

AREA 2

Frankston, Frankston South,
Mount Eliza, Baxter



PHYSICAL ACTIVITY	GENERAL GROUP EXERCISE								
Group Information	Time	M	T	W	T	F	Where	Phone	Price
<p>GROUP CLASSES A range of groups available including Yoga, Zumba, Pilates, Active. GP certificate required if underlying condition.</p>	Contact for times						Core Health Club 313 Nepean Hwy Frankston	9781 5533	\$20 for seniors casual or membership options available
<p>LIVFIT Stretching, gentle weight work and strengthening. Aims to ease stiffness and pain.</p>	8.50am		X				Leawarra House 200 Beach Street Frankston	0412 130 837	\$9 per session
<p>ACTIVE AGEING Light exercise using resistance to music. Parking permits available, contact for parking details. GP sign off required for over 65 with heart problems.</p>	9.30am	X		X			Monash Sport, Monash University Building W, MPARC McMahons Road Frankston	9904 4496	\$10 per session
<p>GROUP CLASSES A variety of classes offered including Tai Chi, Pilates, Yoga, Yogalates, Cycling.</p>	Various classes available, contact for times or view website						Peninsula Aquatic Recreation Centre Cnr Cranbourne Road & Olive Grove Frankston www.parcfrankston.com.au	9781 8444	\$16 per session (\$12.80 conc) Membership options available
<p>PARC MOVERS A class designed for those who want a lower intensity whilst getting great functional results in strength and cardio.</p>	Various classes available, contact for times or view website						Peninsula Aquatic Recreation Centre Cnr Cranbourne Road & Olive Grove Frankston www.parcfrankston.com.au	9781 8444	\$16 per session (\$12.80 conc) Membership options available
<p>FAB 50S 40 minutes of gentle exercise to music. Warm ups, exercise and cool down stretching in the hydrotherapy pool.</p>	10am 10.50am 11.40am 12.30pm 1.20pm during school terms					X	Peninsula Aquatic Recreation Centre Cnr Cranbourne Road & Olive Grove Frankston	9781 8444	\$7.20 per session (10 session pass \$64.80) \$20 annual membership fee

PHYSICAL ACTIVITY	GENERAL GROUP EXERCISE								
Group Information	Time	M	T	W	T	F	Where	Phone	Price
EXERCISE FOR OVER 50'S Exercise to increase strength and fitness. All exercises are done standing and some floor work.	9am	X		X		X	St Paul's Uniting Church Cnr Bay Street & High Street Frankston	0419 713 635	\$9 per session
FITNESS EXERCISE Improve your overall fitness, strength and flexibility.	9.30am	X		X			Frankston South Community Recreation centre 55 Towerhill Road Frankston South	9293 7122	\$8.50 per class
GENTLE EXERCISE FOR OVER 55 Gentle seated workout. Aerobic balance and strength training. Annual membership \$10.	10.15am				X		Mount Eliza Neighbourhood House 90-100 Canadian Bay Road Mount Eliza	9787 8160	\$5 per session
GENTLE EXERCISE FOR OVER 55 Aerobic balance and coordination, floor/mat work. Annual membership \$10.	9am				X		Mount Eliza Neighbourhood House 90-100 Canadian Bay Road Mount Eliza	9787 8160	\$5 per session
EXERCISES FOR HEALTH Stretching, gentle weight work and strengthening. Aims to ease stiffness and pain.	10.30am		X				St James the Less Church Hall Cnr Koetong Parade & Nepean Hwy Mount Eliza	0412 130 837	\$9 per session
EXERCISES Exercises using weights. Includes floor exercises. Annual membership \$5 (\$10 for first year).	9am				X		Mt Eliza Senior Citizens Club 90b Canadian Bay Road Mount Eliza	9787 8170	\$3 per session (includes tea and biscuits)

PHYSICAL ACTIVITY	INDIVIDUALLY TAILORED EXERCISE								
Group Information	Time	M	T	W	T	F	Where	Phone	Price
CANCER REHABILITATION PROGRAM A 6 week education and exercise course for people who have cancer. Includes one on one assessment. Must have cancer diagnosis within the past 2 years.	Contact for times. Two sessions per week						Frankston Community Health 12-32 Hastings Road Frankston	1300 665 781	\$5 per session
CARDIAC REHAB PROGRAM An 8 week program for those who have had a cardiac event or surgery. It incorporates an exercise component and education. Pre-assessment required.	Contact for times						Frankston Community Health 12-32 Hastings Road Frankston	1300 665 781	\$5 per session

