

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.
Donations appreciated.



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 4
2022

Monday October 3
to
Tuesday December 20

CLASS INFO

SMS

Strength, Mobility & Stability Classes

Suitable for over 65's who wish to improve their mobility and stay active with gentle exercises.

Classes are run by a qualified exercise physiologist.

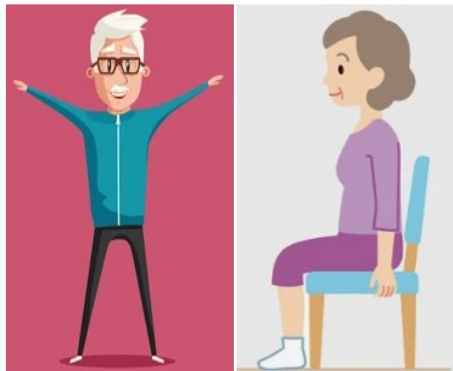
Stay for a cuppa and muffin and have a chat with your exercise mates after the class.

Cost: \$5 per class

AVAILABLE CLASSES

TUESDAYS

9.30am & 10.30am



WHAT'S NEW



So ACE is a Bentons Square Community Centre initiative developed with the aim of bringing isolated older members of the community together.

We offer transport for residents unable to access the community centre or who are unable to drive.

We are encouraging members of this community to use this free service to come to the centre and engage in social interaction, fun activities with the aim to build confidence, improve mental health and emotional wellbeing.

When: Every Thursday, commencing 13th October
Time: 9.30am
Phone: 5977 2468

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

Crochet Along

The journey continues, suitable for anyone with basic skills, enjoy the social connection.

Monday's 1.30am - 3.30pm

Cost: \$9.00 per class

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.

Thursday 25th August

Cost: \$5.00

1.00pm - 3.00pm

Contact the Centre on 5977 2468 for more information.

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

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

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

Reading Rockets

A fast paced school readiness class designed for 4-5 year olds. The focus is on reading, writing & numeracy. Sessions include activities, crafts, games & songs.
Wednesdays 1.30pm - 2.30pm
Contact Maureen on 0423 806 525 or maureen@readingrockets.com.au

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

Little Stars Music

Music classes for babies and children including movement based activities, rhyme, song, storytelling and other play based activities.
Saturday's
9.30am - 10.15am
10.30am - 11.15am
Contact Ainslie on 0416 019 163 or visit www.littlestarsmusic.com.au

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.

Health & Wellbeing

Chair Yoga with Jane

Wednesday 9.00am - 9.45am
Cost: \$10.00
Contact the Centre on 5977 2468 or Jane on 0438 842 558

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
TUESDAYS at 10.30am
WEDNESDAYS 1.00pm
FRIDAYS at 9.30am
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: \$10.00
Contact the Centre on 5977 2468 or Jane on 0438 842 558

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