

Physical Activity Directory for Older People

2011 - 2012



Southern Peninsula

Blairgowrie

Dromana

McCrae

Rosebud

Rye

Sorrento

Tootgarook



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)

REFERENCES

- Alpert, P., Miller, S., Wallmann, H., Havey, R., Cross, C., Chevalia, T., Gillis, C., & Kodandapari, K. (2009). The effect of modified jazz dance on balance, cognition, and mood in older adults. *Journal of the American Academy of Nurse Practitioners, 21*, 108-115.
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Southern Peninsula Region



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Blairgowrie | Dromana | Rosebud
Rye | Sorrento | Tootgarook | McCrae

DANCING

Peninsula Old Time Ceilidh Dance Club		All Ages	Dromana
Venue:	Catholic Church Hall 1 Foote St	Contact:	Lorraine Watt 5985 3551
Melways Ref:	159 F7	Led By:	Trained Dance Instructor
Times:	Fri 1.30 - 4.00pm	Group Access:	MF
Cost:	\$4 per session	Venue Access:	Disabled access
Prerequisites:	None	Transport:	
Activities:	A mixture of dances including New Vogue, Old Time Ballroom and Scottish Country Dancing. Partners not needed. Beginners welcome.		

Line Dancing - Advanced		Seniors	Dromana
Venue:	Dromana Senior Citizens Centre 43 Pier St	Contact:	Senior Citizens Club 5987 1109
Melways Ref:	159 J6	Led By:	Volunteer
Times:	Wed 1.00pm	Group Access:	WA MF
Cost:	\$7 per session	Venue Access:	Disabled access
Prerequisites:	Annual Membership - \$7 Reasonable balance	Transport:	200m from Bus 788
Activities:	Line dancing		

Line Dancing - Beginners		Seniors	Dromana
Venue:	Dromana Senior Citizens Centre 43 Pier St	Contact:	Senior Citizens Club 5987 1109
Melways Ref:	159 J6	Led By:	Volunteer
Times:	Wed 12.00pm - 1.00	Group Access:	WA MF
Cost:	\$4 per session	Venue Access:	Disabled access
Prerequisites:	Annual Membership - \$7 Reasonable balance	Transport:	200m from Bus 788
Activities:	Line dancing for beginners - can then join advanced		



DANCING

Line Dancing - Beginners		55+		Tootgarook
Venue:	Tootgarook Snr Citizens Centre 2 Barry St	Contact:	Senior Citizens Centre 5985 4992	
Melways Ref:	169 E4	Led By:	Trained Leader	
Times:	Thu 10.30 - 11.00am	Group Access:		
Cost:	\$6 per session	Venue Access:	Ground Floor	
Prerequisites:	Annual membership - \$8	Transport:	None	
Activities:	Line Dancing			

Line Dancing - Intermediate		55+		Tootgarook
Venue:	Tootgarook Snr Citizens Centre 2 Barry St	Contact:	Senior Citizens Centre 5985 4992	
Melways Ref:	169 E4	Led By:	Trained Leader	
Times:	Thu 11.00am - 1.00pm	Group Access:		
Cost:	\$6 per session	Venue Access:	Ground Floor	
Prerequisites:	Annual membership - \$8	Transport:	None	
Activities:	Line Dancing			

New Vogue Dancing		55+		Tootgarook
Venue:	Tootgarook Snr Citizens Centre 2 Barry St	Contact:	Senior Citizens Centre 5985 4992	
Melways Ref:	169 E4	Led By:	Volunteer	
Times:	Mon - 7.30 - 10.30pm	Group Access:		
Cost:	\$2 per session	Venue Access:	Ground Floor	
Prerequisites:	Annual membership - \$8	Transport:	None	
Activities:	New Vogue Dancing			

DANCING

New Vogue Dancing - Beginners

55+

Tootgarook

Venue: Tootgarook Snr Citizens Centre
2 Barry St

Contact: Senior Citizens Centre
5985 4992

Melways Ref: 169 E4

Led By: Volunteer

Times: Mon - 7.00 - 7.30pm

Group Access:

