



### 2<sup>nd</sup> Term 2019 Programs and Activities

MON	10am-12pm	Painting with Parkinson's	P6&9	Rm 64	2 <sup>nd</sup> & 4 <sup>th</sup> Mon
	9.15am	Walking Group	P7	Art Room	Weekly
	9.30am-12.30pm	Un-tutored Art Class	P9	Rm 64	1st & 3rd Mon
	10am-12pm	Knitting & Crochet Group	P10	Rm 2	Weekly
	1pm-4pm	Boomerang Bags	P10	Rm 2	Weekly
	1pm-4pm	Chess	P6	Rm 65	Weekly
	4pm -5.30pm	Camera Club – Kids	P3	Rm 56	Weekly
	6pm-7pm	Emotional Res. & Mindfulness– Kids	P4&8	Rm 56	Weekly
TUES	9.30am-11.30am	MMH Writers Group	P5	Rm 24	4 <sup>th</sup> Tues mon
	9am-12 noon	Men's Probus Art Group	P9	Art Room	2 <sup>nd</sup> & 4 <sup>th</sup> Tues
	10am-10.30am	Italian for Pre-schoolers – 3 yrs +	P3	Room 56	Weekly
	10am-11.30am	Mindfulness	P7	Rm 56	Weekly
	10am-12.00 noon	Playgroup	P3	Kinder	Weekly
	12noon-1.30 pm	Italian – Intermediate	P5	Rm 65	Weekly
	1pm-2pm	Craft for Adult with Bub in Pram	P3&10	Kinder	Weekly
	1pm-4pm	Scrabble	P6	Rm 5	Weekly
	1pm-4pm	Mt Eliza Mahjong Group	P6	Rm 49	Weekly
	4pm-5.30pm	Kid's Art & Craft	P3	Art Rm	Weekly
	5.30pm-.7.00pm	Italian – Beginner	P4	Rm 65	Weekly
	6pm-.7.00pm	Mindfulness	P7	Rm 56	Weekly
	WED	9.15 am	Walking Group	P7	Art Room
10.30am-12 noon		Book Club		Rm 65	1 <sup>st</sup> Wed mth
11.00am-12 noon		Historical Tour Mt Martha House	P12	Front Foyer	Last Wed mth
12 noon		Tour of Model Railway	P12	Front Foyer	Last Wed mth
1pm-3pm		French-Beginners	P5	Room 65	Weekly
1pm-3pm		Adult Beginner's Art and Craft	P10	Art Room	Weekly
7pm-8.30pm		UFO	P11	Room 2	1 <sup>st</sup> & 3 <sup>rd</sup> Mon
4pm-5.30pm		Kid's Art and Craft	P3	Art Room	Weekly
5.30pm-7.30pm		French – Beginners 1	P5	Room 65	Weekly
6pm-8pm		Book Chat / Poetry	P5	Room 56	Weekly
7pm-8.30pm		Recorder Ensemble	P6	Room 5	Weekly
THURS	10am-12 noon	Playgroup	P3	Kinder	Weekly
	10.30am-12 noon	Reset to Recovery	P7	Room 56	Weekly
	10.30am-12 noon	Spanish – Beginner's	P5	Room 65	Weekly
	1.30pm-2.30pm	Tai Chi	P7	Room 18	Weekly
	10am-4pm	Senior Citizens	P6	Room 18	Weekly
	2pm-4pm	Adult's Painting Get Together	P9	Art Room	Weekly
	4pm-5.30pm	Camera Club – Kids	P3	Room 56	Weekly
	6pm-7pm	Emotional Resilience & Mindfulness – Teenagers	P8	Room 56	Weekly
FRIDAY	9.15am	Walking Group	P7	Art Room	Weekly
	10am-12noon	Playgroup	P3	Kinder	Weekly
	10am-11am	Coffee N Chat	P6	Room 65	Weekly
	9am-12 noon	UFO	P11	Room 2	Every 2 <sup>nd</sup> Fri
	9am-12 noon	Mt Eliza Lace Group	P10	Room 26	3 <sup>rd</sup> Fri mth



