

REGION 2

Northern Peninsula

Mornington, Baxter, Mount Martha
Mount Eliza, Moorooduc

PHYSICAL ACTIVITY

Aqua

Group Information

Where

Contact


AQUACISE

Aquacise (exercise done in water) is a safe, low impact activity for all fitness levels. GP certificate required if underlying condition. **10 or 20 class passes available at a reduced rate.**

Kings Swim Centre
5 St Catherines Ct
Mornington

Kings Swim Centre

 **5975 0777**

 **mornington@kingswim.com.au**

 **kingswim.com.au**

PHYSICAL ACTIVITY

Dancing

Group Information

Where

Contact

PENINSULA LINE DANCERS

Line dancing - classes and social nights. **All ages & levels welcome, no partner needed.**

Moorooduc Hall
Cnr Derril & Bentons
Road, Moorooduc

Robert

 **0439 901 229**

 **peninsulalinedancers@icloud.com**

 **facebook.com/groups/392424534453636**

DANCING GROUPS

New Vogue & Line Dancing groups available. **Beginners welcome. Annual membership - \$10.**

Mt Eliza 55 Plus Club
90B Canadian Bay
Road, Mt Eliza

Mount Eliza 55+ Club

 **9787 8170**

 **mail@mteliza55plusclub.org.au**

 **mteliza55plusclub.org.au**

DANCE FITNESS

Learn a simple, yet fun and high energy dance routine. **Bookings required.**

**Mount Martha House
Community Centre**
Cnr Esplanade &
Dominion Road,
Mt. Martha






















Mount Martha House

 **5974 2297**

 **mountmarthahouse@mornpen.vic.gov.au**

 **mountmarthahouse.com.au**

PHYSICAL ACTIVITY	General Exercise	
Group Information	Where	Contact
<p>AGESTRONG</p> <p>A group strength and balance program with a focus on muscles used for everyday activities. Run by Belgravia using the Agestrong content. Assessment needed with Physio/Exercise Physiologist at Peninsula Health Community Health.</p> <p>Contact Access to book.</p>	<p>Civic Reserve Recreation Centre 350 Dunns Road, Mornington</p>	<p>Access-Peninsula Health</p> <p>☎ 1300 665 781</p> <p>✉ agestrong@phcn.vic.gov.au</p> <p>🌐 peninsulahealth.org.au/agestrong</p>
<p>GENTLE EXERCISE GROUPS</p> <p>A number of groups available including Yoga & Stretching classes</p>	<p>Bentons Square Community Centre 145 Bentons Road, Mornington</p>	<p>Bentons Square Community Centre</p> <p>☎ 5977 2468</p> <p>✉ communitycentre@bentonsquare.org.au</p> <p>🌐 bentonsquare.org.au</p>
<p>YOGA AND PILATES</p> <p>Weekly Classes include Chair Yoga, Gentle Mindful Yoga and Pilates. Small class sizes and a welcoming, fun environment.</p> <p>Visit the website or phone to reserve your place.</p>	<p>Mornington Community House 3/91 Wilsons Road, Mornington</p>	<p>Mornington Community House</p> <p>☎ 5975 4772</p> <p>✉ morningtoncommunityhouse@mornpen.vic.gov.au</p> <p>🌐 morningtoncommunityhouse.com.au</p>
<p>SENIORS KUNG FU</p> <p>Gentle introduction in to the Chinese martial art of Wing Chun Kung Fu, moving meditation, breathing exercises.</p>	<p>Peninsula Kung Fu 1/2A Carbine Way, Mornington</p>	<p>Peninsula Kung Fu</p> <p>☎ 5975 3252</p> <p>✉ info@peninsulakungfu.com.au</p> <p>🌐 peninsulakungfu.com.au</p>
<p>BODY ACTIVE</p> <p>Uplifting outdoor class with an experienced trainer. Various classes available.</p>	<p>Mornington Park Cnr Esplanade & Main Street, Mornington</p>	<p>UFIT Health & Wellness</p> <p>☎ 0432 798 164</p> <p>✉ u_fit@outlook.com</p> <p>🌐 ufithealthwellness.com</p>
<p>EXERCISES FOR HEALTH</p> <p>Stretching, gentle weight work and strengthening. Aims to ease stiffness and pain.</p>	<p>St James the Less Church Hall Cnr Koetong Parade & Nepean Hwy, Mt Eliza</p>	<p>Olivia</p> <p>☎ 0412 130 837</p>

