Disclaimer: Active Living for Older Adults 2018 Resource Guide is provided as a guide to the range of social, recreational, educational and fitness opportunities available within the Bayside community. The information in this booklet has been provided by the groups listed and is not exhaustive. There may be other opportunities available that are not listed. While every effort has been made to ensure the information is current at the time of printing, it is important to note that this may change over time. Active Living for Older Adults 2018 Resource Guide is also available on the Bayside City Council website at www.bayside.vic.gov.au

The inclusion of any group, club, organisation or establishment within this publication is not an endorsement by Bayside City Council. Users of the guide should not rely solely on the information provided and should make their own enquiries so as to make an informed decision regarding the suitability and quality of services.

Bayside City Council has not verified the accessibility of facilities and services included in this publication. Users of the guide should confirm these details with the organisations before attending any activities. Bayside City Council accepts no liability whatsoever for the information provided in this booklet.
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About the guide

The Active Living for Older Adults 2018 Resource Guide aims to provide information regarding the range of activities available within the Bayside community. Council’s commitment to the wellbeing of older people is demonstrated through the Wellbeing for All Ages and Abilities (WAAA) strategy which is delivered through the Healthy Ageing Action Plan. The Healthy Ageing Action Plan supports older adults in Bayside to remain socially connected and to continue leading healthy, active lifestyles.


Legend

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

- **Orientation**
  Organisation states they provide new member orientation.

- **Toilets**
  Organisation states that male and female toilets are available at the venue.

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

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

- **Ramp Access**
  Organisation states that the venue is accessible by ramp.

- **Transport**
  Organisation states they provide options for transport to venue.

- **Public Transport**
  Organisation states that access to bus and/or train is within 1km of venue.
## Clubs and centres in this guide

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<td>Black Rock Bowling and Tennis Club</td>
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<td>Black Rock Solo Group</td>
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<td>Brighton Art Society</td>
<td>Hampton Country Womens Association (CWA)</td>
<td>The Ramblers Walking Club</td>
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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.

Here are a few questions to get you started:

- What are your interests or hobbies? Is there something you've always wanted to try but just never found the time?
- 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, such as a fitness group, for a fixed length of time like education classes, or perhaps just a once-off event 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

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?
- Does the group provide transport or will you have to make your own way there?
- Where is the closest bus stop or train station?
- 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 show you around and answer any other questions you may have.
  If possible make a time to meet them for a tour or orientation.

Other options

This guide has a range of activities that are available in the community for you to choose from however you may like to seek out some activities for yourself. Your local library can provide you with information about what activities may be taking place. Your local church or community centre will often be well connected with other activities in the local community and can provide alternative options. Noticeboards in libraries, churches, community centres and local shopping strips often have information about activities that are also being run in the area.
Remember!
All groups are very welcoming and encourage new participants; after all, without any people there wouldn’t be a group!
Where to find

Seniors community centres

1. Beaumaris  
   84 Reserve Rd, Beaumaris  
   T  9599 4373

2. Brighton  
   23 Durrant St, Brighton

3. Hampton  
   14 Service St, Hampton

4. Highett  
   2 Livingston St, Highett

5. Sandringham  
   23 Abbott St, Sandringham  
   T  9599 4373

Community centres

11. Brighton Recreation Centre  
   93 Outer Cres, Brighton  
   T  9592 3033

12. Castlefield Community Centre  
   505 Bluff Rd, Hampton  
   T  9598 0662

13. Hampton Community Centre  
   14 Willis St, Hampton  
   T  9598 2977

14. Highett Neighbourhood Community House  
   2 Livingston St, Highett  
   T  9555 3797

15. Sandybeach Centre  
   2 Sims St, Sandringham  
   T  9598 2155

Bayside Library Service

6. Beaumaris  
   96 Reserve Rd, Beaumaris  
   T  9261 7820

7. Brighton  
   14 Wilson St, Brighton  
   T  9261 7840

8. Hampton  
   1 Service St, Hampton  
   T  9261 7870

9. Sandringham  
   2-8 Waltham St, Sandringham  
   T  9261 7810

Bayside Mens Shed

10. 36 Bonanza Rd, Beaumaris  
    T  9599 4373

Bayside Gallery

16. Cnr Wilson and Carpenter Sts, Brighton  
    T  9261 7111

Walking your dog

Refer to the map for the many parks and beaches in Bayside where you can walk your dog. Council website has information regarding off-leash areas, time restrictions and prohibited areas.  
Community groups, clubs and centres

Throughout the guide you will find information from over 70 Bayside groups, clubs and centres.