PHYSICAL ACTIVITY	INDIVIDUALLY TAILORED EXERCISE								
Group Information	Time	M	T	W	T	F	Where	Phone	Price
<p>CHRONIC HEART FAILURE REHAB PROGRAM</p> <p>A 9 week education and exercise course for people with a diagnosis of chronic heart failure. Includes a one on one assessment. Must be diagnosed with chronic heart failure and undergo assessment.</p>	9am & 10.30am		X				Frankston Community Health 12-32 Hastings Road Frankston	1300 665 781	\$5 per session
<p>KICKSTART</p> <p>A 6 week program designed to improve your confidence to engage in physical activity. It is suitable for people with a chronic disease or at risk of developing a chronic disease. Physio assessment required, contact Access to book in at your local Community Health Centre.</p>	Contact for times						Frankston Community Health 12-32 Hastings Road Frankston	1300 665 781	\$5 per session
<p>LIFE PLUS PROGRAM</p> <p>An 8 week physical activity & lifestyle program for people with, or at risk of diabetes, heart disease and stroke. The program includes an exercise program and education.</p>	Contact for times						Monash Sport, Monash University Monash Gym Building W, MPARC McMahons Road Frankston	1300 665 781	Depends on eligibility
<p>PULMONARY REHAB PROGRAM</p> <p>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.</p>	Contact for times. Two sessions per week						Frankston Community Health 12-32 Hastings Road Frankston	1300 665 781	\$5 per session \$15 for course book (optional)
<p>EXERCISE PHYSIOLOGY</p> <p>Group exercise for improved strength, fitness, balance and mobility. All classes run by medically trained Exercise Physiologists and individualised for the client. Group classes are aimed to improve chronic health conditions while improving confidence and ability to perform daily tasks. Assessment from our Exercise Physiologist required.</p>	Contact for times						Active One Frankston 25 Yuille Street Frankston	8707 0830	\$13-\$19 per session

PHYSICAL ACTIVITY	INDIVIDUALLY TAILORED EXERCISE								
Group Information	Time	M	T	W	T	F	Where	Phone	Price
<p>STROKE CIRCUIT TRAINING & MS GROUP</p> <p>A gym exercise program for people who have had a stroke. Uses treadmill, exercise bike, leg strengthening exercises and balance exercises. Parking permits available, contact for parking details. Physio/Exercise Physiologist Assessment required. Contact Access to book.</p>	8am & 9.30am		X		X		Monash Sport, Monash University Building W, MPARC McMahons Road Frankston	1300 665 781	\$9 per session
<p>EXERCISE PHYSIOLOGY GROUP</p> <p>Exercise Physiology Groups are 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.</p>	Various times, contact for details						PACE Health Management 24 Yuille Street Frankston South	9770 6770	Contact for details

PHYSICAL ACTIVITY	GENTLE EXERCISE								
Group Information	Time	M	T	W	T	F	Where	Phone	Price
<p>TAI CHI</p> <p>Exercise your mind, body and spirit using this holistic, fully integrated health art from China. By using a series of gentle exercises you will feel relaxed and refreshed. This is a self-run group.</p>	7pm during school terms	X					Karingal PLACE Neighbourhood Centre 103 Ashleigh Avenue Frankston	8786 6650	\$3 per session
<p>SEATED EXERCISE TO MUSIC CLASS</p> <p>Improve strength. Beneficial for those with problems with their back, knees, feet, arthritis, osteoporosis, excess weight, lack of sleep or recovering from injuries.</p>	10am to 11am				X		Orwil Street Community House 16 Orwil Street Frankston	9783 5073	\$11 per session \$9 per session (concession)
<p>CHAIR YOGA</p> <p>Suitable for all shapes, sizes and mobility. The chair acts as a prop to aid balance and support.</p>	9.30am to 10.30am	X					Orwil Street Community House 16 Orwil Street Frankston	9783 5073	\$12 per session or \$80 for 8 weeks
<p>STRETCH FLOOR WORKOUT</p> <p>Improve balance core strength flexibility. Must be able to get on floor.</p>	1.30pm		X				Frankston South Community Recreation centre 55 Towerhill Road Frankston South	9293 7122	\$8.50 per class

