

## AREA 5

Safety Beach, Dromana, Flinders  
Red Hill, Rosebud, Capel Sound, Main Ridge



PHYSICAL ACTIVITY	INDIVIDUALLY TAILORED EXERCISE									
Group Information	Time	M	T	W	T	F	Where	Phone	Price	
<p><b>EXERCISE PHYSIOLOGY GROUP</b></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>	<p><b>Tue 1.30pm</b></p> <p><b>Thu 10.30am</b></p>		<b>X</b>		<b>X</b>		PACE Exercise Physiology 42-44 Boneo Road Rosebud	5986 3655	\$30 per session	
<p><b>REHAB CLASSES</b></p> <p>Exercise Physiology run Groups specific for rehabilitation. Medical clearance and individual assessment required.</p>	<b>Contact for info</b>						PACE Exercise Physiology 42-44 Boneo Road Rosebud	5986 3655	\$40-50 per session	
<p><b>LUNGS IN ACTION</b></p> <p>Gentle exercise to get the body moving. Designed for people with respiratory problems. Referral from GP required.</p>	<p><b>Tue 12pm</b></p> <p><b>Fri 11am, 12pm &amp; 1pm</b></p>		<b>X</b>			<b>X</b>	PACE Exercise Physiology 42-44 Boneo Road Rosebud	5986 3655	\$16 per session	
<p><b>CANCER REHABILITATION PROGRAM</b></p> <p>A 6 week education and exercise course for people who have finished treatment for cancer. Must have cancer diagnosis within the past 2 years.</p>	<b>Contact for times</b>						Rosebud Community Health 38 Braidwood Avenue Rosebud	1300 665 781	\$5 per session	
<p><b>CARDIAC REHAB PROGRAM</b></p> <p>A 8 week program for those who have had a cardiac event or surgery or those with heart failure. It incorporates an exercise component and education. Pre-assessment required.</p>	<b>1.30pm</b>			<b>X</b>			Rosebud Community Health 38 Braidwood Avenue Rosebud	1300 665 781	\$5 per session	
<p><b>KICKSTART</b></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>	<b>Contact for times</b>						Rosebud Community Health 38 Braidwood Avenue Rosebud	1300 665 781	\$5 per session	

PHYSICAL ACTIVITY	INDIVIDUALLY TAILORED EXERCISE									
Group Information	Time	M	T	W	T	F	Where	Phone	Price	
<p><b>LIFE PLUS PROGRAM</b> An 8 week physical activity and 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						Rosebud Community Health 38 Braidwood Avenue Rosebud	1300 665 781	Depends on eligibility	
<p><b>PULMONARY REHAB PROGRAM - ROSEBUD</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. Physio/Exercise Physiologist Assessment.</p>	Contact for times, two sessions per week						Rosebud Community Health 38 Braidwood Avenue Rosebud	1300 665 781	\$5 per session \$15 for course book (optional)	
<p><b>MOBILITY CIRCUIT</b> A gym exercise program for people with mobility issues. Uses treadmill, exercise bike, leg strengthening exercises and balance exercises. Physio assessment required, contact Access to book in at your local Community Health Centre.</p>	11am to 11.45am	X	X	X	X		Anytime Fitness 1253-1255 Point Nepean Road Rosebud	1300 665 781	\$8 per session	
<p><b>STRONG &amp; STABLE</b> Light paced exercise to improve strength, maintain bone density, improve balance, coordination and mobility. Suitable for people with lung and heart conditions. GP sign off required &amp; list of medications.</p>	11am	X					Contact for address	0418 596 770	\$10 per session	

PHYSICAL ACTIVITY	DANCING									
Group Information	Time	M	T	W	T	F	Where	Phone	Price	
<p><b>PENINSULA OLD TIME CEILIDH DANCE CLUB</b> A mixture of dances including New Vogue, Old Time Ballroom and Scottish Country Dancing. Partners not needed. Beginners welcome.</p>	1.30pm to 4pm					X	Catholic Church Hall 1 Foote Street Dromana	5985 3551	\$4 per session	

