

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.
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

Phone:

03 5977 2468

Email:

communitycentre@bentonssquare.org.au

Web:

www.bentonssquare.org.au

Facebook:

Bentons Square Community Centre



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
or by giving us a call on 5977 2468**

Bentons Square

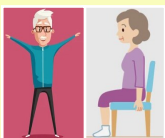


Community Centre

Term 2

Monday 15th April to Thursday 28th June

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

Various class days/times available

Staying Safe Online

An 11 week training course, over two terms, designed to help you stay safe online.

Some of the topics include;

- * safe browsing and surfing the internet
- * password management
- * avoiding online scams
- * online shopping and banking

Plus lots more.

When: Thurs 02 May (5 weeks)

Time: 2.00pm—3.30pm

Cost: \$50 for 5 weeks

Continues with 6 weeks in Term 3

WHAT'S NEW

Projex J Grief Support Group Gathering

An informal get together for people experiencing grief of any type.

Special Guest speakers.

Tea, coffee, and light lunch provided.

Donations welcome.

When: Sunday 28th April

Time: 12.00pm - 4.00pm

**Contact: Chantelle Ross
0419 661 215**

RSVP: Sunday 21st April

Projex J
"GET BUSY LIVING"

Morning Melodies

Join us for a music filled morning.

Morning tea included.

**When: Thursday
May 30th (Rob)**

June 27th (Jenny)

Time: 10am - 11.30am

Contact: 5977 2468

Cost: \$5

Bookings required

WHAT'S NEW

With One Voice COMMUNITY CHOIR

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



French Lessons

When: Fortnightly Wednesdays

Cost: \$15 per class (payable by term)

Beginners

1.00pm - 2.30pm

Conversation

2.30pm - 4.00pm

Contact: 5977 2468



Clubs, Crafts & Interest Groups

Card and Board Games Group

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

Thursday Crafting *New Group

Bring along your own project and work alongside like minded crafters.

Thursdays 9.30am—12 noon

Cost: \$4.00 per session

Contact the Centre on 5977 2468

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

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

French Classes

Beginners 1.00pm - 2.30pm

Conversation 2.30pm - 4.00pm

Every second Wednesday

Cost: \$15.00 per class (payable by term)

Contact the Centre on 5977 2468

Morning Melodies

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

Thursday 30th May - Rob

Thursday 27th June - Jenny

Cost: \$5.00 includes morning tea

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

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.

2nd Wednesday of month (except January)
7.00pm - 8.30pm.

Contact 0422 608 345

peninsulapcsg@hotmail.com

Voice Male Social Group

This group is for men to come together, socialise and make new friends over a cuppa. Special guest speaker presentations on various topics for all community members.

First & Third Thursday of each month
10am - 1.00pm

Morning tea provided.

Contact Ian Easterby on 0414 361 367 or 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 at 7.00pm

Contact Robyn on 0409 412 931

www.apsmorningtonpeninsula.org

Mornington Peninsula Camera Club

The club meets on the 1st & 3rd Thursday of each month from 7.00pm - 10.30pm and holds tutorials once a month on different photo and camera techniques.

Contact Maree on 0419 532 492

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

Little Fish Playgroup

A community playgroup parent/guardian run for 3 year olds 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

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 2.00pm starting May 7th

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 run by a qualified exercise physiologist.

Various class days/times.

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

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Special Guest speakers.

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Donations welcome.

First Wednesday of each month.

Contact Chantelle Ross on 0419 661 215