PHYSICAL ACTIVITY	GENTLE EXERCISE								
Group Information	Time	M	T	W	T	F	Where	Phone	Price
TAI CHI Light Tai Chi movements that are beneficial for your strength and balance.	12pm	X					Frankston South Community Recreation centre 55 Towerhill Road Frankston South	9293 7122	\$3 per class
TWINGES IN THE HINGES Gentle exercise class intended to improve balance, strength and flexibility. This is a good beginners class which includes stress relief and relaxation Reasonable balance required.	9.30am				X		Frankston South Community Recreation centre 55 Towerhill Road Frankston South	9293 7122	\$8.50 per class
FRANKSTON ARTHRITIS SELF HELP - TAI CHI Tai chi for arthritis, also conduct social outings and information meetings. Annual Membership \$10.	12pm		X				Frankston South Community Recreation centre 55 Towerhill Road Frankston South	9766 0353	\$2 each week
ANAHATA YOGA Gentle style of Yoga, a blend of hatha and raja yoga to improve health and wellbeing. Beginners, intermediate and advanced classes available. Bookings essential.	Various classes available, contact for times						Frankston South Community Recreation centre 55 Towerhill Road Frankston South	9783 6601	Per 10 week term: 1hr sessions \$160 1.5hr sessions \$170
YOGA - BEGINNERS Yoga to help you relax, reduce stress and improve your fitness and flexibility. Suitable for beginners or those returning to yoga. Annual membership \$10.	10.45am		X				Mount Eliza Neighbourhood House 90-100 Canadian Bay Road Mount Eliza	9787 8160	\$150 for 10 week term or \$25 casual
YOGA - PROGRESSIVE Progressive Yoga for people with experience. Experience in Yoga required. Annual membership \$10.	9am		X				Mount Eliza Neighbourhood House 90-100 Canadian Bay Road Mount Eliza	9787 8160	\$180 for 10 week term
TAI CHI Annual membership \$5 (\$10 for first year).	9.45am			X			Mt Eliza Senior Citizens Club 90b Canadian Bay Road Mount Eliza	9787 8170	\$3 per session (includes tea and biscuits)

PHYSICAL ACTIVITY	LEISURE										
	Group Information	Time	M	T	W	T	F	Where	Phone	Price	
FRANKSTON CROQUET CLUB Club social days. All equipment supplied. Please wear flat soled shoes and casual clothing. Coaching available.	Tue, Thu, Sat (Winter) 10am to 3pm Thu 4.00pm (Summer)		X			X		Frankston Croquet Club Cnr Spring & Nolan Streets Frankston	9787 1665	Contact the Club for more details	
		SATURDAY									
PRYMEBALL Modified game of volleyball, ball is caught before being passed over the net, played in a non-competitive atmosphere. Reasonable balance and moderate fitness required.	Tue 9.30am & Fri 1pm		X				X	Frankston South Community Recreation centre 55 Towerhill Road Frankston South	9787 9772	\$6.50 per session	
SOCIAL BADMINTON Enjoy a social game. No experience necessary. Reasonable balance and moderate fitness required. Shuttles provided. BYO racquet	Tue 5.30pm to 7.30pm Sat 4pm to 6pm		X					Frankston South Community Recreation centre 55 Towerhill Road Frankston South	0402 924 692	\$11 per session	
		SATURDAY									
SNOOKER Annual membership \$5 (\$10 for first year).	1pm to 4pm Sat 1pm	X		X	X			Mt Eliza Senior Citizens Club 90b Canadian Bay Road Mount Eliza	9787 8170	\$3 per session (includes tea and biscuits)	
		SATURDAY									
BILLIARDS Annual membership \$5 (\$10 for first year).	10am to 12pm						X	Mt Eliza Senior Citizens Club 90b Canadian Bay Road Mount Eliza	9787 8170	\$3 per session (includes tea and biscuits)	
TABLE TENNIS Annual membership \$5 (\$10 for first year).	10am to 12pm	X						Mt Eliza Senior Citizens Club 90b Canadian Bay Road Mount Eliza	9787 8170	\$3 per session (includes tea and biscuits)	
BOWLS Indoor carpet Bowls. Annual membership \$5 (\$10 for first year).	1pm to 4pm			X				Mt Eliza Senior Citizens Club 90b Canadian Bay Road Mount Eliza	9787 8170	\$3 per session (includes tea and biscuits)	
		SATURDAY									

