



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 1, 2026

A : 103 Ashleigh Avenue, Frankston

E : karingalplace@frankston.vic.gov.au

P : 8786 6650

www.facebook.com/KaringalPLACE

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

UPCOMING EVENTS

FEBRUARY

21

Hosted by Karingal PLACE
Neighbourhood Centre

10:00 AM - 2.00 PM

Karingal PLACE Community Engagement & Open Day

Join us on Saturday 21 February to discover what Karingal PLACE has to offer!

We are opening the doors of the Centre and inviting you to join us for a day filled with fun, free activities for all ages.

It is also an opportunity to learn about what the Centre offers and share your ideas, hopes and aspirations for Karingal PLACE in the future.

Some of the activities on day include:

- Youth Bus
- Sausage sizzle
- Face painting & Balloon art
- 'Come and try' sessions
- Children's activities and more!

Check out Karingal PLACE Facebook or in Centre for more details.

FEBRUARY

25

Facilitated by Kidzaid

Hosted by Karingal PLACE
Neighbourhood Centre

7:00 PM - 9:30 PM



Paediatric First Aid

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

Cost: \$35 per person, limited places

Call us at the Centre on 8786 6650 to book

MARCH

TBC

Facilitated by Emma

Hosted by Karingal PLACE
Neighbourhood Centre

7:00 PM - 9:00 PM

Intro to Cricut Workshop

Interested in learning the basics of Cricut crafting? We will teach you the basics of how to design and create your own labels, bags and more. The possibilities are endless!

Register your interest at Reception or call 8786 6650

Cost: \$25.00 - all project materials included

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 experienced 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.



Green Thumbs Garden Club

Karingal PLACE Neighbourhood Centre's gardening club is seeking new volunteers.

Whether you're an experienced gardener or just starting out, come grow and learn with us.

Why join the program?

- 🌱 Learn skills to establish and maintain a veggie garden
- 🍎 Grow seasonal produce for community cooking programs
- 🌻 Meet neighbours and like-minded people, share your knowledge and skills to learn together
- 🌎 Support sustainability

When: Tuesdays

Time: 9.30am - 11.30am

Where: Karingal PLACE Neighbourhood Centre
103 Ashleigh Avenue, Frankston

Interested in joining us?

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



Karingal PLACE Open Day

Saturday 21 February 10am - 2pm

- **Sausage sizzle**
- **Face painting**
- **Balloon twisting**
- **Come-and-try sessions**
- **Youth Bus**
- **Children's activities and more**

Meet the team, explore the centre and share your ideas!

Enquiries welcome on 8786 6650.



Share your thoughts via
the online
Karingal PLACE survey





Paediatric First Aid: CPR & Choking Course

KidzAid Australia is recognised as a leading provider of Paediatric First Aid Training and CPR courses for parents or anyone directly responsible for the care and safety of infants and children.

This 2 hour course is taught by specialist instructors, such as Emergency Nurses, Doctors and Paramedics. You will learn through practical hands on experience how to administer CPR and respond to choking in children of all ages.

Karingal PLACE hosts a small number of Paediatric First Aid courses each year. Places for each course are limited. Register your interest with reception to be informed of up-coming dates.

Further enquiries contact Karingal PLACE on 8786 6650 or karingalplace@frankston.vic.gov.au



PAEDIATRIC FIRST AID TRAINING

Kidzaid Australia

ESTABLISHED IN 2011

Next course date:

Wednesday 25 February
7.00pm - 9.30pm

Location

Karingal PLACE
Neighbourhood Centre
103 Ashleigh Avenue, Frankston

Cost

\$35.00 per person
Bookings essential.
Book via the QR code below:



Karingal PLACE Neighbourhood Centre

Exercise Classes



Walking Group
Thursdays
9.15am - 10.15am
Cost: \$3.20
First class is FREE

Stay active and mobile with our walking group. Explore the local Karingal area and connect with other residents. Open to all ages.

Indoor exercise provided on wet weather days during term 3.

Moderate fitness required



Seated Yoga
Thursdays
10.30am - 11.15am
Cost: \$8.30
First class is FREE

Build your core strength, balance and flexibility in a stable seated exercise program. This class is great for older adults wanting to feel good, and be fit and healthy for life.
Beginners welcome!



