

Physical Activity Directory for Older People

2011 - 2012



Mornington Region

Moorooduc
Mornington
Mount Martha
Teurong



PENINSULA HEALTH



Produced by Ageing Well,
Peninsula Health Community Health

www.peninsulahealth.org.au/ageingwell

**Ageing Well
Peninsula Health - Community Health**

**are pleased to present the
Physical Activity Directory, 2011/2012.**

**If you require further information please contact
Ageing Well on: (03) 9784 8320**



PENINSULA HEALTH

*The Physical Activity Guidelines recommend all persons should
speak to their GP or health professional prior to commencing
physical activity exercise programs.
(Department of Health and Ageing)*

ABOUT THE DIRECTORY

The Physical Activity Directory for Older People lists physical activity programs in the Frankston and Mornington Peninsula region that are suitable for the ageing population and those with chronic health conditions. This directory does not include all programs that are available within the region, but focuses on groups that are conducted in accessible venues and run by qualified and trained leaders.

HOW TO USE THE DIRECTORY

The directory includes groups located from Chelsea to Sorrento, and across to Hastings. The groups have first been divided into four sub-regions:

- **Frankston (Aspendale, Carrum Downs, Chelsea, Cranbourne, Frankston, Langwarrin, Patterson Lakes, Seaford)**
- **Mornington (Moorooduc, Mornington, Mt. Eliza, Mt. Martha)**
- **Southern Peninsula (Blairgowrie, Dromana, Rosebud, Rye, Sorrento, Tootgarook)**
- **Westernport (Crib Point, Hastings, Somerville)**

Programs listed in the directory are separated into group type, then, ordered alphabetically by location within each sub-region. Group types include:

- **Dancing**
- **Education**
- **General Exercise Groups**
- **Individually Tailored Exercise**
- **Leisure**
- **Strengthening Programs**
- **Tai Chi / Yoga / Pilates**
- **Walking / Cycling**
- **Water Exercise**

For information on other groups that are available please contact:

- **Frankston Community Support and Information Centre** Ph: (03) 9768 1600
- **Mornington Community Support and Information Centre** Ph: (03) 5975 1644
- **Southern Peninsula Community Support and Information Centre** Ph: (03) 5986 1285
- **Western Port Community Support and Information Centre** Ph: (03) 5979 2762
- **Go for your life Information Line** Ph: 1300 73 98 99

***Disclaimer:** This directory does not eliminate the need for referring health professionals to make specific enquiries regarding listed groups to ensure suitability for individual needs. To the best of our knowledge, the information within this directory is correct at the time of printing.*

TYPES OF PHYSICAL ACTIVITY

AGESTRONG

Agestrong is a group strength and balance program designed for older people who no longer feel confident to access mainstream exercise programs.

Agestrong has been designed by local allied health professionals.

The program includes exercises using small weights to work all the major muscle groups of the body. All exercises have 2-3 levels of difficulty which can be tailored to individual needs. All programs include a warm up and stretching.

For more information

Call: 9788 1319

Email: Agestrong@phcn.vic.gov.au

Web: www.peninsulahealth.org.au/agestrong



DANCING

Physical activity in the form of dancing has various benefits for older adults, including developing and maintaining core postural support, balance, flexibility and increased physical endurance. Dancing is also a way of expanding one's social activity, community involvement, and self expression.

Various forms of dancing have the ability to build confidence levels in those who may be at risk of falls, as well as decreasing isolation and loneliness.

(Alpert et al., 2009; McKinley et al., 2009)

LEISURE

Leisure groups listed within the directory include activities such as table tennis, indoor bowls, croquet, and billiards. Leisure is an important aspect of physical and mental health and social wellbeing.

(Kielhofner, 2002)

STRENGTHENING & GENTLE AEROBICS

Strengthening and gentle aerobics have endless benefits for older adults and those with chronic illness. Research shows that strength training and gentle exercise classes have the ability to increase not only functional mobility and independence in all areas of daily living, but also increase balance, decrease blood pressure, lower the risk of stroke, increase bone density and prevent falls.

(Howe et al., 2009)

TAI CHI / YOGA / PILATES

Tai Chi is extremely valuable in promoting the health of older adults as well as improving concentration and overall well-being.

A branch of the Chinese martial arts, Tai Chi has been practiced for general health and fitness purposes since the 16th Century. Health benefits are derived from the slow, and gentle movements which relax the mind and body, improve mobility, and mental alertness.