PHYSICAL ACTIVITY	DANCING								
Group Information	Time	M	T	W	T	F	Where	Phone	Price
<p>BELLY DANCING</p> <p>Belly dancing is a low impact full body workout that tones and shapes the body in a fluid like manner. Belly dancing strengthens pelvic muscles and prevents lower back problems. Improves posture, hip flexibility and relieves stress. Suitable for all fitness levels.</p>	7.30pm to 8.30pm		X				Orwil Street Community House 16 Orwil Street Frankston	9783 5073	\$5 per session
<p>WOMEN'S TRANSFORMATIONAL/MEDITATIVE DANCE</p> <p>This workshop focuses on our connection to the inner most self, the part that often is not acknowledged. There is no prior dance experience or fitness level necessary. Based on Raqs Sharqi (Egyptian dance) contemporary and classical fusion. Bookings essential.</p>	10am to 12.30pm	SATURDAY					Orwil Street Community House 16 Orwil Street Frankston	9783 5073	\$40 per session (\$35 concession)
<p>ZUMBA GOLD</p> <p>Low key Zumba dancing. Parking permits available, contact for parking details. GP sign off required for over 65 with heart problems.</p>	9.30am					X	Monash Sport, Monash University Building W, MPARC McMahons Road Frankston	9904 4496	\$10 per session
<p>ZUMBA GOLD</p> <p>Fun class using music from around the world including Latin, belly dance, big band, swing. No partners needed.</p>	9.30am					X	Frankston South Community Recreation centre 55 Towerhill Road Frankston South	0410 519 385	\$8.50 per class
<p>LINE DANCING</p> <p>Learn the basics of line dancing steps to foot tapping music Annual membership \$10.</p>	1pm				X		Mount Eliza Neighbourhood House 90-100 Canadian Bay Road Mount Eliza	9787 8160	\$5 per session
<p>DANCING</p> <p>New Vogue dancing. Annual membership \$5 (\$10 for first year).</p>	10am to 12pm		X				Mt Eliza Senior Citizens Club 90b Canadian Bay Road Mount Eliza	9787 8170	\$3 per session (includes tea and biscuits)

PHYSICAL ACTIVITY	STRENGTHENING PROGRAM									
	Group Information	Time	M	T	W	T	F	Where	Phone	Price
<p>AGESTRONG 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 Community Rehab Centre 125 Golf Links Road Frankston	1300 665 781	\$5.50 per session
<p>AGESTRONG - FRANKSTON RSL A strengthening and balance program for those who no longer feel confident and have limitations in mobility. Improves muscle strength, balance, flexibility and daily function as well as reduces the risk of falls. Preference given to DVA clients. GP certificate required.</p>	8am & 9am		X				X	Frankston RSL 183 Cranbourne Road Frankston	9783 2288	Dependant on DVA entitlements
<p>AGESTRONG 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 SAI Home & Community Care 411 Nepean Hwy Frankston	1300 665 781	\$5 per session
<p>STRONG FOR LIFE STRENGTH GROUP An affordable supportive and progressive program for older adults. Available to PARC members and non-members.</p>	Various classes available, contact for times or view website							Peninsula Aquatic Recreation Centre Cnr Cranbourne Road & Olive Grove Frankston www.parcfrankston.com.au	9781 8444	Contact PARC for details
<p>AGESTRONG - FRANKSTON SOUTH 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>	10.30am & 11.30am	X		X			X	Frankston South Community Recreation centre 55 Towerhill Road Frankston South	1300 665 781	\$7.00 per session

PHYSICAL ACTIVITY	STRENGTHENING PROGRAM								
Group Information	Time	M	T	W	T	F	Where	Phone	Price
<p>AGESTRONG FRANKSTON SOUTH - CHAIR BASED</p> <p>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>	12.30pm	X					Frankston South Community Recreation centre 55 Towerhill Road Frankston South	1300 665 781	\$7 per session
<p>AGESTRONG</p> <p>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>	10.15am	X			X		Karingal Neighbourhood House 103 Ashleigh Avenue Karingal	1300 665 781	\$6 per session

