WHAT'S ON THIS TERM

Social and Discussion Groups

The Not-A-Book Club Book Club | *11:30am - 1pm on the 1st Monday each month (5 October, 9 November* & 7 December)*: A discussion group for people who want more freedom than a traditional book club provides. Meet like-minded people and have a fun chat about whatever you're currently reading, listening to or watching. *Free, no registration required.*

Book Clubs | Meet other local book lovers for an enjoyable and meaningful discussion around a different title each month. *$15 annual membership. Registration required - limited places remaining in each group*:

- *10 - 11:30am on the 1st Monday each month (5 October, 9 November* & 7 December), or*
- ***FULL*** *7 - 9pm on the 1st Thursday each month (1 October, 5 November & 3 December).*

Please note that the November gatherings of the Not-A-Book Club and Monday Book Club have been rescheduled to Monday 9 November.

Chatty Café | *10:30am - 12:30pm every Tuesday, excluding the Melbourne Cup Day public holiday*: Enjoy a free cuppa, connect with other locals and make new friends at Chatty Café. Everyone is made to feel welcome! *Free, no registration required.*

Support Groups

Peninsula Parkinsons Peer Support Group | *1:30 - 3:30pm on the 1st Tuesday each month (6 October, 27 October* & 2 December)*: A lively support group offering help, advice and information in a friendly, informal atmosphere. Family members and carers are also welcome. *$3 cash donation per meeting appreciated. Contact Phillip (0487 352 190) or Ken (0412 561 786) for more information or to register.*

Please note that the November Parkinson's Peer Support Group meeting has been rescheduled from the Melbourne Cup public holiday to Tuesday 27 October.

Carers Support Group | *10am - 12pm on the 2nd Thursday each month (8 October & 12 November)*: A safe and supportive space to connect and share personal experience of being a carer. Please note that this group is no longer facilitated by Peninsula Health, and is now a peer support group overseen by volunteers with lived experience of being carers. *$3 cash donation per meeting appreciated. Registration required.*

Mornington Peninsula Post Polio Society | *11am - 12:30pm on the 2nd Saturday every second month (14 November)*: For more than 20 years, the group has provided support and information for polio survivors, their carers, families and health professionals.

Scleroderma Support Group | *10:30am - 12pm on the last Saturday each month (31 October & 28 November)*: A safe and inclusive environment with a strong focus on education, empowerment and health literacy. *For enquiries or to register, email Louise (vicepresident@sclerodermavictoria.com.au).*

Other Classes & Activities

NEW **Thai Cooking Class with Tim and Leana from McCulloch Avenue Kitchen** | *5 - 7:30pm on Wednesday 11 November*: Join us for a fresh and fragrant cooking class where you will learn how to make authentic Thai Fish Cakes, Pad Thai and Mango Sticky Rice. The session finishes with a shared meal where students will enjoy what they have prepared together. *$50 per person. Limited places available, registration required.*

EXPRESSIONS OF INTEREST NOW OPEN: New Monday Chair Yoga Class | Our Wednesday Chair Yoga is at capacity, but due to demand for the classes, we're taking registrations for a new weekly Chair Yoga class in. Proposed class schedule: 1 - 2pm on Mondays in Term 4. Class will require minimum numbers to proceed. *Contact Sofia on 0478 168 825 to register your interest.*

October is Seniors Festival!

To find out what's happening around the Mornington Peninsula this October, visit mornpen.vic.gov.au/SeniorsFestival, or collect a free, printed guide to the festival from our office during the month of October.*

Our friendly team can also help you register for Seniors Festival events and activities!

Important Dates

Term 4 programming will commence from **Monday 5 October**.

POWER OUTAGE
Please note that we have been advised of an all-day scheduled power outage on **Friday 9 October**. For safety reasons, no staff or community members are to be on-site on this date. All programs and venue bookings have been cancelled. We apologise for the inconvenience, and thank you for your understanding.

PUBLIC HOLIDAY
Mornington Community House will be closed for the Melbourne Cup Day public holiday on **Tuesday 3 November**. Please see individual program listings: all regularly scheduled Tuesday activities have either been cancelled or re-scheduled.

Please note that Mornington Community House will close for the year on **Friday 18 December**.

