











REGION 1

Frankston City Region

Patterson Lakes, Seaford,
Carrum Downs, Langwarrin,
Frankston North




PHYSICAL ACTIVITY







Aqua




Group Information	Where	Contact
AQUA CLASSES 3 different Aqua classes available Aqua Aerobics, Aqua HIIT & Aqua Yoga. Waive form to sign prior to joining. Pack 10 \$125	Input Fitness 224 Cranbourne Rd Frankston	Input Fitness  9789 3566  reception@inputfitness.com.au  inputfitness.com.au
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. Casual and membership options available.	PARC Cnr Cranbourne Rd & Olive Grove Frankston	PARC Frankston  9781 8444  info@parcfrankston.com.au  parcfrankston.com.au
FAB 50S SWIMMING & AEROBICS CLUB 40 minute aqua session for those over 50. Run by 2 senior aqua aerobics coaches, work at your own pace. Membership form to be completed. \$20 annual fee. Pay as you go, multi-pass or membership options available.	PARC Frankston Cnr Cranbourne Rd & Olive Grove Frankston	Fab 50s Swimming & Aerobics Club  5975 4118  parcfrankston.com.au aquatics/fab-50s

PHYSICAL ACTIVITY

Dance

Group Information	Where	Contact
DANCE GROUPS A range of dance groups available including Belly Dancing, Zumba, Boogie & Movement and Self Care Dance. Bookings essential.	Orwil Street Community House 16 Orwil Street Frankston	Orwil Street Community House Inc.  9783 5073  info@orwilst.org.au  orwilst.org.au



ZUMBA Zumba is a total dance workout, combining all elements of fitness.	Frankston North Community Centre 26 Mahogany Ave Frankston Nth	 0409 571 531  fncc@frankston.vic.gov.au  frankston.vic.gov.au/fncc
ZUMBA GOLD Cardio dance class for beginners who want to enjoy movement and stretching to music.	Frankston South Rec Centre 55 Towerhill Rd Frankston South	Frankston South Rec Centre  9293 7122  fscrc@frankston.vic.gov.au  frankston.vic.gov.au/fscrc

PHYSICAL ACTIVITY	General Exercise Groups	
Group Information	Where	Contact
AGESTRONG A group strength and balance program with a focus on muscles used for everyday activities. Run by Peninsula Health using the Agestrong content. Assessment needed with Physio/Exercise Physiologist at Peninsula Health Community Health. Contact Access to book.	Lyrebird Community Centre 203 Lyrebird Drive, Carrum Downs	Access – Peninsula Health  1300 665 781  agestrong@phcn.vic.gov.au  peninsulahealth.org.au/agestrong
GENTLE EXERCISE CLASS Gentle movements designed to help improve strength, balance, flexibility, fitness and mobility. Good balance required.	Lyrebird Community Centre 203 - 205 Lyrebird Drive, Carrum Downs	Lyrebird Community Centre  9782 0133  admin@lyrebird.org.au  lyrebird.org.au
TAI CHI Tai Chi class	Karingal PLACE Neighbourhood Centre 103 Ashleigh Avenue, Frankston	Dot  0438 890 633
AGESTRONG A group strength and balance program with a focus on muscles used for everyday activities. Run by Karingal PLACE using the Agestrong content. Assessment needed with Physio/Exercise Physiologist at Peninsula Health Community Health. Contact Access to book.	Karingal PLACE 103 Ashleigh Avenue, Frankston	Access – Peninsula Health  1300 665 781  agestrong@phcn.vic.gov.au  peninsulahealth.org.au/agestrong

PARC AGESTRONG EXERCISE GROUP

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. **Must be a member of Frankston RSL.**

Frankston RSL
183 Cranbourne
Road, Frankston

Frankston RSL
 **8792 4426**
 **frankstonrsl.com.au**

GENTLE CHAIR EXERCISE

This chair exercise program is suitable for people with mobility issues wanting to improve strength, balance, coordination and overall flexibility. **Bookings essential.**

**Orwil Street
Community House**
16 Orwil Street,
Frankston

**Orwil Street Community
House Inc.**
 **9783 5073**
 **info@orwilst.org.au**
 **orwilst.org.au**

MEDITATION & YOGA GROUPS

A range of groups with a focus on gentle movements, relaxation and mindfulness. Different groups include Reiki, Yoga, Meditation, Mindfulness & Women's Wellbeing. **Bookings essential.**




