Physical Activity Directory for Older People
2011 - 2012

Mornington Region
Moorooduc
Mornington
Mount Martha
Teurong

Produced by Ageing Well,
Peninsula Health Community Health
www.peninsulahealth.org.au/ageingwell
Ageing Well
Peninsula Health - Community Health

are pleased to present the

If you require further information please contact
Ageing Well on: (03) 9784 8320

The Physical Activity Guidelines recommend all persons should speak to their GP or health professional prior to commencing physical activity exercise programs.
(Department of Health and Ageing)
ABOUT THE DIRECTORY

The Physical Activity Directory for Older People lists physical activity programs in the Frankston and Mornington Peninsula region that are suitable for the ageing population and those with chronic health conditions. This directory does not include all programs that are available within the region, but focuses on groups that are conducted in accessible venues and run by qualified and trained leaders.

HOW TO USE THE DIRECTORY

The directory includes groups located from Chelsea to Sorrento, and across to Hastings. The groups have first been divided into four sub-regions:

- **Frankston** (Aspendale, Carrum Downs, Chelsea, Cranbourne, Frankston, Langwarrin, Patterson Lakes, Seaford)
- **Mornington** (Moorooduc, Mornington, Mt. Eliza, Mt. Martha)
- **Southern Peninsula** (Blairgowrie, Dromana, Rosebud, Rye, Sorrento, Tootgarook)
- **Westernport** (Crib Point, Hastings, Somerville)

Programs listed in the directory are separated into group type, then, ordered alphabetically by location within each sub-region. Group types include:

- Dancing
- Education
- General Exercise Groups
- Individually Tailored Exercise
- Leisure
- Strengthening Programs
- Tai Chi / Yoga / Pilates
- Walking / Cycling
- Water Exercise

For information on other groups that are available please contact:

- **Frankston Community Support and Information Centre** Ph: (03) 9768 1600
- **Mornington Community Support and Information Centre** Ph: (03) 5975 1644
- **Southern Peninsula Community Support and Information Centre** Ph: (03) 5986 1285
- **Western Port Community Support and Information Centre** Ph: (03) 5979 2762
- **Go for your life Information Line** Ph: 1300 73 98 99

Disclaimer: This directory does not eliminate the need for referring health professionals to make specific enquiries regarding listed groups to ensure suitability for individual needs. To the best of our knowledge, the information within this directory is correct at the time of printing.
AGESTRONG

Agestrong is a group strength and balance program designed for older people who no longer feel confident to access mainstream exercise programs.

Agestrong has been designed by local allied health professionals.

The program includes exercises using small weights to work all the major muscle groups of the body. All exercises have 2-3 levels of difficulty which can be tailored to individual needs. All programs include a warm up and stretching.

For more information
Call: 9788 1319
Email: Agestrong@phcn.vic.gov.au
Web: www.peninsulahealth.org.au/agestrong

DANCING

Physical activity in the form of dancing has various benefits for older adults, including developing and maintaining core postural support, balance, flexibility and increased physical endurance. Dancing is also a way of expanding one’s social activity, community involvement, and self expression.

Various forms of dancing have the ability to build confidence levels in those who may be at risk of falls, as well as decreasing isolation and loneliness.

(Alpert et al., 2009; McKinley et al., 2009)

LEISURE

Leisure groups listed within the directory include activities such as table tennis, indoor bowls, croquet, and billiards. Leisure is an important aspect of physical and mental health and social wellbeing.

(Kielhofner, 2002)
STRENGTHENING & GENTLE AEROBICS

Strengthening and gentle aerobics have endless benefits for older adults and those with chronic illness. Research shows that strength training and gentle exercise classes have the ability to increase not only functional mobility and independence in all areas of daily living, but also increase balance, decrease blood pressure, lower the risk of stroke, increase bone density and prevent falls.

(Howe et al., 2009)

TAI CHI / YOGA / PILATES

Tai Chi is extremely valuable in promoting the health of older adults as well as improving concentration and overall well-being.

A branch of the Chinese martial arts, Tai Chi has been practiced for general health and fitness purposes since the 16th Century. Health benefits are derived from the slow, and gentle movements which relax the mind and body, improve mobility, and mental alertness.

There is a large body of evidence surrounding the specific benefits of Tai Chi for older adults. Findings surrounding these benefits include decreased risk of falls and related injuries, decreased anxiety, increased positive mood and self esteem, increased cardio respiratory function, increased muscle strength, as well as increased flexibility, balance and core postural support.

Yoga is aimed to unite the mind, body and spirit. It helps you become more aware of your body's posture, movement. Yoga makes the body more flexible and helps you relax even in when you are stressed.

Much research has been undertaken, looking at the health benefits of Yoga - from the postures, to the breathing, and meditation. Some of the many benefits include; improved balance, sleep, endurance, posture, joint range of motion and energy, as well as other physiologic responses such as decreased blood pressure, respiratory rate and improved cardiovascular function.