The following section provides information on the larger community organisations in Bayside who provide a variety of activities. The information provides a description of the club, type of activities provided as well as where to go for further information.
Bayside Community Nursery
315-317 Reserve Rd, Cheltenham
An outstanding team of nursery volunteers work tirelessly sowing seeds, striking cuttings, helping with sales and caring for developing stock. New volunteers are always welcome.
Volunteer sessions are held on Thursdays and Saturdays from 10am-12noon.
T 9583 8408
E friends@bayside.vic.gov.au
W www.baysidevolunteering.com.au

Bayside Gallery
Cnr Wilson and Carpenter Sts, Brighton
The Gallery has an annual program of exhibitions that will stimulate thought and reflection, from painting to ceramics, video work and fashion. The Gallery supports the work of local Bayside artists and arts organisations, as well as providing visitors with the opportunity to engage with work by artists from around Australia.
Connections is a free activity for people living with dementia and their carers. The program provides a unique opportunity for people living with dementia for connection, interpretation and expression during a discussion-based tour of an exhibition. Connections is open to people living with dementia in residential care facilities.
T 9261 7111
E thegallery@bayside.vic.gov.au

Bayside Library Service
The Bayside Library Service offers a great range of programs for all ages. Programs offered for older adults include a variety of eLearning and technology classes, a home library service and a range of workshops.
The library also offers programs for children if you are looking for activities to enjoy with the grandkids!
To find out more visit the website or pop into your local library.
T 9261 7851
E baysidelibrary@bayside.vic.gov.au
Bayside Mens Shed
36 Bonanza Rd, Beaumaris
Fully equipped with woodworking machines and hand tools. Local men coming together to undertake projects in woodwork. Projects include individual and community works. All skill levels welcome, show your talents or learn a new one.
T 9599 4373
E baysidemensshed@gmail.com
W www.baysidemensshed.com

Bayside University of the Third Age (U3A)
Various locations
One of the advantages of growing older is the vast amount of knowledge people develop over the years. Knowledge that has been gained through practical experience as well as formal and informal learning. University of the Third Age (U3A) 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. There are formal and informal classes, talks and demonstrations and it’s a great way to meet new friends.
Classes and activities run during the school terms and cover a variety of topics including:
• Arts and culture
• Computers and technology
• Mind and body exercise
• Games
• History and language
• Literature and writing
• Music
• Science
T 9589 3798
E baysideu3a@gmail.com
W www.baysideu3a.org
Brighton Bayside Life Activities Club
Various locations
If you are active and approaching retirement or already enjoying that time of your life, then visit the Brighton Bayside Life Activities Club. With almost 400 members, offering a wide variety of interesting activities, the club provides an existing social network in which to make new friends. The club offers over 35 activities each week with the opportunity to participate in as many or few activities as you choose. Activities enjoyed by members of the club include:

- Long walks, short walks and bushwalks
- Cycling for a coffee and chat or longer rides
- Dinners and fine dining
- Table tennis
- Mahjong
- Cards
- Book clubs
- Music
- Short holidays

Add a new page to your life, make new friends, be active and stay young at heart. There is much to look forward to when you share time with similarly motivated people from your own community.

T  9592 2789
E  runderwood81@hotmail.com
W  www.life.org.au

Brighton Recreational Centre
93 Outer Cres, Brighton
Brighton Recreational Centre is a not for profit community based organisation offering recreational, cultural, educational and sporting activities for all age groups in the local community. Courses include yoga, pilates, feldenkrais, pottery, mosaics, sewing, drawing, painting, creative and magazine writing, gentle exercise, strength for life, bridge lessons, supervised bridge, tennis lessons, golf lessons, language classes, mindfulness and nutrition.

T  9592 3033
E  enquiries@brightonrec.com.au
W  www.brightonrec.com.au
Castlefield Community Centre
505 Bluff Rd, Hampton
Castlefield Community Centre is a small and inviting neighbourhood house managed by Bayside Community Information and Support Service (BayCISS). Castlefield Community Centre aims to build a connected community where people can learn new skills, share their experiences and get the support they need to feel valued in their community.

T  9598 0662
E  castlefield@bayciss.org.au
W  www.castlefield.org.au

Friends of Bayside
Various locations
Would you like to get a dose of exercise whilst connecting with like-minded people? Then join your local Friends of Bayside Group.

Explore and learn about Bayside’s inland and coastal bushland environment in a way most others don’t! You’ll be part of a successful program tackling key weed species and restoring what was once there. It’s a great opportunity to get to know your neighbours, learn bushland management techniques, learn plant identification, behaviour and much more.

Friends of Bayside is a community based program supported by Bayside City Council. The program enables you to play a role in helping to protect Bayside’s inland and coastal bushland reserves.

W  www.baysidevolunteering.com.au
Hampton Community Centre
14 Willis St, Hampton

Hampton Community Centre offers a range of short courses in arts, language and fitness as well as being a meeting space for various community groups. Enjoy classes in drawing, pottery, mosaics and painting as well as yoga, Pilates and chair based exercise programs.