PHYSICAL ACTIVITY	GENTLE EXERCISE								
Group Information	Time	M	T	W	T	F	Where	Phone	Price
<b>GENTLE FITNESS</b> Gentle stretching, strengthening and balance exercises. Doctors clearance is advisable if over 50.	9am		X				Catholic Church Hall 1 Foote Street Dromana	5982 2994	\$10 per session
<b>YOGA / RELAXATION</b> Breathing - standing movements. Sitting on floor relaxation. Bring a yoga mat. Doctors clearance is advisable if over 50. Must be able to get on floor.	Mon 6pm  Tues 10.15am	X	X				Catholic Church Hall 1 Foote Street Dromana	5982 2994	\$18 per session if paying by term or \$24 casual
<b>GENTLE FITNESS</b> Gentle stretching and strengthening and balance exercises. Doctors clearance is advisable if over 50.	9am				X		Angican Church Hall (opposite Memorial Hall) Nepean Hwy Rosebud	5982 2994	\$10 per session
<b>FITBALL WORKOUT/PILATES</b> Fitball workout/pilates. Bring a yoga mat. Doctors clearance is advisable if over 50.	10.15am				X		Angican Church Hall (opposite Memorial Hall) Nepean Hwy Rosebud	5982 2994	\$18 per session if paying by term or \$24 casual
<b>INDIGO YOGA</b> A Yin Yoga session that caters for varied abilities.	10am			X			Samsara Studio 30 McCombe Street Rosebud	0419 334 817	\$15 per session
<b>YOGA WITH LAURA</b> Yoga suitable for beginners, the elderly and unwell. Can be completed in a seated position. Be gently guided through postures, stretching, relaxation, meditation and breathing.	11am	X					Seawinds Community Hub 11A Allambi Avenue Capel Sound	5986 5207	\$10 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	Safety Beach Sailing Club Marine Drive Safety Beach	1300 665 781	\$5.50 per session
<p><b>STAY ON YOUR FEET - AGESTRONG</b> An 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>	10.30am		X					Flinders Hall 54 Cook Street Flinders	1300 665 781	\$7 per session
<p><b>STAY ON YOUR FEET - AGESTRONG</b> An 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>	1pm			X				Rosebud Memorial Hall Nepean Hwy Rosebud	1300 665 781	\$7 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				Rosebud Senior Citizens Centre 121 Ninth Avenue Rosebud	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>	Afternoon		X					Bayview Church 1 Inglewood Crescent Rosebud	1300 665 781	\$5.50 per session
<p><b>AGESTRONG - CHAIR BASED</b> Chair-based 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					X		Rosebud Community Health 38 Braidwood Avenue Rosebud	1300 665 781	\$5.50 per session

PHYSICAL ACTIVITY	WALKING GROUPS								
Group Information	Time	M	T	W	T	F	Where	Phone	Price
<b>PACERS WALKING CLUB - ROSEBUD</b> Walk along the board walk in a group, seats along the way. Walk at your own pace.	9am			X			The Village Green Opposite Rosebud Hotel Rosebud	5986 3094	Gold coin donation
<b>ROSEBUD PLAZA WALKS</b> Indoor walk through the shopping centre run by a trained leader.	7.45am				X		Rosebud Plaza Shopping Centre 37 McCombe Street Rosebud	4435 0100	Free

PHYSICAL ACTIVITY	WATER EXERCISE								
Group Information	Time	M	T	W	T	F	Where	Phone	Price
<b>AQUA EXERCISE</b> Water Aerobics. GP certificate required if underlying condition.	<b>Mon, Wed &amp; Fri 9am</b>  <b>Mon &amp; Thu 11.30am</b>	X		X	X	X	Peninsula Swim & Aquatic Centre Colchester Road Rosebud	5981 2667	\$12 per session  Book of 10 \$108