<p>YOGA – INCLUDING CHAIR YOGA</p> <p>Yoga to help you relax, reduce stress and improve your fitness and flexibility.</p> <p>Two classes available – 60 or 90 minutes.</p> <p>Annual membership – \$10.</p>	<p>Mount Eliza Neighbourhood House</p> <p>90-100 Canadian Bay Road, Mt Eliza</p>	<p>Mount Eliza Neighbourhood House</p> <p> 9787 8160</p> <p> info@mountelizanh.com.au</p> <p> mountelizanh.com.au</p>
<p>EXERCISE GROUPS</p> <p>A range of different exercise groups including Tai Chi & Aerobics. Partly seated group available.</p> <p>Annual membership – \$10.</p>	<p>Mt Eliza 55 Plus Club</p> <p>90B Canadian Bay Road, Mt Eliza</p>	<p>Mount Eliza 55+ Club</p> <p> 9787 8170</p> <p> mail@mteliza55plusclub.org.au</p> <p> mteliza55plusclub.org.au</p>
<p>GENERAL EXERCISE FOR OVER 55</p> <p>Aerobic balance and coordination, includes floor/mat work, stretches and core strength. Annual membership - \$10.</p>	<p>Mount Eliza Neighbourhood House</p> <p>90-100 Canadian Bay Road, Mt Eliza</p>	<p>Mount Eliza Neighbourhood House</p> <p> 9787 8160</p> <p> info@mountelizanh.com.au</p> <p> mountelizanh.com.au</p>
<p>GENERAL EXERCISE FOR OVER 55 - SEATED</p> <p>Gentle, seated workout. Aerobic balance, left and right coordination movements. Strength, bands and weights to keep those muscles toned. Annual membership - \$10.</p>	<p>Mount Eliza Neighbourhood House</p> <p>90-100 Canadian Bay Road, Mt Eliza</p>	<p>Mount Eliza Neighbourhood House</p> <p> 9787 8160</p> <p> info@mountelizanh.com.au</p> <p> mountelizanh.com.au</p>
<p>TAI CHI</p> <p>Gentle Tai Chi class. Bookings required.</p>	<p>Mount Martha House Community Centre</p> <p>Cnr Esplanade & Dominion Road, Mt Martha</p>	<p>Mount Martha House</p> <p> 5974 2297</p> <p> mountmatrhahouse@mornpen.vic.gov.au</p> <p> mountmarthahouse.com.au</p>
<p>RISING MOON TAI CHI</p> <p>Tai Chi, Qigong and Shibashi classes available. Classes at Mornington, Mount Martha, Tyabb & Somerville. Online content also available.</p>	<p>Contact for info</p>	<p>Jenny Harrison</p> <p> 0418 566 216</p> <p> info@risingmoontaichi.net</p> <p> risingmoontaichi.net</p>
<p>MORNINGTON U3A – VARIOUS GROUPS</p> <p>A range of classes available including Tai Chi, Fan dancing, meditation and more. To enrol in courses you must be a member of U3A Mornington.</p> <p>Annual Membership Fee</p>	<p>Various Locations</p>	<p>Mornington Life Activities Club</p> <p> 5975 9773</p> <p> office@u3amornington.org.au</p> <p> u3amornington.org.au</p>

<p>MORNINGTON LIFE ACTIVITIES CLUB - VARIOUS INDOOR & OUTDOOR GROUPS</p> <p>A wide range of activities including Cycling, Golf, Table Tennis, Walking and more. Annual Membership Fee.</p>	<p>Various Locations</p>	<p>Mornington Life Activities Club</p> <p>☎ 0402 906 921</p> <p>✉ secretary@lifemornington.org.au</p> <p>🌐 lifemornington.org.au</p>
<p>GROUP PILATES</p> <p>A tailored pilates program run in small groups.</p>	<p>Mornington Central Physiotherapy & Pilates Studio 15 Railway Grove Mornington</p>	<p>Peninsula Sports Medicine Group</p> <p>☎ 9789 1233</p> <p>🌐 psmgroup.com.au</p>

