Stay active, stay connected

Mornington Peninsula Shire

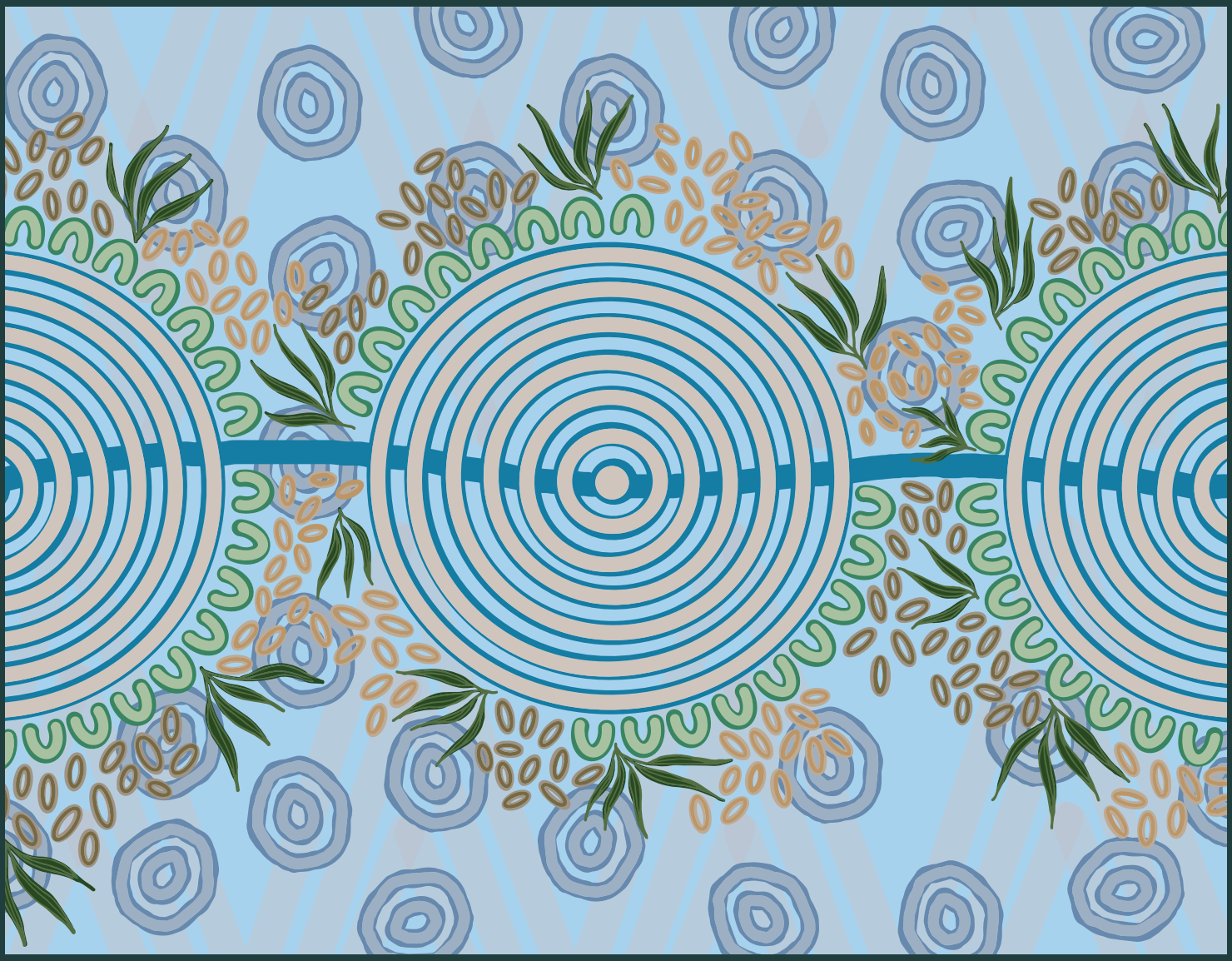
Positive Ageing

Mornington Peninsula • Mornington Peninsula • Mornington Peninsula •

A directory of local activities, opportunities and information for older people



Artwork: Kamara Morgan



Acknowledgement of Country

Mornington Peninsula Shire acknowledges the Bunurong people, who have been the custodians of this land for many thousands of years; and pays respect to their Elders past and present. We acknowledge that the land on which we meet is the place of age-old ceremonies, celebrations, initiation and renewal; and that the Bunurong people's living culture continues to have a unique role in the life of this region.

Mayor's message



The Mornington Peninsula Shire is proud to support the production of the *Stay Active, Stay Connected Directory,* an important resource that reflects our ongoing commitment to the health, wellbeing and inclusion of our older community members.

This directory brings together a wide range of local activities, opportunities and information that support people to remain active, connected and informed as they age. By presenting this information in one accessible place, we aim to remove barriers to participation and empower residents to make choices that enhance their quality of life.

Importantly, the Shire recognises the continued value of producing this directory in a printed format.

While digital platforms are increasingly common, many older residents prefer or rely on printed information that can be easily accessed, shared and referred to without the need for technology.

A hard copy ensures this vital information is available to everyone, supporting equity, independence and confidence within our community.

The Shire extends its appreciation to the service providers, community groups and staff who contributed to the development of this directory. Their collaboration and dedication help ensure the Peninsula remains a place where people can age well, stay engaged and feel connected.

Stephen Batty
Mayor
Mornington Peninsula Shire Council

> We encourage residents, families and carers to use this directory and take advantage of the many opportunities it highlights.

About the directory

The *Stay Active, Stay Connected Directory* is a practical resource designed for people aged 55 years and over who live or work in, or visit, the Mornington Peninsula Shire.

The Directory serves as an easy-to-use guide to activities, groups, services, and opportunities that are accessible, affordable, and welcoming. By bringing this information together in one place, it acts as a guide to an active, socially connected lifestyle, while showcasing the diverse range of opportunities available across the Mornington Peninsula.

Through supporting participation, wellbeing, and inclusion, the Directory encourages older people to discover new interests, rediscover old interests and build meaningful connections locally.

To make it easier to find activities and organisations close to you, the Directory has been divided into regions.

Region 1: Northern Peninsula

Region 2: Western Port

Region 3: Southern Peninsula

Each Region is divided into categories, which are listed on the next page.

Information in this edition was current at the time of publication in November 2026.

Details may change over time, so please contact organisations directly for the most up-to-date times and comprehensive information. Activities, groups and opportunities are not limited to those listed in this Directory. These listings are followed by **Service information.**

Stay Active, Stay Connected – A Directory of Local Activities and Opportunities for Older People Mornington Peninsula is available in a digital format at this Shire website.

mornpen.vic.gov.au/stayactive

Hard copies will be available at Shire offices and libraries.

For enquiries, contact:

1300 850 600
positiveageing@mornpen.vic.gov.au

This directory is produced by Mornington Peninsula Shire.

Categories



Physical activity and sport



Arts, culture and creativity



Lifelong learning



Social groups and clubs

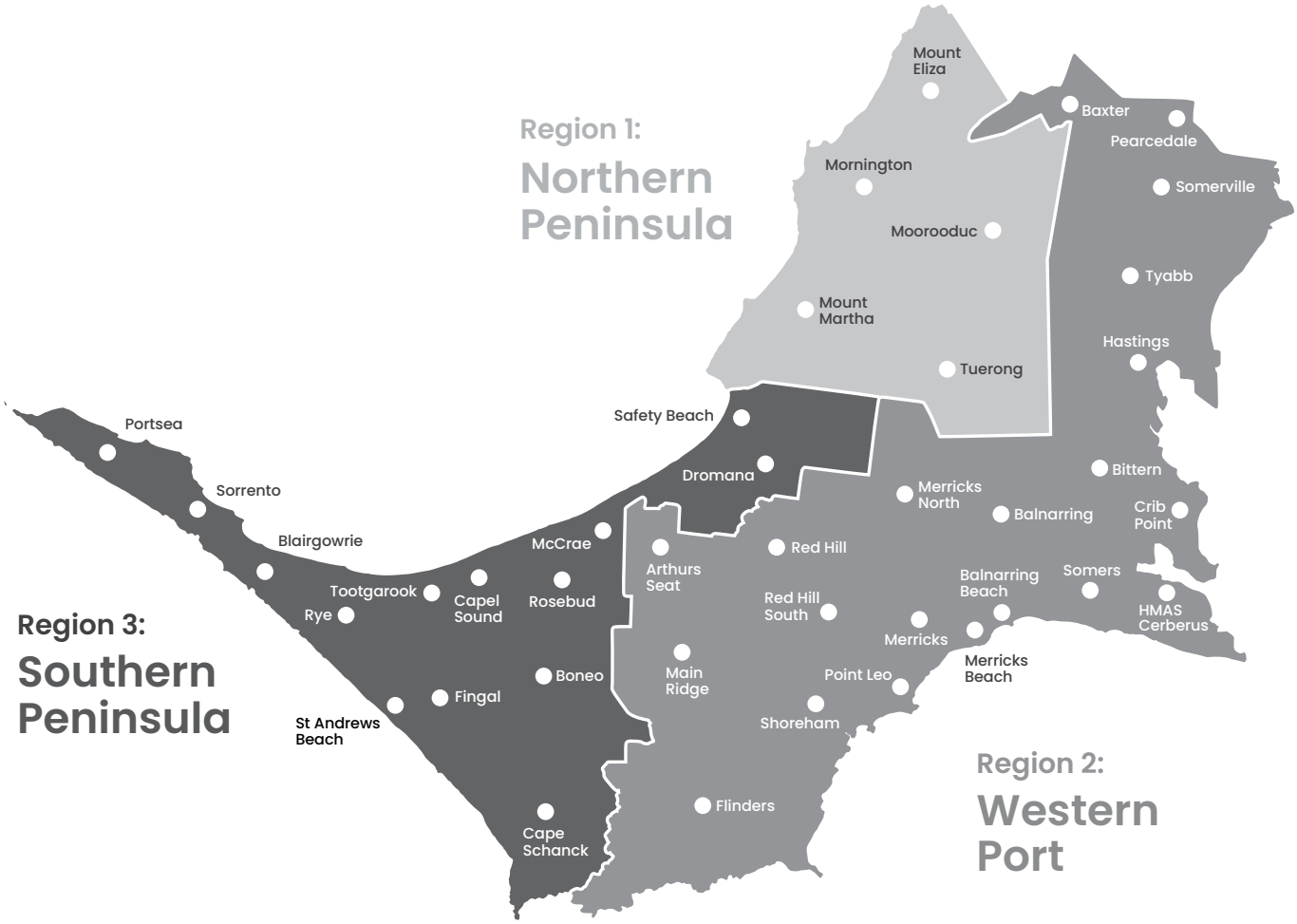


Health and wellbeing



Volunteering and community action

Regional map



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Region 1:
Northern Peninsula

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Physical activity and sport

Information	Contact
Aiki Shuren Dojo Mount Martha Aikido is a Japanese martial art.	Mount Martha House Community Centre 466 Esplanade, Mount Martha **5974 2297** **mountmarthahouse@mornpen.vic.gov.au** **mountmarthahouse.com.au**
Balance and Mobility A gentle, inclusive fitness session led by an instructor designed to build strength, enhance flexibility, and improve overall stability.	Mount Eliza Neighbourhood House 90–100 Canadian Bay Road, Mount Eliza **9787 8160** **info@mountelizanh.com.au** **mountelizanh.com.au**
Beginners Yoga Designed to introduce or reintroduce yoga to beginners with a special focus on building confidence when moving from the floor to a standing position, as well as improving overall balance and stability.	Mount Martha House 466 Esplanade, Mount Martha **5974 2297** **mountmarthahouse@mornpen.vic.gov.au**
Bentons Walking Group Open to all ages and abilities – this safe, air-conditioned walk features gentle laps, light exercises, and stretches. Walk at any pace and stay for a coffee.	Bentons Square Shopping Centre 210 Dunns Road, Mornington **bentonssquare.org.au/health-wellbeing**
Bike Riding This group focuses on casual, safe, and enjoyable social rides.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**

Information	Contact
Bushwalking Walks generally explore regional parks, coastal trails, and bush tracks across the Peninsula.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Boxing Fitness These instructor-led sessions welcome all ages and skill levels, providing a high-energy yet supportive environment to build confidence, improve personal fitness, and meet new people.	Tanti Community House 91 Robertson Drive, Mornington **proudlytanti.house@gmail.com** **proudlytanti.com.au/tanti-house**
Chair Yoga Chair yoga is a gentle, low-impact program for seniors that uses a chair for stability to safely improve flexibility, strength, and balance without any floor work.	Mount Martha House Community Centre 466 Esplanade, Mount Martha **5974 2297** **mountmarthahouse@mornpen.vic.gov.au** **mountmarthahouse.com.au**
Chair Yoga These all abilities sessions incorporate chair-based movement flows, focused breathwork, and guided meditations to promote community connection, flexibility, and physical wellbeing.	Mount Eliza Neighbourhood House 90–100 Canadian Bay Road, Mount Eliza **9787 8160** **info@mountelizanh.com.au** **mountelizanh.com.au**
Chair Yoga Gentle supported seated yoga. Program details subject to change each term.	Mornington Community House 3/91 Wilsons Road, Mornington **5950 1889** **morningtoncommunityhouse@mornpen.vic.gov.au** **morningtoncommunityhouse.com.au**
Chinese Fan Dance The class introduces participants to this traditional art form, focusing on gentle, fluid choreography, rhythmic coordination, and cultural storytelling using colourful fans as props.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**

Physical activity and sport

Information	Contact
Dance Fitness An energetic, low-impact adult workout that combines a 15-minute warm-up with fun, themed weekly dance routines for all fitness and experience levels.	Mount Martha House Community Centre 466 Esplanade, Mount Martha **5974 2297** **mountmarthahouse@mornpen.vic.gov.au** **mountmarthahouse.com.au**
Fit and Fun Focuses on gentle fitness, group coordination, and active recreation in a highly social environment.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Gentle Exercise This low-impact session uses gentle movement, light weights, and Pilates-style training – seated or standing – to safely build strength, flexibility, and balance in a social setting.	Mount Eliza Neighbourhood House 90–100 Canadian Bay Road, Mount Eliza **9787 8160** **info@mountelizanh.com.au** **mountelizanh.com.au**
Golf A social golf program. Members meet at Mount Martha public golf course to play nine holes weekly.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Guided Relaxation Meditation Offers peaceful morning classes combining gentle movement, breathwork, and deep guided relaxation to reduce stress and support mental wellbeing.	Mount Eliza Neighbourhood House 90–100 Canadian Bay Road, Mount Eliza **9787 8160** **info@mountelizanh.com.au** **mountelizanh.com.au**
Leisure Activities A range of activities running weekly including carpet bowls, table tennis, snooker and billiards.	Mount Eliza Fifty Five Plus Club 90B Canadian Bay Road, Mount Eliza **9787 8170** **mail@mteliza55plusclub.org.au** **mteliza55plusclub.org.au**

Information	Contact
Line Dancing and New Vogue Dancing Run by Peninsula Line Dancers, the classes feature fun, foot-tapping choreography designed to improve coordination and memory in a welcoming social environment.	Mount Eliza Fifty Five Plus Club 90B Canadian Bay Road, Mount Eliza **9787 8170** **mail@mteliza55plusclub.org.au** **mteliza55plusclub.org.au**
Local Walks Led by volunteer tutors, the group explores gentler, sealed paths and scenic routes closer to town, always wrapping up with a social coffee and chat.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Mat Pilates Introduced as a low-impact full-body workout, the instructor-led sessions focus on building core strength, flexibility, posture, and balance in a fun, senior-friendly social environment.	Mount Eliza Fifty Five Plus Club 90B Canadian Bay Road, Mount Eliza **9787 8170** **mail@mteliza55plusclub.org.au** **mteliza55plusclub.org.au**
Mobility Class Focuses on improving joint mobility, functional movement, and coordination to help members maintain their independence and physical wellbeing in a friendly, supportive environment.	Mount Eliza Fifty Five Plus Club 90B Canadian Bay Road, Mount Eliza **9787 8170** **mail@mteliza55plusclub.org.au** **mteliza55plusclub.org.au**
Mornington Bowling Club The club was established in 1917 and is located on a cliff top overlooking Port Phillip Bay. All welcome to enjoy competitive or social bowls and relax in the club's facilities.	Mornington Bowling Club 765A Esplanade, Mornington **5975 2470** **info@morningtonbowlingclub.org** **morningtonbowlingclub.org**
Mornington Civic Bowls and Social Club A welcoming community club nestled among picturesque gardens in Civic Reserve, the club includes competitive bowls, seasonal barefoot bowls, and vibrant Friday night social events.	Civic Reserve Dunns Road, Mornington **5975 7434** **morncivic@gmail.com** **morningtoncivic.bowls.com.au**

Physical activity and sport

Information	Contact
Mornington Croquet Club A welcoming community club nestled in a quiet, tree-lined corner of Civic Reserve, offering beautifully maintained grass courts for social and competitive play. Beginners welcome.	Civic Reserve Dunns Road, Mornington **0424 119 099** **secretary@morningtoncroquet.au** **morningtoncroquet.au**
Mount Eliza Bowling Club A friendly, community-focused hub that features two synthetic greens for competitive pennant play, year-round social bowls, and seasonal Friday night barefoot bowls.	90–100 Canadian Bay Road, Mount Eliza **9787 3047** **mtelizabc@bigpond.com** **mtelizabowls.com.au**
Mount Martha Bowls and Petanque Club Widely admired for its stunning views, our community club has facilities to host state and national lawn bowls and petanque events in addition to social games and family events.	Mount Martha Bowls Petanque and Social Club 45 Watson Road, Mount Martha **5974 2894** **club_secretary@mmbpsc.com** **mmbpsc.com**
Move It or Lose It – Chair This gentle, low-impact class uses chair support to guide seniors through light aerobics, strength, flexibility, and balance exercises to safely build physical confidence.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Move It or Lose It – Floor This class is a low-impact class for active seniors that uses rhythmic aerobics, resistance bands, and balance exercises to build total-body strength and flexibility.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Nordic Walking Group A free weekly Nordic Walking group for anyone who has completed their introductory proficiency course to enjoy outdoor fitness and posture improvement in a social setting.	Mount Eliza Neighbourhood House 90–100 Canadian Bay Road, Mount Eliza **9787 8160** **info@mountelizanh.com.au** **mountelizanh.com.au**

Information	Contact
Petanque A social petanque program providing a relaxed, low-impact French boules game designed to improve hand-eye coordination and strategic thinking.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Petanque Petanque under the gum trees at Moorooduc. There is no better way to enjoy petanque. Friendly atmosphere, a barbeque next to the piste, coaching for beginners and advanced players. A great place to relax with friends.	Mornington Peninsula Petanque Club Moorooduc Recreation Reserve, 700 Derril Road, Moorooduc **0419 801 424** **morningtonpeninsulapetanque@gmail.com**
Pilates – Low Impact Exercise A low-impact class to build core strength, improve posture and support better balance and flexibility.	Mornington Community House 3/91 Wilsons Road, Mornington **5950 1889** **morningtoncommunityhouse@mornpen.vic.gov.au** **morningtoncommunityhouse.com.au**
Rising Moon Tai Chi These gentle, low-impact sessions focus on mindfulness, balance, and physical wellbeing by blending standing meditation, Qigong and Shibashi sets, and foundational Tai Chi principles in a supportive environment.	Mount Martha House Community Centre 466 Esplanade, Mount Martha **5974 2297** **mountmarthahouse@mornpen.vic.gov.au** **mountmarthahouse.com.au**
Senior Circuit Classes A class designed specifically to build functional strength, balance, and heart health for older adults in a supportive, social group environment.	Civic Reserve 350 Dunns Road, Mornington **8727 8990** **civicreserve@belgravialeisure.com.au** **active.mornpen.vic.gov.au/gym/group-exercise**
Short Hikes This group offers low-impact walks on regional trails and coastal boardwalks, encouraging social connection, gentle exercise, and enjoyment of nature.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**

