



FRANKSTON NORTH COMMUN

# Frankston North Community Centre Program

Updated January 2025



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# 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, access to Council's Library Service and are a source of information about what's going on in the local area.

You can keep in touch with us in a range of ways:

- Drop in or call to talk to our friendly staff and volunteers
- Register to receive our updates by sending us an email, calling us or scanning the QR Code below.
- Keep an eye on our facebook and/or instagram pages



**FrankstonNorthCommunityCentre**



**@FrankstonNorthCommunityCentre**

Email: [fncc@frankston.vic.gov.au](mailto:fncc@frankston.vic.gov.au)

Phone: 8773 9545

Web: [frankston.vic.gov.au/Community-and-Health/Community-Centres/Frankston-North-Community-Centre](http://frankston.vic.gov.au/Community-and-Health/Community-Centres/Frankston-North-Community-Centre)



To get our updates  
Scan **this** QR Code



For room hire forms  
Scan **this** QR Code

# Learn Local Courses

Did you know that we are a registered **Learn Local** provider?

What does that mean for you?

It means that you can find government endorsed short courses right here in your local community! Whether you're exploring a new career path or want to refresh your skills, our courses offer flexibility and real-world experience. Why not take this first safe step into new opportunities, in a supportive small class setting while building your skills and confidence?

We are always happy to hear from you to answer any questions and discuss eligibility.

## Courses - Computer Skills

### Microsoft Office

Have you been out of the 'office loop' lately, or looking for an introduction to Microsoft programs - Word, Excel, Outlook, Powerpoint? This short course might be just the thing for you.

*\$25 Full Fee | \$15 Concession*

#### Mondays for 5 weeks

9.30am - 12.30pm

##### Term 2

5 May - 2 June

##### Term 3

11 August - 8 September

##### Term 4

10 November - 5 December

#### Saturdays for 3 weeks

9.30am - 3.00pm

##### Term 2, 3 & 4.

*dates TBC*

### In the Cloud

Do you keep hearing the term 'cloud' used and not exactly sure what it's got to do with the digital information you store or use? You are not the only one! Come along to learn more.

*\$25 Full Fee | \$15 Concession*

#### Thursdays for 5 weeks

9.30am - 12.30pm

##### Term 2

15 May - 12 June

##### Term 3

7 August - 4 September

##### Term 4

6 November - 4 December

#### Fridays for 3 weeks

9.30am - 3.00pm

##### Terms 2, 3 & 4.

*dates TBC*

### Business Basics

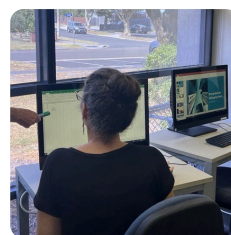
Looking to upskill to keep your business ticking, or thinking of starting one? Modules cover entrepreneurship, market trends and marketing, financial basics, legal considerations and planning.

*\$25 Full Fee | \$15 Concession*

#### Running in Term 2, 3 and 4:

*If you are interested, come and chat to us about dates*

# Learn Local Courses



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

### Garden and Grow

Using our community garden as a classroom, fine tune your numeracy through learning about planning, planting, harvesting seasonal food, budgeting and recipes.

*\$35 Full Fee | \$20 Concession*

**Thursdays, 9:30am - 1pm**  
**(10 Weeks)**

**Term 2**  
*dates TBC*

**Term 4**  
*dates TBC*

### Cook and Create

Make delicious meals from scratch with ingredients fresh from our community garden. With the help of an experienced facilitator, build knowledge in meal planning, healthy eating and food safety and enjoy a group meal each week.