Cost: \$2 per session

Venue Access: Ground Floor

Prerequisites: Annual membership - \$8

Transport: None

Activities: New Vogue Dancing lessons - then join in with the 7.30pm group

GENERAL EXERCISE CLASSES

Gentle Exercise		55+	Blairgowrie
Venue:	Blairgowrie Senior Citizens Club 9 William Rd	Contact:	Senior Citizens Club 5988 8395
Melways Ref:	167 G3	Led By:	Volunteer
Times:	Mon 9.30 - 10.30am	Group Access:	WA MF SA
Cost:	\$1 per session	Venue Access:	Disabled access
Prerequisites:	Annual Membership - \$5	Transport:	300m from Bus 788
Activities:	Low impact gentle exercise using chairs		

Gentle Fitness		50+	Dromana
Venue:	Catholic Church Hall 1 Foote St	Contact:	Nanette Currie 5982 2994
Melways Ref:	159 F7	Led By:	Trained Leader
Times:	Tue 9.00am	Group Access:	WA MF SA
Cost:	\$7 per session	Venue Access:	Disabled access
Prerequisites:	Doctors clearance is advisable if over 50	Transport:	
Activities:	Gentle stretching, strengthening and balance exercises.		

Keep Fit		55-80+	Rosebud
Venue:	Rosebud Senior Citizens Centre Ninth Ave	Contact:	Rosebud Senior Citizens Club 5986 1923
Melways Ref:	170 D1	Led By:	Trained Leader
Times:	Tue 9.30 - 10.30am	Group Access:	WA MF SA
Cost:	\$2 per session	Venue Access:	Disabled access
Prerequisites:	Annual membership - \$10	Transport:	
Activities:	Gentle keep fit exercises. Work at own pace		

GENERAL EXERCISE CLASSES

Gentle Fitness		50+		Rosebud
Venue:	Anglican Church Hall (opposite Memorial Hall) Nepean Hwy	Contact:	Nanette Currie 5982 2994	
Melways Ref:	158 C12	Led By:	Trained Leader	
Times:	Thu 9.00am	Group Access:	WA MF SA	
Cost:	\$7 per session	Venue Access:	Disabled access	
Prerequisites:	Doctors clearance is advisable if over 50	Transport:		
Activities:	Gentle stretching and strengthening and balance exercises			

Low Impact Fitness / Pilates		55 - 80		Rye
Venue:	Rye Yacht Club Foreshore	Contact:	Nanette Currie 5982 2994	
Melways Ref:	168 H4	Led By:	Trained Leader	
Times:	Wed 9.30am	Group Access:		
Cost:	\$12 per session if paying by term \$18.50 casual	Venue Access:	Stairs to access hall	
Prerequisites:	Doctors clearance is advisable if over 50. Must be able to get on floor.	Transport:		
Activities:	Low impact exercises and Pilates. Bring a yoga mat.			

Zumba		All Ages		Sorrento
Venue:	Sorrento Community Centre 860 - 868 Melbourne Rd	Contact:	Sorrento Community Centre 5984 3360	
Melways Ref:	157 A7	Led By:	Trained Leader	
Times:	Tue 9.30 - 10.30 Thu 7pm	Group Access:		
Cost:	\$12 per session	Venue Access:	Disabled access	
Prerequisites:		Transport:		
Activities:	A fun fitness program using Latin dance			



GENERAL EXERCISE CLASSES

Aerobics		55+		Tootgarook
Venue:	Tootgarook Snr Citizens Centre 2 Barry St	Contact:	Senior Citizens Centre 5985 4992	
Melways Ref:	169 E4	Led By:	Trained Leader	
Times:	Wed - 9.00am	Group Access:		
Cost:	\$4 per session	Venue Access:	Ground Floor	
Prerequisites:	Annual membership - \$8	Transport:	None	
Activities:	Exercise on Mats			

