



Bayside Healthy Ageing Guide

- Over 70 Bayside community clubs and centres
- Diverse range of social and recreational activities
- Free or low cost to participate
- Designed for the Bayside community 55+ years



COVID-19: To continue to best protect your own health and that of others, all program participants are encouraged to stay at home if unwell with flu, cold or COVID-19 like symptoms.

Disclaimer: The Bayside Healthy Ageing Guide is provided as a guide to the range of social, recreational, educational and fitness opportunities available within the Bayside community. Information in this guide has been provided by the groups listed and is not exhaustive. There may be other opportunities available that are not listed.

The inclusion of any group, club, organisation or establishment within this publication is not an endorsement by Bayside City Council.

The information in this publication is correct as of time of print and is subject to change. Bayside City Council accepts no liability whatsoever for the information provided in this guide. Published April 2023.

Bayside City Council proudly acknowledges the Bunurong People of the Kulin Nation as the Traditional Owners and Custodians of this land, and we pay our respects to their Elders, past, present and emerging.

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About the guide

Bayside City Council is committed to improving the health and wellbeing of the Bayside community. That is why we are proud to provide the Bayside Healthy Ageing Guide. Council supports a range of senior community groups to provide opportunities for people 55+ years to age positively and create a community where people feel welcomed, valued, respected, and included.

Choose from a range of activities and programs including music, performance and dance, arts and craft, history and tours, cultural, health and wellbeing, games and cards and sports and recreation. We hope this guide will inspire you to expand your horizons and enrich your lives by making connections and exploring new opportunities in the Bayside community.

For further information contact Council's Healthy Ageing team at **healthyageing@bayside.vic.gov.au** or call **9599 4373**.

Legend

The following symbols appear throughout the guide and represent the facilities and services available at the activity venue.



Toilets

Organisation states that toilets are available at the venue.



Accessible Toilets

Organisation states that accessible toilets for a person with a disability are available at the venue.



Ramp Access

Organisation states that the venue is accessible by ramp.



Parking

Organisation states that accessible parking for a person with a disability is available at or close to the venue.



Public Transport

Organisation states that access to bus and/or train is within 1km of venue.

Clubs and centres

Australian Forum of Russian Speaking Jews

Bay Quilters

Bayside Badminton Club

Bayside Bridge Club

Bayside Brighton Men's Shed

Bayside Bushwalking Club

Bayside Community Nursery

Bayside Exercise Group

Bayside Gallery

Bayside Italian Senior Citizens Club

Bayside Libraries

Bayside Men's Shed

Bayside Rostrum Club 54

Bayside University of the Third Age (BU3A)

Bayside Veteran's Cricket Club

Beaumaris Art Group Inc.

Beaumaris Bowls Club

Beaumaris Seniors Centre

BirdLife Bayside

Black Rock Activity Centre

Black Rock Sports Club

Black Rock Yacht Club Swimmers

The Bayside Healthy Ageing Guide is also available on Bayside City Council's website at
www.bayside.vic.gov.au/HealthyAgeingGuide

Brighton Art Society
Brighton Bayside Life Activities Club
Brighton Beach Bowls
Brighton Bowling Club
Brighton Croquet Club
Brighton Greek Seniors Club
Brighton Historical Society Inc.
Brighton Public Golf Course
Brighton Recreational Centre
Brighton Seniors Centre
Brighton Theatre Company
Castlefield Community Centre
Chatty Cafe
Chinese Seniors Club
Connect Health and Community
Country Women's Association (CWA) of Vic Inc. – Bayside Branch
Connect Chinese Australia Brighton Beach Inc.
Dance for Parkinson's & Wellbeing Hampton
Former Masonic Hall
Friends and Environment Groups
Friends of Black Rock House
Hampton Bowls Club
Hampton Community Centre
Hampton RSL
Hampton Seniors Centre
Hampton Senior Citizens Club
Highett Bowls Club

Highett Greek Seniors Club
Highett Neighbourhood Community House
Highett Senior Citizens Club
Highett Youth Club
Japanese Welfare Association of Victoria Inc.
Keep Fit to Music
Lions Clubs in Bayside
Merry Melodies
Neighbourhood Watch 3193
Modern Line Dancing
Neighbourhood Watch Sandringham 3191 Inc.
Probus Clubs in Bayside
Rotary Clubs in Bayside
Sandbelt Toastmasters Club
Sandringham & District Historical Society Inc.
Sandringham Bowls Club
Sandringham Croquet Club
Sandringham Life Activities Club
Sandringham Over 55's Tennis Club
Sandringham Golf Club
Sandybeach Centre
Senior Russian Social Club Friendship
Silver Salties
Sing Australia Bayside
Snooker and Billiards
Vocally Wild Choir Inc.

Tips for joining activities, groups or clubs

When considering looking for a group or club to join, while there are many options to choose from, it can be hard to know where to begin. To help get you started we have provided a list of questions and ideas to think about.

- What are your interests or hobbies?
Is there something you've always wanted to try?
- Do you want to join a group for fun, to make friends, to share a common interest or maybe to help make a change in something you are passionate about?
- Do you want to find an activity that is available all year or perhaps casually like going to the movies or a show?
- Do you know anyone else who might like to join in with you? Or perhaps you know someone who already attends a group – you could ask them to take you along!

