

REGION 4

Southern Peninsula

Safety Beach, Dromana, Rosebud,
Capel Sound, Tookgarook, Rye,
Blairgowrie, Sorrento,
Portsea & Somers

PHYSICAL ACTIVITY

Dancing

Group Information	Where	Contact
ZUMBA Zumba is a total dance workout, combining all elements of fitness.	Studio 13/23 Suffolk Street, Capel Sound	Helen 📞 0418 762 242 ✉️ helenrollinson@gmail.com 🌐 zumba-mornington-peninsula.square.site
PENINSULA OLD TIME CEILIDH DANCE CLUB A mixture of dances including New Vogue, Old Time Ballroom and Scottish Country Dancing. Partners not needed. Beginners welcome.	Catholic Church Hall 1 Foote Street, Dromana	Lorraine 📞 5985 3551
SHAKE IT UP Dance class with exercises to music to improve fitness. Enjoy dancing while having fun. Enrolment form required & \$15 annual membership.	Sorrento Community Centre 860-868 Melbourne Road, Sorrento	Sorrento Community Centre 📞 5984 3360 ✉️ admin@sorrentocc.org.au 🌐 sorrentocc.org.au

PHYSICAL ACTIVITY

General Exercise

Group Information	Where	Contact
AGESTRONG A group strength and balance program with a focus on muscles used for everyday activities. Run by Belgravia Leisure using the Agestrong content. Assessment needed with Physio/Exercise Physiologist at Peninsula Health Community Health. Contact Access to book.	Balnarring Hall 3035 Frankston - Flinders Road, Balnarring	Access - Peninsula Health 📞 1300 665 781 ✉️ agestrong@phcn.vic.gov.au 🌐 peninsulahealth.org.au/ agestrong
	Blairgowrie Community Hall 8 William Road, Blairgowrie	

<p>AGESTRONG</p> <p>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. AGESTRONG</p>	<p>Rosebud Senior Citizens Centre 121 Ninth Avenue, Rosebud</p>	<p>Access - Peninsula Health</p> <p>☎ 1300 665 781</p> <p>✉ agestrong@phcn.vic.gov.au</p> <p>🌐 peninsulahealth.org.au/agestrong</p>
	<p>YAWA 100 Besgrove Street, Rosebud</p>	
	<p>Safety Beach Sailing Club Marine Drive, Safety Beach</p>	
<p>AGESTRONG</p> <p>A group strength and balance program with a focus on muscles used for everyday activities. Run by Belgravia Leisure using the Agestrong content. Assessment needed with Physio/Exercise Physiologist at Peninsula Health Community Health. Contact Access to book. AGESTRONG</p>	<p>Rosebud Memorial Hall Nepean Highway, Rosebud</p>	<p>Access - Peninsula Health</p> <p>☎ 1300 665 781</p> <p>✉ agestrong@phcn.vic.gov.au</p> <p>🌐 peninsulahealth.org.au/agestrong</p>
	<p>Somers Pavilion 68 Camp Hill Road, Somers</p>	
<p>PILATES</p> <p>Pilates class. Bookings essential.</p>	<p>Seawinds Community Hub 11a Allambi Avenue, Capel Sound</p>	<p>Tanya</p> <p>☎ 0408 540 785</p> <p>🌐 seawindscommunityhub.com.au</p>
<p>TAI CHI, YOGA & PILATES GROUPS</p> <p>Various groups available including Tai Chi & Pilates. Enrolment form required & \$15 annual membership.</p>	<p>Sorrento Community Centre 860 – 868 Melbourne Road, Sorrento</p>	<p>Sorrento Community Centre</p> <p>☎ 5984 3360</p> <p>✉ admin@sorrentocc.org.au</p> <p>🌐 sorrentocc.org.au</p>
<p>SEASONAL YOGA WITH JO HAFEY</p> <p>Japanese Seasonal Yoga. Postures, exercises and Asanas are aimed at releasing tension, strengthening the core and maintaining a sense of flexibility in who we are. Beginners & more experienced welcome. Summer classes available to Blairgowrie Senior Citizen. BYO mat or blanket.</p>	<p>Blairgowrie Yacht Squadron 2900 Point Nepean Road, Blairgowrie</p>	<p>Jo Hafey</p> <p>☎ 0438 023 484</p> <p>✉ info@ezense.com.au</p> <p>🌐 ezense.com.au</p>

SENIORS EXERCISE CLASS

Exercise group with a focus on strength and balance.