(Yao, Giordani, Alexander, 2008; Tai Chi Australia, 2009)
WATER EXERCISES

Water exercises are especially good for older adults with joint problems such as osteoarthritis, rheumatoid arthritis or those who have general weight bearing difficulties. Water exercise requires you to support only 50 per cent of your body weight. Water exercises place little strain on joints, improves muscular tension, and increases energy levels.

Water exercises are gentle on joints and have proven cardiovascular benefits as well as increasing muscular tone and flexibility.

(Tsourlou et al., 2006)

WALKING

The benefit of attending walking groups includes building fitness and endurance under the supervision of walk leaders. Walking is a fantastic low cost option to physical activity and can be done in a social group environment or on your own. As well as both indoors and outdoors.

(Praet et al., 2008)

REFERENCES


# Mornington Region

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Moorooduc | Mornington
Mt Eliza   | Mt Martha   | Teurong
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<tr>
<td><strong>Venue:</strong> Moorooduc Hall &lt;br&gt;Cnr Bentons Rd &amp; Derril Rd</td>
<td><strong>Contact:</strong> June</td>
<td>5975 0118</td>
</tr>
<tr>
<td><strong>Merways Ref:</strong> 146 H9</td>
<td><strong>Led By:</strong> Trained Dance Instructor</td>
<td></td>
</tr>
<tr>
<td><strong>Times:</strong> Thu 10.00am - 12.00pm</td>
<td><strong>Group Access:</strong></td>
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<tr>
<td><strong>Cost:</strong> $10 per session</td>
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<td><strong>Prerequisites:</strong> Good balance required</td>
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<tr>
<td><strong>Activities:</strong> Low impact line dancing, all ages welcome, no partner needed. Tea and coffee supplied. Weekly door prizes</td>
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</tr>
<tr>
<td><strong>Times:</strong> Thu 1.00 - 2.00pm</td>
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<tr>
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<td><strong>Contact:</strong> June</td>
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<tr>
<td><strong>Merways Ref:</strong> 146 H9</td>
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<tr>
<td><strong>Times:</strong> Mon 7.00 - 9.00pm</td>
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<td><strong>Prerequisites:</strong> Good balance required</td>
<td><strong>Transport:</strong></td>
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<tr>
<td><strong>Activities:</strong> Low impact line dancing, all ages welcome, no partner needed. Tea and coffee supplied. Weekly door prizes</td>
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</tbody>
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## Montana Line Dancing - Advanced

**Venue:** St Peters Church Hall  
Cnr Albert & Octavia Sts  
**Melways Ref:** 104 D11  
**Times:** Tue 12.00 - 2.00pm  
**Cost:** $10 per session  
**Prerequisites:** Good balance required  
**Activities:** Low impact line dancing, all ages welcome, no partner needed. Tea and coffee supplied. Weekly door prizes  
**Contact:** June 5975 0118  
**Led By:** Trained Dance Instructor  
**Group Access:** WA - Members with walking aids welcome  
**Transport:** Disabled access  

## Dancing

**Venue:** Mt Eliza Senior Citizens Club  
90 - 100 Canadian Bay Rd  
**Melways Ref:** 105 F2  
**Times:** Tue 10.00 - 12.00pm  
Thu 10.00 - 12.00pm  
Thu 1.00 - 4.00pm  
**Cost:** $2 per session (includes tea and biscuits)  
**Prerequisites:** Annual membership $5 ($10 for first year)  
**Activities:** New Vogue dancing  
**Contact:** Mount Eliza Senior Citizens 9787 8170  
**Led By:** Volunteer  
**Group Access:** WA - MF  
**Venue Access:** Disabled access  
**Transport:** Bus 781, 784, 785  

## Tea Dance

**Venue:** Mt Eliza Senior Citizens Club  
90 - 100 Canadian Bay Rd  
**Melways Ref:** 105 F2  
**Times:** 1st & 3rd & 5th Sun of month 2.00 - 4.00pm  
**Cost:** $2 per session (includes tea and biscuits)  
**Prerequisites:** Annual membership $5 ($10 for first year)  
**Activities:** Tea dance  
**Contact:** Mount Eliza Senior Citizens 9787 8170  
**Led By:** Volunteer  
**Group Access:** MF  
**Venue Access:** Disabled access  
**Transport:** Bus 781, 784, 785
Montana Line Dancing - Advanced  30 - 80+  Mt Martha

<table>
<thead>
<tr>
<th>Venue:</th>
<th>Community One Inc. Cnr Dominion Rd &amp; Esplanade</th>
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<tr>
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<td>Transport:</td>
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<tr>
<td>Activities:</td>
<td>Low impact line dancing, all ages welcome, no partner needed. Tea and coffee supplied. Weekly door prizes</td>
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</table>

Group Access  SA - Exercise available in Sitting  WA - Members with walking aids welcome  MF - Exercises can be modified for frailer people
### Circuit Breakers