Making contact with a club or group

Where possible we have provided group contact details and links so you can obtain the most up to date information about the group. We recommend users of the guide make their own enquiries direct with the groups so as to make an informed decision. Some questions you may want to ask include:

- Is there a 'try before you buy' option?
Can you have a go to see if you like it first without having to join or pay fees?
- How much will it cost to join in?
Will there be any special requirements – like clothing or equipment?
- Ask for the name of a contact person who can answer any questions and perhaps provide a tour or orientation.
- Where is the closest bus stop or train station?

Where details are not provided, contact
Council's Healthy Ageing Team

Call: 9599 4373

Email: healthyageing@bayside.vic.gov.au



Where to find

Community Centres

- 1 Beaumaris Seniors Centre**
84 Reserve Rd, Beaumaris
- 2 Brighton Seniors Centre**
23 Durrant St, Brighton
- 3 Brighton Recreation Centre**
93 Outer Cres, Brighton
- 4 Castlefield Community Centre**
505 Bluff Rd, Hampton
- 5 Hampton Seniors Centre**
14 Service St, Hampton
- 6 Hampton Community Centre**
14 Willis St, Hampton
- 7 Highett Neighbourhood Community House**
2 Livingston St, Highett
- 8 Former Masonic Hall**
23 Abbott St, Sandringham
- 9 Sandybeach Centre**
2 Sims St, Sandringham

Bayside Library Service

- 10 Beaumaris**
96 Reserve Rd, Beaumaris
- 11 Brighton**
14 Wilson St, Brighton
- 12 Hampton**
1D Service St, Hampton
- 13 Sandringham**
2-8 Waltham St, Sandringham

Men's Sheds

- 14 Bayside Men's Shed**
76-78 Wells Rd, Beaumaris
- 15 Bayside Brighton Men's Shed**
210 Dendy St, Brighton

Bayside Gallery

- 16 Cnr Wilson and Carpenter Sts, Brighton**

Walking your dog

The green areas on the map illustrate Bayside's many parks and beaches where you can walk your dog. Council's website has information regarding off-leash areas, time restrictions and prohibited areas.

www.bayside.vic.gov.au/walking-your-dog-bayside



Community centres

Beaumaris Seniors Centre

96 Reserve Road, Beaumaris

T 9599 4373 (Bayside Healthy Ageing)

E healthyageing@bayside.vic.gov.au



Conveniently located behind Beaumaris Library this centre provides rooms for various community groups and is the epicentre for the learning programs hosted by Bayside University of the Third Age. For further information about this centre including hiring a room, contact Healthy Ageing.

Brighton Recreational Centre

Brighton Recreational Centre

93 Outer Crescent, Brighton

Temporarily closed – check with centre

E equiries@brightonrec.com.au

W www.brightonrec.com.au



This community centre offers recreational, cultural, educational and sporting activities for all ages and abilities. Choose from the many adult programs and classes including yoga, fitness for over 50's, strength for life, pilates, pottery, sewing, drawing, painting, Tai Chi, and more.

Brighton Seniors Centre

23 Durrant Street, Brighton

T 9599 4373 (Bayside Healthy Ageing)

E healthyageing@bayside.vic.gov.au



The Brighton Seniors Centre is the home for many of Bayside's senior multicultural groups. For further information on this centre including hiring a room, contact Healthy Ageing.

Castlefield Community Centre

505 Bluff Road, Hampton

T 9598 0662 / 9555 9910

E castlefield@bayciss.org.au

W www.castlefield.org.au



Castlefield Community Centre is a small and inviting Neighbourhood House that runs a range of programs. It is a place where you can learn a new skill, volunteer, practice your passion, receive support or simply connect with others.

Former Masonic Hall

23 Abbott Street, Sandringham

T 9599 4373 (Bayside Healthy Ageing)

E healthyageing@bayside.vic.gov.au



This heritage building in the heart of Sandringham Village provides a space for many local community groups to run a variety of programs and activities. For further information on this centre including hiring a room, contact Healthy Ageing.

Hampton Community Centre

14 Willis St, Hampton

T 9598 2977

E adminhcc@highett.org.au

W www.baysidecommunitycentres.org.au



This centre brings the community together through social, educational, recreational and support activities. The centre provides a welcoming environment offering a range of classes, events and resources enabling people to connect, create, play, learn and belong. Free counselling and community connection opportunities are also available.

Hampton Seniors Centre

14 Service Street, Hampton

T 9599 4373 (Bayside Healthy Ageing)

E healthyageing@bayside.vic.gov.au



This centre is located close to the Hampton Library and hosts many local community clubs and cultural groups. For further information on this centre including hiring a room, contact Healthy Ageing.

Highett Neighbourhood Community House

**Highett Neighbourhood
Community House,**

2 Livingston Street, Highett

T 9555 3797 / 0492 800 592

E office@highett.org.au

W www.baysidecommunitycentres.org.au



The Highett Neighbourhood Community House brings the community together through social, educational, recreational and support activities. Led by experienced tutors there are over 50 activities and classes in dance, music, theatre, creative arts, health and fitness, education and language, short courses and online courses. They also provide a number of social and support groups and free counselling and Community Connection for all abilities and ages.

Sandybeach Centre

2 Sims Street, Sandringham

T 9598 2155

E admin@sandybeach.org.au

W www.sandybeach.org.au



The Sandybeach Centre is a local community centre providing a diverse range of programs, activities and support services for the Bayside community. They encourage personal and professional development with their friendly and welcoming team and enthusiastic participants. There is something for everyone, including creative skills for personal development, job skills, lifestyle and language, healthy body and mind, arts, music and writing, and volunteering.