Tootgarook Senior Citizens Group
2 Barry Street
Tootgarook

Tootgarook Seniors Citizens Centre

☎ 0487 206 034

🌐 tootseniors@gmail.com.au

U3A SOUTHERN PENINSULA - VARIOUS GROUPS

A range of classes available including Table Tennis, Cycling, Balance Class, Pilates, Walking, Dancing and more. To enrol in courses you must be a member of U3A Southern Peninsula.

Annual Membership Fee.

Various Locations

U3A Southern Peninsula

☎ 5981 8777

📧 office@u3asouthpen.org.au

🌐 u3asouthpen.org.au

YAWA - VARIOUS CLASSES

A range of different groups available. Exercise Physiologists available for people with medical conditions, injuries or disabilities.

YAWA Aquatic Centre
100 Besgrove Street,
Rosebud

YAWA Aquatic Centre

☎ 5982 6000

🌐 yawa.com.au

PHYSICAL ACTIVITY

Individualised Programs

Group Information

Where

Contact

CLINICAL EXERCISE SESSION/ PILATES

A specifically tailored program prescribed & monitored by a physiotherapist. Pilates groups also available.

Rosebud Physiotherapy Clinic & Pilates Studio
42-44 Boneo Rd,
Rosebud

Peninsula Sports Medicine Group

☎ 9789 1233

📧 info@psmggroup.com.au

🌐 psmgroup.com.au

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. **Access to book in at your local Community Health Centre.**

Rosebud Community Health
38 Braidwood Ave
Rosebud

Access - Peninsula Health














☎ 1300 665 781

🌐 peninsulahealth.org.au/
services/peninsula-health-
community-health

PHYSICAL ACTIVITY		Leisure Activities	
Group Information		Where	Contact
BOWLS Social and competition bowls. Beginners welcome. Flat shoes needed.		West Rosebud Bowling & Croquet Club 66A Elizabeth Avenue, Capel Sound	West Rosebud Bowling & Croquet Club  5986 8075  info.wrbcc@gmail.com  westrosebud.bowls.com.au
CROQUET Golf Croquet and Aussie Croquet played on various days. Flat shoes needed.		Rosebud Village Glen Croquet Club 335-351 Eastbourne Road, Capel Sound	West Rosebud Bowling & Croquet Club  5986 8616  vgcroquet@gmail.com  croquetvic.asn.au
CROQUET Games of Croquet played are Golf Croquet, Ricochet Croquet, and Association Croquet. Beginners welcome. Flat shoes needed.		West Rosebud Bowling & Croquet Club 66A Elizabeth Avenue, Capel Sound	Rosebud Village Glen Croquet Club  5986 8075  info.wrbcc@gmail.com  westrosebud.bowls.com.au
CROQUET Competition and casual croquet available. Opportunity to trial the game. Cup of tea afterwards. Free tuition available. Flat shoes needed.		Parade Ground Point Nepean National Park, Portsea	Sorrento Croquet Club  0419 518 501  croquetsorrento@gmail.com  croquetvic.asn.au
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 Rye/Blairgowrie/Tootgarook	RNB Croquet Club  0421 486 890  rnbcroquet@gmail.com  croquetvic.asn.au
PICKLEBALL Pickleball is a paddle sport that combines elements of tennis, badminton, and ping-pong using a paddle and plastic ball. Pickleball is a social activity, ideal for all skill levels, it's healthy and most of all it's FUN! Refer to website for coaching and playing times.		Sorrento Community Centre 860 – 868 Melbourne Rd, Sorrento	Sorrento Community Centre  5984 3360  admin@sorrentocc.org.au  sorrentocc.org.au

PHYSICAL ACTIVITY



















Walking Groups

Group Information	Where	Contact
WALKING & HIKING GROUPS 2 levels of walking groups available. Hiking group walk 12-15km. Walking Group walks along the boardwalk and then have a coffee.	Dromana Contact for meeting point	 0417 467 734  dromanacommunityhouse@gmail.com  dromanacommunityhouse.com
DROMANA DYNAMICS Friendly group with fortnightly walks around the peninsula. BYO lunch, walking gear, water. etc.	Dromana Various Walks	Michael Scott  0414 711 240
ROSEBUD PLAZA WALKING GROUP Meets in the food court. An indoor walking group. Includes warm up, walk & cool down.	Rosebud Plaza Shopping Centre Cnr Boneo Road & McCombe Street, Rosebud	Rosebud Plaza Shopping Centre  5435 0100  rosebudplaza@charterhall.com.au  rosebudplaza.com.au
RYE WALKERS Weekly walking group - gentle walks around the village with coffee and chat afterwards.	Rye Community House 27 Nelson Street, Rye	Rye Community House  5985 4462  reception@ryech.org  ryech.org
CHAT N GO WALKERS A group that walks, talks & savours the best of our local walking tracks. Enrolment form required & \$15 annual membership.	Sorrento Community Centre 860 – 868 Melbourne Road, Sorrento	Sorrento Community Centre  5984 3360  admin@sorrentocc.org.au  sorrentocc.org.au













