



Community Services

Maternal & Child Health Mornington Peninsula Shire

Maternal & Child Health Nurses are available Monday to Friday 9.00am to 4.00pm. Please call Central Bookings on 5950 1099 to make an appointment. Cost: FREE

Immunisations Mornington Peninsula Shire

Mornington Peninsula Shire run FREE Immunisations Sessions at Bentons Square Community Centre on scheduled Fridays. Please call 5950 1099 for further information.

School Holiday Program – Team Kids

Held at Bentons Square Community Centre at the end of each Term. Please call 9532 0366 or visit www.teamholiday.com.au for more information and bookings.

Computers for Seniors

Free one on one tutorials for Seniors who want to learn about various information technology. Learn how to send emails, browse the internet and more. Contact the Centre on 5977 2468 to book your time with our tutor Tony.



Contact

145 Bentons Road
Mornington Victoria 3931

Open: Monday to Friday
9am to 4pm

Closed: School Holidays
& Public Holidays

Phone:

03 5977 2468

Email:

communitycentre@bentonssquare.org.au

Web:

www.bentonssquare.org.au

Facebook:

Bentons Square Community Centre



Classes & Activities

Term 1, 2019

Tuesday January 29
to
Friday April 5



BENTONS SQUARE
COMMUNITY CENTRE

Clubs, Crafts & Interest Groups

Morning Melodies

We welcome James Harrison for a morning of music and singing.
Last Thursday of each month 10.30am - 12.00pm.
Cost: \$4.00 (includes morning tea).

French Lessons

Come along and start your journey to learning French or brush up on your current knowledge.
Two Beginners classes every Thursday.
10am - 12pm & 12.30pm - 2pm
Cost: \$12
Contact the Centre on 5977 2468 to register.

Italian Lessons

Would you like to learn Italian or improve your current language skills? Classes are run by a qualified Italian teacher.
Classes - (Beginners, Intermediate & Advanced).
Cost: \$24 per class.
Contact the Centre on 5977 2468 to register.

Focus Individualised Support Services

Cooking Group for people with disabilities.
Mondays 9.30am – 11.30am
Phone Michael 0499 005 118 for more info

Boomerang Bags

Would you like to volunteer your time making reusable material bags? All materials provided.
Every Wednesday
1:00 - 3:30pm Contact the Centre on 5977 2468 to register.

Clubs, Crafts & Interest Groups

Knots 'n' Natter Macramé Workshop **NEW**

Cost: \$15 plus a gold coin.
Contact Tricia on 0407 864 910 to register.
Learn how to macramé.
First Monday of each month 10.00am - 1.00pm.

Community Craft Group

Work on your own project or share crafting advice with the lovely ladies in this fun craft group.
Every Friday 11.30am - 3.00pm. Cost: \$4.00
Contact the Centre on 5977 2468 for more info.

The Art Therapy Warrior

Join the women's creativity circle for a fun and friendly exploration of creativity and self-expression. In this women's only group you will show your creativity in art making activities, gentle meditation and lively group conversation.
Contact Jess on 0438 316 101 for more info.

Drawing with Enjoyment

Develop and improve your drawing skills with a variety of activities, using various mediums in a fun and inclusive class. Excursions to galleries & drawing activities.
Every Tuesday 1pm - 3pm. Cost: \$5.00
Contact the Centre on 5977 2468 for more info.

Life Activities - Mind Games

This is an engaging Saturday afternoon activity of games and mind skills.
Every Saturday 1.30pm - 4.30pm. Cost: \$2.00
Phone Lindsay on 5974 8367 for more info.

Clubs, Crafts & Interest Groups

Chess Group

Do you like to play chess? All players welcome. Chess boards are supplied.
Please register your interest by phoning the centre on 5977 2468.

Mahjong Group **CLASS FULL**

If you like playing Mahjong this is the group for you.
Every Friday 11.00am - 2.00pm. Cost: \$4.00
Contact the Centre on 5977 2468 for more info.