Arts and crafts

Bay Quilters

Beaumaris Community Centre,
96 Reserve Road, Beaumaris
E secretary@bayquilters.com.au
W www.bayquilters.com.au



Connect with a friendly group of likeminded women supporting the knowledge of quilting. BYO lunch, mug and handwork.

Bayside Gallery

Corner Carpenter and
Wilson Streets, Brighton
(entry on Wilson Street)
T 9261 7111
E gallery@bayside.vic.gov.au
W www.bayside.vic.gov.au/gallery



The Bayside Gallery is a space for everybody to enjoy art. Their curated exhibition program gives residents and visitors the opportunity to engage with inspirational work from renowned International, Australian and local artists. The Gallery offers a comprehensive program of art-related activities for all ages and abilities including their popular 'Great art detective' for children and the 'Connections: art and dementia' program. The Gallery has an annual program of exhibitions as well as offering behind the scenes insights into their creative spaces.

Beaumaris Art Group Inc

84-98 Reserve Road, Beaumaris
T 9589 4917
E info@beaumarisartgroup.com
W www.beaumarisartgroup.com



Located behind Beaumaris Library the Beaumaris Art Group studios provide great facilities to paint, draw, sculpt, pot and use mixed media. Surrounded by lovely parkland, the relaxed studio environment welcomes you to roll up your sleeves, to enjoy the facilities and be creative.

Brighton Art Society

Brighton Town Hall, Cnr Wilson
and Carpenter Streets, Brighton
T 9553 8506
E brightonartsociety@icloud.com
W www.brightonartsociety.com.au



Tutored and untutored art classes are available to suit those interested in water colour, oil, acrylic, pastel, pencil and other mixed media. Classes are available during the day and evenings. Art demonstrations and workshops by renowned artists are also provided to inspire and guide creativity.

Country Women's Association (CWA) of Vic Inc – Bayside Branch

**Hampton Senior Centre,
14 Service Street, Hampton**

T 9599 4373 (Bayside Healthy Ageing)

E cwabayside@gmail.com



This local Bayside branch of the Country Women's Association meets weekly to support the community, fundraise, hone their crafts and enjoy friendships.

The Bayside Writers' Group

T 9599 4373 (Bayside Healthy Ageing)

E baysidewritersgroup@bigpond.com



A group that attracts locals who have a passion for writing books, poems, or film scripts. They meet bi-monthly, 2pm on Thursdays at a Bayside café.



Bayside Libraries

96 Reserve Road, Beaumaris
14 Wilson Street, Brighton
1D Service Street, Hampton
8 Waltham St, Sandringham
T 9261 7125
E BaysideLibrary@bayside.vic.gov.au
W www.bayside.vic.gov.au/library



The Bayside Library service is a place for you to discover, imagine, create, learn and connect with the vibrant Bayside community. The service is spread across four separate locations, Beaumaris, Brighton, Hampton and Sandringham. Programs and events offered for older people include a variety of eLearning, technology training, home library services as well as resources in various cultural languages. The library also offers programs for children if you are looking for activities to enjoy with the grandchildren.

Bayside Healthy Ageing Seniors Festival

Various locations – refer to festival program available in September
T 9599 4373 (Bayside Healthy Ageing)
E healthyageing@bayside.vic.gov.au
W www.bayside.vic.gov.au/seniorsfestival

Each year, Bayside City Council proudly presents the Bayside Healthy Ageing Seniors Festival during the month of October. The festival offers a huge range of free and low-cost events and events providing residents with new connections and opportunities in the municipality. The festival program is available mid-September from: the Bayside Corporate Centre, Bayside's four public libraries and Bayside's Seniors Centres.

Black Rock Activity Centre

2 Karrakatta Street, Black Rock
T 9261 7104
E socialsupport@bayside.vic.gov.au
W www.bayside.vic.gov.au/black-rock-activity-centre-1



Bayside City Council's Social Support Service provides a variety of programs and activities for seniors in a friendly and supportive environment. The centre also provides a range of outings and bus day trips. To access these programs, participants will need to register with My Aged Care on 1800 200 422.

Volunteering

T 9599 4444

E volunteering@bayside.vic.gov.au

W www.bayside.vic.gov.au/volunteering

W www.baysidevolunteering.com.au

Bayside City Council manages a range of programs which rely on volunteers to deliver services to the Bayside community. We welcome volunteers of all ages and abilities and endeavour to match each individual with meaningful roles within the community.

Volunteering is all about making a difference in your community and also offers you the chance to:

- Learn new skills and gain confidence
- Make new friends and have fun
- Improve mood, happiness, and mental health outcomes
- Contribute to your community
- Gain satisfaction in the knowledge that volunteering really does make a difference



Cultural groups

Australian Forum of Russian Speaking Jewry

Brighton Seniors Centre,
23 Durrant Street, Brighton
T 9599 4373 (Bayside Healthy Ageing)



A welcoming group that fosters a connection between the Russian Jewish community in Australia and the State of Israel. Come along to their fun and social quiz nights held weekly.

Bayside Italian Senior Citizens Club

Brighton Seniors Centre,
23 Durrant Street, Brighton
T 9599 4373 (Bayside Healthy Ageing)



Seniors with an Italian background are invited to come and enjoy an opportunity to meet new people. Club members meet weekly to participate in various activities including games of bingo, cards, billiards, lunches and BBQs. Once a month the members get together and socialise over a home cooked lunch.