BOWLING, PETANQUE & CROQUET CLUBS

Group Information	Where	Contact
BALNARRING BOWLS & SOCIAL CLUB INC.	12A Bruce Street, Balnarring	☎ 5983 1655 🌐 balnarringbowls.com
DROMANA BOWLS CLUB INC.	1 Stawell Street, Dromana	☎ 5904 7501 🌐 dromanabowlsclub.com.au
FLINDERS GOLF BOWLS CLUB	Bass Street, Flinders	☎ 5989 0583
MAIN RIDGE BOWLS & PETANQUE CLUB INC	Recreation Reserve 455 Main Creek Road, Main Ridge	☎ 0422 815 733 🌐 mainridgebpc.com.au
SORRENTO CROQUET CLUB INC	Parade Ground Port Nepean National Park, Portsea	☎ 5988 0148 🌐 croquetvic.asn.au
ROSEBUD BOWLS CLUB INC	952 Point Nepean Road, Rosebud	☎ 5986 8892 🌐 rosebud.bowls.com.au
ROSEBUD COUNTRY CLUB BOWLS	207 Boneo Road, Rosebud	☎ 5950 0800 🌐 rosebudcountryclub.com.au/cms/bowls/
RYE BOWLS CLUB	Cnr Napier & Collingwood Streets, Rye	☎ 5985 2450 🌐 ryebowlsclub.com.au
ST ANDREWS BEACH PETANQUE CLUB	St Andrews Recreation Club 99 Bass Meadows Boulevard Street, Andrews Beach	☎ 0418 216 491



COMMUNITY HOUSES & GARDENS

Group Information	Where	Contact
DROMANA COMMUNITY HOUSE Community Garden, Coffee Catch Up, Singing Group, Crafts and more	Dromana Community House , 15 Gibson Street, Dromana	 0417 467 734  dromanacommunityhouse@gmail.com  dromanacommunityhouse.com
SEAWINDS COMMUNITY HUB Arts & Crafts, Learning, Health and Wellness, Community programs available.	Seawinds Community Hub 11a Allambi Avenue, Rosebud West	 5982 2204  info@seawindscommunityhub.com.au  seawindscommunityhub.com.au
RYE COMMUNITY HOUSE Activities available include Music, Art, Drama, sewing, computer support.	Rye Community House 27 Nelson Street, Rye	 5985 4462  reception@ryech.org  ryech.org
SORRENTO COMMUNITY CENTRE Dancing Groups, exercise groups, games day, painting groups and more.	Sorrento Community Centre 860-868 Melbourne Road, Sorrento	 admin@sorrentocc.org.au  sorrentocc.org.au
BLAIRGOWRIE COMMUNITY GARDEN Community Garden beds with regular working bees.	Stringer Road Reserve Stringer Road, Blairgowrie	Anne  0402 372 136  bcveggies@gmail.com  blairgowriecommunitygarden.org
DROMANA COMMUNITY GARDEN We gather at the garden as a group and as individuals, to work on producing a share crop of fruits and vegetables as well as learning about gardening. We also hold regular working bees.	10 Marna Street, Dromana	 dromanacommunitygarden@gmail.com  dromanacommunityhouse.com/dromana-community-garden
ROSEBUD COMMUNITY GARDEN As a community, we work, eat, learn and swap at our get-togethers on the last Saturday of every month. We have a meeting, work together on tasks in the communal areas of the garden, and enjoy a yarn over lunch.	Leon Avenue, Rosebud	 rosebud.c.garden@gmail.com  rosebudcommunitygarden.org.au

MEN'S SHEDS

Group Information	Where	Contact
ROSEBUD & DISTRICT MEN'S SHED Metal work & woodwork projects, repurposing and repairing of computers and more.	11A Allambie Avenue, Capel Sound	Ray Atkinson  0473 068 760  rosebuddistrictmensshed@gmail.com  rosebudms.mpmsn.com.au
SAFETY BEACH - DROMANA MEN'S SHED Individual and group projects including items for local community organisations.	75A Pier Street, Dromana	Graeme Morris  5981 4765  secretary@sbdmensshed.com  sbdmensshed.com
MAIN RIDGE MEN'S SHED More than old blokes hammering, talking and drinking coffee, the Men's Shed is undertaking community projects and more. Women's group also available.	366 Main Creek Road, Main Ridge	 0418 545 125  mainridge.menshed@gmail.com  mainridgems.mpmsn.com.au
POINT NEPEAN MEN'S SHED Where you are able to participate in meaningful projects and activities, at your own pace, in a relaxed environment and in the company of other like-minded people.	4 Hotham Road, Sorrento	John Crough  0425 827 910  secretary.ptnepeanmensshed@gmail.com  sorrentoms.mpmsn.com.au