**Venue:** David Collings Leisure Centre
Dunns Rd

**Melways Ref:** 145 H4

**Times:** Wed 10.00 - 11.00am

**Cost:** $8 per session ($60 for 10 sessions)

**Activities:** Circuit based classes for Prime Movers utilising cardio and resistance training exercises to help increase fitness and health

**Contact:** David Collings Leisure Centre
5975 0133

**Led By:** Trained Leader

**Group Access:**

**Venue Access:** Disabled access

**Transport:**

**Prerequisites:**

### Prime Movers

**Venue:** David Collings Leisure Centre
Dunns Rd

**Melways Ref:** 145 H4

**Times:** Mon & Fri 8:30am - 9.30am

**Cost:** $8 per session ($60 for 10 sessions)

**Activities:** Gentle low impact exercise class designed for those young at heart or returning to exercise. The class is designed with basic moves and non complex routines.

**Contact:** David Collings Leisure Centre
5975 0133

**Led By:** Trained Leader

**Group Access:** MF

**Venue Access:** Disabled access

**Transport:**

**Prerequisites:**

### Get Fit Vet Fit

**Venue:** David Collings Leisure Centre
Dunns Rd

**Melways Ref:** 145 H4

**Times:** Mon 12.30pm
Fri 10.30am

**Cost:** $6 per session ($50 for 10 sessions)

**Activities:** A class specifically designed for Veterans. Various physical activities and advice on adopting a healthier lifestyle

**Contact:** David Collings Leisure Centre
5975 0133

**Led By:** Trained Leader

**Group Access:**

**Venue Access:** Disabled access

**Transport:**

**Prerequisites:**

Group Access
SA - Exercise available in Sitting
WA - Members with walking aids welcome
MF - Exercises can be modified for frailer people
### Fifty to Infinity

**Venue:** Studio @ PCT
Wilson's Rd

**Melways Ref:** 145 E2

**Times:** Wed & Fri 9.00 - 10.00 am

**Cost:** $9 per class or $7 if attend more than once a week

**Prerequisites:** Good balance required

**Activities:** Low impact exercise to music. Includes tummy, hips and thighs.

**Contact:** Sue Emanuel
0416 148 853

**Led By:** Trained Leader

**Group Access:**

**Venue Access:** Disabled access

**Transport:**

**Ref:**

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### Older Adults Fitness

**Venue:** Mt Eliza Family Fitness
185 Mt Eliza Way

**Melways Ref:** 105 F3

**Times:** Tue & Fri 10.30 am - 11.30 am

**Cost:** $6.50 per session

**Prerequisites:**

**Activities:** Gentle group movement to music

**Contact:** Reception
9787 4442

**Led By:** Trained Leader

**Group Access:**

**Venue Access:** Paved with small step

**Transport:**

**Ref:**

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### Gentle Exercises

**Venue:** Mt Eliza Senior Citizens Club
90 - 100 Canadian Bay Rd

**Melways Ref:** 105 F2

**Times:** Wed 9.30 am

**Cost:** $2 per session
(includes tea and biscuits)

**Prerequisites:** Annual membership $5
($10 for first year)

**Activities:** Gentle group exercises

**Contact:** Mount Eliza Senior Citizens
9787 8170

**Led By:** Volunteer

**Group Access:** WA MF

**Venue Access:** Disabled access

**Transport:** Bus 781, 784, 785

**Ref:**
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<tr>
<td><strong>Transport:</strong></td>
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<tr>
<td><strong>Activities:</strong></td>
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</table>
**Lungs in Action**

**Venue:** David Collings Leisure Centre
Dunns Rd

**Melways Ref:** 145 H4

**Times:** Thu 12.00 - 1.00pm

**Cost:** $6.40 per session

**Prerequisites:** Must have completed a Pulmonary Rehab Program and undergo assessment

**Activities:** A group exercise program for people with respiratory problems. Everyone has an individualised program including strength training and cardiovascular exercise.

**Contact:** David Collings Leisure Centre
5975 0133

**Led By:** Trained Leader

**Group Access:** WA MF SA

**Venue Access:** Disabled access

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**Pulmonary Rehab Program**

**Venue:** Community Health Mornington
62 Tanti Ave

**Melways Ref:** 104 F11

**Times:** Tue & Thu afternoon

**Cost:** $5 per session

**Prerequisites:** Must be diagnosed with respiratory conditions. Preferable to have a referral and a recent lung function test.