National Seniors Australia Mornington Branch

A meeting that provides up to date information on the issues and advantages of being a 55 plus. Meetings are held on the third Monday of each month from 2.00pm - 4.30pm.
Contact: 0438 137 183 for more information.

Mornington Peninsula Camera Club

The club meets three times a month on a Thursday from 7pm – 10.30pm and holds tutorials once a month on different photo and camera techniques.
Phone Maree on 0419 532 492 for more info.

Full Gospel Assembly Church Group

Every Sunday 10.00am - 3.00pm.
Phone Angeline on 5975 6667 for more info.

Full Gospel Assembly Youth Group

Every Friday 7.00pm - 9.00pm.
Phone Angeline on 5975 6667 for more info.

Special Interest

Revamped Jewellery Boutique

We proudly home this pop-up shop which is a not for profit organisation that recycles and recreates donated jewellery pieces. All profits are donated to both local and international women's charities. If you are interested in purchasing one of their pieces, then drop by on a Tuesday between 10am and 3pm or contact Jo on 0438 437 520.

www.revampedjewellery.com.au

Jewellery donations are always welcome and can be dropped off to the Centre during business hours.



Knots 'n' Natter Macramé Workshop **NEW**

Come and learn the art of macramé in a fun workshop. Make your own macramé piece to take home. First Monday of each month 10am - 1pm. Cost: \$15 plus a gold coin to the Community Centre. Contact Tricia on 0407 864 910 to register.



Support Groups

MS Peer Support Group – Mornington

This group meets regularly at the Centre and offers information and support for people living with multiple sclerosis and their carers.

Second Tuesday of each month

12.30pm - 2.00pm.

Phone Ralph Althorp on 0403 810 245 for more info.

Peninsula Prostate Cancer Support Group

This group continues to help men with prostate cancer and their partners in a caring confidential environment during treatment and recovery.

Second Wednesday of each month (except January)

7.00pm - 8.30pm.

Phone 0422 608 345 or email peninsulapcsg@hotmail.com for more info.

As Bill Sees It

A support group for people with alcohol addiction. The world-wide fellowship of AA has helped men and women from all walks of life attain and maintain sobriety.

Every Monday 6.30pm - 8.30pm.

AI –Anon Family Groups

A family support group meeting for people who live with or are close to somebody suffering from alcohol addiction.

Every Sunday 10.00am – 11.30am.

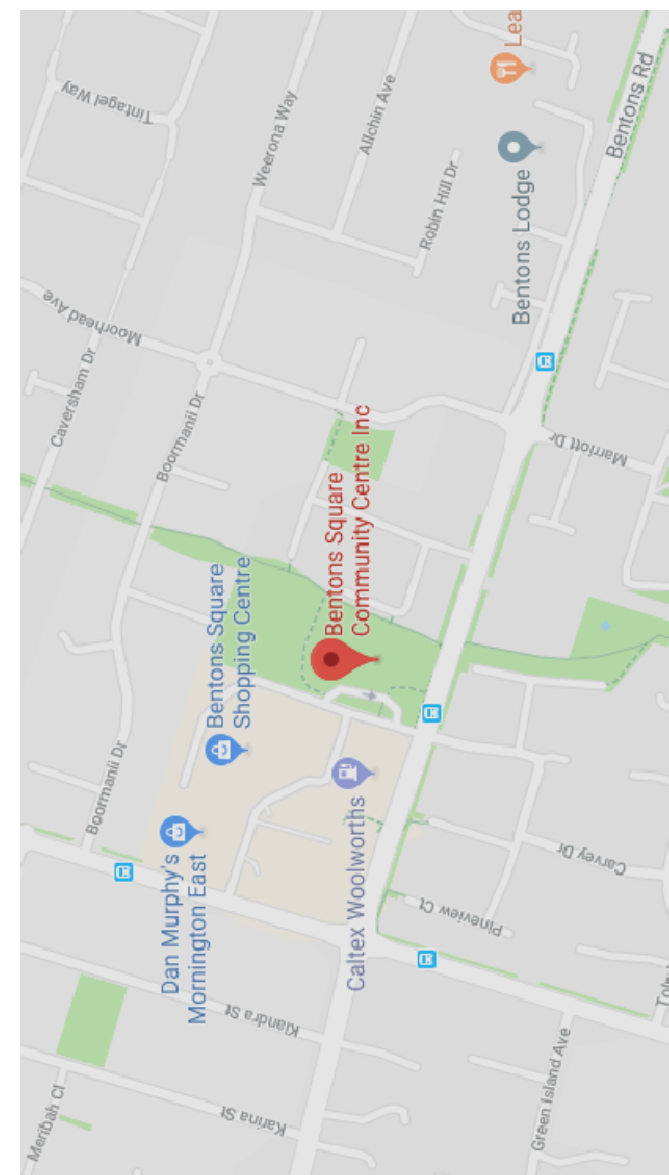
Phone Jude on 0411 864 237 for more info.

