



Frankston North Community Centre Term 4 Program

Updated September 2026



Contents

About Us	3
Learn Local Courses	4-5
Monday Programs	6
Tuesday Programs	6-7
Wednesday Programs	7, 10
Thursday Programs	10-11
Friday Program	11-12
Saturday Program	12
Weekly Timetable	8-9
Services - Support Groups & Legal	12
Services & Community Café	13
Frankston-City Community Centres	14-15
Local Support Agencies	15
Map & Contact Information	16

About Us

Frankston North Community Centre (FNCC) is a fun, vibrant and responsive Council-run facility that encourages people to improve their health and wellbeing through social connection, skill development and advocacy.

We work with you - our local community and service partners - to develop and deliver inclusive activities. We do this by building upon, and strengthening, people's interests, skills and talents...and having lots of conversations.

We also provide a range of hireable spaces to approved organisations, access to Council's Library Service and are a source of information about what's going on in the local area.

This booklet lists our regular activities and courses but we also often hold one-off events that might be of interest. The best way to keep up to date with what's on is to:

- Drop in or call to talk to us.
- Register to receive our updates by sending us an email or calling us.
- Keep an eye on our facebook and/or instagram pages.



FrankstonNorthCommunityCentre



@FrankstonNorthCommunityCentre

Email: fncc@frankston.vic.gov.au

Phone: 8773 9545

Web: bit.ly/FNCC



Learn Local Courses

Did you know we're a registered Learn Local provider?

Access government-endorsed short courses right here in your community. Whether you're exploring a new career path or updating your skills, our supportive small classes can help you build confidence and take the next step. Contact us to discuss course options and eligibility.

Courses - Pathway to Work | Life Skills | Literacy and Numeracy

Get Ready to Work in Care and Support

This short course gives you a taste of the skills and context required to be employed in the care and support industry. Designed by professionals working within the in-demand community health sector, these modules are delivered in a small class setting and teach both theoretical and practical skills required.

\$40 Full Fee | \$30 Concession

Wednesdays 10:00am - 2:30pm

Term 4

*7 October - 9 December
(10 Weeks)*



Navigating Work Skills

Build hospitality skills and work experience to help pave the way to employment. This course covers cooking, coffee-making and customer service with paying customers - as well as building confidence, time-management and workplace rights.

\$35 Full Fee | \$25 Concession

**Tuesdays & Thursdays
9:30am - 1:30pm**

Term 4

*6 October - 29 October
(4 Weeks)*



Frequently Asked Questions:

Why should I study a Learn Local course?

Learn Local courses enable you to develop your confidence, life skills and knowledge to support employment and/or further education possibilities. Study is completed in small groups in an informal and safe setting - and close to home!

Who can enrol?

You can enrol if you are 17 years old or over, not currently enrolled in a school setting, and an Australian citizen or holder of an Australian permanent visa, or a New Zealand citizen or an asylum seeker.

Will I receive a qualification once completed?

You will receive a *Certificate of Completion* rather than a formal qualification for these pre-accredited training courses.

Learn Local Courses

Courses - Computer Skills



Skills for study
work and life



Digital Essentials (Level 2)

Do you want to improve on your basic computer skills?

This course will extend your understanding of technology, including the use of different digital devices, what they can do, and how you can use them to connect with others and access services over the Internet. A perfect next step, and completed in only 30 hours!

\$25 Full Fee | \$15 Concession

Fridays 9:30am - 12:30pm

Term 4

*9 October - 11 December
(10 Weeks)*

Be Connected (Level 1)

Over 50 and new to technology? Learn the essentials of using a computer, laptop, tablet and smartphone. In a small and supportive group we will uncover the mysteries of the internet, scams, web addresses, search engines and lots more together.

FREE



Be Connected

Every Australian online.

**Network
Partner**

Wednesdays, 1:30pm - 3:30pm

Term 4

*7 October - 9 December
(10 weeks)*



Be Connected (Level 2)

Over 50 and have a basic understanding of tech, but need to take the next step? Rohan will be back in term 4 to carry on from where he left off with learning about Clouds, Apps, Subscription Services and Photos/Storage for both Apple and Androids. If this is where you are at - this program might be just right for you!

FREE



Be Connected

Every Australian online.