**Orwil Street
Community House**
16 Orwil Street,
Frankston

**Orwil Street Community
House Inc.**
 **9783 5073**
 **info@orwilst.org.au**
 **orwilst.org.au**

GROUP CLASSES

A variety of classes in varying intensities including Tai Chi, Pilates, Yoga, Yogalates, Cycling. **Casual and membership options available.**




PARC
Cnr Cranbourne Rd
& Olive Grove,
Frankston

 **9781 8444**
 **info@parcfrankston.com.au**
 **parcfrankston.com.au**

PARC MOVERS

Classes for those who want a lower intensity whilst getting great functional results in strength and cardio. **Casual and membership options available.**




PARC
Cnr Cranbourne Rd
& Olive Grove,
Frankston

PARC Frankston
 **9781 8444**
 **info@parcfrankston.com.au**
 **frankstonrsl.com.au**

ACTIVE LIVING

Light exercise using resistance to music. Parking permits available, contact for parking details. GP sign off required for over 65 with heart problems. **Various membership options available.**




**Monash Sport,
Monash University,
Building W MPARC**
McMahons Road,
Frankston

**Monash Sport, Monash
University**
 **9904 4496**
 **fitness.peninsula@
monash.edu**
 **monash.edu/sport**

AGESTRONG

A group strength and balance program with a focus on muscles used for everyday activities. Run by Peninsula Health using the Agestrong content. Assessment needed with Physio/Exercise Physiologist at Peninsula Health Community Health. **Contact Access to book.**

**Frankston North
Community Centre**
26 Mahogany Drive,
Frankston North

Access – Peninsula Health
 **1300 665 781**
 **agestrong@phcn.vic.gov.au**
 **peninsulahealth.org.au/
agestrong**




<p>MORNING KICKSTART</p> <p>Kickstart your morning with this exercise class designed to get you going for the day.</p>	<p>Frankston North Community Centre 26 Mahogany Ave Frankston Nth</p>	<p>Frankston North Community Centre ☎ 8773 9545 ✉ fncc@frankston.vic.gov.au 🌐 frankston.vic.gov.au/fncc</p>
<p>STRETCH & BALANCE</p> <p>Slowly ease into your morning with this gentle stretch and balance class to increase movement.</p>	<p>Frankston North Community Centre 26 Mahogany Ave Frankston Nth</p>	<p>Frankston North Community Centre ☎ 8773 9545 ✉ fncc@frankston.vic.gov.au 🌐 frankston.vic.gov.au/fncc</p>
<p>EXERCISE CLASSES</p> <p>A variety of classes are available for a mix of abilities - Fitness Exercise, Twinges in the Hinges, Stretch Floor Program and more.</p>	<p>Frankston South Rec Centre 55 Towerhill Road, Frankston South</p>	<p>Frankston South Rec Centre ☎ 9293 7122 ✉ fscrc@frankston.vic.gov.au 🌐 frankston.vic.gov.au/fscrc</p>
<p>FIT OVER 60</p> <p>Fitover 60 offers group fitness classes for those over 60 years young. Momentum aims to improve cardiovascular fitness via movement to music exercise, while Strength & Tone will offer strength & increase bone density via a weight workout.</p>	<p>Scout Hall 1 Bentley Place, Frankston South</p>	<p>Briar Rule ☎ 0419 713 635 ✉ briarfreedom60@gmail.com</p>
<p>GENERAL EXERCISE FOR ALL AGES</p> <p>An exercise group for people who are new to exercise. All ages welcome. Bookings essential.</p>	<p>Langwarrin Community Centre 2 - 6 Lang Road, Langwarrin</p>	<p>Langwarrin Community Centre ☎ 9789 7653 ✉ reception@langwarrincc.org.au 🌐 langwarrincc.org.au</p>
<p>AGESTRONG</p> <p>A group strength and balance program with a focus on muscles used for everyday activities. Run by Langwarrin Community Centre using the Agestrong content. Assessment needed with Physio/Exercise Physiologist at Peninsula Health Community Health. Contact Access to book.</p>	<p>Langwarrin Community Centre 2 Lang Road, Langwarrin</p>	<p>Access - Peninsula Health ☎ 1300 665 781 ✉ agestrong@phcn.vic.gov.au 🌐 peninsulahealth.org.au/agestrong</p>

