

Community Services

Contact

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 Holiday

Held at Bentons Square Community Centre at the end of each Term. Please call 95320366 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 to book your time with our tutor Tony.

145 Bentons Road
Mornington Victoria 3931

Open: Monday to Friday
9am to 4pm
Closed During School Holidays &
Public Holidays

Phone:

03 5977 2468

Email:

communitycentre@bentonssquare.org.au

Web:

www.bentonssquare.org.au

Working in partnership with:



Bentons Square Community Centre

Activities, classes and support groups for children and adults
Rooms for hire
Parties for kids on Saturdays



Term 3, 2018
Monday July 16 - Friday September 21

Clubs, Crafts & Interest Groups

Morning Melodies NEW Commencing August

Welcome James Harrison for a morning of Music, singing or just to come along and enjoy the fun Every Thursday 10.00am - 12.00pm.

Cost: \$4.00 donation to centre

Contact the Centre on 5977 2468 to register your place

Chess Club

Come along and play in a relaxed atmosphere. Chess boards are supplied. Players at any level, from beginners to advanced are welcome.

Every Wednesday 2.00pm - 4.00pm.

Cost: Gold Coin donation.

Contact the Centre on 5977 2468 for more info.

French Lessons

Come along and start your journey to learning French or brush up on your current knowledge. Our new community program provides classes from beginners to advanced.

Contact the Centre on 5977 2468 to register your place.

Italian Lessons

Would you like to learn Italian or improve your current language skills? Classes are run by a qualified Italian teacher.

We are offering three classes (Beginners, Intermediate & Advanced).

Cost: \$24 per class

Contact the Centre on 5977 2468 to register your place.

Clubs, Crafts & Interest Groups

Mixed Media Art NEW TIME

Students work with pastels, oils or acrylics – Experienced or Learner – Maxine will help you find the hidden talent in you.

Every Monday 10.00am - 12.00pm.

Cost: \$24.00 per class

Contact Maxine on 0437 794 447 for more info.

Contact the Centre on 5977 2468 to register your place.

Community Craft Group

Work on your own project or share crafting advice with the lovely ladies in this fun craft group.

Every Friday 12.00pm - 3.00pm. Cost: \$4.00

Contact the Centre on 5977 2468 for more info.

The Art Therapy Warrior NEW CLASS

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.

Every Wednesday 11am - 1pm. Cost: Gold Coin.

Contact the Centre on 5977 2468 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.

Phone Lindsay on 5974 8367 for more info.

Clubs, Crafts & Interest Groups

Wild Earth Mother Cooking Classes NEW Commencing August

Every Wednesday come and join Narelle as she shows us how to prepare good healthy food basics Contact Narelle on 0427 266 544 to book your place.

Mahjong Group

Come and join this friendly group of "Mahjongers".

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. This friendly group meet once a month at the Centre. Meetings are held on the third Monday of each month from 2.00pm - 4.30pm.

Contact: 0438 137 183 for more information.

Peninsula Dutch Senior Social Club

We are 'home' to the Peninsula Dutch Senior Social Club who get together for lunch and to play cards.

Every Thursday 12.30pm - 4.00pm. Phone Manja Zillesen on 0414 486 136 for more info.

Mornington Peninsula Camera Club

The club meets three times a month on Thursday evenings and holds tutorials once a month on different photo and camera techniques.

Phone Maree Posthuma on 0419 532 492.

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.

Register Your Interest/Promotion

Support Groups

Support Groups

Seniors Be Connected

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 to book with our tutor Tony.



Revamped Jewellery Boutique

We proudly home this pop-up shop which is a not for profit organisation which 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

MS Peer Support Group – Mornington

This group meets regularly at the Centre and offers information and support to people living with multiple sclerosis and their carers. Meetings are held on the second Tuesday of each month from 12.30pm - 2.00pm. Phone Ralph Althorp on 0403 810 245 for more info.

Peninsula Prostate Support Group

Meets on the second Wednesday of each month (except January) from 7.00pm - 8.30pm. This support group continues to help men with prostate cancer and their partners in a caring confidential environment during treatment and recovery. 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.



Children's Activities & Educational Programs

Children's Activities & Educational Programs

Health & Wellbeing

Little Fish Playgroup

A relaxed and friendly community playgroup for parents, grandparents and carers to bring the "littlies" to play in the 'BIG room'.

Every Monday 9.30am - 11.30am.

Cost: Gold Coin donation per family.

Contact the Centre on 5977 2468 for more info.

Kumon

Develop your child's potential with the Kumon method of learning in Maths or English. Every Tuesday & Friday 3.30pm - 6.15pm. Contact Dennise on 0409 423 122 for more info or visit www.kumonmorningtonvic@gmail.com

Reading Rockets

This is a hands-on approach to reading and writing suitable for four year olds. Sessions are fast paced, combining learning activities with games, crafts and songs.

Every Wednesday 10.00am - 11.00am.

Contact Maureen on 0423 806 525 for more info.

Hey Dee Ho

An exciting and innovative music program for babies, toddlers and preschoolers designed to stimulate early childhood development.

Every Thursday 11.00am - 12.00pm.

Contact Sonia on 0414 662 323 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.

Mini Maestros

Run by a qualified teacher nurturing confident learners with fun and educational music. Classes for children, babies, toddlers, and pre-schoolers aged 6 months to 5 years.

Every Tuesday 9.00am -12.30pm.

Contact Lori-Anne on 0450 566 474 for more info.

Yoga and Meditation with Trish

Every Thursday 7.00pm - 8.30pm and 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.

Class held every Wednesday (Beginners Fitness) 11.00am - 12.15pm. Cost: \$10.

Contact the Centre on 5977 2468 for more information. No booking required.

Debbie's Stretching Class

This one-hour class combines yoga, pilates, tai-chi and meditation. Cost: \$10.

Mondays (Medium to High Fitness) 9.30am -10.30am

(class full) Monday (Beginners) 11.30 – 12.30.

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 a coffee and stroll.

Cost: FREE. Every Thursday 10.00am.

Contact the Centre on 5977 2468 for more info.