Physical activity and sport

Information	Contact
Stay on Your Feet Is a small-group, evidence-based class led by qualified exercise physiologists to safely improve balance, movement confidence, and functional strength.	Civic Reserve 350 Dunns Road, Mornington **8727 8990** **civicreserve@belgravialeisure.com.au** **active.mornpen.vic.gov.au/gym/group-exercise**
Strength Class These social, instructor-led workouts focus on core stability, range of motion, and upper-body strength to safely support physical health and balance as you age.	Mount Eliza Fifty Five Plus Club 90B Canadian Bay Road, Mount Eliza **9787 8170** **mail@mteliza55plusclub.org.au** **mteliza55plusclub.org.au**
Stretch Class A low-impact Stretch Class at its Canadian Bay Road Hall, designed specifically for older adults to improve their personal mobility, flexibility, and physical wellbeing in a relaxed social setting.	Mount Eliza Fifty Five Plus Club 90B Canadian Bay Road, Mount Eliza **9787 8170** **mail@mteliza55plusclub.org.au** **mteliza55plusclub.org.au**
Table Tennis Open to older adults of all skill levels, the casual sessions provide an excellent, low-impact way to improve hand-eye coordination, stay physically active, and make new friends.	Mount Eliza Fifty Five Plus Club 90B Canadian Bay Road, Mount Eliza **9787 8170** **mail@mteliza55plusclub.org.au** **mteliza55plusclub.org.au**
Tai Chi A gentle class of slow, flowing movements to improve balance, flexibility and a sense of calm.	Mornington Community House 3/91 Wilsons Road, Mornington **5950 1889** **morningtoncommunityhouse@mornpen.vic.gov.au** **morningtoncommunityhouse.com.au**
Tai Chi A focus on slow, fluid movements and deep breathing to safely improve balance, posture, flexibility, and mental calm without pressure.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**

Information	Contact
U3A Mornington From an initial meeting of 25 people in 1990, to a thriving learning community, U3A Mornington offers seniors on the Mornington Peninsula the opportunity to live, learn and enjoy.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Walking Football This low-impact, non-contact modified soccer program eliminates running and high kicks, offering older adults a fun way to improve heart health and socialise safely.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Walking Group Social walking group providing community members with a relaxed, active way to stay fit and socialise.	Mount Martha House Community Centre 466 Esplanade, Mount Martha **5974 2297** **mountmarthahouse@mornpen.vic.gov.au** **mountmarthahouse.com.au**
Walking Group The house coordinates multiple social walking groups, ranging from casual local walks followed by a coffee to more strenuous, half-day regional treks.	Mount Eliza Neighbourhood House 90–100 Canadian Bay Road, Mount Eliza **9787 8160** **info@mountelizanh.com.au** **mountelizanh.com.au**
Yoga A program incorporating traditional postures (asana), breathing techniques (pranayama), and deep guided relaxation to help participants cultivate inner peace and body strength.	Mount Eliza Neighbourhood House 90–100 Canadian Bay Road, Mount Eliza **9787 8160** **info@mountelizanh.com.au** **mountelizanh.com.au**
Yoga This supportive yoga session is tailored to suit older adults to safely enhance flexibility, balance and physical health.	Mount Eliza Fifty Five Plus Club 90B Canadian Bay Road, Mount Eliza **9787 8170** **mail@mteliza55plusclub.org.au** **mteliza55plusclub.org.au**

Physical activity and sport

Information	Contact
Yoga – Hatha and Yin Yoga A relaxing class that combines gentle Hatha movement with slow, deep Yin stretches to ease tension and improve flexibility.	Mornington Community House 3/91 Wilsons Road, Mornington **5950 1889** **morningtoncommunityhouse@mornpen.vic.gov.au** **morningtoncommunityhouse.com.au**
Yoga Chair A gentle, low-impact chair yoga program for seniors that uses a chair for stability to safely improve flexibility, strength, and balance without any floor work.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Yoga Nidra: Full Body Relaxation Meditation A class for seniors to help reduce daily stress, soothe the nervous system and cultivate profound mental clarity.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Zumba A class that modifies traditional dance choreography to safely focus on balance, range of motion, and coordination for active seniors.	Mount Eliza Fifty Five Plus Club 90B Canadian Bay Road, Mount Eliza **9787 8170** **mail@mteliza55plusclub.org.au** **mteliza55plusclub.org.au**



Arts, culture and creativity

Information	Contact
Acoustic Guitar Meet A supportive space for guitarists of all skill levels to showcase their talents, listen to others, and learn from fellow community members.	Mount Eliza Neighbourhood House 90–100 Canadian Bay Road, Mount Eliza **9787 8160** **info@mountelizanh.com.au** **mountelizanh.com.au**
Acrylic Painting An introduction to paint handling and colour mixing techniques in a supportive space, encouraging creative skills and opportunities to showcase work in local community art exhibitions.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Art Class Hosts a diverse and rotating selection of creative art classes led by expert instructors for all skill levels.	Mount Eliza Neighbourhood House 90–100 Canadian Bay Road, Mount Eliza **9787 8160** **info@mountelizanh.com.au** **mountelizanh.com.au**
Art Group These informal, self-guided sessions provide a community space for local artists to work on independent projects using their own supplies.	Mount Martha House Community Centre 466 Esplanade, Mount Martha **5974 2297** **mountmarthahouse@mornpen.vic.gov.au** **mountmarthahouse.com.au**
Art Therapy All skill levels welcome. These sessions use creative art-making as a gentle therapeutic way to explore emotions, build confidence, and connect with the local community.	Tanti Community House 91 Robertson Drive, Mornington **proudlytanti.house@gmail.com** **proudlytanti.com.au/tanti-house**

Arts, culture and creativity

Information	Contact
Arts and Craft A vibrant arts and craft program including acrylics, watercolours, basic sewing circles, and card making.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Basic Sewing Circle Provides a social and supportive space to practice stitching techniques, work on personal textile crafts, and share sewing tips with fellow creators.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Beading and Jewellery Making Learn and practise beading and jewellery making in a friendly social environment.	Mornington Community House 3/91 Wilsons Road, Mornington **5950 1889** **morningtoncommunityhouse@mornpen.vic.gov.au** **morningtoncommunityhouse.com.au**
Boomerang Bags Volunteers tackle plastic pollution at its source by collecting recycled fabrics and scraps to sew into reusable shopping bags.	Mount Martha House Community Centre 466 Esplanade, Mount Martha **5974 2297** **mountmarthahouse@mornpen.vic.gov.au** **mountmarthahouse.com.au**
Canvas Café The untutored session welcomes all skill levels to practice, share techniques, and explore new weekly creative themes.	Mount Martha House Community Centre 466 Esplanade, Mount Martha **5974 2297** **mountmarthahouse@mornpen.vic.gov.au** **mountmarthahouse.com.au**
Choir Offering a social choral singing group and an annual musical concert and sing-along as part of its music appreciation program.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**

Information	Contact
Craft Group A collaborative, self-guided community craft group that welcomes crafters of all skill levels to work on personal projects in a supportive social setting.	Mount Eliza Neighbourhood House 90–100 Canadian Bay Road, Mount Eliza **9787 8160** **info@mountelizanh.com.au** **mountelizanh.com.au**
Crafternoons This informal, untutored group invites crafters of all skill levels to bring their own independent projects to work on while enjoying a cuppa and a chat.	Mount Martha House Community Centre 466 Esplanade, Mount Martha **5974 2297** **mountmarthahouse@mornpen.vic.gov.au** **mountmarthahouse.com.au**
Drawing Incorporates a focused, calm drawing program into its extensive visual arts schedule, providing opportunities to learn core sketching and shading techniques.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Dulcimer A beginner music course introducing the gentle stringed instrument (the dulcimer) to participants in a supportive, low-pressure and social setting.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Fabric and Thread A social session focused on sharing techniques, upcycling fabric scraps, and working on personal fibre arts – such as sewing, quilting, or embroidery.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Fabulous Cards This social workshop provides a creative space to learn papercraft techniques, design unique handmade greeting cards, and share inspiration.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**

Arts, culture and creativity

Information	Contact
Guitar A supportive, interactive class for enthusiasts to learn new chords, rehearse a growing repertoire of popular songs, and collaborate with fellow players.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Jam Session A social guitar jam session as a relaxed, interactive space for music enthusiasts to collaborate and play together.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Japanese Applique and Patchwork Blocks A creative "Japanese Applique and Patchwork Blocks" course that introduces members to traditional Japanese textile arts.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Keyboard and Organ Beginner/ Intermediate A supportive group environment to learn foundational musical theory and master keyboard or organ playing techniques across beginning and intermediate skill levels.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**



Information	Contact
Knitting and Crochet Group This incredibly active community group focuses heavily on charitable crafting, knitting and crocheting thousands of blankets, scarves, beanies, and toys for vulnerable individuals.	Mount Martha House Community Centre 466 Esplanade, Mount Martha **5974 2297** **mountmarthahouse@mornpen.vic.gov.au** **mountmarthahouse.com.au**
Knot Just Knitting This free, social textile group invites community members to bring their own knitting or crochet projects to work on while sharing tips, crafting, and connecting over a warm cuppa.	Mount Martha House Community Centre 466 Esplanade, Mount Martha **5974 2297** **mountmarthahouse@mornpen.vic.gov.au** **mountmarthahouse.com.au**
Learn to Crochet A relaxed class for beginners to learn basic crochet stitches and start their first project.	Mornington Community House 3/91 Wilsons Road, Mornington **5950 1889** **morningtoncommunityhouse@mornpen.vic.gov.au** **morningtoncommunityhouse.com.au**
Mixed Media Painting These social sessions encourage participants to blend traditional paints with elements like ink, pastels, and collage. Participants can develop unique styles and showcase their work in local exhibitions.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Model Railway Club Mornington Mount Martha The club caters to all that are interested in model railways.	Mount Martha House Community Centre 466 Esplanade, Mount Martha **5974 2297** **mountmarthahouse@mornpen.vic.gov.au** **mmmrc.org.au**
Paper and Threads Group A free, self-guided social craft session hosted by a facilitator.	Mount Martha House Community Centre 466 Esplanade, Mount Martha **5974 2297** **mountmarthahouse@mornpen.vic.gov.au** **mountmarthahouse.com.au**

Arts, culture and creativity

Information	Contact
Paper and Thread This workshop provides a creative space to experiment with mixed papercrafts and textile elements. Enjoy the sharing of design ideas and the completion of handmade projects.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Photography A highly active photography program offering members a social, peer-led environment to share skills and explore the Mornington Peninsula.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Piano for Beginners This class provides a supportive group environment to learn foundational music theory, master key layout, and practice simple note-reading techniques.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Pins N Needles Knitting and crochet social group.	Mornington Community House 3/91 Wilsons Road, Mornington **5950 1889** **morningtoncommunityhouse@mornpen.vic.gov.au** **morningtoncommunityhouse.com.au**
Playing with Pastels A supportive workshop guides participants through foundational pastel techniques – such as blending, layering, and colour application – providing a social environment to build creative confidence and share ideas.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Recorder Group This ensemble provides a relaxed, supportive space for enthusiasts to play together, explore music from various eras, and improve their ensemble skills without any performance pressure.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**

Information	Contact
Redesign Your Home Provides design inspiration and practical layout principles to help seniors confidently refresh, optimise, or remodel their personal living spaces.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Sashiko Japanese Embroidery Stitching Introduces participants to the traditional art of Sashiko, teaching them how to use a distinctive running stitch to create beautiful geometric patterns or practice decorative visible mending.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
"Sew What" Patchwork Group The "Sew What" program is a social, community-focused crafting group that brings individuals of all skill levels together to work on patchwork, quilting, clothing repairs, and general creative projects.	Mount Eliza Neighbourhood House 90–100 Canadian Bay Road, Mount Eliza **9787 8160** **info@mountelizanh.com.au** **mountelizanh.com.au**
Sewing Circle A friendly group where participants can bring their own sewing projects, share tips and enjoy a chat.	Mornington Community House 3/91 Wilsons Road, Mornington **5950 1889** **morningtoncommunityhouse@mornpen.vic.gov.au** **morningtoncommunityhouse.com.au**
Sing 4 Fun Led by volunteer tutors, the light-hearted group session focuses entirely on singing upbeat songs and enjoying music together for pure pleasure, completely free of any formal training, auditions, or performance pressure.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Slow Stitching Focuses on the mindful, meditative practice of hand-sewing, allowing participants to experiment with unhurried fabric layering and basic stitching techniques.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**

Arts, culture and creativity

Information	Contact
Strumming and Singing Provides a relaxed, low-pressure space for stringed instrument enthusiasts (such as ukulele or guitar players) to practice strumming patterns, rehearse popular songs, and harmonise together for pure pleasure.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Textile Art Group Incorporates diverse textile and fibre arts into its volunteer-led craft program, offering a social, collaborative space to explore techniques like fabric layering, stitching, and upcycling.	Mount Martha House Community Centre 466 Esplanade, Mount Martha **5974 2297** **mountmarthahouse@mornpen.vic.gov.au** **mountmarthahouse.com.au**
The Limelight Players Theatre Activity This seniors' troupe performs comedy sketches, musical and variety shows. Lots of fun to be had and no prior experience necessary.	Mount Eliza Fifty Five Plus Club 90B Canadian Bay Road, Mount Eliza **9787 8170** **mail@mteliza55plusclub.org.au** **mteliza55plusclub.org.au**
Ukulele Social ukulele lessons, where participants have fun learning basic chords, strumming patterns and can sing along to popular tunes.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Unfinished Objects Group A free, social session for crafters to complete their unfinished patchwork, quilting, or knitting projects.	Mount Martha House Community Centre 466 Esplanade, Mount Martha **5974 2297** **mountmarthahouse@mornpen.vic.gov.au** **mountmarthahouse.com.au**
Watercolour A relaxed class where members can learn watercolour painting techniques and enjoy creating with others.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**



Lifelong learning

Information	Contact
Basic Italian Conversation This class focuses on practical, real-life dialogue to help seniors confidently master basic vocabulary, practice conversational skills, and explore Italian culture in a relaxed social environment.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Bingo Social games designed to boost cognitive function, memory, and peer connection in an enjoyable environment.	Mount Eliza Neighbourhood House 90–100 Canadian Bay Road, Mount Eliza **9787 8160** **info@mountelizanh.com.au** **mountelizanh.com.au**
Book Chat Peer-led casual discussions where book lovers can talk about fiction and non-fiction works they have enjoyed and swap new reading recommendations over a coffee.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Book Club Run in partnership with the Mornington Peninsula Library Service – which provides loaned books to all participants – these friendly local groups are highly popular and often operate on a waitlist basis.	Mount Martha House Community Centre 466 Esplanade, Mount Martha **5974 2297** **mountmarthahouse@mornpen.vic.gov.au** **mountmarthahouse.com.au**
Book Club A welcoming, social book group providing literary enthusiasts with a relaxed space to engage in lively discussions, explore diverse perspectives, and connect with fellow readers.	Mount Eliza Neighbourhood House 90–100 Canadian Bay Road, Mount Eliza **9787 8160** **info@mountelizanh.com.au** **mountelizanh.com.au**

Information	Contact
Book Club Monthly A friendly monthly book club where you can share your thoughts on a chosen book and enjoy good conversation.	Mornington Community House 3/91 Wilsons Road, Mornington **5950 1889** **morningtoncommunityhouse@mornpen.vic.gov.au** **morningtoncommunityhouse.com.au**
Bridge Volunteer-led beginners and intermediate bridge courses on Tuesday mornings, providing a supportive, low-pressure space for seniors to master the strategy, bidding, and card play of this classic game.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Canasta – Pennies from Heaven Led by volunteer tutors for seniors, this fun, brain-training class introduces a strategic North American variant of classic canasta, focusing on teamwork and strategy without competitive pressure.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Card Games, Phase 10 and UNO This light-hearted group session brings seniors together to exercise their memory and strategic thinking through these two popular, fast-paced family card games in a relaxed community environment.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Carpet Bowls These indoor sessions utilise portable mats and biased bowls to provide a fun, climate-controlled environment where seniors can safely practice strategic thinking, improve coordination, and build local friendships.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Chess These weekly sessions welcome players of all experience levels to enjoy friendly games, practice tactics, and keep their minds active in a relaxed community environment.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**

Lifelong learning

Information	Contact
Chess Group A social Chess Group as part of its interactive games and lifestyle program, providing a welcoming space for community members to play friendly matches, practice tactics, and keep their minds active.	Mount Eliza Neighbourhood House 90–100 Canadian Bay Road, Mount Eliza **9787 8160** **info@mountelizanh.com.au** **mountelizanh.com.au**
Cooking Classes Led by guest instructors, these inclusive sessions focus on fresh ingredients and foundational techniques, culminating in a shared group meal where participants can enjoy what they have prepared together.	Mornington Community House 3/91 Wilsons Road, Mornington 5950 1889 **morningtoncommunityhouse@mornpen.vic.gov.au** **morningtoncommunityhouse.com.au**
Cooking Classes Bringing community members together in its commercial kitchen to master specific food techniques, explore global flavours, and share a group meal.	Mount Martha House Community Centre 466 Esplanade, Mount Martha **5974 2297** **mountmarthahouse@mornpen.vic.gov.au** **mountmarthahouse.com.au**
Creative Writing Workshop A collaborative creative writing course providing enthusiasts with a supportive space to share stories, practice diverse writing genres, and receive friendly peer feedback.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Cryptic Crosswords Beginners and Intermediate Beginner and Intermediate Cryptic Crosswords courses, providing enthusiasts with a collaborative and brain-training space to master wordplay, unravel cryptic clues, and build problem-solving skills in a relaxed environment.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Current Affairs Discussion Group This group provides enthusiasts with an engaging and respectful forum to analyse local and international news, share diverse viewpoints, and stay informed on global events.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**

Information	Contact
Data Centres: Technology, Purpose and Future Developments This course explores data centre technology, infrastructure, and future trends like cloud expansion and green energy.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Data Privacy and Security Focusing on privacy and security when engaging with digital content, teaching participants how to manage online risks and implement practical strategies to protect their personal data.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Favourite Movies This social course brings film enthusiasts together to watch, review, and discuss a diverse selection of cinematic favourites in a relaxed community setting.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**



Lifelong learning

Information	Contact
Film Buffs This course brings cinema enthusiasts together to view, analyse, and discuss a diverse range of classic and contemporary films.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
French This comprehensive French program spans multiple levels from beginner to advanced conversation, providing a supportive space to build vocabulary, master dialogue, and explore culture.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Gardening Group This program brings community members together for working bees to plant, weed, and maintain the community vegetable garden and native plants.	Tanti Community House 91 Robertson Drive, Mornington **proudlytanti.house@gmail.com** **proudlytanti.com.au/tanti-house**
German This German program spans multiple levels, providing a collaborative space to develop vocabulary, master grammar, and explore German-speaking cultures.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Getting to Know Your Android Phone How to confidently navigate Android smartphones, covering essential features like managing settings, organising apps, and implementing key privacy and security measures.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
iPad and iPhone Support Helping users confidently navigate Apple devices, covering essential skills like managing settings, organising apps, and troubleshooting tech issues in a supportive group environment.	Mornington Community House 3/91 Wilsons Road, Mornington **5950 1889** **morningtoncommunityhouse@mornpen.vic.gov.au** **morningtoncommunityhouse.com.au**

Information	Contact
Issues That Shape Our Times Provides an engaging and analytical forum to explore, discuss, and better understand the critical global and local issues shaping today's world.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Italian This language program spans multiple proficiency levels, providing a collaborative space to develop vocabulary, master practical grammar, and build conversational skills in Italian.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Jigsaw and Word Puzzle Group This social group brings puzzle enthusiasts together to collaborate on jigsaws and word puzzles, providing a fun and relaxed environment to challenge the mind and connect with others.	Mount Martha House Community Centre 466 Esplanade, Mount Martha **5974 2297** **mountmarthahouse@mornpen.vic.gov.au** **mountmarthahouse.com.au**
Let's Journal Creative journalling involving mindful writing, mixed-media layering and techniques to help participants document their memories and reflections in a personal journal.	Mornington Community House 3/91 Wilsons Road, Mornington **5950 1889** **morningtoncommunityhouse@mornpen.vic.gov.au** **morningtoncommunityhouse.com.au**
Listening/Understanding Great Music Guides enthusiasts through the history and structures of classical and orchestral masterpieces, helping participants develop a deeper listening ear and understanding of great composers.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Mahjong These volunteer-led groups provide a social space to master rules, practice strategy, and play both Western and traditional variants.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**

Lifelong learning

Information	Contact
Mahjong This friendly group welcomes both beginner and expert mahjong players to learn, play, and connect in a social environment with sets and guided playthroughs provided by an expert volunteer.	Tanti Community House 91 Robertson Drive, Mornington **0478 186 859** **proudlytanti.house@gmail.com** **proudlytanti.com.au/tanti-house**
Mahjong A social program bringing enthusiasts together to play the traditional tile-based game in a friendly environment, offering sessions for all skill levels.	Mornington Community House 3/91 Wilsons Road, Mornington **5950 1889** **morningtoncommunityhouse@mornpen.vic.gov.au** **morningtoncommunityhouse.com.au**
Mahjong A free, all-ability social mahjong group that welcomes players of all skill levels to learn the traditional tile-based game or improve their strategic skills.	Mount Martha House Community Centre 466 Esplanade, Mount Martha **5974 2297** **mountmarthahouse@mornpen.vic.gov.au** **mountmarthahouse.com.au**
Mahjong A friendly social mahjong group that welcomes both beginners and experienced players to enjoy the strategic, traditional tile-based game.	Mount Eliza Neighbourhood House 90–100 Canadian Bay Road, Mount Eliza **9787 8160** **info@mountelizanh.com.au** **mountelizanh.com.au**
Managing Your Digital Legacy This class assists participants to organise photos and digital information for their own benefit and for the benefit of loved ones to manage in the future.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Microsoft Excel Confidence and Skill Building A practical class to build confidence using Excel, from setting up simple spreadsheets to using everyday features.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**