### 2<sup>nd</sup> Term 2019 Programs and Activities

Thurs 25 April		Anzac Day
Mon 29 April	1pm-4pm	Ex Australian Chess Champion, Doug Hamilton coming to play with Chess Group – Photographer and MP News / Leader be present
Mon 5 May- 27 May		Knitting / Crochet Group Exhibit at Mornington Library 'Beanies Not Meanies' KOGO / Alannah Madeleine Foundation initiative
Mon 6 May – Fri 10 May		Launch Term 2 Programme – new programmes begin
Fri 10 May	10am-11am	Celebration Morning Tea - Neighbourhood House Week and Mother's Day Raffle prize drawn All welcome RSVP: Mon 6 May via email. <i>(Please advise dietary requirements)</i>
Fri 10 May	6pm-8pm	Tweens Art Club – 9 to 12 years old (more information P3)
Sat 11 May	10am-2pm	'Women's Art and Craft Escape'  Guided by Claire, qualified tutor, you will create a Wall Hanging for yourself, your home or to give as a gift Finish the day with a catered lunch overlooking our beautiful bay Bring a friend along <b>\$45 per person (includes all materials, refreshments and lunch)</b> NB: Gift vouchers available RSVP 8 May – email <a href="mailto:mountmarthahouse@mornpen.vic.gov.au">mountmarthahouse@mornpen.vic.gov.au</a> <i>(Please advise any dietary requirements)</i>
Sun 12 May		Mother's Day
Mon 13 May	10am-12 noon	LAUNCH Creative Peer Support Group - Painting with Parkinson's (includes Morning Tea)  <i>Volunteers needed to provide ongoing support for group Email if you can assist - <a href="mailto:mountmarthahouse@mornpen.vic.gov.au">mountmarthahouse@mornpen.vic.gov.au</a></i>
Tues 14/ Thurs 16/ Fri 17	10am	Playgroup commences Welcome Morning Tea for families
Fri 24 May	10am-11am	Morning Tea – Volunteers' Week
Mon 10 June		Queen's Birthday
Friday 26 June		End of Term 2



## 2<sup>nd</sup> Term 2019 Programs and Activities

### PLAYGROUP – TUES/THURS/FRI

Mt Martha and Mornington  
Inviting Parents, Grandparents and carers of  
babies and pre-schoolers. Well-equipped play  
area with excellent resources, including a garden  
playground. Chance for care givers and pre-  
schoolers to have fun together and to meet others  
from the local community.

**Tues (Mornington & Mt Martha)**

**Thurs and Fri**

**10am to 12.00 noon**

**week commencing 13/05**

**Cost \$5 casual or \$25 for 5 sessions per family**

**Bookings Essential**

**Register and pay online / contact office**

 [website mountmarthahouse.com.au](http://website.mountmarthahouse.com.au)

### **Social Art/Class inviting Parents, Grandparents and Carers of Bub in Pram**

You are invited to spend time making all types of  
craft; painted pot, mini canvas, personalised mug,  
cushion covers (no sewing) for yourself, your bub  
and your home. Suited to beginners, the teacher  
will guide you through the steps to create one  
easy project each week.

**Every Tuesday 1pm–2pm**

**INTRODUCTORY OFFER - \$5 per session**  
(includes all materials)

**Bookings Essential – 24 hours' notice required**

**Register and pay online**

 [website mountmarthahouse.com.au](http://website.mountmarthahouse.com.au)

*If you are interested in offering a  
helping hand in playgroup, day to day  
tasks, events / functions or distributing  
programs please let me know.*

### **Italian for Pre-schoolers – 3 years plus**

Based on the international curriculum learning a  
second language for pre-schoolers will enhance  
their language and literacy development.

Activities will be action based – games, songs and  
dance.

**10am-10.30am**

**Tuesday 14/05, 21/05, 28/05, 04/06**

**11.00am-11.30am**

**\$40 for tutored 4 sessions**

**Bookings Essential**

**Register and pay online / contact office**

 [website mountmarthahouse.com.au](http://website.mountmarthahouse.com.au)

### PRIMARY SCHOOL AGED ACTIVITIES

#### **Camera Club – 8 to 12 years old**

A 5-week program for 8-12-year olds to improve  
their photography skills. Learn the rules of  
photography - then break them! Studio lighting -  
landscape - food - documentary -  
architecture/abstract photography.