SENIORS GROUPS

Group Information	Where	Contact
AUSTRALIAN CROATIAN SOCIAL CLUB MORNINGTON PENINSULA RYE INC. Bocce, social club	113C Truemans Road, Capel Sound	Grozdana Stremjl (Secretary)  0422 304 230  acscmpr@outlook.com

DROMANA SENIOR CITIZEN'S CENTRE INC

Carpet Bowls, Gentle Exercise, Tai Chi, Yoga, Bingo, Billiards, Croquet (indoor), Monthly club outings, Events, Concerts and Performances.

43 Pier Street,
Dromana

Glenda Allan

 **5987 1109**

 **dromanaseniors@outlook.com**

ITALIAN ETHNIC SENIOR CITIZENS CLUB OF DROMANA INC

Bocce, Social Club, Dinner Dances

Dromana Community Hall
2A Verdon Street,
Dromana

Mila Kellaway (Secretary)

 **0400 203 072**

 **italiansscd@gmail.com**

PANAGIA KAMARIANI GREEK ORTHODOX SENIORS CLUB

Meetings, social outings, bus trips.

Greek Orthodox Church
135 Arthurs Seat
Road, Red Hill South

 **panagiaelderly@gmail.com**


ROSEBUD OVER 50S SOCIAL CLUB

Snooker, Bingo, Exercise, Social, Cards, Dancing, Movies

121-123 Ninth Avenue,
Rosebud

Yvonne Ferguson-McLellan

 **5986 1923**

 **contact@rosebudover50s.com.au**

 **rosebudover50s.com.au**

ROSEBUD ITALIAN CLUB INC.

We are a not for profit Italian club that is filled with love, happiness and lots of food! We pride ourselves on bringing a family atmosphere to all our events, and welcoming all people of all backgrounds to our club.

Rosebud Italian Club
8 Newington Avenue,
Rosebud West

 **5982 2603**

 **rosebuditalianclub1@outlook.com**

 **sites.google.com/view/rosebud-italian-club/home**

RYE & PENINSULA GREEK SENIOR CITIZENS CLUB INC

Bocce, Social Club, Dinner Dances

Rye Civic Hall
12 Napier Street,
Rye

Dimos Caragergos (President)

 **0400 788 944**


 **ryeandpeninsulascc@gmail.com**


RYE & PENINSULA GREEK WOMEN'S GROUP INC.

















Women's Social Club, luncheons and outings

17 Nelson Street,
Rye

Jenny Arapus

 **ryeandpeninsulagreekwomen@gmail.com**

 **mpcommunity.com.au/user/rye-and-peninsula-greek-womens-group**

RYE BEACH PROBUS CLUB Book club, fishing, golf, walking group, music groups and more.	Rye Civic Hall 12 Napier Street, Rye	 ryebeachprobusclub.wordpress.com
ITALIAN ETHNIC SENIOR CITIZENS CLUB OF FLINDERS INC. Cards, Bingo	Rye Civic Hall 12 Napier Street, Rye	Nerina Berni (President)  0481300639  italianethnicseniortizen@gmail.com
SORRENTO SENIOR CITIZENS INC. Cards, Art, Embroidery, Exercise, Mah-jong, Theatre Company, Singing	823 Melbourne Road, Sorrento	Pam Watts  5985 4175  info@sorrentoactivitycentre.org  sorrentoactivitycentre.org
HELLENIC ASSOCIATION OF MORNINGTON PENINSULA Social, Dinner Dance, Outings	3 Carmichael Street, Tootgarook	Caterina Kritelli  0403 649 125  hellenicseniors@gmail.com
TOOTGAROOK SENIOR CITIZENS CENTRE INC Indoor bowls, mah-jong, Social dancing , exercise classes, table tennis, art and craft classes and much, much more.	2 Barry Street, Tootgarook	Denise Davis  5985 4992  mpcommunity.com.au/user/tootgarook-senior-citizens-centre/
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 Dromana/Rosebud	Alison Cliff  5970 5000  info@mentisassist.org.au  mentisassist.org.au
UNIVERSITY OF THE THIRD AGE (U3A) - SOUTHERN PENINSULA 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  u3asouthpen.org.au