Information	Contact
Mornington Chess Club A friendly club where players of all levels can enjoy regular games of chess and meet others who love the game.	Mount Martha House Community Centre 466 Esplanade, Mount Martha **5974 2297** **mountmarthahouse@mornpen.vic.gov.au** **mountmarthahouse.com.au**
Mount Martha Scrabble Club A free, all abilities social club where players of all skill levels can keep their minds sharp, share afternoon tea, and build local friendships.	Mount Martha House Community Centre 466 Esplanade, Mount Martha **5974 2297** **mountmarthahouse@mornpen.vic.gov.au** **mountmarthahouse.com.au**
Not-A-Book-Club – Informal Discussion Group A relaxed discussion group to chat about books, ideas and everyday topics, with no set reading required.	Mornington Community House 3/91 Wilsons Road, Mornington **5950 1889** **morningtoncommunityhouse@mornpen.vic.gov.au** **morningtoncommunityhouse.com.au**
Philosophy: Digging Deeper and More Broadly This collaborative discussion group provides a stimulating space for members to explore complex ideas, challenge perspectives, and engage in respectful intellectual dialogue.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
A Slow Reading Group This introspective group provides a relaxed, unhurried space for members to deeply analyse literary texts and enjoy thoughtful group discussions.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Readers Book Club Provides a relaxed, social space for members to gather and share a love of reading through open literary discussions.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**

Lifelong learning

Information	Contact
Russian History Provides members an engaging exploration of Russian history, tracing the country's turbulent historical journeys and major political transformations.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Scrabble for Fun This friendly social group provides a relaxed space for members to gather and enjoy playing casual word games while sharpening their minds.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Snooker These sessions provide members with structured beginner coaching and casual social play to enjoy friendly matches while sharpening their cue skills.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Spanish Structured language sessions provide members with an engaging introduction to basic grammar, vocabulary, and proper pronunciation to build practical conversational skills.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Tech Support These practical sessions provide one-on-one assistance to help community members confidently navigate their smart devices, troubleshoot issues, and master essential digital skills.	Mount Eliza Neighbourhood House 90–100 Canadian Bay Road, Mount Eliza **9787 8160** **info@mountelizanh.com.au** **mountelizanh.com.au**
The Joy of Poetry Workshop This creative workshop provides a supportive space to read, write, and share poetry.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**

Information	Contact
The New York Met Opera This regular appreciation class screens world-class digital recordings of the Metropolitan Opera, allowing enthusiasts to enjoy dramatic vocal performances and grand staging.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Trivia Group This casual trivia group offers a fun, social environment to challenge your mind and match wits.	Mount Martha House Community Centre 466 Esplanade, Mount Martha **5974 2297** **mountmarthahouse@mornpen.vic.gov.au** **mountmarthahouse.com.au**
Writers Group This creative writing group offers a supportive space to share stories, prompts, and poetry.	Mount Martha House Community Centre 466 Esplanade, Mount Martha **5974 2297** **mountmarthahouse@mornpen.vic.gov.au** **mountmarthahouse.com.au**



Social groups and clubs



Information	Contact
Bird Watching for Beginners This practical class introduces basic identification skills, binocular use, and local habitats to help beginners discover regional birds.	Mount Eliza Neighbourhood House 90–100 Canadian Bay Road, Mount Eliza **9787 8160** **info@mountelizanh.com.au** **mountelizanh.com.au**
Community Café Hub This welcoming local hub provides community members with a supportive space to enjoy hot soup, fresh toasties, tea, and casual social connection.	Tanti Community House 91 Robertson Drive, Mornington **proudlytanti.house@gmail.com** **proudlytanti.com.au**
Country Women's Association Mornington Branch The CWA is a charitable organisation with a focus on friendship, creating connections and making a difference.	**cwamornington@gmail.com** **cwaofvic.org.au**
Crackers and Cheesy Songs Some good old-fashioned fun with crackers and cheesy songs – a playful, no-pressure sing-along around the piano.	Mount Martha House Community Centre 466 Esplanade, Mount Martha **5974 2297** **mountmarthahouse@mornpen.vic.gov.au** **mountmarthahouse.com.au**
Fabulous Foodies This social cooking group brings food enthusiasts together to share recipes, cooking tips, and culinary experiences.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Fantastic Food – Cooking This program connects local cooks with beginners to share affordable, everyday recipes and practical kitchen techniques.	Tanti Community House 91 Robertson Drive, Mornington **proudlytanti.house@gmail.com** **proudlytanti.com.au/tanti-house**

Information	Contact
Intergenerational Program This rewarding community initiative brings older adults and younger generations together to participate in shared social activities, bridging age gaps and building mutual respect.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Mornington Men's Shed A place for nurturing mateship and creating feelings of belonging. A structured program for advancing Men's health and wellbeing.	2/91 Wilsons Road, Mornington **0431 113 647** **mensshedmornington@gmail.com** **morningtonmensshed.com.au**
Mornington Railway Preservation Society (Men's Shed) This unique social workshop allows enthusiasts to preserve local rail history by restoring vintage steam locomotives and heritage passenger carriages.	Mornington Railway Preservation Society 460 Moorooduc Highway, Moorooduc **1300 767 274** **secretary@morningtonrailway.org** **morningtonrailway.org.au**
Mornington Senior Citizens Club A community club for seniors to enjoy a range of activities in a social and welcoming setting. Activities include bowls, board games, dancing, and more.	Mornington Senior Citizens Centre 11 Flinders Drive, Mornington **5975 3688** **morningtonseniors@gmail.com** **morningtonseniorcitizensclub.com**
Mount Eliza Fifty Five Plus Club Inc. A vibrant, volunteer-run organisation that offers a diverse weekly program of fitness classes, social card games, indoor sports, and community movie afternoons.	Mount Eliza Fifty Five Plus Club 90B Canadian Bay Road, Mount Eliza **9787 8170** **mail@mteliza55plusclub.org.au** **mteliza55plusclub.org.au**
Mount Eliza Men's Shed A place for men to gather, work and support each other. Activities include community projects, furniture restoration and woodwork.	32 Old Mornington Road, Mount Eliza (rear of building) **0415 534 662** **info@mountelizamensshed.org.au** **mountelizamensshed.org.au**

Social groups and clubs

Information	Contact
New Peninsula Men's Shed A place where men can come together in a safe, supportive, friendly and creative environment. Work on your own project or get involved in community projects.	370 Craigie Road, Mount Martha **5973 8888** **npmensshed@gmail.com** **mtmarthams.mpmsn.com.au**
Probus Club Mornington Combined Provides a friendly social network for locals to enjoy guest speakers, weekly coffee mornings, walking groups, and theatre outings.	St Marks Uniting Church 50 Barkly Street, Mornington **0491 634 456** **combinedmp@gmail.com** **probussouthpacific.org**
Tanti Community House A dedicated volunteer-led hub in Mornington that offers free and low-cost programs, food relief, and social activities to foster local connection and belonging.	Tanti Community House 91 Robertson Drive, Mornington **proudlytanti.house@gmail.com** **proudlytanti.com.au**



Health and wellbeing

Information	Contact
Calm Meditation Retreat Provides a relaxed, restorative environment for participants to calm the mind, release stress, and cultivate deeper inner peace.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Carers Support Group Provides a safe, welcoming, and relaxed environment for local residents to connect, build social ties, and share personal experiences about the challenges of being a caregiver.	Mornington Community House 3/91 Wilsons Road, Mornington **5950 1889** **morningtoncommunityhouse@mornpen.vic.gov.au** **morningtoncommunityhouse.com.au**
Chatty Café Free social connection and conversation.	Mornington Community House 3/91 Wilsons Road, Mornington **5950 1889** **morningtoncommunityhouse@mornpen.vic.gov.au** **morningtoncommunityhouse.com.au**
Healing Ourselves and Our Planet This thought-provoking discussion course provides a collaborative environment to explore sustainability, mindfulness, personal wellbeing, and ecological healing.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Ikigai-Kan This Japanese lifestyle course explores the traditional philosophy of ikigai, helping participants discover daily rituals, personal values, and a deeper sense of meaning and life satisfaction.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**

Health and wellbeing

Information	Contact
Meaningful Lives Through Better Relationships This supportive discussion course explores strategies for building healthier connections, enhancing personal communication, and fostering more fulfilling relationships.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Mind, Body and Spirit This holistic group provides a supportive environment to explore wellness practices, mindfulness, and personal spiritual growth.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Mindfulness and Meditation This program offers a calm, inviting space to reflect, share conversation, and enjoy a relaxing, guided meditation.	Tanti Community House 91 Robertson Drive, Mornington **proudlytanti.house@gmail.com** **proudlytanti.com.au/tanti-house**
Mindfulness: Practices for Wellbeing This supportive mindfulness course teaches simple meditation practices to help participants reduce everyday stress and cultivate a greater capacity to enjoy life.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Mornington Peninsula Post Polio Society This peer-support group provides essential information, shared experiences, and vital community connection for polio survivors, their families, and health professionals.	Mornington Community House 3/91 Wilsons Road, Mornington **5950 1889** **morningtoncommunityhouse@mornpen.vic.gov.au** **morningtoncommunityhouse.com.au**
Peninsula Parkinson's Peer Support Group A friendly peer support group for people living with Parkinson's, and their carers, to share experiences, information and encouragement.	Mount Martha House Community Centre 466 Esplanade, Mount Martha **5974 2297** **0417 104 224** **mountmarthahouse@mornpen.vic.gov.au** **mountmarthahouse.com.au**

Information	Contact
Scleroderma Support Group This dedicated support group provides essential information, shared coping strategies, and supportive peer connections for individuals living with scleroderma and their families.	Mornington Community House 3/91 Wilsons Road, Mornington **5950 1889** **morningtoncommunityhouse@mornpen.vic.gov.au** **morningtoncommunityhouse.com.au**
Sound Healing A relaxing session using gentle sounds and vibrations to help unwind, reduce stress and feel calm.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Speaking with Confidence This supportive public speaking group helps participants build communication skills, overcome anxiety, and deliver speeches with clarity and confidence.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
The Mankind Project The Mankind Project hosts a confidential, non-judgmental space for men to make real connections and share experiences. Members are encouraged to be open, compassionate and supportive.	Mount Martha House Community Centre 466 Esplanade, Mount Martha **5974 2297** **mountmarthahouse@mornpen.vic.gov.au** **mountmarthahouse.com.au**
Women's Spiritual Group A friendly group for women to share spiritual discussion on a wide range of topics.	Mount Martha House Community Centre 466 Esplanade, Mount Martha **5974 2297** **mountmarthahouse@mornpen.vic.gov.au** **mountmarthahouse.com.au**

Volunteering and community action



Information	Contact
Eco Living Display Centre Located next to the nursery at The Briars in Mount Martha, the Eco Living Display Centre offers volunteer opportunities that promote sustainable living. Roles include gardening, energy efficiency education, and supporting the Peninsula Home Harvest program.	The Briars 450 Nepean Highway, Mount Martha **5950 1681** **environmentaleducation@mornpen.vic.gov.au** **mornpen.vic.gov.au/ecoliving**
Intergenerational Program U3A Mornington volunteers assist with reading programs at local primary schools, conduct mock interviews with secondary students and work with tertiary students on special programs.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Meet the Neighbours – Birds of the Mornington Peninsula This practical environmental course helps local nature lovers discover, identify, and protect the region's diverse native bird species.	Currawong Community Centre 5–17 Currawong Street, Mornington **5975 9773** **office@u3amornington.org.au** **u3amornington.org.au**
Mornington Community Support Centre A local charity offering food, emergency relief, and financial and legal advice to people doing it tough. Volunteers are always welcome to help out.	320 Main Street, Mornington **5975 1644** **front.desk@mcisc.org.au** **mcsc.au**
Mount Martha Community Garden This organic communal kitchen garden offers an inclusive space for local green thumbs to connect, share knowledge, and grow fresh produce.	Mount Martha House Community Centre 466 Esplanade, Mount Martha **5974 2297** **communitygarden.mm@gmail.com** **mountmarthahouse.com.au**

Information	Contact
RPP FM 98.7 Volunteer at the Mornington Peninsula's local community radio station, helping with on-air, production or behind-the-scenes roles.	91 Wilsons Road, Mornington **5975 2650** **admin@rppfm.com.au** **rppfm.com.au**
Friends Groups Friends Groups are community members who volunteer their time to protect and enhance biodiversity values in their local bushland or foreshore reserve. Check the Working Bee calendar, events and maps for more information.	**mornpen.vic.gov.au/friends**
Peninsula Transport ASSIST Works with local volunteers across the Mornington Peninsula to help residents overcome transport disadvantage. Peninsula Transport Assist offers two services: Bus hire and transport support.	Peninsula Transport Assist Inc. 13 Railway Road, Baxter **9708 8241** **0403 823 268**





Region 2:
Western Port

Arthurs Seat
Balnarring
Balnarring Beach
Baxter
Bittern
Crib Point
Flinders
Hastings
HMAS Cerberus
Main Ridge
Merricks Beach
Merricks North
Merricks
Pearcedale
Point Leo
Red Hill
Red Hill South
Shoreham
Somers
Somerville
Tyabb



Physical activity and sport

Information	Contact
Aqua Aerobics Aqua aerobics at Crib Point Outdoor Pool offers a low-impact, full-body workout.	Crib Point Outdoor Pool 31 Governors Road, Crib Point **5983 9672** **cribpoint@belgravialeisure.com.au** **active.mornpen.vic.gov.au**
Badminton A weekly, low-impact sport session for beginners and experienced players is a great way to improve reflexes, hand-eye coordination, and physical fitness in a friendly and social atmosphere.	Bittern Memorial Centre 105 Hendersons Road, Bittern **5979 4280** **info@u3ahastings.org.au** **u3ahastings.org.au**
Bowling Club – Hastings Hastings Bowling Club is a thriving club in a fantastic location. Members and visitors can enjoy popular Friday night bingo sessions and relaxed barefoot bowls.	Hastings Bowling Club 40 Marine Parade, Hastings **5979 1723** **hastbowl@gmail.com** **hastingsbowlingclub.com.au**
Bowling Club – Somerville A historic local lawn bowls hub established in 1957 on Jones Road, featuring two synthetic greens, competitive pennant teams, and popular Friday night barefoot bowling sessions.	Somerville Bowling Club 259–267 Jones Road, Somerville **5977 5476** **somiebowls@bigpond.com** **somerville.bowls.com.au**
Bowls and Petanque Club – Main Ridge A picturesque hinterland sporting hub featuring two bowling greens and a petanque piste, offering both social and competitive play alongside a popular Friday evening social club.	Recreation Reserve 455 Main Creek Road, Main Ridge **0422 815 733** **mainridgebpc@gmail.com** **mainridgebpc.com.au**

Information	Contact
Bowls and Social Club – Balnarring A vibrant community hub featuring grass and artificial greens for competitive pennant and seasonal Friday barefoot bowls, while doubling as a local entertainment venue.	Balnarring Bowls and Social Club 12A Strathmore Road, Balnarring **5983 1655** **info@balnarringbowls.com.au** **balnarringbowls.com.au**
Chair Exercise Ageless Grace is a chair-based exercise program for all abilities designed to improve mobility, flexibility, cognitive function and overall health.	Bittern Memorial Centre 105 Hendersons Road, Bittern **5979 4280** **info@u3ahastings.org.au** **u3ahastings.org.au**
Cycling Designed as an easy ride on the local bike tracks. Suitable for bikes and e-bikes with the aim to stay together as a group. Cyclists meet at Bittern Station.	Bittern Station **5979 4280** **info@u3ahastings.org.au** **u3ahastings.org.au**
Cycling/Rail Trails Enjoy longer bike rides on rail trails. Ability to transport a bike to various ride starting points is desirable.	Various locations **5979 4280** **info@u3ahastings.org.au** **u3ahastings.org.au**
Dancing for Fun and Fitness This fun, social activity is all about dance and music. From rock n roll, waltzing and line-dancing to the Nutbush and Zorba dance. Get fit and have some fun.	Bittern Memorial Centre 105 Hendersons Road, Bittern **5979 4280** **info@u3ahastings.org.au** **u3ahastings.org.au**
Exercise to Music A lively, low-impact weekly exercise class that combines rhythmic movement with music to improve cardiovascular health, coordination, and mobility in a joyful social setting.	Bittern Memorial Centre 105 Hendersons Road, Bittern **5979 4280** **info@u3ahastings.org.au** **u3ahastings.org.au**
Fitness Class Not too gentle, not too hard. This class combines movement to music designed to improve mobility, strength, coordination and balance in a fun and sociable environment.	Crib Point Community House 7 Park Road, Crib Point **5983 9888** **info@cpch.org.au** **cpch.org.au**

Physical activity and sport

Information	Contact
Golf Join this enthusiastic group of golfers for a round of nine holes.	Cerberus Golf Club Cayley Avenue, Crib Point **5979 4280** **info@u3ahastings.org.au** **u3ahastings.org.au**
Hastings Hot Trotters An active and friendly walking group who explore the local wide-open spaces.	Hastings Community House 185 High Street, Hastings **5971 9198** **hastingsch@bigpond.com** **hastingscomhouse.com**



Information	Contact
Line Dancing Weekly fitness class for all levels offering line dancing instruction to improve coordination, have fun and build social connections.	Tyabb Guide Hall 103 The Crescent, Tyabb **5979 4280** **info@u3ahastings.org.au** **u3ahastings.org.au**
Line Dancing A fun, low-impact class where you can learn line dancing steps and meet others in a friendly setting.	Crib Point Community House 7 Park Road, Crib Point **5983 9888** **info@cpch.org.au** **cpch.org.au**
Line Dancing A friendly, low-impact class where you can learn line dancing steps at your own pace.	Somerville Community House 2/21 Worwong Avenue, Somerville **5977 8330** **info@somervillecommunityhouse.com.au** **somervillecommunityhouse.com.au**
Mat Pilates Offers beginner-friendly exercise sessions tailored to improve core strength, posture, and alignment.	Crib Point Community House 7 Park Road, Crib Point **5983 9888** **info@cpch.org.au** **cpch.org.au**
Pelican Park Recreation Centre Offering a fully equipped gym, 50+ group fitness classes, reformer pilates, saunas, ice baths and indoor pools supporting health and wellbeing.	Pelican Park Recreation Centre 2 Marine Parade, Hastings **8727 8980** **pelicanpark@belgravialeisure.com.au** **active.mornpen.vic.gov.au**
Pickleball Pickleball is a low-impact, highly social fitness activity. Great for coordination, balance, and cardiovascular health.	Bittern Memorial Centre 105 Hendersons Road, Bittern **5979 4280** **info@u3ahastings.org.au** **u3ahastings.org.au**

Physical activity and sport

Information	Contact
Sit, Stretch and Strength A weekly, low-impact fitness class to support balance, flexibility, and muscle tone through gentle exercises that can be performed either standing or seated.	Tyabb Guide Hall 103 The Crescent, Tyabb **5979 4280** **info@u3ahastings.org.au** **u3ahastings.org.au**
Somerville Recreation Centre Group fitness classes including pickleball, badminton and basketball.	Somerville Recreation Centre 14 Edward Street, Somerville **8727 8970** **somerville@belgravialeisure.com.au** **active.mornpen.vic.gov.au**
Table Tennis Table tennis played in a friendly, social environment to build fitness, coordination and to enjoy a bit of fun rivalry.	105 Hendersons Road, Bittern **5979 4280** **info@u3ahastings.org.au** **u3ahastings.org.au**
Tai Chi A popular, low-impact exercise made up of slow, flowing movements designed to improve balance, flexibility, and overall mind-body harmony. Beginners to experienced.	Bittern Memorial Centre 105 Hendersons Road, Bittern **5979 4280** **info@u3ahastings.org.au** **u3ahastings.org.au**
Walk the Peninsula Long walks of 8–16 km (3–5 hours) exploring sections of the Mornington Peninsula. Suitable for those who are fit enough to walk at least 12 km, and can manage on steep or rough terrain.	Bittern Memorial Centre Various **5979 4280** **info@u3ahastings.org.au** **u3ahastings.org.au**
Walking Group A friendly walking group exploring the Peninsula's magnificent bushland, beaches, wetlands and secluded tracks. 1-2 hour walks and a social BYO drink stop at the end.	Bittern Memorial Centre Various **5979 4280** **info@u3ahastings.org.au** **u3ahastings.org.au**