Children and Families

Community Playgroups | For children to learn, socialise and develop with other local families. Please note that these are unfacilitated sessions that encourage families to connect, create and play! *$10 per family per term. Registration required - limited places available. Two sessions each week during school term*:

- *9:30 - 11:30am every Tuesday during school term (6 October - 15 December), for children aged 18 months - 4 years.*
- *11:30am - 1:30pm every Tuesday during school term (6 October - 15 December), for children aged 0 - 18 months.*

NEW **'Hello World' Recycled Art Installation for Children's Week**: *Tuesday 27 October, 2:30 - 4:30pm*: Using recycled and sustainable materials, children will contribute to the creation of a large-scale mural celebrating diversity and belonging, which will hang pride of place in Mornington Community House long after Children's Week has concluded! This activity is aimed at children aged 5 - 12 years, but younger children are welcome to participate with parent/carer support. *Free, but registration required.*

Health & Fitness

Yoga | A combination of Hatha and Yin Yoga to improve balance and flexibility while also creating a sense of calm. *Contact Sofia on 0478 168 825 to register. $12 for a casual one-off pass or $100 for the term (10 sessions)*:

- *5 - 6pm on Mondays (5 October - 7 December), and/or*
- *5 - 6pm on Thursdays (8 October - 10 December).*

Pilates | Low-impact exercises to help improve posture and flexibility. *Contact Sofia on 0478 168 825 to register. $12 for a casual one-off pass or $100 for the term (10 sessions)*:

- *6 - 7pm on Mondays (5 October - 7 December), and/or*
- *6 - 7pm on Thursdays (8 October - 10 December).*

Chair Yoga | *9:15 - 10:15am on Wednesdays (7 October - 9 December)*: A gentle form of supported yoga that can be done while seated. Classes are great for all levels of fitness. *Contact Sofia on 0478 168 825 to register. $12 for a casual pass or $100 for the term (10 sessions).*

Tai Chi | Learn Tai Chi in a relaxed and supportive environment with Rising Moon Tai Chi. A range of classes catering for all levels of experience and fitness run during school terms. *For more information, or to register, visit www.risingmoontaichi.net, or call Jenny (0418 566 216). $15 Community House Class Pass available for the following sessions*:

- *9:15am on Wednesdays (Intermediate Yang)*
- *10:15am on Wednesdays (Advanced 42 Form - Entry Level)*
- *11:15am on Wednesdays (Intermediate Wudang)*
- *9:15am on Thursdays (Kung Fu Fan)*
- *10:15am on Thursdays (Intermediate Beijing 24 - Entry Level)*
- *9:15am on Fridays (Qigong & Kung Fu Fan)*
- *10:15am on Fridays (Qigong & 32 Sword OR Chen Short Form)*
- *11:15am on Fridays (Long Form)*
- *9:15am on Saturdays (Beginner Yang)*
- *10:15am on Saturdays (Intermediate Beijing 24)*

Art & Craft

Learn to Crochet with Chris | *Multiple session times available on Mondays and Thursdays during school terms*: Guaranteed fun and friendships, while you learn a lifelong creative skill! All ages welcome. *$12 per class. Register directly with Chris via learntocrochetwithchris@gmail.com.*

Pins N Needles | *11am - 1pm on Wednesdays during the school term (7 October - 16 December)*: Enjoy a cuppa and a chat while knitting or crocheting. Experienced knitters can help make items to donate to local charities. BYO wool and knitting needles. *Free - no registration required!*

Beading & Jewellery-Making | *1 - 4pm on the 1st & 3rd Wednesday each month (7 & 21 October, 4 & 18 November & 2 December)*: Learn to make your own unique jewellery using a variety of beads and patterns. BYO materials and tools. *Free - no registration required!*

Sewing Circle | *10am - 12:30pm on Thursdays during school terms (8 October - 17 December)*: For those who love to sew and would like to meet up with like-minded sewists. All levels of experience welcome. *Free, but registration required.*

Let's Journal! | *1:30 - 3:30pm on the last Saturday each month (31 October & 28 November)*: Calling all Junk Journalers, Bullet Journalers and Creative Journalers! Join us for a social and creative gathering designed to motivate and inspire. All levels of experience welcome. *Free, but registration required.*

Fun & Games

Mahjong | Have some fun while you learn to play Mahjong in a friendly group environment. All levels of experience are welcome on Tuesday afternoons, more experienced players meet on Thursday mornings. *Free, but registration required*:

- *1:30 - 4pm every Tuesday, excluding the Melbourne Cup public holiday on 3 November, and/or*
- *9:30am - 12pm every Thursday*

Dungeons & Dragons | *6 - 9pm every Thursday*: Whether you are new to D&D or an experienced campaigner, join us for some good ol' fashioned tabletop adventuring. All ages welcome, but please note that anyone under 18 years of age must be accompanied by an adult. *Register via the Aftergame app (search for 'Mornington Dungeons & Dragons club').*