*\$30 Full Fee | \$20 Concession*

**Fridays, 11:00am - 2:00pm**  
**(5 Weeks)**

**Term 2**  
*dates TBC*

**Term 3**  
*dates TBC*

**Term 4**  
*dates TBC*

### Intro to In-Home Support

This short course gives you a taste of the skills and context required to be employed to support someone in their own home. 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 - 1.30pm**  
**(10 Weeks)**

**Term 2**  
*30 April - 2 July*

**Term 4**  
*8 October - 10 December*

### 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.

**Food Handlers Certificate provided!**

*\$35 Full Fee | \$25 Concession*

**Tuesdays & Thursdays,**  
**9:30am - 1:30pm**  
**(4 Weeks)**

**Term 2**  
*6 May - 29 May*

**Term 3**  
*5 August - 28 August*

**Term 4**  
*7 October - 30 October*

# Programs - Children and Youth



## Storytime (Frankston City Libraries)

**THURSDAY 9:30AM - 10:00AM FREE**

CONTACT: 03 9784 1020 (Frankston Libraries)

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



## Playgroup (FNCC)

**THURSDAY 10:00AM - 11:30AM \$3.50**

CONTACT: 03 8773 9545 (FNCC)

*Following Storytime, stay for a play, meet other parents and join in the fun with activities including craft, imaginative play and toys for babies and toddlers. Designed for children aged 0-5.*



## Intergen Project (TLC Aged Care & Mahogany Rise)

**TUESDAY 1:45PM - 2:45PM**

CONTACT: 03 8773 9545 (FNCC)

**It's  
Back!**

*Fortnightly program for play and fun between Forest Lodge Aged Care residents and children from Mahogany Rise Child & Family Centre.*



## Australian Breastfeeding Association

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

CONTACT: 1800 686 268 TO ATTEND

*Meeting to support families to meet their breastfeeding goals, make local connections and support their parenting journey.*



## HiPPY! (B.S.L)

**FRIDAY 9:30AM - 12:30PM**

CONTACT: 0491 696 327 TO ATTEND

*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.*



## Supported Playgroup (FCC)

**MONDAY 9.30 AM - 12 PM 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 - Children and Youth (continued)



## Youth Hangout (Frankston Youth Service)

**TUESDAY 3:15PM - 4:45PM FREE**

CONTACT: Youth Central p:9768 1366

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

# Programs - Social and Art



## Apostolic Faith Church

**SUNDAY 9:30AM - 1:30PM**

CONTACT: Frank 0438 024 385

*Conservative in nature, following a tradition of Wesleyan holiness practiced by those whom the Holy Spirit descended on at Azusa, upholding the fundamental teachings of New Testament faith.*



## Garden Club

**FRIDAY 10:00AM - 12:00PM FREE**

CONTACT: 03 8773 9545 (FNCC)

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



## Get Out! (Art's Access Victoria)

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

CONTACT: 03 8640 6030 TO ATTEND

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



## Digital Essentials (Belvedere Community Centre)

**MONDAY 1:00PM - 3:30PM BY ENROLMENT**

CONTACT: 9776 8922

*Learn to use different applications on your computer in a small group setting. Bring your own laptop or use our computers.*



## Friendly Card Group

**WEDNESDAY 7:30PM - 10:30PM**

CONTACT: Roma 0438 540 108

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


# Frankston North Community Centre Timetable



## Monday

9.00am-5.00pm	Chisholm Skills and Jobs
9.30am-10.30am	Agestrong
9.30am-11.30am	Café Service Morning Tea 
9.30am-11.00am	Exercise to Music
9.30am-1.30pm	Senior Cards and Games
9.30am-12.00pm	Supported Playgroup
9.30am-12.30pm	Microsoft Office Training
10.45am-11.45am	Agestrong
1.00pm-3.30pm	Digital Essentials
7.00pm-8.00pm	NA (Steps & Principles)
7.30pm-9.00pm	AA (Pines Big Book)

## Tuesday

9.30am-10.30am	Tai Chi
9.30am-10.15am	Stretch and Balance Exercise
9.30am-1.30pm	Navigating Work Skills
10.00am-11.30pm	Chatty Café  (Hot Beverages)
11.30am-12.00pm	Still Moving (Chair Exercise)
1.45pm-2.45pm	Intergen Project
3.15pm-4.45pm	Youth Hangout
7.00pm-8.15pm	NA (Open Share)