There is a large body of evidence surrounding the specific benefits of Tai Chi for older adults. Findings surrounding these benefits include decreased risk of falls and related injuries, decreased anxiety, increased positive mood and self esteem, increased cardio respiratory function, increased muscle strength, as well as increased flexibility, balance and core postural support.

Yoga is aimed to unite the mind, body and spirit. It helps you become more aware of your body's posture, movement. Yoga makes the body more flexible and helps you relax even in when you are stressed.

Much research has been undertaken, looking at the health benefits of Yoga - from the postures, to the breathing, and meditation. Some of the many benefits include; improved balance, sleep, endurance, posture, joint range of motion and energy, as well as other physiologic responses such as decreased blood pressure, respiratory rate and improved cardiovascular function.

(Yao, Giordani, Alexander, 2008; Tai Chi Australia, 2009)

WATER EXERCISES

Water exercises are especially good for older adults with joint problems such as osteoarthritis, rheumatoid arthritis or those who have general weight bearing difficulties. Water exercise requires you to support only 50 per cent of your body weight. Water exercises place little strain on joints, improves muscular tension, and increases energy levels.

Water exercises are gentle on joints and have proven cardiovascular benefits as well as increasing muscular tone and flexibility.

(Tsourlou et al., 2006)



WALKING

The benefit of attending walking groups includes building fitness and endurance under the supervision of walk leaders. Walking is a fantastic low cost option to physical activity and can be done in a social group environment or on your own. As well as both indoors and outdoors.

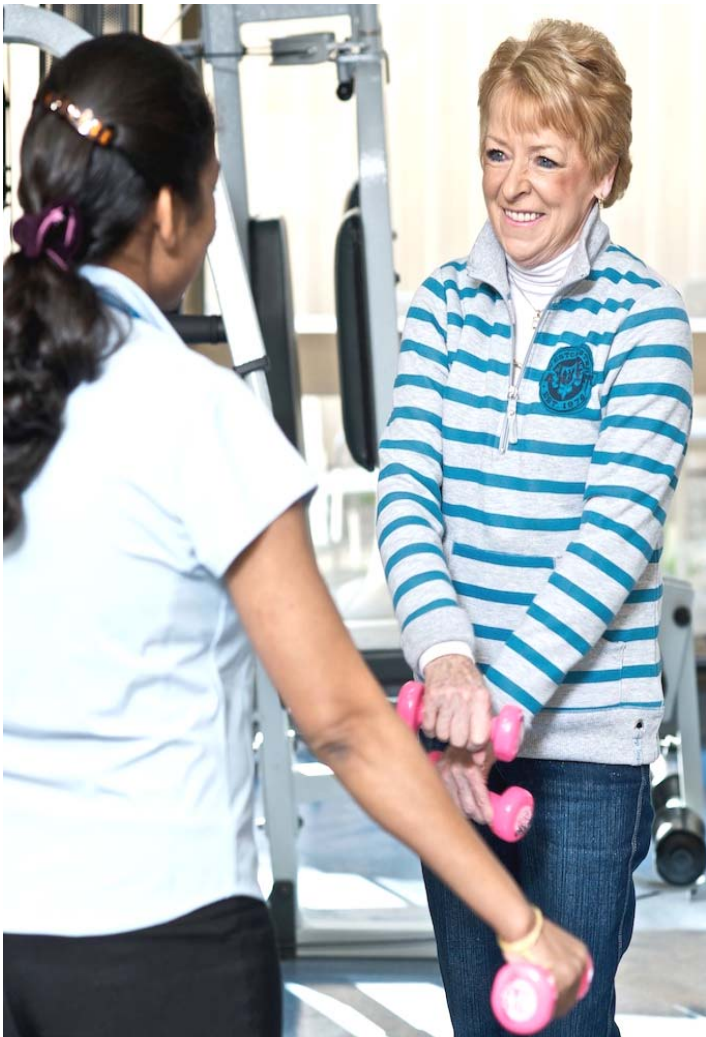
(Praet et al., 2008)

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Mornington Region

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Moorooduc | Mornington
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PHYSICAL ACTIVITY DIRECTORY – MORNINGTON REGION

DANCING



Montana Line Dancing - Advanced **40 - 80yrs** Moorooduc

Venue: Moorooduc Hall
Cnr Bentons Rd & Derril Rd

Contact: June
5975 0118

Melways Ref: 146 H9

Led By: Trained Dance Instructor

Times: Thu 10.00am - 12.00pm

Group Access:

Cost: \$10 per session

Venue Access: No steps.

