

## 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 1 2023*

Monday January 23  
to  
Thursday April 6

## CLASS INFO

# SMS

## Strength, Mobility & Stability Classes

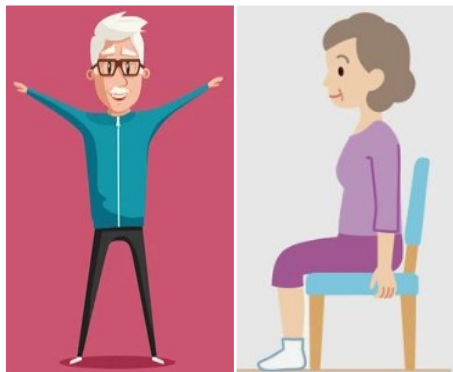
Suitable for over 65's who wish to improve their mobility and stay active with gentle exercises.

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**

WAITING LISTS APPLY



## 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  
**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](http://www.revampedjewellery.com.au)

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

---

### CPR & First Aid Training

Provided by the Institute of Education and Training are our ever popular CPR & First Aid courses.

**Bookings required**

**When:** Thursday 16th February  
**Phone:** 5977 2468  
**Email:** [admin@ioet.com.au](mailto:admin@ioet.com.au)  
**Website:** [www.ioet.com.au](http://www.ioet.com.au)

## Clubs, Crafts & Interest Groups

### Card and Board Games Group

We are looking for members who are interested in card and board games.

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

Suitable for anyone with basic skills.

Monday's 1.30am - 3.30pm

Cost: \$9.00 per class

Contact the Centre on 5977 2468

### Beginners Crochet NEW

A 6 week course teaching you how to crochet in a wonderful social setting.

Tuesday's 12.00pm - 2.00pm

Cost: \$54 (includes starter pack)

Contact the Centre on 5977 2468

### Mahjong Group

Some experience preferred.

Friday's 11.00am - 2.00pm

Cost: \$4.00

Contact the Centre on 5977 2468

### Beginners Mahjong NEW

Friday's 9.00am - 10.00am

Cost: \$4.00

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](http://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

### 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

## 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](http://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's 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

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

### 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

### Exercise to Music

Low impact, lite pace aerobic style movement to well known music.

Tuesday's 2pm

Cost: \$15.00

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