Keep Fit		55+		Tootgarook
Venue:	Tootgarook Snr Citizens Centre 2 Barry St	Contact:	Senior Citizens Centre 5985 4992	
Melways Ref:	169 E4	Led By:	Trained Leader	
Times:	Mon 930 - 10.30am	Group Access:	WA	
Cost:	\$4 per session	Venue Access:	Ground Floor	
Prerequisites:	Annual membership - \$8	Transport:	None	
Activities:	Standing and floor exercise			

INDIVIDUALLY TAILORED EXERCISE

Pulmonary Rehab Program

All Ages

Rosebud

Venue: Community Health Rosebud
38 Braidwood Ave

Contact: Community Health ACCESS
1300 665 781

Melways Ref: 199 K2

Led By: Trained Leader

Times: Tue & Thu 1.00 - 3.00pm

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

Indoor Bowls		55+	Blairgowrie
Venue:	Blairgowrie Senior Citizens Club 9 William Rd	Contact:	Senior Citizens Club 5988 8395
Melways Ref:	167 G3	Led By:	Volunteer
Times:	Tue & Sat 1.30 - 3.30pm	Group Access:	WA MF
Cost:	\$1 per session	Venue Access:	Disabled access
Prerequisites:	Annual Membership - \$5	Transport:	300m from Bus 788
Activities:	Indoor bowling		

Indoor Bowls		Seniors	Dromana
Venue:	Dromana Senior Citizens Centre 43 Pier St	Contact:	Senior Citizens Club 5987 1109
Melways Ref:	159 J6	Led By:	Volunteer
Times:	Tue 9.00am & 1.00pm. Thu 1.00pm	Group Access:	WA MF
Cost:	\$2 per session	Venue Access:	Disabled access
Prerequisites:	Annual Membership - \$7	Transport:	200m from Bus 788
Activities:	Indoor bowls		

Marching Practice		Seniors	Dromana
Venue:	Dromana Senior Citizens Centre 43 Pier St	Contact:	Senior Citizens Club 5987 1109
Melways Ref:	159 J6	Led By:	Volunteer
Times:	Sat 10.30am	Group Access:	WA MF
Cost:	\$2 per session	Venue Access:	Disabled access
Prerequisites:	Annual Membership - \$7	Transport:	200m from Bus 788
Activities:	Marching Practice		

Southern Peninsula Vic. Veterans Athletic

30 - 60

Rosebud

Club

Venue: Athletics track
Truemans Rd

Contact: Russell Dow
5986 1228

Melways Ref: 169 D6

Led By: Trained Volunteer

Times: Sun 9.00am (When not daylight savings)
Wed 6.00pm (During daylight savings)

Group Access:

Cost: \$2 tea/coffee

Venue Access: Grass track

Prerequisites: None

Transport:

Activities: Not a structured group, monthly program. All standards welcome

Learn to play golf

All Ages

Sorrento

Venue: Sorrento Community Centre
860 - 868 Melbourne Rd

Contact: Sorrento Community Centre
5984 3360

Melways Ref: 157 A7

Led By: Professional Golfer

Times:

Group Access:

Cost: 4 sessions \$110

Venue Access: Disabled access

Prerequisites:

Transport:

Activities: 4 sessions with a professional to teach you how to play golf.

Social soccer for blokes

All Ages

Sorrento

Venue: Sorrento Community Centre
860 - 868 Melbourne Rd

Contact: Sorrento Community Centre
5984 3360

Melways Ref: 157 A7

Led By:

Times: Wed 7pm

Group Access:

Cost: \$3 per session

Venue Access: Disabled access

Prerequisites:

Transport:

Activities: A social game of soccer for all levels of skill

Indoor Bowls

55+

Tootgarook

Venue: Tootgarook Snr Citizens Centre
2 Barry St

Contact: Senior Citizens Centre
5985 4992

Melways Ref: 169 E4

Led By: Volunteer

Times: Thu 1.30

Group Access:

Cost: \$2 per session

Venue Access: Ground Floor

Prerequisites: Annual membership - \$8

Transport: None

Activities:

Snooker

55+

Tootgarook

Venue: Tootgarook Snr Citizens Centre
2 Barry St

Contact: Senior Citizens Centre
5985 4992

Melways Ref: 169 E4

Led By: Volunteer

Times: Tue 1:30pm

Group Access: WA

Cost: \$2 per session

Venue Access: Ground Floor

Prerequisites: Annual membership - \$8

Transport: None

Activities: Snooker

STRENGTHENING PROGRAMS

Stay On Your Feet - Active		All Ages	Blairgowrie
Venue:	Blairgowrie Community Hall 8 William Rd	Contact:	Community Health ACCESS 1300 665 781
Melways Ref:	167 H2	Led By:	Trained Leader
Times:	Mon & Fri 1.30 - 2.30pm	Group Access:	WA MF SA
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		

Agestrong - Entry		All Ages	Dromana
Venue:	Dromana Community House 15 Gibson St	Contact:	ACCESS, Peninsula Health 9788 1377
Melways Ref:	159 H6	Led By:	Trained Leader
Times:	Tue 2.00 - 3.00pm Thu 11.00am - 12.00pm	Group Access:	WA MF SA
Cost:	\$4.50 per session	Venue Access:	Disabled access
Prerequisites:	GP or Physio Assessment	Transport:	
Activities:	An Agestrong Exercise Program, see page 3 for details		

Agestrong - Self Management		All Ages	Dromana
Venue:	Dromana Community House 15 Gibson St	Contact:	ACCESS, Peninsula Health 9788 1377
Melways Ref:	159 H6	Led By:	Trained Leader
Times:	Tue 1.00 - 2.00pm Thu 10.00 - 11.00am	Group Access:	WA MF SA
Cost:	\$4.50 per session	Venue Access:	Disabled access
Prerequisites:	Completed an Agestrong Entry Program	Transport:	
Activities:	An Agestrong Exercise Program, see page 3 for details		

STRENGTHENING PROGRAMS

Live Well Strength Training - Chair based

All Ages

Rosebud

Venue: Rosebud Comm Health Centre
38 Braidwood Ave

Contact: Community Health ACCESS
1300 665 781

Melways Ref: 199 K2

Led By: Trained Leader

Times: Thu 10:30 - 11:30am

Group Access: WA MF SA

Cost: \$4.50 per session

Venue Access: Disabled access

Prerequisites: GP or Physio Assessment

Transport:

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

Agestrong - Entry

All Ages

Rosebud

Venue: Rosebud Comm Rehab Centre
Cnr Third Ave & Eastbourne Rd

Contact: ACCESS, Peninsula Health
9788 1377

Melways Ref: 170 C3

Led By: Trained Leader

Times: Wed & Fri 1:15 - 2:15pm

Group Access: WA MF SA

Cost: \$4.50 per session

Venue Access: Disabled access

Prerequisites: GP or Physio Assessment

Transport:

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

Agestrong - Self Management

All Ages

Rosebud

Venue: Rosebud Comm Rehab Centre
Cnr Third Ave & Eastbourne Rd

Contact: ACCESS, Peninsula Health
9788 1377

Melways Ref: 170 C3

Led By: Trained Leader

Times: Wed & Fri 2.30 - 3.30pm

Group Access: WA MF SA

Cost: \$4.50 per session

Venue Access: Disabled access

Prerequisites: Completed an Agestrong Entry Program

Transport:

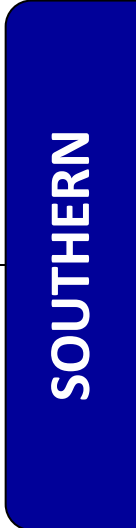
Activities: An Agestrong Exercise Program, see page 3 for details

STRENGTHENING PROGRAMS

Live Well Strength Training - Entry		All Ages	Rosebud
Venue:	Rosebud Public Library McDowell St (next to Ritchies IGA)	Contact:	Community Health ACCESS 1300 665 781
Melways Ref:	158 E12	Led By:	Trained Leader
Times:	Tue 2:30 - 4:30pm	Group Access:	WA MF
Cost:	\$4.50 per session	Venue Access:	Disabled access
Prerequisites:	GP or Physio Assessment	Transport:	
Activities:	An Agestrong Exercise Program, see page 3 for details		

