

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 bookings and 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.

Be Connected - 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.



Australian Government

Be Connected

Every Australian online.

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



Classes & Activities

Term 2, 2021

Monday April 19 to Friday June 25



CLUBS, CRAFTS & INTEREST GROUPS

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.
Beginners Class
Every Wednesday
1.30pm - 3.30pm.
Cost: \$24 per class payable by term.
Contact the Centre on 5977 2468 to register or Rosella (class teacher) on 0416 341 143 for more info.

Card and Board Games Group

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



CLUBS, CRAFTS & INTEREST GROUPS

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.

Mahjong Group **NEW**

Every Tuesday 11.00am - 3.00pm.
Every Friday 12.30pm - 3.30pm.
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 12.30pm - 3.30pm
Contact the Centre on 5977 2468 to register.

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.

Life Activities Club - Mind Games

This is a club for people wanting a social outlet. The group meets up to play games such as Scrabble and Mahjong.
Further details to come.



Life Activities Clubs™

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

Mornington Peninsula Shire

The MPS Immunisation Team run FREE Immunisations, available through the National Immunisation Program Schedule.



Bookings required
Please phone 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 - 7.45pm.
Phone 1300 224 673 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 - 11.00am.

Cost: \$2

Contact the Centre on 5977 2468 for more info.



HEALTH & WELLBEING

Yoga and Meditation with Trish

Every Thursday 6.30pm - 8.00pm.

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 currently via Zoom)

11.30am - 12.30pm.

Wednesday (Medium to High) 9.30am - 10.30am.

Phone Debbie on 0427 744 425 for more info.

SMS Exercise Class

FREE for over 65's are our strength, mobility & stability exercise classes with a qualified exercise physiologist. WAITING LISTS APPLY.

Cost: FREE

Contact the Centre on 5977 2468 for more info.

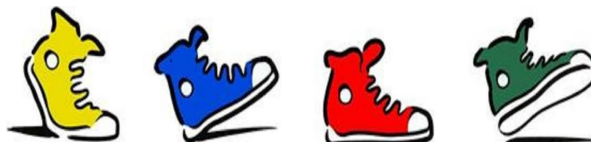
Walking Group

Come join us at Bentons Square Community Centre for tea/coffee and a stroll.

Every Tuesday & Thursday 10.00am.

Cost: FREE.

Contact the Centre on 5977 2468 for more info.



GENERAL INFO

EXPRESSIONS OF INTEREST

Chess Club

Bentons Square Community Centre are looking for keen Chess players to start a group to play social chess on a weekly basis. If you are interested please call the centre on 5977 2468 to register.

