

# Seniors Events & Activities

Enjoy these free activities and events during our Seniors Week Celebrations.



## Monday 7th October



### Karingal Hub | Health Walks 7.45am to 8.45am

Low impact – join Peninsula Health walk leaders to get fitter and have fun. Fitness attire essential.

Location: Centre Court  
No bookings required

### Australian Multicultural Seniors Support Group | Information Booth 10:00am-3:00pm

Learn about socialisation opportunities which include craft activities, board games and dancing. Enjoy craft displays and demonstrations on how to make upcycled bags.

Location: Centre Court  
No bookings required

### Frankston City Library | Information Booth 10:00am-1:00pm

Learn more about the many services available to you such as Book Club which provides an opportunity to meet new people, discover new authors, share ideas and experiences about books and about our different lives.

Location: Centre Court  
No bookings required



### Mornington Peninsula Orchid Society | Orchid Potting Class 11:30am-12:30pm

Learn about the art of repotting and growing orchids with tips and hints from seasoned enthusiasts.

Location: Centre Court  
Text or call 0406 165 382 for bookings



**Monday 7th October**



### **Pine's Men's Shed | Information Booth**

**11:30am-2:00pm**

Celebrate mateship and come along to see a display of the groups' wares and find out how they are contributing to men's health and wellbeing within your community.

**Location:** Centre Court  
**No bookings required**

### **Frankston City Library | Book Club at the Book Hub**

**1:30pm-2:30pm**

Kick off the literary conversation with a FREE Book and Book Club Pack limited to the first 20 to register. Book title is 'Our souls at night' by author Kent Haruf.

**Location:** The Book Hub  
**Text or call 0406 165 382 for bookings**



**Tuesday 8th October**

### **Telstra | Cyber Safety Session**

**10:00am-11:00am**

Learn how to recognise and avoid online scamming with this tutorial and demonstration on how to be safe on the internet.

**Location:** Centre Court  
**Text or call 0406 165 382 for bookings**



### **Flight Centre | APT Cruising Information Booth**

**10:00am - 3:00pm**

Plan the perfect trip with tips from the best in the travel business.

**Location:** Centre Court  
**No bookings required**

### **The Probus Club of Frankston | Information Booth**

**11:00am-3:00pm**

Meet other group members and learn about the activities and outings this group organises catering to men and women of retirement age.

**Location:** Centre Court  
**No bookings required**

 **Wednesday 9th October**



**Goodlife Health Clubs | Yoga**  
11:30am-12:30pm

Take part in a yoga session designed to keep you fit and energetic. Fitness attire required.

Location: Centre Court  
Text or call 0406 165 382 for bookings

**Peninsula Health Diabetes & Nutrition | Information Booth**  
12:30pm-3:00pm

Talk to a diabetes educator and dietician for more information on diabetes, nutrition and diabetes risk assessments.

Location: Centre Court  
No bookings required

**Peninsula Health Diabetes & Nutrition | Information Session**  
1:30pm-2:30pm

Hear from Diabetes Educators and Dietitians looking at nutrition and diets in over 65's.

Location: Centre Court  
Text or call 0406 165 382 for bookings

**Karingal Hub | Health Walks**  
7:45am-8:45am

Low impact - join Peninsula Health walk leaders to get fitter and have fun. Fitness attire essential.

Location: Centre Court  
No bookings required



**Frankston Chess Club | Learn To Play Chess**  
10:00am-11:00am

It's never too late to learn to play chess! Learn the basics and practice your skills in preparation for Saturday's challenge.

Location: Centre Court  
Text or call 0406 165 382 for bookings

**Brotherhood of St Laurence | Information Booth**  
10:00am-2:00pm

Learn about respite care, craft activities and home care packages available.

Location: Centre Court  
No bookings required



**Wednesday 9th October**

### Goodlife Health Clubs | Active Adults

12:00pm-1:00pm

A strength and cardiovascular work out designed to keep you fit and energetic. Fitness attire required.

Location: Centre Court  
Text or call 0406 165 382 for bookings



### University of the Third Age | Learn to Play Mahjong

12:00pm-2:00pm

Come along and learn how to play the classic game of Mahjong.

Location: Centre Court  
Text or call 0406 165 382 for bookings

### Mornington Peninsula Orchid Society | Orchid Potting Class

2:00pm-3:00pm

Learn about the art of repotting and growing orchids with tips and hints from seasoned enthusiasts.

