

# Physical Activity Directory for Older People

2011 - 2012



## Western Port

Somerville

Hastings

Crib Point



PENINSULA HEALTH



Produced by Ageing Well,  
Peninsula Health Community Health

[www.peninsulahealth.org.au/ageingwell](http://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](mailto:Agestrong@phcn.vic.gov.au)

Web: [www.peninsulahealth.org.au/agestrong](http://www.peninsulahealth.org.au/agestrong)



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### 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)

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### 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)

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## **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)



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## 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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## 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.
- Howe, T., Rochester, L., Jackson, A., Banks, P., & Blair, V. (2009). Exercise for improving balance in older people (Review). *The Cochrane Collaboration*.
- McKinley, P., Jacobson, A., Leroux, A., Bednarczyk, V., Rossingol, M., & Fung, J. (2008). Effect of a community based Argentine tango dance program on functional balance and confidence in older adults. *Journal of Ageing and Physical Activity*, 16, 435-453.
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- Tsourlou, T., Benik, A., Dipla, K., Zafeiridis, A., & Kellis, S. (2006). The effects of a twenty four week aquatic training program on muscular strength performance in healthy elderly women. *Journal of Strength and Conditioning Research*, 20(4), 811-818.
- Yao, L., Giordani, B., & Alexander, N. (2008). Developing a positive emotion-motivated Tai Chi (PEM-TC) exercise program for older adults with dementia. *Research and Therapy for Nursing Practice: An International Journal*, 22(4), 241-255.

# Westernport Region



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Crib Point | Hastings  
Somerville



**GENERAL EXERCISE GROUPS**

<b>Hastings Hall Exercise Class</b>		<b>50+</b>	Hastings
<b>Venue:</b>	Hastings Hall 1973 Frankston-Flinders Rd	<b>Contact:</b>	Mornington Peninsula Shire 5950 1560
<b>Melways Ref:</b>	154 G8	<b>Led By:</b>	Trained Leader
<b>Times:</b>	Thu 9.30 - 10.30am	<b>Group Access:</b>	
<b>Cost:</b>	\$5 per session	<b>Venue Access:</b>	Disabled access
<b>Prerequisites:</b>	None	<b>Transport:</b>	
<b>Activities:</b>	Gentle exercise		

<b>Circuit Breakers</b>		<b>All Ages</b>	Hastings
<b>Venue:</b>	Pelican Park 2 Marine Pde	<b>Contact:</b>	Pelican Park Rec Centre 1300 850 197
<b>Melways Ref:</b>	154 K11	<b>Led By:</b>	Trained Leader
<b>Times:</b>	Thu 12:30 - 1:30pm	<b>Group Access:</b>	WA
<b>Cost:</b>	\$13 per session \$9.10 concession \$5.40 All Access	<b>Venue Access:</b>	Disabled access
<b>Prerequisites:</b>	GP Assessment - contact for form	<b>Transport:</b>	
<b>Activities:</b>	Circuit based aerobics		

<b>Somers Hall Exercise Class</b>		<b>50+</b>	Hastings
<b>Venue:</b>	Somers Community Hall 68 Camp Hill Rd	<b>Contact:</b>	Mornington Peninsula Shire 5950 1560
<b>Melways Ref:</b>	194 C9	<b>Led By:</b>	Trained Leader
<b>Times:</b>	Thu 11.00-12.00pm	<b>Group Access:</b>	
<b>Cost:</b>	\$5 per session	<b>Venue Access:</b>	Disabled access
<b>Prerequisites:</b>	None	<b>Transport:</b>	
<b>Activities:</b>	Gentle exercise		

**GENERAL EXERCISE GROUPS**

<b>Circuit Breakers</b>		<b>All Ages</b>	Somerville
<b>Venue:</b>	Somerville Rec Centre 14 Edward St	<b>Contact:</b>	Mornington Peninsula Shire 5950 1560
<b>Melways Ref:</b>	107 E12	<b>Led By:</b>	Trained Leader
<b>Times:</b>	Thu 10:30 - 11.30am	<b>Group Access:</b>	
<b>Cost:</b>	\$5.40 per session	<b>Venue Access:</b>	Disabled access
<b>Prerequisites:</b>	None	<b>Transport:</b>	
<b>Activities:</b>	Gentle aerobics circuit		