AGESTRONG

A group strength and balance program with a focus on muscles used for everyday activities. Run by Peninsula Health using the Agestrong content. **Assessment needed with Physio/Exercise Physiologist at Peninsula Health Community Health. Contact Access to book.**

Patterson Lakes Community Centre
54 – 70 Thompson Road, Patterson Lakes

Access – Peninsula Health




 1300 665 781
 agestrong@phcn.vic.gov.au
 peninsulahealth.org.au/agestrong

STRETCH, PILATES & TAI CHI CLASSES

Various classes available including Tai Chi, Power Bar Pilates & Stretch & Tone

Belvedere Community Centre @Davey Richardson Pavilion
151 East Road, Seaford

Belvedere Community Centre




 9776 8922
 reception@belvedere.org.au
 belvedere.org.au

FRANKSTON U3A – VARIOUS GROUPS

A range of classes available including Tai Chi, Yoga, walking groups, gentle exercises, bike riding and more. To enrol in courses you must be a member of U3A Frankston. **Annual Membership Fee**

Various Locations

Frankston U3A

 9770 1042
 secretary@u3af.org.au
 u3af.org.au

PHYSICAL ACTIVITY

Individualised Programs

Group Information

Where




Contact

STROKE CIRCUIT TRAINING & MS GROUP

A gym exercise program for people who have had a stroke and have had an exercise program prescribed. Participants will be supervised using gym equipment. Parking permits available, contact for parking details. Physio/Carer can attend the first few session. **Referral & Exercise Program to be provided by Physio.**

Monash Sport, Monash University, Building W MPARC
McMahons Road, Frankston

Monash Sport, Monash University

 9904 4496
 fitness.peninsula@monash.edu
 monash.edu/sport

CHRONIC DISEASE GROUPS









A range of rehabilitation programs such as Cancer/Cardiac/Chronic disease/ Pulmonary rehab. Speciality programs for people with other conditions e.g. Osteoarthritis. Exercise physiologists and Physiotherapists can support/facilitate exercise programs. **Individual assessment required, contact Access to book in at your local Community Health Centre.**

Frankston Community Health
12-32 Hastings Road, Frankston

Access – Peninsula Health

 1300 665 781
 peninsulahealth.org.au/services/peninsula-health-community-health

WELLNESS GROUPS Small, personalised groups run by an Exercise Physiologist. Specific programs available for Cardiac, Pulmonary, Rehabilitation and more. Medical clearance & individual assessment required.	PACE Health Management 24 Yuille Street, Frankston South	PACE Health Management  9770 6770  info@pacehm.com.au  pacehm.com.au
CLINICAL EXERCISE SESSION/PILATES A specifically tailored program prescribed & monitored by a physiotherapist. Pilates groups also available.	Langwarrin Sports Medicine Centre & Pilates Studio 83-85 Cranbourne Road, Langwarrin	Peninsula Sports Medicine Group  9789 1233  info@psmggroup.com.au  psmgroup.com.au
PULMONARY REHAB PROGRAM - PATTERSON LAKES 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.	Patterson Lakes Community Centre 54 - 70 Thompson Road, Patterson Lakes	Access - Peninsula Health  1300 665 781

PHYSICAL ACTIVITY	Leisure Activities	
Group Information	Where	Contact
SOCIAL BADMINTON Enjoy a social game. No experience necessary. Reasonable balance & moderate fitness required. Shuttles provided. BYO racquet.	Gymnasium - McClelland College 24/28 Alexander Crescent, Frankston	Mornington Peninsula Badminton Inc.  0412 150 514  mpb.org.au
FRANKSTON CROQUET CLUB This is a small friendly club. Playing croquet is not hard on the body and can be purely social or quite competitive. Coaching available. Please wear flat soled enclosed shoes. No joining fee.	Frankston Croquet Club Cnr Spring & Nolan Streets, Frankston	Frankston Croquet Club Inc.  9783 7340 or 0407 342 562  faypotoole@gmail.com  croquetvic.asn.au
MAHOGANY INDOOR BOWLS Social gathering where indoor carpet bowls are played in mixed teams.	Frankston North Community Centre 26 Mahogany Avenue, Frankston Nth	Frankston North Community Centre  8773 9545  fncc@frankston.vic.gov.au  frankston.vic.gov.au/fncc