**Mon 29 April - 27 May – \$125 for 5 sessions –  
4pm-5.30pm**

**Enquiries Sandra Davies 0402 051 293**

#### **Art & Craft – 5 to 12 years old**

If you child loves art and craft then book them into  
our after-school Art program!

Your child will be engaged in a variety of cool art  
and craft activities, including, drawing, painting,  
collage and more guided by Claire, qualified  
Primary School teacher with Arts background


**Tuesday or Wednesday 4 pm–5.30 pm**

**30 April/01 May – 28/29 May.**

**Book 5 weeks, pay for 4**



**\$115, all materials included**

**Register and pay online**

 [website mountmarthahouse.com.au](http://website.mountmarthahouse.com.au)

Please let me know if there is a Program / Activity you are interested in – day/ evening / weekend

Cnr Esplanade and Dominion Road, Mount Martha

 5974 2297  [mountmarthahouse@mornpen.vic.gov.au](mailto:mountmarthahouse@mornpen.vic.gov.au)

 [website mountmarthahouse.com.au](http://website.mountmarthahouse.com.au)  [mount martha house community centre](https://www.facebook.com/mountmarthahousecommunitycentre)



## 2<sup>nd</sup> Term 2019 Programs and Activities

### PRIMARY SCHOOL AGED ACTIVITIES

#### Tweens Art Klub – 9 to 12 years old

These special workshops are a social and fun setting for kids to DIY, sing, dance, play games and 'chill out'.

Grab a friend and come along to a fun Friday night out! We'll play games, make craft, make new friends and have lots of laughs.

Friday 10 May – DIY Shrinky Dinks

Friday 7 June – GLOW Party

6pm–8pm

\$20 per child

(All materials and refreshments included)

**Bookings Essential – 3 days' notice required**

Register and pay online

[website mountmarthahouse.com.au](http://mountmarthahouse.com.au)

#### EOI – Adult Photography Classes

*Weekly workshops for aspiring photographers.*

*Learn in a relaxed class. How to use your DSLR camera on manual settings. What is a good photo and how to take it. How to stay connected to your children / grandchildren using Instagram. How to make a photo book (or – what to do with all these*

*Expressions of interest for June.*

*\$125, 5 sessions*

*Call Sandra 0402 051 293*

#### Emotional Resilience – 8 to 12 years old

Emotional Resilience through mindfulness is a combined 1-hour session specifically designed for primary school children.

So, what is Emotional resilience through Mindfulness?

Mindfulness is the practice of focusing on the moment and not worrying about the future or the past.

Emotional resilience is about providing children with the appropriate skillset to help them to name their feelings, manage their emotions appropriately, solve problems, and make good decisions that they are comfortable and confident with.

So, when we can pause, relax, become present, curious and accepting, there is no emotional stress. We may still have emotions, but Emotional Resilience through Mindfulness practice has us being curious and non-judgmental shifting the focus to a positive approach.

Monday 6pm-7pm

\$90 for 6 sessions

Commencing 13 May

**Bookings Essential – 24 hours' notice required**

Register and pay online

[website mountmarthahouse.com.au](http://mountmarthahouse.com.au)

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## 2<sup>nd</sup> Term 2019 Programs and Activities

### DISCUSSION AND WRITING

#### Poetry / Book Chat

The wellness hub will provide the perfect space for readers of poetry and books to come together, share your thoughts and/or exchange books. Come for a cuppa and a chat, meet other locals who enjoy reading / poetry.

The opportunity to donate to the MMH bookcase will also be available, for all to share and enjoy.”

1<sup>st</sup> Wednesday of the month 6 pm–8pm  
Commencing 01/05

#### Register your interest online

[website mountmarthahouse.com.au](http://www.mountmarthahouse.com.au)

#### Mount Martha House Writers' Group

Share your creative journey with other like-minded writers and storytellers. New members welcome.

4<sup>th</sup> Tuesday of the month 9.30 am–11.30 am

#### Register your interest online / contact office

[website mountmarthahouse.com.au](http://www.mountmarthahouse.com.au)

### LANGUAGE

#### Spanish for Beginners

“Quieres hablar Español? - Would you like to speak Spanish? Here's your chance to learn! The focus will be on conversational Spanish.

Thursday 10.30 am –12

Program 1 - 02/05, 09/05, 16/05, 23/05.