Information	Contact
Walking Groups This walking for fitness program guides participants on neighbourhood walks of up to 5 km with a social cuppa at the end. Leaving from the community centre.	Somerville Community House 2/21 Worwong Avenue, Somerville **5977 8330** **info@somervillecommunityhouse.com.au** **somervillecommunityhouse.com.au**
Yoga Weekly yoga classes offering tailored, gentle movements designed to maintain mobility, balance, physical and mental health.	Tyabb Guide Hall 103 The Crescent, Tyabb **5979 4280** **info@u3ahastings.org.au** **u3ahastings.org.au**
Yoga A gentle class for all ages and abilities to improve flexibility, strength and relaxation.	Crib Point Community House 7 Park Road, Crib Point **5983 9888** **info@cpch.org.au** **cpch.org.au**
Yoga A gentle class for all levels that combines breathing, meditation and simple movement.	Somerville Community House 2/21 Worwong Avenue, Somerville **5977 8330** **info@somervillecommunityhouse.com.au** **somervillecommunityhouse.com.au**



Arts, culture and creativity

Information	Contact
Acrylic Art A friendly, creative weekly group, where members share skills, reflect on their creative processes, and explore vibrant canvas work in a welcoming social environment.	Bittern Memorial Centre (U3A Hastings) 105 Hendersons Road, Bittern **5979 4280** **info@u3ahastings.org.au** **u3ahastings.org.au**
Art and Craft Explore drawing, painting, knitting, crochet, stitching, weaving, floral arranging and creative craft workshops.	Somerville Community House 2/21 Worwong Avenue, Somerville **5977 8330** **info@somervillecommunityhouse.com.au** **somervillecommunityhouse.com.au**
Book Club A literary discussion circle, offering book lovers a social space to explore classic literature and share their favourite reads.	Somerville Community House 2/21 Worwong Avenue, Somerville **5977 8330** **info@somervillecommunityhouse.com.au** **somervillecommunityhouse.com.au**
Books to Remember Read and discuss prize-winning novels, memoirs and bestsellers. Discussions will encompass every view and angle, giving you an interesting and wide-ranging experience.	Various locations **5979 4280** **info@u3ahastings.org.au** **u3ahastings.org.au**
Craft Evenings Are you a crafty night owl? Here's your chance to make a new friend, share ideas and maybe learn a new craft. It doesn't matter what craft you do, sewing, patchwork, knitting, or crochet.	Crib Point Community House 7 Park Road, Crib Point **5983 9888** **info@cpch.org.au** **cpch.org.au**

Information	Contact
Craft Group A social, creative session in a relaxed space to share skills, chat, and work on various craft projects.	Hastings Senior Activity Centre 16 Herring Street, Hastings **5979 4280** **info@u3ahastings.org.au** **u3ahastings.org.au**
Crosswords Learn or practise cryptic crossword-solving techniques in groups for beginners and experienced crossword enthusiasts.	Somerville Community House 2/21 Worwong Avenue, Somerville **5977 8330** **info@somervillecommunityhouse.com.au** **somervillecommunityhouse.com.au**
Five Hundred Card Game An indoor games session providing card enthusiasts with a friendly, strategic, and purely social environment to play without any gambling involved.	Bittern Memorial Centre 105 Hendersons Road, Bittern **5979 4280** **info@u3ahastings.org.au** **u3ahastings.org.au**
Gardens and Galleries This group visit public and private gardens and art galleries. There is little walking involved, a lot of conversation about art, gardens and local history followed by coffee.	Various locations **5979 4280** **info@u3ahastings.org.au** **u3ahastings.org.au**
Guitar Course Introduction to forming and changing chords. Covers the basics of playing a guitar, from tuning, understanding chord diagrams, strumming patterns and playing some simple guitar melodies. BYO Guitar.	Hastings Senior Activity Centre 16 Herring Street, Hastings **5979 4280** **info@u3ahastings.org.au** **u3ahastings.org.au**
Mahjong The mahjong group at Somerville Community House is a small, friendly circle of enthusiasts that meets weekly, welcoming beginners to learn the traditional tile game over a casual cuppa.	Somerville Community House 2/21 Worwong Avenue, Somerville **5977 8330** **info@somervillecommunityhouse.com.au** **somervillecommunityhouse.com.au**

Arts, culture and creativity

Information	Contact
Music Groups Join our Bluegrass Music Group or famous Ukulele Strummers to play, sing and enjoy music together.	Somerville Community House 2/21 Worwong Avenue, Somerville **5977 8330** **info@somervillecommunityhouse.com.au** **somervillecommunityhouse.com.au**
Muso's Group A welcoming and social weekly gathering, where musicians of all skill levels come together simply to enjoy playing music and singing in a relaxed, friendly environment.	Tyabb Guide Hall 103 The Crescent, Tyabb **5979 4280** **info@u3ahastings.org.au** **u3ahastings.org.au**
Philosophical Discussion In this group we explore a range of philosophers and philosophical issues relevant to our own times. These can range between contemporary and historical situations.	Tyabb Guide Hall 103 The Crescent, Tyabb **5979 4280** **info@u3ahastings.org.au** **u3ahastings.org.au**
Play Reading Find your hidden theatrical skills in this friendly group that read interesting plays together.	Bittern Lifestyle Clubhouse 17 Booker Rise, Bittern **5979 4280** **info@u3ahastings.org.au** **u3ahastings.org.au**
Scrabble A relaxed, social gathering focused on conversation, laughter, and mental stimulation rather than fierce competition.	Hastings Senior Activity Centre 16 Herring Street, Hastings **5979 4280** **info@u3ahastings.org.au** **u3ahastings.org.au**
Sewing, Knitting and Craft Groups Hosts dedicated creative social spaces for local crafters, featuring the Crafty Night Owls group on Wednesday evenings and an active community network of local patchworkers and quilters.	Crib Point Community House 7 Park Road, Crib Point **5983 9888** **info@cpch.org.au** **cpch.org.au**

Information	Contact
Singing Explore a variety of singing styles, including bluegrass, chorus and a cappella, for all abilities.	Somerville Community House 2/21 Worwong Avenue, Somerville **5977 8330** **info@somervillecommunityhouse.com.au** **somervillecommunityhouse.com.au**
Theatre Goers The Theatre Goers attend and discuss performances held mainly at the Frankston Arts Centre although occasional city performance trips are arranged. A friendly, welcoming group for those who love live theatre.	Hastings Library 7 High Street, Hastings **5979 4280** **info@u3ahastings.org.au** **u3ahastings.org.au**
Watercolours Enjoy this self-directed watercolour painting group. The members of the group enjoy the company and enthusiasm of likeminded artists both experienced and amateur.	Tyabb Guide Hall 103 The Crescent, Tyabb **5979 4280** **info@u3ahastings.org.au** **u3ahastings.org.au**



Lifelong learning

Information	Contact
Cooking Learn authentic Italian cooking techniques, enjoy a delicious two-course meal, and discover family recipes firsthand.	Somerville Community House 2/21 Worwong Avenue, Somerville **5977 8330** **info@somervillecommunityhouse.com.au** **somervillecommunityhouse.com.au**
Creative Writing A relaxed writing group where you can share your work, explore prose and poetry, and enjoy playing with words. All styles welcome, and no experience needed.	Tyabb Guide Hall 103 The Crescent, Tyabb **5979 4280** **info@u3ahastings.org.au** **u3ahastings.org.au**
French Learn French at three different levels.	Various locations **5979 4280** **info@u3ahastings.org.au** **u3ahastings.org.au**
German Conversation Learn German through conversations about everyday topics with guidance on basic grammar and writing. The aim is to offer confidence in speaking German in different situations.	Hastings Senior Activity Centre 16 Herring Street, Hastings **5979 4280** **info@u3ahastings.org.au** **u3ahastings.org.au**
IT Support Gain basic information technology skills and confidence with friendly support. Bring your own device for personalised assistance.	Somerville Community House 2/21 Worwong Avenue, Somerville **5977 8330** **info@somervillecommunityhouse.com.au** **somervillecommunityhouse.com.au**
Italian An Italian Conversation course designed for individuals aged 50 and over looking to maintain or build their language skills in a social environment.	Tyabb Guide Hall 103 The Crescent, Tyabb **5979 4280** **info@u3ahastings.org.au** **u3ahastings.org.au**

Information	Contact
Mahjong Mahjong is a traditional, sociable tile-based game that builds mental agility and strategic thinking.	Bittern Memorial Centre 105 Hendersons Road, Bittern **5979 4280** **info@u3ahastings.org.au** **u3ahastings.org.au**
Scribbler's Writing Den Whether you're a seasoned wordsmith or just penning your first story, we are a welcoming and encouraging haven for writers of all ages and abilities.	Crib Point Community House 7 Park Road, Crib Point **5983 9888** **info@cpch.org.au** **cpch.org.au**
Spanish – Beginners Hola amigos, come and join a fun and relaxed beginner's Spanish class. The pace to be developed by the group.	Hastings Senior Activity Centre 16 Herring Street, Hastings **5979 4280** **info@u3ahastings.org.au** **u3ahastings.org.au**



Social groups and clubs

Information	Contact
Chatty Café A warm and welcoming space designed for anyone to sit down, share a cuppa, and enjoy a simple, friendly chat with others in their community.	Wallaroo Community House 6 Wallaroo Place, Hastings **5970 7000** **wallaroo@goodshep.org.au** **goodshep.org.au**
Crib Point Community Garden Communal garden, orchards, seasonal vegetables and herbs. This garden and its users are committed to organic and sustainable food production, composting and worm farms.	Crib Point Community Garden 7 Park Road, Crib Point **thecrib3919@gmail.com** **cribpointgarden.com.au**
Crib Point Community House This welcoming community hub offers classes, social activities, technology access, volunteering, support services and opportunities to connect.	Crib Point Community House 7 Park Road, Crib Point **5983 9888** **info@cpch.org.au** **cpch.org.au**
Good Shepherd Wallaroo House An inclusive community space that offers educational and recreational programs to help locals connect, learn skills, and build confidence.	Wallaroo House 6 Wallaroo Place, Hastings **5970 7000** **wallaroo@goodshep.org.au** **goodshepvic.org.au**
Hastings Community House A welcoming space offering support, social connection and opportunities to learn, participate and be part of a friendly community.	Hastings Community House 185 High Street, Hastings **5971 9198** **hastingsch@bigpond.com** **hastingscomhouse.com**

Information	Contact
Hastings Community Hub A welcoming and inclusive space supporting community connection, lifelong learning and healthy living.	Hastings Community Hub 1973 Frankston-Flinders Road, Hastings **5979 1398** **hastingshub@mornpen.vic.gov.au** **mornpen.vic.gov.au/hastingshub**
Hastings Senior Citizens Club An accessible club that offers a variety of activities from bingo, craft and carpet bowls to day trips, lunches and special events. New members are always warmly welcome.	Hastings Senior Activity Centre 16 Herring Street, Hastings **0423 146 681** **seniorshastings@gmail.com**
Hastings U3A U3A is a global volunteer organisation for people aged 50+, offering educational, creative, and leisure activities. Members share skills and volunteer their time, helping keep fees low and participation accessible.	Hastings Senior Activity Centre 16 Herring Street, Hastings **5979 4280** **info@u3ahastings.org.au** **u3ahastings.org.au**
Lions Club of Red Hill District The Red Hill Lions Club members volunteer to make a difference in the community through fundraising for worthwhile causes. All ages are welcome to share their skills and form lasting friendships.	**0427 551 890** **info@redhilldistrictlions.com.au** **redhilldistrictlions.com.au**
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 also participate.	Main Ridge Men's Shed 366 Main Creek Road, Main Ridge **mainridge.menshed@gmail.com** **mainridgemensshed.com.au**
Men's Group A structured gathering that focuses on advancing men's health, personal development, and wellbeing in a supportive, relaxed environment.	Somerville Community House 2/21 Worwong Avenue, Somerville **5977 8330** **info@somervillecommunityhouse.com.au** **somervillecommunityhouse.com.au**

Social groups and clubs

Information	Contact
Men's Group Organised as a men's coffee morning as a relaxed, social gathering designed to foster connection, combat isolation, and build community ties among local men.	Crib Point Community House 7 Park Road, Crib Point **5983 9888** **info@cpch.org.au** **cpch.org.au**
Mornington Dutch Australian Seniors A friendly, supportive community club, connecting through outings, shared meals, guest speaker events, and other social activities.	Tyabb Hall 1535 Frankston–Flinders Road, Tyabb **5977 2468** **morningtondutchaust.seniorsclub@gmail.com**
Panagia Kamariani Greek Orthodox Seniors Club Meetings, social outings, bus trips.	Greek Orthodox Church 135 Arthurs Seat Road, Red Hill South **admin@panagiakamariani.org.au**
Peninsula North Men's Shed An inclusive community organisation where local men connect, improve their wellbeing, and share hands-on skills while supporting local community projects.	Peninsula North Men's Shed 211 Baxter–Tooradin Road, Baxter **0412 648 005** **baxtermensshed@pnmsbaxter.org.au** **pnmsbaxter.org.au**



Information	Contact
Probus Club – Balnarring Connect with like-minded people in a welcoming social club that promotes friendship, shared interests, engaging discussions and regular outings.	Balnarring Hall 3035 Frankston–Flinders Road, Balnarring **balnarringcomprobus@gmail.com** **probussouthpacific.org**
Probus Club – Bittern Combined Bittern Probus Club connects members through social community activities in a welcoming inclusive environment.	Balnarring Bowling Club 12 Strathmore Road, Balnarring **0450 939 684** **bitternprobussecretary@gmail.com**
Probus Club – Red Hill A welcoming social network offering monthly meetings with guest speakers alongside active sub-groups for dining, wine, golf, and film.	Main Ridge Community Hall 441 Main Creek Road, Main Ridge **redhillc@probusclubs.com.au** **probussouthpacific.org**
Probus Club Inc. – Somerville Somerville Probus offers a vibrant social calendar including outings, shared meals, cards, croquet and ten pin bowling, fostering fun and friendship.	St Andrews Church Hall 2 Eramosa Road W, Somerville **admin@probussouthpacific.org**
Probus Club Main Ridge Connecting men through a range of activities including day trips, cultural experiences, and inspiring guest speakers. Partners welcome at regular social events and luncheons.	Main Ridge Community Hall 441 Main Creek Road, Main Ridge **pcomr.org.au**
Probus Club – Hastings Combined Hastings Probus welcomes locals to share in a calendar of activities and organised trips, fostering friendships and enjoyable shared experiences.	The Hastings Club 155 Marine Parade, Hastings **1300 630 488**
Probus Club of Flinders An inclusive community club supporting members to connect through activities, outings, shared meals and guest speakers.	Flinders Civic Hall Cook Street, Flinders **flinders.probus@gmail.com**

Social groups and clubs

Information	Contact
Senior Citizens' Club – Somerville This club is a welcoming space for seniors of all abilities to connect over shared fun activities and friendship.	Somerville Community House 2/21 Worwong Avenue, Somerville **0484 952 006** **somervilleseniorscc@outlook.com**
Somerville Community House Promoting connection, learning and community engagement through a range of programs, classes and activities offered each term. This is a welcoming and inclusive environment, fostering empowerment, accessibility, and community wellbeing.	Somerville Community House 2/21 Worwong Avenue, Somerville **5977 8330** **info@somervillecommunityhouse.com.au** **somervillecommunityhouse.com.au**
Westernport Men's Shed A welcoming space where members can work on personal projects, learn new skills, and connect with others in a friendly environment.	Westernport Men's Shed 44 Sudholz Street, Bittern **0447 354 158** **info@wpmshed.com.au** **wpmshed.com.au**





Volunteering and community action

Information	Contact
Coolart Community Garden This space contains a communal veggie patch, individual allotments and a space for learning and skills sharing. All contributions and support welcome.	Coolart Wetlands and Homestead 40 Lord Somers Road, Somers **coolart.org.au**
Flinders Community Association Serves as the dedicated "voice of residents and weekenders," working actively to protect the neighbourhood character of this historic village while preserving its vibrancy and value.	Flinders Hall 54–56 Cook Street, Flinders **flinders@flindersvillage.com.au** **flindersvillage.com.au**
Friends of Coolart A community of volunteers working alongside Parks Victoria in the promotion, preservation and enhancement of the Coolart Homestead, wetlands and gardens.	Coolart Wetlands and Homestead 40 Lord Somers Road, Somers **info@coolart.org.au** **coolart.org.au**
Hastings-Westernport Historical Society An enthusiastic group of volunteers dedicated to promoting, preserving and enhancing the cultural and environmental heritage of Hastings and surrounding areas of Western Port.	Hastings Museum 7 Marine Parade, Hastings **0490 132 011** **hwphs@outlook.com** **hwphs.org.au**
Historical Society – Balnarring and District Comprises local historical records, photographs and memorabilia from Balnarring and surrounding district.	Balnarring Hall 3035 Frankston-Flinders Road, Balnarring **5983 5326** **balhist4@gmail.com** **balnarringdistricthistory.org.au**

Information	Contact
Historical Society – Flinders District The Flinders District Historical Society seeks to collect and conserve the local history of the Flinders and Shoreham areas.	Shoreham Hall 69 Byrnes Road, Shoreham **flindersdhs@gmail.com** **flindersvillage.com.au/flinders-district-historical-society**
Lions Club Balnarring Lions is a non-political service organisation fostering leadership, community service and friendship.	Balnarring Bowls and Social Club 12 Strathmore Road, Balnarring **balnarringlionsclub@gmail.com**
Lions Club of Flinders District A dedicated volunteer organisation supporting local community and health projects across the Southern Peninsula through fundraising events such as the Flinders Motoring Heritage showcase and charity golf days.	**secretary@flindersdistrictlions.com.au** **flindersdistrictlions.com.au**
Rotary Club – Somerville Tyabb An informal, low-cost volunteer service club that supports humanitarian initiatives and youth development across the Mornington Peninsula, raising community funds through its annual trailer raffle and event equipment hire.	Somerville Community House 2/21 Worwong Avenue, Somerville **9787 2462** **somerville.tyabb.rotaryclub@gmail.com** **somervilletyabbrotary.org.au**
Somerville Community Garden A welcoming shared space featuring a community vegetable patch and fruit orchard, where locals can come together to plant, grow edible crops, and connect.	Somerville Community House 2/21 Worwong Avenue, Somerville **5977 8330** **info@somervillecommunityhouse.com.au** **somervillecommunityhouse.com.au**
Western Port Community Support Centre provides material aid and support services to people experiencing personal and financial hardship.	Reception B, 185 High Street, Hastings **5979 2762** **info@wportcomsupport.org.au** **wportcomsupport.org.au**



Region 3: Southern Peninsula

Blairgowrie
Boneo
Cape Schanck
Capel Sound
Dromana
Fingal
McCrae
Portsea
Rosebud
Rye
Safety Beach
Sorrento
St Andrews Beach
Tootgarook



Physical activity and sport

Information	Contact
Bowls Club – Rosebud Beach Whether you're new to bowls or an experienced player, Rosebud Beach Bowling Club offers friendly competition, great social connections, and a welcoming atmosphere.	Rosebud Bowls Club 952 Point Nepean Road, Rosebud **5986 8892** **secretary@rosebudbeachbowlsclub.com.au** **rosebudbeachbowlsclub.com.au**
Bowls Club – Rye A vibrant and inclusive community hub on the Mornington Peninsula that has offered competitive pennant play, casual barefoot bowls, and year-round social events since 1958.	Rye Bowls Club Corner Napier and Collingwood Streets, Rye **5985 2450** **ryebowls@live.com**
Bowls Club Inc. – Dromana A scenic and fast-growing Mornington Peninsula hub that offers year-round lawn bowls on all-weather greens, indoor winter play, and popular Friday night barefoot bowls.	Dromana Bowls Club 1 Stawell Street, Dromana **5904 7501** **admin@dromanabowlsclub.com.au** **dromanabowlsclub.com.au**
Bowls Club Inc. – Sorrento The Sorrento Bowls Club has been welcoming locals and tourists alike since 1934. Barefoot bowls sessions year round, plus competitive pennant and social bowls.	David MacFarlane Reserve Hotham Road, Sorrento **5984 2831** **sorrentobc@bigpond.com** **sorrentobowlsclub.com.au**
Chair Yoga Move, breathe, stretch, and reconnect – All abilities.	Capel Sound Community Hub 11a Allambi Avenue, Capel Sound **5982 2204** **info@capelsoundhub.com.au** **capelsoundcommunityhub.com.au**