SOCIAL BADMINTON

Enjoy a social game. No experience necessary. Reasonable balance & moderate fitness required. Shuttles provided. BYO racquet

**Gymnasium -
McClelland College**
24/28 Alexander
Crescent, Frankston

**Mornington Peninsula
Badminton Inc.**

 **0412 150 514**
 **mpb.org.au**




PRYMEBALL

Modified game of volleyball, ball is caught before being passed over the net, played in a non-competitive atmosphere.

Reasonable balance & moderate fitness required.

**Frankston South
Rec Centre**
55 Towerhill Road,
Frankston South

Frankston South Rec Centre




 **9293 7122**
 **fscrc@frankston.vic.gov.au**
 **frankston.vic.gov.au/fscrc**

SOCIAL TABLE TENNIS

Enjoy a social game. No experience necessary. Reasonable balance & moderate fitness required. Shuttles Bats and balls provided. **BYO racquet first session FREE.**

**Frankston South
Rec Centre**
55 Towerhill Road,
Frankston South

Frankston South Rec Centre




 **9293 7122**
 **fscrc@frankston.vic.gov.au**
 **frankston.vic.gov.au/fscrc**

WALKING SOCCER

Enjoy a slow moving modified version of the world game for over 50's. No soccer experience necessary.

**Frankston South
Rec Centre**
55 Towerhill Road
Frankston South




Frankston South Rec Centre

 **9293 7122**
 **fscrc@frankston.vic.gov.au**
 **frankston.vic.gov.au/fscrc**

WALKING BASKETBALL

A low-impact, social and fun way to improve the levels of physical activity for inactive and slightly active Australians, including those recovering from injury.

**Dreamstreet
Lending Arena**
98 Barida Avenue,
Seaford

 **9776 8999**
 **tanya.thomas@fdba.com.au**
 **fdba.com.au/2022/03/03**
walking-basketball-growing
at-frankston-basketball/




CROQUET














A mobile croquet club working with community groups on the Mornington Peninsula. Our courts are any available lawn & we take croquet to all members of the community, namely the disadvantaged, disengaged, isolated or disillusioned.

Flat shoes needed.



















Mobile Club
Based in Tootgarook,
but travels the entire
peninsula.

RNB Croquet Club






















 **0421 486 890**
 **rnbcroquet@gmail.com**
 **croquetvic.asn.au**

PHYSICAL ACTIVITY	Walking Groups	
Group Information	Where	Contact
LYREBIRD WALKING GROUP A pleasant paced 1 hour walk around the local community. Must be able to walk safely outdoors & have reasonable balance and fitness. BYO drink bottle.	Meets at Lyrebird Community Centre 203 – 205 Lyrebird Drive, Carrum Downs	Lyrebird Community Centre  9782 0133  admin@lyrebird.org.au  lyrebird.org.au
FRANKSTON WALKING GROUP Monthly walk through the George Pentland Gardens. Contact Michelle to confirm meeting point. Complete online registration form	George Pentland Gardens Cnr Foot & Williams Streets, Frankston	 0412 321 354  walking.heartfoundation.org.au
WALKING TO WELLNESS These sessions will run in the community house and utilise the local community streets to walk and talk about healthy eating and nutrition. Bookings essential.	Orwil Street Community House 16 Orwil Street, Frankston	Orwil Street Community House Inc.  9783 5073  info@orwilst.org.au  orwilst.org.au
WALKING GROUP Walking Group	Karingal PLACE Neighbourhood Centre 103 Ashleigh Avenue, Frankston	Karingal Place  8786 6650  karingalplace@frankston.vic.gov.au
HEART & SOLE WALKING GROUP Walking group meets 3rd Saturday of the month. The group catches a bus & heads somewhere for a stroll, a chat and BYO afternoon tea. Cost varies due to bus hire & location, but usually under \$10.	Meet at Frankston Community Baptist Church 43 Monterey Blvd, Frankston North	Norma  0417 513 639
WALKING GROUP 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.	Leaves from Frankston South Rec Centre 55 Towerhill Road, Frankston South	Frankston South Rec Centre  9293 7122  fscrc@frankston.vic.gov.au