Program 2 – 30/05, 06/06, 13/06, 20/06

\$60, 4 tutored sessions

#### Bookings Essential

Register and pay online / contact office

[website mountmarthahouse.com.au](http://www.mountmarthahouse.com.au)

#### Would you like to learn other languages

Email your interest and let me know how you can assist

[mountmarthahouse@mornpen.vic.gov.au](mailto:mountmarthahouse@mornpen.vic.gov.au)

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[website mountmarthahouse.com.au](http://www.mountmarthahouse.com.au) [f](#) mount martha house community centre

#### Italian for Conversation - Beginners

A soft and easy approach to the Italian language will get you talking from lesson one. With a 15 year experience teaching adults, your native tutor will take the stress away and lead you step by step in a relaxed and supportive environment.

First Program 16/04, 23/04, 30/04, 07/05

Second Program 14/05, 21/05, 28/05, 04/06

Third Program 11/06, 18/06, 25/06, 02/07

5.30 pm –7 pm

\$110, 4 tutored sessions

#### Bookings Essential

Register and pay online / contact office

[website mountmarthahouse.com.au](http://www.mountmarthahouse.com.au)

#### Italian for Conversation – Intermediate

This class is for the students who have some grammar basics and want to dive deeper into the language. Lessons will cover grammar, culture and travel.

Tuesday 12.00 noon.–1.30 pm

Program 1 - 07/05, 14/05, 21/05, 28/05

Program 2 – 04/06, 11/06, 18/06, 25/06

\$110, 4 tutored sessions

#### Bookings Essential

Register and pay online / contact office

[website mountmarthahouse.com.au](http://www.mountmarthahouse.com.au)

#### French for Conversation

Either you want to learn basic French (perfect for travel!), brush up your French or become more sophisticated in speaking, reading, writing and listening, your teacher will assist you and make you progress very fast. A bientôt!

Level 1 Beginners - Wednesday 5.30-7.30pm

Level 2 Beginners - Wednesday 1-3pm

Intermediate - Wednesday 3-5pm

\$280 for 7 tutored lessons

Bookings and enquiries email

[Remi\\_Gourdell@hotmail.com](mailto:Remi_Gourdell@hotmail.com)



## 2<sup>nd</sup> Term 2019 Programs and Activities

### SOCIAL ACTIVITIES

#### COFFEE N CHAT – Drop In!

Drop into this friendly and informal group for a cup of tea, cake and chat. Everyone welcome.

Every Friday 10am-11am

**Social Group** – we would love to hear your ideas!

Would you like a Community Dance and Dinner on a Friday evening / Coffee N Chat session / Local Community Organisations, Mt Martha House Historical Tours, Family History Podcasting – anything else!

Email me if you are interested in being a guest speaker or a social activity that interests you.

[✉ mountmarthahouse@mornpen.vic.gov.au](mailto:mountmarthahouse@mornpen.vic.gov.au)

#### Mount Martha Senior Citizens

Relatively small club which makes for a friendly, vibrant and caring environment for members. Take part in numerous activities including carpet bowls, cards and not least of all good conversation. Also enjoy monthly raffles plus Melbourne Cup and footy final celebrations. Come along & visit us!"

Every Thursday, 10 am–4 pm

\$5 membership

#### Peninsula Recorder Ensemble

Music for the Recorder Consort from the Renaissance Period to Present Times  
Bookings and enquiries

Wednesdays 7pm–8.30pm

**Bookings and enquiries Beate Lackman**

[✉ beatelackmann@gmail.com](mailto:beatelackmann@gmail.com)

#### Mornington Chess Club

We are a friendly chess club, we welcome players of all ages and strengths.

**Enquiries** 5975 8938. Every Monday, 1pm–4 pm.

#### Mount Martha Scrabble Club

Looking for something to do on a Tuesday afternoon. Come along to play a game of scrabble. All you need is a desire to play and have fun!"

**Enquiries** Marjorie Barnes 0402081466  
Every Tuesday 1pm–4 pm

#### Mount Eliza Mahjong Support Group

Meet with other local people looking to play Mahjong, the ancient Chinese tile game.

