

Activity GUIDE

PATTERSON LAKES
COMMUNITY
CENTRE

JANUARY - JUNE 2024



*There's something
for everyone!*



City of
KINGSTON

HELLO!

Patterson Lakes Community Centre is your local Neighbourhood House in Patterson Lakes. We offer a range of programs and activities to support the community to live their best lives.

Our programs are a result of community input and many are run by passionate local volunteers. Come and have a chat with us about what we offer and how you can be involved!

Keep updated by signing up to the Patterson Lakes e-Newsletter.

Scan to sign up!



COMMUNITY SERVICES

THE NAPPY COLLECTIVE



**THE
NAPPY
COLLECTIVE**

The Nappy Collective is the only Australian non-profit that focuses solely on collecting disposable nappies and distributing them to families in crisis.

Patterson Lakes Community Centre is now a Community Partner of The Nappy Collective, which means you can place new or leftover nappies – ones that little ones have grown out of or no longer need – in our collection box! A volunteer will come and collect the nappies for re-distribution.

For more information visit www.thenappycollective.com

THE NAPPY COLLECTIVE



COMMUNITY SERVICES

E-WASTE COLLECTION



Electronic waste, or E-Waste includes anything with a cord, plug or battery, such as computers, telephones and televisions. This waste is not able to be disposed in landfill bins but can be dropped off at Patterson Lakes Community Centre to be recycled and re-purposed in an environmentally friendly way. The bins are located inside the entry doors, from the car park. Accessible Monday – Friday 9am – 5pm. Please contact the centre should you wish to dispose of large items, so we can direct you to an alternative drop off point.

SOFT PLASTICS COLLECTION



Patterson Lakes Community Centre is a drop-off point for soft plastics within Kingston. Soft plastics can include; plastic bags, cling wrap and vegetable product bags. They can be coloured or printed, but must be free from food or other materials. The general rule is, if you can scrunch it into a ball, you can put it in soft plastics recycling. Please familiarise yourself with what can be recycled to avoid items going to landfill unnecessarily. The bins are located inside the entry doors, from the car park. Accessible Monday – Friday 9am – 5pm. Alternatively the dedicated skip bins in our laneway can be accessed anytime and is preferable for large deposits.

E-WASTE COLLECTION



KIDS PROGRAMS

KINGSTON LIBRARY TODDLER TIME

Mondays

2:30pm - 2:50pm

Runs during school term.

Suitable for children aged 1 – 3 year and their parents/guardians
For more information visit libraries.kingston.vic.gov.au

KINGSTON LIBRARY BABY TIME

Fridays

10:30am - 10:50am

Runs during school term.

Suitable for babies aged 0 – 18 months and their parents/guardians
For more information visit libraries.kingston.vic.gov.au

CHILD IMMUNISATION SESSIONS

Thursdays

2nd of month

4:30pm - 5:30pm

Bookings required. Call ahead before attending.

To book, call 9581 4870 or visit

www.kingston.vic.gov.au/services/families-and-children/immunisation/request-an-immunisation

Wednesdays

4th of month

10am - 11am

KINGSTON LIBRARY TODDLER TIME



KIDS PROGRAMS

KIDS YOGA

Tuesdays
4pm - 4:45pm
\$5 per session

During school term only

Give your little ones the opportunity to explore movement and mindfulness skills in a fun, creative and playful manner. Through interactive games and activities we journey through breathing techniques, relaxation, strengthening and balancing postures designed to support and empower children whilst building their confidence, resilience and self-belief. BYO water bottle and mat. Ages 8 – 12 years. Children must be accompanied by a guardian to and from the class.

PLAYGROUP

Thursdays
2nd & 4th of month
9:30am - 11:30am
\$2 per child,
per session

During school term only

Community-based playgroup for pre-school children 1.5–5yrs. Encouraging learning and socialising through structured play. We welcome parents and carers of all genders. BYO snacks for our morning tea *No nuts. Bookings required. Call ahead before attending.

BABY PLAYTIME

Fridays
11am - 12pm
\$2 per child,
per session

During school term only

A space for families to connect and play in a casual environment. Age- appropriate toys and music provided to support unstructured play. We welcome parents and carers of all genders. Bookings required. Call ahead before attending.

BABY PLAYTIME



HEALTH & WELLBEING

ZUMBA GOLD

**Mondays
& Fridays**

10:30am - 11:30am

\$5 per session

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. Open to all fitness levels. BYO water bottle.

TAI CHI

Tuesdays

9:15am - 10:15am

\$5 per session

A Chinese exercise system that uses slow, smooth body movements to achieve a state of relaxation of both body and mind. All levels welcome. Wear comfortable sneakers or runners.