Bayside Japan Club

Hampton Senior Centre,
14 Service Street, Hampton
T 9599 4373 (Bayside Healthy Ageing)
W baysidejapan14@gmail.com



Bayside Japan Club is a community group of Japanese residents who meet regularly for cultural and social connection. Participate in the many activities on offer including cooking, dancing and exercise.

Brighton Greek Seniors Club

Brighton Senior Centre,
23 Durrant Street, Brighton
T 9599 4373 (Bayside Healthy Ageing)



Come and enjoy the warm hospitality of the Brighton Greek Seniors Club and engage in their weekly activities including social bingo, cards, snooker, luncheons, picnics and occasional bus outings.

Chinese Seniors Club

Brighton Senior Centre,
23 Durrant Street, Brighton
T 9599 4373 (Bayside Healthy Ageing)



Immerse yourself in Chinese culture with this vibrant group to socialise, sing and make new friends.

Culture Connect Chinese Australia Brighton Beach Inc.

T 0422 808 098

E info@cultureconnectca.com.au

W www.cultureconnectca.org.au

This club provides activities and events that connects the Bayside Chinese and Australian communities. They welcome seniors to enjoy a range of culture bridging and social activities including cooking, eating healthily, teaching English and technology.

Highett Greek Seniors Club

Highett Neighbourhood Community House, 2 Livingston Street, Highett

T 9599 4373 (Bayside Healthy Ageing)



If you enjoy the Greek language and culture then you will enjoy the social and recreational traditions and activities of this group. The group meets weekly to socialise, engage in activities and share lunch. New members are always welcome.

Japanese Welfare Association of Victoria Inc.

**Hampton Senior Centre,
14 Service Street, Hampton**

W www.jwavic.org.au



Open to Japanese seniors as well as other cultures. This club provides a friendly and supportive environment through social activities, cooking, craft, teaching English or just by having a chat and a laugh together.

Senior Russian Social Club Friendship

**Hampton Senior Centre,
14 Service Street, Hampton**

T 9599 4373 (Bayside Healthy Ageing)



This Russian social club, known as a friendship club or “druzhba”, welcomes everyone to join in. The club brings together senior citizens from all backgrounds to promote health, laughter and wellbeing. Activities include author and presenter talks, yoga, laughter yoga, table tennis, concerts, dinner/dances, cultural celebrations and friendly conversation in both Russian and English.

Games and cards

Bayside Bridge Club

- 1) Hampton RSL,
25 Holyrood Street, Hampton
2) Beaumaris Bowls Club,
1 Martin Street, Beaumaris
T 0483 112 412
E baysidebridgeclub@gmail.com
W www.bridgewebs.com/bayside



Play bridge for fun and social connectedness. From novice to grand masters, everyone is welcome. Operating from two locations, lessons are available for introduction, intermediate and advanced players.

Snooker and Billiards

- Beaumaris Seniors Centre,
84 Reserve Road, Beaumaris
E secretary@lifesandringham.org.au
W www.sandringhamlifeactivities.org.au



The Sandringham Life Activities Club welcomes players to Beaumaris to come along and play some social and friendly snooker or billiards. There are two 3/4 size billiard tables and new members of all levels are very welcome.

Highett Senior Citizens Club

- Highett Neighbourhood Community House, 2 Livingston Street, Highett
T 9555 3797
E office@highett.org.au
W www.baysideseniors.org.au



Come along and brush up your table tennis skills or play canasta with new friends at Highett Neighbourhood Community House. The centre offers mixed play across 5 table tennis tables catering for beginner and experienced players. All levels are welcome with refreshments served at the end of play. From time to time members enjoy social outings and local pub lunches together.



Better Health Network (BHN)

T 9575 5333

W www.connecthealth.org.au



Better Health Network (BHN) is a not-for-profit organisation providing integrated health, disability and social support services to deliver better health and wellbeing for our community. The network supports better ageing through social, fitness and movement programs as well as allied health and community transport. Some activities may require a GP or MyAged Care referral.

Bayside Exercise Group

Scout Hall

**Cnr Ludstone and Kingston
Streets, Hampton**

T 9599 4373 (Bayside Healthy Ageing)



This low impact exercise class focuses on elements that will improve mobility, balance and strength in a safe and sociable environment for older people.

Thursdays, 9.30am – 10.30am

Chatty Café

**Various locations –
see website for details**

W www.chattycafeaustralia.org.au

Chatty Café is a global movement to help bring people together, reduce social isolation and build social connections within the local community. Chatty Café events are for everyone. People on their own, in a couple, with a friend, carers, people with babies and children, grandparents – people of all ages and walks of life. So, if you want to connect more with your local community, meet new people, or just enjoy the company of others – link up to one of the many chatty café opportunities in Bayside.

For further details visit
www.chattycafeaustralia.org.au

Highett Youth Club

Highett Youth Club,
3 Livingston Street, Highett
T 9532 0457
E highettyouthclub@bigpond.com
W www.highettyouthclub.org



Don't be fooled by the name, this centre aims to keep seniors moving, body aware and safe. Join a class specifically for seniors to improve flexibility and balance, and increase body control and strength during the fall recovery process. The goal for each member is to better understand their own bodies and to experience freedom of movement. Classes are instructed by qualified and supportive coaches.

Keep Fit to Music

St. Michael's Anglican Church Hall,
28 Dalgetty Road, Beaumaris
T 9599 4373 (Bayside Healthy Ageing)



Keep fit whilst exercising to music in the friendly environment at St. Michael's Anglican Church Hall, Beaumaris. The uplifting music sets the tempo for gentle exercises to help maintain and improve mobility, flexibility, strength, circulation and heart health.

