



CENTRE STAKEHOLDERS

U3A Frankston

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

For more information contact their office on Monday to Friday, 10am – 1pm

Call: 9770 1042 or visit www.u3af.org.au

Karingal PLACE Kindergarten

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

All Kindergarten enquiries are managed through Council. Call 1300 322 322 or visit www.frankston.vic.gov.au for more information.

Youth Hangouts at Karingal PLACE

A free social group run by Youth Services for young people aged 12 – 24 looking to connect and make new friends. Activities include cooking and basketball. Thursdays, 3pm – 5pm. For more information call Youth Central on 9768 1366 or Cal on 0488 599 249

Library Services / Story Time

Karingal PLACE is an outreach branch of Frankston City Library. We have an extensive children's and junior readers range, as well as adult fiction. You can find something of interest for all family members to read. Other library services available onsite include joining, borrowing, returning and reservation pick ups. Services available between Monday – Friday, 9am – 5pm.

Story Time: Wednesdays 9.30am (during school term)



Building
Frankston's
Future

Karingal PLACE Neighbourhood Centre

Program Brochure Term 2, 2025

A : 103 Ashleigh Avenue, Frankston

E : karingalplace@frankston.vic.gov.au

P : 8786 6650



www.facebook.com/KaringalPLACE



[@karingalplaceneighbourhoodctr](https://www.instagram.com/karingalplaceneighbourhoodctr)

Karingal PLACE Neighbourhood Centre

UPCOMING EVENTS

MAY

7



7:00 PM - 9:00 PM

Hosted by Karingal PLACE
Neighbourhood Centre

Intro to Cricut workshop

Discover the magic of Cricut crafting in our two hour introductory workshop.

Whether you're a beginner or looking to sharpen your skills, our friendly, hands on Intro to Cricut class will guide you through everything you need to get started!

Cost: \$20; book through QR or call us at the Centre on 8786 6650

MAY

20

10:00 AM - 11:30 AM

Hosted by Karingal PLACE
Neighbourhood Centre

Green thumbs garden club

Our first session of the community garden program finally starts in May. Join like-minded people to develop your gardening skills through the creation of a community gardening project. Come and share the adventure with us.

MAY

21

Facilitated by Kidzaid
7:00 PM - 9:00 PM

Hosted by Karingal PLACE
Neighbourhood Centre

Paediatric First Aid

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

Cost: \$35 per person, limited places
Contact centre at 8786 6650

JUNE

17

Facilitated by Hearing Australia
9:30 AM - 1:30 PM



Hosted by Karingal PLACE
Neighbourhood Centre

Mastering Menopause

Join Women's Health in the South East (WHISE) for a free, friendly introduction to perimenopause and menopause.

Cost: FREE, book at the reception or call us on 8786 6650

CENTRE STAKEHOLDERS

Maternal and Child Health service

Frankston City's MCH service promotes the health and wellbeing of children from birth to 6 years of age. Our MCH practitioners provide screening, advice and support on your child's growth, development and health needs. All essential bookings are made via Council's booking line: 9784 1756.

Immunisation session

Immunisation sessions are held at the centre on the second Tuesday and fourth Monday of each month. All essential bookings are made via Council's booking line 9784 1756 or online through <https://www.frankston.vic.gov.au>

Eligibility:

- children between zero and five years of age
- pregnant women
- catch-up immunisation (for anyone who has missed vaccines in Australia or born overseas)
- additional recommended vaccines are available for purchase

Parent Education Sessions

Frankston City Council provides information and support for parents and carers of children from birth to six years of age. These sessions are run by experience Parent Educators in a relaxed and informative way.

- Infant massage: 0 - 6 months
- Food for babies: infant 3 months
- Food for babies: infant 6 months
- Food for babies: infant 9 months
- Food for babies: infant 12 months
- Toddler behaviour: 18 month - 3 years
- Sleep and settling newborns: 0 - 4 months
- Sleep and settling babies: 5 - 12 months

To meet the needs of Families', a selection of dates are offered. All essential bookings are made via Council's booking line: 9784 1756.

Baby Make 3

Frankston City's MCH service promotes Baby Makes 3 which is a fantastic program targeting new parents, gender equality, respectful relationships, and positive role modelling in the context of the family unit.

All essential bookings are made via Council's booking line: 9784 1756.