Core and More
Thursdays
11.15am - 12.00pm
Cost: \$6.50
First class is FREE

This express exercise class is great for those looking to start their day with an energising floor session, focusing on strengthening your core muscles to help you stay healthy and active for life. Participants must be able to get up and down from the floor. BYO exercise mat/towel



KARINGAL PLACE MEN'S GROUP

Looking to connect with others and enjoy friendly and relaxed conversation?

Our men's social group is open to new members

Cost: Gold coin donation

Tea, Coffee and biscuits provided

Where: Community Room 2

**MONDAY'S
10.00AM-
12.00PM**

Karingal PLACE Neighbourhood Centre

103 Ashleigh Avenue, Frankston

For more information contact the centre on: 8786 6650 or
Karingalplace@frankston.vic.gov.au



Karingal PLACE Chatty Cafe
welcomes you to come along and connect with others over a cuppa and a chat.



The Chatty Cafe Scheme aims to get people chatting to build and encourage social connections within the local community.

We believe having a chat can brighten your day.

**WEDNESDAY
10 AM - 12 PM**

Everyone is welcome. Coffee, tea and biscuits provided for a gold coin donation



Karingal PLACE Neighbourhood Centre
103 Ashleigh Avenue Frankston

For more information call 8786 6650

CENTRE ACTIVITIES

MON	<p>Men's Group Connect with other men and enjoy a friendly, relaxed conversation. Open to new members, all are welcome. 10.00am - 12.00pm <i>Community Room 1</i> Gold Coin Donation</p>	<p>Maternal & Child Health First Aid Presentation by Ambulance Victoria Contact 9784 1756 for any enquiries. 1.00pm - 3.00pm <i>Community Room 1</i></p>	<p>Immunisation Session (4th and 5th Mondays) Bookings essential through www.frankston.vic.gov.au or 9784 1756 9.00am - 3.00pm</p>	<p>Tai Chi Improve your strength and balance through tai chi. Registrations via Dot on 0438 890 633 7.00pm - 8.00pm <i>Community Room 1</i> Cost: \$5.00</p>
TUE	<p>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 <i>Community Room 1</i> \$5.40 per Family</p>	<p>Immunisation Session (2nd and 5th Tuesdays) Bookings essential through www.frankston.vic.gov.au or 9784 1756 9.00am - 3.00pm</p>	<p>Green Thumb Garden Club Tuesdays morning during school term <i>Community Room 2</i> 9.30am - 11.30am</p>	<p>Cricut Crafternoons Tuesdays afternoon, once a month (check the dates with the Centre) <i>Community Room 2</i> 1.00pm - 4.00pm</p>
WED	<p>Storytime at Karingal PLACE Wednesdays during school term 9.30am - 10.00am <i>Community Room 1</i> Free</p>	<p>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 <i>Karingal PLACE Foyer</i> Gold coin donation</p>	<p>Maternal & Child Health First time parent groups Contact 9784 1756 for any enquiries. 1.00pm - 3.00pm <i>Community Room 1</i></p>	
THU	<p>Walking Group Explore the local Karingal area and connect with other residents. 9.15am - 10.15am Cost: \$3.20</p>	<p>Seated Yoga Build your core strength, balance and flexibility in a stable seated exercise program. 10.30am - 11.15am <i>Community Room 1</i> Cost: \$8.30</p>	<p>Core and More A floor exercise session, focusing on strengthening your core muscles. Tea and coffee are available. 11.15am - 12.00pm <i>Community Room 1</i> Cost: \$6.50</p>	<p>Youth Hangout A social group run by Youth Services for young people aged 12 – 24. Contact Cal on 0488 599 249 3pm - 5pm Free</p>
FRI	<p>Active Agers Chair exercise classes focusing on balance and movement. **Taking names for waitlist only** 9.15am & 10.15am <i>Community Room 1</i> Cost: \$8.00</p>	<p>Maternal & Child Health First time parent groups Contact 9784 1756 for any enquiries. 9am - 3pm <i>Community Room 1</i></p>	<p>Wingham Park Senior Activity Exercises Booking required, contact Jo on 0438 902 205 10.30am - 11.30am</p>	