



CENTRE STAKEHOLDERS

U3A Frankston

University of the Third Age runs various classes for retirees and seniors over 55. Connect with like minded people and expand your knowledge and skills in areas such as languages, history, arts, guitar and more.

For more information contact their office on Monday to Friday, 10am – 1pm

Call: 9770 1042 or visit www.u3af.org.au

Karingal PLACE Kindergarten

Kinder operates Monday to Friday 8.30am - 1.30pm for 3 year and 4 year old groups.

All Kindergarten enquiries are managed through Council. Call 1300 322 322 or visit www.frankston.vic.gov.au for more information.

Youth Hangouts at Karingal PLACE

A free social group run by Youth Services for young people aged 12 – 24 looking to connect and make new friends. Activities include cooking and basketball. Thursdays, 3pm – 5pm. For more information call Youth Central on 9768 1366 or Cal on 0488 599 249

Library Services / Story Time

Karingal PLACE is an outreach branch of Frankston City Library. We have an extensive children's and junior readers range, as well as adult fiction. You can find something of interest for all family members to read. Other library services available onsite include joining, borrowing, returning and reservation pick ups. Services available between Monday – Friday, 9am – 5pm.

Story Time: Wednesdays 9.30am (during school term)



Building Frankston's Future

Karingal PLACE Neighbourhood Centre

Program Brochure Term 4, 2024

A : 103 Ashleigh Avenue, Frankston

E : karingalplace@frankston.vic.gov.au

P : 8786 6650

www.facebook.com/KaringalPLACE

[@karingalplaceneighbourhoodctr](https://www.instagram.com/karingalplaceneighbourhoodctr)

Karingal PLACE Neighbourhood Centre

UPCOMING EVENTS

NOVEMBER

6

Facilitated by Frankston Craft Club
Hosted by Karingal PLACE
Neighbourhood Centre
7:00 PM - 9:30 PM



Christmas Wreath Craft Workshop

Get into the Christmas spirit early with Brooke, our resident crafter, to create your own Christmas Wreath to decorate your home or gift this holiday season. All materials are supplied, including greenery, Christmas ornaments and embellishments.
Cost: \$35 per person
Register via QR or call us at 8786 6650

NOVEMBER

22 + 29

DECEMBER

6 + 13

The Pause

Connect with Kelleigh and other local women for menopause support and understanding.
FREE afternoon tea provided.
For more information call Kelleigh on 0401 611 523

Cost: **Free**
No bookings required

Facilitated by Frankston City Council
2:00 PM - 3:00 PM

DECEMBER

11

Hosted by Karingal PLACE
Neighbourhood Centre
10:00 AM - 12:00 PM

Centre Christmas Party

Join us for our annual Christmas Morning Tea to celebrate our volunteers and a fabulous year at Karingal PLACE.
Places are limited and bookings required. Speak to reception or call 8786 6650 to secure your place
Cost: Free

CENTRE STAKEHOLDERS

Maternal and Child Health service

Frankston City's MCH service promotes the health and wellbeing of children from birth to 6 years of age. Our MCH practitioners provide screening, advice and support on your child's growth, development and health needs. All essential bookings are made via Council's booking line: 9784 1756.

Immunisation session

All essential bookings are made via Council's booking line 9784 1756 or online through <https://www.frankston.vic.gov.au>

Eligibility:

- children between zero and five years of age
- pregnant women
- catch-up immunisation (for anyone who has missed vaccines in Australia or born overseas)
- additional recommended vaccines are available for purchase

Parent Education Sessions

Frankston City Council provides information and support for parents and cares of children from birth to six years of age. These sessions are run by experience Parent Educators in a relaxed and informative way.

- Infant massage: 0 - 6 months
- Food for babies: infant 3 months
- Food for babies: infant 6 months
- Food for babies: infant 9 months
- Food for babies: infant 12 months
- Toddler behaviour: 18 month - 3 years
- Sleep and settling newborns: 0 - 4 months
- Sleep and settling babies: 5 - 12 months

To meet the needs of Families', a selection of dates are offered. All essential bookings are made via Council's booking line: 9784 1756.

Baby Make 3

Frankston City's MCH service promotes Baby Makes 3 which is a fantastic program targeting new parents, gender equality, respectful relationships, and positive role modelling in the context of the family unit.

All essential bookings are made via Council's booking line: 9784 1756.