**Activities:** A 6 week education and exercise course for people with chronic lung disease. Includes a pre and post assessment. Course book costs $10 and should be purchased in the first class

**Contact:** Community Health ACCESS
1300 665 781

**Led By:** Trained Leader

**Group Access:** WA MF SA

**Venue Access:** Disabled access

**Transport:**
<table>
<thead>
<tr>
<th><strong>Association Croquet - Training &amp; Beginners</strong></th>
<th><strong>All Ages</strong></th>
<th><strong>Mornington</strong></th>
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</table>
| **Venue:** Civic Reserve  
Cnr M’ton-Tyabb & Dunns Rd | **Contact:** Howard  
9787 2218 |                |
| **Melways Ref:** 145 H4 | **Led By:** Trained Leader |                |
| **Times:** Tue & Thu 9.30am | **Group Access:** |                |
| **Cost:** Free | **Venue Access:** |                |
| **Prerequisites:** None | **Transport:** Bus to Dunns Rd |                |
| **Activities:** Opportunity to trial the game. | | |

<table>
<thead>
<tr>
<th><strong>The Monday Group</strong></th>
<th><strong>50 - 100</strong></th>
<th><strong>Mt Eliza</strong></th>
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</table>
| **Venue:** Mount Eliza Village Neighbourhood Centre  
90 - 100 Canadian Bay Rd | **Contact:** Mt Eliza Neighbourhood House  
9787 8160 |                |
| **Melways Ref:** 105 F2 | **Led By:** Trained Leader |                |
| **Times:** Mon 10.30am - 3.30pm | **Group Access:** WA MF SA |                |
| **Cost:** $8 per session  
$11 for outings | **Venue Access:** Car Park adjoining building  
Disabled access |                |
| **Prerequisites:** HACC Eligible | **Transport:** |                |
| **Activities:** Gentle exercises, Bingo, Varied activities eg painting, craft | | |

<table>
<thead>
<tr>
<th><strong>Bowls</strong></th>
<th><strong>55 - 85+</strong></th>
<th><strong>Mt Eliza</strong></th>
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</table>
| **Venue:** Mt Eliza Senior Citizens Club  
90 - 100 Canadian Bay Rd | **Contact:** Mount Eliza Senior Citizens  
9787 8170 |                |
| **Melways Ref:** 105 F2 | **Led By:** Volunteer |                |
| **Times:** Mon 1.00 - 4.00pm  
Wed 1.00 - 4.00pm  
Sat 1.00 - 4.00pm | **Group Access:** WA MF |                |
<p>| <strong>Cost:</strong> $2 per session (includes tea and biscuits) | <strong>Venue Access:</strong> Disabled access |                |
| <strong>Prerequisites:</strong> Annual membership $5 ($10 for first year) | <strong>Transport:</strong> Bus 781, 784, 785 |                |
| <strong>Activities:</strong> Indoor Bowls | | |</p>
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<th><strong>Mt Eliza Sen. Citizens Club - Snooker</strong></th>
<th><strong>55 - 85+</strong></th>
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<td><strong>Contact:</strong> Mount Eliza Senior Citizens 9787 8170</td>
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<tr>
<td><strong>Times:</strong></td>
<td>Mon, Wed &amp; Thu 1.00 - 4.00pm Sat 9.00am</td>
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<th><strong>Table Tennis</strong></th>
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<th>Mt Eliza</th>
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<td><strong>Venue:</strong></td>
<td>Mt Eliza Senior Citizens Club 90 - 100 Canadian Bay Rd</td>
<td><strong>Contact:</strong> Mount Eliza Senior Citizens 9787 8170</td>
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<tr>
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<td>Table Tennis</td>
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</table>
## STRENGTHENING PROGRAMS

### Active Adults 55+

**Venue:** Optima Health & Fitness  
7 Milgate Dve  
**Contact:** Reception  
5976 4000

**Melways Ref:** 145 K3  
**Led By:** Trained Leader  
**Times:** Tue & Thu 12.00 - 1.00pm  
**Group Access:** SA MF  
**Cost:** $5 per class  
**Venue Access:** Disabled Access  
**Prerequisites:** GP Certificate, Initial Assessment (costs $20)  
**Activities:** Strength training to improve strength, balance, gait & flexibility

### Stay On Your Feet - Chair based All Ages

**Venue:** David Collings Leisure Centre  
Dunns Rd  
**Contact:** Community Health ACCESS  
1300 665 781

**Melways Ref:** 145 H4  
**Led By:** Trained Leader  
**Times:** Thu 2.00 - 3.00pm  
**Group Access:** SA WA MF  
**Cost:** $5.40 per session  
**Venue Access:** Disabled access  
**Prerequisites:** GP or Physio Assessment  
**Activities:** An Agestrong Exercise Program, see page 3 for details

### Stay On Your Feet - Entry 50+

**Venue:** David Collings Leisure Centre  
Dunns Rd  
**Contact:** Community Health ACCESS  
1300 665 781

**Melways Ref:** 145 H4  
**Led By:** Trained Leader  
**Times:** Thu 12.45 - 1.45pm  
**Group Access:** MF  
**Cost:** $5.40 per session  
**Venue Access:** Disabled access  
**Prerequisites:** GP or Physio Assessment  
**Activities:** An Agestrong Exercise Program, see page 3 for details
### Strengthening Programs