T 9598 2977
E admin@hampcomm.org
W www.hampcomm.org

Highett Neighbourhood Community House
2 Livingston St, Highett

Highett Neighbourhood Community House offer a number of social, active and creative activities that appeal to a wide demographic. Activities include tai chi, arts and craft, group fitness, bridge, creative writing and men’s support groups.

T 9555 3797
E office@highett.org.au
W www.highett.org.au

Lions Australia

For local clubs information refer to page 30

One more member gives us two more hands to service our local and international community. At Lions we make things happen. As a member of Lions Australia you will experience a number of personal benefits including leadership skills, a sense of self-worth and purpose, business skills, networking opportunities and lifelong friendships.

Lions assist with local community fundraising for special causes and help with the development and building of local parks, community venues and sporting centres.

T 1800 655 201
E info@lions.org.au
W www.lionsclubs.org.au/contact/vic
**Multicultural Seniors Groups**  
**Various locations**

Bayside has a range of multicultural seniors groups who provide social lunches, games, excursions and gatherings. Find out more in the cultural section (page 32) or contact the Healthy Ageing Officer.

- **T** 9599 4373  
- **E** healthyageing@bayside.vic.gov.au  
- **W** www.bayside.vic.gov.au

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**Playgrounds in Bayside**

Bayside is well serviced with many playgrounds of varying size and condition throughout the municipality. For a full list of playgrounds in Bayside, visit the Council website.


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**Probus**

For local clubs information refer to page 31

Probus is about friendship, fellowship and fun in retirement. Probus provides you with the opportunity to join together in clubs and to progress healthy minds and active bodies through social interaction and activities with retirees in your community. Probus opens the door to new experiences and friendships, hear wonderful guest speakers, stay active by participating in a wide range of activities and explore your community, your country or the world.

Join 130,000 retirees across Australia and New Zealand today and discover the wonderful world of Probus.

- **T** 1300 630 488  
- **E** admin@probussouthpacific.org  
- **W** www.probussouthpacific.org
**Rotary**
Rotary has over 1.2 million neighbours, friends, leaders, and problem-solvers who see a world where people unite and take action to create lasting change, across the globe, in our communities, and in ourselves. With 35,000 clubs around the world, it’s easy to find a club that fits your passion and purpose.

T 02 8894 9800  
E risppo@rotary.org  
W www.rotary.org

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**Sandringham Life Activities Club**  
**23 Abbott St, Sandringham**
Sandringham Life Activities Club (SLAC) is affiliated with Life Activities Clubs Victoria Inc which encourages and provides opportunities for men and women, particularly those in or heading towards retirement, to keep physically and mentally active while enjoying the company of others. SLAC members may join in as many activities as they wish and the club welcomes new members. A small annual fee provides activities such as:

- Walking near and afar  
- Table tennis  
- Exercise classes  
- Yoga  
- Dance  
- Snooker  
- Scrabble  
- Dine outs

- Book chat  
- Cards Solo 500  
- Mahjong  
- Monthly morning tea  
- Tai Chi  
- Day outings  
- BBQs and more

T 9599 4373  
E sandringham@life.org.au  
W www.life.org.au/sandringham
**Sandybeach Centre**

2 Sims St, Sandringham

The Sandybeach Centre is a vibrant community centre in Bayside that encourages personal and professional development. Activities include vocational studies, health and fitness, the arts, personal development, early childhood and older adult programs.

The Sandybeach Centre is a place where everyone can participate in learning opportunities, cultural activities and support services to enhance their quantity of life.

**T** 9598 2155  
**E** admin@sandybeach.org.au  
**W** www.sandybeach.org.au

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**Seniors community centres**

**Various locations**

Bayside seniors community centres are located in Beaumaris, Sandringham, Hampton, Highett and Brighton and are available to hire by not for profit clubs and groups offering activities for Bayside seniors.

The seniors centres provide a space for a variety of groups who offer a range of activities throughout the week including lunches, card games, dancing, solo, table tennis and social events. For further information on Bayside seniors clubs or hiring a seniors centre, contact the Healthy Ageing Officer.

**T** 9599 4373  
**E** healthyageing@bayside.vic.gov.au  
**W** www.bayside.vic.gov.au
Volunteering in Bayside

Council has over 400 active volunteers who collectively contribute more than 1500 hours per month to make Bayside a better place. Anna (on left) and Karen are two of Bayside’s Delivered Meals volunteers who as a service deliver over 500 meals each week.

“Volunteering has really opened my mind and helped me understand so many things about people,” says Anna. “I really want to do what I can to help others and just simply give back.”

Volunteering fun facts:

- 96% of volunteers say that volunteering makes them happier.
- Just a few hours of volunteer work improves happiness and mood.
- Sustained volunteering is associated with better mental health outcomes.
- Volunteering provides meaning, a sense of self-worth, a social role and health enhancement.

