

COMMUNITY SERVICES

Maternal & Child Health Mornington Peninsula Shire

Maternal & Child Health Nurses are available Monday to Friday 9.00am to 4.00pm. Please call Central Bookings on 5950 1099 to make an appointment. Cost: FREE.

Immunisations

Mornington Peninsula Shire

Mornington Peninsula Shire run FREE Immunisations Sessions at Bentons Square Community Centre on scheduled Fridays. Please call 5950 1099 for further information.

School Holiday Program – Team Kids

Held at Bentons Square Community Centre at the end of each Term. Please call 9532 0366 or visit www.teamholiday.com.au for more information and bookings.

Computers for Seniors

One on One tutorials for Seniors who want to learn about various information technology. Learn how to send emails, browse the internet and more. Contact the Centre on 5977 2468 to book your time with our tutor Tony. Donations appreciated.



Good Things
Foundation

Improving lives through digital

Contact

145 Bentons Road
Mornington Victoria 3931

Open: Monday to Friday
9am to 4pm

Closed: School Holidays
& Public Holidays

Phone:

03 5977 2468

Email:

communitycentre@bentonssquare.org.au

Web:

www.bentonssquare.org.au

Facebook:

Bentons Square Community Centre



BENTONS SQUARE
COMMUNITY CENTRE

CLASSES & ACTIVITIES

TERM 1, 2020

Tuesday January 28

to

Friday March 27



CLUBS, CRAFTS & INTEREST GROUPS

Morning Melodies

We welcome James Harrison for a morning of music and singing.
Last Thursday of each month 10.30am - 12.00pm.
Cost: Gold coin (includes morning tea).
Contact the Centre on 5977 2468 to register.

French Lessons

Come along and start your journey to learning French or brush up on your current knowledge. Beginners class every Thursday.
10.00am - 12.00pm.
Cost: \$12
Contact the Centre on 5977 2468 to register.

Italian Lessons

Would you like to learn Italian or improve your current language skills? Classes are run by a qualified Italian teacher.
Every Wednesday (Beginners, Intermediate & Advanced Classes available).
Cost: \$24 per class.
Contact the Centre on 5977 2468 to register.

Focus Individualised Support Services

Cooking Group for people with disabilities. Every Monday 10.00am - 12.00pm.
Phone 5981 5100 for more info.

Life Activities - Mind Games

This is an engaging Saturday afternoon activity of games and mind skills.
Every Saturday 1.30pm - 4.30pm. Cost: \$2.00
Phone Lindsay on 5974 8367 for more info or www.lifemornington.org.au

CLUBS, CRAFTS & INTEREST GROUPS

Community Craft Group

Work on your own project or share crafting advice with the lovely ladies in this fun craft group.
Every Friday 11.30am - 3.00pm. Cost: \$4.00
Contact the Centre on 5977 2468 for more info.

Mahjong Group

If you like playing Mahjong this is the group for you. Experienced players only.
Every Friday 11.00am - 2.00pm. Cost: \$4.00
Contact the Centre on 5977 2468 for more info.

Boomerang Bags

Would you like to volunteer your time making reusable material bags? All materials provided.
Every Wednesday 12.00pm - 3.30pm
Contact the Centre on 5977 2468 to register.

MP & Frankston Writers & Poets Society Inc.

This group caters for both experienced writers and people wanting to learn.
Fortnightly on Saturdays at 11.00am.
Cost: \$2.00 (includes refreshments).

Card and Board Games Group **NEW**

We are looking for members who are interested in card and board games. Games include 500, Bridge, Solo, Scrabble, Chess and more. Everyone is welcome.
Wednesday's 1.00pm - 3.30pm. Cost: Gold coin.
Phone the Centre on 5977 2468.



CLUBS, CRAFTS & INTEREST GROUPS

National Seniors Australia

A meeting that provides up to date information on the issues and advantages of being a 55 plus. Meetings are held on the third Monday of each month from 2.00pm - 4.30pm.
Phone Jill on 5975 3866 for more info.

Mornington Peninsula Camera Club

The club meets three times a month on a Thursday from 7.30pm - 10.30pm and holds tutorials once a month on different photo and camera techniques.
Phone Maree on 0419 532 492 for more info.

Full Gospel Assembly Church Group

Every Sunday 10.00am - 3.00pm.
Phone Angeline on 5975 6667 for more info.

Full Gospel Assembly Youth Group

Every Friday 7.00pm - 9.00pm.
Phone Angeline on 5975 6667 for more info.

ROOMS FOR HIRE

Did you know we have rooms for hire? We have rooms ideal for children's parties, functions, meetings, training and other purposes.

Take a tour of our rooms by visiting our website at www.bentonssquare.org.au

IMMUNISATIONS

Immunisation Program 2020 9.30am - 11.15am

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
	Fri 7,21	Fri 6,20	Fri 17	Fri 1,15	Fri 5,19	Fri 17,31	Fri 7,21	Fri 4,18	Fri 16	Fri 6,20	Fri 4,18

No appointment necessary
Bentons Square Community Centre (145 Bentons Road, Mornington)

Australian Immunisation Register
Ph: 1800 653 809

Mornington Peninsula Shire
Ph: 5950 1099

KIDS PARTIES

Kids Parties

Use our lovely big play room and toys for your child's special occasion. The Centre can offer full use of it's kitchen, café style foyer and courtyard. Parties are for 5 year old children and under and only on Saturdays.
Phone the Centre on 5977 2468 for hiring details.