#### Stay On Your Feet - Self Management
- **Venue:** David Collings Leisure Centre, Dunns Rd
- **Contact:** Community Health ACCESS 1300 665 781
- **Led By:** Trained Leader
- **Times:** Fri 1.00 - 2.00pm & 2.15 - 3.15pm
- **Cost:** $5.40 per session
- **Prerequisites:** Completed an Agestrong Entry Program
- **Activities:** An Agestrong Exercise Program, see page 3 for details

#### Living Longer Living Stronger
- **50+**
- **Venue:** David Collings Leisure Centre, Dunns Rd
- **Contact:** David Collings Leisure Centre 5975 0133
- **Led By:** Trained Leader
- **Times:** Mon 9.30am & 10.45am, Thu 10.00am & 10.45am, Fri 9.30am
- **Cost:** $5.00 per session
- **Prerequisites:** An orientation session (bookings essential)
- **Activities:** A program with leaders that will guide you through your own fitness and strength program whilst you exercise with others

#### Living Longer Living Stronger
- **60+**
- **Venue:** Mt Eliza Family Fitness, 185 Mt Eliza Way
- **Contact:** Reception 9787 4442
- **Led By:** Trained Leader
- **Times:** Wed 10.30am
- **Cost:** Contact for pricing
- **Prerequisites:** $40 assessment
- **Activities:** Endorsed COTA program

---

*Group Access*: SA - Exercise available in Sitting
*WA*: Members with walking aids welcome
*MF*: Exercises can be modified for frailer people
## STRENGTHENING PROGRAMS

### Active One Group Exercise Classes

<table>
<thead>
<tr>
<th>Venue: Mt Martha Community House Cnr Dominion Rd &amp; Esplanade</th>
<th>50+</th>
<th>Contact: Trent Malcolm 8707 0830</th>
</tr>
</thead>
<tbody>
<tr>
<td>Melways Ref: 144 J12</td>
<td>Led By: Exercise Physiologist</td>
<td></td>
</tr>
<tr>
<td>Times: Tue 3.00 - 4.00pm</td>
<td>Group Access:</td>
<td></td>
</tr>
<tr>
<td>Cost: $16.50 per session ($10.50 for pensioners)</td>
<td>Venue Access: Disabled access</td>
<td></td>
</tr>
<tr>
<td>Rebates available - Diabetes/Private health</td>
<td>Transport:</td>
<td></td>
</tr>
<tr>
<td>Prerequisites: GP certificate preferred but not essential</td>
<td>Activities: Strength training, balance &amp; coordination, health &amp; motivation coaching.</td>
<td></td>
</tr>
</tbody>
</table>
**PHYSICAL ACTIVITY DIRECTORY – MORNINGTON REGION**

### TAI CHI / YOGA / PILATES

#### Body Balance
- **Venue:** Kings Swim Centre
  5 St Catherines Ct
- **Melways Ref:** 143 H3
- **Times:** Seasonal, contact for times
- **Cost:** Casual - $15
  Book of 10 - $110
  (10% discount for snrs cards)
- **Prerequisites:** GP certificate if underlying condition
- **Activities:** A mixture of Tai Chi, Yoga and Pilates involving stretching.
- **Contact:** Reception
  5975 0777
- **Led By:** Trained Leader
- **Group Access:** MF
- **Venue Access:** Disabled access
- **Transport:**

#### Tai Chi - Beginners
- **Venue:** Mornington Masonic Centre
  69 Barkly St
- **Melways Ref:** 104 E11
- **Times:** Mon 9:30 - 10:30am
- **Cost:** $4 per session (paid by term)
- **Prerequisites:** Completion of self medical assessment (and review by physio if required)
- **Activities:** Gentle Tai Chi movements based on Arthritis Victoria program
- **Contact:** Community Health ACCESS
  1300 665 781
- **Led By:** Trained Volunteer
- **Group Access:** WA MF
- **Venue Access:** Disabled access
- **Transport:** Near Bus Routes 784 & 786