Considering becoming a Bayside volunteer? Call Council’s Volunteer Officer or visit the Council website.

T 9599 4686

Walking your dog in Bayside

Walking your dog is a great way to exercise, spend time with your dog, relax and socialise. Find out your rights and responsibilities and what to bring when out and about with your furry friend by visiting our website or refer to the map on page 7.

Music and the arts

Make new friends, share your skills and discover hidden talents. Let your creativity loose in your medium of choice, have a go at something new or pick up where you left off. The world is your stage!

See also Community groups, clubs and centres (pages 8-17).

Bay Quilters

Beaumaris Library
96 Reserve Rd, Beaumaris
T 9599 4373
E riedelm@yahoo.com
W www.bayquilters.com.au

Friendly group of like-minded women happily sharing knowledge. BYO lunch, mug and handwork.

Bayside Country Womens Association (CWA)

Hampton Seniors Centre
14 Service St, Hampton
T 9599 4373
E cwabayside@gmail.com
W www.cwaofvic.org.au

A vibrant philanthropic organisation for women supporting women, children and families right across Victoria. Activities include cooking, craft and advocating for change.
**Beaumaris Art Group**

84-98 Reserve Rd, Beaumaris
T 9589 4917
E bagart@bigpond.com
W www.beaumarisartgroup.org.au

A great opportunity to paint, draw, sculpt and use mixed media. A fabulous studio environment ready to enjoy. For further information refer to website.

**Brighton Art Society**

Brighton Arts and Cultural Centre
Wilson St, Brighton
T 9553 8506
W www.brightonartsociety.com.au

Offers painting and drawing sessions. Tutored and untutored sessions throughout the week.

**Brighton Floral Art Group**

St Leonard’s Uniting Church
Cnr New St and Wolseley Gr
Brighton
T 9596 4268
E kimberleydunstan@bigpond.com

Monthly demonstrations and workshops by floral art experts. Held on the second Wednesday of the month. Includes demonstration or workshop, fund-raising raffle and concludes with afternoon tea and discussion.

**Brighton Theatre Company**

Brighton Town Hall, Cnr Wilson and Carpenter Sts, Brighton
T 1300 752 126
E boxoffice@brightontheatreco.com
W www.brightontheatreco.com

Members are involved in acting, wardrobe, lighting, sound operation, stage management, set building and front of house with the theatre organising four productions each year.

**Hampton Country Womens Association (CWA)**

Hampton Seniors Centre
14 Service St, Hampton
T 9555 5863
E dorothybrownbill@gmail.com

Monthly meetings where members enjoy a speaker and discuss ways to support the local community.

**Sing Australia Bayside**

Rosstrevor Hall
Brighton Grammar School
Allee St, Brighton
T 0457 935 937
E singausbayside@gmail.com
W www.singaustralia.com.au

Community singing group providing weekly singing sessions on Monday evenings. No auditions or requirements to read music. We encourage everyone to sing with their own voice.
Computers and technology

There is a range of opportunities to learn about using computers, tablets and smart phones. Find out how these technologies work and how you can apply them to your activities and interests.
Bayside U3A
Various locations
T 9589 3798
E baysideu3a@gmail.com
W www.baysideu3a.org

Courses in computer appreciation, improving your PC skills, iPad and tablets for beginners, intermediate iPad and tablet, iPad advanced skills.

Bayside Library Service
Various locations
T 9261 7851
E baysidelibrary@bayside.vic.gov.au

The library runs a number of training classes on a variety of topics relating to iPads, iPhones, Windows 10 and the library’s online resources. Most classes have a maximum of 8 participants and are conducted by experienced trainers. The library also offers device advice where you can attend with questions about your device at Brighton and Sandringham libraries.

Brighton Recreational Centre
93 Outer Cres, Brighton
T 9592 3033
E enquiries@brightonrec.com.au
W www.brightonrec.com.au

Understanding your iPad and tablet is a course for absolute beginners. It will help you create a whole new world while developing a range of easy to perform skills on your device.

Hampton Community Centre
14 Willis St, Hampton
T 9598 2977
E hcc.info@hampcomm.org
W www.hampcomm.org

Computer courses for beginners and computer courses in the workplace as well as MYOB skills.

Sandybeach Centre
2 Sims St, Sandringham
T 9598 2155
E admin@sandybeach.org.au
W www.sandybeach.org.au

Computer and iPad courses designed for people with a disability, computer skills courses in Microsoft Word and Excel.
History and the environment

Dive into the history books or out in the bay. Reminisce about what once was and share with family and friends both memories of and ways to protect what’s in our own backyard.

See also Bayside Library Service (page 9) and Bayside U3A (page 10).