**Enquiries** Shirley Kerr 5975 5733  
Tuesdays 1 pm–4 pm

#### Creative Peer Support Group Painting with Parkinson's

Come and join our supportive social group and have some fun while exploring your creativity. Use various art mediums to engage you mind and body. Enjoy a chat and laughter over morning tea. No prior art experience needed

2<sup>nd</sup> and 4<sup>th</sup> Monday of every month (excl. school holidays and public holidays)  
10 am to 12 noon

Gold Coin Donation (refreshments included)  
Register your interest online / contact office

[✉ website mountmarthahouse.com.au](http://mountmarthahouse.com.au)

Please let me know if there is a Program / Activity you are interested in – day/ evening / weekend

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## 2<sup>nd</sup> Term 2019 Programs and Activities

### HEALTH AND WELLBEING

**Social Walking Group** – inviting all community members – no age limit  
Go for a leisurely walk with other friendly people in the community. An enjoyable and safe way to exercise. Don't forget to wear comfortable shoes. On return to the house, the group can relax if they wish to have a coffee for a cost of a gold coin.

Monday, Wednesday and Friday 9.15 am  
All public holidays excl. Xmas Day and Boxing Day

#### Tai Chi

Tai Chi strengthens all parts of the body with its gentle, circular movements. The slow, deep breathing stimulates energy flow and allows for focus and calmness. Classes are suitable to novices through to the seasoned. You are guided by a leader.

Every Thursday 1.30pm-2.30pm

#### Bookings Essential

Register your interest online / contact office

 [website mountmarthahouse.com.au](http://website.mountmarthahouse.com.au)

Gold coin donation (refreshments included)

#### Yoga, Exercise and Dance Classes

We have a variety of yoga, dance and exercise classes at Mt Martha House Community Centre. Many different styles to suit all age groups. Please note all of these classes are delivered by external providers and are not run through our community programs.

**Please email the office for further details**

#### Reset to Recovery

Reset to Recovery is a support group for people who had all experienced a workplace injury and involvement with Workcover. It's a space to talk & share experiences with others who have lived this experience and all that it involves.

Every Thursday 10.30 am – 12 noon

Gold coin donation (refreshments included)

#### Bookings Essential

Register your interest online / contact office

 [website mountmarthahouse.com.au](http://website.mountmarthahouse.com.au)

#### Mindfulness

Spending 1 hour resting our bodies and calming our wandering minds. Mindfulness moments will provide the opportunity to embrace your own time with a seated guided (spoken) Meditation.

Every Tuesday

10.30am – 11.30am or 6pm – 7pm

\$15 per session / \$70 5 sessions

#### Bookings Essential – 24 hours notice required

Register and pay online

 [website mountmarthahouse.com.au](http://website.mountmarthahouse.com.au)

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## 2<sup>nd</sup> Term 2019 Programs and Activities

### Emotional Resilience through Mindfulness – Teenagers

Emotional Resilience through mindfulness is an inclusive 1-hour session specifically designed for young adults (teenagers)

So what is Emotional Resilience through Mindfulness?

Mindfulness is the practice of focusing on the moment and using Mindful breathing techniques which can assist us to become more *accepting* of distress, which can help us learn how to tolerate the stressors better.

Emotional resilience is about providing teenagers the appropriate skillset to help them to name their feelings, manage their emotions appropriately, solve problems, and make good decisions that they are comfortable and confident with. So when we are able to pause, relax, become present, curious and accepting, there is no emotional stress. We may still have emotions, but Emotional Resilience through Mindfulness practice has us being curious and non-judgmental shifting the focus to a positive approach.

Thursday 6 pm–7 pm

Commencing 09/05

\$90 for 6 sessions

**Bookings Essential**

Register and pay online / contact office

 [website mountmarthahouse.com.au](http://website.mountmarthahouse.com.au)

### Emotional Resilience – 8 to 12 years old

Emotional Resilience through mindfulness is a combined 1-hour session specifically designed for primary school children.

So, what is Emotional resilience through Mindfulness?

Mindfulness is the practice of focusing on the moment and not worrying about the future or the past.

Emotional resilience is about providing children with the appropriate skillset to help them to name their feelings, manage their emotions appropriately, solve problems, and make good decisions that they are comfortable and confident with.

So, when we can pause, relax, become present, curious and accepting, there is no emotional stress. We may still have emotions, but Emotional Resilience through Mindfulness practice has us being curious and non-judgmental shifting the focus to a positive approach.

