

ACTIVITIES

Walk & Talk Group

Walking in a group is an economical, safe, fun way to exercise. Suitable for all fitness levels. Wear comfortable walking shoes and suitable clothing. Don't forget the sunscreen, water bottle and hat. This group meets weekly. Please phone 9776 1386 to book your place.

Facilitator: Dot Clarke.

Every Tuesday 9.30 am to 11 am \$2 towards tea/coffee, biscuit

Community Craft Morning



Come along to our friendly group and learn a new craft. Please bring basic sewing requirements, scissors, pen, pencil, ruler, needles and thread. All welcome. Please book ahead, on 9776 1386, so that craft materials can be arranged for you.

Facilitator: Sallie Inwood.

Thursday 10 am – 12noon during school terms

Cost: \$3 per session (plus materials cost of \$5 per week)

Or bring your own craft to work on and pay \$3 per session

Creative Writers

Our tutor is a former English teacher who writes poetry and short stories and would like to share her knowledge and skills with others in the community who like to express themselves.

Classes are held fortnightly on Tuesday afternoons.

For further information please call Longbeach PLACE on 9776 1386

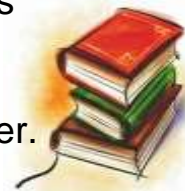
Bayside Book Group

A great opportunity for book lovers to get together and discuss books and to make new social contacts. The group meets monthly on the first Saturday of each month 4 pm – 6 pm and afterwards for a meal at a local Pub or Restaurant for those who wish to stay on and chatter.

\$3.00 per month (Pub or Restaurant meal is an extra cost)

For further information please phone:

Chris on 9787 7865 / 0411 110 328 or Val on 9772 7980 / 0404 951 582



Broadway Art Group

Friendly non-tutorial group meeting as friends to pursue Art as a hobby. *Wednesday 1 pm - 3 pm.*

For further information phone Lee on 9772 2629

Chelsea PC Support Group

A group for all ages that meets monthly to share knowledge, ideas, enthusiasm, and problem solve their use of computers. Please bring notepad, pencil for taking down notes. To join please phone 9776 1386.

Facilitator: Rojer Liberman.

First Saturday of each month, 1pm - 4 pm Cost: \$3 per session

COMMUNITY GROUPS

Independently managed groups are supported by Longbeach PLACE Inc. Please phone group contacts to arrange participation in rental groups

Al-Anon Family Group

Fellowship for families and friends of alcoholics (by donation).

Weekly meetings every Tuesday evening at 7.30pm

Contact: Al-Anon Helpline 9642 3330

Grow Group

Grow Groups offer friendly support and direction for people experiencing emotional problems or mental illness. Grow members use a proven 12 step program for recovery and personal growth to maturity. No referrals needed.

Please contact: Grow on 9528 2977 or 1800 558 268

Gold coin donation. *Weekly every Wednesday 7.30 pm - 10 pm*

Australian Shareholders Association

Informal discussion on a range of topics concerning the Stock Market. The group meets on the 2nd Thursday of each month 10 am - 12 noon.

For further information phone Don on 0413 598 349

Probus

The Chelsea Probus club invites membership of women and men to enjoy fellowship, meetings with interesting guest speakers and outings to places of interest. For further information please call Ron on 9772 2896

Agestrong Exercises

Exercises to music for the aged. Various abilities catered for. Good fun for all! Classes are held on Tuesdays & Thursdays.

For more information please phone Frankston Community Rehabilitation Program on 9783 7288 or 0447 540 776

Pulmonary Rehabilitation Program

6 week course of 12 sessions. Education and exercises for people with lung conditions. For more information please phone Frankston Community Rehabilitation Program on 9783 7288 or 0447 540 776

CHILDREN'S SERVICES

Occasional Care (Take a Break)

We provide quality care, learning and development opportunities for children from 8 weeks to school age in a happy, safe environment.

Bookings are Essential.



Tuesday and Friday: 9.30 am – 2.30pm
Thursday: 9.30 am – 12.30 pm
(During School Terms Only)

Take time out to care for yourself, have a break, do your shopping in peace, attend those appointments knowing your child is safe, happy and learning through play. This service is available to all families in the general community and provides a convenient option to those attending our classes and group activities. Parents are required to complete a registration form for each child before being eligible to use the service. \$20.00 annual membership fee applies.

3 Years & Older Pre Kinder

Wednesday: 9.15 am – 12.15 pm
(During School Terms Only)



City of Kingston Immunisations

Mornings between 10 am and 11 am, 4th Wednesday each month

Evenings between 5.00 pm and 6.00pm, 2nd Thursday each month

For all enquiries regarding immunisations please phone Kingston Immunisation Service on 9581 4870

Annual Membership

It is Committee of Management policy that all participants pay an annual Membership Fee of \$20 each calendar year with an option of applying for Voting Membership. By joining, individuals are making a commitment to abide by the Member's Code.

Our Values

Our friendly welcoming atmosphere
Our diverse range of quality programs
Our community focus



All programs, groups, activities, costs and dates are subject to change

November 2009