Brighton Historical Society
Brighton Town Hall
Cnr Wilson and Carpenter Sts
Brighton
T 9553 8650
E brightonhs@gmail.com
W www.brightonhistorical.org.au

Collection and preservation of materials and provides present and future generations access to the history of Brighton. The Society offers research facilities, exhibitions, events and volunteer opportunities focusing on the history of Brighton. For further information refer to website.
Friends of Black Rock House
34 Ebden Ave, Black Rock
T 9589 5763
E carolynbrown@tpg.com.au
W www.blackrockhouse.org.au
The Friends of Black Rock House Inc showcases the historic Black Rock House. The friends vary in age and interests with our main interest being the promotion of the house.

Friends of George Street Heathland Sanctuary
Cnr Tulip and George Sts
Sandringham
T 9598 6368
Friendly group that cares for George Street Heathland Sanctuary bushlands planting and weeding.

Friends of Native Wildlife
T 9598 9009
E info@bayfonw.org.au
W www.bayfonw.org.au
Learn about and help conserve our local native fauna. Monthly activities include frog and microbat evening walks, daytime bird walks and twice yearly wildlife talks. For further information refer to website.

Marine Care Ricketts Point
Ricketts Point Marine Sanctuary
Beaumaris
T 0419 354 998
E elizabethjjensen@outlook.com
W www.marinecare.org.au
Activities include snorkelling every Saturday through November to March, monthly beach cleaning, guided foreshore walks, specialist speakers on marine and beach environmental issues and surveys of marine life.

Sandringham & District Historical Society
6 Waltham St, Sandringham
T 9597 0985
E sandringhamhistorical@gmail.com
W www.sandringhamhistorical.org.au
A society for men and women who meet once every two months to look at the history of the area in southern Bayside. Group provides an opportunity to form new friendships.
Health, exercise and movement

Staying active provides you with many lifestyle benefits such as having an increased sense of vitality, and feeling more confident. Exercise and movement can be fun or peaceful and relaxing. Choose an activity and you’ll feel the results!

See also Community groups, clubs and centres (pages 8-17).

Bayside Bushwalking Club
Various locations
T 9599 4373
E secretary@baysidebush.org.au
W www.baysidebush.org.au

The club offers day walks over weekends and mid week. Multi-day backpacking, base camps and cycling trips. Monthly evening meetings with speakers.

Bayside Dance for Health and Parkinson’s
Hampton Seniors Centre
14 Service St, Hampton
T 0416 383 865
E katrina.rank@gmail.com

Gentle movement in the form of dance is great for alignment, balance, flexibility, body awareness and maintaining muscle tone. Originally a class for people with Parkinson’s disease, we welcome other seniors to reap the benefits.
<table>
<thead>
<tr>
<th>Organization</th>
<th>Location</th>
<th>Contact Information</th>
<th>Programs/Activities</th>
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</thead>
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<tr>
<td><strong>Bayside Over 55s Exercise Group</strong></td>
<td>Hampton Scout Hall, Cnr Kingston</td>
<td>T 0407 830 393 E <a href="mailto:judith.heyward@bigpond.com.au">judith.heyward@bigpond.com.au</a></td>
<td>Low impact standing and seated workout for balance, flexibility, core strength and</td>
</tr>
<tr>
<td></td>
<td>and Ludstone Sts, Hampton</td>
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<td>using light weights. We are a social group related to the Scouts and we provide for</td>
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<td></td>
<td></td>
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<td>older people to continue to exercise in a safe and suitable program.</td>
</tr>
<tr>
<td><strong>Bayside Tai Chi Centre</strong></td>
<td>Various locations</td>
<td>T 0416 810 259 E <a href="mailto:jackiewatt@bigpond.com">jackiewatt@bigpond.com</a></td>
<td>Tai Chi classes for beginners of all ages and abilities.</td>
</tr>
<tr>
<td><strong>Connect Health and Community</strong></td>
<td>17/347 Bay Rd, Cheltenham</td>
<td>T 9575 5333 E <a href="mailto:info@connecthealth.org.au">info@connecthealth.org.au</a> W <a href="http://www.connecthealth.org.au">www.connecthealth.org.au</a></td>
<td>Programs for improving fitness and movement, including falls prevention, walking</td>
</tr>
<tr>
<td></td>
<td></td>
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<td>groups, Nordic walking, strength training and tai chi. Referral from a GP may be</td>
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<td></td>
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<td>necessary for some activities. Some transport provided.</td>
</tr>
<tr>
<td><strong>Highett Youth Club</strong></td>
<td>3 Livingston St, Highett</td>
<td>T 9532 0457 E <a href="mailto:highettyouthclub@bigpond.com">highettyouthclub@bigpond.com</a> W <a href="http://www.highettyouthclub.org">www.highettyouthclub.org</a></td>
<td>A sporting club for all ages. Move for Life, a program specifically for seniors,</td>
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<tr>
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<td></td>
<td></td>
<td>aims to improve mobility, strength, balance, coordination and flexibility. Classes</td>
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<td>provide a lot of variety and are conducted by qualified coaches within a safe</td>
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<tr>
<td></td>
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<td>environment.</td>
</tr>
<tr>
<td><strong>The Ramblers Walking Club</strong></td>
<td>Various locations</td>
<td>T 9599 4373 W <a href="http://www.ramblers.org.au">www.ramblers.org.au</a></td>
<td>Day walks of 12-16 km every Sunday at locations within 150 km of Melbourne as well</td>
</tr>
<tr>
<td></td>
<td></td>
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<td>as a number of shorter mid-week walks.</td>
</tr>
</tbody>
</table>
Sporting clubs