**Network
Partner**

Fridays, 1:30pm - 3:30pm

Term 4

*9 October - 11 December
(10 weeks)*



Tech Triage

*Having trouble with your phone, tablet, or computer?
We have FREE relaxed drop-in sessions offering
simple 1:1 guidance to help you get on the right track.*

Thursdays, 2:00pm - 4:00pm (20 minute sessions)

Programs - Monday



Exercise to Music (U3A)

MONDAY 9:30AM - 11:00AM

CONTACT: 9770 1042 (U3A Frankston)

Movement to music including using balls, hoops and scarves. We also do cardio-weights and Tai Chi and floor Pilates.

**U3A Membership required*



Morning Games (FNCC)

MONDAY 9.30AM - 1:00PM \$3.60

CONTACT: 8773 9545 (Frankston North Community Centre)

Social group that meet to play Rummikub and a range of games. Morning tea included.



Supported Playgroup (FCC)

MONDAY 9.30AM - 12:00PM FREE BY ENROLMENT FOR ELIGIBLE FAMILIES

CONTACT: 9293 7156 (Council's Playgroup Development Officer)

Supported Playgroups are a safe and friendly place for you and your child to have fun while receiving parenting tips and support. Sessions are run by qualified professionals from Council's Early Years team.

Programs - Tuesday

Carefinder - see page 13

Navigating Work Skills - see page 4



Stretch and Balance (FNCC)

TUESDAY 9:30AM-10:15AM \$7.50

CONTACT: 8773 9545 (Frankston North Community Centre)

Slowly ease into your morning with this gentle stretch and balance class to increase movement.



Tai Chi (U3A)

TUESDAY 9:30AM - 10:30AM

CONTACT: 9770 1042 (U3A Frankston)

Movements are slow & gentle, and you can work at your own level. Many older people can do Tai Chi, even those with arthritis.

**U3A Membership Required*



Still Moving (FNCC)

TUESDAY 11:30AM - 12:00PM \$5.50

CONTACT: 8773 9545 (Frankston North Community Centre)

Chair-based exercises to music focusing on small muscle groups. Suitable for people with limited mobility.

Programs - Tuesday



Youth Hangout (Frankston Youth Service)

TUESDAY 3:15PM - 4:45PM FREE

CONTACT: 9768 1366 (Frankston Youth Service)

Drop in for table tennis, basketball, gaming, food, or just chill and chat with youth workers.

Programs - Wednesday



Free Legal Advice (P.C.L.C)

WEDNESDAY (FORTNIGHTLY) 9:00AM-5:00PM FREE *BY APPOINTMENT

CONTACT: 9783 3600 (Peninsula Community Legal Centre)

PCLC is an independent, NFP organisation that provides high quality services that are accessible and responsive to the needs of our community.



Indoor Carpet Bowls (FNCC)

WEDNESDAY 9:30AM - 12:00PM \$3.60

CONTACT: 8773 9545 (Frankston North Community Centre)

Social gathering where indoor carpet bowls are played in mixed teams, and to a great soundtrack. Learners welcome. Morning tea included.



Zumba Dance (FNCC)

WEDNESDAY 9:30AM - 10:15AM \$7.50

CONTACT: 8773 9545 (Frankston North Community Centre)

Zumba-inspired exercises to music from around the world. For music lovers and those who like their fitness to be fun! Perfect for beginners.



Social Craft (FNCC)

WEDNESDAY 9:30AM - 12:30PM \$3.60

CONTACT: 8773 9545 (Frankston North Community Centre)

From jewellery making to tapestry and everything in between; This is a social, self-driven BYO craft group. Morning tea included.



Parenting Support (ABA)

WEDNESDAY (FORTNIGHTLY) 10:00AM - 12:00PM FREE

CONTACT: 0401 186 089 (Julia, AUS Breastfeeding Association)

Sessions to support families with their breastfeeding goals and parenting journeys, and to assist with making local connections.

