

Community Services



Australian Government

Be Connected

Every Australian online.

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.



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.

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



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
or by giving us a call on 5977 2468**

Bentons Square



Community Centre

Term 3 2024

Monday 15th July to Friday 20th Sept

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

A short training course, designed to help you stay safe online.

Topics covered in Term 3 include

- Avoiding Online Scams
- Protecting against viruses and malware
- Improving account security
- Data Breach. What to do
- Review & Q&A

When: Thurs 18th July (5 weeks)

Time: 2.00pm—3.30pm

Cost: \$50

Ask us about one on one assistance.

EVENTS

Seniors Festival Event

Downsizing Information Session

Moving from the family home can be highly emotional & incredibly daunting.

Downsizing & living in a more manageable home can have a positive impact on your wellbeing.

Cost \$10

Includes morning tea

When: Thursday 10th October

Time: 10.30am—12pm

Contact: BSCC 5977 2468

Julia Dyer 0404 293 485

RSVP: Monday 7th October

Meditation & Wellness Classes

Practice meditation and restorative yoga in this new weekly class.

When: Mondays

Time: 7pm - 8.30pm

Cost: \$15

Bookings and info;

Facebook: Sweet Tides Meditation

Contact Del: 0468 459 670

EVENTS

Recycling Trailer

Free your home of unwanted clothing and electronic waste. We are hosting the Shire's recycling trailer here

Monday 15 July — 12 August

Drop off:

Clothing, Bags, Hats, Shoes, Small Electrical Items* into the trailer.

* hairdryers, phones, laptops etc. Remove any batteries and recycle through participating locations

Special Presentation Family violence in our community

All in our community are welcome to this special presentation on family violence, with guest presenters from Mornington Peninsula Shire and Good Shepherd Hastings.

**When: Thursday 01 August
10am—12 pm**

Cost: Free

Bookings Required

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: \$5.00

Contact the Centre on 5977 2468

Mahjong Group

Experience preferred.

Fridays 11.00am - 2.00pm

Cost: \$5.00

Contact the Centre on 5977 2468

Mahjong Group

Tuesdays 11.30am - 3.30pm

Friday's 12.30pm - 4.00pm

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

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

Thursdays 10am—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 - 3.30pm

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 25th July - Rob

Thursday 29th Aug - 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, socialize 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 - 12.00pm

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 old's and under.

Morning tea is provided.

Mondays 9.30am - 11.30am

Cost: \$3.00 per family

Contact the Centre on 5977 2468

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: \$12.00

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

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

Meditation & Wellness Classes

Practice Meditation and restorative yoga in this new weekly class.

Mondays 7.00pm - 8.30pm

Cost: \$15.00

Contact Del on 0468 459 670

Facebook: Sweet Tides Meditation

Support/Social Groups

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.

First Wednesday of each month 5.30pm

Contact Chantelle Ross on 0419 661 215