Monday 6pm-7pm

\$90 for 6 sessions

Commencing 13 May

**Bookings Essential – 24 hours' notice required**

Register and pay online

 [website mountmarthahouse.com.au](http://website.mountmarthahouse.com.au)

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### 2<sup>nd</sup> Term 2019 Programs and Activities

#### PAINTING / DRAWING

##### **Probus Men's Art Group**

Have fun painting with fellow artists – any subject of your choice. Classes are un-tutored, however, you will be working alongside established artists.

2nd and 4th Tuesday of every month

9 am–12 noon

Gold Coin Donation (refreshments included)

##### **Bookings Essential**

Register your interest online / contact office

 [website mountmarthahouse.com.au](http://website.mountmarthahouse.com.au)

##### **Creative Peer Support Group Painting with Parkinson's**

Come and join our supportive social group and have some fun while exploring your creativity. Use various art mediums to engage you mind and body. Enjoy a chat and laughter over morning tea. No prior art experience needed

2nd and 4th Monday of every month (excl. school holidays and public holidays)

10 am to 12 noon

Gold Coin Donation (refreshments included)

Register your interest online / contact office

 [website mountmarthahouse.com.au](http://website.mountmarthahouse.com.au)

##### **Art Connect – Untutored art class**

Calling all would be artists. Get together with other like-minded people in a beautiful space overlooking the sea where you can do your thing and be surrounded by others doing theirs. Bring your own unfinished project or new idea with you all your own supplies. Be inspired and encouraged by each other. Classes are untutored, however, you will be working alongside established artists.

1st and 3rd Monday of the month

9.30 am-12.30 pm

Gold Coin Donation (refreshments included)

##### **Bookings Essential**

Register your interest online / contact office

 [website mountmarthahouse.com.au](http://website.mountmarthahouse.com.au)

##### **Adult Painting Get Together**

Have fun painting with fellow artists – any subject of your choice – bring your own photograph, paper and paints (watercolour or acrylic only, no oil). Sessions will be supervised by an experienced artist who will give advice and assistance as required.

Every Thursday 2pm-4pm

\$10 per session / \$50 5 sessions

##### **Bookings Essential**

Register your interest online / contact office

 [website mountmarthahouse.com.au](http://website.mountmarthahouse.com.au)

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## 2<sup>nd</sup> Term 2019 Programs and Activities

### ART AND CRAFT

#### **Social Art/Classes inviting Parents, Grandparents and Carers of Babies with Bubs in Prams**

Feel like doing something fun and meet with others? Or maybe you have recently become a grandparent? Join our social DIY group! In this adult's class, spend time making things for yourself, your bub and your home. Suited to beginners, the teacher will guide you through the steps to create one easy project each week.

Every Tuesday 1pm–2pm

\$10 per session

**Bookings Essential – 24 hours notice required**

Register and pay online

[👉 website mountmarthahouse.com.au](http://mountmarthahouse.com.au)

#### **Adult Beginners' Art Group**

In this fun and relaxed Adult Beginners' Art Group, the emphasis is on having fun! Each week you will learn new skills while exploring different products and techniques. The teacher can guide you through the steps to produce a small project each week, or you can just enjoy our company and create something of your own - there's no pressure! Get together with like-minded people and the group will inspire and support each other. Some projects might be: painting a small canvas, creating a gorgeous layered collage, highlighting an inspirational quote with mixed media techniques, or weaving a trendy wall hanging. Or bring along your own ideas! We just love getting ARTY!

Wednesday 1pm – 3pm

Commencing 01/05

Book 5 weeks, pay for 4

\$115, all materials included

Register and pay online

[👉 website mountmarthahouse.com.au](http://mountmarthahouse.com.au)

#### **Monday Boomers**

Boomerang Bags is a grass-roots, community driven movement, tackling plastic pollution at its source. Volunteers from all walks of life get together to make re-useable 'boomerang bags' using recycled materials, as a means to provide a sustainable alternative to plastic bags. Come along and join this new group, help create these bags and meet other people. No experience necessary, fun & FREE.

Every Monday 1pm to 4pm

Gold Coin Donation (refreshments included)

Register your interest online / contact office

[👉 website mountmarthahouse.com.au](http://mountmarthahouse.com.au)

#### **Mt Eliza Lace Group**

Lace Group meets here. Beginners welcome. Come along and try bobbin lace. Create a piece, start with a bookmark, fish or snake or for the more advanced bring your own work.