Frankston North Community

Monday

9:30am-11:00am	Exercise to Music (U3A)
9:30am-1:00pm	Morning Games (FNCC)
9:30am-12:00pm	Supported Playgroup (Frankston City Council)
7:00pm-8:00pm	Steps & Principles (Narcotics Anonymous)
7:30pm-9:00pm	Pines Big Book (Alcoholics Anonymous)

Tuesday

9:30am-1:30pm	Navigating Work Skills Course (FNCC)
9:30am-10:15am	Stretch & Balance Exercise (FNCC)
9:30am-10:30am	Tai Chi (U3A)
10:00am-11:30pm	Chatty Café  (FNCC)
9:30am-4:00pm	Carefinder (FNCC & HAAG) *monthly
11:30am-12:00pm	Still Moving (Chair Exercise) (FNCC)
3:15pm-4:45pm	Youth Hangout (Frankston Youth Service)
7:00pm-8:15pm	Open Share (Narcotics Anonymous)

Wednesday

9:00am-5:00pm	Legal Aid Appointments* (P.C.L.C) *fortnightly
9:30am-12:00pm	Indoor Carpet Bowls (FNCC)
9:30am-10:15am	Zumba Dance (FNCC)
9:30am-12:30pm	Social Craft (FNCC)
10:00am-12:00pm	Parent Support* (Australian Breastfeeding Association) *fortnightly
10:0am-2:30pm	Get Ready to Work in Care and Support Course (FNCC)
10:45am-11:45am	Still Strong (Chair Exercise) (FNCC)
12:30pm-2:00pm	Pines Lunchie (Narcotics Anonymous)
1:30pm-3:30pm	Be Connected Level 1 Course (FNCC)
7:30pm-10:30pm	Friendly Cards (Community Group)

NEW!

This government-funded Carefinder program is a free service specifically designed for older Australians who need help accessing aged care services.

Find out more on page 13

Centre Timetable



Thursday

9:00am-11:00am	Weighless (FNCC)
9:30am-1:30pm	Navigating Work Skills Course (FNCC)
9:30am-10:00am	Storytime (Frankston Libraries)
10:00am-11:30am	Playgroup (FNCC)
1:30pm-2:30pm	Sound Meditation and Mindfulness (FNCC)
2:00pm-4:00pm	Intergen Project (FNCC, TLC & Mahogany Rise)
2:00pm-4:00pm	Tech Triage (FNCC)
2:30pm-4:30pm	Date-Ability (FS Academy)
5:45pm-6:45pm	Zumba (Facilitator Jamie)
8:00pm-9:30pm	Pines Thursday (Alcoholics Anonymous)

Friday

9:30am-12:30pm	Digital Essentials Level 2 Course (FNCC)
9:30am-12:30pm	HiPPY Parent Program (Brotherhood of St. Laurence)
9:30am-11:00am	Stretching with Bands (U3A)
10:00am-12:00pm	Garden Club (FNCC)
1:00pm-2:00pm	Yoga (FNCC)
1:30pm-3:30pm	Be Connected Level 2 Course (FNCC)
6:00pm-7:30pm	Boccia 4 Beginners (Boccia Australia)
8:00pm-9:30pm	New Nook (Narcotics Anonymous)

Saturday

10:00am-4:00pm	Get Out!* (Arts Access Victoria) *fortnightly
11:00am-12:30pm	South East Recovery** (Narcotics Anonymous) **monthly
6:00pm-8:00pm	Disco Nights!** (Doable Australia) **monthly

Contact Us:

-  26 Mahogany Ave, Frankston North
-  03 8773 9545
-  fncc@frankston.vic.gov.au
-  [FrankstonNorthCommunityCentre](https://www.instagram.com/FrankstonNorthCommunityCentre)
-  [@FrankstonNorthCommunityCentre](https://www.facebook.com/FrankstonNorthCommunityCentre)

Programs - Wednesday



Still Strong (FNCC)

WEDNESDAY 10:45AM - 11:45AM \$7.50

CONTACT: 8773 9545 (Frankston North Community Centre)

A session designed to keep you on your feet through chair strength-based gentle exercise focusing on maintaining balance.



Friendly Cards (Community Group)

WEDNESDAY 7:30PM - 10:30PM

CONTACT: 0438 540 108 (Roma, Friendly Card Group)

CONTACT: 0417 396 247 (Bill, Friendly Card Group)

Card group that gather together play the game 500 and enjoy social activity.