Rekindle your sporting love and join a local team. Continue with a sport you’ve always participated in, or start back where you left off and enjoy the comradery of a team.

Bayside Badminton Club
Sandringham Youth Centre
221 Thomas St, Hampton
T 0431 746 400
E info@baysidebadminton.org.au

A social club playing doubles in a relaxed and friendly environment. Members from a wide range of ages and abilities. Everyone is welcome.
### Bayside Veterans Cricket Club

**Dendy Park Cricket Nets/Pavilion**
**Brighton East**

**Phone:** 0419 300 899  
**Email:** team@baysideveterans.cricket  
**Website:** www.baysideveterans.cricket

Cricket club for senior age cricketers wishing to continue with cricket or want to return in later years to a sport they once enjoyed. Competitions for over 50s, 60s and 68 age groups. Mid week games both fixture and ad hoc and Sunday club games. Emphasis on participation, friendship and enjoyment of latter years of life and promotion of physical and mental fitness in a peer group environment.

### Black Rock Bowling and Tennis Club

**6 Fern St, Black Rock**

**Phone:** 0415 914 668  
**Email:** secretary@blackrockclub.com.au  
**Website:** www.blackrockclub.com.au

Bowling, tennis and golf club as well as other social activities. Club caters for beginners to experienced players. The club also caters for social members with monthly entertainment and light meals on a Friday evening and barefoot bowls during daylight savings.

### Brighton Croquet Club

**6 Bleazby Ave, Brighton**

**Phone:** 9596 3581  
**Email:** brightoncroquetclub@gmail.com

Brighton Croquet Club is a great club that has long been part of Brighton’s history. A friendly, social club that welcomes new members to come and enjoy this age-less game. Social and competitive croquet played throughout the year.

### Cheltenham Golf Club

**35 Victor Ave, Cheltenham**

**Phone:** 9583 6419  
**Email:** info@cheltenhamgolf.com.au  
**Website:** www.cheltenhamgolf.com.au

Cheltenham Golf Club is open to both members and visitors.

### Dendy YWCA Golf Club

**Brighton Golf Course**  
**Dendy St, Brighton**

As part of the YWCA group of golf clubs we offer a friendly nine hole competition at Brighton Golf Club on Monday mornings.
<table>
<thead>
<tr>
<th><strong>Organisation</strong></th>
<th><strong>Address</strong></th>
<th><strong>Contact Information</strong></th>
<th><strong>Description</strong></th>
</tr>
</thead>
</table>
| Elsternwick Park Sports Club | 170 Glenhuntly Rd, Brighton | T 9531 4841  
E elwoodbcsec@gmail.com  
W www.elsternwickpark.bowls.com.au | We offer pennant bowls on Tuesdays and Saturdays. This is an inclusive and fun activity that anyone can participate in regardless of their level of skill, health or age. We provide free coaching sessions. Regular social events throughout the calendar. |
| Hampton Bowls Club | Cnr Earlsfield and Fewster Rds Hampton | T 0416 286 978  
E rob@hamptonbowlsclub.com.au  
W www.hamptonbowlsclub.com.au | The Hampton Bowls Club community includes local social members, bowlers of all types, from barefoot to social to pennant, and is also a meeting place for the whole community. The club also offers weekly bridge, solo, Mahjong and bingo. |
| Mawarra Golf Club | Sandringham Golf Club  
Cheltenham Rd, Cheltenham | E mawarragolf@gmail.com | Friday morning friendly 9 hole golf competition. As part of the YWCA group of golf clubs we offer a friendly nine hole competition at Sandringham Golf Club. |
| Sandringham Croquet Club | 96 Beach Rd, Sandringham | T 9533 1010  
E sandycroquet@gmail.com | Playing the game of croquet is an enjoyable activity for people of all ages, particularly sociable for older people who may not be quite as active as they used to be. Men and women play together. The club also has social activities. |
| Sandringham Over 55s Community Tennis Group | 30 Royal Ave, Sandringham | T 0425 797 671  
E spadoms@bigpond.net.au | Providing affordable social tennis to those of more mature years, encouraging those who played in the past to return to tennis and to make available an opportunity for those who have never played to start. |
Social clubs and games

A variety of people meeting for discussions, speakers, games and social activities. A great place to find a club or enjoy an evening out every now and then.