NA (Narcotics Anonymous) Men's Group

A support group for people for whom drugs have become a problem. Recovering addicts meet regularly to help each other build a new way of life. Every Tuesday 7.30pm - 9.30pm.

Phone Victorian NA Helpline on 9525 2833 for more info.

Where Are We?



Children's Activities & Educational Programs

Little Fish Playgroup

A community playgroup for 3 year old's and under.

Every Monday 9.30am - 11.30am.

Cost: Gold Coin donation per family.

Contact the Centre on 5977 2468 for more info.



Reading Rockets

This is a hands-on approach to reading and writing suitable for 4 year old's. Sessions combine learning activities with games, crafts and songs.

Every Wednesday 10.00am - 11.00am.

Thursday 10.30am - 11.30am

Contact Maureen on 0423 806 525 for more info.



DSE Music

Run by qualified teachers, DSE Music teach students to play and read music with a comprehensive structured curriculum.

Every Tuesday 4.00pm - 7.00pm.

Phone 0416 586 483 for more info.



Health & Wellbeing

Yoga and Meditation with Trish

Every Thursday 7.00pm - 8.30pm.

Every Saturday 9.00am - 10.00am.

Phone Trish on 0409 548 550 for more info.

Community Stretching Class

A Yoga/Pilates/Meditation based class - designed to lengthen, strengthen and tone.

Wednesday (Beginners) 11.00am - 12.15pm.

Cost: \$10.

Contact the Centre on 5977 2468 for more info.

Debbie's Stretching Class

This class combines yoga, pilates, tai-chi and meditation. Cost: All sessions \$10 each.

Monday (Beginners) 11.30am - 12.30pm.

Wednesday (Medium to High Fitness) 9.30am - 10.30am.

Phone Debbie on 0427 744 425 for more info.

Calmer Yoga with Wendy

Yoga class held every Wednesday 7.00pm - 8.00pm.

Phone Wendy on 0409 138 990 for more info.

Walking Group

Come join us at Bentons Square Community Centre for coffee and a stroll.

Cost: FREE. Every Tuesday & Thursday 10.00am.

Contact the Centre on 5977 2468 for more info.

SMS Exercise Class

Beginners stretching class held every Friday 9.30am - 10.30am.

Cost: \$10.

Phone Shirl on 0412191507 for more info.

Immunisation Program 2019

Month	Day
Jan	
Feb	Fri 1,15
Mar	Fri 1,15
Apr	Fri 5
May	Fri 3,17
Jun	Fri 7,21
Jul	Fri 19
Aug	Fri 2,16
Sep	Fri 6,20
Oct	Fri 18
Nov	Fri 1,15
Dec	Fri 6,20

No appointment necessary
Bentons Square Community Centre (145 Bentons Road, Mornington)

Australian Immunisation Register
Ph: 1800 653 809

Mornington Peninsula Shire
Ph: 5950 1099