#### Tai-Chi - Intermediate
- **Venue:** Mornington Masonic Centre
  69 Barkly St
- **Melways Ref:** 104 E11
- **Times:** Mon 9:30 - 10:30am
- **Cost:** $4 per session (paid by term)
- **Prerequisites:** Completion of beginners program
- **Activities:** Learning further movements based on the Arthritis Victoria program
- **Contact:** Community Health ACCESS
  1300 665 781
- **Led By:** Trained Volunteer
- **Group Access:** WA
- **Venue Access:** Disabled access
- **Transport:** Near Bus Routes 784 & 785
<table>
<thead>
<tr>
<th>Activity</th>
<th>All Ages</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tai-Chi - Maintenance</td>
<td>All Ages</td>
<td>Mornington</td>
</tr>
<tr>
<td>Venue:</td>
<td>Mornington Masonic Centre 69 Barkly St</td>
<td></td>
</tr>
<tr>
<td>Melways Ref:</td>
<td>104 E11</td>
<td></td>
</tr>
<tr>
<td>Times:</td>
<td>Mon 11.00 -12.00pm</td>
<td></td>
</tr>
<tr>
<td>Cost:</td>
<td>$4 per session (paid by term)</td>
<td></td>
</tr>
<tr>
<td>Prerequisites:</td>
<td>Completion of advanced program</td>
<td></td>
</tr>
<tr>
<td>Activities:</td>
<td>Further development of skills learnt in beginners classes</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Contact:</td>
<td>Community Health ACCESS 1300 665 781</td>
</tr>
<tr>
<td></td>
<td>Led By:</td>
<td>Trained Volunteer</td>
</tr>
<tr>
<td></td>
<td>Group Access:</td>
<td>WA</td>
</tr>
<tr>
<td></td>
<td>Venue Access:</td>
<td>Disabled access</td>
</tr>
<tr>
<td></td>
<td>Transport:</td>
<td>Near Bus Routes 784 &amp; 788</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Tai-Chi - Advanced</th>
<th>All Ages</th>
<th>Mornington</th>
</tr>
</thead>
<tbody>
<tr>
<td>Venue:</td>
<td>Mornington Masonic Centre 69 Barkly St</td>
<td></td>
</tr>
<tr>
<td>Melways Ref:</td>
<td>104 E11</td>
<td></td>
</tr>
<tr>
<td>Times:</td>
<td>Mon 11.00 -12.00pm Tue 10.00 - 11.00am</td>
<td></td>
</tr>
<tr>
<td>Cost:</td>
<td>$4 per session (paid by term)</td>
<td></td>
</tr>
<tr>
<td>Prerequisites:</td>
<td>Completion of advanced program</td>
<td></td>
</tr>
<tr>
<td>Activities:</td>
<td>Further development of skills learnt in beginners classes</td>
<td></td>
</tr>
<tr>
<td>Contact:</td>
<td>Community Health ACCESS 1300 665 781</td>
<td></td>
</tr>
<tr>
<td>Led By:</td>
<td>Trained Volunteer</td>
<td></td>
</tr>
<tr>
<td>Group Access:</td>
<td>WA</td>
<td></td>
</tr>
<tr>
<td>Venue Access:</td>
<td>Disabled access</td>
<td></td>
</tr>
<tr>
<td>Transport:</td>
<td>Near Bus Routes 784 &amp; 788</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Yoga</th>
<th>All Ages</th>
<th>Mornington</th>
</tr>
</thead>
<tbody>
<tr>
<td>Venue:</td>
<td>Optima Health &amp; Fitness 7 Milgate Dve</td>
<td></td>
</tr>
<tr>
<td>Melways Ref:</td>
<td>145 K3</td>
<td></td>
</tr>
<tr>
<td>Times:</td>
<td>Tue 7.30pm Fri 10.35am Sat 10.00am</td>
<td></td>
</tr>
<tr>
<td>Cost:</td>
<td>$15 per class</td>
<td></td>
</tr>
<tr>
<td>Prerequisites:</td>
<td>Gentle yoga exercises</td>
<td></td>
</tr>
<tr>
<td>Activities:</td>
<td>Reception 5976 4000</td>
<td></td>
</tr>
<tr>
<td>Contact:</td>
<td>Trained Leader</td>
<td></td>
</tr>
<tr>
<td>Venue Access:</td>
<td>Disabled access</td>
<td></td>
</tr>
<tr>
<td>Transport:</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Group Access SA - Exercise available in Sitting WA - Members with walking aids welcome MF - Exercises can be modified for frailer people
## TAI CHI / YOGA / PILATES