Green Thumbs Garden Club

Karingal PLACE Neighbourhood Centre is starting a new community garden in 2025 and we want **YOU** to be a part of it!
Whether you're an experienced gardener or just starting out, come grow and learn with us.

Why join the program?

- 🍅 Grow fresh produce
- 🌱 Learn & share knowledge
- 🗨️ Meet neighbours and like-minded people
- 🌍 Support sustainability

When: Tuesdays

Where: Karingal PLACE Neighbourhood Centre
103 Ashleigh Avenue, Frankston

Time: 10am - 11.30am

Interested in joining us?

Call us on 8786 6650 or email Karingalplace@frankston.vic.gov.au for more information or to register your interest.

Mastering Menopause

Going through perimenopause or menopause? Confused or want to learn more?



Join Women's Health in the South East (WHISE) for a free, friendly introduction to perimenopause and menopause. We'll cover:

- What perimenopause and menopause are
- Common symptoms and how they affect your body, mind, and daily life
- Easy strategies to handle symptoms and treatment options
- Where to get help and support



Register: Via QR code or call 8786 6650

Date: Tuesday 17 June, 7pm-8:30pm

Venue: Karingal PLACE Neighbourhood Centre,
103 Ashleigh Ave, Frankston VIC 3199



CENTRE ACTIVITIES

MON

Men's Group

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

10.00am - 12.00pm

Community Room 1

Cost: \$2.10

Maternal & Child Health Parent Education Sessions

Contact **9784 1756** for any enquiries.

9.00am - 3.00pm

Community Room 1 & 2

Immunisation Session (4th and 5th Mondays)

Bookings essential through

www.frankston.vic.gov.au

or **9784 1756**

9.00am - 3.00pm

Tai Chi

Improve your strength and balance through tai chi. Registrations via Dot on 0438 890 633

7.00pm - 8.00pm

Community Room 1

Cost: \$5.00

The Pause Cafe

Menopause support and understanding.

7.00pm - 8.00pm

Community Room 2

Free

(TBA)

TUE

Community Playgroup

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

9.30am - 11.00am

Community Room 1

\$5.20 per Family

Immunisation Session (2nd and 5th Tuesdays)

Bookings essential through

www.frankston.vic.gov.au

or **9784 1756**

9.00am - 3.00pm

Green Thumb Garden Club

Tuesdays morning during school term

Community Room 2

10am - 11.30am

Mums and Bubs Pilates Equipment provided.

booking required via 0414 745 594.

1.00pm - 2.00pm

Community Room 1

From \$15 per class

WED

Storytime at Karingal PLACE

Wednesdays during school term

9.30am - 10.00am

Community Room 1

Free

Frankston Craft Club Activity

(once per month)

Contact Brooke on 0404 380 001

6.30pm - 9.30pm

Community Room 2

Cost involved

Chatty Café

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

10.00am - 12.00pm

Karingal PLACE Foyer

Gold coin donation

Maternal & Child Health

First time parent groups

Contact 9784 1756 for any enquiries.

9.00am - 3.00pm

Community Room 1

THU

Walking Group

Explore the local Karingal area and connect with other residents.

9.15am - 10.15am

Cost: \$3.10

Seated Yoga

Build your core strength, balance and flexibility in a stable seated exercise program.

10.30am - 11.15am

Community Room 1

Cost: \$8.30

Core and More

A floor exercise session, focusing on strengthening your core muscles. Tea and coffee are available.

11.15am - 12.00pm

Community Room 1

Cost: \$4.00

Cozy Creations

For age 10+ who loves art, writing or crafts

10.00am - 12.00pm

Community Room 2

Cost \$35 per session

enquiries@pafg.org.au

Youth Hangout

A social group run by Youth Services for young people aged 12 – 24.

Contact Cal

on 0488 599 249

3pm - 5pm

Free

Pilates

Yoga mats provided and all levels of fitness welcome.

Bookings essential 0414 745 594

6pm - 8pm

Community Room 1

From \$15 per class

FRI

Agestrong Classes

(Fully booked with a waiting list**)**

Available by referral through Peninsula Health.

9.15am - 11.15am

Community Room 1

Cost: \$7.75

Maternal & Child Health First time parent groups

Contact **9784 1756** for any enquiries.

9am - 3pm

Community Room 1

Wingham Park Senior Activity Exercises

Booking required, contact Jo on 0438 902 205

10.30am - 11.30am