3rd Fri of every month 9am–12 noon

Gold Coin Donation (refreshments included)

Register your interest online / contact office

[👉 website mountmarthahouse.com.au](http://mountmarthahouse.com.au)

#### **Knitting & Crochet Group**

Come and meet other people whilst knitting or crocheting beanies, scarves and blankets for KOGO and other charity groups. Meet other people as well as share morning tea. Wool and patterns provided.

Mondays 10am – 12 noon

Gold Coin Donation (refreshments included)

Register your interest online / contact office

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Please let me know if there is a Program / Activity you are interested in – day/ evening / weekend

Cnr Esplanade and Dominion Road, Mount Martha

[📞 5974 2297](tel:59742297) [📧 mountmarthahouse@mornpen.vic.gov.au](mailto:mountmarthahouse@mornpen.vic.gov.au)

[👉 website mountmarthahouse.com.au](http://mountmarthahouse.com.au) [f](#) mount martha house community centre



### 2<sup>nd</sup> Term 2019 Programs and Activities

#### ART AND CRAFT

##### UFO group (Unfinished object!)

Do you have a cupboard full of unfinished patchwork, quilting, embroidery, knitting, sewing or craft projects that needs finishing? Spend time working on your project while catching up with other crafters.

Every second Fri 24/05, 07/06, 21/06, 05/07,  
19/07  
9am to 12 noon

**Every second Wednesday 7pm – 8.30pm**  
**Commencing 01/05!!!!**

Gold Coin Donation (refreshments included)  
**Register your interest online / contact office**

 [website mountmarthahouse.com.au](http://website.mountmarthahouse.com.au)

#### DONATIONS WANTED!

Boomerang Bags and the Knitting and Crochet Group would greatly appreciate donations of material, wool, knitting needles, crochet hooks and patterns.

Drop donations at the office between the hours of 9 am – 3.30 p.m. Monday to Friday. Please leave your name and details as they like to send a letter of thanks.

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### 2<sup>nd</sup> Term 2019 Programs and Activities

#### HISTORICAL TOUR OF MOUNT MARTHA HOUSE

No trip to the Mornington Peninsula is complete without a visit to the Mount Martha House. The house was built on Mount Martha Estate subdivision in 1889 and was known as Mount Martha Coffee Palace. It was designed by well-known Melbourne architects Tappin, Gilbert and Dennehy.

The one hour guided tour takes you through the history of this magnificent grand building and its many uses. Alternatively, you can listen to the podcast and view the WRAAC replica room and History room at any time (rooms open during working hours - weekends not available except on advance notice).

We cater for schools and community groups from all over Australia and overseas. We are happy to be a guest speaker at your function. We collect, preserve and protect the people, history and heritage of Mount Martha House and community and make it available to everyone.

Next tours – 11 a.m-12 noon  
24/04, 29/05, 26/06, 31/07, 28/08,  
16/09, 30/10, 27/11

Meet at the main entrance  
Bookings required Tel. 5974 1288  
email [mtmarthahousehistory@gmail.com](mailto:mtmarthahousehistory@gmail.com)

#### MORNINGTON/ MOUNT MARTHA MODEL RAILWAY

Do you have interest in railways and models? Come along to a guided tour of the train display by a group of enthusiastic hobbyists. Optional extra when booking Historical Tour.

Next tours – 12 noon-1pm  
24/04, 29/05, 26/06, 31/07, 28/08,  
16/09, 30/10, 27/11

Meet at the main entrance  
Bookings required 5974 2297  
email [mountmarthahouse@mornpen.vic.gov.au](mailto:mountmarthahouse@mornpen.vic.gov.au)

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## 2<sup>nd</sup> Term 2019 Programs and Activities

### COMMUNITY AND OTHER SPECIAL GROUPS MEETING AT MOUNT MARTHA HOUSE

#### **BERG**

BERG Mt Martha – the Balcombe Estuary Reserves Group Mt Martha Inc. – is a friends' group formed in 1997 to preserve and restore the bushland of the Balcombe Estuary Reserves.