<table>
<thead>
<tr>
<th>Pilates</th>
<th>All Ages</th>
<th>Mornington</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Venue:</strong> Optima Health &amp; Fitness 7 Milgate Dve</td>
<td><strong>Contact:</strong></td>
<td>Reception</td>
</tr>
<tr>
<td><strong>Melways Ref:</strong> 145 K3</td>
<td><strong>Led By:</strong></td>
<td>Trained Leader</td>
</tr>
<tr>
<td><strong>Times:</strong> Tue 9.20am, Thu 7.30pm</td>
<td><strong>Venue Access:</strong></td>
<td>Disabled access</td>
</tr>
<tr>
<td><strong>Cost:</strong> $15 per class</td>
<td><strong>Transport:</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Prerequisites:</strong> Pilates exercises</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Activities:</strong> Pilates exercises</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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<table>
<thead>
<tr>
<th>Tai-Chi - Maintenance</th>
<th>All Ages</th>
<th>Mornington</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Venue:</strong> David Collins Leisure Centre Dunns Rd</td>
<td><strong>Contact:</strong></td>
<td>Community Health ACCESS 1300 665 781</td>
</tr>
<tr>
<td><strong>Melways Ref:</strong> 145 H4</td>
<td><strong>Led By:</strong></td>
<td>Trained Volunteer</td>
</tr>
<tr>
<td><strong>Times:</strong> Thu 10.30 - 11.30am</td>
<td><strong>Group Access:</strong></td>
<td>WA</td>
</tr>
<tr>
<td><strong>Cost:</strong> $4 per session (paid by term)</td>
<td><strong>Venue Access:</strong></td>
<td>Disabled access</td>
</tr>
<tr>
<td><strong>Prerequisites:</strong> Completion of beginners program</td>
<td><strong>Transport:</strong></td>
<td>Near Bus Route 785</td>
</tr>
<tr>
<td><strong>Activities:</strong> Further development of skills learnt in beginners classes</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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<table>
<thead>
<tr>
<th>Tai Chi</th>
<th>55 - 85+</th>
<th>Mt Eliza</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Venue:</strong> Mt Eliza Senior Citizens Club 90 - 100 Canadian Bay Rd</td>
<td><strong>Contact:</strong></td>
<td>Mount Eliza Senior Citizens 9787 8170</td>
</tr>
<tr>
<td><strong>Melways Ref:</strong> 105 F2</td>
<td><strong>Led By:</strong></td>
<td>Volunteer</td>
</tr>
<tr>
<td><strong>Times:</strong> Wed 9.30 - 10.30am</td>
<td><strong>Group Access:</strong></td>
<td>WA MF</td>
</tr>
<tr>
<td><strong>Cost:</strong> $2 per session (includes tea and biscuits)</td>
<td><strong>Venue Access:</strong></td>
<td>Disabled access</td>
</tr>
<tr>
<td><strong>Prerequisites:</strong> Annual membership $5 ($10 for first year)</td>
<td><strong>Transport:</strong></td>
<td>Bus 781, 784, 785</td>
</tr>
<tr>
<td><strong>Activities:</strong> Tai Chi</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
# TAI CHI / YOGA / PILATES

<table>
<thead>
<tr>
<th><strong>Yoga &amp; Meditation</strong></th>
<th><strong>All Ages</strong></th>
<th><strong>Teurong</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Venue:</strong> Be Remarkable 600 Stumpy Gully Rd</td>
<td><strong>Contact:</strong> Lauren</td>
<td><strong>Contact:</strong> Lauren</td>
</tr>
<tr>
<td><strong>Melways Ref:</strong> 163 E2</td>
<td><strong>Led By:</strong> Trained Leader</td>
<td><strong>Led By:</strong> Trained Leader</td>
</tr>
<tr>
<td><strong>Times:</strong> Sat 7.00am Mon 7.00pm Wed 9.30am</td>
<td><strong>Group Access:</strong></td>
<td><strong>Group Access:</strong></td>
</tr>
<tr>
<td><strong>Cost:</strong> $21 casual (10% of for seniors)</td>
<td><strong>Venue Access:</strong> Disabled access</td>
<td><strong>Venue Access:</strong> Disabled access</td>
</tr>
<tr>
<td><strong>Prerequisites:</strong></td>
<td><strong>Transport:</strong></td>
<td><strong>Transport:</strong></td>
</tr>
<tr>
<td><strong>Activities:</strong> Gentle, accessible yoga suitable for all levels. Free assessment available prior to beginning classes.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**Walk for Wellness - Mornington Esplanade**

**Venue:** Meets in the Royal Hotel 770 Esplanade  
**Melways Ref:** 104 C10  
**Times:** Tue 10.00-11.30am  
**Cost:** Gold coin donation for morning tea  
**Prerequisites:** None  
**Activities:** A supported outdoor walking group. Includes warm up and refreshments. Seating available along the walking track.

**Contact:** Mornington Peninsula Shire 5950 1560  
**Led By:** Trained Leaders & Carers

---

**Mornington Centro Walks**

**Venue:** Centro Mornington Shopping Centre 78 Barkly St  
**Melways Ref:** 104 E11  
**Times:** Thu 7.45-8.45am  
**Cost:** Free  
**Prerequisites:** None  
**Activities:** Supported Walking Group. Group warm up / stretches followed by a walk around shopping centre (walk at own pace) finish with relaxing cool down

**Contact:** Centre Management Office 5976 1299  
**Led By:** Trained Leader

---

**Bicycle User Group - Mornington**

**Venue:** Meet at David Collings Leisure Centre Dunns Rd  
**Melways Ref:** 145 H4  
**Times:** Wed 10.00am  
**Cost:** Free  
**Prerequisites:** None  
**Activities:** Bring your bike along for a group ride on undulating terrain.