PHYSICAL ACTIVITY	WALKING GROUP									
	Group Information	Time	M	T	W	T	F	Where	Phone	Price
<p>ACROSS THE AGES WALK An outdoor walk for all ages. Medium to fast paced walk. Sometimes leaves from other venues, please call prior to confirm. Indoor group on wet days. Must be reasonably fit.</p>	9.30am		X					Leaves from Frankston South Community Recreation centre 55 Towerhill Road Frankston South	9293 7122	\$3 for tea/coffee /fresh fruit
<p>KARINGAL HUB HEALTH WALKS Supported indoor walk including warm up / stretches, walk and cool down. Walk own pace. Support from volunteers. Please collect registration forms from Centre Management and arrive 10mins early with these to your first session.</p>	<p>Mon, Wed, Fri 7:45am Tue 5.30pm</p>	X	X	X			X	Karingal Hub Shopping Centre Cranbourne Road Frankston	9789 1192	Free
<p>RAMBLERS WALKING GROUP Leisurely walk with occasional day trips. Calendar of walks is available from the Community House. Annual membership \$10.</p>		SATURDAY						Mount Eliza Neighbourhood House 90-100 Canadian Bay Road Mount Eliza	9787 8160	Free
<p>WALKING GROUP A walking group for people who want to become fit & healthy through a varied and weekly walk, finish with a cuppa and chat at a local café. Annual membership \$10.</p>	8.30am		X			X		Mount Eliza Neighbourhood House 90-100 Canadian Bay Road Mount Eliza	9787 8160	Free
<p>DOG WALKING GROUP 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>Tue 8.30am & 9.30am Thu 9.30am</p>		X			X		Baxter Park Frankston Flinders Road Baxter	9789 8475	Free

PHYSICAL ACTIVITY	WATER EXERCISE								
Group Information	Time	M	T	W	T	F	Where	Phone	Price
AQUA AEROBICS Aqua aerobics medium level.	Mon - Fri 12.15pm Sun 10.30am	X	X	X	X	X	Input Fitness 224 Cranbourne Road Frankston	9789 3566	\$12.40 per session or \$100 for 10 sessions (concession)
SUNDAY									
AQUA YOGILATES Combining Yoga and pilates to provide an all round strength and flex workout in the pool. Using yoga poses, mixed with core strength exercises of pilates in the water helps develop strength balance and ROM.	1pm			X			Input Fitness 224 Cranbourne Road Frankston	9789 3566	\$12.40 per session or \$100 for 10 sessions (concession)
AQUA H.I.I.T High intensity impact training. Quick burst of energy followed by recovery in the pool.	6.15pm				X		Input Fitness 224 Cranbourne Road Frankston	9789 3566	\$12.40 per session or \$100 for 10 sessions (concession)
HYDROTHERAPY Individually tailored exercises. Maximum of 6 sessions, followed by transition to community pool. Physio assessment required, contact Access to book in at your local Community Health Centre.	Sessions times provided once registered						Frankston Community Rehab Centre 125 Golf Links Road Frankston	1300 665 781	\$5 per session
AQUA CLASSES A variety of groups available to strengthen your body with reduced impact to your joints. Resistance tools such as buoyant water weights and noodles may be used.	Various classes available, contact for times or view website						Peninsula Aquatic Recreation Centre Cnr Cranbourne Road & Olive Grove Frankston www.parcfrankston.com.au	9781 8444	\$16 per session (\$12.80 conc) Membership options available
FABULOUS FIFTIES SWIMMING CLUB 40 minutes of gentle exercise to music followed by an additional 15 minutes in the pool. Heated indoor pool. Trial sessions available contact for details. Enrolment form to be completed. \$20 annual fee.	10am 40 mins session 2pm					X	Peninsula Aquatic Recreation Centre Cnr Cranbourne Road & Olive Grove Frankston	5975 4118	\$7.20 per session 10 session passes \$64.80