EXPRESSIONS OF INTEREST NOW OPEN: Puzzle & Boardgame Club | Are you a fan of jigsaw puzzles, Scrabble, chess and Rummy-O? Or are you looking to try something new? We're looking to set up a social group to come together to get their puzzle and game fix. *Contact the friendly Mornington Community House team to find out more or register your interest!*

Mornington Community House and Mornington Peninsula Shire acknowledge and pay respect to the Bunurong people, the Traditional Custodians of these lands and waters

mornington community house

TERM 4 PROGRAM
(October - December, 2026)

Visit Us: 3/91 Wilsons Road, Mornington 3931

Office Hours: Mondays - Fridays, 9am - 4:30pm (excluding public holidays)

Phone: 03 5950 1889

Email: MorningtonCommunityHouse@mornpen.vic.gov.au

Website: MorningtonCommunityHouse.com.au

Social Media: /MorningtonCommunityHouse

Welcome to Mornington Community House! We are here to give you opportunity to connect, learn and contribute to your community.

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS	SUNDAYS
Book Club 10 - 11:30am *(1st Monday of each month only)* **The Not-A-Book-Club Book Club** 11:30am - 1pm *(1st Monday of each month only)* **Learn To Crochet** 3 - 4pm, 4 - 5pm & 5 - 6pm *(within school term dates only)* **Yoga** 5 - 6pm *(within school term dates only)* **Pilates** 6 - 7pm *(within school term dates only)*	**Community Playgroup for 18 months - 4 years** 9:30 - 11:30am *(within school term dates only)* **Chatty Cafe** 10:30am - 12:30pm **Community Playgroup for under 18 months** 11:30am - 1:30pm *(within school term dates only)* **Peninsula Parkinsons Peer Support Group** 1:30 - 3:30pm *(1st Tuesday of each month only)* **Mahjong** 1:30 - 4pm **'Hello World' Art Installation for Children's Week** 2:30 - 4:30pm *(pop-up event on 27 October only)*	**Tai Chi: Intermediate Yang** 9:15 - 10:05am *(within school term dates only)* **Chair Yoga** 9:15 - 10:15am *(within school term dates only)* **Tai Chi (Advanced 42 Form - Entry Level)** 10:15 - 11:05am *(within school term dates only)* **Pins N Needles** 11am - 1pm *(within school term dates only)* **Tai Chi (Intermediate Wudang)** 11:15am - 12:05pm *(within school term dates only)* 1 - 4pm **Beading & Jewellery-Making** *(1st & 3rd Wednesdays of each month only)* **Thai Cooking Class** 5 - 7:30pm *(pop-up event on 11 November only)*	**Tai Chi (Kung Fu Fan)** 9:15 - 10:05am *(within school term dates only)* **Mahjong** 9:30am - 12pm **Carers Support Group** 10am - 12pm *(2nd Thursday of each month only)* **Sewing Circle** 10am - 12:30pm *(within school term dates only)* **Tai Chi (Intermediate Beijing 24 - Entry Level)** 10:15 - 11:05am *(within school term dates only)* **Learn To Crochet** 5 - 6pm, 6 - 7pm & 7 - 8pm *(within school term dates only)* **Yoga** 5 - 6pm *(within school term dates only)* **Pilates** 6 - 7pm *(within school term dates only)* **Dungeons & Dragons** 6 - 9pm **Book Club** 7 - 9pm *(1st Thursday of each month only)*	**Tai Chi (Qigong & Kung Fu Fan)** 9:15 - 10:05am *(within school term dates only)* **Tai Chi (Qigong & 32 Sword OR Chen Short Form)** 10:15 - 11:05am *(within school term dates only)* **Tai Chi (Long Form)** 11:15am - 12:05pm *(within school term dates only)*	**Tai Chi (Beginner Yang)** 9:15 - 10:05am *(within school term dates only)* **Tai Chi (Intermediate Beijing 24)** 10:15 - 11:05am *(within school term dates only)* **Scleroderma Support Group** 10:30am - 12pm *(last Saturday of each month only)* **Post Polio Society** 11am - 12:30pm *(2nd Saturday of each month only)* **Let's Journal!** 1:30 - 3:30pm *(last Saturday of each month only)*	

Term 4 weekly schedule

For more information or to register

Children's Week special event: 'Hello World' Recycled Art Installation

with Urban Upcycle

2:30 - 4:30pm on Tuesday 27 October

Using recycled and sustainable materials, children will contribute to the creation of a mural celebrating diversity and belonging! Recommended for children aged 5 - 12 years, but younger children are welcome to participate with support. *Free, but registration required.*

Thai Cooking Class

with McCulloch Avenue Kitchen

5 - 7:30pm on Wedneday 11 November

Join us for a fresh and fragrant cooking class where you will learn how to make authentic Thai Fish Cakes, Pad Thai and Mango Sticky Rice. The session finishes with a shared meal where students will enjoy what they have prepared together. *$50 per person. Limited places available, registration required!*

October is Seniors Festival!