PHYSICAL ACTIVITY	Individualised Programs	
Group Information	Where	Contact
<p>SUPERVISED GYM</p> <p>Older adult strength training program in the gym. Individual programming orientation required prior to class.</p>	<p>Civic Reserve Recreation Centre 350 Dunns Rd Mornington</p>	<p>Civic Reserve Recreation Centre</p> <p>☎ 5975 0133</p> <p>✉ civicreserve@belgravialeisure.com.au</p> <p>🌐 mornpenleisure.com.au</p>
<p>EXERCISE PHYSIOLOGY GROUP</p> <p>Small, personalised groups run by an Exercise Physiologist. Specific programs available for Cardiac, Pulmonary, Rehabilitation and more. Medical clearance & individual assessment required.</p>	<p>PACE Exercise Physiology Mornington Rear 103 Main St Mornington</p>	<p>PACE Health Management</p> <p>☎ 5973 6109</p> <p>✉ info@pacehm.com.au</p> <p>🌐 pacehm.com.au</p>
<p>CHRONIC DISEASE GROUPS</p> <p>A range of rehabilitation programs such as Cancer/Cardiac/Chronic disease/Pulmonary rehab. Speciality programs for people with other conditions e.g. Osteoarthritis. Exercise physiologists and Physiotherapists can support/facilitate exercise programs. Individual assessment required, contact Access to book in at your local Community Health Centre.</p>	<p>Mornington Community Health 62 Tanti Ave Mornington</p>	<p>Access – Peninsula Health</p> <p>☎ 1300 665 781</p> <p>🌐 peninsulahealth.org.au/services/peninsula-health-community-health</p>

EXERCISE PHYSIOLOGY

Various group & individual exercise classes for improved strength, fitness, balance and mobility. Run by Exercise Physiologists and individualised for the client. **Assessment from our Exercise Physiologist required.**

Beleura Health Solutions - Mornington
945 Nepean Hwy
Mornington

Beleura Health Solutions
 **5976 2212**
 **mornington@beleura.com.au**
 **beleura.com.au**

EXERCISE PHYSIOLOGY GROUP

Small, personalised groups run by an Exercise Physiologist. Specific programs available for Cardiac, Pulmonary, Rehabilitation and more. **Medical clearance & individual assessment required.**

PACE Exercise Physiology
Suite 5/34-38 Lochiel Ave, Mt Martha

PACE Health Management
 **5974 3147**
 **info@pacehm.com.au**
 **pacehm.com.au**

PHYSICAL ACTIVITY

Leisure Activities

Group Information



Where

Contact

SOCIAL AND COMPETITION CROQUET

Social and competition Croquet. Beginners most welcome. Free tryout and 3 free lessons. **Flat shoes needed.**

Civic Reserve
350 Dunns Rd
Mornington

Mornington Croquet Club
 **morningtoncroquetclub@gmail.com**
 **croquetvic.asn.au**

MOUNT MARTHA BOWLS AND PETANQUE CLUB

A community club playing petanque and bowls and offering various social activities. Both games are excellent forms of gentle physical exercise and socialising for people of all ages and abilities. **Annual Membership.**

Mt. Martha Bowls, Petanque and Social Club
45 Watson Road
Mount Martha

Mt Martha Petanque and Social Club
 **0409 413 416**
 **andreabowles@bigpond.com**
 **facebook.com/MtMarthaPetanqueClub**

LEISURE ACTIVITIES

A range of activities running weekly including Carpet Bowls, Table Tennis, Snooker & Billiards. **Annual membership - \$10.**




Mt Eliza 55 Plus Club
90B Canadian Bay Road, Mt Eliza

Mount Eliza 55+ Club
 **9787 8170**
 **mail@mteliza55plusclub.org.au**
 **mteliza55plusclub.org.au**

CROQUET

A mobile croquet club working with community groups on the Mornington Peninsula. Our courts are any available lawn & we take croquet to all members of the community, namely the disadvantaged, disengaged, isolated or disillusioned. **Flat shoes needed.**

Mobile Club
Based in Tootgarook, but travels the entire peninsula.