SENIORS GROUPS			
Group Information	Where	Phone	Club Email & Website
ITALIAN SENIORS OF FRANKSTON Bingo, billiards, bocce, indoor bowls, cards, outings, dancing, celebrations, bands and performances.	Bruce Park Hall Margate Avenue Frankston	Domenic 0407 250 413	
AUSTRALIAN MULTICULTURAL SENIORS SUPPORT GROUP INC Dancing, board games and lunch.	Frankston Multicultural Centre 24-26 High Street Frankston	Fe 0418 592 944	gilliesfe@gmail.com
FRANKSTON COMBINED PROBUS INC. Guest speakers, day trips, caravanning, craft, games, picnics, dinners out, computer club and walking club.	RSL - Bowls Pavilion Rear of RSL building 183 Cranbourne Road Frankston	Mary 9776 5176	maryms@optusnet.com.au
GREEK SENIOR CITIZENS CLUB Morning and afternoon tea, lunch, trips, picnics, cards, bingo and games.	2 Petrie Street Frankston	Stacey 0423 531 828	
GREEK ELDERLY WOMEN'S CLUB Bingo, Greek book swap, exercise, knitting, dance, singing and day trips.	2 Petrie Street Frankston	Dimitra 0418 554 840	
CHINESE SENIOR CITIZENS CLUB Gentle exercise, tai chi, cultural dancing, mah-jong, socialising and lunch. Includes outings and birthday celebrations.	MiCare 24-26 High Street Frankston	Jenny 0438 616 613	
CAFÉ BAZAAR - SOCIAL SUPPORT ACTIVITY GROUP A social support group for independent multicultural seniors. Activities include cards, music, chess, knitting, craft computers, movies and chats with friends.	MiCare 24-26 High Street Frankston	9781 5788	cbssccc@micare.com.au
GREEK PLANNED ACTIVITY GROUP Hot lunches, gentle exercise, bingo, craft, music, celebrations of culturally significant events, guest speakers and information sessions.	MiCare 24-26 High Street Frankston	9781 5788	cbssccc@micare.com.au
POLISH SENIOR CITIZENS CLUB Come along and enjoy tea and coffee, conversation, bingo, celebrations and cards.	MiCare 24-26 High Street Frankston	Dominika 0468 640 786	

SENIORS GROUPS			
Group Information	Where	Phone	Club Email & Website
PROBUS CLUB OF FRANKSTON Outings, golf, cards, walking, theatre, music, bus trips and discussion mornings.	RSL Frankston, Bowls Pavilion 183 Cranbourne Road Frankston	Clyde 9783 7140	enquiries.probusfrankston@gmail.com www.probusfrankston.org.au
PROBUS CLUB OF LANGWARRIN COMBINED INC. Meetings, guest speakers, morning tea, craft, movies, table tennis, walks, golf, book group, bus trips, caravan trips, luncheons.	RSL Frankston, Bowling Club Rooms 183 Cranbourne Road Frankston	Richard 0416 138 844	PO BOX 4090 Langwarrin 3910
SEAGULL DAY CLUB Weekly social program including gentle exercise and light lunch. \$10 per week. \$20 for outings. Limited transport available.	Frankston RSL 183 Cranbourne Road Frankston	Sharon 9783 5509	
FRANKSTON LADIES PROBUS CLUB INC. Activities include luncheons, guest speakers, morning teas, fashion shows and outings.	Community of Christ Church Hall 2 Logan Street Frankston	Helen 9789 5192	
COUNTRY WOMEN'S ASSOCIATED - FRANKSTON BRANCH Craft, outings and cooking.	33 Beach Street Frankston	Jenny 9766 5614	
FRANKSTON SENIOR CITIZENS CLUB Bingo, concerts, outings and luncheons.	Leawarra House 200 Beach Street Frankston	Josie 9789 5272	
UNIVERSITY OF THE THIRD AGE (U3A) - FRANKSTON Over 60 courses available, social activities and the opportunity to make new friends in a relaxed yet stimulating environment!	Stella Maris Centre Gate 8, 161 McMahons Road Frankston	9770 1042	office@u3af.org.au www.u3af.org.au
FRANKSTON PARKINSON'S SUPPORT GROUP Information, support, socialising, speaker on topics of interest. People with Parkinson's, their carer's, friends and family or all others are welcome.	St John of God 255-265 Cranbourne Road Frankston	David 9783 5456	
FRANKSTON EAST OVER 55'S Enjoy carpet bowls, exercise, line dancing, bingo and craft.	Leawarra House 200 Beach Street Frankston	Pearl 9766 0290	

