







## REGION 3

### Western Port

Crib Point, Somerville, Tyabb,  
Hastings & Bittern









## PHYSICAL ACTIVITY


















## Aqua

Group Information	Where	Contact
<b>AQUA ZUMBA</b> A fun class blending Zumba with water resistance. <b>Runs during Summer only.</b>	<b>Crib Point Outdoor Pool</b> 31 Governors Road, Crib Point	<b>Crib Point Outdoor Pool</b>  <b>5983 9672</b>  <b>cribpoint@belgravialeisure.com.au</b>  <b>cribpointpool.com.au</b>
<b>AQUA CLASSES</b> 3 different aqua classes are available including a modified gentle program for those with mobility issues. groups with a focus on strength & cardio also available. Pool is 28 - 30°C. <b>GP Assessment required - contact for form.</b>	<b>Pelican Park Rec Centre</b> 2 Marine Parade, Hastings	<b>Pelican Park Recreation Centre</b>  <b>1300 850 197</b>  <b>pelicanpark@belgravialeisure.com.au</b>  <b>pelicanparkrec.com.au</b>

## PHYSICAL ACTIVITY










## General Exercise








Group Information	Where	Contact
<b>GENERAL EXERCISE</b> Various exercise classes available including a gentler class using a chair for balance, and a class doing exercises to music.	<b>Crib Point Comm House</b> 7 Park Road, Crib Point	<b>Crib Point Community House</b>  <b>5983 9888</b>  <b>info@cpch.org.au</b>  <b>cpch.org.au</b>
<b>YOGA CLASSES</b> Classes cater for all levels. Work at your own pace and learn breathing, posture, relaxation and meditation techniques. <b>Total term fee must be paid in full.</b>	<b>Crib Point Comm House</b> 7 Park Road, Crib Point	<b>Crib Point Community House</b>  <b>5983 9888</b>  <b>info@cpch.org.aupch.org.au</b>
<b>AGESTRONG</b> A group strength and balance program with a focus on muscles used for everyday activities. Run by Belgravia using the Agestrong content. <b>Assessment needed with Physio/Exercise Physiologist at Peninsula Health Community Health. Contact Access to book.</b>	<b>Hastings Hall</b> 3 High Street, Hastings	<b>Access - Peninsula Health</b>  <b>1300 665 781</b>  <b>agestrong@phcn.vic.gov.au</b>  <b>peninsulahealth.org.au/agestrong</b>







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<p><b>PRIME MOVERS</b></p> <p>A low impact class designed to increase cardiovascular fitness, balance and coordination.</p>	<p><b>Somerville Recreation Centre</b> 14 Edward Street, Somerville</p>	<p><b>Somerville Recreation Centre</b></p> <p> <b>5974 7800</b></p> <p> <b>mornpenleisure.com.au</b></p>
<p><b>AGESTRONG</b></p> <p>A group strength and balance program with a focus on muscles used for everyday activities. Run by Belgravia using the Agestrong content. <b>Assessment needed with Physio/Exercise Physiologist at Peninsula Health Community Health. Contact Access to book.</b></p>	<p><b>Somerville Recreation Centre</b> 14 Edward Street, Somerville</p>	<p><b>Somerville Recreation Centre</b></p> <p> <b>1300 665 781</b></p> <p> <b>agestrong@phcn.vic.gov.au</b></p> <p> <b>peninsulahealth.org.au/agestrong</b></p>
<p><b>YOGA / TAI CHI</b></p> <p>Group Tai Chi and Hatha Yoga classes available. <b>Registration required</b></p>	<p><b>Annie Sage Community Centre</b> 2/21 Worwong Avenue, Somerville</p>	<p><b>Somerville Community House</b></p> <p> <b>5977 8330</b></p> <p> <b>info@somervillecommunityhouse.com.au</b></p> <p> <b>somervillecommunityhouse.com.au</b></p>
<p><b>RISING MOON TAI CHI</b></p> <p>Tai Chi, Qigong and Shibashi classes available. Classes at Mornington, Mount Martha, Tyabb &amp; Somerville. <b>Online content also available.</b></p>	<p><b>Contact for info</b></p>	<p><b>Jenny Harrison</b></p> <p> <b>0418 566 216</b></p> <p> <b>info@risingmoontaichi.net</b></p> <p> <b>risingmoontaichi.net</b></p>
<p><b>HASTINGS U3A - VARIOUS GROUPS</b></p> <p>A range of classes available including table tennis, dancing, walking and more. <b>To enrol in courses you must be a member of U3A Hastings. Annual Membership \$25</b></p>	<p><b>Various Locations</b></p>	<p><b>Hastings U3A</b></p> <p> <b>5979 4280</b></p> <p> <b>info@u3ahastings.org.au</b></p> <p> <b>u3ahastings.org.au</b></p>