<b>Prime Movers</b>		<b>Majority 50+</b>	Somerville
<b>Venue:</b>	Somerville Rec Centre 14 Edward St	<b>Contact:</b>	Mornington Peninsula Shire 5950 1560
<b>Melways Ref:</b>	107 E12	<b>Led By:</b>	Trained Leader
<b>Times:</b>	Tue 10.30am	<b>Group Access:</b>	
<b>Cost:</b>	\$5.40 per session	<b>Venue Access:</b>	Disabled access
<b>Prerequisites:</b>	None	<b>Transport:</b>	
<b>Activities:</b>	Gentle exercise to music		

<b>Pryme Movers</b>		<b>All Ages</b>	Somerville
<b>Venue:</b>	Somerville YMCA 55 Grant Rd	<b>Contact:</b>	Somerville YMCA 5977 7711
<b>Melways Ref:</b>	107 F11	<b>Led By:</b>	Trained Leader
<b>Times:</b>	Wed & Fri 1.30pm	<b>Group Access:</b>	SA
<b>Cost:</b>	Casual - \$8 10 sessions - \$65 25 sessions - \$147.50	<b>Venue Access:</b>	Ramped access
<b>Prerequisites:</b>	None	<b>Transport:</b>	
<b>Activities:</b>	A modified exercise program for older adults who like to keep active. Works on cardio fitness, strength, flexibility and balance in a fun and friendly environment.		

**STRENGTHENING PROGRAM**

**Stay On Your Feet - Chair based**

**All Ages**

Hastings

**Venue:** Pelican Park  
2 Marine Pde

**Contact:** Community Health ACCESS  
1300 665 781

**Melways Ref:** 154 K11

**Led By:** Trained Leader

**Times:** Mon 2.30 - 3.15pm

**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+**

Hastings

**Venue:** Pelican Park  
2 Marine Pde

**Contact:** Community Health ACCESS  
1300 665 781

**Melways Ref:** 154 K11

**Led By:** Trained Leader

**Times:** Mon 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

**Stay On Your Feet - Self Management**

**60+**

Hastings

**Venue:** Pelican Park  
2 Marine Pde

**Contact:** Community Health ACCESS  
1300 665 781

**Melways Ref:** 154 K11

**Led By:** Trained Leader

**Times:** Mon 12.00 - 1.00pm  
Wed 8.10 - 9.15am

**Group Access:**

**Cost:** \$5.40 per session

**Venue Access:** Disabled access

**Prerequisites:** Completed entry program

**Transport:**

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

**TAI CHI / YOGA / PILATES**

<b>Yoga</b>		<b>All Ages</b>	Crib Point
<b>Venue:</b>	Crib Point Comm House 7 Park Rd	<b>Contact:</b>	Crib Point Comm House 5983 9888
<b>Melways Ref:</b>	195 B2	<b>Led By:</b>	Trained Leader
<b>Times:</b>	Mon 9.30am - 11.00am Thu 6.00 - 7.00pm	<b>Group Access:</b>	SA MF WA
<b>Cost:</b>	\$60 for 8 weeks	<b>Venue Access:</b>	Ramped access
<b>Prerequisites:</b>	None	<b>Transport:</b>	Bus 782 Train to Crib Point
<b>Activities:</b>			

<b>Tai Chi for Arthritis - Beginners</b>		<b>All Ages</b>	Hastings
<b>Venue:</b>	Community Health Hastings 185 High St	<b>Contact:</b>	Community Health ACCESS 1300 665 781
<b>Melways Ref:</b>	154 F11	<b>Led By:</b>	Trained Leader
<b>Times:</b>	Tue 3.00 - 4.00pm	<b>Group Access:</b>	WA MF SA
<b>Cost:</b>	\$4 per session (paid by term)	<b>Venue Access:</b>	Disabled access
<b>Prerequisites:</b>	None	<b>Transport:</b>	
<b>Activities:</b>	Specially designed Tai Chi movements for people with arthritis		

<b>Tai Chi for Arthritis - Intermediate</b>		<b>All Ages</b>	Hastings
<b>Venue:</b>	Community Health Hastings 185 High St	<b>Contact:</b>	Community Health ACCESS 1300 665 781
<b>Melways Ref:</b>	154 F11	<b>Led By:</b>	Trained Leader
<b>Times:</b>	Tue 2.00 - 3.00pm	<b>Group Access:</b>	WA MF SA
<b>Cost:</b>	\$4 per session (paid by term)	<b>Venue Access:</b>	Disabled access
<b>Prerequisites:</b>	Completion of the beginners sessions	<b>Transport:</b>	
<b>Activities:</b>	Specially designed Tai Chi movements for people with arthritis		

