

Activity GUIDE

PATTERSON LAKES
COMMUNITY
CENTRE

JANUARY - JUNE 2025



*There's something
for everyone!*



City of
KINGSTON

HELLO!

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

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

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

Scan to sign up!



COMMUNITY SERVICES

THE NAPPY COLLECTIVE



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

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

For more information visit www.thenappycollective.com

ACCESSCARE



AccessCare is now at Patterson Lakes Community Centre!

AccessCare can assist with NDIS, My Aged Care, health services for under 65s, community bus services, and support for those experiencing homelessness.

Available on the 3rd and 4th Tuesday of each month (except January), 10:00am - 12:00pm.

COMMUNITY SERVICES

E-WASTE COLLECTION



Electronic waste (e-waste) includes items with a cord or plug, such as computers, telephones, and televisions that cannot be disposed of in landfill bins. Instead, it can be dropped off at Patterson Lakes Community Centre, where it will be recycled and repurposed in an environmentally friendly way.

The bins are located inside the entry doors from the car park and are accessible Monday to Friday, 9am to 5pm. Only items that fit inside the bins are allowed. Please do not leave items on or near the bins. If you need to dispose of large items, contact the centre for directions to an alternative drop off point. Note that single-use domestic batteries (e.g., AA, AAA) are not accepted in these bins but can be disposed of at local supermarkets with specialised battery collection bins.

SOFT PLASTICS COLLECTION



Patterson Lakes Community Centre is a drop-off point for soft plastics within Kingston. Soft plastics can include; plastic bags, cling wrap and vegetable product bags. They can be coloured or printed, but must be free from food or other materials. The general rule is, if you can scrunch it into a ball, you can put it in soft plastics recycling.

Please familiarise yourself with what can be recycled to avoid items going to landfill unnecessarily. There are large dedicated skips and bins with orange lids provided which are located outside of the centre to the side of the building closest to Coles, on the laneway along with other waste collection bins and they can be accessed anytime.

E-WASTE COLLECTION



HEALTH & WELLBEING

ZUMBA GOLD

**Mondays
& Fridays**

10:30am - 11:30am

\$5 per session

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

TAI CHI

Tuesdays

9:15am - 10:15am

\$5 per session

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

LINE DANCING

Wednesdays

10:00am - 11:00am

\$5 per session

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

GENTLE EXERCISE

Tuesdays

10:15am - 11:15am

\$5 per session

A fun and friendly chair-based class that is great for all ages including over 50s. The exercises include gentle cardio, balance and light strength training with some core work and stretching at the end. Optional BYO TheraBand and small exercise ball.

HATHA-MINDFULNESS YOGA

Wednesdays

6:45pm - 7:45pm

Fridays

9:15am - 10:15am

\$5 per session

This yoga class combines gentle flow with mindful breathing to improve flexibility, strength, and mental clarity. Suitable for all levels, the class will guide you through a series of poses to promote relaxation, reduce stress, and enhance overall well-being. It offers a calming space to connect body and mind.

HATHA-MINDFULNESS YOGA



LINE DANCING



HEALTH & WELLBEING

STRONGER ME

Thursdays

9:30am - 10:30am

\$5 per session

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

PILATES

Thursdays

10:45am - 11:45am

\$5 per session

Develop core strength and coordination with traditional Pilates movements, mindful breathing, and proper alignment. Each class is designed to improve posture, tone your body, and enhance overall fitness. Suitable for all levels; please bring your own mat.

MUMS AND BUBS PILATES

Thursdays

12:00pm - 1:00pm

\$5 per session

Regain strength, improve balance, and get moving confidently post-partum in this class designed for mothers with babies aged 3-12 months. Some exercises will include your baby, while others can be done with your baby nearby or sleeping. Please consult your GP before attending; bring your own mat.

PENINSULA HEALTH - AGESTRONG

Tuesdays

& Thursdays

9:00am, 10:15am

and 11:30am

Group strength and balance program for older people and those who no longer feel confident to exercise due to falls, health conditions or low confidence. Physio assessment required prior to joining. Contact Access to book in an assessment at Frankston Community Health ☎ 1300 665 781.

PENINSULA HEALTH - PULMONARY HEALTH

Tuesdays

& Thursdays

1:15pm - 3:15pm

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

MUMS AND BUBS PILATES



SOCIAL ACTIVITIES

SOCIAL PICKLEBALL

**Mondays
& Thursdays
sessions held
between
5:00pm - 9:15pm
\$5 per session**

This program focuses on the benefits of social connection as well as an opportunity to improve one's physical activity in a community setting. There is great support from volunteers who ensure that everyone can learn and enjoy this popular activity. It brings together elements of tennis, badminton and table tennis and is easy to learn. Ages 18+ and no experience necessary. Bookings required.

COMMUNITY CONNECT

**Tuesdays
10:30am - 12:00pm
FREE**

Join us for a warm and welcoming opportunity to connect with fellow program participants from the morning sessions, as well as visitors to the centre. Enjoy a complimentary tea or coffee with biscuits in a friendly, volunteer-supported environment that fosters social connection, conversation, and shared moments of laughter and joy.