Prerequisites: Good balance required

Transport:

Activities: Low impact line dancing, all ages welcome, no partner needed. Tea and coffee supplied.
Weekly door prizes

Montana Line Dancing - Beginners **40 - 80yrs** Moorooduc

Venue: Moorooduc Hall
Cnr Bentons Rd & Derril Rd

Contact: June
5975 0118

Melways Ref: 146 H9

Led By: Trained Dance Instructor

Times: Thu 1.00 - 2.00pm

Group Access:

Cost: \$10 per session

Venue Access: No steps.

Prerequisites: Good balance required

Transport:

Activities: Low impact line dancing, all ages welcome, no partner needed. Tea and coffee supplied.
Weekly door prizes

Montana Line Dancing - Advanced **30 - 80+** Moorooduc

Venue: Moorooduc Hall
Cnr Bentons Rd & Derril Rd

Contact: June
5975 0118

Melways Ref: 146 H9

Led By: Trained Dance Instructor

Times: Mon 7.00 - 9.00pm

Group Access:

Cost: \$10 per session

Venue Access: Disabled access

Prerequisites: Good balance required

Transport:

Activities: Low impact line dancing, all ages welcome, no partner needed. Tea and coffee supplied.
Weekly door prizes

DANCING

Montana Line Dancing - Advanced **30 - 80+** Mornington

Venue: St Peters Church Hall
Cnr Albert & Octavia Sts **Contact:** June
5975 0118

Melways Ref: 104 D11 **Led By:** Trained Dance Instructor

Times: Tue 12.00 - 2.00pm **Group Access:**

Cost: \$10 per session **Venue Access:** Disabled access

Prerequisites: Good balance required **Transport:**

Activities: Low impact line dancing, all ages welcome, no partner needed. Tea and coffee supplied.
Weekly door prizes

Dancing **55 - 85+** Mt Eliza

Venue: Mt Eliza Senior Citizens Club
90 - 100 Canadian Bay Rd **Contact:** Mount Eliza Senior Citizens
9787 8170

Melways Ref: 105 F2 **Led By:** Volunteer

Times: Tue 10.00 - 12.00pm
Thu 10.00 - 12.00pm
Thu 1.00 - 4.00pm **Group Access:** WA MF

Cost: \$2 per session
(includes tea and biscuits) **Venue Access:** Disabled access

Prerequisites: Annual membership \$5
(\$10 for first year) **Transport:** Bus 781, 784, 785

Activities: New Vogue dancing

Tea Dance **55 - 85+** Mt Eliza

Venue: Mt Eliza Senior Citizens Club
90 - 100 Canadian Bay Rd **Contact:** Mount Eliza Senior Citizens
9787 8170

Melways Ref: 105 F2 **Led By:** Volunteer

Times: 1st & 3rd & 5th Sun of month
2.00 - 4.00pm **Group Access:** MF

Cost: \$2 per session
(includes tea and biscuits) **Venue Access:** Disabled access

Prerequisites: Annual membership \$5
(\$10 for first year) **Transport:** Bus 781, 784, 785

Activities: Tea dance

DANCING

Montana Line Dancing - Advanced

30 - 80+

Mt Martha

Venue: Community One Inc.
Cnr Dominion Rd & Esplanade

Contact: June
5975 0118

Melways Ref: 144 J12

Led By: Trained Dance Instructor

Times: Wed 4.00 - 6.00pm

Group Access:

Cost: \$10 per session

Venue Access: Disabled access

Prerequisites: Good balance required

Transport:

Activities: Low impact line dancing, all ages welcome, no partner needed. Tea and coffee supplied.
Weekly door prizes

GENERAL EXERCISE CLASSES

Circuit Breakers **Majority 50+** **Mornington**

Venue: David Collings Leisure Centre
Dunns Rd **Contact:** David Collings Leisure Centre
5975 0133

Melways Ref: 145 H4 **Led By:** Trained Leader

Times: Wed 10.00 - 11.00am **Group Access:**

Cost: \$8 per session (\$60 for 10 sessions) **Venue Access:** Disabled access

Prerequisites: **Transport:**

Activities: Circuit based classes for Prime Movers utilising cardio and resistance training exercises to help increase fitness and health

Prime Movers **Majority 50+** **Mornington**

Venue: David Collings Leisure Centre
Dunns Rd **Contact:** David Collings Leisure Centre
5975 0133

Melways Ref: 145 H4 **Led By:** Trained Leader

Times: Mon & Fri 8:30am - 9.30am **Group Access:** MF

Cost: \$8 per session (\$60 for 10 sessions) **Venue Access:** Disabled access

Prerequisites: **Transport:**

Activities: Gentle low impact exercise class designed for those young at heart or returning to exercise. The class is designed with basic moves and non complex routines.