**TAI CHI / YOGA / PILATES**

<b>Tai Chi</b>		<b>All Ages</b>	Hastings
<b>Venue:</b>	Pelican Park 2 Marine Pde	<b>Contact:</b>	Pelican Park Rec Centre 1300 850 197
<b>Melways Ref:</b>	154 K11	<b>Led By:</b>	Trained Leader
<b>Times:</b>	Tue 12:45 - 1:45pm	<b>Group Access:</b>	
<b>Cost:</b>	\$13 per session \$9.10 concession \$5.40 All Access	<b>Venue Access:</b>	Disabled access
<b>Prerequisites:</b>	GP Assessment - contact for form	<b>Transport:</b>	
<b>Activities:</b>	Tai Chi movements		

**WALKING / CYCLING**

<b>Walking Slow Pace</b>		<b>All Ages</b>	Crib Point
<b>Venue:</b>	Crib Point Comm House 7 Park Rd	<b>Contact:</b>	Crib Point Comm House 5983 9888
<b>Melways Ref:</b>	195 B2	<b>Led By:</b>	Trained Volunteer
<b>Times:</b>	Tue 9.00am	<b>Group Access:</b>	
<b>Cost:</b>	Free	<b>Venue Access:</b>	Ramped access
<b>Prerequisites:</b>	None	<b>Transport:</b>	Bus 782 Train to Crib Point
<b>Activities:</b>	Slow paced walk, weather permitting. Various routes in local area		

<b>Hastings U3A Cycling Group</b>		<b>55+</b>	Hastings
<b>Venue:</b>	Meet at Hastings Community Hub 1973 Frankston-Flinders Rd	<b>Contact:</b>	U3A 5979 8585
<b>Melways Ref:</b>	154 G8	<b>Led By:</b>	Trained Volunteer
<b>Times:</b>	Thu 9.30am	<b>Group Access:</b>	
<b>Cost:</b>	Free	<b>Venue Access:</b>	
<b>Prerequisites:</b>	Member of Hastings U3A (\$25 annually)	<b>Transport:</b>	
<b>Activities:</b>	Perfect for all abilities. 15 - 30km at your own pace		

<b>U3A Walking Group</b>		<b>55+</b>	Hastings
<b>Venue:</b>	Meet at Hastings Community Hub 1973 Frankston-Flinders Rd	<b>Contact:</b>	U3A 5979 8585
<b>Melways Ref:</b>	154 G8	<b>Led By:</b>	Trained Volunteer
<b>Times:</b>	Wed 9.30am	<b>Group Access:</b>	
<b>Cost:</b>	Free	<b>Venue Access:</b>	
<b>Prerequisites:</b>	Member of Hastings U3A (\$25 annually)	<b>Transport:</b>	
<b>Activities:</b>	5-6km at a slow - medium pace. Suitable for beginners.		

**WALKING / CYCLING**

**Bicycle User Group - Hastings**

**All Ages**

Hastings

**Venue:** Meet at Pelican Park Rec Centre  
2 Marine Pde

**Contact:** Mornington Peninsula Shire  
5950 1560

**Melways Ref:** 154 K11

**Led By:** Volunteer

**Times:** Mon 10.00am

**Group Access:**

**Cost:** Free

**Venue Access:**

**Prerequisites:** None

**Transport:**

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

**Somerville Walk**

**All Ages**

Somerville

**Venue:** Meet at Somerville Rec Centre  
14 Edward St

**Contact:** Mornington Peninsula Shire  
5950 1560

**Melways Ref:** 107 E12

**Led By:** Trained Leader

**Times:** Mon, Wed & Fri 9.00am

**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.

**WATER EXERCISES**

<b>AquaEze</b>		<b>All Ages</b>	Hastings
<b>Venue:</b>	Pelican Park 2 Marine Pde	<b>Contact:</b>	Pelican Park Rec Centre 1300 850 197
<b>Melways Ref:</b>	154 K11	<b>Led By:</b>	Trained Leader
<b>Times:</b>	Fri 12.45 - 1.45pm	<b>Group Access:</b>	WA
<b>Cost:</b>	\$13 per session \$9.10 concession \$5.40 All Access	<b>Venue Access:</b>	Disabled access Ramped access into the pool
<b>Prerequisites:</b>	GP Assessment - contact for form	<b>Transport:</b>	
<b>Activities:</b>	Pool is 28 - 30 C. Modified water aerobics for those with mobility concerns		