RNB Croquet Club
 **0421 486 890**
 **rnbcroquet@gmail.com**
 **croquetvic.asn.au**

PHYSICAL ACTIVITY	Walking Groups	
Group Information	Where	Contact
<p>DOG WALKING GROUP</p> <p>A walk with the dogs through the park for one hour followed by tea and coffee. Annual membership \$12. Dogs must be well socialised and non-aggressive. Please contact prior to attending to ensure your dog is suitable.</p>	<p>Baxter Park Frankston Flinders Road, Baxter</p>	<p>Suzanne ☎ 9789 8475</p>
<p>BENTONS WALKING GROUP</p> <p>Indoor walk through the shopping centre.</p>	<p>Bentons Square Shopping Centre Cnr Bentons Road & Dunns Rd, Mornington</p>	<p>Bentons Square Shopping Centre ☎ 5973 5339 🌐 bentonssquare.com.au</p>
<p>MORNINGTON CENTRAL WALKS</p> <p>Come and join in the fun of a free and social walking group. Safe indoor walking environment, walk at own pace, exercise stations included, suitable for older people.</p>	<p>Mornington Central Shopping Centre 78 Barkly Street, Mornington</p>	<p>Mornington Central ☎ 5976 1299 🌐 morningtoncentral.com.au</p>
<p>WALKING GROUP</p> <p>Join the group for a coffee and a stroll.</p>	<p>Bentons Square Community Centre 145 Bentons Road Mornington</p>	<p>Bentons Square Community Centre ☎ 5977 2468 ✉ communitycentre@bentonssquare.org.au 🌐 bentonssquare.org.au</p>
<p>WALKING GROUPS</p> <p>Help us design a program of walking groups that meet your needs. Mornington Community House has clean, modern facilities and ample car parking. This is a safe and welcoming meeting spot for your walking group. Contact the friendly team to register your interest.</p>	<p>Mornington Community House 3/91 Wilsons Road, Mornington</p>	<p>☎ 5975 4772 ✉ morningtoncommunityhouse@mornpen.vic.gov.au 🌐 morningtoncommunityhouse.com.au</p>
<p>WALKING GROUP - MORNINGTON LIBRARY</p> <p>An outdoor walk suitable for all abilities.</p>	<p>Meet at Mornington Library Vancouver Street, Mornington</p>	<p>Civic Reserve Recreation Centre ☎ 5975 0133 🌐 mornpenleisure.com.au</p>
<p>MORNINGTON PARK WALKING GROUP</p> <p>Monthly medium paced walk and a coffee. Complete online registration form</p>	<p>Meet at Mornington Pier car park. Schnapper Point Drive, Mornington</p>	<p>☎ 0412 321 354 🌐 walking.heartfoundation.org.au</p>

WALKING GROUPS

Various walking groups including social, men's, 10km, Nordic.

Annual membership \$10.

Mount Eliza Neighbourhood House

90 - 100 Canadian Bay Road, Mt Eliza

Mount Eliza Neighbourhood House

 9787 8160

 info@mountelizanh.com.au

 mountelizanh.com.au

WALKING GROUP

A friendly walking group to chat & enjoy a walk in the local community.

Moderate fitness required.

Meet in Tennis Court Car Park

Cnr Esplanade & Dominion Road, Mt Martha











Mount Martha House

 5974 2297



















 mountmarthahouse@mornpen.vic.gov.au

 mountmarthahouse.com.au














BOWLING, PETANQUE & CROQUET CLUBS

Group Information	Where	Contact
MORNINGTON BOWLING CLUB INC.	The Esplanade Mornington	 5975 2470  morningtonbowlingclub.org
MORNINGTON CIVIC BOWLS & SOCIAL CLUB	Civic Reserve Dunns Rd & Tyabb Road, Mornington	 5975 7434  morcivic@gmail.com
MORNINGTON CROQUET CLUB INC	Civic Reserve 350 Dunns Road, Mornington	Anthea Amos  5976 1318  morningtoncroquetclub@gmail.com  croquetvic.asn.au
MOUNT ELIZA BOWLING CLUB	90-100 Canadian Bay Road, Mt Eliza	 9787 3047  mtelizabowlingclub.com.au
MOUNT MARTHA BOWLS AND PETANQUE CLUB INC	45 Watson Road, Mt Martha	 5974 2894

