

AREA 6

Rye, Tootgarook, Sorrento
St Andrews Beach, Blairgowrie



PHYSICAL ACTIVITY	GENTLE EXERCISE								
Group Information	Time	M	T	W	T	F	Where	Phone	Price
YOGA / RELAXATION 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.	11am			X			Rye Yacht Club Foreshore Rye	5982 2994	\$18 per session if paying by term or \$24 casual
HATHA YOGA WITH ANNIE Stretch and strengthen your new way to a healthy body. Floor work involved. Bookings required and \$10 annual membership	6.15pm		X				Rye Community Centre 27 Nelson Street Rye	0414 599 455	\$15 per session
PILATES Form and correct exercise mindfulness of connecting. All welcome. Bookings required and \$10 annual membership.	11.15am					X	Rye Beach Community Centre 27 Nelson Street Rye	5985 4462	Free
GUIDED MEDITATION Great stress relief and calming influences through guided meditation and beautiful space. Bookings required and \$10 annual membership.	7.30pm				X		Rye Beach Community Centre 27 Nelson Street Rye	0450 644 182	Contact for details
YOGA WITH LAURA 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. Bookings required and \$10 annual membership.	10am		X				Rye Beach Community Centre 27 Nelson Street Rye	5986 5207	\$10 per session
TAI CHI Gentle Tai Chi movements. Ideal for arthritis sufferers. Enrolment form required and \$10 annual membership.	10.30am	X					Sorrento Community Centre 860-868 Melbourne Road Sorrento	5984 3360	\$160 for 10 weeks
OKI-DO YOGA Oki-do Yoga - A Japanese style yoga. A combination of stretches. BYO mat or blanket. \$10 registration.	9.15am		X			X	Blairgowrie Yacht Squadron Blairgowrie	0438 023 484	\$15 per session or concessions if paying by term.

PHYSICAL ACTIVITY	LEISURE								
Group Information	Time	M	T	W	T	F	Where	Phone	Price
<p>SOCIAL SOCCER FOR BLOKES</p> <p>A social game of soccer for all levels of skill. Bring along a black or white t-shirt. Enrolment form required and \$10 registration fee.</p>	7pm			X			Sorrento Community Centre 860-868 Melbourne Road Sorrento	5984 3360	\$15 per session

PHYSICAL ACTIVITY	STRENGTHENING PROGRAM								
Group Information	Time	M	T	W	T	F	Where	Phone	Price
<p>STAY ON YOUR FEET - AGESTRONG</p> <p>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>	<p>Mon, Wed & Fri 1.30pm</p> <p>Tue 11am</p>	X	X	X			Blairgowrie Community Hall 8 William Road Blairgowrie	1300 665 781	\$7 per session

PHYSICAL ACTIVITY	GENERAL EXERCISE GROUP								
Group Information	Time	M	T	W	T	F	Where	Phone	Price
<p>LIVE LONGER LIVE STRONGER</p> <p>Weight training and mat work to build core strength and overall fitness. Enrolment form required and \$10 registration fee.</p>	9.15am			X			Sorrento Community Centre 860-868 Melbourne Road Sorrento	5984 3360	\$12 per session
<p>BEST FOOT FORWARD</p> <p>A gentle arm chair workout. Enrolment form required and \$10 annual membership.</p>	9.40am		X				Sorrento Community Centre 860-868 Melbourne Road Sorrento	0417 031 220	\$15 per session

PHYSICAL ACTIVITY		WALKING GROUPS								
Group Information		Time	M	T	W	T	F	Where	Phone	Price
FIT BEYOND 50 Strength training for everyone. Bookings required and \$10 annual membership.		12.30pm					X	Rye Beach Community Centre 27 Nelson Street Rye	5985 4462	Free
WALK FOR A GOOD LIFE A supported outdoor walking group. Includes warm up and refreshments. Seating available along the walking track. Bookings required and \$10 annual membership.		9am	X					Meet in the Rye Beach Community Centre 27 Nelson Street Rye	5985 4462	Free
WEDNESDAY WALKERS A brisk-paced outdoor walk along a variety of tracks. Enrolment form required and \$10 annual membership.		9.15am to 11.30am			X			Sorrento Community Centre 860-868 Melbourne Road Sorrento	5984 3360	\$4 per session
CHAT & GO CATCH UP Easy, social walk, followed by a cuppa Enrolment form required and \$10 annual membership.		10am	X					Sorrento Community Centre 860-868 Melbourne Road Sorrento	5984 3360	\$10 per year

COMMUNITY HOUSES			
Centre Name	Where	Phone	Club Email & Website
RYE COMMUNITY HOUSE	27 Nelson Street Rye	5985 4432	ryecommunityhouse@gmail.com www.ryech.org
SORRENTO COMMUNITY CENTRE	860 Melbourne Road Sorrento	5984 3360	admin@sorrentocommunitycentre.com www.sorrentocommunitycentre.com

COMMUNITY GARDENS AND MENS SHEDS CONTACTS			
Centre Name	Where	Contact Email	Contact Name
BLAIRGOWRIE COMMUNITY GARDEN	37 Stringer Road Reserve Blairgorie	www.blairgowriecommunitygarden.org	Anne Van Veen
POINT NEPEAN MEN'S SHED	The Hangar 4 Hotham Street Sorrento	ptnepeanmensshed@gmail.com	Terry Phippen

SENIORS GROUPS			
Group Information	Where	Phone	Club Email & Website
RYE & PENINSULA GREEK SENIOR CITIZENS CLUB INC. Social gatherings, Lunches, celebrations of special dates.	Rye Civic Hall 12 Napier Street Rye	0407 072 235	
RYE & PENINSULA GREEK WOMEN'S GROUP Social gatherings, outings.	17 Nelson Street Rye	0422 255 383	
RYE BOWLS CLUB	Cnr Napier & Collingwood Streets Rye	5985 2450	ryebowls@live.com www.ryebowlsclub.com.au
ITALIAN & ETHNIC SENIOR CITIZENS CLUB OF FLINDERS INC. Cards, Bingo.	Rye Civic Hall 12 Napier Street Rye	0419 881 567	
HELLENIC ASSOC OF MORNINGTON PENINSULA AGED CITIZENS CLUB INC. Social, Dinner Dance, Outings.	3 Carmichael Street Tootgarook	0403 649 125	
TOOTGAROOK SENIOR CITIZENS CENTRE INC. Keep Fit, table Tennis, Old Time Dance, Tai Chi, Club Day, Exercise, Scottish Dancing, Dance, Line Dancing, Computer Classes, Bowls, Movement & Stretch, Stay on your Feet, Painting, BBQ.	2 Barry Street Tootgarook	5985 4992	tootseniors@gmail.com
SORRENTO/PORTSEA SENIOR CITIZENS Mah-jong, Embroidery, Photography, Art, Movies, Dancing, Tai Chi, Singing.	823 Melbourne Road Sorrento	5984 1425	sorrentoactivitycentre@gmail.com
SORRENTO CROQUET CLUB INC.	Parade Ground Port Nepean National Park Portsea	5988 0148	croquetsorrento@gmail.com www.croquetvic.asn.au
ST ANDREWS BEACH PETANQUE CLUB	St Andrews Recreation Club 99 Bass Meadows Boulevard St Andrews Beach	0418 216 491	sandragreg@hotmail.com
BLAIRGOWRIE SENIORS Aerobics, Craft, Line Dancing, Acting and Dancing.	9 William Road Blairgowrie	5988 8395	Lyndham52@gmail.com