## PHYSICAL ACTIVITY

## Individualised Groups

Group Information	Where	Contact
<b>MS &amp; STROKE GYM</b> Tailored gym program modified to meet the needs of people who have suffered a stroke, have lung problems or MS Physio assessment required, <b>contact Access 1300 665 781 to book in at your local Community Health Centre.</b>	<b>Pelican Park Rec Centre</b> 2 Marine Parade, Hastings	<b>Pelican Park Recreation Centre</b>  <b>1300 850 197</b>  <b>pelicanpark@belgravialeisure.com.au</b>  <b>pelicanparkrec.com.au</b>
<b>CHRONIC DISEASE GROUPS</b> 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. <b>Individual assessment required, contact Access to book in at your local Community Health Centre.</b>	<b>Hastings Community Health</b> 185 High Street, Hastings	<b>Access - Peninsula Health</b>  <b>1300 665 781</b>  <b>peninsulahealth.org.au/services/peninsula-health-community-health</b>
<b>EXERCISE PHYSIOLOGY</b> Various group & individual exercise classes for improved strength, fitness, balance and mobility. Run by Exercise Physiologists and individualised for the client. <b>Assessment from our Exercise Physiologist required.</b>	<b>Beleura Health Solutions - Hastings</b> 40 Victoria Street, Hastings	<b>Beleura Health Solutions</b>  <b>5979 3737</b>  <b>info@beleura.com.au</b>  <b>beleura.com.au</b>
<b>VARIOUS GROUP PROGRAMS</b> Various programs available including Strength & Conditioning Small group sessions, 60 minute Circuit Sessions & STRONG Program for people with a cancer diagnosis. <b>Initial 1:1 consultation with one of our Exercise Physiologists.</b>	<b>Your Move Health</b> 2/103 High Street, Hastings	<b>Your Move Health</b>  <b>5904 6239</b>  <b>contact@yourmovehealth.com.au</b>  <b>yourmovehealth.com.au</b>
<b>SMALL GROUP CLASSES</b> Small group pilates, yoga, circuit and boxing classes (max 8 in group) as well as private and small group personal training and exercise physiology services.	<b>Evolve Exercise Physiology &amp; Pilates</b> 1A/5 Simcock Street, Somerville	<b>Evolve Exercise Physiology &amp; Pilates</b>  <b>5978 0749</b>  <b>somerville@evolveep.com.au</b>  <b>evolveep.com.au</b>

PHYSICAL ACTIVITY	Leisure Activities	
Group Information	Where	Contact
<b>SOCIAL BADMINTON</b> Enjoy a social game. No experience necessary. Reasonable balance & moderate fitness required. <b>Shuttles provided. BYO racquet.</b>	<b>Somerville Recreation Centre</b> 14 Edward Street, Somerville	<b>Mornington Peninsula Badminton Inc.</b>  <b>0412 150 514</b>  <b>mpb.org.au</b>
<b>SOCIAL LADIES BADMINTON - FEATHERED FRIENDS</b> Enjoy a social game, beginners welcome. Reasonable balance & moderate fitness required. <b>Shuttles provided. All equipment supplied.</b>	<b>Somerville Recreation Centre</b> 14 Edward Street, Somerville	<b>Mornington Peninsula Badminton Inc.</b>  <b>0429 402 051</b>  <b>mpb.org.au</b>
<b>CROQUET</b> 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. <b>Flat shoes needed.</b>	<b>Mobile Club</b> Based in Tootgarook, but travels the entire peninsula.	<b>RNB Croquet Club</b>  <b>0421 486 890</b>  <b>rnbcroquet@gmail.com</b>  <b>croquetvic.asn.au</b>

PHYSICAL ACTIVITY	Walking Groups	
Group Information	Where	Contact
<b>EASY WALKING</b> Slow paced, friendly walking group, weather permitting. Various routes in local area. <b>Contact for each weeks' location.</b>	<b>Crib Point Community House</b> 7 Park Road, Crib Point	 <b>5983 9888</b>  <b>info@cpch.org.au</b>  <b>cpch.org.au</b>
<b>HASTINGS HOT TROTTERS</b> An active and friendly walking group who explore the local wide open spaces.	<b>Meet at Hastings Library</b> 7 High Street, Hastings	 <b>5971 9198</b>  <b>hastingsch@bigpond.com</b>  <b>hastingscomhouse.com</b>

### ACTIVE LIVING WALKING GROUP

Meet in the foyer for a walk around the local surrounds and enjoy some socialisation.