Get Fit Vet Fit **Mornington**

Venue: David Collings Leisure Centre
Dunns Rd **Contact:** David Collings Leisure Centre
5975 0133

Melways Ref: 145 H4 **Led By:** Trained Leader

Times: Mon 12.30pm
Fri 10.30am **Group Access:**

Cost: \$6 per session (\$50 for 10 sessions) **Venue Access:** Disabled access

Prerequisites: **Transport:**

Activities: A class specifically designed for Veterans. Various physical activities and advice on adopting a healthier lifestyle

GENERAL EXERCISE CLASSES

Fifty to Infinity		Mostly 60+	Mornington
Venue:	Studio @ PCT Wilsons Rd	Contact:	Sue Emanuel 0416 148 853
Melways Ref:	145 E2	Led By:	Trained Leader
Times:	Wed & Fri 9.00 - 10.00am	Group Access:	
Cost:	\$9 per class or \$7 if attend more than once a week	Venue Access:	Disabled access
Prerequisites:	Good balance required	Transport:	
Activities:	Low impact exercise to music. Includes tummy, hips and thighs.		

Older Adults Fitness		60+	Mt Eliza
Venue:	Mt Eliza Family Fitness 185 Mt Eliza Way	Contact:	Reception 9787 4442
Melways Ref:	105 F3	Led By:	Trained Leader
Times:	Tue & Fri 10.30am - 11.30am	Group Access:	
Cost:	\$6.50 per session	Venue Access:	Paved with small step
Prerequisites:		Transport:	
Activities:	Gentle group movement to music		

Gentle Exercises		55 - 85+	Mt Eliza
Venue:	Mt Eliza Senior Citizens Club 90 - 100 Canadian Bay Rd	Contact:	Mount Eliza Senior Citizens 9787 8170
Melways Ref:	105 F2	Led By:	Volunteer
Times:	Wed 9.30am	Group Access:	WA MF
Cost:	\$2 per session (includes tea and biscuits)	Venue Access:	Disabled access
Prerequisites:	Annual membership \$5 (\$10 for first year)	Transport:	Bus 781, 784, 785
Activities:	Gentle group exercises		



GENERAL EXERCISE CLASSES

Fifty to Infinity		40 - 70		Mt Martha
Venue:	Community One Inc. Cnr Dominion Rd & Esplanade	Contact:	Sue Emanuel 0416 148 853	
Melways Ref:	144 J12	Led By:	Trained Leader	
Times:	Mon 9.00 - 10.00am	Group Access:		
Cost:	\$9 per class or \$7 if attend more than once a week	Venue Access:	Disabled access	
Prerequisites:	Good balance / Able to get up and down off floor and onto knees BYO mat	Transport:		
Activities:	Stretch breath - relax using yoga type moves and relaxation at completion of class			

INDIVIDUALLY TAILORED EXERCISES

Lungs in Action		All Ages	Mornington
Venue:	David Collings Leisure Centre Dunns Rd	Contact:	David Collings Leisure Centre 5975 0133
Melways Ref:	145 H4	Led By:	Trained Leader
Times:	Thu 12.00 - 1.00pm	Group Access:	WA MF SA
Cost:	\$6.40 per session	Venue Access:	Disabled access
Prerequisites:	Must have completed a Pulmonary Rehab Program and undergo assessment	Transport:	
Activities:	A group exercise program for people with respiratory problems. Everyone has an individualised program including strength training and cardiovascular exercise.		

Pulmonary Rehab Program		All Ages	Mornington
Venue:	Community Health Mornington 62 Tanti Ave	Contact:	Community Health ACCESS 1300 665 781
Melways Ref:	104 F11	Led By:	Trained Leader
Times:	Tue & Thu afternoon	Group Access:	WA MF SA
Cost:	\$5 per session	Venue Access:	Disabled access
Prerequisites:	Must be diagnosed with respiratory conditions. Preferable to have a referral and a recent lung function test.	Transport:	
Activities:	A 6 week education and exercise course for people with chronic lung disease. Includes a pre and post assessment. Course book costs \$10 and should be purchased in the first class		



Association Croquet - Training & Beginners	All Ages	Mornington
Venue: Civic Reserve Cnr M'ton-Tyabb & Dunns Rd	Contact: Howard 9787 2218	
Melways Ref: 145 H4	Led By: Trained Leader	
Times: Tue & Thu 9.30am	Group Access:	
Cost: Free	Venue Access:	
Prerequisites: None	Transport: Bus to Dunns Rd	
Activities: Opportunity to trial the game.		