Live Well Strength Training - Self Management		All Ages	Rosebud
Venue:	Rosebud Public Library McDowell St (next to Ritchies IGA)	Contact:	Community Health ACCESS 1300 665 781
Melways Ref:	158 E12	Led By:	Trained Leader
Times:	Tue 1.00 - 2:30pm	Group Access:	WA MF
Cost:	\$4.50 per session	Venue Access:	Disabled access
Prerequisites:	Completed an Agestrong Entry Program	Transport:	
Activities:	An Agestrong Exercise Program, see page 3 for details		

Staying Stronger for Longer - Self Management		Majority 50-70	Rosebud
Venue:	Rosebud Memorial Hall Nepean Hwy	Contact:	David Collings Leisure Centre 5975 0133
Melways Ref:	158 C12	Led By:	Trained Leader
Times:	Wed 1.00 - 2.00pm	Group Access:	SA WA MF
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		



STRENGTHENING PROGRAMS

Staying Stronger for Longer - Chair based

Majority 70+

Rosebud

Venue: Rosebud Memorial Hall
Nepean Hwy

Contact: David Collings Leisure Centre
5975 0133

Melways Ref: 158 C12

Led By: Trained Leader

Times: Wed 12.00 - 1.00pm

Group Access: SA WA MF

Cost: \$5.40 per session

Venue Access: Disabled access

Prerequisites: GP or Physio Assessment

Transport: Available to HACC Clients

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

Staying Stronger for Longer - Entry

Majority 50-70

Rosebud

Venue: Rosebud Memorial Hall
Nepean Hwy

Contact: David Collings Leisure Centre
5975 0133

Melways Ref: 158 C12

Led By: Trained Leader

Times: Wed 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

Live Well Strength Training - Active

40+

Rye

Venue: Rye Beach Comm Hall
27 Nelson St

Contact: Community Health ACCESS
1300 665 781

Melways Ref: 168 F4

Led By: Trained Leader

Times: Tue 1.00 - 2.00pm
Thu 9.00 - 10.00am

Group Access: SA MF

Cost: \$4 per class

Venue Access: Disabled access

Prerequisites: GP or Physio Assessment

Transport: Portsea Bus to Rye Hotel

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

STRENGTHENING PROGRAMS

Strength Training		All Ages	Sorrento
Venue:	Sorrento Community Centre 860 - 868 Melbourne Rd	Contact:	Sorrento Community Centre 5984 3360
Melways Ref:	157 A7	Led By:	Trained Leader
Times:	Wed & Fri 9.15-10.15	Group Access:	
Cost:	\$8 casual or 10 for \$60	Venue Access:	Disabled access
Prerequisites:	Able to get on floor. Relatively fit	Transport:	
Activities:	Various exercises including fitball use, mats and yoga & use of dumbbells		

Agestrong		55+	Tootgarook
Venue:	Tootgarook Snr Citizens Centre 2 Barry St	Contact:	Senior Citizens Centre 5985 4992
Melways Ref:	169 E4	Led By:	Trained Leader
Times:	Fri 12.00 - 1.00pm	Group Access:	WA MF SA
Cost:	\$5 per session	Venue Access:	Ground Floor
Prerequisites:	Annual membership - \$8	Transport:	None
Activities:	An Agestrong Exercise Program, see page 3 for details		

TAI CHI / YOGA / PILATES

Fitball Workout/Pilates

Rye

Venue:	Rye Community House 27 Nelson St	Contact:	Nanette Currie 5982 2994
Melways Ref:	168 F4	Led By:	Trained Leader
Times:	Fri 9.15am	Group Access:	WA MF SA
Cost:	\$12 per session if paying by term \$18.50 casual	Venue Access:	
Prerequisites:	Doctors clearance is advisable if over 50	Transport:	
Activities:	Fitball workout / Pilates. Bring a yoga mat.		

