

## AREA 1

Patterson Lakes, Seaford,  
Carrum Downs, Langwarrin,  
Frankston North



PHYSICAL ACTIVITY	GENERAL EXERCISE GROUPS								
Group Information	Time	M	T	W	T	F	Where	Phone	Price
<b>SHAKE IT UP (GENTLE AEROBICS)</b> A combination of aerobics, dance, strength training and Pilates.	11.15am	X					Patterson Lakes Community Centre 54-70 Thompson Road Patterson Lakes	9772 8588	\$6.50 per session
<b>FLOW INTO FITNESS</b> No matter how young or old you are, maintaining your muscle and bone strength is vital. Our trainer will ensure everyone's needs are met in this fun fitness program.	1.30pm to 2.30pm			X			Belvedere Community Centre 36 Belvedere Road Seaford	9776 8922	\$10 per session or \$50 for a 6 session pass
<b>CIRCUIT MOVES</b> Improve your fitness and health while working through a series of exercise circuits. All ages and fitness levels welcome.	9.15am to 10.15am				X		Belvedere Community Centre 36 Belvedere Road Seaford	9776 8922	\$10 per session or \$50 for a 6 session pass
<b>JOHN'S FITNESS CLASS</b> Groove yourself into shape with John. Feel the music and let loose. Exercises, Zumba, stretch, resistance training and relaxation.	1pm	X					Frankston North Community Centre 26 Mahogany Avenue Frankston North	0407 567 306	\$6 per session

PHYSICAL ACTIVITY	INDIVIDUALLY TAILORED EXERCISE								
Group Information	Time	M	T	W	T	F	Where	Phone	Price
<b>PULMONARY REHAB PROGRAM</b> An 8 week education and exercise course for people with chronic lung disease. Includes a pre and post assessment. Must be diagnosed with respiratory conditions. Preferable to have a referral and a recent lung function test.	Afternoon		X		X		Patterson Lakes Community Centre 54-70 Thompson Road Patterson Lakes	1300 665 781	\$5 per session  (\$10 for pre and post assessment)
<b>EXERCISE PHYSIOLOGY</b> Exercise Physiology is prescribed and run by qualified Exercise Physiologists aimed at: Improving Cardiovascular Health, Type 2 Diabetes, Chronic conditions in a gentle small group atmosphere. All fitness levels and ages welcome. Medical clearance and individual assessment required.	Various times, contact for details						PACE Health Management 83-85 Cranbourne Road Langwarrin	9789 1233	Contact for details

PHYSICAL ACTIVITY	GENTLE EXERCISE									
	Group Information	Time	M	T	W	T	F	Where	Phone	Price
<b>TAI CHI</b> Gentle Tai Chi.	11am			X				Patterson Lakes Community Centre 54-70 Thompson Road Patterson Lakes	9772 8588	\$11 per session
<b>HATHA YOGA BEGINNERS TO INTERMEDIATE</b> Hatha yoga offers a gentle introduction to the most basic yoga postures leaving you feeling longer, looser and more relaxed. BYO mat and water bottle.	<b>Wed 10.30am &amp; 6.30pm Fri 9.30am</b>			X		X		Patterson Lakes Community Centre 54-70 Thompson Road Patterson Lakes	9772 8588	\$12.50 per session
<b>TAI CHI MOVES</b> Fun, energizing, flowing Tai Chi class in a small group setting. An effective means of alleviating stress and anxiety and considered a form of meditation in motion promoting serenity and peace.	<b>Tue 1pm to 2pm Thurs 10.30am</b>		X		X			Belvedere Community Centre 36 Belvedere Road Seaford	9776 8922	\$10 per session or \$50 for a 6 session pass
<b>TAI CHI QIGONG</b> This is a beautiful gentle flowing exercise routine that is a joy to do and is deeply relaxing. It can help improve your circulation, digestion, reduce mental stress and physical tension. Contact Community Centre for dates.	7pm to 8.15pm				X			Belvedere Community Centre 36 Belvedere Road Seaford	9776 8922	\$130 for 6 weeks
<b>GENTLE EXERCISE CLASS</b> Help improve strength, balance, flexibility, fitness and mobility. Good balance required.	9.30am				X			Lyrebird Community Centre 203-205 Lyrebird Drive Carrum Downs	9782 0133	\$9 per session
<b>TAI CHI</b> Tai Chi is an ancient Chinese system of slow flowing movements and shifts of balance to strengthen the body and assist confident ease of movement. Bookings essential.	11am during school term	X						Langwarrin Community Centre 2-6 Lang Road Langwarrin	9789 7653	\$110 per term

PHYSICAL ACTIVITY	GENTLE EXERCISE								
Group Information	Time	M	T	W	T	F	Where	Phone	Price
<b>YOGA WITH NIRMANA</b> Gentle stretching, yoga postures, breathing and relaxation. Suitable for Beginners to Intermediate. BYO yoga mat.	9.15am to 10.15am during school term		X			X	Frankston North Community Centre 26 Mahogany Avenue Frankston North	8773 9545	\$2 per session
<b>MEDITATION WITH TANIA</b> Learn how to meditate and practice mindfulness with Resident Yogi Tania. All levels welcome.	1.30pm to 2.30pm					X	Frankston North Community Centre 26 Mahogany Avenue Frankston North	8773 9545	\$3 per session