COMMUNITY HOUSES & GARDENS













Group Information	Where	Contact
<p>BENTONS SQUARE COMMUNITY CENTRE</p> <p>Activities available include support Groups, health & wellbeing, crafts, computer classes.</p>	<p>Bentons Square Community Centre 145 Bentons Road, Mornington</p>	<p> 5977 2468</p> <p> communitycentre@bentonssquare.org.au</p> <p> bentonssquare.org.au</p>
<p>ECO LIVING DISPLAY CENTRE, Friday Garden Group</p>	<p>The Briars, 450 Nepean Highway, Mount Martha</p>	<p> 5950 1681</p> <p> environmental.education@mornpen.vic.gov.au</p> <p> mornpen.vic.gov.au/ecocentre</p>
<p>MORNINGTON COMMUNITY HOUSE</p> <p>A friendly and welcoming community facility, providing a safe and relaxed space for people to meet, learn new skills, and have fun. We offer a range of social and recreational activities that support our community to connect, learn, and contribute. We also offer room hire at reasonable rates.</p>	<p>Mornington Community House 3/91 Wilsons Road, Mornington</p>	<p> 5975 4772</p> <p> morningtoncommunityhouse@mornpen.vic.gov.au</p> <p> morningtoncommunityhouse.com.au</p>
<p>MT ELIZA NEIGHBOURHOOD HOUSE</p> <p>Activities include mah-jong, chess, craft, book exchange, computer classes.</p>	<p>Mt Eliza Neighbourhood House 90-100 Canadian Bay Road, Mt Eliza</p>	<p> 9787 8160</p> <p> info@mountelizanh.com.au</p> <p> mountelizanh.com.au</p>
<p>MOUNT MARTHA COMMUNITY HOUSE</p> <p>A range of activities including crafts, Chess club, Men's Groups, exercise groups and more.</p>	<p>Mount Martha Community House 466 Esplanade, Mt Martha</p>	<p> 5974 2297</p> <p> mountmarthahouse@mornpen.vic.gov.au</p> <p> mountmarthahouse.com.au</p>
<p>MORNINGTON COMMUNITY GARDEN</p> <p>The main goal of the garden is to provide our Community with access to a working environment within which they can enjoy themselves, garden, learn, and have contact with like minded people, and share their experiences. Come and grow veggies, learn with</p>	<p>Mitchell Street Mornington</p>	<p>Winston</p> <p> 0407 164 420</p> <p> dig-itcomgarden@hotmail.com</p> <p> dig-it-garden.weebly.com</p>

MEN'S SHEDS

Group Information	Where	Contact
<p>PENINSULA NORTH MEN'S SHED</p> <p>Meet other people like your self and bring any ideas or activities with you that you may be able to share with others.</p>	<p>211 Baxter-Tooradin Road, Baxter</p>	<p>Bob Steward</p> <p> 0492 984 825</p> <p> baxtermensshed@pnmsbaxter.org.au</p> <p> pnmsbaxter.org.au</p>
<p>MORNINGTON RAILWAY MEN'S SHED</p>	<p>Mornington</p>	<p>Geoff Blake</p> <p> 1300 767 274</p> <p> secretary@morningtonrailway.org</p> <p> morningtonrailway.org.au</p>
<p>MORNINGTON MEN'S SHED</p> <p>A place for nurturing mate-ship and creating feelings of belonging. A structured program for advancing Men's health and well being.</p>	<p>Mornington Community House 2/91 Wilsons Road, Mornington</p>	<p> 0482 019 490</p> <p> mensshedmornington@gmail.com</p> <p> morningtonms.mpmsn.com.au</p>
<p>MT ELIZA MEN'S SHED</p> <p>A place for blokes to gather, work and support each other. Activities include community projects and woodwork.</p>	<p>Mount Eliza Country Club 32 Old Mornington Road, Mount Eliza (rear of the building)</p>	<p>Rod Wickes</p> <p> 0415 448 562</p> <p> mountelizamensshed.org</p>
<p>NEW PENINSULA MEN'S SHED</p> <p>A place where men can come together in a safe, supportive, friendly and creative environment. Work on your own project, or get involved in community projects.</p>	<p>370 Craigie Road Mount Martha</p>	<p>Andrew Doncovio</p> <p> npmensshed@gmail.com</p> <p> mtmarthams.mpmsn.com.au</p>