<b>SWEAT Aqua</b>		<b>All Ages</b>	Hastings
<b>Venue:</b>	Pelican Park 2 Marine Pde	<b>Contact:</b>	Pelican Park Rec Centre 1300 850 197
<b>Melways Ref:</b>	154 K11	<b>Led By:</b>	Trained Leader
<b>Times:</b>	Wed 10.30 - 11.30am	<b>Group Access:</b>	WA
<b>Cost:</b>	\$13 per session \$9.10 concession \$5.40 All Access	<b>Venue Access:</b>	Disabled access Ramped access into the pool
<b>Prerequisites:</b>	GP Assessment - contact for form	<b>Transport:</b>	
<b>Activities:</b>	Pool is 28 - 30 C. Aqua exercise to music, based on Sports Science Research.		

<b>Koori Water Program</b>		<b>All Ages</b>	Hastings
<b>Venue:</b>	Pelican Park 2 Marine Pde	<b>Contact:</b>	Koori Team 9784 8100
<b>Melways Ref:</b>	154 K11	<b>Led By:</b>	Trained Leader
<b>Times:</b>	Tue 11.30am - 1.00pm	<b>Group Access:</b>	
<b>Cost:</b>	Free	<b>Venue Access:</b>	
<b>Prerequisites:</b>	Must have an assessment with a Koori Team member or Physiotherapist.	<b>Transport:</b>	Transport available if required.
<b>Activities:</b>	Water exercises followed by a healthy meal.		

**WATER EXERCISES**

<b>Aqua Exercises</b>		<b>All Ages</b>	Somerville
<b>Venue:</b>	Somerville YMCA 55 Grant Rd	<b>Contact:</b>	Somerville YMCA 5977 7711
<b>Melways Ref:</b>	107 F11	<b>Led By:</b>	Trained Leader
<b>Times:</b>	Wed 6.30pm	<b>Group Access:</b>	
<b>Cost:</b>	Casual - \$8 10 sessions - \$65 25 sessions - \$147.50	<b>Venue Access:</b>	Steps into pool & hoist
<b>Prerequisites:</b>	Must be able to move quickly in the water	<b>Transport:</b>	
<b>Activities:</b>	Pool is 34 - 35 C. Exercise in the water - a fantastic cardio and toning workout using the water as resistance		

<b>Hydrotherapy Aqua</b>		<b>All Ages</b>	Somerville
<b>Venue:</b>	Somerville YMCA 55 Grant Rd	<b>Contact:</b>	Somerville YMCA 5977 7711
<b>Melways Ref:</b>	107 F11	<b>Led By:</b>	Trained Leader
<b>Times:</b>	Tue & Thu 1.30pm Fri 12.30pm	<b>Group Access:</b>	
<b>Cost:</b>	Casual - \$8 10 sessions - \$65 25 sessions - \$147.50	<b>Venue Access:</b>	Steps into pool & hoist
<b>Prerequisites:</b>	Must be able to move quickly in the water	<b>Transport:</b>	
<b>Activities:</b>	Pool is 34 - 35 C. Intermediate hydro using resistance to help increase muscular endurance and fitness.		

**WATER EXERCISES**

**Hydrotherapy for Beginners**

**All Ages**

Somerville

**Venue:** Somerville YMCA  
55 Grant Rd

**Contact:** Somerville YMCA  
5977 7711

**Melways Ref:** 107 F11

**Led By:** Trained Leader

**Times:** Tue & Thu 2.45pm

**Group Access:** MF WA as long as can support  
self in pool

**Cost:** Casual - \$8  
10 sessions - \$65  
25 sessions - \$147.50

**Venue Access:** Steps into pool & hoist

**Prerequisites:** None

**Transport:**

**Activities:** Pool is 34 - 35 C. Hydro for people with joint problems/replacements or arthritis or those who have not exercise for some time.



# 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](mailto:ageingwell@phcn.vic.gov.au)**

The directory can also be downloaded from:

**[www.peninsulahealth.org.au/ageingwell](http://www.peninsulahealth.org.au/ageingwell)**



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