**Pelican Park  
Rec Centre**  
2 Marine Parade,  
Hastings

 **1300 850 197**  
 **pelicanpark@  
belgravialeisure.com.au**  
 **pelicanparkrec.com.au**





### WALKING GROUPS

A number of different walking groups are available - a robust walk, a well paced group and a bush walking group.  
**Registration required.**


**Annie Sage  
Community Centre**  
2/21 Worwong  
Avenue,  
Somerville









 **5977 8330**  
 **info@somervillecommunity  
house.com.au**  
 **somervillecommunityhouse.  
com.au**

## BOWLING CLUBS

Group Information	Where	Contact
<b>HASTINGS BOWLING CLUB INC</b>	40 Marine Parade, Hastings	 <b>5979 1723</b>  <b>hastingsbowlingclub. com.au</b>
<b>SOMERVILLE BOWLING CLUB INC</b>	259 – 267 Jones Road, Somerville	 <b>5977 5476</b>  <b>somerville.bowls.com.au</b>

## COMMUNITY HOUSES & GARDENS

Group Information	Where	Contact
<b>CRIB POINT COMMUNITY HOUSE</b>	<b>Crib Point Community House</b> 7 Park Road, Crib Point	 <b>5983 9888</b>  <b>info@cpch.org.au</b>  <b>cpch.org.au</b>
<b>GOOD SHEPHERD COMMUNITY HOUSE @ WALLAROO</b>	<b>Good Shepherd Community House @ Wallaroo</b> 6 Wallaroo Place, Hastings	 <b>5970 7000</b>  <b>wallaroo@goodshep.org.au</b>  <b>goodshepvic.org.au</b>

<b>HASTINGS COMMUNITY HOUSE</b>	<b>Hastings Community House</b> 185 High Street, Hastings	 5971 9198  <a href="mailto:hastingsch@bigpond.com">hastingsch@bigpond.com</a>  <a href="http://hastingscomhouse.com">hastingscomhouse.com</a>
<b>SOMERVILLE COMMUNITY HOUSE</b>	<b>Somerville Community House</b> 2/21 Worwong Avenue, Somerville	 5977 8330  <a href="mailto:info@somervillecommunityhouse.com.au">info@somervillecommunityhouse.com.au</a>  <a href="http://somervillecommunityhouse.com.au">somervillecommunityhouse.com.au</a>
<b>CRIB POINT COMMUNITY GARDEN</b> Crib Point Community Garden is a friendly social group. Come along and learn new skills, share ideas, meet new people, and grow organic foods. The group meets regularly for group gardening and shared lunch. New members are warmly welcomed.	7 Park Road, Crib Point	 <a href="mailto:thecrib3919@gmail.com">thecrib3919@gmail.com</a>  <a href="http://cribpointgarden.com.au">cribpointgarden.com.au</a>

## MEN'S SHEDS

Group Information	Where	Contact
<b>WESTERNPORT MEN'S SHED</b> To sustain and improve members health through social interaction and skill sharing while undertaking worthwhile projects to the benefit of members and the community.	45 Sudholz Street, Bittern	 0447 354 158  <a href="mailto:info@wpmshed.com.au">info@wpmshed.com.au</a>  <a href="http://westernportms.mpmsn.com.au">westernportms.mpmsn.com.au</a>

## SENIORS GROUPS

Group Information	Where	Contact
<b>HASTINGS SENIOR CITIZENS CLUB</b> Bingo, Games Club, Snooker	<b>Hastings Seniors Learning Hub</b> 16 Herring Street, Hastings	<b>Valery Morton</b>  0418 600 464  <a href="mailto:valerymorton@bigpond.com">valerymorton@bigpond.com</a>
<b>SOMERVILLE SENIOR CITIZENS CLUB</b> Indoor bowls, social club	1/21 Worwong Avenue, Somerville	<b>Lyn McPherson</b>  0484 952 006  <a href="mailto:somervilleseniorscc@outlook.com">somervilleseniorscc@outlook.com</a>  <a href="http://mpcommunity.com.au/user/somerville-senior-citizens-club">mpcommunity.com.au/user/somerville-senior-citizens-club</a>
<b>MORNINGTON DUTCH AUSTRALIAN SENIORS</b> Cards, Rummikub, Monthly outings.	<b>Tyabb Community Hall</b> Cnr Tyabb & Frankston Flinders Road, Tyabb	<b>Marianne Lubruiere</b>  <a href="mailto:morningtondutchaustr.seniorsclub@gmail.com">morningtondutchaustr.seniorsclub@gmail.com</a>
<b>UNIVERSITY OF THE THIRD AGE (U3A) - HASTINGS</b> U3A is for retired people who wish to keep their minds and bodies active! We are a group of enthusiastic volunteers, sharing their knowledge and expertise.	3 High Street, Hastings	 5979 4280  <a href="mailto:info@u3ahastings.org.au">info@u3ahastings.org.au</a>  <a href="http://hastingsu3a.org.au">hastingsu3a.org.au</a>