The Monday Group	50 - 100	Mt Eliza
Venue: Mount Eliza Village Neighbourhood Centre 90 - 100 Canadian Bay Rd	Contact: Mt Eliza Neighbourhood House 9787 8160	
Melways Ref: 105 F2	Led By: Trained Leader	
Times: Mon 10.30am - 3.30pm	Group Access: WA MF SA	
Cost: \$8 per session \$11 for outings	Venue Access: Car Park adjoining building Disabled access	
Prerequisites: HACC Eligible	Transport:	
Activities: Gentle exercises, Bingo, Varied activities eg painting, craft		

Bowls	55 - 85+	Mt Eliza
Venue: Mt Eliza Senior Citizens Club 90 - 100 Canadian Bay Rd	Contact: Mount Eliza Senior Citizens 9787 8170	
Melways Ref: 105 F2	Led By: Volunteer	
Times: Mon 1.00 - 4.00pm Wed 1.00 - 4.00pm Sat 1.00 - 4.00pm	Group Access: WA MF	
Cost: \$2 per session (includes tea and biscuits)	Venue Access: Disabled access	
Prerequisites: Annual membership \$5 (\$10 for first year)	Transport: Bus 781, 784, 785	
Activities: Indoor Bowls		

Mt Eliza Sen. Citizens Club - Snooker		55 - 85+	Mt Eliza
Venue:	Mt Eliza Senior Citizens Club 90 - 100 Canadian Bay Rd	Contact:	Mount Eliza Senior Citizens 9787 8170
Melways Ref:	105 F2	Led By:	Volunteer
Times:	Mon, Wed & Thu 1.00 - 4.00pm Sat 9.00am	Group Access:	WA MF
Cost:	\$2 per session (includes tea and biscuits)	Venue Access:	Disabled access
Prerequisites:	Annual membership \$5 (\$10 for first year)	Transport:	Bus 781, 784, 785
Activities:	Billiards		

Table Tennis		55 - 85+	Mt Eliza
Venue:	Mt Eliza Senior Citizens Club 90 - 100 Canadian Bay Rd	Contact:	Mount Eliza Senior Citizens 9787 8170
Melways Ref:	105 F2	Led By:	Volunteer
Times:	Mon 9.30am - 12.00pm	Group Access:	WA MF
Cost:	\$2 per session (includes tea and biscuits)	Venue Access:	Disabled access
Prerequisites:	Annual membership \$5 (\$10 for first year)	Transport:	Bus 781, 784, 785
Activities:	Table Tennis		

STRENGTHENING PROGRAMS

Active Adults 55+ Mornington

Venue: Optima Health & Fitness
7 Milgate Dve

Contact: Reception
5976 4000

Melways Ref: 145 K3

Led By: Trained Leader

Times: Tue & Thu 12.00 - 1.00pm

Group Access: SA MF

Cost: \$5 per class

Venue Access: Disabled Access

Prerequisites: GP Certificate, Initial Assessment (costs \$20)

Transport:

Activities: Strength training to improve strength, balance, gait & flexibility

Stay On Your Feet - Chair based All Ages Mornington

Venue: David Collings Leisure Centre
Dunns Rd

Contact: Community Health ACCESS
1300 665 781

Melways Ref: 145 H4

Led By: Trained Leader

Times: Thu 2.00 - 3.00pm

Group Access: SA WA MF

Cost: \$5.40 per session

Venue Access: Disabled access

Prerequisites: GP or Physio Assessment

Transport:

Activities: An Agestrong Exercise Program, see page 3 for details

Stay On Your Feet - Entry 50+ Mornington

Venue: David Collings Leisure Centre
Dunns Rd

Contact: Community Health ACCESS
1300 665 781

Melways Ref: 145 H4

Led By: Trained Leader

Times: Thu 12.45 - 1.45pm

Group Access: MF

Cost: \$5.40 per session

Venue Access: Disabled access

Prerequisites: GP or Physio Assessment

Transport:

