



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, 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)

Karingal PLACE Neighbourhood Centre

UPCOMING EVENTS



CENTRE STAKEHOLDERS

APRIL

21

Escort Train Travel for Seniors - Theory session

Facilitated by Metro Trains
Partnership with Positive Ageing
2:00 PM - 3:00 PM
Hosted by Karingal PLACE Neighbourhood Centre

Join us to gain the skills to travel confidently on public transport. With Myki card tips, boarding tips and navigating stations.
Practical session: 28 April, 10am - 2pm at Frankston Station
Cost: Free, bookings essential limited to 12 people.
Email: positiveageing@frankston.vic.gov.au
Call: 0482 691 444 (Kelleigh)

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

MAY

13

Hearing Australia

Partnership with Hearing Australia
9:00 AM - 1:00 PM
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

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.

MAY

27

Paediatric First Aid

Facilitated by Kidzaid
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

7:00 PM - 9:30 PM

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.

JUNE

16

Seniors Wills and Powers information session

Facilitated by Peninsula Community Legal Centre
Partnership with Positive Ageing
TIME: TBC
Hosted by Karingal PLACE Neighbourhood Centre

Light refreshment provided.

Register your interest with us at reception or on 8786 6650

TBC

Intro to Cricut Workshop

Facilitated by Emma
Hosted by Karingal PLACE Neighbourhood Centre

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

7:00 PM - 9:00 PM

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 members. 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 Playgroup

Bring your little one along to play and have fun with other local families.

Date: Tuesdays

Time: 9.30am - 11.00am

Venue: Community Room 1
Karingal PLACE Neighbourhood Centre
103 Ashleigh Ave, Frankston

Cost: \$5.40 per family

Bookings are required.

For more information or to book your place, please contact us on 8786 6650 or email karingalplace@frankston.vic.gov.au





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 two and a half 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

Next course date:

Wednesday 27 May
7pm - 9.30pm

Location

Karingal PLACE
Neighbourhood Centre
103 Ashleigh Avenue, Frankston

Cost

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



PAEDIATRIC FIRST AID TRAINING

Kidzaid Australia

ESTABLISHED IN 2011



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**



GLASSES

LIGHT GLOBES

PHONES AND CAMERAS

FLUORESCENT LIGHT TUBES

Now at Karingal PLACE

Recycling Station

Don't bin it...bring it to a Frankston Recycling Station!

Got unwanted household batteries, mobile phones, x-rays, light globes, eyeglasses, CDs, DVDs or VHS tapes you're not sure how to dispose of? Don't throw them in the bin, bring them to one of Frankston's community recycling stations and help keep these items out of landfill.



For more information, visit frankston.vic.gov.au or call us on 1300 322 322



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

have a chat

Karingal PLACE Neighbourhood Centre
103 Ashleigh Avenue Frankston

For more information call 8786 6650

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

WED

Storytime at Karingal PLACE

Wednesdays during school term

9.30am - 10.00am

Community Room 1

Free

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.

1.00pm - 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

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

Active Agers

Chair exercise classes focusing on balance and movement. ****Taking names for waitlist only****

9.15am & 10.15am

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