QIGONG

Tuesdays

10:15am - 11:15am

\$5 per session

Qigong is a method of cultivating energy through slow movements, breathing technique and focusing your mind to develop strength, health, and inner peace. This gentle, yet powerful technique will help you to achieve body-mind harmony. All levels welcome. Wear comfortable sneakers or runners.

GENTLE EXERCISE

Tuesdays

10:15am - 11:15am

\$5 per session

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. Optional BYO TheraBand and small exercise ball.

HATHA-MINDFULNESS YOGA

Wednesdays

6:45pm - 7:45pm

Fridays

9:15am - 10:15am

\$5 per session

This Hatha yoga class will start with pranayama (breathing practices) and will focus on a series of movements called asana (postures) that help improve balance, flexibility, strength as well as balancing the endocrine system (balancing hormones) all while creating a feeling of calm. Finishing off with a short period of shavasana (relaxation) Beginner to Intermediate level (all levels welcome). BYO yoga mat.

HATHA-MINDFULNESS YOGA



ZUMBA GOLD



HEALTH & WELLBEING

PILATES

Thursdays
10:45am - 11:45am
\$5 per session

Help develop core strength and coordination through traditional pilates movements, use of breath and correct alignment. You'll feel a difference in your posture and gain overall toning with every class. All levels welcome. BYO mat.

MUMS AND BUBS PILATES

Thursdays
12pm - 1pm
\$5 per session

Regain your strength post-partum, work on your balance and get moving again safely. Some exercises will involve mum and baby, with others having baby either in their bassinet or capsule, or on the mat in front of you. All exercises can be done without your baby if they are happy where they are or sleeping. Suitable for mothers with babies aged 3 -12 months. Bookings required. Call ahead before attending. Please ensure you have consulted with your GP regarding your readiness to return to exercise. BYO mat.

PENINSULA HEALTH - AGESTRONG

Tuesdays &
Thursdays
11am - 12pm

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. Physio assessment required prior to joining. Contact Access to book in an assessment at Frankston Community Health ☎ 1300 665 781.

PENINSULA HEALTH - PULMONARY HEALTH

Tuesday &
Thursday
afternoons
11am - 12pm

The Pulmonary Rehabilitation Program is an 8-week program run by a physiotherapist, exercise physiologist or nurse. The program is for anybody living with a chronic lung condition. To book or enquire call ☎ 9784 7777.

MUMS AND BUBS PILATES



CRAFT

SEWING GROUP

Saturdays
9am - 2pm
\$2 per session

Bring along your projects and pick up tricks and tips from like minded people. Sewing is an important life skill and helps to develop fine motor skills, improves concentration, focus and promotes creativity and wellbeing. BYO sewing machine and supplies. A spare sewing machine is available if you wish to try before you buy.

ART GROUP

Tuesdays
1st, 3rd & 5th
of month
1pm - 3pm
\$2 per session

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

SEWING GROUP



SOCIAL ACTIVITIES

BRIDGE CLUB

Intermediate to advanced players

Mondays

12:30pm - 4pm

Bridge is a popular card game all over the world. It is a game of skill and a great way to maintain mental sharpness and interact with others. Everybody plays the same hand and you score against other players. Contact Barb Cheshire ☎ 0415 442 615.

Beginner players

Tuesdays

10am - 12:30pm

MAHJONG

Wednesdays

1pm - 4pm

\$2 per session

Come and learn this classic tile-based game, sharpen your strategies and skills and connect with others!

CARDS

Fridays

1pm - 4pm

\$2 per session

Do you enjoy playing cards? Then come along and join us for 500 and other card games. A great way to improve your fine and gross motor skills, exercise your brain and interact with others.

SOCIAL JIGSAW

Wednesdays

1st & 3rd of month

12:30pm - 4:30pm

\$2 per session

Join us for a friendly chat and a cuppa whilst you assemble a jigsaw puzzle either by yourself or in a group. The jigsaw group provides puzzles for assembly at the meetings. Puzzles are also available to buy, swap and sell. Jigsaws are a great way to keep your mind active, improve your memory and visual-spatial skills.

SOCIAL JIGSAW



CHATTY CAFE

**Mondays
& Tuesdays**
10:30am - 12pm
FREE

Join our Chatty Café for a free tea or coffee and biscuit and have a chat with other people from the community.

TABLE TENNIS

**Wednesdays
& Fridays**
1pm - 3pm
\$2 per session

Are you interested in playing social table tennis? All are welcome to come along, have a go and enjoy yourselves. Table tennis is a great activity for any age as it improves balance and can keep you fit. It is a great way of improving mental alertness and can be played all year around as it is indoors. Rubber soled shoes preferred. Bookings required. Call ahead before attending.

