting involved with your local Landcare or Friends group. There are nearly 70 Friend groups across the Peninsula who volunteer in our many Bushland and Foreshore Reserves.

If you love gardening, sharing gardening tips and produce, why not get involved with your local community garden, or Eco Living Display centre garden, or help with the Home Harvest Exchange? If you are passionate about seeing action on climate change, you might want to volunteer as an Energy Hero. This program is training up community volunteers to provide impartial energy advice to the community.

To find out more please visit mornpen.vic.gov.au.



Environmental groups – Frankston City Council

Frankston City is lucky to have many passionate environmental volunteers to give their time to nurture, clean up and protect our natural environment.

Our volunteers are always happy to welcome new people and works across a range of projects including work in natural reserves and private land, wildlife rescue, beach clean-ups and environmental action and advocacy groups.

To find out more please visit frankston.vic.gov.au



Keeping Connected

Umbrella Dementia Cafes

Umbrella Dementia Cafés are a network of informal and multigenerational community peer support groups, called ‘cafés’, designed for families and people living dementia to improve social health and well-being. Through our dementia cafés we empower people living with dementia to regain their autonomy, boost their self-esteem and improve their wellbeing, while providing support to those in the caring role.

Rosebud Friendship Café at the Seawinds Community Hub

11a Allambi Avenue, Rosebud

Sorrento Navigator Café at Sorrento Community Centre

860-868 Melbourne Road, Sorrento

Please visit umbrelladementiacafes.com.au for more information.

FriendLine

FriendLine offers older Australians an opportunity to call and have a free, anonymous, friendly chat with a volunteer over the phone.

FriendLine is a national service and is open from **10am to 8pm** seven days a week.

**Please visit friendline.org.au
1800 424 287**



Chatty Cafes

Chatty cafes help connect communities and increase social interactions by getting people chatting. The Chatty Tables are for customers who are happy to sit and chat with other customers. Each Chatty Café venue nominates a day and time for their Chatty Table.

To join in, simply find a Chatty Table near you using our interactive map and find out when their next Chatty Table is. There's usually no need to book – everyone's welcome!

Please visit chattycafeaustralia.org.au



Other Important Contacts

CENTRELINK FINANCIAL SERVICES

[servicesaustralia.gov.au/
financial-information-service](https://servicesaustralia.gov.au/financial-information-service)

LBTIQA+ FACEBOOK GROUPS



Out on the Peninsula



Mornington Queers

HISTORICAL SOCIETIES

[mornpen.vic.gov.au/Activities/
Arts-Culture/Local-History/
Historical-Groups](https://mornpen.vic.gov.au/Activities/Arts-Culture/Local-History/Historical-Groups)

PATHWAYS FOR CARERS

Offering carers of people with a disability, older person or mental illness an opportunity to attend walking events in Victoria together and to learn more about news, services, and supports available to carers.

pathwaysforcarers.com.au

VISION AUSTRALIA

A wide range of resources are available to help you navigate being diagnosed with blindness or low-vision

visionaustralia.org
1300 847 466

THE NATIONAL DEMENTIA HELPLINE

A free and confidential service where you can chat with caring and experienced professionals about dementia and memory loss concerns, for yourself or others.

dementia.org.au
1800 100 500

COTA (COUNCIL ON THE AGEING) VICTORIA

The leading not-for-profit organisation representing the interests and rights of people aged 50+ in Victoria.

cotavic.org.au
9655 2100

BEYOND BLUE

beyondblue.org.au
1300 224 636

MENTAL HEALTH FIRST AID

The Older Person Mental Health First Aid course is for any interested adult, particularly those who work with, live with or care for older people, including families and carers.

You will learn how to assist a person aged 65+ who may be experiencing a mental health problem or mental health crisis until appropriate professional help is received or the crisis resolves, using a practical, evidence based action plan.

mhfa.com.au/courses/public/types/olderperson



Peninsula
Health



peninsulahealth.org.au/agestrong



We are proudly inclusive.

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

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