See also Bayside U3A (page 10), Brighton Bayside Life Activities Club (page 11) and Sandringham Life Activities Club (page 15).

**Bayside Bridge Club**
Various locations
T  9592 9273
E  jan@baysidebridge.com
W  www.baysidebridge.com

Social and friendly game of bridge with lessons provided.

**Bayside Rostrum Club**
Castlefield Community Centre
505 Bluff Rd, Hampton
T  0416 057 538
E  murray.mason4@bigpond.com

An enjoyable way to learn and practise a variety of public speaking and communication skills. Rostrum people are of all ages and from all walks of life, from business people to retirees and they value the challenge to develop confidence in speaking.

**Black Rock Solo Group**
Black Rock Sports Club
Fern St, Black Rock
T  0409 519 924 or 0417 593 517

Solo cards catering for beginners to advanced. Afternoon tea provided.
Hampton Seniors Club
14 Service St, Hampton
T 9599 4373
Friendly club with activities that include Mahjong, old time and new vogue dancing and solo.

Highett Seniors Club
2 Livingston St, Highett
T 0412 088 328
E lepageco@ozemail.com.au
Social and friendly club with a strong focus on table tennis and canasta. All levels of skill are catered for.

Lions Clubs
Membership in Lions Clubs offers the opportunity to meet new people, enjoy fellowship, learn new skills, personal development and to work with others on contributing to the local and wider community.

Activities at Bayside Clubs include:
• fund raising for the local community
• assisting local and international organisations
• club dinners with guest speakers
• social activities throughout the year.

Lions Club of Beaumaris
Milanos, 4 The Esplanade, Brighton
T 9580 7809
E beaumaris@lionsclubs201v5.org
W www.beaumaris.vic.lions.org.au
www.201v5.lions.org.au

Lions Club of Brighton
PO Box 2271, Brighton North
T 0411 029 480
E brighton@lionsclubs201v5.org
W www.brighton.vic.lions.org.au
www.201v5.lions.org.au

Lions Club of Sandringham
c/o Sandringham Club, cnr Beach Rd and Bamfield St, Sandringham
T 0459 400 038
E sandringham@lionsclubs201v5.org
W www.sandringham.vic.lions.org.au
www.201v5.lions.org.au
Social clubs and games

Probus Clubs
There are a variety of activities on offer at Bayside Probus Clubs. Attend monthly meetings and enjoy interesting speakers, hop on a bus trip or meet a group for a lunch outing. For more information regarding activities at any of the listed Bayside Probus Clubs please contact directly.

Brighton Central Combined Probus Club
Milanos, 4 The Esplanade, Brighton
T 0403 349 347
E mgrunbergau@gmail.com

Beaumaris Bay Combined Probus Club
Cheltenham Golf Club, 33A Victor Ave, Cheltenham
T 0438 351 447
E sec.beaubay@gmail.com

Middle Brighton Probus Club
Milanos, 4 The Esplanade, Brighton
T 9598 4173
E cwarmuth@bigpond.net.au

Brighton Beach Probus Club
Milanos, 4 The Esplanade, Brighton
T 9592 6961
E johnjudydunstan@bigpond.com

Ricketts Point Probus Club
Cheltenham Golf Club, 35 Victor Ave, Cheltenham
T 9583 9551
E rickettspointprobus@gmail.com
W www.probussouthpacific.org/microsites/rickettspoint

Sandy Bay Combined Probus Club
Sandringham Yacht Club, Jetty Rd, Sandringham
T 9533 5440
E ggx@bigpond.com

Bayside Probus Club
Milanos, 4 The Esplanade, Brighton
T 9584 6720
E secretary@baysideprobus.org.au
W www.baysideprobus.org.au
Cultural groups, language and spirituality

Cultural activities can inspire, enthuse and enrich our experiences whether by the expression of ideas through the written word, learning new languages or about new cultures or drawing strength from worship.

See also Bayside U3A (page 10) and Brighton Bayside Life Activities Club (page 11).

### Australian Forum of Russian Speaking Jews

Brighton Seniors Centre  
23 Durrant St, Brighton  
T 0409 963 506  
E lmedres@gmail.com

Quiz nights held each Monday evening.

### Bayside Italian Community Club

Brighton Seniors Centre  
23 Durrant St, Brighton  
T 9599 4373  
E healthyageing@bayside.vic.gov.au

A variety of day and evening activities including cooking, games and social nights. New members welcome.