Yoga / Relaxation

Rye

Venue:	Rye Community House 27 Nelson St	Contact:	Nanette Currie 5982 2994
Melways Ref:	168 F4	Led By:	Trained Leader
Times:	Fri 10.30am	Group Access:	
Cost:	\$12 per session if paying by term \$18.50 casual	Venue Access:	Disabled access
Prerequisites:	Doctors clearance is advisable if over 50. Must be able to get on floor	Transport:	
Activities:	Breathing - standing movements. Sitting on floor relaxation. Bring a yoga mat.		

Yoga

All Ages

Blairgowrie

Venue:	Blairgowrie Yacht Squadron Point Nepean Rd	Contact:	Jo Hafey 0438 023 484
Melways Ref:	167 E1	Led By:	Trained Leader
Times:	Tue & Fri 9.15am - 10.30am	Group Access:	WA MF
Cost:	\$15 casual (Concessions available)	Venue Access:	Stairs into building
Prerequisites:	None	Transport:	
Activities:	Oki-do Yoga - A Japanese style yoga. A combinations of stretches		

TAI CHI / YOGA / PILATES

Yoga		All Ages	Blairgowrie
Venue:	Blairgowrie Yacht Squadron Point Nepean Rd	Contact:	Jo Hafey 0438 023 484
Melways Ref:	167 E1	Led By:	Trained Leader
Times:	Wed 7.00pm - 8.30	Group Access:	MF
Cost:	\$15 casual (Concessions available)	Venue Access:	Stairs into building
Prerequisites:	None	Transport:	
Activities:	Oki-do Yoga - A Japanese style yoga. A combinations of stretches		

Tai Chi / Yoga		Seniors	Dromana
Venue:	Dromana Senior Citizens Centre 43 Pier St	Contact:	Senior Citizens Club 5987 1109
Melways Ref:	159 J6	Led By:	Volunteer
Times:	Wed 9.00 - 10.00am	Group Access:	WA MF
Cost:	\$2per session	Venue Access:	Disabled access
Prerequisites:	Annual Membership - \$7	Transport:	200m from Bus 788
Activities:	Gentle exercise to improve balance, co-ordination, breathing and relaxation		

Tai Chi Club		50+	Rosebud
Venue:	Rosebud Comm Rehab Centre Cnr Third Ave & Eastbourne Rd	Contact:	Rosebud Comm Rehab Centre 5986 3344
Melways Ref:	170 C3	Led By:	Trained Leader
Times:	Tue 12.30pm - 1.30	Group Access:	
Cost:	\$5 per session	Venue Access:	Disabled access
Prerequisites:	Must have completed intro & intermediate	Transport:	
Activities:	Self help group tai chi for those completing the 8 week intro course Ongoing tai chi club after course completion		

TAI CHI / YOGA / PILATES

Fitball Workout/Pilates		55 - 80	Rosebud
Venue:	Southern Community Care Centre Cnr Eastbourne and Hinton St	Contact:	Nanette Currie 5982 2994
Melways Ref:	170 C3	Led By:	Trained Leader
Times:	Tue 6.00pm	Group Access:	WA MF SA
Cost:	\$12 per session if paying by term \$18.50 casual	Venue Access:	Disabled access
Prerequisites:	Doctors clearance is advisable if over 50	Transport:	
Activities:	Fitball workout / Pilates. Bring a yoga mat.		

Yoga / Relaxation			Rosebud
Venue:	Southern Community Care Centre Cnr Eastbourne and Hinton St	Contact:	Nanette Currie 5982 2994
Melways Ref:	170 C3	Led By:	Trained Leader
Times:	Mon 6.00pm	Group Access:	
Cost:	\$12 per session if paying by term \$18.50 casual	Venue Access:	Disabled access
Prerequisites:	Doctors clearance is advisable if over 50. Must be able to get on floor	Transport:	
Activities:	Breathing - standing movements. Sitting on floor relaxation. Bring a yoga mat.		