PICKLEBALL

**Mondays
& Thursdays**
**sessions held
between**
5pm - 9:15pm
\$5 per session

Pickleball is quickly growing in popularity worldwide. A sport which brings together elements of tennis, badminton and table tennis and only takes minutes to learn. Ages 12 and above. No experience necessary. Rubber soled shoes with grip required. Bookings required.

CHATTY CAFE



SOCIAL ACTIVITIES

COMMUNITY GARDEN GROUP

Thursdays
11:30am - 1pm
\$5 per term

Our Community Garden Group meets weekly to plan, plant and maintain the garden. Members also 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 (PJC)

Sundays
3rd of the month
2pm - 5pm

\$15 for Peninsula Jazz Club members \$20 for non-members

The PJC began in November 1978 when a dedicated group of jazz lovers formed into a club devoted to presenting jazz music on the Mornington Peninsula. The PJC now run regular performances at Patterson Lakes Community Centre with well-known local or interstate jazz bands. Over the years the club has become a happy meeting place for people who enjoy music, some dancing and a pleasant social environment. Contact David Forrest on ☎ 0481 881 891 to book.

MOVIE SCREENINGS

Wednesdays
1st & 3rd of month
10am start time
FREE

Join us for regular movies on the big screen! Pop in or call us to see what movies are showing.

COMMUNITY GARDEN GROUP



VOLUNTEERING

*A little bit of time
can bring great rewards!*

Are you interested in volunteering?

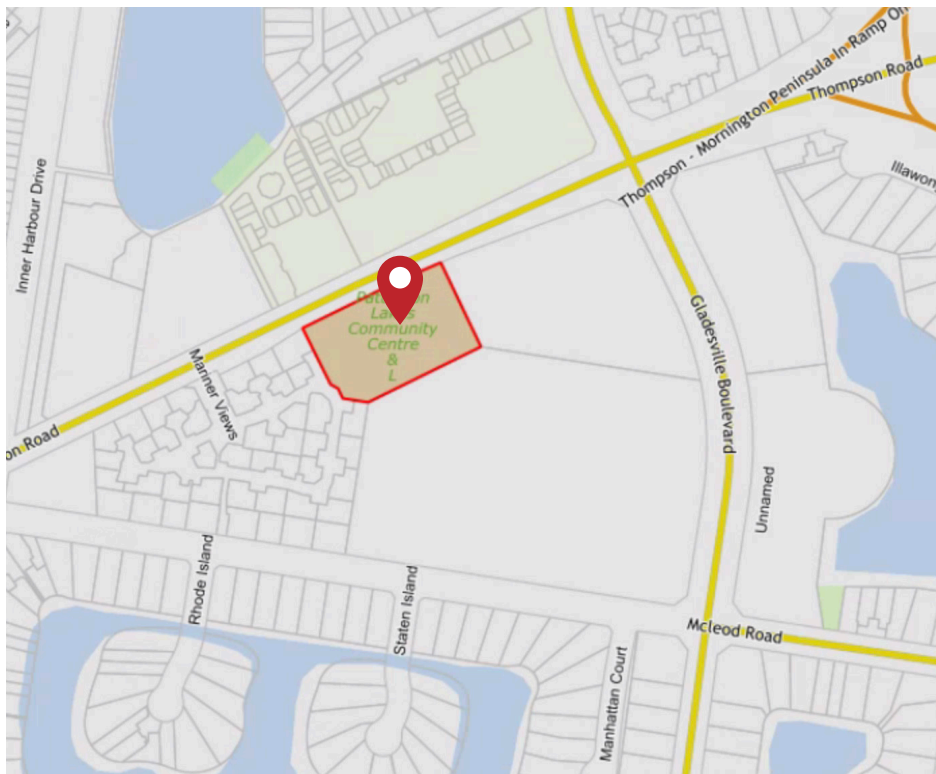
Join one of our Kingston Community Hubs Volunteer Teams at Chelsea | Clarinda | Patterson Lakes Sundowner | Westall

Give back and have a positive impact on your local community.

Apply online at kingston.vic.gov.au or visit one of our Community Hubs.



PATTERSON LAKES COMMUNITY CENTRE



Patterson Lakes Community Centre

54 - 70 Thompson Road, Patterson Lakes

☎ 9581 3040 ✉ pattersonlakes.cc@kingston.vic.gov.au

Office Hours: Mon - Fri 9am - 5pm

For more information about any of the activities and programs please contact us or come in for a visit.



For interpreter services,
please call