Silver Salties

Sandringham Life Saving Club
Beach Road, Sandringham (opposite
Beach Rd & The Crescent)
E silversalties@sandringhamlsc.org.au
W silversalties@sandringhamlsc.org.au



Silver Salties is a low-impact fitness & wellbeing program, offering people of 55+ years the opportunity for physical activity and social connection in the beautiful surrounds of the Sandringham Life Saving Club and foreshore. Activities include yoga, tai chi, fitness, and pilates, as well as water activities such as open water swimming and water safety education programs.

History and tours

Brighton Historical Society Inc.

Brighton Town Hall, Cnr Wilson and Carpenter Streets, Brighton

T 9553 8650

E brightonhs@gmail.com

W www.brightonhistorical.org.au



Located in the Bayside Arts and Cultural Centre (Brighton Old Town Hall), the society is home to an extensive and diverse historical collection including photos, documents, maps, art, artefacts and a large costume collection of State significance. The society offers opportunities for researching, writing articles and cataloguing the history of Brighton for future generations.

Friends of Black Rock House

**Black Rock House,
34 Ebdon Street, Black Rock**

T 9589 5763

E friendsofblackrockhouse@gmail.com

W www.blackrockhouse.org.au



The Black Rock House is a period home significant to the history and architecture of Bayside. The Friends of Black Rock House maintain and preserve the historic house for the enjoyment of locals and tourists alike. There is plenty to contribute to this enthusiastic 'Friends' society including hosting guided tours, collection cataloguing, arranging community events at the house, and collecting information on its history.

Sandringham & District Historical Society inc.

15 Melrose Street, Sandringham,

T 9597 0985

E secretary@sandringhamhistorical.org.au

W www.sandringhamhistorical.org.au



History enthusiasts will enjoy visiting the Sandringham & District Historical Society. The society collects, preserves and catalogues material relevant to the history of Sandringham, Black Rock, Beaumaris, Hampton, and parts of Highett and Cheltenham. The society also records oral histories from local residents and past residents. Visitors can foster their local historical interest by browsing through books, articles, newsletters and displays. Opportunities are available to ask questions and locals can explore the history of their surroundings and enjoy looking up their house data. General meetings with interesting speakers are held every 3 months.



Information and technology

Online

Bayside Libraries

Online

T 9261 7125

E BaysideLibrary@bayside.vic.gov.au

W www.bayside.vic.gov.au/library



Bayside Library Service offers face-to-face training to assist residents in getting started using technology and to safely navigate the digital world. Training is run by staff and all you need is a device that is connected to the internet.

Bayside University of the Third Age (BU3A)

**Various locations –
see website for details**

T 9589 3798

E baysideu3a@gmail.com

W www.baysideu3a.org



BU3A offer a range of computer and technology training for beginner and novice learners to the experienced users who are keen to revise and further develop their skills.

BeConnected

Online

W www.beconnected.esafety.gov.au

Be Connected is an Australian Government initiative aimed at increasing the confidence, skills and online safety of older Australians when they use the internet and technology. The BeConnected website enables people to access interactive learning activities, training courses, web apps and 'how-to' videos at their own pace. There are training courses covering the basics of using computers and digital devices, all designed to appeal and be of interest to older Australians.



Large community groups

Bayside University of the Third Age (BU3A)

**Various locations –
see website for details**

T 9589 3798

E baysideu3a@gmail.com

W www.baysideu3a.org



Bayside University of the Third Age (BU3A) is a learning exchange for retired and semi-retired adults. A place to learn, a place to teach, a place to continue exercising the mind and body. There are formal and informal classes, talks and demonstrations and it's a great way to meet new Bayside friends. Classes and activities run during the school terms both online and at venues across Bayside and cover a variety of topics including: arts and crafts, culture, computers, technology, mind and body exercise, history, literature, music, science and more.

Brighton Bayside Life Activities Club

**Various locations –
check website for details**

E secretarybblac@gmail.com

W www.lifebrightonbayside.org.au



With an emphasis on fun, friendship and enjoyment, this club offers more than 35 activities each week from short walks to bushwalks, cycling to riding adventures, picnics to fine dining, table tennis, mah-jong, cards, golf and armchair travel. Join this club with likeminded community members to make new friends, be active and stay young at heart.

Sandringham Life Activities Club

**Former Masonic Hall,
23 Abbott St, Sandringham**

E secretary@lifesandringham.org.au

W www.sandringhamlifeactivities.org.au



This club offers a selection of diverse activities which encourages members to keep physically and mentally active while enjoying the company of others. Activities include exercise, dancing, Tai Chi, dining out, games, craft, snooker, table tennis, social functions and Christmas celebrations. The club attracts members those in or heading towards retirement who seek friendship in this life changing transition.

Probus

**Various locations –
see website for details**

T 1300 630 488

W www.probusouthpacific.org

Probus Clubs are about friendship, fellowship and fun in retirement. Their purpose is to advance intellectual and cultural interests amongst adults by providing opportunities to progress healthy minds and active bodies through social interaction, activities, expanding interests and making new friends in the community.

There really is something for everyone including, day trips, cinemas viewings, live theatre, dine-outs, walking, monthly meetings with interesting speakers and much more.

There are over 10 Probus Clubs located in Bayside.



Men's Sheds

Bayside Brighton Men's Shed

210 Dendy Street, Brighton

E brightonmensshed@gmail.com

W www.brightonmensshed.com



Meet for companionship, inclusion and sharing or learning new skills. The club welcomes all skill levels to enjoy a fully equipped wood and metal workshop. The addition of the kitchen provides an option to enjoy the delights of cooking classes.

