

## 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.



Australian Government

**Be Connected**

Every Australian online.

## Contact

145 Bentons Road  
Mornington Victoria 3931

Open: Monday to Friday  
9am to 4pm  
Closed: School & Public Holidays

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**Phone:**

03 5977 2468

**Email:**

[communitycentre@bentonssquare.org.au](mailto:communitycentre@bentonssquare.org.au)

**Web:**

[www.bentonssquare.org.au](http://www.bentonssquare.org.au)

**Facebook:**

Bentons Square Community Centre



Neighbourhood Houses  
The Heart of Our Community



**Would you like to receive our newsletter?**

**We can email you updates 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](http://www.bentonssquare.org.au)  
or by giving us a call on 5977 2468**



# Term 1 Brochure

**Monday 29th January  
to  
Thursday 28th March**

# Bentons Square Community Centre

## CLASS INFO

### SMS

#### **Strength, Mobility & Stability Classes**

Suitable for over 55s 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 have a chat with your exercise mates after the class.

**Cost: \$7 per class**

**Mondays - 12.30pm/1pm/2pm**

**Tuesdays -  
9.30am/10.30am/11.30am/12.30pm**

**Wednesdays - 12pm/1pm**

**Fridays - 9.30am**

**Waiting Lists Apply**



## WHAT'S NEW

### Projex J Grief Support Group

A relaxed and informal get together for people experiencing grief of any type.  
Tea, coffee, and nibbles supplied

**When:** **Wednesday**  
**7th February**  
**6th March**

**Time:** **5.30pm - 6.30pm**

**Contact:** **Chantelle Ross**  
**0419 661 215**

**Projex J**  
**"GET BUSY LIVING"**

### Morning Melodies

Join us for a music filled morning.  
Morning tea included.

**When:** **Thursday**  
**February 29th**  
**March 28th**

**Time:** **10am - 11.30am**

**Contact:** **5977 2468**

**Cost:** **\$5**

**Bookings required**

## WHAT'S NEW

### With One Voice COMMUNITY CHOIR

**If you enjoy singing,  
this is for you!**



Learn from experienced conductors with a community of friendly, like-minded people who love to sing.

No auditions or experience necessary.

**Mondays 6.00pm - 7.15pm**

**Contact Judy Woods**  
**0474 129 528**

### Conversational French

Join Anne, in a relaxed and welcoming environment, covering a variety of themes and topics including : Bon Voyage, Les Souvenirs, Gardens of France, Recipes, Art, Films, In a café, At the market and more.

**Fortnightly Wednesdays 1.00pm – 3.00pm**

**\$15 per class payable by  
Term**



## Clubs, Crafts & Interest Groups

### Card and Board Games Group

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

Thursdays 1.00pm - 3.00pm

Cost: \$2.00

Contact the Centre on 5977 2468

### Beginners Mahjong

Fridays 9.00am - 10.30am

Cost: \$4.00

Contact the Centre on 5977 2468

### Mahjong Group

Experience preferred.

Fridays 11.00am - 2.00pm

Cost: \$4.00

Contact the Centre on 5977 2468

### Mahjong Group

Tuesdays 11.00am - 3.00pm

Friday's 12.30pm - 3.30pm

Cost: \$4.00

Experienced players only.

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.

Fridays 11.00am - 3.00pm

Cost: \$4.00

Contact the Centre on 5977 2468

### Gardening Group

This volunteer group meets as required to weed, plant and general garden maintenance.

Contact the Centre on 5977 2468 for suitable days to assist.

## Clubs, Crafts & Interest Groups

### Boomerang Bags

Would you like to volunteer your time making reusable material bags and other clever ideas? All materials provided.

Wednesdays 12.30pm - 3.30pm

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)

### Mornington Peninsula Camera Club

The club meets on the 1st & 3rd Thursday of each month from 7pm - 10.30pm and holds tutorials once a month on different photo and camera techniques.

Contact Maree on 0419 532 492

### Quilting, Sewing & Knitting Group

This social group bring in their crafty projects and enjoy some chit chat along the way.

Mondays 9.30am - 12.30pm

Cost: \$4.00

Contact the Centre on 5977 2468

### With One Voice Community Choir

A community choir for people who love to sing.

Mondays 6.00pm - 7.15pm

Detailed info: Judy Woods 0474 129 528

Or Creativity Australia on 8679 6088

[www.creativityaustralia.org.au](http://www.creativityaustralia.org.au)

## Support/Social Groups

### 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](mailto:peninsulapcsg@hotmail.com)

### Voice Male Social Group

This group is for men to come together, socialise and make new friends over a cuppa.

First & Third Thursday of each month

10am - 12pm

Morning tea provided.

Contact the Centre on 5977 2468

### Morning Melodies

Join us for a fun-filled morning of music and morning tea.

Thursday February 29th

Thursday March 28th

Cost: \$5.00 includes morning tea

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.

Thursdays 10.30—11.30am

Contact Maureen on 0423 806 525 or [maureen@readingrockets.com.au](mailto:maureen@readingrockets.com.au)

### Little Fish Playgroup

A community playgroup parent/guardian run for 3 year old's and under.

Morning tea is provided.

Mondays 9.30am - 11.30am

Cost: \$3.00 per family

Contact the Centre on 5977 2468 to book

## GENERAL INFO

### Revamped Jewellery

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.

## Health & Wellbeing

### Chair Yoga with Jane

Wednesdays 9.00am - 9.45am

Cost: \$10.00

Contact the Centre on 5977 2468 or Jane on 0438 842 558

### Open Age Yoga & Stretching Class

Wednesdays 10.45am - 11.45am

Cost: \$10.00

Contact the Centre on 5977 2468 or Debbie on 0427 744 425

### Debbie's Stretching Class

Yoga, pilates, tai-chi and meditation.

Cost: \$10.00

Mondays 9.30am - 10.30am

Wednesday's 9.30am - 10.30am

Contact the Centre on 5977 2468 or Debbie on 0427 744 425

### BSCC Walking Group

Tuesday's & Thursdays 10.00am

Cost: FREE

Contact the Centre on 5977 2468

### Exercise to Music

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

Tuesdays 2pm

Cost: \$15.00

Contact the Centre on 5977 2468 or Jane on 0438 842 558

### SMS (Strength, Mobility, Stability)

Suitable for over 55s who wish to improve their mobility and stay active with gentle exercises.

Various class days/times. Wait lists may apply.

Cost: \$7.00

Contact the Centre on 5977 2468

## Support/Social Groups

### MS Peer Support Group

This group meets to offer information and support for people living with multiple sclerosis and their carers.

Once a month on a Tuesday

11.30am - 1.30pm

Phone Ralph Althorp on 0403 810 245 or MS Connect on 1800 042 138

### AI -Anon Family Groups

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

Sundays 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.

Tuesdays 7.30pm - 9.30pm

Phone Victorian NA Helpline on 9525 2833

### Projex J Grief Support Group NEW

A relaxed, informal get together for people experiencing grief of any type. Recognising the importance of connection whilst navigating the grief journey.

Tea, coffee & nibbles supplied.

Wednesday 7th February

Wednesday 6th March

5.30pm - 6.30pm

Cost: Free

Contact Chantelle on 0419 661 215