<b>SENIORS GROUPS</b>			
<b>Group Information</b>	<b>Where</b>	<b>Phone</b>	<b>Club Email &amp; Website</b>
<b>DROMANA BOWLS CLUB INC.</b>	1 Stawell Street Dromana	5987 2564	admin@dromanabowlsclub.com.au www.dromanabowlsclub.com.au
<b>DROMANA SENIOR CITIZEN'S CENTRE INC.</b> Singing, Bingo, Bowls, Art, Billiards, Tai Chi, Yoga, Line Dancing, Games, Fitness, Marching, Scottish Dancing, Outings, BBQ.	43 Pier Street Dromana	5987 1109	
<b>ITALIAN SENIORS SOCIAL CLUB DROMANA INC.</b> Dinner dance every fourth Saturday of the month.	Community Hall Dromana	5981 9524	
<b>UNIVERSITY OF THE THIRD AGE (U3A) - SOUTHERN PENINSULA</b> A supportive learning environment for people who are retired or semi-retired to share their knowledge. Exercise classes, Computer Courses, Language classes, Art classes, History classes and more.	359a Point Nepean Road Dromana	5981 8777	office@u3asouthpen.org.au www.u3asouthpen.org.au
<b>FLINDERS GOLF BOWLS CLUB</b>	Bass Street Flinders	5989 0583	bowlsatflindersgolfclub@gmail.com
<b>FLINDERS PETANQUE CLUB</b>	B.A. Cairns Reserve Stokes Street Flinders	0419 368 586	smivc@ozemail.com.au
<b>PANAGIE KAMARIANI GREEK ORTHODOX SENIORS CLUB</b> Meetings, social outings, bus trips.	Greek Orthodox Church 135 Arthurs Seat Road Red Hill	5931 0110	panaya@bigpond.com
<b>ROSEBUD BOWLS CLUB INC.</b>	952 Point Nepean Road Rosebud	5986 8892	sec@rosebudbowls.com.au www.rosebud.bowls.com.au
<b>ROSEBUD COUNTRY CLUB BOWLS</b>	207 Boneo Road Rosebud	5950 0800	www.rosebudcountryclub.com.au/cms/bowls/
<b>ROSEBUD OVER 50S SOCIAL CLUB</b> Snooker, Bingo, Exercise, Social, Cards, Dancing, Movies.	121-123 Ninth Avenue Rosebud	5986 1923	

## SENIORS GROUPS

Group Information	Where	Phone	Club Email & Website
<b>AUSTRALIAN CROATIAN SOCIAL CLUB</b>	113-119 Truemans Road Capel Sound	5981 1411	branka_ryecroclub@yahoo.com.au
<b>ROSEBUD ITALIAN CLUB</b> Lunches, Dinner Dances, Cards, Bocce.	8 Newington Avenue Capel Sound	5982 2603	rosebuditalianclub1@outlook.com
<b>MAIN RIDGE BOWLS &amp; PETANQUE CLUB INC.</b>	Recreation Reserve 455 Main Creek Road Main Ridge	0422 815 733	mainridgebpc@gmail.com www.mainridgebpc.com.au

## COMMUNITY HOUSES

Centre Name	Where	Phone	Club Email & Website
<b>DROMANA COMMUNITY HOUSE</b>	15 Gibson Street Dromana	5987 2631	info@dromanacommunityhouse.org.au www.dromanacommunityhouse.com
<b>SEAWINDS COMMUNITY HUB</b>	11a Allambi Avenue Capel Sound	5982 2204	info@seawindscommunityhub.com.au www.seawindscommunityhub.com.au

## COMMUNITY GARDENS AND MENS SHEDS CONTACTS

Centre Name	Where	Contact Email	Contact Name
<b>ROSEBUD COMMUNITY GARDEN</b>	Leon Avenue Rosebud	www.rosebudcommunitygarden.org.au	Tom Freeman
<b>DROMANA COMMUNITY GARDEN</b>	Marna Street Reserve Dromana	dromanacommunitygardens@gmail.com	Samantha Blair
<b>ROSEBUD MEN'S SHED</b>	Mount Eliza Community House 90-100 Canadian Bay Road Mount Eliza	don.reeves@bigpond.com	Don Reeves
<b>SAFETY BEACH - DROMANA MEN'S SHED</b>	Marna Street Reserve Dromana	sbdms@bigpond.com	Rick Plummer
<b>MAIN RIDGE MEN'S SHED</b>	366 Main Creek Main Ridge	rob.connor@iinet.net.au	Rob Connor
<b>ROSEBUD &amp; DISTRICT MEN'S SHED</b>	11a Allambi Avenue Capel Sound (behind Seawinds Hub)	rosebuddistrictsmensshed@gmail.com	Jack Carter