## Wednesday

9.00am-5.00pm	Legal Aid Appointments* *fortnightly
9.30am-12.00pm	Indoor Carpet Bowls
9.30am-10.30am	Agestrong
<b>Community Lunch</b> Order from: 9:30am  Lunch served: 12:00pm-1:00pm	
9.30am-12.30pm	Creative Craft
10.00am-12.00pm	Australian Breastfeeding Association* *fortnightly
10.00am-1.30pm	Intro to In-Home Support
10.45am-11.45am	Agestrong
12.30pm-2.00pm	NA (Pines Lunchie)
1.00pm-3.00pm	Microsoft Office Training
7.30pm-10.30pm	Friendly Card Group

## Thursday

9.00am-11.00am	Weightless Group
9.30am-10.00am	Storytime
9.30am-1.00pm	Garden & Grow
9.30am-12.30pm	In the Cloud
9.30am-1.30pm	Navigating Work Skills
9.30am-4.30pm	Relationship Skills Counselling
10.00am-11.30am	Playgroup
5.45pm-6.45pm	Zumba
8.00pm-9.30pm	AA (Pines)

## Friday

9.30am-10.30am	Stretching with Bands
9.30am-12.30pm	B.S.L HiPPY Parent Program
10.00am-3.00pm	In the Cloud (Fast-track)
10.00am-12.00pm	Garden Club 
11.00am-2.00pm	Cook and Create
8.00pm-9.30pm	NA (New Nook)

## Saturday

9.30am-3.00pm	Microsoft Office (Fast-track)
10.00am-4.00pm	Get Out! Arts Access Studio* *fortnightly
9.00am-10.00am	NA (SER)* *monthly
6.00pm-7.30pm	AA (Women's Big Book)

## Sunday

9.30am-1.00pm	Apostolic Faith Church Service
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### Contact Us:

 26 Mahogany Ave, Frankston North  
 03 8773 9545  
 [fncc@frankston.vic.gov.au](mailto:fncc@frankston.vic.gov.au)  
 FrankstonNorthCommunityCentre  
 @FrankstonNorthCommunityCentre

# Programs - Social and Art



## Mahogany Indoor Bowls (FNCC)

**WEDNESDAY 9:30AM - 12:00PM \$3.50**

CONTACT: 03 8773 9545 (FNCC)

*Social gathering where indoor carpet bowls are played in mixed teams.*



## Weightless Group (FNCC)

**THURSDAY 9:00AM - 11:00AM \$3.50**

CONTACT: 03 8773 9545 (FNCC)

*Social support group that promotes good nutrition and healthy lifestyles.*



## Creative Craft Group (FNCC)

**WEDNESDAY 9:30AM - 12:30PM \$3.50**

CONTACT: 03 8773 9545 (FNCC)

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



## Seniors Games (FNCC)

**MONDAY 9.30AM - 1:30PM \$3.50**

CONTACT: 03 8773 9545 (FNCC)

*Intermediate games group for seniors that interact over Rummikub.*

# Programs - Health and Recreation



## Age Strong (Peninsula Health)

**MONDAY & WEDNESDAY BY ENROLMENT**

**9:30AM-10:30AM & 10:45AM-11:45AM**

CONTACT: 1300 665 781

*Classes increase strength, flexibility and balance for mature age people. \*Peninsula Health Referral Essential*



## Relationship Counselling (1st Step Solutions)

**THURSDAY 9.00AM - 4:30PM BY APPOINTMENT**

CONTACT: 1800 577 370

*1:1 Relationship skills counselling for people with disabilities.*

# Programs - Health and Recreation



## Exercise to Music (U3A)

**MONDAY 9:30AM - 11.00AM** BY ENROLMENT & MEMBERSHIP  
CONTACT: 9770 1042

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



## Stretching With Balls & Bands (U3A)

**FRIDAY 9:30AM - 10:30AM** BY ENROLMENT & MEMBERSHIP  
CONTACT: 9770 1042

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



## Tai Chi (U3A)

**TUESDAY 9:30AM - 10:30AM** BY ENROLMENT & MEMBERSHIP  
CONTACT: 9770 1042

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



## Stretch and Balance (FNCC)

**TUESDAY 9.30AM-10.15AM \$7**  
CONTACT: 8773 9545 (FNCC)

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



## Still Moving (FNCC)

**TUESDAY 11:30AM - 12:00PM \$5**  
CONTACT: 8773 9545 (FNCC)

*Chair-based exercises to music focusing on small muscle groups. Suitable for people with limited mobility as well as those who may wish to be on their feet.*