### Brighton Greek Seniors Club

Brighton Seniors Centre  
23 Durrant St, Brighton  
T 9599 4373  
E healthyageing@bayside.vic.gov.au

Cooking, excursions and good company every Monday lunchtime. New members welcome and help in the kitchen is always appreciated.
<table>
<thead>
<tr>
<th>Cultural group</th>
<th>Address</th>
<th>Telephone</th>
<th>Email</th>
<th>Website</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chinese Seniors Club</td>
<td>Brighton Seniors Centre&lt;br&gt;23 Durrant St, Brighton</td>
<td>0419 448 413</td>
<td><a href="mailto:cair27@hotmail.com">cair27@hotmail.com</a></td>
<td></td>
<td>A welcoming group that runs on weekends and enjoys singing and socialising.</td>
</tr>
<tr>
<td>Culture Connect Chinese Australia</td>
<td>Brighton Seniors Centre&lt;br&gt;23 Durrant St, Brighton</td>
<td>0422 808 098</td>
<td><a href="mailto:info@cultureconnectca.com.au">info@cultureconnectca.com.au</a></td>
<td></td>
<td>Integrating Chinese and Australian cultures through dance, music, food and tai chi.</td>
</tr>
<tr>
<td>Hampton Uniting Church</td>
<td>17 Service St, Hampton</td>
<td>9598 3369</td>
<td><a href="mailto:dayspringcontact@hotmail.com">dayspringcontact@hotmail.com</a></td>
<td><a href="http://www.hamptonunitingchurch.wixsite.com/hampton-uca">www.hamptonunitingchurch.wixsite.com/hampton-uca</a></td>
<td>Hampton Uniting Church is a welcoming community that provides a number of safe and inclusive opportunities for spiritual discussion and growth in addition to its weekly worship. For further information refer to website.</td>
</tr>
<tr>
<td>Highett Greek Seniors Club</td>
<td>Highett Neighbourhood Community House&lt;br&gt;2 Livingston St, Highett</td>
<td>9599 4373</td>
<td><a href="mailto:healthyageing@bayside.vic.gov.au">healthyageing@bayside.vic.gov.au</a></td>
<td></td>
<td>Cooking, company and card games every Thursday lunchtime. New members welcome, help in the kitchen and enjoy the company.</td>
</tr>
<tr>
<td>Japanese Welfare Association of Victoria</td>
<td>Hampton Seniors Centre&lt;br&gt;14 Service St, Hampton</td>
<td>9592 4056</td>
<td><a href="mailto:yamaura@bigpond.com">yamaura@bigpond.com</a></td>
<td><a href="http://www.jwavic.org.au">www.jwavic.org.au</a></td>
<td>Open to all seniors Japanese as well as all cultures. Come along and make new friends while enjoying karaoke, Japanese crafts, cooking and discussion.</td>
</tr>
<tr>
<td>Senior Social Russian Club</td>
<td>Hampton Seniors Centre&lt;br&gt;14 Service St, Hampton</td>
<td>0423 488 094</td>
<td><a href="mailto:rsandey@yahoo.com">rsandey@yahoo.com</a></td>
<td></td>
<td>Social Russian group known as a friendship club that everyone is welcome to join. The club offers different activities and provides the opportunity to participate at affordable prices for older people.</td>
</tr>
</tbody>
</table>
Activity centres and day programs for older adults

Activity centres that offer funded day programs for older adults. A great way to continue activities and stay social in your community.

To access these programs an assessment is required.

For further information contact My Aged Care.

T 1800 200 422
W www.myagedcare.gov.au
<table>
<thead>
<tr>
<th>Activity Centre</th>
<th>Address</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black Rock Activity Centre</td>
<td>2 Karrakatta St, Black Rock</td>
<td>The Black Rock Activity Centre provides social support and community transport programs. The centre provides a range of activities and outings to meet the social and transport needs of older Bayside residents.</td>
</tr>
<tr>
<td>Girrawheen Day Centre</td>
<td>3 Murphy St, Brighton</td>
<td>Social and leisure activities for frail older adults and adults with a disability living in the community. Activities offered based on peoples interests and may include strength training, outings, craft, quizzes and more. A new dementia specific program through the creative expressions program is now offered as well as meals and transport.</td>
</tr>
<tr>
<td>Healthland Day Club</td>
<td>Black Rock Sports Club, Fern St, Black Rock</td>
<td>An initiative of the Department for Veterans Affairs along with the RSL sub-branches, the Healthland Day Club aims to offer socially isolated members of the community a friendly atmosphere to meet others. Day includes a morning cuppa, exercise program by a trained physiologist followed by a quiz or similar. This is followed by lunch and board games. The club welcomes both men and women.</td>
</tr>
<tr>
<td>Reach Sandybeach Centre</td>
<td>2 Sims St, Sandringham</td>
<td>Provides planned activity groups with sessions including fitness, music, arts and respite programs.</td>
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</tbody>
</table>