PHYSICAL ACTIVITY	LEISURE								
Group Information	Time	M	T	W	T	F	Where	Phone	Price
<b>MAHOGANY BOWLS CLUB</b> Indoor carpet bowls. Members compete in mixed teams of players.	9.30am to 12.30pm			X			Frankston North Community Centre 26 Mahogany Avenue Frankston North	8773 9545	\$4 per session

PHYSICAL ACTIVITY	DANCING								
Group Information	Time	M	T	W	T	F	Where	Phone	Price
<b>CIRCLE DANCING</b> Circle dance for 30 minutes, followed by social and ballroom dancing for 1 hour. Music will include cha cha, rock & roll, foxtrot, tango etc. No partners required.	10am 1st & 3rd Wed of the month			X			Patterson Lakes Community Centre 54-70 Thompson Road Patterson Lakes	9772 8588	\$2 per session

PHYSICAL ACTIVITY	STRENGTHENING PROGRAM								
Group Information	Time	M	T	W	T	F	Where	Phone	Price
<p><b>AGESTRONG</b> Group strength and balance program for people who no longer feel confident to exercise due to falls, health conditions or low confidence. Physio assessment required, contact Access to book in at your local Community Health Centre.</p>	Mornings		X		X		Patterson Lakes Community Centre 54-70 Thompson Road Patterson Lakes	1300 665 781	\$5.50 per session
<p><b>AGESTRONG</b> Group strength and balance program for people who no longer feel confident to exercise due to falls, health conditions or low confidence. Physio assessment required, contact Access to book in at your local Community Health Centre.</p>	Mornings	X				X	Lyrebird Community Centre 203-205 Lyrebird Drive Carrum Downs	1300 665 781	\$5.50 per session
<p><b>AGESTRONG</b> Group strength and balance program for people who no longer feel confident to exercise due to falls, health conditions or low confidence. Physio assessment required, contact Access to book in at your local Community Health Centre.</p>	Mornings			X		X	Langwarrin Community Centre 2-6 Lang Road Langwarrin	1300 665 781	\$6 per session
<p><b>AGESTRONG</b> Group strength and balance program for people who no longer feel confident to exercise due to falls, health conditions or low confidence. Physio assessment required, contact Access to book in at your local Community Health Centre.</p>	Mornings	X		X			Frankston North Community Centre 26 Mahogany Avenue Frankston North	1300 665 781	\$5.50 per session

PHYSICAL ACTIVITY	WALKING GROUPS								
Group Information	Time	M	T	W	T	F	Where	Phone	Price
<b>FRIENDLY WALKING GROUP</b> Unstructured leisure walking group in local area. Walk at own pace. Varied fitness levels of participants. Must be able to walk safely outdoors and have reasonable balance and fitness.	9.30am		X				Meets at Lyrebird Community Centre 203-205 Lyrebird Drive Carrum Downs	9782 0133	\$1 per session
<b>HEART &amp; SOLE WALKING GROUP</b> Walking group leaves from the centre. One group walk for 20 minutes and one group walk for 1 hour. Both meet for a cuppa and a chat at the centre.	9.15am 2 Groups	X					Frankston North Community Centre 26 Mahogany Avenue Frankston North	0417 513 639	Free

PHYSICAL ACTIVITY	WATER EXERCISE								
Group Information	Time	M	T	W	T	F	Where	Phone	Price
<b>WATER AEROBICS</b> Light cardio and resistance work in pool. Caters for all levels of ability and injuries. Bring bathers, towel and thongs.	Tues 11am  Wed 10am  Fri 9.30am						Langwarrin Sports Medicine 83-85 Cranbourne Road Langwarrin	9789 1233	\$15 per session