Activities: An Agestrong Exercise Program, see page 3 for details

STRENGTHENING PROGRAMS

Stay On Your Feet - Self Management		All Ages	Mornington
Venue:	David Collings Leisure Centre Dunns Rd	Contact:	Community Health ACCESS 1300 665 781
Melways Ref:	145 H4	Led By:	Trained Leader
Times:	Fri 1.00 - 2.00pm & 2.15 - 3.15pm	Group Access:	
Cost:	\$5.40 per session	Venue Access:	Disabled access
Prerequisites:	Completed an Agestrong Entry Program	Transport:	
Activities:	An Agestrong Exercise Program, see page 3 for details		

Living Longer Living Stronger		50+	Mornington
Venue:	David Collings Leisure Centre Dunns Rd	Contact:	David Collings Leisure Centre 5975 0133
Melways Ref:	145 H4	Led By:	Trained Leader
Times:	Mon 9.30am & 10.45am Thu 10.00am & 10.45am Fri 9.30am	Group Access:	
Cost:	\$5.00 per session	Venue Access:	Disabled access
Prerequisites:	An orientation session (bookings essential)	Transport:	
Activities:	A program with leaders that will guide you through your own fitness and strength program whilst you exercise with others		

Living Longer Living Stronger		60+	Mt Eliza
Venue:	Mt Eliza Family Fitness 185 Mt Eliza Way	Contact:	Reception 9787 4442
Melways Ref:	105 F3	Led By:	Trained Leader
Times:	Wed 10.30am	Group Access:	
Cost:	Contact for pricing	Venue Access:	Paved with small step
Prerequisites:	\$40 assessment	Transport:	
Activities:	Endorsed COTA program		



STRENGTHENING PROGRAMS

Active One Group Exercise Classes

50+

Mt Martha

Venue: Mt Martha Community House
Cnr Dominion Rd & Esplanade

Contact: Trent Malcolm
8707 0830

Melways Ref: 144 J12

Led By: Exercise Physiologist

Times: Tue 3.00 - 4.00pm

Group Access:

Cost: \$16.50 per session
(\$10.50 for pensioners)
Rebates available -
Diabetes/Private health

Venue Access: Disabled access

Prerequisites: GP certificate preferred but not
essential

Transport:

Activities: Strength training, balance & coordination, health & motivation coaching.

TAI CHI / YOGA / PILATES

Body Balance		All Ages	Mornington
Venue:	Kings Swim Centre 5 St Catherines Ct	Contact:	Reception 5975 0777
Melways Ref:	143 H3	Led By:	Trained Leader
Times:	Seasonal, contact for times	Group Access:	MF Disabled access
Cost:	Casual - \$15 Book of 10 - \$110 (10% discount for snrs cards)	Venue Access:	
Prerequisites:	GP certificate if underlying condition	Transport:	
Activities:	A mixture of Tai Chi, Yoga and Pilates involving stretching.		

Tai Chi - Beginners		All Ages	Mornington
Venue:	Mornington Masonic Centre 69 Barkly St	Contact:	Community Health ACCESS 1300 665 781
Melways Ref:	104 E11	Led By:	Trained Volunteer
Times:	Mon 9:30 - 10:30am	Group Access:	WA MF
Cost:	\$4 per session (paid by term)	Venue Access:	Disabled access
Prerequisites:	Completion of self medical assessment (and review by physio if required)	Transport:	Near Bus Routes 784 & 786
Activities:	Gentle Tai Chi movements based on Arthritis Victoria program		

Tai-Chi - Intermediate		All Ages	Mornington
Venue:	Mornington Masonic Centre 69 Barkly St	Contact:	Community Health ACCESS 1300 665 781
Melways Ref:	104 E11	Led By:	Trained Volunteer
Times:	Mon 9:30 - 10:30am	Group Access:	WA
Cost:	\$4 per session (paid by term)	Venue Access:	Disabled access
Prerequisites:	Completion of beginners program	Transport:	Near Bus Routes 784 & 785
Activities:	Learning further movements based on the Arthritis Victoria program		

TAI CHI / YOGA / PILATES

Tai-Chi - Maintenance **All Ages** **Mornington**

Venue:	Mornington Masonic Centre 69 Barkly St	Contact:	Community Health ACCESS 1300 665 781
Melways Ref:	104 E11	Led By:	Trained Volunteer
Times:	Mon 11.00 -12.00pm	Group Access:	WA
Cost:	\$4 per session (paid by term)	Venue Access:	Disabled access
Prerequisites:	Completion of advanced program	Transport:	Near Bus Routes 784 & 788
Activities:	Further development of skills learnt in beginners classes		