Information	Contact
Chair Yoga An inclusive, small-group class that uses chair support to provide mobility, calming breathwork, and gentle meditation for anyone who finds traditional mat yoga movements challenging.	Rye Community House 27 Nelson Street, Rye **5985 4462** **reception@ryech.org** **ryech.org**
Chair Yoga Chair-based yoga to maintain mobility, flexibility and overall wellbeing.	Dromana Community House 15 Gibson Street, Dromana **0499 213 924** **dromanacommunityhouse@gmail.com** **dromanacommunityhouse.com**
Croquet Club – Sorrento Social and competition croquet with stunning views over Port Phillip Bay. New players welcome to try out this fun, social, low-impact sport.	Point Nepean National Park Parade Ground, Point Nepean National Park Portsea **croquetsorrento@gmail.com**
Cycling Groups Whether you're a casual rider or an experienced cyclist, a range of cycling groups are available to suit different interests and accessibility needs.	Southern Peninsula U3A 359a Point Nepean Road, Dromana **5981 8777** **office@u3asouthpen.org.au** **u3asouthpen.org.au**
Dance Class – Seniors Enjoy gentle movement, great music, and good company in this low-impact dance session to tunes you can sing along to.	Southern Peninsula U3A 359a Point Nepean Road, Dromana **5981 8777** **office@u3asouthpen.org.au** **u3asouthpen.org.au**
Dance Group – Shake It Up A fun, music-driven dance and exercise group that helps participants improve their physical fitness.	Sorrento Community Centre 860–868 Melbourne Road, Sorrento **5984 3360** **admin@sorrentocc.org.au** **sorrentocc.org.au**
Dancing – Belly Belly dancing is a fun and energising way to keep fit, improve flexibility, balance, coordination and core strength in a fun, welcoming and social environment.	Dromana Community House 15 Gibson Street, Dromana **0499 213 924** **dromanacommunityhouse@gmail.com** **dromanacommunityhouse.com**

Physical activity and sport

Information	Contact
Dancing – Scottish Country A social form of Scottish country dancing, not Highland dancing, with participants dancing together in sets of 6–8 people. Experienced dancers and enthusiastic beginners are all welcome.	Southern Peninsula U3A 359a Point Nepean Road, Dromana **5981 8777** **office@u3asouthpen.org.au** **u3asouthpen.org.au**
Dancing for Health These fun, low-impact dance sessions encourage movement, improve balance, boost wellbeing and provide opportunities for social connection.	Rye Community House 27 Nelson Street, Rye **5985 4462** **reception@ryech.org** **ryech.org**
Exercise – Strong and Healthy Ease back into exercise – build fitness, mobility and balance with confidence.	Rye Community House 27 Nelson Street, Rye **5985 4462** **reception@ryech.org** **ryech.org**
Golf This group play nine holes of social golf at Bay Views Golf Course in Rosebud.	Southern Peninsula U3A 359a Point Nepean Road, Dromana **5981 8777** **office@u3asouthpen.org.au** **u3asouthpen.org.au**
Kayaking and Canoeing All experience levels are welcome. Participants need a kayak or canoe, life jacket, suitable clothing and sun protection. Transport assistance may be available.	Southern Peninsula U3A 359a Point Nepean Road, Dromana **5981 8777** **office@u3asouthpen.org.au** **u3asouthpen.org.au**
Mat Pilates A welcoming community fitness class that focuses on building core strength, improving mobility, and balancing flexibility for participants of all skill levels.	Sorrento Community Centre 860–868 Melbourne Road, Sorrento **5984 3360** **admin@sorrentocc.org.au** **sorrentocc.org.au**

Information	Contact
Padel Club – St Andrews Beach Enjoy this fast-growing racquet sport that combines elements of tennis and squash. A fun, social game that promotes fitness, coordination and agility.	St Andrews Beach Recreation Club 99 Bass Meadows Boulevard St Andrews Beach **standrewsbeachpadelclub.com.au** **hello@standrewsbeachpadelclub.com.au**
Petanque Club – St Andrews Beach Petanque is an easy game to learn. Played on a gravel surface (piste) with steel balls (boules). This welcoming club offers social and competition play in a fun, social atmosphere.	The St Andrews Recreation Club 99 Bass Meadows Boulevard, St Andrews Beach **standrewsbeachrecclub.org**
Pickleball Social day and evening sessions offer fun, friendly play for all skill levels. Beginner, women-only and mixed groups provide opportunities to stay active, build confidence, and connect with others.	Sorrento Community Centre 860–868 Melbourne Road, Sorrento **5984 3360** **admin@sorrentocc.org.au** **sorrentocc.org.au**
Pickleball – Southern Peninsula Bringing the social, physical and mental health benefits of pickleball to people of all ages, abilities and backgrounds through a welcoming, inclusive club that supports play at every level.	Southern Peninsula Pickleball Club Various locations across the Southern Peninsula **southernpeninsulapickleball@gmail.com** **southernpeninsulapickleballclub.com.au**
Pilates An instructor-led Pilates class that focuses on improving core strength, spinal alignment, and full-body flexibility for participants of all skill levels.	Capel Sound Community Hub 11a Allambi Avenue, Capel Sound **5982 2204** **info@capelsoundhub.com.au** **capelsoundcommunityhub.com.au**
Table Tennis – Social Enjoy social singles and doubles games where players of all skill levels can participate, connect and have fun.	Southern Peninsula U3A 359a Point Nepean Road, Dromana **5981 8777** **office@u3asouthpen.org.au** **u3asouthpen.org.au**

Physical activity and sport

Information	Contact
Tai Chi These regular Tai Chi sessions provide a gentle environment for participants to improve their physical balance, inner strength, and mental clarity through ancient, flowing movements.	Sorrento Community Centre 860–868 Melbourne Road, Sorrento **5984 3360** **admin@sorrentocc.org.au** **sorrentocc.org.au**
Tai Chi Supportive Tai Chi sessions provide a gentle environment for participants of all abilities to improve their physical balance, cognitive function, and mental calm through soft, flowing movements.	Rye Community House 27 Nelson Street, Rye **5985 4462** **reception@ryech.org** **ryech.org**
Walkers – Chat 'n Go This organised community walking group offers participants a wonderful opportunity to enjoy gentle local walks followed by a social coffee and chat.	Sorrento Community Centre 860–868 Melbourne Road, Sorrento **5984 3360** **admin@sorrentocc.org.au** **sorrentocc.org.au**
Walkers – Rye Join others on a walk about town, enjoy a coffee and a chat.	Rye Community House 27 Nelson Street, Rye **5985 4462** **reception@ryech.org** **ryech.org**
Walking – Friday Foreshore Strolls Enjoy a leisurely 4–5 km walk along mostly flat Peninsula tracks, with a coffee stop providing the perfect opportunity to socialise and connect.	Southern Peninsula U3A 359a Point Nepean Road, Dromana **5981 8777** **office@u3asouthpen.org.au** **u3asouthpen.org.au**
Walking Groups We have a range of walking groups available depending on your interest and ability.	Southern Peninsula U3A 359a Point Nepean Road, Dromana **5981 8777** **office@u3asouthpen.org.au** **u3asouthpen.org.au**

Information	Contact
West Rosebud Bowling and Croquet Club The Club is a true hidden gem. Our mission extends beyond sports – we're dedicated to fostering community connections and providing opportunities for both social and competitive play.	Vern Wright Reserve 66a Elizabeth Avenue, Capel Sound **5986 8075** **info1.wrbcc@gmail.com** **westrosebud.bowls.com.au**
Yoga Feel peaceful and grounded with this group activity.	Rye Community House 27 Nelson Street, Rye **5985 4462** **reception@ryech.org** **ryech.org**
Yoga Video Class Instruction via video of gentle Hatha flow style of yoga. Using your breath and gentle stretches feel the amazing benefits of yoga as your body and mind become more flexible, balanced and calm.	Southern Peninsula U3A 359a Point Nepean Road, Dromana **5981 8777** **office@u3asouthpen.org.au** **u3asouthpen.org.au**



Arts, culture and creativity

Information	Contact
Art Group Hobby artists who get together and paint. We conduct courses in several venues across the peninsula.	U3A – Southern Peninsula 359a Point Nepean Road, Dromana **5981 8777** **office@u3asouthpen.org.au** **u3asouthpen.org.au**
Art with Easels Paint, draw and explore creativity in a relaxed, social setting. Enjoy learning new skills, sharing ideas and connecting with others who have a passion for art.	Rye Community House 27 Nelson Street, Rye **5985 4462** **reception@ryech.org** **ryech.org**
Boomerang Bags This social, creative group brings volunteers together to sew reusable tote bags out of upcycled, donated fabrics to reduce single-use plastic pollution.	Sorrento Community Centre 860–868 Melbourne Road, Sorrento **5984 3360** **admin@sorrentocc.org.au** **sorrentocc.org.au**
Boomerang Bags This social volunteer group upcycles cotton materials into reusable bags to reduce single-use plastic, with all proceeds and bag donations directly supporting the local food share project.	Dromana Community House 15 Gibson Street, Dromana **0499 213 924** **dromanacommunityhouse@gmail.com** **dromanacommunityhouse.com**
Chatty Crafters Work on your favourite craft project while enjoying conversation, friendship and social connection with like-minded crafters.	Rye Community House 27 Nelson Street, Rye **5985 4462** **reception@ryech.org** **ryech.org**

Information	Contact
Community Library This service provides local residents with easy access to a diverse collection of books, fostering a shared love for reading and lifelong learning within a warm, volunteer-supported space.	Capel Sound Community Hub 11a Allambi Avenue, Capel Sound **5982 2204** **info@capelsoundhub.com.au** **capelsoundcommunityhub.com.au**
Community Lunch A hearty volunteer-cooked lunch bringing the community together for good food, conversation, friendship and social connection.	Rye Community House 27 Nelson Street, Rye **5985 4462** **reception@ryech.org** **ryech.org**
Creative Painting Hosted in the art studio at the centre, these engaging painting workshops and creative art classes offer a relaxing environment for all skill levels to discover their inner artist.	Sorrento Community Centre 860–868 Melbourne Road, Sorrento **5984 3360** **admin@sorrentocc.org.au** **sorrentocc.org.au**
Creative Writing A supportive and structured environment where aspiring writers can explore creative prompts, share their work, and develop their unique storytelling voice.	Capel Sound Community Hub 11a Allambi Avenue, Capel Sound **5982 2204** **info@capelsoundhub.com.au** **capelsoundcommunityhub.com.au**
Crochet A welcoming crochet group where members create beautiful projects, share skills, read patterns and enjoy good company.	U3A – Southern Peninsula 359a Point Nepean Road, Dromana **5981 8777** **office@u3asouthpen.org.au** **u3asouthpen.org.au**
Drama Discover the joy of drama through role play, creativity and teamwork in a welcoming and supportive group.	Rye Community House 27 Nelson Street, Rye **5985 4462** **reception@ryech.org** **ryech.org**
Drawing Hosted in the art studio at the centre, these fundamental drawing classes introduce participants to the core elements of art and design.	Sorrento Community Centre 860–868 Melbourne Road, Sorrento **5984 3360** **admin@sorrentocc.org.au** **sorrentocc.org.au**

Arts, culture and creativity

Information	Contact
Drumming – African These beginner-friendly African drumming workshops offer a fun, hands-on musical experience where participants can learn traditional West African rhythms.	Dromana Community House 15 Gibson Street, Dromana **0499 213 924** **dromanacommunityhouse@gmail.com** **dromanacommunityhouse.com**
Guitar for Beginners A basic introduction to guitar, covering fundamental skills, simple songs and the enjoyment of making music.	U3A – Southern Peninsula 359a Point Nepean Road, Dromana **5981 8777** **office@u3asouthpen.org.au** **u3asouthpen.org.au**
Handmade Cards A fun, creative space where you can join others to create your own unique and personalised greeting cards.	U3A – Southern Peninsula 359a Point Nepean Road, Dromana **5981 8777** **office@u3asouthpen.org.au** **u3asouthpen.org.au**
Knit and Natter A friendly knitting group offering opportunities to chat, share skills, exchange ideas and enjoy creating alongside others.	U3A – Southern Peninsula 359a Point Nepean Road, Dromana **5981 8777** **office@u3asouthpen.org.au** **u3asouthpen.org.au**
Knitting Group Provides a social, relaxed space where craft enthusiasts of all skill levels can gather to work on their personal projects, share creative tips, and enjoy a friendly chat.	Capel Sound Community Hub 11a Allambi Avenue, Capel Sound **5982 2204** **info@capelsoundhub.com.au** **capelsoundcommunityhub.com.au**
Life Drawing An untutored life drawing group where participants develop figure drawing skills, share ideas and enjoy a collaborative environment.	Rye Community House 27 Nelson Street, Rye **5985 4462** **reception@ryech.org** **ryech.org**

Information	Contact
Life Drawing for Women Women-only life drawing sessions offering a welcoming, untutored space to sketch from life models, build skills and connect with fellow artists.	Capel Sound Community Hub 11a Allambi Avenue, Capel Sound **5982 2204** **info@capelsoundhub.com.au** **capelsoundcommunityhub.com.au**
Mosaic Club Create mosaic artworks in a welcoming group while sharing skills, ideas and conversation with other creative locals.	Capel Sound Community Hub 11a Allambi Avenue, Capel Sound **5982 2204** **info@capelsoundhub.com.au** **capelsoundcommunityhub.com.au**
Musical Mondays A relaxed social group combining singing and guitar, offering enjoyment, friendship and the opportunity to make music together.	Rye Community House 27 Nelson Street, Rye **5985 4462** **reception@ryech.org** **ryech.org**
Painting A welcoming art group that explores the work of various artists as inspiration for experimenting with different styles, media and creative expression.	Rye Community House 27 Nelson Street, Rye **5985 4462** **reception@ryech.org** **ryech.org**
Photoshoots Join fellow photography enthusiasts for monthly photo shoots, image sharing and social discussion in a supportive and creative environment.	U3A – Southern Peninsula 359a Point Nepean Road, Dromana **5981 8777** **office@u3asouthpen.org.au** **u3asouthpen.org.au**
Pottery Enjoy hands-on pottery in a relaxed and social studio setting. Suitable for beginners, these sessions combine clay, creativity and conversation while crafting unique ceramic pieces.	Sorrento Community Centre 860–868 Melbourne Road, Sorrento **5984 3360** **admin@sorrentocc.org.au** **sorrentocc.org.au**

Arts, culture and creativity

Information	Contact
Singing for Fun A welcoming group that comes together to sing favourite songs, learn new ones and enjoy music and social connection.	U3A – Southern Peninsula 359a Point Nepean Road, Dromana **5981 8777** **office@u3asouthpen.org.au** **u3asouthpen.org.au**
Ukulele A welcoming ukulele group coming together to learn, play and share the enjoyment of music, friendship and fun.	U3A – Southern Peninsula 359a Point Nepean Road, Dromana **5981 8777** **office@u3asouthpen.org.au** **u3asouthpen.org.au**
Ukulele and Guitar Learn basic chords, play simple songs and enjoy making music in a relaxed, social group. Suitable for beginners and those looking to build confidence and skills.	Rye Community House 27 Nelson Street, Rye **5985 4462** **reception@ryech.org** **ryech.org**



Lifelong learning

Information	Contact
Book Club – Various Explore a wide range of books and authors through engaging discussions, while sharing reading experiences and connecting with fellow book lovers.	U3A – Southern Peninsula 359a Point Nepean Road, Dromana **5981 8777** **office@u3asouthpen.org.au** **u3asouthpen.org.au**
Book Club – Rye Ladies This warm and welcoming book club provides local women with a relaxed, social space to meet, discuss a diverse range of books, and foster deep community friendships over a shared love of reading.	Capel Sound Community Hub 11a Allambi Avenue, Capel Sound **5982 2204** **info@capelsoundhub.com.au** **capelsoundcommunityhub.com.au**
Book Club – Seawinds Ladies Connect with fellow readers in a friendly women's book club, exploring a variety of books while building friendships and community.	Capel Sound Community Hub 11a Allambi Avenue, Capel Sound **5982 2204** **info@capelsoundhub.com.au** **capelsoundcommunityhub.com.au**
Book Clubs The book clubs provide avid readers with a relaxed space to explore diverse literature and connect with fellow community members.	Sorrento Community Centre 860–868 Melbourne Road, Sorrento **5984 3360** **admin@sorrentocc.org.au** **sorrentocc.org.au**
Bridge – Supervised Play bridge in a friendly and relaxed atmosphere. Suitable for those who have completed a beginner's course and wish to improve.	U3A – Southern Peninsula 359a Point Nepean Road, Dromana **5981 8777** **office@u3asouthpen.org.au** **u3asouthpen.org.au**

Lifelong learning

Information	Contact
Card and Board Games Social card and board games.	Rye Community House 27 Nelson Street, Rye **5985 4462** **reception@ryech.org** **ryech.org**
Card Game – 500 A friendly card game of 500 for social connection and light-hearted competition.	U3A – Southern Peninsula 359a Point Nepean Road, Dromana **5981 8777** **office@u3asouthpen.org.au** **u3asouthpen.org.au**
Card Games – Bolivia/Hand and Foot A welcoming card group where players enjoy a canasta-style game combining skill, strategy and luck. No experience is needed, as newcomers are encouraged and supported.	U3A – Southern Peninsula 359a Point Nepean Road, Dromana **5981 8777** **office@u3asouthpen.org.au** **u3asouthpen.org.au**
Chess Group Challenge your strategic thinking and enjoy friendly competition in a relaxed, social setting. Players of all skill levels are welcome to connect with fellow chess enthusiasts.	U3A – Southern Peninsula 359a Point Nepean Road, Dromana **5981 8777** **office@u3asouthpen.org.au** **u3asouthpen.org.au**
Chess Group A welcoming chess group where players can test their skills, learn new strategies and enjoy social interaction. A basic understanding of chess is required.	Sorrento Community Centre 860–868 Melbourne Road, Sorrento **5984 3360** **admin@sorrentocc.org.au** **sorrentocc.org.au**
Cooking – Italian Learn how to make authentic home-style Italian food.	U3A – Southern Peninsula 359a Point Nepean Road, Dromana **5981 8777** **office@u3asouthpen.org.au** **u3asouthpen.org.au**

Information	Contact
Current Affairs Spirited conversations relating to political issues of the day in a friendly environment.	U3A – Southern Peninsula 359a Point Nepean Road, Dromana **5981 8777** **office@u3asouthpen.org.au** **u3asouthpen.org.au**
Family History – Southern Peninsula A collaborative environment where local residents can access research tools, trace their ancestry, and share family stories within a supportive, community-driven space.	Capel Sound Community Hub 11A Allambi Avenue, Capel Sound **5982 2204** **office@u3asouthpen.org.au** **u3asouthpen.org.au**
French Beginners and Beyond Basics Beginner to next level French language class.	Rye Community House 27 Nelson Street, Rye **5985 4462** **reception@ryech.org** **ryech.org**
French Conversation A friendly group for fluent French speakers to enjoy conversation, maintain language skills and connect with others who share an interest in French.	U3A – Southern Peninsula 359a Point Nepean Road, Dromana **5981 8777** **office@u3asouthpen.org.au** **u3asouthpen.org.au**
French for Travellers Learn practical French for travel, with a focus on pronunciation, conversation and understanding the language, culture and customs of France.	U3A – Southern Peninsula 359a Point Nepean Road, Dromana **5981 8777** **office@u3asouthpen.org.au** **u3asouthpen.org.au**
French Music – 1950s–1970s Celebrate classic French songs from the 1950s–70s through videos, sing-alongs, artist insights, lyrics, and shared refreshments. French helpful, not required.	U3A – Southern Peninsula 359a Point Nepean Road, Dromana **5981 8777** **office@u3asouthpen.org.au** **u3asouthpen.org.au**
Garden Lovers Group Exploring gardens and any gardening ideas you might have. We will have coffee/tea breaks at most gardens. If you are a garden lover, this course is for you.	U3A – Southern Peninsula 359a Point Nepean Road, Dromana **5981 8777** **office@u3asouthpen.org.au** **u3asouthpen.org.au**

Lifelong learning

Information	Contact
German Conversation A welcoming group focused on improving German conversation skills while enjoying friendship, cultural exchange and social connection.	U3A – Southern Peninsula 359a Point Nepean Road, Dromana **5981 8777** **office@u3asouthpen.org.au** **u3asouthpen.org.au**
Italian Develop Italian language skills at any stage, with classes ranging from beginner to advanced.	U3A – Southern Peninsula 359a Point Nepean Road, Dromana **5981 8777** **office@u3asouthpen.org.au** **u3asouthpen.org.au**
Mahjong Enjoy mahjong in a relaxed, social setting where players of all abilities can learn, play and connect with others.	Sorrento Community Centre 860–868 Melbourne Road, Sorrento **5984 3360** **admin@sorrentocc.org.au** **sorrentocc.org.au**