## Zumba

**THURSDAY 5:45PM - 6:45PM**  
CONTACT: Jamie 0409 571 531

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

# Services



## Legal Aid (PCLC)

**WEDNESDAY (FORTNIGHTLY) 9:00AM-2:30PM** BY APPOINTMENT  
CONTACT: 9783 3600

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



## Justice of the Peace (FNCC)

**AVAILABLE BY APPOINTMENT**  
CONTACT: Norma 0417 513 639

*A JP is trained to act as independent and objective witness to documents used for official or legal purposes.*



## Chisholm Skills and Jobs

**MONDAY 9.00AM-5.00PM** BY APPOINTMENT  
CONTACT: 9212 4909 or [skillsandjobs@chisholm.edu.au](mailto:skillsandjobs@chisholm.edu.au)

*Provides job seekers with advice on job opportunities, training advice and links to a range of services across Melbourne's south east.*

# Support Groups



## Alcoholics Anonymous

**MONDAY: 7:30PM - 9:00PM** (Pines Big Book)  
**THURSDAY: 8:00PM - 9:30PM** (Pines Thursday)  
**SATURDAY: 6:00PM - 7:30PM** (Pines Women's Big Book)  
CONTACT: 1300 222 222 WEBSITE: [aa.org.au](http://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): 10:30AM - 1:30PM** (South East Recovery)  
CONTACT: 1300 652 820 WEBSITE: [na.org.au](http://na.org.au)

*Similar to Alcoholics Anonymous, this is a simple, spiritual, not religious, program for recovering addicts to support each other to stay clean.*

# Frankston City Libraries



FNCC is a Frankston City Libraries outreach point that allows community members to borrow and return books, access free computers and WiFi.

**60 Playne Street | Frankston VIC 3199 | 03 9784 1020**  
**[libraryenquiries@frankston.vic.gov.au](mailto:libraryenquiries@frankston.vic.gov.au)**



# Volunteer

Volunteering is a vital part of FNCC and helps to make the centre a fun, busy and connected place. Volunteers bring their skills, develop new ones, build confidence and make connections whilst giving back to their community.



Discover exciting volunteering opportunities across a range of council programs, available via the Impact Volunteering website.



## Community Café

Our Community Café is a hub for connecting neighbours and fostering a sense of belonging. Our staff, students and team of dedicated volunteers carefully craft, prepare and serve hearty food and delicious coffee, using fresh produce from our community garden wherever possible. The shared joy of coming together over a meal nurtures not only the body but also the soul. We invite you to join us!

### Café Opening Hours:

**Monday:** Morning Tea - 10:30am -11:30am (Coffee from 9:30am)

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

**Wednesday:** Training Café Community Lunch: 12:00pm-1:00pm (Coffee from 9:30am)



### Chatty Café

Is a movement aimed at reducing social isolation and loneliness.



# 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](http://belvedere.org.au)



## **Lyrebird Community Centre**

203 Lyrebird Drive, Carrum Downs

p: 9782 0133

w: [lyrebird.org.au](http://lyrebird.org.au)



## **Langwarrin Community Centre**

2 Lang Road, Langwarrin

p: 9789 7653

w: [langwarrincc.org.au](http://langwarrincc.org.au)



## **Orwil Street Community House**

16 Orwil Street, Frankston

p: 9783 5073

w: [orwilst.org.au](http://orwilst.org.au)



## **Nairn Marr Djambana Gathering Place**

32 Nursery Avenue, Frankston

p: 9783 1521

w: [djambana.org.au](http://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](http://frankston.vic.gov.au)



## **Frankston South Community and Recreation Centre**

55 Towerhill Road, Frankston South

p: 9293 7122

w: [frankston.vic.gov.au](http://frankston.vic.gov.au)



## **Karingal Place**

103 Ashleigh Avenue, Frankston

p: 8786 6650

w: [frankston.vic.gov.au](http://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](http://frankston.net)**