Programs - Thursday

Introduction to Microsoft Outlook and Email - see page 5

Navigating Work Skills - see page 4

Tech Triage - see page 5



Weighless Group (FNCC)

THURSDAY 9:00AM - 11:00AM \$3.60

CONTACT: 8773 9545 (Frankston North Community Centre)

Social group that promotes good nutrition and healthy lifestyles, and has a few laughs while they are at it! Morning tea included.



Storytime (Frankston City Libraries)

THURSDAY 9:30AM - 10:00AM FREE

CONTACT: 03 9784 1020 (Frankston City Libraries)

Storytime is the perfect way to explore literacy and develop a love of reading together.



Playgroup (FNCC)

THURSDAY 10:00AM - 11:30AM \$3.60

CONTACT: 8773 9545 (Frankston North Community Centre)

Play, meet other carers and join in the fun with activities including craft, imaginative play and toys for babies and toddlers - lead by a qualified facilitator. For children aged 0-5.



Sound Meditation & Mindfulness (FNCC)

THURSDAY 1:30PM - 2:30PM \$5.50

CONTACT: 8773 9545 (Frankston North Community Centre)

Join Kylie for a chilled-out session designed for pure relaxation in order to destress, regain your energy, and keep you in tune with all your senses.

Programs - Thursday



Zumba

THURSDAY 5:45PM - 6:45PM

CONTACT: 0409 571 531 (Jamie - Facilitator)

ZUMBA is a total dance workout, combining all elements of fitness.



Date-Ability (FS Academy)

THURSDAY 2:30PM - 4:30PM

CONTACT: 1800 577 370 (FS Academy)

A program for adults with disabilities that helps build confidence, social connections, and safe relationship skills. The small group sessions are facilitated by qualified counsellors and sexologists.

**Enrolment required*

Programs - Friday

Digital Essentials 1 - see page 5

Be Connected - see page 5



HiPPY Parenting Program (B.S.L)

FRIDAY 9:30AM - 12:30PM

CONTACT: 0491 696 327 (Vicki, Brotherhood of St. Laurence)

A program for parents of 3-5 year old's that helps to build skills and confidence in their role as their child's first teacher.



Boccia 4 Beginners (Boccia Australia)

FRIDAY (FORTNIGHTLY) 6:00PM - 7:30PM

CONTACT: 0494 350 764 (Ethan, Boccia Australia)

This introductory program is designed to give participants a taste of the exciting para sport, Boccia. Similiar to lawn bowls, it's a game of precision and strategy!



Garden Club (FNCC)

FRIDAY 10:00AM - 12:00PM FREE

CONTACT: 8773 9545 (Frankston North Community Centre)

Are you a garden lover? If you like talking about them, being in them, learning about them - why not join our new Garden Club?



Stretching With Balls & Bands (U3A)

FRIDAY 9:30AM - 11:00AM

CONTACT: 9770 1042 (U3A Frankston)

Gentle warm-up doing Yoga & Pilates incorporating the use of soft chi balls and stretching bands - floor based.

**U3A Membership required*

Programs - Friday



Yoga (FNCC)

FRIDAY 1:00PM - 2:00PM \$10.00

CONTACT: 8773 9545 (Frankston North Community Centre)

Improve flexibility, balance and strength through gentle, guided movement. Suitable for all fitness levels, with options to modify poses for comfort and ability.

Programs - Saturday



Monthly Disco Nights! (Doable Australia)

SATURDAY (MONTHLY) 6:00PM - 8:00PM

CONTACT: 0419 400 969 (Katie, Doable Australia)

Inclusive themed dance party event for adults living with a disability and their support workers.



Get Out! (Arts Access Victoria)

SATURDAY (FORTNIGHTLY) 10:00AM - 4:00PM

CONTACT: 8640 6030 (Arts Access Victoria)

Inclusive art studio for Deaf and Disabled artists to develop existing and new skills, supported by trained artists and support workers.

Support Groups



Alcoholics Anonymous

MONDAY: 7:30PM - 9:00PM (Pines Big Book)

THURSDAY: 8:00PM - 9:30PM (Pines Thursday)

CONTACT: 1300 222 222 **WEBSITE:** aa.org.au

A fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.