SENIORS GROUPS			
Group Information	Where	Phone	Club Email & Website
<p>FRANKSTON BOWLING CLUB A friendly, social community club. Includes active and competitive bowls as well as barefoot, social and indoor bowls.</p>	Cnr Yuille & Williams Streets Frankston	9783 2877	secretary@cofbc.com www.frankston.bowls.com.au
<p>KARINGAL BOWLING CLUB Social and Pennant bowls. The Club offers full, social and junior memberships. The Club caters for all ages and bowlers with disabilities.</p>	248 Skye Road Frankston	9789 0754	www.karingalbowlingclub.com.au
<p>FRANKSTON MEN'S SHED Men's Community Kitchen, social group, gardening and woodwork.</p>	Cnr Hastings Road & Dundas Street Frankston	John 9784 8403	
<p>NATIONAL SENIORS AUSTRALIA - FRANKSTON BRANCH Topical speakers, morning tea, entertainment, luncheons, outings and day trips.</p>	St Francis Xavier Church Hall Young Street Frankston	Marion 9776 6648	
<p>PENINSULA ACTIVITY GROUP Friendship group for all. Activities include walking, trips, day outings, shows, lunches, guest speakers and tea and coffee.</p>	Uniting Church High Street Frankston	Joana 9775 2304	
<p>COUNTRY WOMEN'S ASSOCIATED - FRANKSTON SOUTH BRANCH Cooking and craft.</p>	Connect Church Hall 135 Golf Links Road Frankston South	Dorothy 0428 874 488	dorothy.daly@bigpond.com
<p>MOUNT ELIZA CENTRAL PROBUS CLUB INC. Golf, caravan & camping, bowls, book club, investment group, theatre, outings and cinema. Monthly meeting with guest speakers.</p>	Uniting Church 93 Canadian Bay Road Mount Eliza	Marg 0409 962 151	
<p>LADIES PROBUS CLUB OF MOUNT ELIZA VILLAGE INC Outings, film, social dining, book club, scrabble, solo and guest speakers.</p>	Uniting Church 93 Canadian Bay Road Mount Eliza	Fay 9787 1665	
<p>MOUNT ELIZA FIFTY-FIVE PLUS CLUB INC Table tennis, indoor carpet bowls, snooker, dancing, cards, games, exercise, tai chi, films, outings and trips.</p>	90b Canadian Bay Road Mount Eliza	Sue 9787 8170	me55plusclub@gmail.com www.mteliza55plusclub.com

SENIORS GROUPS

Group Information	Where	Phone	Club Email & Website
MOUNT ELIZA BOWLING CLUB	90-100 Canadian Bay Road Mount Eliza	9787 3047	mtelizabc@bigpond.com www.mtelizabowlingclub.com.au
MT ELIZA MEN'S SHED A place for blokes to gather, work and support each other. Activities include community projects and woodwork.	Mount Eliza Country Club (rear of the building) 32 Old Mornington Road Mount Eliza	Don 9787 8076	
THE EMBROIDERERS GUILD OF VICTORIA - MORNINGTON BRANCH A friendly, helpful and welcoming club. Come along to learn specific techniques and general embroidery skills.	Mt Eliza Community Centre Canadian Bay Road Mount Eliza	Barbara 0411 381 154	
MORNINGTON RAILWAY PRESERVATION SOCIETY INC. Restoration of steam locomotives, maintenance, carriage restoration and maintenance.	460 Moorooduc Hwy Mount Eliza	Geoff 5971 1569	secretary@morningtonrailway.org

COMMUNITY HOUSES

Centre Name	Where	Phone	Club Email & Website
EBDALE COMMUNITY HUB AND LEARNING CENTRE	20 Ebdale Street Frankston	9293 7102	ebdale@frankston.vic.gov.au
KARINGAL PLACE NEIGHBOURHOOD CENTRE	103 Ashleigh Avenue Frankston	8786 6650	www.karingalpnc.org.au
ORWIL STREET COMMUNITY HOUSE	16 Orwil Street Frankston	9783 5073	info@orwilst.org.au www.orwilst.org.au
FRANKSTON SOUTH COMMUNITY AND RECREATION CENTRE	55 Towerhill Road Frankston South	9293 7122	frankstonsouthreccentre@frankston.vic.gov.au
MT ELIZA NEIGHBOURHOOD HOUSE	90-100 Canadian Bay Road Mount Eliza	9787 8160	www.mountelizanh.com.au

COMMUNITY GARDENS AND MENS SHEDS CONTACTS

Centre Name	Where	Contact Email	Contact Name
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