

Kids programs

Calm and Confident Kids ^(T)

Tuesdays during school term

4:00pm - 4:45pm

\$6 per child per session, BYO water + mat.

A fun and playful introduction to movement and mindfulness. Children will learn breathing, relaxation, balance and strengthening exercises that help build confidence, resilience, self-regulation, and social skills. Children must be accompanied to and from class by a guardian. Ages 6-11.

Playspace ^(Th)

Thursdays 9:30am - 11:30am

\$3 per child per session

A safe, welcoming environment for children and parents/carers to enjoy time together, using our range of toys and play equipment. The unstructured program encourages play at each child's own pace, fostering social connections, with a volunteer available to provide support as needed. Escape the weather and relax with new and old friends.

Toddler Time at the Library ^(F)

Fridays during school term

10:10am - 10:30am

Suitable for children aged 1 - 3 years and their parents/guardians.

Baby Time at the Library ^(F)

Fridays during school term

11:30am - 11:50am

Suitable for babies aged 0 - 18 months and their parents/guardians.



A little bit of time can bring great rewards!

Interested in Volunteering? Apply now!
kingston.vic.gov.au/volunteer
or ask the team at PLCC.

Community services

AccessCare ^(T)

Tuesdays 3rd and 4th of the month

10am - 4pm

The friendly AccessCare team can assist with NDIS, My Aged Care, health services for under 65s, community bus services, and support for those experiencing homelessness. Drop in and say hello!

Child Immunisation Sessions ^(Th)

Thursdays 2nd of month 4:30pm - 5:30pm

Wednesdays 4th of month 10:00am - 11:00am

Safe Seats, Safe Kids ^(M)

Fortnightly on Mondays, 10am - 2pm

kidsafevic.com.au/safeseatssafekids

\$10 child car restraint fittings and safety checks. Bookings required.

Soft plastics drop-off

PLCC is a drop-off point for soft plastics, including plastic bags, cling wrap, and vegetable product bags. Items can be coloured or printed but must be clean and free of food. If you can scrunch it into a ball, it can be recycled. Bins with orange lids are located along the laneway near Coles and are accessible anytime.

The Nappy Collective

An Australian non-profit that focuses on collecting disposable nappies and distributing them to families in crisis. Bring your new or leftover nappies - ones that little ones have grown out of or no longer need - and drop them in our collection box! Read more at thenappycollective.com

Prefer not to carry coins?



Prepay your class passes with a MultiPass.
Visit reception to find out more

*Terms and conditions apply

Activity GUIDE

PATTERSON LAKES
COMMUNITY
CENTRE



JULY 2026

A place to learn new skills, stay healthy, have fun and meet new people.



Sign up for
our eNews

Patterson Lakes Community Centre is your local Neighbourhood House offering a range of activities to support you to live your best life. Our programs are a result of community input and many are run by passionate local volunteers. Come and have a chat with us and find out how you can get involved!

54 - 70 Thompson Road, Patterson Lakes

Office Hours: Mon - Fri 9:00am - 5:00pm

kingston.vic.gov.au/plcc

pattersonlakes.cc@kingston.vic.gov.au

9581 3040 131 450



Social activities

Social Jigsaw ^W

Wednesdays 1st & 3rd of month
12:30pm – 4:30pm
\$3 per session

A fun gathering of people who like to assemble jigsaw puzzles. Whether you are currently a puzzler, returning to the hobby or are new to puzzling, all are welcome. Join us for a friendly chat, a cuppa and an afternoon of fun. All puzzles are provided.

Mahjong ^W

Wednesdays 1:00pm – 4:00pm
\$3 per session

Come and learn the classic tile-based game, sharpen strategies, skills and connect with others! Western version played.

Social Table Tennis ^W ^F

Wednesdays & Fridays 1:00pm – 3:00pm
\$3 per session
Rubber-soled shoes preferred.

Join our fun, friendly table tennis group for some light competition and good company. Suitable for all levels. No bookings required – arrive on time to secure a spot!

Social Pickleball ^M Th

Monday and Thursday 5pm to 7pm and 7:15pm to 9:15pm.
Ages 18+ and no experience necessary.
New players must attend an induction.
Bookings required.
See website for booking link.