Information	Contact
Mahjong – Western/British Rules Learn mahjong (Western Rules) in a friendly and supportive group. This fascinating game combines skill, strategy and luck while helping to stimulate cognitive function.	U3A – Southern Peninsula 359a Point Nepean Road, Dromana **5981 8777** **office@u3asouthpen.org.au** **u3asouthpen.org.au**
Men in the Kitchen Cook, chat and share a meal in a welcoming men's group that combines good food, friendship and fun.	U3A – Southern Peninsula 359a Point Nepean Road, Dromana **5981 8777** **office@u3asouthpen.org.au** **u3asouthpen.org.au**
Our Stories, Our Voices Bringing local residents together to hear personal histories, business journeys, and guided heritage insights that showcase the unique voices of the community.	Sorrento Community Centre 860–868 Melbourne Road, Sorrento **5984 3360** **admin@sorrentocc.org.au** **sorrentocc.org.au**
Poetry and Plays An overview of Australian, American and European playwrights and poets.	U3A – Southern Peninsula 359a Point Nepean Road, Dromana **5981 8777** **office@u3asouthpen.org.au** **u3asouthpen.org.au**
Scrabble A relaxed and welcoming Scrabble group where members enjoy wordplay, mental stimulation and friendly conversation each week.	U3A – Southern Peninsula 359a Point Nepean Road, Dromana **5981 8777** **office@u3asouthpen.org.au** **u3asouthpen.org.au**
Share Investing Designed for those with a basic knowledge of share investing, this group encourages discussion and shared learning.	U3A – Southern Peninsula 359a Point Nepean Road, Dromana **5981 8777** **office@u3asouthpen.org.au** **u3asouthpen.org.au**

Lifelong learning

Information	Contact
Southern Peninsula Classic and Historic Car Club Bringing together enthusiasts of vintage, veteran, classic and historic vehicles, this friendly club offers social activities, guest speakers, local drives and shared knowledge.	Dromana Community Hall, Hodgkinson Street **admin@crankhandle.com.au** **crankhandle.com.au**
Spanish Learn practical Spanish for travel, conversation and enjoyment while discovering the culture and customs of Spanish-speaking countries.	Rye Community House 27 Nelson Street, Rye **5985 4462** **reception@ryech.org** **ryech.org**



Information	Contact
Speaking with Confidence Build confidence and develop effective speaking skills. New members are always welcome.	U3A – Southern Peninsula 359a Point Nepean Road, Dromana **5981 8777** **office@u3asouthpen.org.au** **u3asouthpen.org.au**
Tech Support – Be Connected Friendly support for laptops, tablets and mobile phones, helping build digital skills and confidence with technology.	Rye Community House 27 Nelson Street, Rye **5985 4462** **reception@ryech.org** **ryech.org**
U3A – Southern Peninsula Explore a diverse range of learning, creative and social activities through U3A. Membership is required, with most courses offered free.	U3A – Southern Peninsula 359a Point Nepean Road, Dromana **5981 8777** **office@u3asouthpen.org.au** **u3asouthpen.org.au**
Woodworkers of the Southern Peninsula A welcoming woodworking group offering facilities, instruction and opportunities to create projects, including toys, and share skills.	Woodworkers of the Southern Peninsula 66B Elizabeth Avenue, Capel Sound **wosp3939@gmail.com** **wosp.com.au**
Writers Group This course offers the opportunity to share your creative writings in a supportive environment. Hints, tips, and lively discussions to assist the writing journey.	U3A – Southern Peninsula 359a Point Nepean Road, Dromana **5981 8777** **office@u3asouthpen.org.au** **u3asouthpen.org.au**
Writers Group – 500 Word A welcoming creative writing group where participants explore ideas, share their writing and build confidence through encouragement and discussion.	U3A – Southern Peninsula 359a Point Nepean Road, Dromana **5981 8777** **office@u3asouthpen.org.au** **u3asouthpen.org.au**

Social groups and clubs

Information	Contact
Chatty Café A relaxed, inclusive social space to come together over a cuppa and a chat.	Capel Sound Community Hub 11a Allambi Avenue, Capel Sound **5982 2204** **info@capelsoundhub.com.au** **capelsoundcommunityhub.com.au**
Chatty Café Chatty Café is about building friendly social connections over conversation and cups of tea. Everyone is welcome.	Rye Community House 27 Nelson Street, Rye **5985 4462** **reception@ryech.org** ryech.org
Dromana Senior Citizens Club Carpet bowls, gentle exercise, Tai Chi, yoga, bingo, billiards, croquet (indoor), monthly club outings, events, concerts and performances.	Dromana Senior Activity Centre 43 Pier Street, Dromana **5987 1109** **dromanaseniors@outlook.com**
Grandparents Circle This peer-led group offers a welcoming and supportive space for grandparents who are raising their grandchildren to connect with others on a similar journey.	Capel Sound Community Hub 11a Allambi Avenue, Capel Sound **5982 2204** **info@capelsoundhub.com.au** **capelsoundcommunityhub.com.au**
Hellenic Association of Mornington Peninsula Aged Citizens Club Inc. Social, dinner dance, outings.	Rye Civic Hall, 12 Napier Street, Rye **5981 8203** **hellenicsenior@hotmail.com**
Italian Ethnic Seniors Club of Flinders Inc. This club celebrates Italian culture, food, traditions and friendship and everyone is welcome.	Rye Civic Hall, 12 Napier Street, Rye **0481 300 639** **italianethnicseniorcitizen@gmail.com**

Information	Contact
Italian Senior Social Club of Dromana A welcoming cultural group that hosts fortnightly bocce, card games, and lively monthly dinner dances to foster friendship and celebrate heritage among locals of all ages and backgrounds.	Dromana Community Hall 2A Verdon Street, Dromana **italiansocialclubdromana@gmail.com**
Men's Shed – Safety Beach – Dromana A place for men to connect, stay well and avoid isolation, offering health information and support and working together on community projects.	75A Pier Street, Dromana **5981 4765** **secretary@sbdmensshed.com** **sbdmensshed.com**
Men's Shed – Rosebud and Districts A welcoming place for men of all ages and skill levels. Woodwork, metalwork, computing and community projects. Come for the craft – stay for the company.	Capel Sound Community Hub 11A Allambi Avenue, Capel Sound **0473 068 760** **rosebudshed@gmail.com** **rosebudshed.com.au**
Rye Ladies Probus A warm and welcoming social network for women to enjoy engaging guest speakers, monthly luncheons, and diverse special interest groups.	Blairgowrie Community Hall 8 William Road, Blairgowrie **info@ryeladiesprobus.com** **ryeladiesprobus.com**
Rye Men's Probus Social and fellowship club for men.	Blairgowrie Community Hall 8 William Road, Blairgowrie **probussouthpacific.org**
Dromana Bay Probus This club provides a friendly social network for locals, offering regular guest speakers alongside activities such as golf and walking groups.	Dromana Community Hall 2A Verdon Street, Dromana **secretary25@dromanabayprobus.org.au** **probussouthpacific.org**
Dromana Valley Probus This warm, active social network enjoys interesting guest speakers, dine-outs, and a diverse range of interest groups spanning photography, book clubs, walking, and caravan trips.	Dromana Community Hall 2A–4A Verdon Street, Dromana **dvpsecretary@outlook.com** **probussouthpacific.org**

Social groups and clubs

Information	Contact
Rosebud Combined Probus Rosebud Combined Probus Club provides opportunities for social connection through activities, shared meals and outings.	Salvation Army Citadel Melaleuca Avenue, Capel Sound **probussouthpacific.org**
Rye Beach Probus Rye Beach Probus Club provides opportunities for social connection through activities such as fishing, walking groups and music.	Rye Civic Hall 12 Napier Street, Rye **0438 086 720** **ryebeach.probus@gmail.com**
Sorrento Probus A lively social outlet for members, offering engaging monthly guest speakers, dine-outs, and a broad range of interest groups spanning music, crafts, books, and cards.	Rye Bowls Club Corner Napier and Collingwood Streets, Rye **sorrentoprobus@gmail.com** **probussouthpacific.org**
Rye Whitecliffs Probus This active group offers opportunities for social connection through engaging guest speakers, walking groups, wine tastings, garden club sessions, and travel excursions.	Blairgowrie Community Hall 8 William Road, Blairgowrie **probusclubryewhitecliffs@outlook.com** **probussouthpacific.org**
Point Nepean Men's Shed A place to share wisdom, life skills and life's challenges in a welcoming and relaxed environment. Regular member meetings, card nights, film nights, music appreciation and social gatherings.	The Hangar 4 Hotham Road, Sorrento **secretary.ptnepeanmensshed@gmail.com** **ptnepeanmensshed.org.au**
Rosebud Italian Club Inc. An Italian club that is filled with love, happiness and lots of food. We pride ourselves on being inclusive and welcoming and bringing a family atmosphere to all our social events.	Rosebud Italian Club 8 Newington Avenue, Rosebud West **5982 2603** **rosebuditalianclub1@outlook.com**

Information	Contact
Rosebud Over 50s Social Club Newly renovated facility providing a relaxed, enjoyable atmosphere where new and old members feel at home. Activities include snooker and pool, fitness classes, dancing, games and cards.	Rosebud Over 50s Social Club 121–123 Ninth Avenue, Rosebud **5986 1923** **email@rosebudover50s.com.au** **rosebudover50s.com.au**
Rye and Peninsula Greek Senior Citizens Club Bocce, social club, dinner dances.	Rye Civic Hall 12 Napier Street, Rye **greekseniorsrye@gmail.com**
Sorrento Portsea Seniors Club Centre Inc. Sorrento Seniors Club offers opportunities for social connection through activities such as art, Tai Chi, photography, mahjong, sewing and a shared movie experience.	Sorrento Activity Centre 824 Melbourne Road, Sorrento **5984 1425** **secretary@sorrentoactivitycentre.org**
Talking Cafés A friendly social gathering for seniors to enjoy conversation, meet new people, hear guest speakers and build community connections.	Dromana Community House 15 Gibson Street, Dromana **0499 213 924** **dromanacommunityhouse@gmail.com** **dromanacommunityhouse.com**
Tootgarook Senior Citizens An active social club hosts a wide range of age-appropriate weekly activities, including social dancing, indoor bowls, mahjong, and seniors' exercise classes, to foster community connection and active lifestyles.	Tootgarook Seniors Activity Centre 2 Barry Street, Tootgarook **5985 4992** **tootseniors@gmail.com**
View Club – Southern Peninsula Connect with like-minded women, enjoy social activities, learn new skills and help raise funds for The Smith Family, supporting disadvantaged children to succeed in education.	Eagle Ridge Golf Club Browns Road, Boneo **southernpeninsula.view@gmail.com**



Health and wellbeing

Information	Contact
Buddhist Meditation Suitable for beginners and experienced meditators.	U3A – Southern Peninsula 359a Point Nepean Road, Dromana **5981 8777** **office@u3asouthpen.org.au** **u3asouthpen.org.au**
Crohn's and Colitis Support Group The group is open to people who have been diagnosed with Crohn's disease or Colitis, their family, friends or carers.	Capel Sound Community Hub 11a Allambi Avenue, Capel Sound **5982 2204** **info@capelsoundhub.com.au**
Fight Parkinson's Together Offers local peer support, education seminars, and a confidential health information line for people living on the Mornington Peninsula.	Dromana Community House 15 Gibson Street, Dromana **8809 0400** **info@fightparkinsons.org.au** **fightparkinsons.org.au**
Friendship Café Umbrella Dementia Cafés provide a welcoming space where people living with dementia and their families can connect, find support, reduce isolation and maintain dignity.	Capel Sound Community Hub 11a Allambi Avenue, Capel Sound **5982 2204** **enquiries@umbrelladementiacafes.com.au** **umbrelladementiacafes.com.au**
Low Sensory Hour Low Sensory Hour is a dedicated time each week where we create a calm and comfortable environment in our health club.	YAWA Aquatic Centre 100 Besgrove Street, Rosebud **8727 8960** **yawa@belgravialeisure.com.au** **active.mornpen.vic.gov.au**
Mental Health and Wellbeing Connect Drop-in Site A welcoming space for families, carers, supporters, and kin of people experiencing mental health and/or substance use challenges.	Capel Sound Community Hub 11a Allambi Avenue, Capel Sound **5982 2204** **info@capelsoundhub.com.au** **capelsoundcommunityhub.com.au**

Health and wellbeing

Information	Contact
Navigator Café Umbrella Dementia Cafés provide a welcoming space where people living with dementia and their families can connect, find support, reduce isolation and maintain dignity.	Point Nepean Men's Shed The Hangar, 4 Hotham Road, Sorrento **0428 582 136** **enquiries@umbrelladementiacafes.com.au** **umbrelladementiacafes.com.au**
Singing for Wellness A welcoming and inclusive group designed for community members living with the effects of stroke, Parkinson's disease, aphasia, and other communication difficulties.	Capel Sound Community Hub 11a Allambi Avenue, Capel Sound **5982 2204** **info@capelsoundhub.com.au** **capelsoundcommunityhub.com.au**
Take Charge Exercise Program This program is a referral-based program that provides access and support to those diagnosed with a mental health condition at a participating Belgravia Leisure venue.	YAWA Aquatic Centre 100 Besgrove Street, Rosebud **8727 8960** **yawa@belgravialeisure.com.au** **active.mornpen.vic.gov.au**



Volunteering and community action

Information	Contact
Blairgowrie Community Garden A welcoming space where people come together to grow fresh produce, learn gardening skills, share knowledge, and build friendships through sustainable community activities.	Stringer Road Reserve, Blairgowrie **0407 006 977** **bcgveggies@gmail.com** **blairgowriecommunitygarden.org**
Blairgowrie Friends of Mornington Peninsula National Park (MPNP) We are volunteers who work in nature conservation to improve the MPNP for the benefit of all its native flora and fauna and all of its visitors. We welcome all new team members.	**bfmpnpmail@gmail.com** **bfmpnp.org**
Community Pod Café Our café serves as a gathering place for people who might face social isolation, providing an opportunity to come together and connect with one another.	Dromana Community House 15 Gibson Street, Dromana **0499 213 924** **dromanacommunityhouse@gmail.com** **dromanacommunityhouse.com**
Dromana Community Garden Sharing the production of fruit and vegetables, skills in gardening and regular working bees.	Dromana Community Garden 10 Marna Street, Dromana **5987 2631** **dromanacommunitygarden@gmail.com** **dromanacommunitygarden.com.au**
Gather Café Our community-led café offers fresh, seasonal food, great coffee, and a welcoming environment for everyone.	Capel Sound Community Hub 11a Allambi Avenue, Capel Sound **5982 2204** **info@capelsoundhub.com.au** **capelsoundcommunityhub.com.au**

Volunteering and community action

Information	Contact
Healing Ourselves and the Planet Explore what supports personal and planetary health, reconnect with nature, and discover practical ways to live more sustainably. No prior knowledge required.	U3A – Southern Peninsula 359a Point Nepean Road, Dromana **5981 8777** **office@u3asouthpen.org.au** **u3asouthpen.org.au**
Justice of the Peace Volunteer Justice of the Peace.	Rye Community House 27 Nelson Street, Rye **5985 4462** **reception@ryech.org** **ryech.org**
Nepean Conservation Group Inc. We aim to lead and inspire the community to appreciate, recognise, conserve, protect and celebrate the natural heritage of the Nepean Peninsula.	**info@nepeanconservationgroup.org.au** **nepeanconservationgroup.org.au**
Nepean Historical Society Promotes the history, culture and environmental heritage of the southern Nepean Peninsula through museum displays, archives, research, education and heritage preservation.	The Sorrento Museum 827 Melbourne Road, Sorrento **5984 0255** **admin@nhs.asn.au** **nepeanhistoricalsociety.asn.au**
Repair Café A community-led event to fix small items and support sustainability.	Rye Community House 27 Nelson Street, Rye **5985 4462** **reception@ryech.org** **ryech.org**
Rosebud Community Garden We work, eat, learn and swap produce each month.	Rosebud Community Garden – Lawson Park 14 Leon Avenue, Rosebud **0403 008 016** **rosebud.c.garden@gmail.com** **rosebudcommunitygarden.org.au**

Information	Contact
Rosebud-Rye Rotary Club An active Mornington Peninsula community service group focused on local welfare, youth programs, and international projects under the motto "Service Above Self".	Rotary Warehouse Club Rooms 26 Henry Wilson Drive, Rosebud **5986 6505** **secretary@rotaryrosebudrye.org.au** **rosebudryerotary.org.au**
Rotary Club of Dromana Connect with friendly, community-minded people, and help make a positive difference through projects supporting health, education, the environment and disaster relief.	Dromana Community Hall 2A Verdon Street, Dromana **0481 487 895** **info@dromanarotary.org** **dromanarotary.org**
Seawinds Nursery Volunteers Inc. A passionate volunteer group growing and caring for the indigenous garden, and inspiring residents to create gardens with local Mornington Peninsula species.	Arthurs Seat State Park, Seawinds Gardens, Purves Road, Arthurs Seat **5987 3093** **seawindsnursery@gmail.com** **parkconnect.vic.gov.au/volunteer-groups**
Southern Peninsula Community Support A free, confidential support centre offering food, emergency relief, and financial and legal advice to people in hard times, from Safety Beach to Portsea.	878 Point Nepean Road, Rosebud **5986 1285** **admin@spcsic.org** **spcsic.org**




PEAK

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Health and ageing

Simple steps to stay steady, strong and independent

To remain active, healthy and independent in our own homes for as long as possible, there are some tips that can help us to meet this goal. Good balance plays an important role and while falls can happen at any age, there are many practical steps that can reduce this risk and help to maintain confidence.

The following information provides simple tips and resources to help us to stay steady on our feet, avoid falls, and continue enjoying the activities that matter most to us.

Understanding our health

Certain health conditions can affect balance, strength, and mobility.

These may include:

- Dizziness or vertigo
- Diabetes
- Stroke
- Arthritis
- Parkinson's disease
- Heart conditions
- Depression
- Dementia or memory concerns.

What to Do

- Schedule regular check-ups with a doctor.
- Work with a healthcare team to develop a plan for managing any health conditions.
- Allow time when moving from lying down to sitting, and from sitting to standing.
- If there are changes in memory, thinking or concentration, speak with a doctor.

Resource:

Healthdirect – Free Australian health advice

1800 022 222
healthdirect.gov.au

The following information has been generously provided by Bayside Health – Peninsula Care Group

Bayside Health

Managing medications

Taking multiple medications can sometimes increase the risk of dizziness, drowsiness, or confusion, which may affect balance and mobility.

This includes:

- Prescription medications
- Over-the-counter medicines
- Vitamins and supplements
- Natural and complementary therapies.

What to Do

- Take medications exactly as prescribed.
- Ask for a medication review at least once each year.
- Discuss a Home Medicines Review with a GP or pharmacist.
- Consider using a dose administration aid (such as a Webster pack) to ensure medicines are taken correctly.

Resource:

Healthdirect – Free Australian health advice

1800 022 222
healthdirect.gov.au/medicines

Managing continence

Continence changes are common as people age, but urinary or bowel incontinence is not a normal part of ageing and can often be improved or managed with the right support.

According to Continence Health Australia, bladder and bowel control problems can result from changes in health, mobility, medications, chronic conditions, or weakened pelvic floor muscles.

What to do:

- Discuss symptoms with your GP.
- Ask about a referral to Peninsula Care Group's Continence Service.
- Contact the National Continence Helpline for confidential advice.

Resource:

Continence Health Australia

1800 33 00 66
continence.org.au

Health and ageing

Simple steps to stay steady, strong and independent

Building strong bones and muscles

Healthy muscles and strong bones are essential for maintaining independence, mobility and quality of life as we age.

A healthy musculoskeletal system relies on a combination of good nutrition, adequate calcium, sufficient vitamin D and regular physical activity.

A balanced diet provides the nutrients needed to build and maintain muscle mass and bone strength.

Eating a nutritious diet can also help maintain a healthy weight, reducing stress on joints and lowering the risk of chronic health conditions.

Healthy eating tips

- Eat three nutritious meals each day.
- Include protein-rich foods such as fish, lean meat, chicken, eggs, beans and lentils, nuts and dairy products.
- Aim for three serves of calcium-rich foods daily, including milk, cheese, yoghurt, oily fish with bones (i.e. sardines, mackerel, salmon, etc.).
- Include green leafy vegetables.
- Enjoy safe sun exposure to support vitamin D levels and check with a doctor that Vitamin D levels are adequate.

Resources:

Healthdirect Healthy Eating

healthdirect.gov.au/healthy-eating-over-60

Nutrition Australia

nutritionaustralia.org

Healthy Bones Australia

healthybonesaustralia.org.au



The following information has been generously provided by Bayside Health – Peninsula Care Group

Bayside Health

Vision health

Changes in vision often occur gradually as we age. Difficulty judging distances, seeing steps clearly or adjusting to changes in lighting can contribute to falls.

Common causes include:

- Cataracts
- Glaucoma
- Macular disease
- Age-related vision changes
- Bifocal or multifocal glasses.

What to do:

- Have an eye examination annually.
- Speak to an optometrist about whether separate reading and distance glasses are required.
- Allow time to adjust to new glasses.
- Seek support if low vision is occurring.