Tai-Chi - Advanced **All Ages** **Mornington**

Venue:	Mornington Masonic Centre 69 Barkly St	Contact:	Community Health ACCESS 1300 665 781
Melways Ref:	104 E11	Led By:	Trained Volunteer
Times:	Mon 11.00 -12.00pm Tue 10.00 - 11.00am	Group Access:	WA
Cost:	\$4 per session (paid by term)	Venue Access:	Disabled access
Prerequisites:	Completion of advanced program	Transport:	Near Bus Routes 784 & 788
Activities:	Further development of skills learnt in beginners classes		

Yoga **All Ages** **Mornington**

Venue:	Optima Health & Fitness 7 Milgate Dve	Contact:	Reception 5976 4000
Melways Ref:	145 K3	Led By:	Trained Leader
Times:	Tue 7.30pm Fri 10.35am Sat 10.00am	Group Access:	
Cost:	\$15 per class	Venue Access:	Disabled access
Prerequisites:		Transport:	
Activities:	Gentle yoga exercises		

TAI CHI / YOGA / PILATES

Pilates		All Ages	Mornington
Venue:	Optima Health & Fitness 7 Milgate Dve	Contact:	Reception 5976 4000
Melways Ref:	145 K3	Led By:	Trained Leader
Times:	Tue 9.20am Thu 7.30pm	Group Access:	
Cost:	\$15 per class	Venue Access:	Disabled access
Prerequisites:		Transport:	
Activities:	Pilates exercises		

Tai-Chi - Maintenance		All Ages	Mornington
Venue:	David Collins Leisure Centre Dunns Rd	Contact:	Community Health ACCESS 1300 665 781
Melways Ref:	145 H4	Led By:	Trained Volunteer
Times:	Thu 10.30 - 11.30am	Group Access:	WA
Cost:	\$4 per session (paid by term)	Venue Access:	Disabled access
Prerequisites:	Completion of beginners program	Transport:	Near Bus Route 785
Activities:	Further development of skills learnt in beginners classes		

Tai Chi		55 - 85+	Mt Eliza
Venue:	Mt Eliza Senior Citizens Club 90 - 100 Canadian Bay Rd	Contact:	Mount Eliza Senior Citizens 9787 8170
Melways Ref:	105 F2	Led By:	Volunteer
Times:	Wed 9.30 - 10.30am	Group Access:	WA MF
Cost:	\$2 per session (includes tea and biscuits)	Venue Access:	Disabled access
Prerequisites:	Annual membership \$5 (\$10 for first year)	Transport:	Bus 781, 784, 785
Activities:	Tai Chi		

TAI CHI / YOGA / PILATES

Yoga & Meditation

All Ages

Teurong

Venue: Be Remarkable
600 Stumpy Gully Rd

Contact: Lauren
5983 2427

Melways Ref: 163 E2

Led By: Trained Leader

Times: Sat 7.00am
Mon 7.00pm
Wed 9.30am

Group Access:

Cost: \$21 casual (10% of for seniors)

Venue Access: Disabled access

Prerequisites:

Transport:

Activities: Gentle, accessible yoga suitable for all levels. Free assessment available prior to beginning classes.

WALKING / CYCLING

Walk for Wellness - Mornington Esplanade **All Ages** Mornington

Venue: Meets in the Royal Hotel
770 Esplanade **Contact:** Mornington Peninsula Shire
5950 1560

Melways Ref: 104 C10 **Led By:** Trained Leaders & Carers

Times: Tue 10.00 - 11.30am **Group Access:** WA MF

Cost: Gold coin donation for morning tea **Venue Access:** Wheelchair accessible

Prerequisites: None **Transport:**

Activities: A supported outdoor walking group. Includes warm up and refreshments. Seating available along the walking track.