Build social connection while improving physical activity in a welcoming community setting. Supported by friendly volunteers, everyone can learn and enjoy this popular sport, which combines elements of tennis, badminton, and table tennis.

Social Cards ^F

Fridays 1:00pm – 4:00pm
\$3 per session

Come along and play 500 in a welcoming, social group. Sharpen your thinking, enjoy friendly competition, and meet new people.

Community Garden Group Th

Thursdays 11:30am – 1:00pm
\$6 per term

Meet weekly to plan, plant and maintain the garden. Members enjoy sharing ideas and knowledge and of course the produce! Join us on a Thursday for a tour and meet our friendly volunteers.

Peninsula Jazz Club ^{Su}

Sundays 3rd of the month 1:00pm – 4:00pm
\$15 for Peninsula Jazz Club members
\$20 for non-members
Bookings: David Forrest 0481 881 891

Since 1978, the Peninsula Jazz Club (PJC) has hosted live jazz at PLCC, featuring talented local and interstate bands in a relaxed, social atmosphere.

Craft

Artists Group ^T

Tuesdays 1:00pm – 3:00pm
\$3 per session
BYO projects and art supplies.

Suited to all skill levels and art styles to inspire, gain skills, and learn from each other. Bring your own art projects, materials and tools and just have some fun with like-minded people.

Sewing & Embroidery Group ^{Sa}

Saturdays 9:00am – 2:00pm
\$3 per session
BYO sewing machine and supplies.

A welcoming, creative space to work on your own projects while connecting with a community of like-minded makers. Share ideas, swap tips, and enjoy sewing or embroidering together in a relaxed, social environment.

Health and wellbeing

Zumba Gold ^M ^F

Mondays & Fridays 10:30am – 11:30am
\$6 per session
Open to all levels, BYO water bottle.

Come and enjoy the fun of a total body Zumba workout! Set to the rhythm of Latin and international beats, this interval style dance fitness session offers a mix of low intensity and high intensity moves making it ideal for all fitness levels.

Gentle Exercise ^T

Tuesdays 10:30am – 11:30am
\$6 per session
Open to all levels, wear comfortable runners.

A fun and friendly chair-based class that is great for all ages including over 50s. The exercises include gentle cardio, balance and light strength training with some core work and stretching at the end. Please call centre prior to first class.

Agestrong with Peninsula Health ^T Th

Tuesdays & Thursdays
9:00am, 10:15am, 11:30am
Physio assessment required prior to joining.

Group strength and balance program for older people and those who no longer feel confident to exercise due to falls, health conditions or low confidence. Contact Frankston Community Health for an assessment 1300 665 781.

Line Dancing ^W

Wednesdays 10:30am – 11:30am
\$6 per session

Love music? Love to move? Then come along and try our line dancing class, a fun way to get your body moving! Easy to follow and entertaining, line dancing is perfect for all levels of experience and ability.

Tai Chi ^W

Wednesdays 9:15am – 10:15am
\$6 per session

A Chinese exercise system that uses slow, smooth body movements to achieve a state of relaxation of both body and mind.

Hatha-Mindfulness Yoga ^W

Wednesdays 6:45pm – 7:45pm
Fridays 9:15am – 10:15am
\$6 per session

Combines gentle flow with mindful breathing to improve flexibility, strength, and mental clarity. Suitable for all levels, the class will guide you through a series of poses to promote relaxation, reduce stress, and enhance overall wellbeing.

Stronger Me Th

Thursdays 9:30am – 10:30am
\$6 per session

A gentle exercise class using hand weights and bands to help improve balance, increase your range of motion and safely build your strength and mobility.

Pilates Th

Thursdays 10:45am – 11:45am
\$6 per session
Suitable for all levels, bring your own mat.

Develop core strength and coordination with traditional Pilates movements, mindful breathing, and proper alignment. Each class is designed to improve posture, tone your body, and enhance overall fitness.

Mums and Bubs Pilates Th

Thursdays 12:00pm – 1:00pm
\$6 per session – BYO mat
Bookings required.
See website for booking link.

Regain strength post-partum, improve balance, and return to movement safely. Exercises may include your baby or they can rest nearby. Suitable for mothers with babies aged 3 months until walking. Please consult your GP before returning to exercise.