Narcotics Anonymous

MONDAY: 7:00PM - 8:00PM (Steps and Principles)

TUESDAY: 7:00PM - 8:15PM (Open Share)

WEDNESDAY: 12:30PM - 2:00PM (Pines Lunchie)

FRIDAY: 8:00PM - 9:30PM (New Nook Meeting)

SATURDAY (MONTHLY): 11:00AM - 12:30PM (South East Recovery)

CONTACT: 1300 652 820 **WEBSITE:** na.org.au

This is a simple, spiritual, not religious, program for recovering addicts to support each other to stay clean.

Services



Frankston
City Libraries

Library Outreach (Frankston City Libraries)

MONDAY - FRIDAY 9:00AM-5:00PM FREE

CONTACT: 9784 1020 (Frankston City Libraries)

FNCC is a Frankston City Libraries outreach location. This means you can join, reserve, borrow, return or just read our collection.



Public Computer & WIFI (FNCC)

MONDAY - FRIDAY 9:00AM-5:00PM FREE

CONTACT: 8773 9545 (Frankston North Community Centre)

We have a (FREE) public computer and Wi-Fi available for you to use during our operating hours. Printing services are not available.



Carefinder (FNCC & HAAG)

SECOND TUESDAY OF THE MONTH - 9:30AM-4:00PM FREE

CONTACT: 1300 765 178 (Housing for the Aged Action Group)

This government-funded Carefinder program is a free service specifically designed for older Australians who don't have anyone to help them access aged care services.

A Care Finder can talk with you about your aged care needs, help you register with My Aged Care, support you through the assessment process, and connect you with providers offering services such as shopping, transport, personal care and gardening.

Housing for the Aged Action Group (HAAG) deliver Carefinder support in the Frankston area and to make life a little easier, will be on the ground at FNCC every second Tuesday of the month, commencing 11th August.



HOUSING FOR THE AGED ACTION GROUP

Community Café

Monday Morning Tea: 9:30am - 11:30am (hot beverages only)

Chatty Café: Tuesday 10:00am - 11:30am

We know how much our training café means to our community, so that's why we have been busy renovating the space. We are also working on plans for how this space should run, and who should be involved. We are excited about relaunching this new program in 2027. In the meantime, everyone is welcome to come along, make a cuppa, bring along your own lunch and meet with mates in the café area out of the wind, rain, sun - or just the house!"



Frankston City Community Centres

We believe our community centres and neighbourhood houses are some of the best and recognise the important role they play in bringing residents together. There are nine community centres and neighbourhood houses across Frankston City, each offering their own unique opportunities and services.



Belvedere Community Centre

151 East Rd, Seaford (Healthy Futures Hub)

p: 9776 8922

w: belvedere.org.au



Lyrebird Community Centre

203 Lyrebird Drive, Carrum Downs

p: 9782 0133

w: lyrebird.org.au



Langwarrin Community Centre

2 Lang Road, Langwarrin

p: 9789 7653

w: langwarrincc.org.au



Orwil Street Community House

16 Orwil Street, Frankston

p: 9783 5073

w: orwilst.org.au



Nairn Marr Djambana Gathering Place

32 Nursery Avenue, Frankston

p: 9783 1521

w: djambana.org.au



**Scan QR Code to view
Frankston City Community Centres.**

Frankston City Community Centres



Ebdale Community Hub & Learning Centre

20 Ebdale Street, Frankston

p: 9293 7102

w: frankston.vic.gov.au



Frankston South Community and Recreation Centre

55 Towerhill Road, Frankston South

p: 9293 7122

w: frankston.vic.gov.au



Karingal Place

103 Ashleigh Avenue, Frankston

p: 8786 6650

w: frankston.vic.gov.au

Local Support Agencies



Community Support Frankston services

include emergency food, grocery vouchers, help with utility bills, referrals and advocacy for people who live, or work in the City of Frankston.



Monday to Wednesday & Friday: 9:30am-3:30pm, Thursday: 12pm-3:30pm

35 Beach St, Frankston p: 9783 7284 w: frankston.net



Local 2 Community is a local charity in Frankston North with a vision to empower each other to move forward. They do this with a generous Foodbank, extra support and great connections.