Bayside Men's Shed

76-78 Wells Road, Beaumaris

E baysidemensshed@gmail.com

W www.baysidemensshed.com



The Bayside Men's Shed is a community-based organisation, where men from all walks of life, age and backgrounds come together in a shared space to make new friends, swap yarns, exchange ideas and be creative. The purpose is to improve men's health, well-being and social inclusion. Whether in the workshop or hanging out in the recreational hall, men will gain a sense of purpose, connectedness and camaraderie.





Music, performance and dance

Bayside Rostrum Club 54

Castlefield Community Centre,
505 Bluff Road, Hampton

E vicclub54@rostrum.com.au

W www.rostrum.com.au/clubs/vic-clubs



An enjoyable way to learn and practise a variety of public speaking and communication skills. Rostrum members are of all ages and from all walks of life, with a common link to develop confidence in speaking and verbally communicate better.

Brighton Theatre Company

Brighton Town Hall, Cnr Wilson
and Carpenter Streets, Brighton

T 0493 069 479

E enquire@brightontheatre.com.au

W www.brightontheatreco.com



The Brighton Theatre Company is a place for actors and artists of all stages and ages. Whether you're just starting out or looking for a place to develop your craft, locals are encouraged to get involved and be a part of a vibrant and welcoming community. Members can participate in many aspects of a production including acting, wardrobe, lighting, sound operation, stage management, set building and front of house. The theatre group organises four productions each year.

Dance for Parkinson's & Wellbeing Hampton

Hampton Senior Centre,
14 Service Street, Hampton

E dance4wellbeing@gmail.com

W www.dance4all.online



Dance for Parkinson's & Wellbeing Hampton offers members of the Bayside community with access to social, fun and physical seated and standing dance classes. While specifically aimed at people with Parkinson's, the class is open and welcoming to all who wish to enjoy movement to music. Prior to each class, enjoy time to have a cuppa and chat.

Modern Line Dancing

Brighton Senior Centre
23 Durrant Street, Brighton

T 9599 4373

(Bayside Healthy Ageing)

E modernlinedancinginc@gmail.com



Come and try friendly line dancing classes alone or with your friends. Exercise your body and mind in a fun way with many styles of music including Cha-Cha, Tango, Bachata, Waltz and more.

Tuesday afternoon and Wednesday evening classes..

Merry Melodies

St. Agnes Anglican Church,
35 Arkaringa Crescent, Black Rock
T 9599 4373 (Bayside Healthy Ageing)



Come and join or listen to a group of retired professional musos, singers and music fans belt-out a good old-fashioned sing-a-long of old favourites. Merry Melodies Live Variety Concert and sing-a-long is held at St Agnes Anglican Church, Black Rock on the third Tuesday of the month commencing at 1.30 pm. Merry Melodies welcome new members and friends to join throughout the year. Afternoon tea is provided.

Sandbelt Toastmasters Club

Beaumaris Library, Small Hall,
96 Reserve Road, Beaumaris
E sandbelt.tm@gmail.com
W www.sandbelttoastmasters.com.au



This warm and friendly club is a fun, non-profit educational club that develops public speaking and leadership. Members will be assisted to find a voice and learn to excel at speaking in any situation. Take advantage of their “3 Free Visits” before deciding if Toastmaster’s is right for you.

Sing Australia Bayside

St Leonard’s Uniting Church,
Cnr Wolseley Grove and
New Street, Brighton
T 8838 8995
E singausbayside@gmail.com
W www.singaustralia.com.au



This community singing group welcomes all ages and abilities to unite and sing together in a very relaxed environment with no pressure to be perfect. There are no auditions nor requirements to read music. We encourage everyone to sing with their own voice, have fun and offer the chance to form friendship by the great connection singing together offers.

Vocally Wild Choir Inc.

Beaumaris Community Centre,
96 Reserve Road, Beaumaris
E secretary@vocallywild.org.au
W www.vocallywild.org.au



Vocally Wild is a mixed, non-auditioned community choir and anyone who loves singing is welcome. The choir is a regular performer at many Bayside events including the Bayside Carols in the Park and the annual Beaumaris RSL ANZAC Day Parade.

Parks, environment and sustainability

Bayside Community Nursery

315-317 Reserve Road, Cheltenham

T 9583 8408

E friends@bayside.vic.gov.au

W www.baysidevolunteering.com.au



Join the outstanding team of nursery volunteers to sow seeds, strike cuttings and propagate a wide variety of indigenous plants. Volunteers also help out with sales at the nursery Thursdays and Sundays from 10am – 12noon.

BirdLife Bayside

Highett Neighbourhood

Community House,

2 Livingston Street, Highett

E bayside@birdlife.org.au

W www.birdlifebayside.org



If you would like to increase your knowledge about Australian birds and their habitats, this is the club for you. Birdlife Bayside holds monthly meetings and outings from February to November each year. Each meeting features a guest speaker, door prize, and supper, whilst the outings take members to a variety of bird and wildlife habitats both local and beyond.

Dog walking

Various locations.

T 9599 4444

E healthyageing@bayside.vic.gov.au

W www.bayside.vic.gov.au/walking-your-dog-bayside

Walking your dog is a great way to exercise, spend time with your dog, relax and socialise. There are many parks and beaches in Bayside where you can walk your dog. The Council website has maps and information detailing off-leash areas, time restrictions and prohibited areas.