BOWLS CLUBS

Group Information	Where	Contact
BELVEDERE BOWLS CLUB Social bowls and competition bowls.	160 East Road, Seaford	 9776 8289  belvederebowls@bigpond.com  belvederebowlsclub.com
BAXTER VILLAGE BOWLS CLUB Social and Pennant Bowls.	8 Robinson Road, Frankston South	 5971 5219  baxtervillagebc@gmail.com  baxtervillage.bowls.com.au
CARRUM BOWLING CLUB A friendly, social community club. Includes active and competitive bowls as well as barefoot, social and indoor bowls.	Keast Park 1R Nepean Highway, Seaford	 9772 2437  enquiries@carrumbowlingclub.org.au  carrum.bowls.com.au
FRANKSTON BOWLING CLUB A friendly, social community club. Includes active and competitive bowls as well as barefoot, social and indoor bowls.	Cnr Yuille & Williams Street, Frankston	 9783 2877  clubmanager@cofbc.com  frankston.bowls.com.au
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.	248 Skye Road, Frankston	 9789 0754  bowlsmgr@karingalbowls.com.au  karingalbowlsclub.com.au
YAMALA PARK FRANKSTON BOWLING CLUB A small family friendly lawn bowls club offering barefoot & social bowls.	Dunstan Street, Frankston South	 9787 5638  Yamalaparkbc@gmail.com  facebook.com/Yamalaparkbc



COMMUNITY CENTRES

Group Information	Where	Contact
BELVEDERE COMMUNITY CENTRE A range of activities including adult education classes, sewing and craft groups, exercise groups and more.	Belvedere Community Centre 36 Belvedere Road, Seaford	 9776 8922  reception@belvedere.org.au  belvedere.org.au
EBDALE COMMUNITY HUB AND LEARNING CENTRE	Ebdale Community Hub and Learning Centre 20 Ebdale Street, Frankston	 9293 7102  ebdale@frankston.vic.gov.au  frankston.vic.gov.au
FRANKSTON NORTH COMMUNITY CENTRE Activities include craft groups, card games, support groups and exercise groups.	Frankston North Community Centre 26 Mahogany Avenue, Frankston North	 8773 9545  fncc@frankston.vic.gov.au  frankston.vic.gov.au/fncc
FRANKSTON SOUTH COMMUNITY AND RECREATION CENTRE A variety of programs including board games, book club, exercise groups, social groups.	Frankston South Community and Recreation Centre 55 Towerhill Road, Frankston South	 9293 7122  frankstonsouthreccentre@frankston.vic.gov.au  frankston.vic.gov.au
KARINGAL PLACE NEIGHBOURHOOD CENTRE Lots of activities including Men's Group, craft corner, chatty cafes and more	Karingal PLACE Neighbourhood Centre 103 Ashleigh Avenue, Frankston	 8786 6650  karingalplace@frankston.vic.gov.au  frankston.vic.gov.au/KaringalPLACE
LANGWARRIN COMMUNITY CENTRE Activities include computer classes, art classes, community garden, scrabble and more.	Langwarrin Community Centre 2-6 Lang Road, Langwarrin	 9789 7653  reception@langwarrincc.org.au  langwarrincc.org.au
LYREBIRD COMMUNITY CENTRE Adult education including computer classes, english, baking plus craft groups, games, exercise and more.	Lyrebird Community Centre 203-205 Lyrebird Drive, Carrum Downs	 9782 0133  admin@lyrebird.org.au  lyrebird.org.au

ORWIL STREET COMMUNITY HOUSE

Support Groups, exercise groups, wellbeing, women's shed, computer courses and more.