Resource:

Vision Australia

1300 847 466
visionaustralia.org

Keep moving

Regular physical activity is one of the most effective ways to improve balance, maintain independence and reduce falls, especially as we age.

Strength and balance exercises can reduce fall risk significantly.

Staying active as we age also contributes to good mental and physical health. It reduces the risk of many diseases and helps maintain a healthy weight. It also offers opportunities for social connection and friendship.

What to do:

- Aim for at least 30 minutes of moderate physical activity on most days.
- Include exercises that challenge balance and strengthen muscles.
- Start slowly and build up gradually.
- Before beginning a new exercise program, particularly if there are health concerns, check in with a doctor or physiotherapist.

Resource:

Australian Government Department of Health, Disability and Ageing

1800 020 103
health.gov.au/topics/physical-activity

Health and ageing

Simple steps to stay steady, strong and independent

Community physiotherapy services

People aged 65 years and over may be eligible for physiotherapy services through My Aged Care assessments.

Peninsula Care Group Community Health Centres are in: Frankston, Mornington, Hastings and Rosebud.

Resource:

ACCESS is the first point of contact for information and referrals to a wide range of community health, rehabilitation and specialist services provided by Bayside Health – Peninsula Care Group.

Call ACCESS between 8.30am – 4.30pm weekdays.

1300 665 781

Make your home safer

Over half of all fall-related hospitalisations occur in the home.

The most common areas of the home where falls occur include outdoor areas, the bathroom, and the bedroom.

Making your home safer can reduce the risk of falls significantly.

What to do:

- Remove loose mats and floor clutter.
- Secure or remove electrical cords.
- Improve lighting throughout the home.
- Install rails on steps and in bathrooms.
- Keep frequently used items within easy reach.
- Engage an Occupational Therapist to assess the home and recommend equipment, rails and modifications that support independent living.

Resource:

For inquiries about falls prevention services of Bayside Health – Peninsula Care Group, call ACCESS between 8.30am – 4.30pm weekdays.

1300 665 781

The following information has been generously provided by Bayside Health – Peninsula Care Group

Bayside Health

Healthy feet, better balance

Foot problems are common with ageing, but they are not inevitable.

Looking after our feet through regular activity, good footwear, and preventative care can help maintain mobility, independence, and quality of life as we age.

What to do:

- See a podiatrist or GP if your feet are painful or swollen.
- Maintain good foot care.
- Replace worn footwear regularly.

Hearing health

Reduced hearing can affect safety, balance and wellbeing.

Increased listening effort and reduced awareness of environmental sounds may contribute to falls risk.

It can also lead to social withdrawal and reduced physical activity.

What to do:

- Have hearing checked regularly.
- Wear hearing aids as prescribed and have them checked, cleaned and adjusted regularly.
- Report changes in hearing.
- Reduce background noise where possible.

Resource:

Community Hearing Advisor
Hearing Australia

Shop R044A (Coles entrance)
Rosebud Plaza, Rosebud

5950 0700

Shop 1, 189 Main Street, Mornington

5929 7800
hearing.com.au

Health and ageing

Simple steps to stay steady, strong and independent

MePACS Personal Alarm Services

A division of Bayside Health, MePACS Personal Alarm Service provides fast and reliable professional assistance in an emergency.

This 24/7 Emergency Response Team is trained to ask the right questions, ensuring every emergency alert is quickly assessed and the right help dispatched.

Bayside Health Peninsula Care Group

9784 7777
mepacs.com.au

Peninsula Care Group's Falls Prevention Service (Bayside Health)

This supports people who:

- Have had multiple falls within the past year
- Have experienced a fall resulting in significant injury
- Have episodes of fainting
- Need support with daily activities and mobility

Speak with a doctor OR contact ACCESS Unit.

Bayside Health ACCESS for information and referrals
8.30am – 4.30pm on weekdays.

1300 665 781

Seniors Lifestyle Victoria

The Seniors Lifestyle Victoria program offers access to a range of services to support participants to stay independent and well. This includes support with physical activity, nutrition, medication management, and social connection.

Seniors Lifestyle Victoria is for people aged 65 years or older, or 50 years and older for Aboriginal and Torres Strait Islander people, who are living in the community, not in aged care.

A dedicated coordinator will work together with eligible participants to develop a personalised plan tailored to their individual needs and goals.

The program is available until June 2028. Participation in the Seniors Lifestyle Victoria program is free.

Seniors Lifestyle Victoria

health.vic.gov.au/ageing-and-aged-care/seniors-lifestyle-victoria

Contact the team at Rosebud Hospital
Building 5, Community Health
Braidwood Avenue.

5986 9277
seniorslifestylevic@phcn.vic.gov.au

Call the ACCESS unit at Bayside Health to discuss your suitability for this program.

1300 665 781

Health and ageing

Dementia support

Dementia

Almost half a million Australians are living with dementia today and over 1.7 million people are involved in their care. But often it is considered an issue that can feel too hard to talk about. It is often wrongly seen as an inevitable part of getting older.

But silence has a cost – delayed diagnoses and treatment, carers who feel isolated, and people who never learn that help is available.

Opening conversations about dementia can:

- Improve support and services
- Improve understanding of dementia
- Reduce stigma and discrimination
- Introduce potential new pharmaceutical treatments

Dementia Australia offers information, advice and support. Dementia Australia is the national peak body supporting people living with dementia, their families and carers.

The National Dementia Helpline.

1800 100 500
dementia.org.au

Umbrella Dementia Cafés

Dementia cafés are stigma-free spaces designed for people living with dementia and their families. Run by a dedicated team of trained volunteers, each café has a warm, family-like atmosphere to ensure everyone feels seen and supported. The Dementia Cafés provide a safe environment where attendees can connect with others, participate in enriching activities, and access practical resources.

There are two Dementia Cafés located on the Mornington Peninsula:

Friendship Café is located at
Capel Sound Community Hub
11a Allambi Avenue, Capel Sound

5982 2204
info@capelsoundhub.com.au

The Navigator Café is located at the
Point Nepean Men's Shed
The Hangar, 4 Hotham Road, Sorrento

secretary.ptnepeanmensshed@gmail.com
ptnepeanmensshed.org.au

Cognitive, Dementia and Memory Service

Peninsula Care Group provides a Cognitive, Dementia and Memory Service (CDAMS) for people experiencing memory loss or thinking difficulties. A Doctor or medical specialist can make a referral to CDAMS by contacting the ACCESS team.

1300 665 781

For information about CDAMS, contact the Mornington Centre.

5976 9012

Health and ageing

Australian Government services and resources

LiveUp Healthy ageing resources

LiveUp is an online initiative funded by the Australian Government designed to make healthy ageing information free and accessible for all. Working with leading healthy ageing experts, LiveUp is helping older people take charge of their ageing journey.

1800 951 971
liveup.org.au

Keep Able practical resources

Keep Able is a free digital platform funded by the Australian Government to provide practical resources that help those working in community aged care to support older people in leading safe, independent lives.

keepable@ilaustralia.org.au
keepable.com.au



My Aged Care

My Aged Care is the Australian Government's central entry point for information, assessment and access to aged care services. It helps older people, their families and carers understand available support, check eligibility, arrange assessments, find service providers and learn about aged care costs.

1800 200 422
myagedcare.gov.au

EACH Connect – care finder service

EACH Connect is a free service that supports older people to access aged care and community services. The service is designed for people who may find it difficult to navigate the aged care system on their own and who would benefit from more intensive, personalised support.

Referrals can be made directly to EACH Connect.

1300 003 224
connectmp.vic@each.com.au

If you'd like to learn more, please visit South Eastern Melbourne Primary Health Network or My Aged Care.

semphn.org.au/care-finder-services
myagedcare.gov.au/help-care-finder

Each

Services Australia

Services Australia is the Australian Government agency responsible for delivering essential government payments and services to Australians.

It manages programs including Medicare, Centrelink, Child Support and myGov, helping people access financial support, health services and other government assistance.

Services Australia also supports older Australians by conducting income and assets assessments and administering payments related to aged care services.

Mornington Service Centre
996 Nepean Highway, Mornington

Hastings Service Centre
125 High Street, Hastings

Rosebud Service Centre
3 Jetty Road, Rosebud

servicesaustralia.gov.au/ageing

Services Australia Aged Care line

This phone line is to book appointments with an Aged Care Specialist Officer (ACSO) or get general information about aged care services.

Monday to Friday, 8am – 5pm.

1800 227 475

Health and ageing

National Centre for Healthy Ageing (NCHA)

The National Centre for Healthy Ageing (NCHA)

The National Centre for Healthy Ageing (NCHA) through a partnership between Monash University, Bayside Health Peninsula and the local community, turns research into practical programs, resources and opportunities that support ageing well.

Community and Resources Hub

This is an online hub where community members can learn about the latest healthy ageing news, programs, events, educational resources and research opportunities through the NCHA Community and Resources Hub.

ncha.org.au/community

NCHA Podcast: Help! I'm Ageing. Ageing Well. Living Well.

NCHA's podcast series features expert researchers, health professionals and people with lived experience sharing insights on the topics that matter most as we get older. Through engaging conversations, real stories, and evidence-based advice, the podcast helps listeners make informed decisions and take positive steps towards healthy ageing. Hosted by Dr. Taya Collyer and Tracy Parish.

For general enquiries, contact NCHA.

9788 1722
ncha.org.au/community/podcasts
ncha-enquiries@monash.edu

Ageing Well Clinics

Based at the Healthy Futures Hub in Seaford, the NCHA Ageing Well Clinics offer free programs to support active, healthy and independent living. Delivered by Monash University allied health students under expert supervision, the clinics provide practical support, education and opportunities to support healthy ageing in a welcoming community environment.

Available programs include:

- Balance and Mobility Groups
- Functional Fitness Testing
- Floor Rise Program
- Telehealth Program for people living with hip and knee osteoarthritis.
- Pulmonary Maintenance Program for people with chronic lung disease.
- Maintaining Independence at Home Clinic

Contact – Student-led Clinic Team

School of Primary and Allied Health Care, Monash University

9904 4415
alliedhealthclinics@monash.edu

National Centre for Healthy Ageing

A partnership between MONASH University | Bayside Health

Independent Living Laboratory and Mobility Garden

Explore practical ways to live safely, confidently and independently at home for longer. This innovative facility at the Healthy Futures Hub in Seaford showcases the latest technology, smart home solutions and accessible design features in a real-world setting.

Visitors can experience a simulated home environment and a Mobility Garden featuring ramps, varied surfaces and accessibility features that support confidence, mobility and independence.

Healthy Futures Hub
151 East Road, Seaford

healthyfutureshub.com.au

For further information on the Ageing Well Clinics and the Independent Living Laboratory, please contact our Student-led Clinic Team – School of Primary and Allied Health Care, Monash University

9904 4415
alliedhealthclinics@monash.edu



Mornington Peninsula Shire
Active

Belgravia Leisure – Venues

Mornington Peninsula Shire's Active venues provide welcoming spaces where older adults can stay active, connected, healthy, and independent.

Belgravia Leisure proudly manages the Shire's five Aquatic and Recreation facilities across the Mornington Peninsula, providing opportunities for older adults to stay active, maintain independence, improve health and wellbeing and connect with their local community. Programs are suitable for a range of fitness levels, including beginners, people returning to exercise and those managing chronic health conditions.

Casual Entry, Memberships and Concessions

Affordable memberships and concession options are available, including the Staying Active 60+ Membership for older adults. Contact your local venue for current prices and eligibility details.

Crib Point outdoor pool

Seasonal outdoor pool offering recreational swimming, aqua aerobics and community connection opportunities during the warmer months (November – April).

31 Governors Road, Crib Point

5983 9672
cribpoint@belgravialeisure.com.au

Civic Reserve Recreation Centre

Offers group fitness programs, social sport, Agestrong classes, health club and regular post-exercise coffee catch-ups that help foster connection and wellbeing within the community.

350 Dunns Road, Mornington

8727 8990
civicreserve@belgravialeisure.com.au

Pelican Park Recreation Centre

Offering aquatic facilities, wellness centre, health club, group fitness classes, Exercise Physiology services, Reformer Pilates and healthy ageing programs.

2 Marine Parade, Hastings

8727 8980
pelicanpark@belgravialeisure.com.au

Somerville Recreation Centre

Home to group fitness programs, social sports, community activities and a welcoming café environment for social connection.

14 Edward Street, Somerville

8727 8970
somerville@belgravialeisure.com.au

Yawa Aquatic Centre

A state-of-the-art aquatic and wellness facility offering swimming, warm water exercise, aqua classes, health club access, Exercise Physiology services, rehabilitation programs and social opportunities including Elements Eatery.

100 Besgrove Street, Rosebud

8727 8960
yawa@belgravialeisure.com.au

Physical activity and sports

Stay active, strong and independent through a wide range of programs designed for older adults. Qualified instructors can help participants choose programs suited to their goals, abilities and health needs.

- Aqua aerobics and warm water exercise classes
- Agestrong strength and balance programs
- Gentle fitness and active ageing classes
- Chair-based exercise programs
- Yoga and Pilates
- Tai chi and balance activities
- Gym-based strength training programs
- Walking groups and community activity programs
- Swimming and lap swimming
- Group fitness classes suitable for all abilities
- Social sports including pickleball, badminton and walking sports



Mornington Peninsula Shire
Active

Mornington Peninsula Shire Active venues also offer opportunities to support healthy ageing, chronic disease management and rehabilitation.

Exercise Physiology and Healthy Ageing Services

Exercise Physiology services support older adults and people living with chronic health conditions to improve strength, balance, mobility and overall wellbeing. Individual assessments, tailored exercise programs and specialist small-group classes are available, with referrals accepted from GPs, allied health professionals, My Aged Care and self-referrals. Services are available at selected venues, including Rosebud, Hastings and Mornington. Contact your local centre for program availability and bookings.

YAWA online bookings:
mornpen.vic.gov.au/book-yawa

Pelican Park Online Bookings
mornpen.vic.gov.au/book-hastings

Civic Reserve Online Bookings
mornpen.vic.gov.au/book-mornington

Many older adults face barriers to attending recreation venues, including transport, health, caring responsibilities, social isolation, and reduced confidence to exercise. Belgravia Leisure responds by delivering selected healthy ageing programs in community locations across the Mornington Peninsula, improving access to opportunities to stay active and connected.

Community outreach and access support

Agestrong is a group-based strength and balance program designed for older adults who may not feel confident participating in mainstream fitness classes. Led by qualified trainers, sessions focus on improving strength, balance, mobility and confidence in a supportive and welcoming environment. Exercises are tailored to support everyday activities and help maintain independence while reducing the risk of falls. Contact Mornington Peninsula Shire Active for current program information and bookings.

Community program locations:

Balnarring Community Hall
3035 Frankston-Flinders Road, Balnarring

Flinders Civic Hall
54–56 Cook Street, Flinders

Rosebud Memorial Hall
994 Point Nepean Road, Rosebud

Bittern Community Hall
2426 Frankston-Flinders Road, Bittern

RW Stone Pavilion
68 Camp Hill Road, Somers

Mornington Peninsula Shire

Active

All abilities and inclusive participation

Many activities can be modified to suit different abilities, health conditions and mobility levels, allowing participants to exercise safely and confidently regardless of their starting point.

Digital/tech support

Staff can assist members and visitors with class bookings, membership enquiries and accessing information about programs and services across the Mornington Peninsula Shire Active venues.

Social opportunities and community connection

Regular physical activity offers more than physical health benefits. Participating in classes, programs and community activities can help build confidence, reduce social isolation and create meaningful social connections. Mornington Peninsula Shire Active venues provide welcoming spaces where people can stay active, meet others and become part of their local community.

Elements Eatery at Yawa Aquatic Centre, along with café facilities at Somerville and Civic Reserve Recreation Centres, provide popular gathering places for members and visitors. Many participants enjoy informal coffee catchups before or after classes, creating valuable opportunities for friendship and social connection.

For more information visit:

active.mornpen.vic.gov.au



Mornington Peninsula Shire
Aged care services

Mornington Peninsula Shire provides the following community services. To receive these services, residents must be eligible for My Aged Care. Services with the Shire include Dial-a-Bus, Meals on Wheels and Group Social Support. To access a referral code via assessment contact My Aged Care.

My Aged Care

1800 200 422
myagedcare.gov.au

To contact the Shire community services

5950 1605

Shire Office

1300 850 600

Dial-a-bus

The Shire operates a Dial-a-Bus service for older residents with each township having a dedicated day for services. Morning trips collect people from their homes and drop them to any location within the service area, with the return trips starting in the early afternoon. Cost of travel on Dial-a-Bus is $2 each way. To learn more or book, contact the Shire.

5950 1605

Meals on Wheels

The Shire Meals on Wheels Service provides nutritious, well-balanced, high-quality meals to support older people in their own homes. Eligible residents can choose meals that best suit their taste and dietary needs, up to seven meals a week, fresh or frozen delivered to their door by our friendly volunteers. For more information contact the Shire.

5950 1637

Group social support

The Shire offers a group social support program for older residents. The service includes door-to-door transport with activities and destinations tailored to clients' interests. Cost of travel is $10.00 for a return trip and additional costs such as entry fees or lunch are at the passenger's own expense. To request a brochure or learn more, contact the Shire. These services will be delivered by the Shire until 30 June 2029.

5950 1605

EACH Connect

EACH Connect is a care finder service funded through the South Eastern Melbourne PHN (SEMPHN).

The service is designed for people who may find it difficult to navigate the aged care system on their own and who would benefit from more intensive, personalised support.

People who need help engaging with My Aged Care or connecting with other relevant community support can refer directly to EACH Connect.

1300 003 224
connectmp.vic@each.com.au
semphn.org.au/care-finder-services

My Aged Care

myagedcare.gov.au/help-care-finder



Mornington Peninsula Shire
Positive Ageing

Positive ageing is about creating a community where people of all ages and abilities feel valued, included, respected and connected. The Shire supports this through the following initiatives.

Seniors exercise parks

The Mornington Peninsula Shire seniors exercise parks provide a free and welcoming outdoor space for older adults to improve health, wellbeing and social connection. Located in Mount Martha and Hastings, the parks are available for everyone to use at any time.

The parks feature 16 stations designed to support strength, balance, flexibility, mobility and everyday movement. Suitable for a range of fitness levels, the equipment is easy to use, with free supported sessions led by trained Exercise Park Champions. Step-by-step instructions and demonstration videos are available via on-site signage and QR codes. The parks also provide a great opportunity to stay active and connect with others.

Hastings Seniors Exercise Park
Hastings Foreshore Reserve
91 Marine Parade, Hastings

Dunns Road Reserve (Mount Martha) Seniors Exercise Park
Dunns Road Reserve
127 Dunns Road, Mount Martha

For more information and volunteer session times:

1300 850 600
positiveageing@mornpen.vic.gov.au
mornpen.vic.gov.au/seniorsparks

Positive Ageing Newsletter

The Shire's Positive Ageing Newsletter is produced by the Positive Ageing team. It aims to provide information about current and local events, programs, and other information relevant to ageing well.

This publication is widely available from Shire Offices, libraries, community centres, tourist information centres, and other community locations. You can view the newsletter online or subscribe to have it sent to your email inbox or post box.

For information contact:

1300 850 600
positiveageing@mornpen.vic.gov.au
mornpen.vic.gov.au/positiveageingnewsletter

Mornington Peninsula Seniors Festival

The Shire's Seniors Festival is held annually in conjunction with the Victorian Seniors Festival throughout the month of October. Local clubs and organisations collaborate with the Shire to hold local activities and events that encourage the attendance of older people.

The aim of the festival is to:

- Celebrate the later part of life as a continuing stage of learning, socialising, and engaging in local communities.
- Recognise the valuable contribution made by older people living, working, volunteering, and visiting the Mornington Peninsula
- Promote the wide range of accessible opportunities that are available to older people on the Mornington Peninsula
- Encourage older people to try something new, discover a new place, and make new social connections.
- Offer positive perspectives on growing older that can help combat ageism.

For information contact:

1300 850 600
positiveageing@mornpen.vic.gov.au
mornpen.vic.gov.au/seniorsfestival



Mornington Peninsula Shire
Library

Mornington Peninsula Shire Library provides access to information, ideas, and lifelong learning opportunities through a range of library services, programs and talks. Come in, join our library for free and access our free Wi-Fi.

Our libraries are situated at Mornington, Rosebud, Hastings, and Somerville. There is also a Library Hub at Sorrento, Our Library Van (OLiV) and a Home Library Service.

Mornington Library
Vancouver Street, Mornington
5950 1820

Hastings Library
7 High Street, Hastings
5950 1710

Rosebud Library
McDowell Street, Rosebud
5950 1230

Somerville Library
1085 Frankston-Flinders Road, Somerville
5950 1638

Sorrento Library Hub
Sorrento Community Centre
860–868 Melbourne Road, Sorrento
5950 1230

For more information about library services, events, and opening hours, please visit our Library website at:

library.mornpen.vic.gov.au



Chatty Café at Rosebud Library

The Chatty Café program aims to get people chatting to build and encourage social connections within their local community, and to help reduce social isolation and loneliness. We believe having a face-to-face chat can brighten a day.

