

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
Immunisation Sessions at Bentons Square
Community Centre on scheduled Fridays.
Please call 5950 1099 for bookings and further
information.



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.



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



TERM BROCHURE

Classes & Activities

Term 3, 2022

**Monday July 11
to
Friday September 16**



GENERAL INFO

We are delighted to unveil this creative and colourful **Art Mural** by local artist **Tyson Savannah (Father Marker)**.

A panel carefully selected this piece which we think is a great talking point for our community members. You can see it on our external wall which faces **Bentons Road**.



You can view Tysons other work on his webpage www.fathermarker.com

IMMUNISATIONS

Mornington Peninsula Shire

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



Bookings required
Please phone 5950 1099



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 Jan on 0438 271 147 www.revampedjewellery.com.au

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



Clubs, Crafts & Interest Groups

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. Thursday's 1.00pm - 3.00pm
Cost: \$2.00
Contact the Centre on 5977 2468

Quilting, Sewing & Knitting Group

This social group bring in their crafty projects and enjoy some chit chat along the way. Monday's 9.30am - 12.30pm
Cost: \$4.00
Contact the Centre on 5977 2468

Mahjong Group

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

Drawing with Enjoyment

Develop & improve your drawing skills with a variety of activities using various mediums in a fun & inclusive class. First Thursday of each month
Cost: \$5.00
1.00pm - 3.00pm
Contact the Centre on 5977 2468

Gardening Group

This volunteer group meets as required to weed, plant and *general* garden maintenance. Thursday's 2.00pm - 3.30pm
Contact the Centre on 5977 2468

Clubs, Crafts & Interest Groups

Boomerang Bags

Would you like to volunteer your time making reusable material bags?
All materials provided.
Wednesday's 12.30pm - 3.30pm
Contact the Centre on 5977 2468

Community Craft Group

Work on your own project or share crafting advice with the ladies in this fun craft group. Friday's 11.00am - 3.00pm
Cost: \$4.00
Contact the Centre on 5977 2468

Australian Plants Society

APS is for plant lovers who enjoy meeting like minded people to discuss Australian plant species. Third Tuesday of each month
Contact Robyn on 0409 412 931
www.apsmorningtonpeninsula.org

Crochet

A 6 week course on an introduction to learn how to crochet. Monday (commencing 25/7)
1.30pm - 3.30pm
Cost: \$9/class (includes starter pack)
Payable by program \$54
Contact the Centre on 5977 2468 to register



Clubs, Crafts & Interest Groups

Luscious Ladies Choir

Learn and perform music from all genres in this ladies only choir. Wednesday's 10.00am - 11.30am
No experience required. First session is free. Term fees for ten week block \$250 & \$180 concession.
Contact Paula on 0411 602 661

Craft, Beading & Embroidery

Wednesday's 9.30am - 12.30pm
Cost: \$4.00
Contact the Centre on 5977 2468

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.
Contact Maree on 0419 532 492

Graceworx

A group that gathers to build a genuine community through personal relationship with Jesus. Sunday's 10am - 1pm
Contact Neil on 0412 044 446
www.graceworx.com.au

Mahjong Group

Tuesday's 11.00am - 3.00pm
Friday's 12.30pm - 3.30pm
Cost: \$4.00
Contact the Centre on 5977 2468

Children's Activities

Little Fish Playgroup

A community playgroup parent/guardian run for 3 year olds and under.

Morning tea is provided.

Monday's 9.30am - 11.30am

Cost: \$2.00 per family

Contact the Centre on 5977 2468 to book



GENERAL INFO

Would you like to receive our weekly newsletter? We can email you every week to let you know what is happening at the centre and any exciting upcoming programs or activities.

You can subscribe by going to our website

www.bentonssquare.org.au

Health & Wellbeing

Open Age Yoga & Stretching Class

Wednesday's 11.00am - 12.15pm

Cost: \$10.00

Contact the Centre on 5977 2468

Debbie's Stretching Class

This class combines yoga, pilates, tai-chi and meditation.

Cost: \$10.00

Monday's 9.30am - 10.30am

Wednesday's 9.30am - 10.30am

Contact the Centre on 5977 2468

SMS Exercise Class

Over 65's strength, mobility & stability exercise class with an exercise physiologist.

SPOTS AVAILABLE

Cost: \$5.00

Contact the Centre on 5977 2468

BSCC Walking Group

Tuesday's & Thursday's 10.00am

Cost: FREE

Contact the Centre on 5977 2468

Yoga Classes with Jane

Wednesday's 6.30pm - 7.30pm

Cost: \$15.00

Contact the Centre on 5977 2468 or

Jane on 0438 842 558

Chair Yoga

This 4 week chair yoga course is a gentle form of yoga that can be done while sitting.

Tuesday's (commencing 6/9)

9.30am - 10.15am

Cost: \$10.00

Contact the Centre on 5977 2468

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

11.30am - 1.30pm

Phone Ralph Althorp on 0403 810 245 or

MS Connect on 1800 042 138

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

AI -Anon Family Groups

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

Sunday's 10.00am - 11.30am

Phone 1300 252 666

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.

Tuesday's 7.30pm - 9.30pm

Phone Victorian NA Helpline on 9525 2833