SOCIAL PICKLEBALL



SOCIAL ACTIVITIES

SOCIAL JIGSAW

Wednesdays
1st & 3rd of month
12:30pm – 4:30pm
\$2 per session

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

MAHJONG

Wednesdays
1:00pm – 4:00pm
\$2 per session

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

SOCIAL TABLE TENNIS

Wednesdays
& Fridays
1:00pm – 3:00pm
\$2 per session

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

SOCIAL CARDS



COMMUNITY GARDEN GROUP

Thursdays

11:30am - 4:00pm

\$5 per term

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

SOCIAL CARDS

Fridays

1:00pm - 4:00pm

\$2 per session

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

PENINSULA JAZZ CLUB (PJC)

Sundays

3rd of the month

2:00pm - 5:00pm

(April session held
on 13 April)

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

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

Contact David Forrest on ☎ 0481 881 891 to book.

COMMUNITY GARDEN GROUP



VOLUNTEERING

A little bit of
time can bring
great rewards!

Are you interested in volunteering?

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

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

Apply online at
kingston.vic.gov.au

or visit one of our
Community Hubs.



CRAFT

SEWING GROUP

Saturdays

9:00am - 2:00pm

\$2 per session

This is a friendly space to work on your own projects alongside other sewing enthusiasts. Sewing is a great life skill that helps maintain fine motor skills, improves concentration, focus and promotes creativity and wellbeing. This like-minded group of people are eager to sew and socialise whilst sharing tips and tricks for you to learn. BYO sewing machine and supplies.

ARTISTS GROUP

Tuesdays

**1st, 3rd & 5th
of month**

1:00pm - 3:00pm

\$2 per session

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

BYO projects & art supplies.

SEWING GROUP



KIDS PROGRAMS

CALM AND CONFIDENT KIDS

Tuesdays

4:00pm - 4:45pm

\$5 per session

During school term only

This class is an opportunity for kids to explore movement and mindfulness in a fun and playful manner. Your child will learn breathing techniques, relaxation, strengthening and balancing postures designed to build confidence, resilience and self-belief. This program is focused on helping our children to have more confidence to handle those BIG feelings, ability to self-regulate and respond to anxious situations as well as improved motor & social skills. BYO water bottle and mat. Ages 6-11 and children must be accompanied by a guardian to and from class.

PLAYSPACE

Thursdays

9:30am - 11:30am

**\$2 per child,
per session**

PlaySpace offers a safe, welcoming environment for children and parents/carers to enjoy time together, using our range of toys and play equipment. The unstructured program encourages play at each child's own pace, fostering social connections. Everyone is welcome to escape the weather and relax with new and old friends.

CALM AND CONFIDENT KIDS



KIDS PROGRAMS

KINGSTON LIBRARIES TODDLER TIME

Fridays

10:10am - 10:30am

Runs during school term.

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

KINGSTON LIBRARIES BABY TIME

Fridays

11:30am - 11:50am

Runs during school term.

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

CHILD IMMUNISATION SESSIONS

Thursdays

2nd of month

4:30pm - 5:30pm

Bookings required. Call ahead before attending.

To book, call 9581 4870 or visit

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

Wednesdays

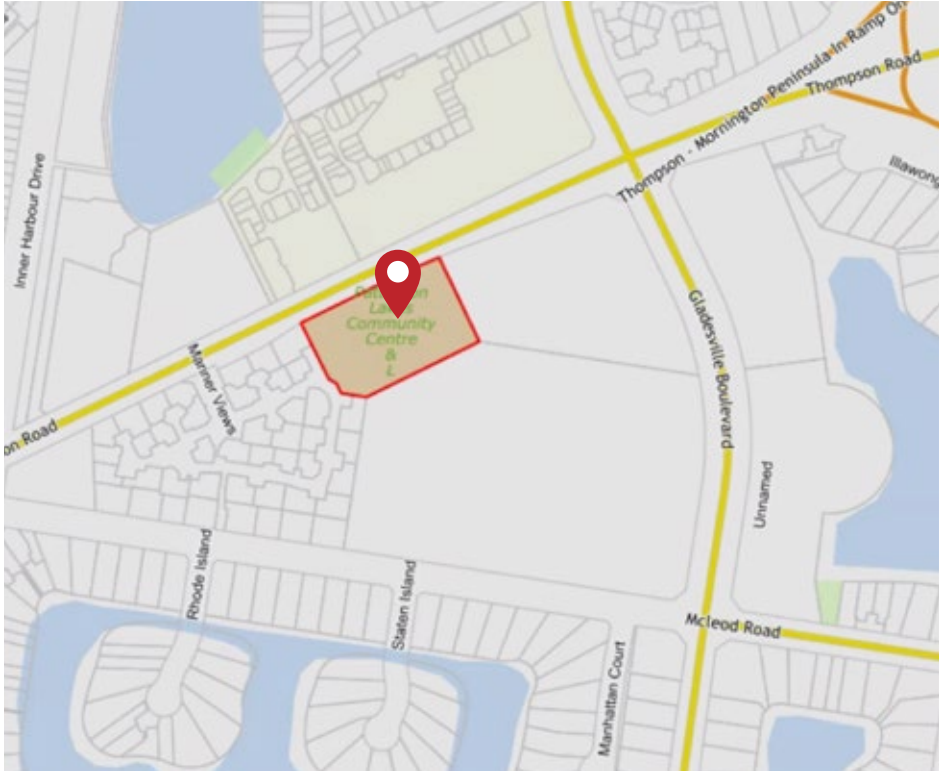
4th of month

10:00am - 11:00am

KINGSTON LIBRARIES TODDLER TIME



PATTERSON LAKES COMMUNITY CENTRE



Patterson Lakes Community Centre

54 - 70 Thompson Road, Patterson Lakes

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

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

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



For interpreter services,
please call