Mornington Centro Walks **All Ages** Mornington

Venue: Centro Mornington Shopping
Centre
78 Barkly St **Contact:** Centre Management Office
5976 1299

Melways Ref: 104 E11 **Led By:** Trained Leader

Times: Thu 7.45 - 8.45am **Group Access:** WA

Cost: Free **Venue Access:** Disabled access

Prerequisites: None **Transport:**

Activities: Supported Walking Group. Group warm up / stretches followed by a walk around shopping centre (walk at own pace) finish with relaxing cool down

Bicycle User Group - Mornington **All Ages** Mornington

Venue: Meet at David Collings Leisure
Centre
Dunns Rd **Contact:** Mornington Peninsula Shire
5950 1560

Melways Ref: 145 H4 **Led By:** Volunteer

Times: Wed 10.00am **Group Access:**

Cost: Free **Venue Access:**

Prerequisites: None **Transport:**

Activities: Bring your bike along for a group ride on undulating terrain.

WALKING / CYCLING

Ramblers Walking Group		55+	Mt Eliza
Venue:	Mount Eliza Village Neighbourhood Centre 90 - 100 Canadian Bay Rd	Contact:	Mt Eliza Neighbourhood House 9787 8160
Melways Ref:	105 F2	Led By:	Volunteer
Times:	Sat afternoon - once a month for an all day walk. Please contact for times.	Group Access:	WA on some walks
Cost:	Annual membership \$20	Venue Access:	Wheelchair access available on some walks
Prerequisites:	None	Transport:	
Activities:	Outdoor walk, weather permitting (don't walk if over 30 degrees)		

Steps to a Healthier Mount Eliza		40+	Mt Eliza
Venue:	Mount Eliza Village Neighbourhood Centre 90 - 100 Canadian Bay Rd	Contact:	Mt Eliza Neighbourhood House 9787 8160
Melways Ref:	105 F2	Led By:	Volunteer
Times:	Tue & Fri 9.15am - 10.15am	Group Access:	
Cost:	Free	Venue Access:	
Prerequisites:	None	Transport:	
Activities:	A medium level fitness walk 3-4km		

Walk and Talk Program		All Ages	Mt Martha
Venue:	Begin at Community One Inc. Cnr Esplanade & Dominion Rd	Contact:	Community One Inc 5974 2092
Melways Ref:	144 J12	Led By:	
Times:	Mon, Wed & Fri 9.15 - 10.15am	Group Access:	
Cost:	Free	Venue Access:	Terrain includes hills
Prerequisites:	Need to be independently mobile	Transport:	
Activities:	Break off into smaller groups (Brisk/Slower, variable distances). Dogs on leads welcome		

WATER EXERCISES

Aquasize		All Ages	Mornington
Venue:	Kings Swim Centre 5 St Catherines Ct	Contact:	Reception 5975 0777
Melways Ref:	145 H3	Led By:	Trained Aqua Instructor
Times:	Mon - Thu 1.00 - 2.00pm	Group Access:	WA MF Disabled access
Cost:	Casual - \$11.90 Book of 10 - \$90 Book of 20 - \$160 (10% discount for snrs cards)	Venue Access:	
Prerequisites:	GP certificate if underlying condition	Transport:	
Activities:	Simple rhythmic water exercise & stretching		

Gentle Water Exercises		55+	Mornington
Venue:	Kankama Cnr Racecourse & M'ton-Tyabb Rds	Contact:	Community Health ACCESS 1300 665 781
Melways Ref:	146 A4	Led By:	
Times:	Mon 3.00pm Tue 3.00pm Wed 9.45am, 11.00am & 3.00pm, Thu 11.00am & 3.00pm, Fri 9.45am, 10.45am & 11.45am	Group Access:	WA MF SA
Cost:	\$4 per session (paid by term)	Venue Access:	Disabled access. Pool has hoist
Prerequisites:	Physiotherapist Assessment	Transport:	
Activities:	Water exercises. Work at own pace for strength and balance		

Aqua Aerobics		40+	Mt Martha
Venue:	Mt Martha Swim Centre 62 Forest Dve	Contact:	Reception 5974 3400
Melways Ref:	150 G8	Led By:	Trained Leader
Times:	Thu 12:30 - 1:15pm	Group Access:	WA
Cost:	\$10 per session (\$90 for book of 10)	Venue Access:	Disabled access but steep
Prerequisites:	None	Transport:	
Activities:	Aqua aerobics, gentle movement in water, work at your own pace		



Group Access SA - Exercise available in Sitting
 WA - Members with walking aids welcome
 MF - Exercises can be modified for frailer people

Contact Information

Additional copies of this directory can be requested through Ageing Well, Peninsula Health Community Health.

Phone: **9784 8320**

Email: **ageingwell@phcn.vic.gov.au**

The directory can also be downloaded from:

www.peninsulahealth.org.au/ageingwell



PENINSULA HEALTH