Some Wednesdays in 2025

Facilitated by Kidzaid
Hosted by Karingal PLACE
Neighbourhood Centre
7:00 PM - 9:00 PM

Paediatric First Aid

Our popular Paediatric First Aid classes are returning in 2025. To avoid missing out and be advised when bookings open for the next course, give us a call on 8786 6650 to put your name down on our interest list.



Christmas Wreath Craft Workshop

✨ 'Tis the season to get crafty! ✨

Leap into the holiday spirit early and join us to create your very own faux Christmas wreath.

Come on your own or with a friend. No craft experience is required. Our resident craft guru Brooke will guide you step by step to create your own Christmas wreath to adorn your home or gift to a loved one.

All materials are supplied, including greenery, vibrant Christmas themed adornments and embellishments

Just bring your creative spirit and festive vibes!

Spaces are limited. Book your place via the QR code.

Date

Wednesday 6 November
7 pm - 9.30 pm

Location

Karingal PLACE
Neighbourhood Centre
103 Ashleigh Avenue Frankston

8786 6650

Cost

\$35.00 per person



Green Thumbs Garden Club

Karingal PLACE Neighbourhood Centre is starting a new community garden in 2025 and we want **YOU** to be a part of it!

Whether you're an experienced gardener or just starting out, come grow and learn with us.

Why join the program?

- 🍅 Grow fresh produce
- 🌱 Learn & share knowledge
- 🗨️ Meet neighbours and like-minded people
- 🌍 Support sustainability

When: Tuesdays

Where: Karingal PLACE Neighbourhood Centre
103 Ashleigh Avenue, Frankston

Time: To be confirmed

Interested in joining us?

Call us on 8786 6650 or email Karingalplace@frankston.vic.gov.au for more information or to register your interest.

CENTRE ACTIVITIES

MON

Men's Group

Connect with other men and enjoy a friendly, relaxed conversation. Open to new members, all are welcome.

10.00am - 12.00pm

Community Room 2

Cost: \$2.10

**Maternal & Child Health
Parent Education Sessions**

Contact **9784 1756** for any enquiries.

9.00am - 3.00pm

Community Room 1

Tai Chi

Improve your strength and balance through the art of tai chi. Registrations via Dot on

0438 890 633

7.00pm - 8.00pm

Community Room 1

Cost: \$5.00

TUE

Community Playgroup

Socialise, play and have fun with other local families. Open to ages 0 – 5 years old. Bookings are required as places are limited (during school term)

9.30am - 11.00am

Community Room 1

\$5.20 per Family

**Immunisation Session
(2nd and 4th Tuesdays)**

Essential booking online through www.frankston.vic.gov.au

or **9784 1756**

9.00am - 3.00pm

Free

Mums and Bubs Pilates

Equipment provided.

booking required via 0414 745 594.

1.00pm - 2.00pm

Community Room 1

From \$13 per class

WED

**Storytime at Karingal
PLACE**

Wednesdays during school term

9.30am - 10.00am

Community Room 1

Free

Frankston Craft Club Activity

(once per month)

Contact Brooke

on 0404 380 001

11.30am - 1.00pm

Community Room 2

Cost involved

Chatty Café

A casual social group open to all community members. Connect with other locals over a free cuppa and a chat.

10.00am - 12.00pm

Karingal PLACE Foyer

Gold coin donation

Maternal & Child Health

First time parent groups

Contact 9784 1756 for any enquiries.

9.00am - 3.00pm

Community Room 1

THU

Core and More

A floor exercise session, focusing on strengthening your core muscles.

9.00am - 9.30am

Community Room 1

Cost: \$4.00

Walking Group

Explore the local Karingal area and connect with other residents. Coffee and tea provided after session.

9.45am - 10.45am

Cost: \$3.10

Seated Yoga

Build your core strength, balance and flexibility in a stable seated exercise program.

11.15am - 12.15pm

Community Room 1

Cost: \$8.30

**Maternal & Child Health
First time parent groups**

Contact **9784 1756** for any enquiries.

9am - 3pm

Community Room 1

Youth Hangout

A social group run by Youth Services for young people aged 12 – 24.

Contact Cal

on 0488 599 249

3pm - 5pm

Free

Pilates

Yoga mats provided and all levels of fitness welcome.

Bookings essential

0414 745 594

6pm - 8pm

Community Room 1

From \$13 per class

FRI

Agestrong Classes (Fully booked with a waiting list**)**

Available by referral only through Peninsula Health.

9.15am - 11.15am

Community Room 1

Cost: \$7.75

Wingham Park Senior Activity Exercises

The program will start on 8 March onwards.

Booking required, contact Jo on 0438 902 205.

10.30am - 11.30am