Now in its fourth year at Rosebud library, Chatty Café sessions are facilitated by our dedicated Volunteers. Everyone is welcome. No bookings required.

Rosebud Library
McDowell Street, Rosebud

5950 1230
askalib@mornpen.vic.gov.au

Our Library Van (OLiV)

Our Library Van (OLiV) brings Mornington Peninsula Libraries to communities across the Peninsula, providing convenient access to library services closer to where people live.

Visitors can browse and borrow books, audiobooks, DVDs and other library resources, return borrowed items, collect reserved items, join the library and receive assistance from library staff.

OLiV also offers a range of community programs, including Family Storytime, Basic Tech Help and STEM activities at selected stops.

For current OLiV locations, days, times and program information, please visit the OLiV timetable on the Mornington Peninsula Libraries website.

library.mornpen.vic.gov.au/library-van

Home Library Service

A Home Library Service (HLS) is available for eligible residents of the Mornington Peninsula. Residents who are currently eligible to access the Home Library Service include:

- Those who are no longer able to drive or who have mobility issues
- Those who are unable to visit a library due to ill health or disability
- Those who are 'housebound'
- Those who have care-giving responsibilities.

Our Home Library Service Coordinator works with dedicated HLS volunteers to provide a service that suits the individual interests of the borrower.

Our HLS volunteers arrange a suitable time and day to meet their borrower to discuss reading (and listening) preferences. The HLS Volunteer then arranges ongoing visits which are mutually agreed upon.

Borrowers can select from a range of items within the library collection including books, large print books, talking books (CDs and 'Play-a-ways'), eBooks and eAudiobooks, magazines, DVDs and music CDs. The benefits for our Home Library Service borrowers include:

- Longer loan periods (up to six weeks)
- No fees or charges for Library items borrowed from other library services.

For more information, please contact the Home Library Service Coordinator Monday to Wednesday.

5950 1039
0408 680 883
homelibrary.service@mornpen.vic.gov.au

Mornington Peninsula Shire Library

Accessible libraries

Mornington Peninsula Shire Library is committed to ensuring that every member of our community has access to our library resources and services.

For more information about our range of programs and how we are making our libraries more accessible, please visit:

library.mornpen.vic.gov.au/access

Book the Mornington Library 'Quiet Pod'

A quiet place to work, study or join an online meeting. The 'Quiet Pod' provides a comfortable space to focus, connect and get things done.

Mornington Peninsula Shire Library members can book the Pod for a maximum of two hours per day.

While you're there

- Please keep doorways clear and do not obstruct the room's doors.
- Please leave the space clean and tidy for the next user.
- Take all personal belongings and dispose of any rubbish.

Contact Mornington Library

5950 1820

Library lockers

Library members can collect holds, borrow and return library items via our library lockers at Tounnin Womenjeka Youth Hub, 80 Besgrove Street, Rosebud and Balnarring Community Hall, 3035 Frankston-Flinders Road, Balnarring.

Tech help at the library

Free, one-to-one tech help sessions in the library to get answers to your tech questions. Sessions are thirty minutes in length and are held in our libraries at Hastings, Rosebud and Mornington.

Bookings are essential.

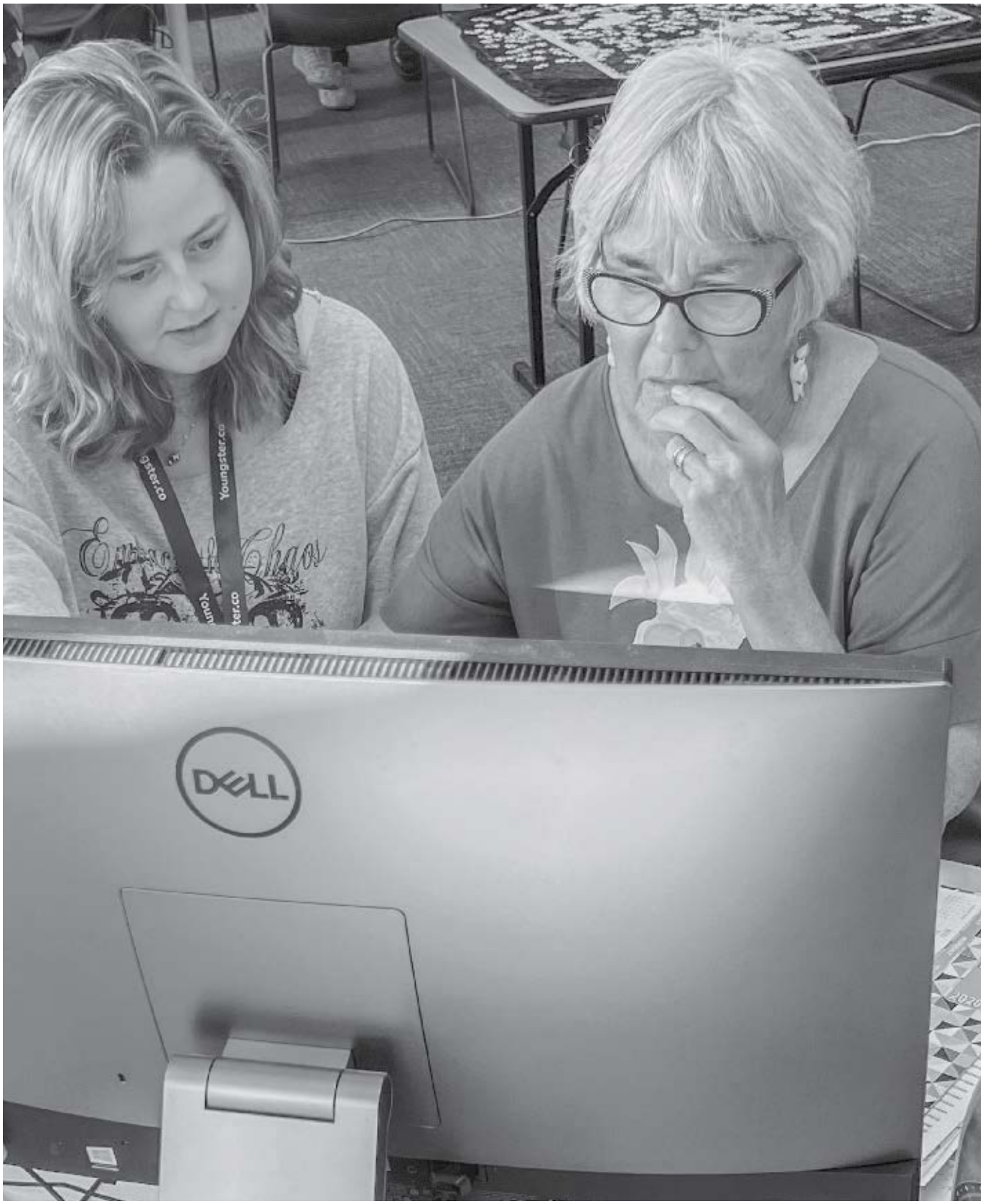
Please note there is a limit of two sessions per week per person. These tech-help sessions provide friendly, introductory, troubleshooting advice rather than professional IT support. Basic Tech Help is also available at the following OLiV stops – Balnarring, Flinders, Mount Martha and Sorrento.

Please note: Library service and program information listed in this directory is subject to change over time. Please call our library or visit our library website for the most up-to-date information.

5950 1710
askalib@mornpen.vic.gov.au
library.mornpen.vic.gov.au/events

Mornington Peninsula Shire

Library



Mornington Peninsula Shire
Volunteering

Volunteering in your community

Volunteering is giving our time freely to a cause or an organisation that matches our values, our interests, our skills and our desire to connect with others. We don't need formal qualifications or previous experience. What matters most is our willingness to get involved. Volunteering is good for our health and happiness.

Many Australians say volunteering gave them a new sense of routine and belonging, particularly after leaving paid employment or experiencing another major life change.

Volunteer with the Shire

Make a difference in your local community by volunteering in a Shire-led program and joining a network of passionate people helping to create a vibrant, connected Peninsula.

Whether you are looking to meet new people, share your skills, give back, or try something new, we offer rewarding volunteer opportunities that support Shire services, programs and local initiatives across the Peninsula.

Our volunteers play an important role in delivering Shire-led activities that strengthen communities, support residents and care for our local environment.

Opportunities are available across a wide range of Shire programs.

- Community Houses
- Eco Living Display Centre
- Gardens for Wildlife
- Rosebud Library
- Home Library Service
- Mornington Peninsula Regional Gallery
- Mornington Peninsula Visitor Information Centre
- Senior Exercise Park Champions
- TAC L2P Learner to Probationary Driver Program
- Shire advisory committees
- The Briars
- Meals on Wheels

Signing up to be a volunteer is simple and easy. Volunteer opportunities are advertised on the Shire Volunteer Portal, where you can easily explore and apply for roles that suit your interests.

mornpen.vic.gov.au/shirevolunteering

Mornington Peninsula Shire

Volunteering

Volunteering Across the Mornington Peninsula

Volunteering is at the heart of every strong, connected and resilient community. Here on the Mornington Peninsula, volunteers are the quiet force behind local groups, sporting clubs, charities, and services, helping to deliver essential programs, strengthen social connections, and support community wellbeing.

For more information contact:

5950 1307
vmp@mornpen.vic.gov.au
volmornpen.com.au



Mornington Peninsula Shire
Advisory committees and networks

The Shire's advisory committees and community networks help Council understand local issues and shape policies, programs and services that support diverse communities across the Mornington Peninsula.

Peninsula Advisory Committee for Elders (PACE)

Established in 2006, PACE provides advice to Council on matters affecting older people and promotes positive ageing, social inclusion, accessibility and age-friendly communities. Members help inform Council initiatives that support older residents to remain connected, valued and active.

5950 1000
positiveageing@mornpen.vic.gov.au

Disability Advisory Committee (DAC)

DAC provides advice and recommendations on issues affecting people with disability and their carers. Drawing on lived experience, members help ensure Council policies, programs and services are inclusive, accessible and responsive to community needs.

5950 1900
Inclusion@mornpen.vic.gov.au

Dying to Know Network

A network supporting Dying to Know Day events on the Mornington Peninsula, fostering conversations about death, dying, and end-of-life planning.

5950 1000
postiveageing@mornpen.vic.gov.au

Frankston and Mornington Peninsula LGBTIQA+ Collaborative

A network of community members, service providers and organisations working together to strengthen inclusion, connection, health and wellbeing outcomes for LGBTIQA+ communities through advocacy, community events and awareness initiatives.

1300 850 600
inclusion@mornpen.vic.gov.au

Multicultural Collaborative Network

A network of multicultural community members, service providers and organisations working to strengthen inclusion, participation and connections across the Mornington Peninsula. The network shares information, identifies community needs and supports multicultural voices in local initiatives.

1300 850 600
culture.connects@mornpen.vic.gov.au



Photography:
Kinfolk Imagery 2026

Safety, advocacy and support

Senior Community Register

A free service helping older people stay safe, independent and connected through welfare checks, social connection, local information and support. Operated by volunteers in partnership with Victoria Police. Services may include: telephone check-ins, home visits, social activities, newsletters, safety information and referrals.

Mornington Police Senior Community Register
6–8 Main Street (Police Station)
Mornington

5970 4983
mpscr1@hotmail.com

Rosebud Police Senior Citizens Register
Rosebud Police Station
95 Boneo Road, Rosebud

5986 0400
seniorsregister@gmail.com

Hastings Senior Citizens Register
Hastings Senior Activity Centre
16 Herring Street, Hastings

0499 910 904
hastingsregister@hotmail.com

Scamwatch

Scamwatch, part of Australia's National Anti-Scam Centre, provides information and support to help Australians recognise, avoid and report scams.

Remember: Stop. Check. Protect.

- Stop before sharing money or personal information.
- Check that the person or organisation is genuine.
- Protect yourself by acting quickly if something feels wrong.

If you've been scammed:

- Contact your bank immediately.
- Seek support from IDCARE
  1800 595 160
  idcare.org
- Report scams to Scamwatch
  scamwatch.gov.au
- Report cybercrime
  cyber.gov.au
- Change compromised passwords and monitor accounts.

Housing for the Aged Action Group (HAAG)

HAAG is the only Australian organisation specialised in the housing needs of older people. HAAG engages and works with older people through community activism, services and advocacy to achieve social change and housing justice.

HAAG is a registered care finder service for the Mornington Peninsula. This service can assist eligible older people to navigate My Aged Care support and services.

Ross House
247 Flinders Lane, Melbourne

HAAG Care Finder

1300 765 178
intake@oldertenants.org.au

Housing

9654 7389
haag@oldertenants.org.au
oldertenants.org.au

haag
HOUSING FOR THE AGED ACTION GROUP INC.



Ageism and Elder Abuse Prevention

Ageism is stereotyping, discrimination, and mistreatment based solely on age.

Still largely invisible and highly tolerated, ageism is damaging to older people and the broader community.

Ageism against older people comes from widespread acceptance of negative attitudes and beliefs about the value of older people and later life. It is one of the main factors driving and enabling elder abuse.

Elder abuse is the result of a wide acceptance and adoption of negative attitudes, beliefs and behaviours that erode the autonomy and value of an older person and their rights.

To end elder abuse, we need to address it at the source and tackle ageism.

We are all getting older, so recognising and calling out ageism, no matter your age, is of benefit to everyone.

Elder Abuse Prevention

In an emergency call 000
1800respect.org.au
respectvictoria.vic.gov.au
respectingseniorsnetwork.org.au

RESPECTING SENIORS NETWORK
FRANKSTON & MORNINGTON PENINSULA

Safety, advocacy and support

COTA (Council on the Ageing) Victoria

COTA Victoria is the leading not-for-profit member organisation representing the interests and rights of people aged over 50 in Victoria. Celebrating 75 years of service in 2026, COTA have led government, corporate, and community thinking about the positive aspects of ageing in the state.

Today, COTA's focus is on promoting opportunities for and protecting the legal rights of people 50+. COTA values ageing and embraces its opportunities for personal growth, contribution, and self-expression. This belief drives benefits to the nation and its states alongside communities, families, and individuals.

1300 135 090
cotavic.org.au

COTA VICTORIA

Seniors Rights Victoria

Seniors Rights Victoria is the key state-wide service dedicated to advancing the rights of older people and the early intervention into, or prevention of, elder abuse in our community. It is the only Community Legal Centre dedicated to preventing and responding to elder abuse within Victoria.

SRV have a team of experienced advocates, lawyers, and social workers who provide free information, advice, referral, legal advice, legal casework, and support to older people who are either at risk of or are experiencing elder abuse. SRV support and empower older people through the provision of legal advice directly to the older person.

1300 368 821
info@seniorsrights.org.au
seniorsrights.org.au

Seniors Rights VICTORIA

Elder Rights Australia

Elder Rights Australia provides free, confidential and independent information, advocacy and support for older people receiving, or eligible for, Commonwealth-funded aged care services.

Assistance to register for and access aged care services

Advocacy and support to help ensure aged care services are safe, high quality and meet individual needs.

Information and referrals to raise awareness and help prevent elder abuse

Delivery of the Aged Care Volunteer Visitors Scheme (ACVVS) across Victoria, connecting volunteers with older people experiencing social isolation and loneliness in residential aged care or at home.

Ross House
247 Flinders Lane, Melbourne

1800 700 600
elderrights.au

ERA Elder Rights Australia
Promoting the human rights of all older people

Peninsula Community Support Centres

Peninsula Community Support Centres provide material aid and support services to people experiencing personal and financial hardship.

Southern Peninsula Community Support
878 Point Nepean Road, Rosebud

5986 1285
admin@spcsic.org
spcsic.org

Mornington Community Support Centre
320 Main Street, Mornington

5975 1644
front.desk@mcisc.org.au

Western Port Community Support
Peninsula Community Health
Reception B, 185 High Street, Hastings

5979 2762
info@wportcomsupport.org.au



Safety, advocacy and support

Peninsula Community Legal Centre

Peninsula Community Legal Centre (PCLC) provides free, confidential legal advice and assistance to residents of Frankston and the Mornington Peninsula. PCLC can assist with a range of issues including wills and estates, powers of attorney, guardianship, aged care and retirement village issues, tenancy, financial disputes, fines, family law and elder abuse. Specialist Older Persons Law clinics are available at Rosebud, with appointments required. PCLC also provides community legal education and outreach services across the region.

9783 3600
pclc.org.au

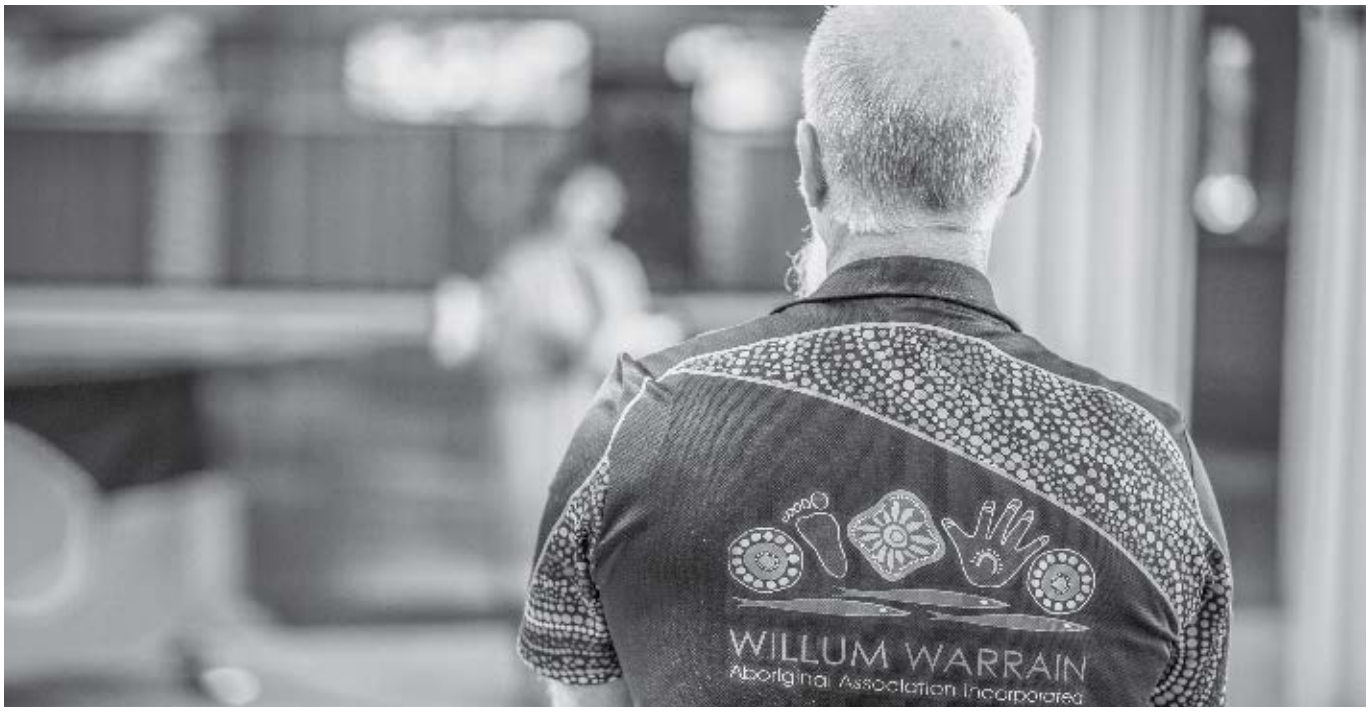
pclc | Peninsula Community Legal Centre

Willum Warrain Aboriginal Association

A gathering place of hope and healing, culture and connection, being and belonging. This organisation seeks to provide a safe, cultural space for Aboriginal and Torres Strait Islander peoples to gather on the Mornington Peninsula.

Non-Indigenous kin, friends and supporters are welcome also.

0494 634 923
10c Pound Road, Hastings







Contact Mornington Peninsula Shire

Phone: **1300 850 600** (24 hours)

National Relay Service (NRS): Visit **accesshub.gov.au** and ask for **1300 850 600**

Teletypewriter (TTY): **133 677** and ask for **1300 850 600**

Translating and Interpreting Service (TIS National): **131 450**

Email: **customerservice@mornpen.vic.gov.au**

Mail: **Private Bag 1000, Rosebud, Victoria, 3939**

Website: **mornpen.vic.gov.au**

facebook.com/mornpenshire
instagram.com/ourpeninsula
youtube.com/MornPenShire

Mornington Peninsula Shire Service Centres

Rosebud Office
90 Besgrove Street, Rosebud

Mornington Office
2 Queen Street, Mornington

Hastings Office
21 Marine Parade, Hastings

Mornington Peninsula Shire