Enquiries please contact 0447 160 288 /  
email [info@berg.org.au](mailto:info@berg.org.au)

#### **Balcombe Probus Club (Men)**

New members welcome. The Club provides a social outlet for retired or semi-retired men. Monthly meetings are generally followed by an optional lunch at a local restaurant. We also provide a wide variety of other activities and events each month - something or things to suit everybody's tastes! For further details contact

Secretary: 0447 052 841

1st Tuesday of every month 9.30 am

#### **Balcombe Ladies Probus**

2nd Wednesday of every month, 9.45am

Further details [lynn.loutit@gmail.com](mailto:lynn.loutit@gmail.com)

PLEASE NOTE NO CASH KEPT  
ON PREMISES

#### **Osborne Ladies Probus**

New members welcome.

This friendly outgoing group meet not only to enjoy each others company but to hear a wide range of wonderful guest speakers and to take part in visits to the Theatre, Cinema and places of interest. Within this Probus Club we also run the following groups: Golf, Walking, Bookclub, Dineout, Mahjong and Solo

Further details contact Membership Secretary  
contact 5976 2955

3rd Tuesday of every month, 9.30am

#### **Probus Club of Mount Martha Inc.**

New members welcome.

The first Probud Club to be established in Mount Martha. We welcome retired or semi-retired professional or business men to visit us to experience our friendship and to learn more about Probud.

2nd Tuesday of every month, 9.30 a.m.

For further details please email Alan Yates  
e: [marthaprobud@gmail.com](mailto:marthaprobud@gmail.com)

#### **Mount Martha Village Ladies Probud**

New members welcome.

2nd Wednesday of every month

#### **Lions Club of Mount Martha**

When there is a fifth Monday we have a Social Event with a Guest Speaker

1st and 3rd Monday of the month  
7 pm for a 7.30 pm start

Further details Club Membership:  
0474 323 740

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 [website.mountmarthahouse.com.au](http://website.mountmarthahouse.com.au)  [mount martha house community centre](https://www.facebook.com/mountmarthahousecommunitycentre)



## 2<sup>nd</sup> Term 2019 Programs and Activities

### REMINISCENCE PROGRAM

#### Ancestry Program

Historical Collection Group is available to assist you with researching your family tree. We can assist you in recording your great grandmother's life via a podcast. We will help you to write and record your life history for future generations. How wonderful for your descendants to hear.

Please email your interest

[mountmarthahouse@mornpen.vic.gov.au](mailto:mountmarthahouse@mornpen.vic.gov.au)

#### Sharing Grandma's Recipes

Sharing Grandmas Recipes in a Reminiscence program for people living with dementia. It is designed to promote communication, providing the opportunity to share and remember the treasured family recipes. This program will provide a space for people living with Dementia to talk about how things were done when they were young! It may also provide the opportunity for the recipes to be collated and produced as a cookbook.

Please email your interest

[mountmarthahouse@mornpen.vic.gov.au](mailto:mountmarthahouse@mornpen.vic.gov.au)

### RAISED GARDEN BEDS

Reactivation of Community Raised Garden Beds Seeking Expressions of Interest  
Would you like to help us plant our raised garden vegetable beds! and help to promote healthy sustainable living. [Email your interest](#)

[mountmarthahouse@mornpen.vic.gov.au](mailto:mountmarthahouse@mornpen.vic.gov.au)

### ROOMS / HALL FOR HIRE

The Mount Martha House Community Centre, newly refurbished heritage building with views across the bay is available for commercial and community groups to hire. It is fully air conditioned and provides a board room with overhead projector, screen and whiteboard, meeting rooms, art and craft room, hall and kitchen. Ample parking and a short stroll to Mt Martha village.

A mindfulness session or art therapy can be organised for groups.

Enquiries Email 

[mountmarthahouse@mornpen.vic.gov.au](mailto:mountmarthahouse@mornpen.vic.gov.au)

### MMH MAILING LIST

Keep up to date with news, activities and events by joining the Mount Martha House mailing list: See staff in the MMNH office for details or [email your interest](#)

[mountmarthahouse@mornpen.vic.gov.au](mailto:mountmarthahouse@mornpen.vic.gov.au)

The Mount Martha House Community Programs are supported by the Mornington Peninsula Shire and Department of Health & Human Services through the Neighbourhood House Coordination Programs.



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