SPECIAL INTEREST

Revamped Jewellery Boutique

We proudly home this pop-up shop which is a not for profit organisation that recycles and recreates donated jewellery pieces. All profits are donated to both local and international women's charities. If you are interested in purchasing one of their pieces, then drop by on a Tuesday between 10am and 3pm or contact Jo on 0438 437 520.

www.revampedjewellery.com.au

Jewellery donations are always welcome and can be dropped off to the Centre during business hours.



SUPPORT GROUPS

Multiple Sclerosis Peer Support Group

This group meets regularly at the Centre and offers information and support for people living with multiple sclerosis and their carers. Second Tuesday of each month
12.30pm - 3.00pm.

Phone Ralph Althorp on 0403 810 245 or MS Connect on 1800 042 138 for more info.

Peninsula Prostate Cancer Support Group

This group continues to help men with prostate cancer and their partners in a caring confidential environment during treatment and recovery. Second Wednesday of each month (except January)
7.00pm - 8.30pm.

Phone 0422 608 345 or email peninsulapcsg@hotmail.com for more info.

As Bill Sees It

A support group for people with alcohol addiction. The world-wide fellowship of AA has helped men and women from all walks of life attain and maintain sobriety.

Every Monday 6.30pm - 8.30pm.
Phone 1300 222 222 for more info.

AI -Anon Family Groups

A family support group meeting for people who live with or are close to somebody suffering from alcohol addiction.

Every Sunday 10.00am - 11.30am.
Phone 1300 252 666 for more info.

NA (Narcotics Anonymous) Men's Group

A support group for people for whom drugs have become a problem. Recovering addicts meet regularly to help each other build a new way of life. Every Tuesday 7.30pm - 9.30pm.

Phone Victorian NA Helpline on 9525 2833 for more info.

CHILDREN'S ACTIVITIES & EDUCATIONAL PROGRAMS

Little Fish Playgroup

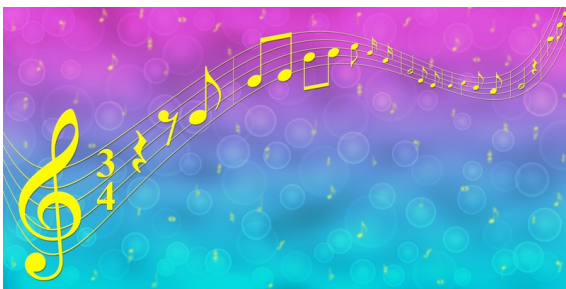
A community playgroup for 3 year old's and under. Morning tea provided.
Every Monday 9.30am - 11.30am.
Cost: Gold Coin donation per family.
Contact the Centre on 5977 2468 for more info.

Reading Rockets

This is a hands-on approach to reading and writing suitable for 4 year old's. Sessions combine learning activities with games, crafts and songs.
Every Wednesday & Thursday
10.30am – 11.30am.
Contact Maureen on 0423 806 525 for more info.

DSE Music

Run by qualified teachers, DSE Music teach students to play and read music with a comprehensive structured curriculum.
Every Tuesday 4.00pm - 7.00pm.
Phone 0416 586 483 for more info.



HEALTH & WELLBEING

Yoga and Meditation with Trish

Every Thursday 7.00pm - 8.30pm.
Every Saturday 9.00am - 10.00am.
Phone Trish on 0466 588 855 for more info.

Open Age Yoga & Stretching Class

Every Wednesday 11.00am - 12.15pm.
Cost: \$10.00.
Contact the Centre on 5977 2468 for more info.

Debbie's Stretching Class

This class combines yoga, pilates, tai-chi and meditation.
Cost: All sessions \$10 each.
Monday (Beginners) 11.30am - 12.30pm.
Wednesday (Medium to High) 9.30am - 10.30am.
Phone Debbie on 0427 744 425 for more info.

Calmer Yoga with Wendy

Every Wednesday 7.00pm - 8.00pm.
Phone Wendy on 0409 138 990 for more info.

Walking Group

Come join us at Bentons Square Community Centre for coffee and a stroll.
Every Tuesday & Thursday 10.00am.
Cost: FREE.
Contact the Centre on 5977 2468 for more info.



WORKSHOPS

Drawing with Enjoyment

Develop and improve your drawing skills in this 3 hour workshop run by a former art school teacher. Some materials provided.

Dates:

Tuesday 11th February & Tuesday 10th March
12.00pm - 3.00pm.

Cost: \$5.00.

Contact the Centre on 5977 2468 for more info and to register.



Wellways My Recovery

This is an education program developed by and for people with a lived experience of mental health issues and recovery. The program supports participants to take steps towards recovery, improve social and emotional wellbeing, build confidence and develop skills in a supportive peer group setting.

Weekly on Thursdays (10 sessions in total)
Starting Thursday 6th February 12.00pm - 3.00pm.
Cost: \$50.00 (\$5.00 per week) or \$30.00 if paid in advance (includes resources and afternoon tea)
Contact Wellways on 9784 6800 or SEMSocial@wellways.org to register.