Don't forget to collect a free copy of the Mornington Peninsula Seniors Festival Guide from our office during October. Our friendly team can also help you register for a range of Seniors Festival events and activities happening across the Mornington Peninsula!

Help shape the future of Mornington Community House!

We want to hear from you about how we're doing, and what you would like to see on our program in 2026. Places are also available in our volunteer Program Advisory Group. Visit our website or chat to the friendly team to find out more.

Did you know?

Around our program, we offer venue hire. Casual and regular hire options are available for our meeting rooms, activity rooms and hall spaces. Visit **mornpen.bookable.net.au** or chat to the friendly team to find out more.

OTHER GROUPS & ACTIVITIES AT MORNINGTON COMMUNITY HOUSE

The following groups and activities are regularly held at Mornington Community House, but are run independently. Please contact the organiser directly for more information regarding membership/enrolment fees and processes.

WORKSHOPS & TRAINING

Australian Pacific Training Solutions | First aid courses: *Various days and times throughout 2026. auspactraining.com.au*

Cheese With Barry (Makecheese Pty. Ltd.) | Cheesemaking courses: *Various days and times throughout 2026. eventbrite.com.au/o/113020325781*

Emergency First Aid | First aid courses: *Various days and times throughout 2026. emergency.com.au*

Heart Matters | First aid courses: *Various days and times throughout 2026. heartmattersaustralia.com.au*

Improv For Life | Improvisation classes: *Various days and times throughout 2026. improvforlife.com.au*

Je Parle Francais | French classes: *Beginners 3 - 5pm on Thursdays, Advanced 12:30 - 2:30pm on Mondays. jeparlefrancais.com.au*

ART & CRAFT

Mornington Peninsula Patchworkers Inc. | Various workshops throughout 2026, plus monthly gatherings on the 2nd Monday. *morningtonpatch.com.au*

OMG Sea Glass | Sea Glass art & jewellery-making workshops: *Various days & times throughout 2026: omgseaglass.com.au*

MIND & BODY

Breathe Into Life | Breathwork: *Various days and times throughout 2026. breatheintolife.com.au*

Dollars & Dimes | Line dancing: *6:30 - 7:30pm on Wednesdays. facebook.com/groups/2200555860303610*

Mornington Peninsula Group of the Theosophical Society | Monthly meetings: *12:30 - 3:30pm on the 1st Sunday of the month. theosophicalsociety.org.au*

No Lights No Lycra | Dancing in the dark: *7 - 8pm on Thursdays (once a month). trybooking.com/1533836*

Sahaja Yoga Meditation | *6:45 - 7:45pm on Tuesdays. meditateforfree.au*

Samton Dance | *Line dancing: 10 - 11am on Tuesdays. Rock 'n Roll, West Coast & Cha Cha: 11:15am - 12:15pm on Tuesdays. facebook.com/100095283376015*

Symphisis Healing | Spiritual Yoga: *7 - 8am on Fridays. symphisis.com.au*

Village Glen Flexicare | Strength Balance class: *2 - 3pm on Wednesdays. Call 0499 912 156 to register*

CHILDREN & FAMILIES

Connect Christian Church | Connect Music Play: *Thursdays (during school terms), 10:30 - 11:30am. connectchristian.church/mornington.*

COMMUNITY GROUPS

Connect Christian Church | Weekly church Service: *10am on Sundays. connectchristian.church/mornington*

Mornington Peninsula Toastmasters Club | *7:30 - 9:30pm on the 2nd & 4th Thursday each month. 4738.toastmastersclubs.org*

Peninsula Writers Club | Friday Write-In: *10am - 2pm om the last Friday of each month.* peninsulawritersclub.com.au

University of the Third Age (U3A) Mornington | Yoga classes on Mondays, Wednesdays & Thursdays. Fabulous Foodies on Wednesdays. *u3amornington.org.au*

SERVICES

atWork Australia | Employment services: *Tuesdays & Wednesdays by appointment. atworkaustralia.com.au* I *1300 080 856*

CVGT | Employment services: *Wednesdays by appointment. cvgt.com.au* | *132 848*

MatchWorks | Employment Services: *Mondays, Tuesdays & Fridays by appointment. matchworks.com.au 1300 13 23 63*

Mission Australia | Parent Pathways support services: *Tuesdays by appointment. missionaustralia.com.au* | *1800 791 371*

Wise Employment | Employment services: *Thursdays & Fridays by appointment. wiseemployment.com.au* | *1800 685 105*