Orwil Street Community House
16 Orwil Street
Frankston







 **9783 5073**
 **info@orwilst.org.au**
 **orwilst.org.au**

SEAFORD COMMUNITY CENTRE

Seaford Community Centre Talbot Hall,
Broughton Street,
Seaford (Rear of
Seaford Community
Centre)










 **1300 322 322**
 **halls@frankston.vic.gov.au**

MEN'S SHEDS










Group Information	Where	Contact
LANGWARRIN MEN'S SHED Feel good, be productive, contribute to community & connect with friends. Make furniture, possum boxes, repairs and recycle. Learn to use a computer and cook!	185N Cranbourne-Frankston Road Langwarrin	 9789 8380  comms@langwarrinmensshed.org.au  langwarrinmensshed.org.au
PINES MEN'S SHED Feel good, be productive, contribute to community and charities, connect with friends, have a yarn and a cuppa. Make furniture, cubby houses & possum boxes. Includes metal working & wood turning.	14 Stringybark Crescent Frankston North	 9786 1008  pinemensshed@bigpond.com  pinescommunitymensshed.com.au














MULTICULTURAL GROUPS

Group Information	Where	Contact
AUSTRALIAN MULTICULTURAL SENIORS SUPPORT GROUP INC A warm welcoming environment including dancing, board games and lunch.	Frankston Multicultural Centre 24-26 High Street Frankston	 0418 592 944  gilliesfe@gmail.com
AVONDRUST AUXILIARY (to Dutchcare) Luncheons and Dutch card afternoon. Kiosk is open daily.	Avondrust Village 1105 Frankston-Dandenong Rd Carrum Downs	 0427 221 040

CARRUM DOWNS SRI LANKAN SENIORS Enjoy the culture, food and community	Talbot Hall 2/6R Broughton Street, Seaford	 0402 109 536
CHINESE SENIOR CITIZENS CLUB Gentle exercise, tai chi, cultural dancing, mah-jong, socialising and lunch. Includes outings and birthday celebrations.	Orwil Street Community House 16 Orwil St Frankston	 0488 990 499
FRANKSTON FILIPINO SENIORS SUPPORT GROUP Enjoy lunch, guest speakers, cards, craft, cultural dancing, line dancing and zumba. 2nd Wednesday of the month.	Holy Family Church Hall 34 Moreton Street, Frankston North	 0409 192 390
GREEK ELDERLY WOMEN'S CLUB Activities include bingo, Greek book swap, exercise, knitting, dance, singing and day trips.	2 Petrie Street, Frankston	 0418 554 840
GREEK SENIOR CITIZENS CLUB Enjoy morning and afternoon tea, lunch, trips, picnics, cards, bingo and games. <i>*Transport available subject to eligibility & availability call 9784 1933</i>	2 Petrie Street, Frankston	 0423 531 828
KALENKA INC (RUSSIAN) Enjoy English classes, bingo, cards, exercise, lunch, singing and lectures. 1st Monday of the month.	Talbot Hall 2/6R Broughton Street, Seaford	 5987 7061
POLISH SENIOR CITIZENS CLUB Come along and enjoy tea and coffee, conversation, bingo, celebrations and cards. 2nd Wednesday of the month.	Leawarra House 200 Beach Street, Frankston	 0468 640 786
RADUGA RUSSIAN SENIOR CITIZENS CLUB English classes, exercise, lunch, singing and lectures. 2nd Friday of the month. Fourth Friday of the month is an outing.	Seaford Uniting Church Railway Parade Seaford	 9772 6858
SOUTH AMERICAN SENIOR CITIZENS CLUB OF FRANKSTON & MORNINGTON PENINSULA Art, painting, socialisation, trips and outings. Enjoy morning tea.	Orwil Street Community House 16 Orwil Street, Frankston	 9766 6887

SENIORS GROUPS



Group Information	Where	Contact
BSL RECREATION & SOCIAL CONNECTION HUB Gardening, table tennis, pool, outings, exercise & dance.	Banksia Community Respite Centre 12 Inglis Avenue Frankston	 8781 4250
CARRUM DOWNS PROBUS CLUB INC. Croquet, Card games, movies, lunch, dining out, theatre groups and bus trips.	Lyrebird Community Centre 203-205 Lyrebird Drive, Carrum Downs	 0428 027 925  carrumdownsprobus@gmail.com
CARRUM DOWNS SENIOR CITIZENS CLUB INC A friendly social club that offers card & board games, pool, bingo and social time to chat with friends. Games day every Tuesday at the Lyrebird Community Centre.	Lyrebird Community Centre 203-205 Lyrebird Drive, Carrum Downs	 0412 877 449  cdsnrcitzclub@gmail.com
COUNTRY WOMEN'S ASSOCIATION FRANKSTON BRANCH Come along and join in craft, outings and cooking.	33 Beach Street Frankston	 9766 5614
COUNTRY WOMEN'S ASSOCIATION FRANKSTON SOUTH BRANCH Activities include cooking and craft. New members welcome. 2nd Thursday of the month.	Connect Church Hall 135 Golf Links Road Frankston South	 0428 874 488
FRANKSTON COMBINED PROBUS INC Activities include guest speakers, day trips, caravanning, craft, games, picnics, dinners, computer group and walking club. 3rd Friday of the month.	RSL Frankston, Bowls Pavilion 183 Cranbourne Road Frankston	 0450 916 366  fcprobus@gmail.com

