



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 4, 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



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 cares 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

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.

First Aid Presentation by Ambulance Victoria

This valuable education session, facilitated by a paramedic from Ambulance Victoria, offers practical and potentially life-saving information for all MCH clients, with a focus on new parents. Covering essential topics such as when to call Triple Zero, child health resources, alternative health care pathways, common medical conditions, and CPR, the session empowers parents to respond confidently in emergencies.

All essential bookings are made via Council's booking line 9784 1756 or through your MCH nurse.

OCTOBER

7

Hearing Australia

Partnership with Hearing Australia

10:00 AM - 11:30 AM

Hosted by Karingal PLACE Neighbourhood Centre

Hearing loss can happen gradually, it's important to have your hearing checked annually. Book a free 15 minute check-up and keep your hearing health on track.

Call us at the Centre on 8786 6650 to book

OCTOBER

15

Paediatric First Aid

Facilitated by Kidzaid

7:00 PM - 9:30 PM

Hosted by Karingal PLACE Neighbourhood Centre



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

Call us at the Centre on 8786 6650 to book

OCTOBER

17

U3A Open Day and Art Show

Facilitated by U3A

1:30 PM - 3:30 PM

Hosted by U3A - University of the Third Age

Come along and find out how U3A Frankston can connect you with the community and expand your knowledge in a friendly and sociable way.

Cost: Free Location: Meeting room 2

Contact U3A at 9770 1042

OCTOBER

20

Elders right Australia Information

Partnership with Elders Rights Australia

7:00 PM - 9:30 PM

Hosted by Karingal PLACE Neighbourhood Centre

Hear from Elder's Rights Australia to learn and understand your rights when receiving aged care services, how advocacy can help you navigate the aged care system and how to speak up and be heard. Your Rights Matter!

Call us at the Centre on 8786 6650 to book

OCTOBER

27

Introduction for Volunteering for Seniors

10:30 AM - 11:30 AM

Hosted by Volunteering Frankston - Frankston City Council

This session covers an overview of volunteering in Australia. It outlines the social and wellbeing benefits of volunteering. The workshop guides participants to identify and apply for suitable volunteer roles.

Cost: Free, Bookings essential

volunteering.frankston@frankston.vic.gov.au or phone Volunteering Frankston on 9768 1407

OCTOBER

29

Cricut Heat Press Workshop

Facilitated by Emma

7:00 PM - 9:00 PM

Hosted by Karingal PLACE Neighbourhood Centre



Join us for our second workshop exploring the wonder of Cricut crafting in a two-hour heat press workshop. This workshop is great for those who have attended our Introductory workshop or are familiar with Cricut basics.

Cost: \$25.00 - all project materials included

Call us at the Centre on 8786 6650 to book

Frankston Roving Repair Program

Repair events 2025



Repair event 1

Sunday 14th September

Frankston North
Community Centre

Repair event 2

Sunday 12th October

Karingal PLACE

Repair event 3

Saturday 15th November

Frankston Library

Repair event 4

Saturday 29th November

Lyrebird Community
Centre



The Roving Repair Program is an initiative of Frankston City Council. Through this program we want to empower the community to develop skills and confidence to repair items instead of throwing them away. Our goal is to reduce waste to landfill by promoting repair, reuse, and upskilling within Frankston.

These events will link you to local repair enthusiasts who will do their best to help you repair your item. If they can't fix it, they will offer advice. If it can't be mended and you no longer want to hold onto your item, we can advise on the best way to dispose of it to ensure that, where possible, recyclable components are salvaged.



Bookings Essential

To make a booking or for more information please visit the Frankston Roving Repair Program webpage



Seniors Events at Karingal PLACE

Join us this October for Senior Festival events at
Karingal PLACE Neighbourhood Centre

Services Australia Information Session with morning tea

Tuesday 7 October: 10.00 am - 11.30 am

Join us as we discuss how aged care reforms may affect your pension and how to stay safe from scams. Learn practical tips to protect your personal information and build confidence in spotting and avoiding common scams.

FREE Hearing Australia hearing checks

Tuesday 7 October: 9.30 am onward (by appointments)

Hearing loss can happen gradually, it's important to have your hearing checked annually. Book a free 15 minute check-up and keep your hearing health on track.

Elders Rights Australia Information Session with morning tea

Monday 20 October: 10 am - 11.30 am

Hear from Elder's Rights Australia to learn and understand your rights when receiving aged care services, how advocacy can help you navigate the aged care system and how to speak up and be heard. Your Rights Matter!

Location

Karingal PLACE Neighbourhood
Centre
103 Ashleigh Avenue, Frankston

Cost

All sessions are **FREE**
Places are limited

Bookings essential

Call us on **8786 6650** to book
your place

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

Gold Coin Donation

Maternal & Child Health First Aid Presentation by Ambulance Victoria

Contact **9784 1756** for any enquiries.

1.00pm - 3.00pm

Community Room 1

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

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

\$5.40 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

9.30am - 11.30am

Cricut Crafternoons

Tuesdays afternoon, once a month (check the dates with the Centre)

Community Room 2

1.00pm - 4.00pm

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: \$3.20

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: \$6.50

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: \$8.00

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