Friends and Environment Groups

Various locations. Refer to Banksia Bulletin for details.

T 9599 4444

E banksia@bayside.vic.gov.au
volunteering@bayside.vic.gov.au

W www.bayside.vic.gov.au/download-banksia-bulletin

Bayside City Council supports a host of Friends and Environment groups who work to protect and conserve Bayside's natural environment, coastal vegetation, wildlife and heritage. The volunteers of these groups put their love of nature and conservation to hard work throughout the year running activities which protect and enhance the natural beauty of Bayside. For news, events and group details visit the quarterly Banksia Bulletin on Council's website.

Parks, reserves and playgrounds

You can view a map of the locations on the Council's website.

T 9599 4444

W www.bayside.vic.gov.au/where-are-our-parks-and-gardens

Bayside is well serviced with a variety of playgrounds found in parks and reserves. Amongst the streets in your neighbourhood there are many localised quiet, hidden away playgrounds, parks and gardens, ideal for exercise, meeting friends or entertaining little ones. You can find an exercise circuit specific for seniors at Thomas Street Reserve in Hampton. For a full list of playgrounds visit the Council website. There are more than 60 playgrounds throughout Bayside.

Walking tracks and beach access

Download the Bayside Walks and Trails App on your mobile device, or download a PDF map from Council's website.

T 9599 4444

E healthyageing@bayside.vic.gov.au

W www.bayside.vic.gov.au/bayside-walks

Walking is a popular pastime to maintain fitness, improve health or simply to relax, which is inexpensive and fun. It's also a great way to discover the beauty of Bayside and learn more about our heritage. There are coastal trails and walks through the streets, parks and suburbs which are curated to be interesting and leisurely and designed for people of all ages and levels of fitness.



Service organisations

Neighbourhood Watch 3193

**Various locations –
check website for details.**

T nhw3193@gmail.com

W www.nhw3193.com.au

Neighbourhood Watch is a community-based crime prevention program which aims to improve the quality of life within a neighbourhood and increase the safety of our residents. This group is involved in a number of community events and activities including holding regular meetings at local hospitality venues, listening to guest speakers and discussing issues that are relevant to the needs of the community.

Neighbourhood Watch Sandringham 3191 Inc.

E editor@nhwsandy3191.com

Neighbourhood Watch is a community-based crime prevention program which aims to improve the quality of life within a neighbourhood by minimising preventable crime and promoting closer community ties. They run special programs and events, assist with graffiti removal, have quarterly meetings and deliver newsletters. Refer to the club's Facebook page for further details.



Rotary Clubs in Bayside

Rotary is a global network of 1.2 million neighbours, friends, leaders, and problem-solvers who see a world where people unite and take action to create lasting change. Join your local Rotary Club to help give back to the community, and invest in your personal growth. With five clubs in Bayside, you will certainly find one which fits your passion and purpose.

W www.my.rotary.org/en/club-search

Rotary Club of Beaumaris

E beaumarisrotary@gmail.com

W www.beaumarisrotary.com

Rotary Club of Brighton

E secretary@rotarybrighton.com.au

W www.rotarybrighton.com.au

Rotary Club of Brighton North

E secretary@northbrightonrotary.org.au

W www.northbrightonrotary.org.au

Rotary Club of Hampton

E secretary@hamptonrotary.org.au

W www.hamptonrotary.org.au

Rotary Club of Sandringham

E president@sandringhamrotaryclub.org.au

W www.sandringhamrotaryclub.org.au

Lions Clubs

Lions Clubs offer the opportunity to meet new people, enjoy fellowship, learn new skills, personal development and to work with others on contributing to local and wider community needs. Activities at the Bayside Clubs include fund raising for the local community, social activities, club dinners with guest speakers and assisting local and international causes and projects.

See Bayside Clubs list **W** <https://lionsclubs.org.au>

Sandringham Lions Club

E sandylionsclub@gmail.com

W <https://sandringham.vic.lions.org.au>

Beaumaris Lions Club

E beaumlion@gmail.com

W <https://beaumaris.vic.lions.org.au>

Brighton Lions Club

E info@lions.org.au

W <https://brighton.vic.lions.org.au>

Sports and recreation

Bayside Badminton Club

**Sandringham Youth Centre,
221 Thomas Street, Hampton**

E info@baysidebadminton.org.au

W www.baysidebadminton.org.au



Enjoy social badminton with doubles games in a relaxed and friendly environment. Members range in age, background and ability from beginner upwards. The games are organised based on similar skill levels so everyone has a fair go.

Bayside Bushwalking Club

**Various locations –
see website for details**

E secretary@baysidebush.org.au

W www.baysidebush.org.au



Enjoy the beautiful sights, sounds and smells of the bush with the Bayside Bushwalking Club. This club inspires people to walk in natural areas for enjoyment, health, well-being and appreciation of the Victorian bush. Members can participate in day walks, overnight walks and base camps filled with serenity, adventure and social connectedness. The club also holds monthly meetings with guest speakers to speak on topics of interest and relevance to the club.

Bayside Veteran's Cricket Club

**Dendy Park Cricket Nets,
Breen Drive, Brighton East**
(Nets accessible from car park parallel to Breen Drive)

E team@baysideveterans.cricket

W www.baysideveterans.cricket



Senior age cricketers who love this sport and would like to play socially or competitively are welcomed to join this club. Competitions for people aged 60+ are provided mid-week as well as Sunday club games. Emphasis is on participation, friendship and enjoyment plus the promotion of physical and mental fitness in a peer group environment.