Location: The Book Hub  
Text or call 0406 165 382 for bookings



**Thursday 10th October**



### Brotherhood of St Laurence | Information Booth

10:00am-2:00pm

Learn about respite care, craft activities and home care packages available.

Location: Centre Court  
No bookings required

### Brotherhood of St Laurence | Art Workshop

11:30am-12:30pm

Enjoy a craft and art workshop with all material provided by Kaisercraft, Karingal Hub.

Location: Centre Court  
Text or call 0406 165 382 for bookings

 **Friday 11th October****Priceline | Makeup over 55's**  
1:00pm-2:00pm

Learn about the latest trends in skincare for every skin type and concern with a special focus on anti-aging products.

**Location:** Centre Court  
Text or call 0406 165 382 for bookings

**Karingal Hub | Health Walks**  
7.45am to 8.45am

Low impact - join Peninsula Health walk leaders to get fitter and have fun. Fitness attire essential.

**Location:** Centre Court  
No bookings required

**Telstra | Apple Training Session**  
1:30pm-2:30pm

Learn how to use your Apple iPhone or iPad so you best know how to stay connected and up to date.

**Location:** Centre Court  
Text or call 0406 165 382 for bookings

**Home Instead Senior Care | Information Booth**  
10:00am-12:00pm

Find the right care for you and your loved ones. Explore the personal care services and home helper services that are available.

**Location:** Centre Court  
No bookings required

**Brotherhood of St Laurence | Information Booth**  
10:00am-2:00pm

Learn about respite care, craft activities and home care packages available.

**Location:** Centre Court  
No bookings required

 **Friday 11th October****Priceline - Makeup over 55's**  
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Location: Centre Court  
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**The Embroiderer's Guild, Victoria | Demonstrations**  
12:30pm-2:30pm

Learn the art and skills of traditional and contemporary embroidery as members demonstrate the various stitching techniques.

Location: Centre Court  
No bookings required

**Brotherhood of St Laurence | Art Workshop**  
1:30pm-2:30pm

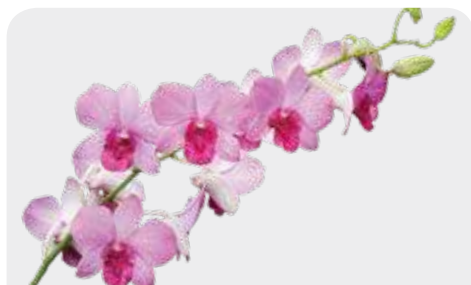
A craft and art workshop with all material provided by Kaisercraft, Karingal Hub.

Location: Centre Court  
Text or call 0406 165 382 for bookings

**Telstra | Android Training Session**  
2:30pm-3:30pm

Learn how to use your smartphone or tablet, so you best know how to stay connected and up to date.

Location: Centre Court  
Text or call 0406 165 382 for bookings

**Mornington Peninsula Orchid Society | Orchid Potting Class**  
1:00pm-2:00pm

Learn about the art of repotting and growing orchids with tips and hints from seasoned enthusiasts.

Location: Centre Court  
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**Saturday 12th October**



### **Atomic Retro | Afternoon Tea** 4:00pm-7:00pm

Enjoy an afternoon tea in store with 1950s retro style singing group 'The Treblettes' performing for your entertainment. Treat yourself to a purchase with 20% OFF storewide

Location: Centre Court  
No bookings required

### **Marshere Dance Studio | Ballroom Dancing Class** 7:00pm-8:30pm

Learn to move and stay active in this fun class for ballroom dancers of all levels. With current students and teachers, you will be sure to learn to dance the night away.

Location: Centre Court  
Text or call 0406 165 382 for bookings

### **Frankston Chess Club | Chess Competition**

10:00am-1:00pm

Put your chess skills to the test in a chess tournament for everyone to enjoy. Limited places available and the winner from each game will receive a Village Cinemas movie ticket.

Registration: 10:00am  
Games from: 10:30am - 1:00pm

Location: Centre Court  
Text or call 0406 165 382 for bookings



### **East Side Jazz Duo | Acoustic Concert**

10:00am-12:00pm

Enjoy a variety of contemporary and jazz standards from the simply excellent East Side Jazz Duo.

Location: Centre Court  
No bookings required