FRANKSTON EAST OVER 55s Come along and enjoy carpet bowls, exercise, line dancing, bingo and craft.	Leawarra House 200 Beach Street Frankston	 9766 0290
FRANKSTON FRIENDSHIP CLUB Join us for morning tea, guest speakers, reminiscence sessions and day trips. 1st Wednesday of every month.	St Francis Xavier Catholic Church 60 Davey Street Frankston	 0419 367 778
FRANKSTON LADIES PROBUS CLUB INC Activities include luncheons, guest speakers, morning teas, fashion shows and outings. 2nd Thursday of the month.	Community of Christ Church Hall 2 Logan Street Frankston	 9789 5192  seafordprobus@gmail.com
FRANKSTON NORTH SENIOR CITIZENS CLUB New members are welcome to come along and enjoy cards, bingo, scrabble and rummikub.	Frankston North Community Centre 26 Mahogany Avenue Frankston North	 8773 9545  fncc@frankston.vic.gov.au  facebook.com/frankstonnorthcommunitycentre
LANGWARRIN LADIES PROBUS CLUB INC Day trips, dinners, guest speakers, craft, gardening, cinema group, chat & chew club, and lunch after the meeting. Last Thursday of the month.	Langwarrin Community Centre 2-6 Lang Road Langwarrin	 9789 3880
PENINSULA ACTIVITY GROUP Friendship group for all. Activities include walking, trips, day outings, shows, lunches, guest speakers and tea and coffee. 3rd Friday of the month.	Uniting Church High Street Frankston	 9775 2304
PROBUS CLUB OF FRANKSTON “Friendship, Fellowship and Fun”. Enjoy outings, golf, cards, walking, theatre, music, bus trips, and discussion mornings. 1st Wednesday of the month.	RSL Frankston, Bowls Pavilion 183 Cranbourne Road Frankston	 9783 7140  enquiries.probusfrankston@gmail.com  probusfrankston.org.au
PROBUS CLUB OF LANGWARRIN COMBINED INC Activities include meetings, guest speakers, morning tea, craft, movies, table tennis, walks, golf, book group, bus trips, caravan trips, luncheons. Visitors welcome. 4th Friday of the month.	Frankston Naval Memorial Club 36 Barretts Road Langwarrin	 0416 138 844

SEAFORD PROBUS CLUB INC

Guest speaker followed by lunch. Includes trips away, theatre outings, walking groups, computer classes, craft, golf, cards and games. 2nd Thursday of the month.

Pat Rollo Reserve
Silver Avenue
Frankston North

 **0419 326 085**
 **seafordprobus@gmail.com**

SEAFORD SENIOR CITIZENS CLUB INC.

Come along and enjoy social time to chat with friends and fun activities.

A.H. Talbot Hall
6R Broughton Street
Seaford

 **9785 1621**







U3A FRANKSTON

Over 60 courses available. Members enjoy a range of classes, social activities and the opportunity to make new friends.

Karingal PLACE
103 Ashleigh Ave
Frankston

 **9770 1042**
 **office@u3af.org.au**
 **u3af.org.au**

SUPPORT GROUPS

Group Information	Where	Contact
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 Rd, Frankston	 9783 5456
MENTIS ASSIST A range of Social Support groups for people facing challenges with their mental health. Groups include shopping, outings, activities, etc. Some transport available for some activities.	Various Locations Frankston/Carrum Downs	Alison Cliff  5970 5000  info@mentisassist.org.au  mentisassist.org.au
PROSTATE CANCER SUPPORT GROUP Friendly discussion about prostate cancer diagnosis, treatment and recovery.	Frankston RSL 183 Cranbourne Road Frankston	 0419 133 826  pcfa.org.au/support