SENIORS GROUPS

Group Information	Where	Contact
<p>MORNINGTON SENIOR CITIZENS CENTRE</p> <p>Bowls, Bingo, Scrabble, Computer Classes, Dancing, Outings.</p>	<p>Mornington Senior Citizens Club 11 Flinders Drive Mornington</p>	<p>Henri Hopmans</p> <p>☎ 5975 3688</p> <p>✉ morningtonseniors@gmail.com</p> <p>🌐 morningtonseniorcitizensclub.com</p>
<p>PENINSULA THEOSOPHICAL GROUP (PTG)</p> <p>Monthly Sunday meetings (first Sunday of the month 12.30 - 15.30) includes a meditation, shared veg lunch followed by a speaker on various spiritual topics</p>	<p>Mornington Community House 3/91 Wilsons Road, Mornington</p>	<p>Alice Opper</p> <p>☎ 0439 563 313</p> <p>✉ aopper@bigpond.net.au</p> <p>🌐 austheos.org.au/centres/mpg/</p>
<p>MORNINGTON RAILWAY PRESERVATION SOCIETY INC</p>	<p>Mornington</p>	<p>☎ 1300 767 274</p> <p>✉ secretary@morningtonrailway.org</p> <p>🌐 morningtonrailway.org.au</p>
<p>THE EMBROIDERERS GUILD OF VICTORIA - MORNINGTON BRANCH</p> <p>A friendly, helpful and welcoming club. Come along to learn specific techniques and general embroidery skills.</p>	<p>Mt Eliza Community Centre Canadian Bay Road, Mount Eliza</p>	<p>Barbara</p> <p>☎ 0411 381 154</p> <p>✉ mornington@embroiderersguildvic.org</p> <p>🌐 embroiderersguildvic.org</p>
<p>LADIES PROBUS CLUB OF MOUNT ELIZA VILLAGE INC</p> <p>Outings, film, social dining, book club, scrabble, solo and guest speakers.</p>	<p>Uniting Church 93 Canadian Bay Road, Mount Eliza</p>	<p>Fay</p> <p>☎ 9787 1665</p>
<p>MOUNT ELIZA CENTRAL PROBUS CLUB INC.</p> <p>Golf, caravan & camping, bowls, book club, cards, theatre, outings and cinema. Monthly meeting with guest speakers.</p>	<p>Uniting Church 93 Canadian Bay Road, Mount Eliza</p>	<p>☎ 0409 962 151</p> <p>✉ acunha15@bigpond.com</p>

<p>MOUNT ELIZA FIFTY-FIVE PLUS CLUB INC</p> <p>Table tennis, indoor carpet bowls, snooker, dancing, cards, games, exercise, tai chi, films, outings and trips.</p>	<p>Mount Eliza Fifty-Five Plus Club 90b Canadian Bay Road, Mount Eliza</p>	<p>Leigh Eustace</p> <p> 9787 8170</p> <p> mail@mteliza55plusclub.org.au</p> <p> mteliza55plusclub.com</p>
<p>MOUNT MARTHA SENIOR CITIZENS CLUB</p> <p>Indoor bowls, cards, games, outings, trips, BBQ</p>	<p>Mount Martha Community House Cnr Dominion Road & Esplanade, Mount Martha</p>	<p>Dave Chamberlain Vice President</p> <p> 0427 188 896</p> <p> seniorsclubmountmartha@gmail.com</p>
<p>PENINSULA DUTCH SENIOR SOCIAL CLUB</p>	<p>Bentons Square Community Centre 145 Bentons Road, Mount Martha</p>	<p>Ms Liz Finucan</p> <p> 5977 2468</p>
<p>MENTIS ASSIST</p> <p>A range of Social Support groups for people facing challenges with their mental health. Groups include shopping, outings, activities, etc. Some transport available for some activities.</p>	<p>Various Locations Morningson</p>	<p>Alison Cliff</p> <p> 5970 5000</p> <p> info@mentisassist.org.au</p> <p> mentisassist.org.au</p>
<p>UNIVERSITY OF THE THIRD AGE (U3A) - MORNINGTON</p> <p>U3A is a community of people sharing knowledge and skills! With more than 200 courses, members enjoy a wide range of classes, social activities and the opportunity to make new friends in a relaxed and stimulating environment.</p>	<p>Currawong Community Centre Currawong Street Morningson</p>	<p> 5975 9773</p> <p> office@u3amornington.org.au</p> <p> u3amornington.org.au</p>