Foodbank hours: Tuesday to Thursday: 9:00am - 3:00pm

52 Mahogany Avenue, Frankston North p: 0416 300 841

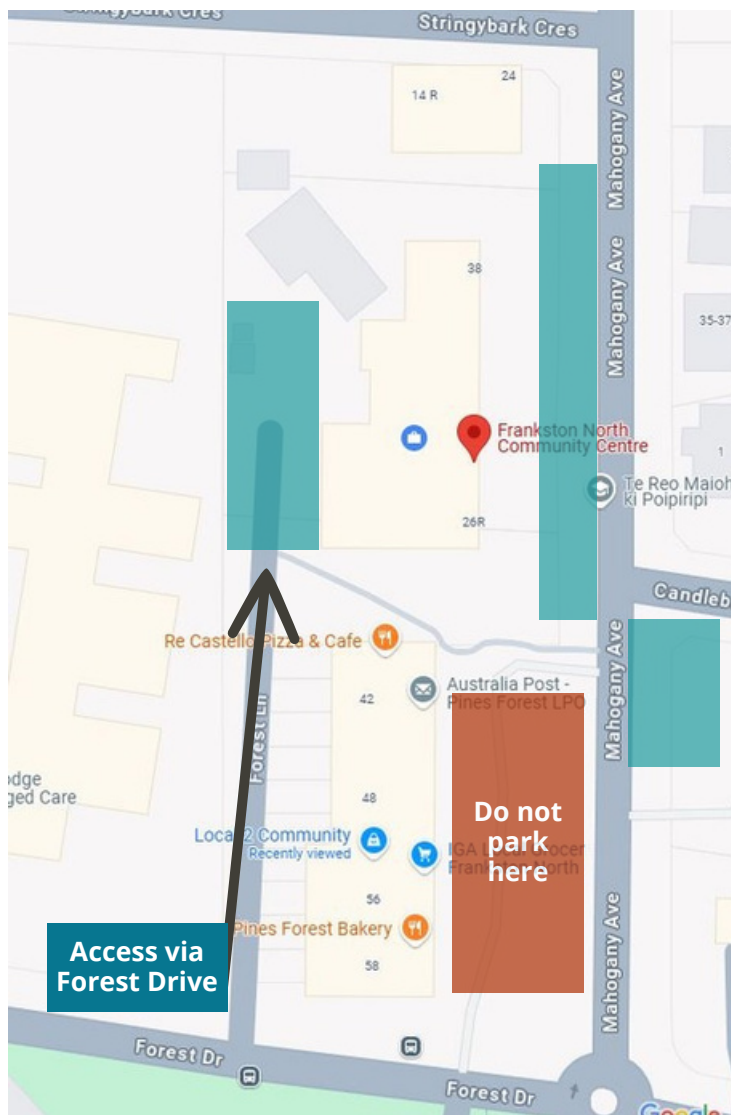
Driving

We usually have plenty of carparking spots available, but ask that you reserve spots that are closest to our entry door for those that need to have easy access to our front door.

Car parking is available at the front and rear of the Centre.

Please do not park in the Pines Shopping Precinct.

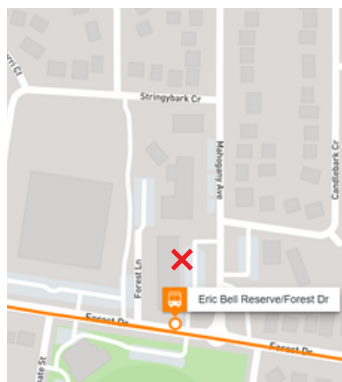
Refer to birds-eye map to the right. Areas shaded in green are suitable for parking.



Public Transport

There are three bus routes with stops nearby. FNCC building marked **X**

Route 833 - Frankston Station to Carrum Station



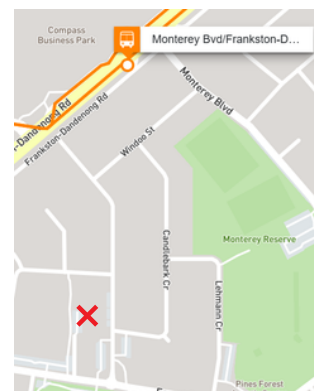
(180 m walk)

Route 832 - Frankston Station to Carrum Downs



(550 m walk)

Route 901 - Frankston Station to Melbourne Airport



(550 m walk)