**Contact:** Mornington Peninsula Shire 5950 1560  
**Led By:** Volunteer

---

**Group Access**

SA - Exercise available in Sitting  
WA - Members with walking aids welcome  
MF - Exercises can be modified for frailer people
### Ramblers Walking Group

**55+**

**Venue:** Mount Eliza Village Neighbourhood Centre  
90 - 100 Canadian Bay Rd

**Contact:** Mt Eliza Neighbourhood House  
9787 8160

**Melways Ref:** 105 F2

**Led By:** Volunteer

**Times:** Sat afternoon - once a month for an all day walk. Please contact for times.

**Group Access:** WA on some walks

**Cost:** Annual membership $20

**Venue Access:** Wheelchair access available on some walks

**Prerequisites:** None

**Transport:**

**Activities:** Outdoor walk, weather permitting (don't walk if over 30 degrees)

---

### Steps to a Healthier Mount Eliza

**40+**

**Venue:** Mount Eliza Village Neighbourhood Centre  
90 - 100 Canadian Bay Rd

**Contact:** Mt Eliza Neighbourhood House  
9787 8160

**Melways Ref:** 105 F2

**Led By:** Volunteer

**Times:** Tue & Fri 9.15am - 10.15am

**Group Access:**

**Cost:** Free

**Venue Access:**

**Prerequisites:** None

**Transport:**

**Activities:** A medium level fitness walk 3-4km

---

### Walk and Talk Program

**All Ages**

**Venue:** Begin at Community One Inc.  
Cnr Esplanade & Dominion Rd

**Contact:** Community One Inc  
5974 2092

**Melways Ref:** 144 J12

**Led By:**

**Times:** Mon, Wed & Fri 9.15 - 10.15am

**Group Access:**

**Cost:** Free

**Venue Access:** Terrain includes hills

**Prerequisites:** Need to be independently mobile

**Transport:**

**Activities:** Break off into smaller groups (Brisk/Slower, variable distances). Dogs on leads welcome
## WATER EXERCISES

### Aquasize

<table>
<thead>
<tr>
<th>Venue:</th>
<th>Kings Swim Centre 5 St Catherines Ct</th>
<th>Contact:</th>
<th>Reception 5975 0777</th>
</tr>
</thead>
<tbody>
<tr>
<td>Melways Ref:</td>
<td>145 H3</td>
<td>Led By:</td>
<td>Trained Aqua Instructor</td>
</tr>
<tr>
<td>Times:</td>
<td>Mon - Thu 1.00 - 2.00pm</td>
<td>Group Access:</td>
<td>WA MF</td>
</tr>
<tr>
<td>Cost:</td>
<td>Casual - $11.90 Book of 10 - $90 Book of 20 - $160 (10% discount for snrs cards)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Prerequisites:</td>
<td>GP certificate if underlying condition</td>
<td>Transport:</td>
<td>Disabled access</td>
</tr>
<tr>
<td>Activities:</td>
<td>Simple rhythmic water exercise &amp; stretching</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Gentle Water Exercises

<table>
<thead>
<tr>
<th>Venue:</th>
<th>Kankama Cnr Racecourse &amp; M'ton-Tyabb Rds</th>
<th>Contact:</th>
<th>Community Health ACCESS 1300 665 781</th>
</tr>
</thead>
<tbody>
<tr>
<td>Melways Ref:</td>
<td>146 A4</td>
<td>Led By:</td>
<td>Trained Leader</td>
</tr>
<tr>
<td>Times:</td>
<td>Mon 3.00pm, Tue 3.00pm, Wed 9.45am, 11.00am &amp; 3.00pm, Thu 11.00am &amp; 3.00pm, Fri 9.45am, 10.45am &amp; 11.45am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cost:</td>
<td>$4 per session (paid by term)</td>
<td>Venue Access:</td>
<td>Disabled access. Pool has hoist</td>
</tr>
<tr>
<td>Prerequisites:</td>
<td>Physiotherapist Assessment</td>
<td>Transport:</td>
<td></td>
</tr>
<tr>
<td>Activities:</td>
<td>Water exercises. Work at own pace for strength and balance</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Aqua Aerobics

<table>
<thead>
<tr>
<th>Venue:</th>
<th>Mt Martha Swim Centre 62 Forest Dve</th>
<th>Contact:</th>
<th>Reception 5974 3400</th>
</tr>
</thead>
<tbody>
<tr>
<td>Melways Ref:</td>
<td>150 G8</td>
<td>Led By:</td>
<td>Trained Leader</td>
</tr>
<tr>
<td>Times:</td>
<td>Thu 12:30 - 1:15pm</td>
<td>Group Access:</td>
<td>WA</td>
</tr>
<tr>
<td>Cost:</td>
<td>$10 per session ($90 for book of 10)</td>
<td>Venue Access:</td>
<td>Disabled access but steep</td>
</tr>
<tr>
<td>Prerequisites:</td>
<td>None</td>
<td>Transport:</td>
<td></td>
</tr>
<tr>
<td>Activities:</td>
<td>Aqua aerobics, gentle movement in water, work at your own pace</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Group Access: SA - Exercise available in Sitting
WA - Members with walking aids welcome
MF - Exercises can be modified for frailer people
Additional copies of this directory can be requested through Ageing Well, Peninsula Health Community Health.

Phone: 9784 8320
Email: ageingwell@phcn.vic.gov.au

The directory can also be downloaded from: www.peninsulahealth.org.au/ageingwell