



# 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](http://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](http://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 1, 2025

A : 103 Ashleigh Avenue, Frankston

E : [karingalplace@frankston.vic.gov.au](mailto:karingalplace@frankston.vic.gov.au)

P : 8786 6650

[www.facebook.com/KaringalPLACE](https://www.facebook.com/KaringalPLACE)

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

# Karingal PLACE Neighbourhood Centre

## UPCOMING EVENTS

### FEBRUARY Tuesday nights

Facilitated by Frankston City Council  
7:00 PM - 8:00 PM  
Hosted by Karingal PLACE  
Neighbourhood Centre

#### The Pause Cafe (TBA)

Connect with local women over a cuppa for support and understanding around menopause and perimenopause.  
For more information call Kelleigh on 0401 611 523  
Cost: **Free**  
No bookings required

### FEBRUARY

26

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

#### Paediatric First Aid

Learn invaluable infant and child CPR and choking skills with KidzAid Australia. A must for every parent and care giver.  
Cost: \$35 per person, limited places  
Contact centre at 8786 6650

### MARCH

6

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

#### Free Hearing Checks

Hearing Australia will be providing FREE hearing tests for adults at Karingal. Results are provided at the time of consultation and bookings are essential.  
Cost: FREE, book at the reception or call us on 8786 6650

### MARCH

18 + 25

1:30 PM - 2:30 PM  
Hosted by Karingal PLACE  
Neighbourhood Centre

#### Realign workshops

Join Emma, a motherhood and career coach with 15 years experience in HR and recruiting, for a relaxed and inclusive two part workshop, focusing on preparing for return to work after parental leave.  
**Part 1: Realign with Yourself**  
**Part2: Realign with Work**  
Cost: \$20 per person, limited places  
Contact centre at 8786 6650

## 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

Immunisation sessions are held at the centre on the second Tuesday and fourth Monday of each month. 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

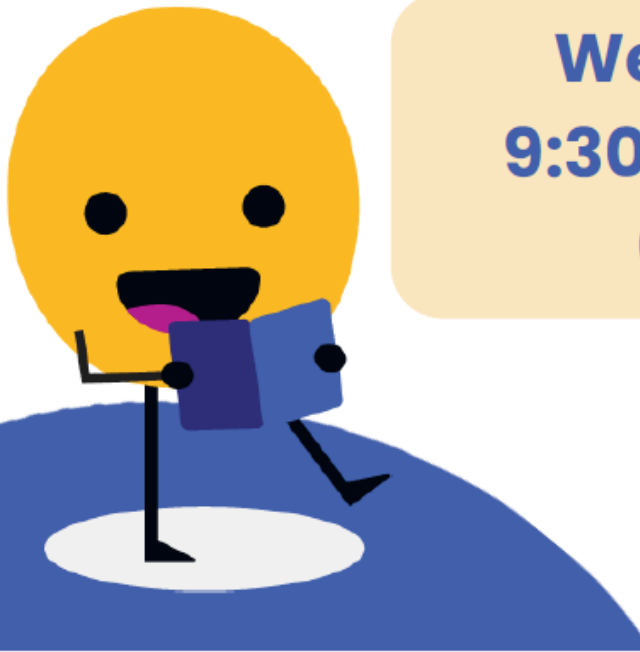
Frankston City's MCH service promotes Baby Makes 3 which is a fantastic program targeting new parents, gender equality, respectful relationships, and positive role modelling in the context of the family unit.  
All essential bookings are made via Council's booking line: 9784 1756.



# Storytime

## Karingal Place

Enjoy Stories and Songs with the  
Frankston City Libraries Storytellers.



**Wednesday**  
**9:30am - 10am**  
**0-5 yrs**



Visit our website to view  
our other Storytime dates,  
times and locations.

Storytime runs during term time and breaks for holidays.



## 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](mailto: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 1*

**Cost: \$2.10**

**Maternal & Child Health  
Parent Education Sessions**

Contact **9784 1756** for any enquiries.

**9.00am - 3.00pm**

*Community Room 1 & 2*

**Immunisation Session  
(4th and 5th Mondays)**

Bookings essential through  
www.frankston.vic.gov.au  
or **9784 1756**

**9.00am - 3.00pm**

**Tai Chi**

Improve your strength and balance through tai chi. Registrations via Dot on 0438 890 633

**7.00pm - 8.00pm**

*Community Room 1*

**Cost: \$5.00**

**The Pause Cafe**

Menopause support and understanding.

**7.00pm - 8.00pm**

*Community Room 2*

**Free**

**(TBA)**

**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 5th Tuesdays)**

Bookings essential through  
www.frankston.vic.gov.au  
or **9784 1756**

**9.00am - 3.00pm**

**Green Thumb Garden Club**  
Tuesdays afternoon during school term

*Community Room 2*

**(TBA)**

**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

**6.30pm - 9.30pm**

*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**

**Walking Group**

Explore the local Karingal area and connect with other residents.

**9.15am - 10.15am**

**Cost: \$3.10**

**Seated Yoga**

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

**10.30am - 11.15am**

*Community Room 1*

**Cost: \$8.30**

**Core and More**

A floor exercise session, focusing on strengthening your core muscles. Tea and coffee are available.

**11.15am - 12.00pm**

*Community Room 1*

**Cost: \$4.00**

**Cozy Creations**

For age 10+ who loves art, writing or crafts

**10.00am - 12.00pm**

*Community Room 2*

**Cost \$35 per session**

enquiries@pafg.org.au

**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 through Peninsula Health.

**9.15am - 11.15am**

*Community Room 1*

**Cost: \$7.75**

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

Contact **9784 1756** for any enquiries.

**9am - 3pm**

*Community Room 1*

**Wingham Park Senior Activity Exercises**

Booking required, contact Jo on 0438 902 205

**10.30am - 11.30am**