Pilates		All Ages	Rosebud
Venue:	Rosebud Memorial Hall Nepean Hwy	Contact:	David Collings Leisure Centre 5975 0133
Melways Ref:	158 C12	Led By:	Trained Leader
Times:	Tue 11:30am - 12:30pm	Group Access:	
Cost:	\$9.00 per session	Venue Access:	Disabled access
Prerequisites:	Must be able to get on floor	Transport:	
Activities:	A gentle class designed to improve flexibility and core strength.		

TAI CHI / YOGA / PILATES

Yoga		All Ages	Sorrento
Venue:	Sorrento Community Centre 860 - 868 Melbourne Rd	Contact:	Sorrento Community Centre 5984 3360
Melways Ref:	157 A7	Led By:	Trained Leader
Times:	Tue & Fri 9.15 - 10.30am Wed 7.00pm - 8.15	Group Access:	
Cost:	\$15 per session	Venue Access:	Disabled access
Prerequisites:		Transport:	
Activities:	Okido for health and wellbeing		

Qigong		All Ages	Sorrento
Venue:	Sorrento Community Centre 860 - 868 Melbourne Rd	Contact:	Sorrento Community Centre 5984 3360
Melways Ref:	157 A7	Led By:	Trained Leader
Times:	Wed & Thu 9.00am	Group Access:	
Cost:	\$15 per session	Venue Access:	Disabled access
Prerequisites:		Transport:	
Activities:	Meditation		

Meditation		All Ages	Sorrento
Venue:	Sorrento Community Centre 860 - 868 Melbourne Rd	Contact:	Sorrento Community Centre 5984 3360
Melways Ref:	157 A7	Led By:	Trainer Leader
Times:	Mon 9.15	Group Access:	
Cost:	\$8 per session	Venue Access:	Disabled access
Prerequisites:		Transport:	
Activities:	Meditation		



TAI CHI / YOGA / PILATES

Tai Chi		All Ages	Sorrento
Venue:	Sorrento Community Centre 860 - 868 Melbourne Rd	Contact:	Sorrento Community Centre 5984 3360
Melways Ref:	157 A7	Led By:	Trained Leader
Times:	Mon 10.30 - 11.30	Group Access:	SA MF WA
Cost:	\$140 for 10 weeks	Venue Access:	Disabled access
Prerequisites:	None	Transport:	
Activities:	Gentle Tai Chi movements for beginners.		

Tai Chi		All Ages	Sorrento
Venue:	Sorrento Community Centre 860 - 868 Melbourne Rd	Contact:	Sorrento Community Centre 5984 3360
Melways Ref:	157 A7	Led By:	Trained Leader
Times:	Tue & Thu - 10.15 - 11.15am	Group Access:	SA MF WA
Cost:	\$140 for 10 weeks	Venue Access:	Disabled access
Prerequisites:	None	Transport:	
Activities:	Gentle Tai Chi movements		

Tai Chi for Health & Relaxation - Beginners		55+	Tootgarook
Venue:	Tootgarook Snr Citizens Centre 2 Barry St	Contact:	Senior Citizens Centre 5985 4992
Melways Ref:	169 E4	Led By:	Trained Leader
Times:	Wed 1.00pm	Group Access:	WA MF
Cost:	\$3 per session	Venue Access:	Ground Floor
Prerequisites:	Annual membership - \$8	Transport:	None
Activities:	Tai chi to resume/maintain involvement in active leisure. Suited for individuals who have ceased physical activity and social contact		

TAI CHI / YOGA / PILATES

Tai Chi for Health & Relaxation

55+

Tootgarook

Venue: Tootgarook Snr Citizens Centre
2 Barry St

Contact: Senior Citizens Centre
5985 4992

Melways Ref: 169 E4

Led By: Trained Leader

Times: Tue 9.00 - 10.00am

Group Access:

Cost: \$3 per session

Venue Access: Ground Floor

Prerequisites: Annual membership - \$8

Transport:

Activities:

WALKING / CYCLING

Walking/Cycling Group		All Ages	McCrae
Venue:	Meet at McCrae Lighthouse Point Nepean Rd	Contact:	New Peninsula 5973 8888
Melways Ref:	158 K10	Led By:	Self Help
Times:	Mon 9.30 - 10.30am	Group Access:	
Cost:	Free	Venue Access:	
Prerequisites:	None	Transport:	
Activities:	Social walking group		

Rosebud Plaza Walks		All Ages	Rosebud
Venue:	Rosebud Plaza Shopping Centre Cnr of Boneo Rd and McCombe St	Contact:	David Collings Leisure Centre 5975 0133
Melways Ref:	170 B2	Led By:	Trained Leader
Times:	Thu 7.45 - 8.45am	Group Access:	WA
Cost:	Free	Venue Access:	Disabled access
Prerequisites:	None	Transport:	
Activities:	Supported indoor walking group. Includes warm up, indoor walk and cool down exercises. Volunteers available if extra support is required.		

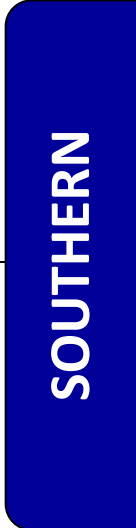
Pole Walking		All Ages	Rosebud
Venue:	Leaves from Rosebud Foreshore Opposite Jetty Rd	Contact:	Sue Russell 0412 452 498
Melways Ref:	158 F11	Led By:	Trained Leader
Times:	Tue 10.30am	Group Access:	
Cost:	\$5 per session (includes pole hire)	Venue Access:	On the sand
Prerequisites:	Must be able to walk in firm sand	Transport:	
Activities:	Walking with 2 poles in the firm sand along the foreshore		

WALKING / CYCLING

Pacers Walking Club - Rosebud		All Ages	Rosebud
Venue:	Meet at Sound Shell Village Green, Foreshore Reserve Point Nepean Road (opposite 6th Avenue)	Contact:	Pam Romanoff 5986 3094
Melways Ref:	158 D12	Led By:	Volunteers
Times:	Wed 9.00 - 10.00am	Group Access:	
Cost:	Donation	Venue Access:	
Prerequisites:	None	Transport:	
Activities:	Walk along the board walk in a group. Walk at your own pace		

Rosebud Walking Group		All Ages	Rosebud West
Venue:	Meet at Aqua Blue Café 1591 Point Nepean Hwy	Contact:	Mornington Peninsula Shire 5950 1560
Melways Ref:	169 J2	Led By:	Trained Leader
Times:	Fri 10.00am	Group Access:	
Cost:	Free	Venue Access:	
Prerequisites:	None	Transport:	
Activities:	Run in partnership by Mornington Peninsula Shire and the Heart Foundation this outdoor walk is suitable for all abilities.		

Rye Coastal Walk		All Ages	Rye
Venue:	Meet in the Rye Community House 27 Nelson St	Contact:	Rye Community House 5985 4462
Melways Ref:	168 F4	Led By:	Trained Leader
Times:	Mon 9.30 - 11.00am	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.		



WALKING / CYCLING

Wednesday Walkers

All Ages

Sorrento

Venue: Sorrento Community Centre
860 - 868 Melbourne Rd

Contact: Sorrento Community Centre
5984 3360

Melways Ref: 157 A7

Led By: Self Help Group

Times: Wed 9.30 - 11.30am

Group Access:

Cost: Free

Venue Access: Disabled access

Prerequisites:

Transport:

Activities: A brisk-paced outdoor walk along a variety of tracks.

WATER EXERCISES

Aqua Exercise		All Ages	Rosebud
Venue:	Peninsula Swim & Aquatic Centre Colchester Rd	Contact:	Rosebud Swimming Centre 5981 2667
Melways Ref:	170 A6	Led By:	Water Aerobics
Times:	Mon, Wed, & Fri 9.00am Mon & Thu 12pm	Group Access:	MF
Cost:	\$8.50 per session Book of 10 - \$70	Venue Access:	Disabled access - not into pool
Prerequisites:	GP certificate if underlying condition	Transport:	
Activities:	Water Aerobics		

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