Beaumaris Bowls Club

1 Martin Street, Beaumaris

T 9589 2708

E beaubowls@netspace.net.au

W www.beaumarisbowls.com.au



Beaumaris Bowls Club offers a wide range of social bowling activities and competition for members. Prior bowling experience is not required and coaching programs for beginners to advanced are available.

Black Rock Sports Club

2 Fern Street, Black Rock

T 9598 2336

E secretary@blackrocksportsclub.com.au

W www.blackrocksportsclub.com.au



A family friendly club offering lawn bowling and tennis. Catering for all ages and skills; beginners to experienced players. Facilities include; 1 x bowling green, 4 x en-tou-cas tennis courts and 4 x lawn tennis courts. The club is licensed and schedules regular live music, trivia and entertainment. BBQs are available on Friday evenings and barefoot bowls during day light savings.

Black Rock Yacht Club Swimmers

Black Rock Yacht Club foreshore ramp, Cerberus Way, Black Rock

T 9598 0570

E manager@bryc.com.au

W www.blackrockyachtclub.com.au



The enjoyment associated with swimming in salt water is evident in the increasing popularity of open water swimming amongst seniors. Attracting all ages and abilities the facilities available at the yacht club provide the opportunity to participate in regular weekly club swims all year round.

Brighton Beach Bowls

2B South Road, Brighton

T 9598 1594

W www.brightonbeachbowlsclub.com.au



Come play socially or competitively on the club's synthetic green, beautifully located near Brighton beach. Day and evening games are played and the club offers a range of memberships to suit people's needs. New members can trial for three months at no cost and tuition is available for beginners.

Brighton Bowling Club

Breen Drive, Brighton East

T 8520 9600

E manager.brightonbowling@bigpond.com

W www.brightonbowlingclub.com.au



A friendly club atmosphere where members can choose to play social, pennant, or barefoot bowls. Nestled in the spectacular and peaceful surrounds of Dendy Park this club provides both outdoor and indoor carpet greens spaces. Full or social membership available.

Sports and recreation

Brighton Croquet Club

6 Bleazby Avenue, Brighton

E brightoncroquetclub@gmail.com

W www.croquetvic.asn.au



The Brighton Croquet Club is a friendly social club that has long been part of Bayside's history since 1915. Association and Golf Croquet make playing this sport both social as well as competitive. Play is available all year round and beginners and new members are welcome.

Brighton Public Golf Course

Dendy Street, Brighton

T 9592 1388

E bgc@lmservice.com.au

W www.brightongolfcourse.com.au



Brighton Golf Course offers a true test of Sandbelt golf, that will test every level of golfer through its narrow fairways and small well-bunkered greens. Enjoy their fantastic facilities 7 days a week with casual visits, multi passes, and memberships available.

Hampton Bowls Club

Cnr Earlsfield and

Fewster Roads, Hampton

T 9598 5056

E manager@hamptonbowlsclub.com.au

W www.hamptonbowlsclub.com.au



The Hampton Bowls Club is a meeting place for the whole community; bowlers of all types; from barefoot to social and pennant; social members and businesses. Hampton Bowls Club also offers weekly mah-jong and bingo games.

Hampton RSL

25 Holyrood Street, Hampton

T 9598 0460

E manager@hamptonrsl.com.au

W www.hamptonrsl.com.au



This club hosts billiards and snooker tables for casual games as well as regularly hosting competitions. The snooker room is a fun and atmospheric way to enjoy a game with likeminded players.

Highett Bowls Club

6-8 Highett Grove, Highett

T 9555 4003

E highettbowlsclub@bigpond.com

W www.highettbowlsclub.com.au



Conveniently located close to Highett Village and minutes from the train station the club offers family days, barefoot bowls, pennant and social play with a licensed bar and happy hour. For those wishing to try it out, there is equipment to use for lessons before joining into a game with friendly members.

Sandringham Bowls Club

25 Tulip Street, Sandringham

T 9598 0417

E sandringhambc@bigpond.com

W www.sandybowls.com.au



Sandringham Bowls Club caters for all ages. The club encourages and welcomes new members to participate in pennant competition and social bowls. The club offers full playing and social memberships.

Sandringham Croquet Club

Foreshore, opposite 96 Beach Road, Sandringham

E sandycroquet@gmail.com

W www.croquetvic.asn.au



Croquet is a gentle form of exercise that involves walking, strategy, skill and socialisation. Located on the foreshore, Sandringham Croquet Club is one of the oldest sporting clubs in Bayside. They welcome new members and provide accredited coaching for both association and golf croquet. The club provides many social activities for members' enjoyment.

Sandringham Over 55s Tennis Club

Royal Avenue Tennis Centre,
30 Royal Avenue, Sandringham

T 0417 054 901

W www.royalavenuetennis.com.au



Royal Avenue Tennis Club hosts the mixed doubles tennis group providing affordable social tennis to those aged 55+ years of age. The club encourages past players to return to tennis and provides an opportunity for those who have never played to start. Tea and coffee facilities are available in the kitchen.

Sandringham Golf Club

Cheltenham Road, Cheltenham

T 0477 774 633

E secretary@sandringhamgolfclub.org.au

W www.sandringham.golf



Recently updated, this 18 hole public golf course welcomes all golfers from beginners to single figure handicappers. Known as The Sandy, this course provides an excellent golfing experience for all.



Bayside City Council

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Sandringham VIC 3191
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enquiries@bayside.vic.gov.au
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