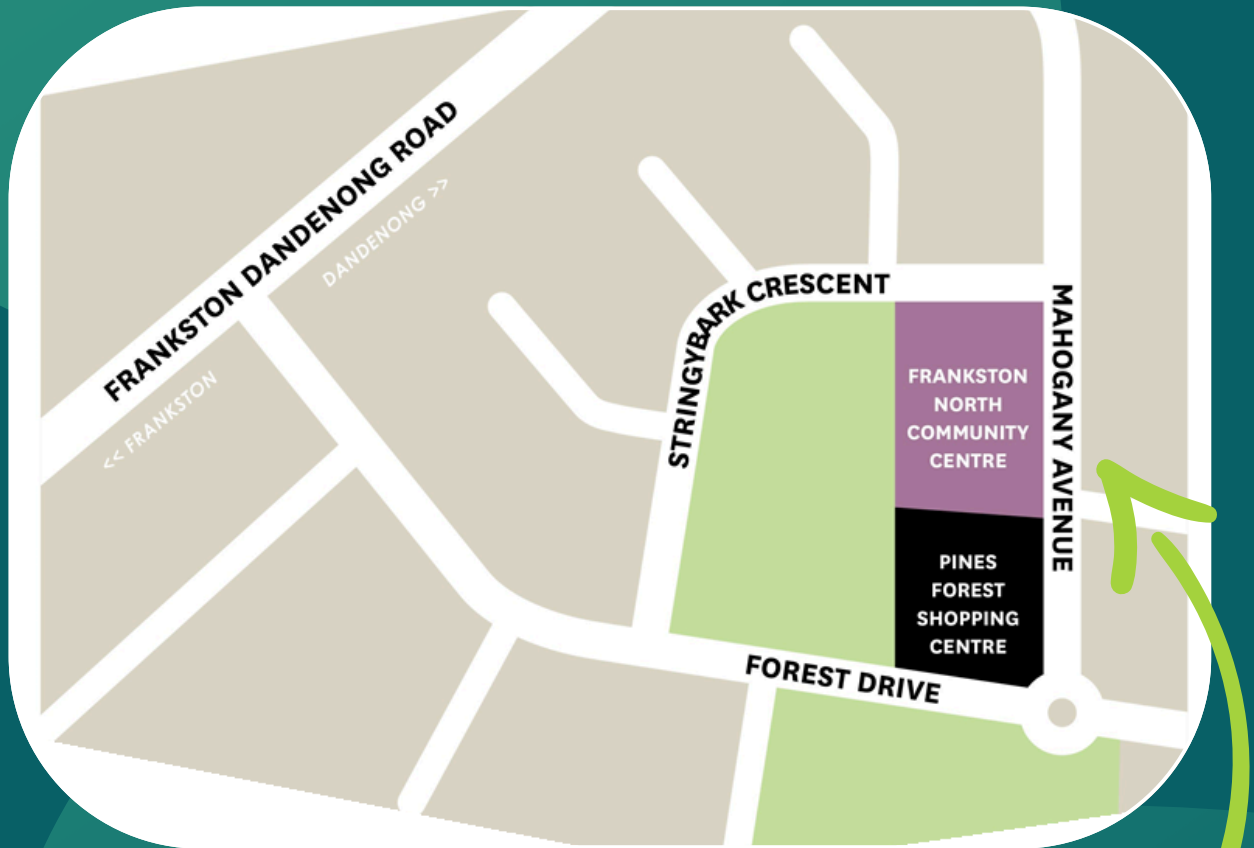
**Local 2 Community** is a local charity in Frankston North with a vision to empower each other to move forward. They do this with a generous Foodbank, extra support and great connections.

Tuesday to Friday: 9:30am - 2:30pm

**52 Mahogany Avenue, Frankston North p: 0416 300 841**



# Frankston North Community Centre



## Get in touch

 26 Mahogany Ave, Frankston North, 3200

Phone: 03 8773 9545

Email: [fncc@frankston.vic.gov.au](mailto:fncc@frankston.vic.gov.au)

Web: [frankston.vic.gov.au/fncc](http://frankston.vic.gov.au/fncc)

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Staffed Hours: Monday-Friday 9:00am-5:00pm

After Hours: As per hire arrangements