<b>SENIORS GROUPS</b>			
<b>Group Information</b>	<b>Where</b>	<b>Phone</b>	<b>Club Email &amp; Website</b>
<b>BELVEDERE BOWLS CLUB</b> Social bowls and competition bowls.	148R East Road Seaford	9776 8289	belvederebowls@bigpond.com www.belvederebowlsclub.com
<b>KALENKA INC.</b> English classes, bingo, cards, exercise, lunch, singing and lectures.	Seaford Community Centre Talbot Hall 1/6 Broughton Street Seaford	Ritta 9587 7061	
<b>SEAFORD SENIOR CITIZENS CLUB INC.</b> Bingo, games, trips, bowls, cards, pool, and mah-jong.	Seaford Community Centre Talbot Hall 1/6 Broughton Street Seaford	9785 1621	
<b>CARRUM DOWNS OVER 55'S</b> Indoor Bowls, Rummikub, pool and outings.	Seaford Community Centre Talbot Hall 1/6 Broughton Street Seaford	Terry 9766 4271 or 0403 311 145	
<b>RADUGA RUSSIAN SENIOR CITIZENS CLUB</b> English classes, exercise, lunch, singing and lectures.	Seaford Uniting Church Railway Parade Seaford	Yelena 9772 6858	
<b>CARRUM DOWNS SENIOR CITIZENS CLUB INC.</b> Card games, board games, pool tables, bingo and social time to chat with friends. Games Day every Tuesday. Excursions and social events.	Lyrebird Community Centre 203-205 Lyrebird Drive Carrum Downs	Carol 0412 877 449	cazcoops6@bigpond.com
<b>AVONDRUST AUXILIARY (TO DUTHCARE)</b> Luncheons and Dutch card afternoon. Kiosk is open daily.	Avondrust Village 1105 Frankston-Dandenong Road Carrum Downs	George 0427 221 040	
<b>CARRUM DOWNS PROBUS CLUB INC.</b> Croquet, mah-jong, 500, walking group, movies, lunch, Sunday travellers, dining out, theatre groups and bus trips.	Sands Hotel 71 Hall Road Carrum Downs	Pat 9785 2678	
<b>LANGWARRIN SENIOR CITIZENS CLUB</b> Indoor bowls, board games, afternoon tea and a monthly luncheon.	Langwarrin Community Centre 2-6 Lang Road Langwarrin	Linda 5995 5281	

## SENIORS GROUPS

Group Information	Where	Phone	Club Email & Website
<b>LANGWARRIN LADIES PROBUS CLUB INC.</b> Day trips, dinner out, guest speakers, craft, gardening, cinema group, chat and chew club and lunch after the meeting.	Langwarrin Community Centre 2-6 Lang Road Langwarrin	Reception 9789 0449	
<b>SEAFORD PROBUS CLUB INC.</b> Guest speaker followed by lunch. Includes trips away, theatre outings, walking groups, computer classes, craft, golf, cards and games.	King Close Community Centre 26 Moreton Street Frankston North	Carolyn 0450 158 149	seafordprobus@gmail.com
<b>SOUTH AMERICAN SENIOR CITIZENS CLUB OF FRANKSTON &amp; MORNINGTON PENINSULA</b> Art, painting, socialisation, trips and outings. Enjoy morning tea.	King Close Community Centre 26 Moreton Street Frankston North	Cesar 9766 6887	
<b>FRANKSTON NORTH SENIOR CITIZENS CLUB</b> Cards, bingo, scrabble and rummikub.	Frankston North Community Centre 26 Mahogany Avenue Frankston North	Reception 8773 9545	fncc@frankston.vic.gov.au  www.facebook.com/frankstonnorthcommunitycentre
<b>FRANKSTON FILIPINO SENIORS SUPPORT GROUP</b> Lunch, guest speakers, cards, craft, cultural dancing, line dancing and zumba.	Holy Family Church Hall 34 Moreton Street Frankston North	Grace 0409 192 390	
<b>PINES MEN'S SHED</b> Make furniture, cubby houses, possum boxes, repair and recycle. Includes metal working and wood turning.	14 Stringybark Crescent Frankston North	Reception 9786 1008	pinemensshed@bigpond.com
<b>PROSTATE CANCER SUPPORT GROUP</b> Friendly discussion about prostate cancer diagnosis, treatment and recovery.	King Close Community Centre 26 Moreton Street Frankston North	Gordon 0407 817 996	
<b>MAHOGANY INDOOR BOWLS CLUB</b>	Jack Verity Hall Frankston North Community Centre 26 Mahogany Avenue Frankston North	8773 9545	fncc@frankston.vic.gov.au
<b>LANGWARRIN MEN'S SHED</b> Make furniture, possum boxes, repair and recycle. Learn to use a computer and cook!	185N Cranbourne - Frankston Road Langwarrin	9789 8380	comms@langwarrinmensshed.org.au www.langwarrinmensshed.org.au



<b>COMMUNITY HOUSES</b>			
<b>Centre Name</b>	<b>Where</b>	<b>Phone</b>	<b>Club Email &amp; Website</b>
<b>BELVEDERE COMMUNITY CENTRE</b>	36 Belvedere Road Seaford	9776 8922	reception@belvedere.org.au www.belvedere.org.au
<b>SEAFORD COMMUNITY CENTRE</b>	Talbot Hall, Broughton Street (Rear of Seaford Community Centre) Seaford	1300 322 322	halls@frankston.vic.gov.au
<b>LYREBIRD COMMUNITY CENTRE</b>	203-205 Lyrebird Drive Carrum Downs	9782 0133	admin@lyrebird.org.au www.lyrebird.org.au
<b>LANGWARRIN COMMUNITY CENTRE</b>	2-6 Lang Road Langwarrin	9789 7653	reception@langwarrincc.org.au www.langwarrincc.org.au
<b>FRANKSTON NORTH COMMUNITY CENTRE</b>	26 Mahogany Avenue Frankston North	8773 9545	fncc@frankston.vic.gov.au
<b>KING CLOSE COMMUNITY CENTRE</b>	26 Moreton Street Frankston North	9782 4517	