

## 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

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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



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**

# Bentons Square

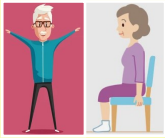


# Community Centre

# 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

### Voice Male

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.

**When: First & Third  
Thursday each month**  
**Time: 10.00am - 1.00pm**  
**Contact: Ian Easterby  
0414 361 367**

## 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

### **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

## 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 at 7.00pm

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 7.00pm - 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. 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

### **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

## 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](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 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**

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

Special Guest speakers.

Tea, coffee, and light lunch provided.

Donations welcome.

Sunday 28th April

Contact Chantelle Ross on 0419 661 215