



### 1<sup>st</sup> Term - Activities, Courses & Social Groups – Mon 01 Feb – Thurs 01 Apr 2021





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### WELCOME BACK

We are so excited to be back at the Centre and look forward to welcoming you.

At Mount Martha House Community Centre we have available a range of programs and activities for the whole community which will be offered via face to face and via zoom.

In addition to our regular programs we are adding some exciting new programs to cater to a range of ages. For primary aged children we are offering an after-school hours program in arts and craft, creative writing, drama and dance that will keep the children engaged and entertained.

For the adults if you would like to learn a new skill and connect with others, please join Zak for flower arranging techniques or perhaps you would like to learn botanical drawing with Susie.

### Mt Martha TV

Mt Martha you tube channel is about keeping you connected with the community of Mt Martha using technology. It is an interactive channel keeping you up to date with what is happening within our local area, a place to share your expertise or a story. We welcome contributions and submissions – please reach out to us.

### We would love to hear from you

We cannot do it alone! Can we work together? We are always on the look out for new programs and people to take the lead. So, please let us have your feedback, share your suggestions and let us know any opportunities you may have.

### Come volunteer – get involved in your community!



Volunteers are a huge part of what keeps MMHCC running. We are open to anyone with a strong passion for the community. There are a wide variety of positions available and we are happy to speak with you about what we offer and where you might fit in.

### Enrolments

It is essential that bookings are made for all programs, even if there is no cost involved. You can enrol via phone or email. Cancellation policy: A full refund will be given if notification of a cancellation is received three working days prior to commencement of course. No refunds or discounts for missed classes.

### PLAYGROUP

#### Inviting Parents, Grandparents and carers of babies and pre-schoolers.

Chance for care givers and pre-schoolers to have fun together and to meet others from the local community. Well-equipped play area with excellent resources, including a garden playground.

Every Tuesday and Thursday – commencing term 2

9.30am – 11.00am / \$5 per family

Register your interest via email

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

### CHILDREN'S AND FAMILIES

#### Ballet

Mt Martha School of Dance established 30 years. Dance classes offered for children from 3 years of age. We offer Creative Dance, RAD Classical Ballet, Jazz, Contemporary, Hip Hop styles and Acrobatics. We also offer VCE Dance All units.

[vicki@mountmarthaschoolofdance.com.au](mailto:vicki@mountmarthaschoolofdance.com.au) / 5974 1498

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

If you love art and craft and exploring new techniques and materials then come along to this fun and creative class. Come straight after school for a snack before getting stuck into creating

**Tuesday 9 Feb to 30 Mar – 4.00pm to 5.30pm**

\$140 for 8 sessions (including materials)

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

#### Creative Writing Classes

Aspiring young authors will learn how to expand their narrative strategies and creative writing techniques as they discover the secrets of storytelling through a series of fun, engaging, and interactive workshops. Participants will learn how to craft their own dramatic storylines starring memorable characters in believable settings. A must for any budding writer.

**Wednesday 10 Feb to 31 Mar - 4pm-6pm**

\$160 for 8 sessions

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



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### After School Drama Classes

The teacher will provide an environment that stimulates creativity, curiosity and a growth mindset. The ability to concentrate, critically think and speak out is nurtured. Essential life skills like collaboration, self-regulation, and citizenship are further developed.

**Thursdays 5pm-7pm.** Bookings 0408 460 558

### Creative Moving for Kids

Our movement classes are contemporary dance based and our aesthetics stem from a focus in on integrity and authenticity - there is no pressure for you or your child to conform to a particular or idealised visual aesthetic.

Tuesdays 9.30am / Thursdays 10am

Bookings [info@loco-motion.com.au](mailto:info@loco-motion.com.au)

## DISCUSSION AND WRITING

### Book Club

Do you enjoy reading and discussing books? We are looking for a couple of members. Books are loaned to participants by the Mornington Peninsula Library Service. Come for a cuppa and a chat, meet other locals who enjoy reading

**1<sup>st</sup> Wednesday of the month 10.30am-12.00noon**

For further information contact

Group facilitator: Deb Amos 0438 549 432 / [deb.amos@hotmail.com](mailto:deb.amos@hotmail.com)

### Mount Martha House Writers Group

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

**4th Tuesday of the month 9.30am-11.30am**

For further information contact

Group facilitator: Carol Holden 0499 699 948 / [carol.holden@gmail.com](mailto:carol.holden@gmail.com)

### Mount Martha House Sunday Poets Group

Mount Martha Poets group is for writers interested in both poetry and prose.

This encouraging group provides a place for you to read your work, and if you wish, to receive constructive, and respectful feedback.

**3rd Sunday of the month - 3.00pm - 5.00pm**

For further information contact Group facilitator: Kyla-Jayne [kj@elevatewords.com](mailto:kj@elevatewords.com)

## LANGUAGE

### Italian for Conversation

**Total Beginners** Monday 9.30am-11.00am and Wednesday 6.30pm-8.00pm / **Level 2 Beginners** Tuesday 11.30am-1.00pm / 6.30pm-8.00pm

**Intermediate** Monday 1.30pm-3.00pm  
\$210 for 7 tutored lessons

Bookings [essential.katig.tempesta@gmail.com](mailto:essential.katig.tempesta@gmail.com) / 0411 183 892

### French for Conversation

**Beginners** Wed 2.30pm-4pm / **Intermediate** Wed 12-2pm / **Advanced** Mon 10am-12noon / 12.30pm-2.30pm

\$280 for 7 tutored lessons

Enquiries [je.parlefrançais@hotmail.com](mailto:je.parlefrançais@hotmail.com) / [www.jeparlefrançais.com.au](http://www.jeparlefrançais.com.au)

## SOCIAL ACTIVITIES

### Mt Martha House Community Garden

Come join a group of local Mount Martha residents with a like-minded goal to create a community garden at Mount Martha House. Their communal, organic garden beds will offer a place for local green thumbs to share, connect and grow. New members welcome.

[communitygarden.mm@gmail.com](mailto:communitygarden.mm@gmail.com)

### Mt Martha Senior Citizens

A 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. Come along & visit us!"

Thursdays 1pm-4 pm. \$5 membership

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

### Mt Martha-Mornington Chess Club

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

**Every Monday, 1pm-4 pm**

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

### 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!

**Tuesdays 1pm-4 pm**

For further information contact

Group Facilitator: Marjorie Barnes 0402081466 / [marjoriebarnes1@bigpond.com](mailto:marjoriebarnes1@bigpond.com)





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#### Mount Martha Mah-jong Support Group

The Mah-jong Club meets weekly to play its namesake ancient Chinese game. We are here for experienced players to hone their skills and for new players to learn this fun game. We also aim to foster friendships through the game.

**Mondays, Tuesdays 1 pm–4 pm**

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

#### MUSIC AND DANCE

#### Community Singing Group! Let's Sing 4 Fun

Don't say you can't sing! If you can sing Happy Birthday come & sing with us. We sing just to have fun. If you enjoy singing along to music at home or in the car, that's all you need to join in the fun. Guided by a qualified singing teacher

**Wednesdays 7pm-8pm / Thursdays 4pm-5pm**

First session free. \$14/\$7conc per week /

8 weeks for \$80

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

#### Peninsula Recorder Ensemble

Led by Beate Lackmann, The Peninsula Recorder Ensemble was founded in 2017. Sharing an interest in recorder music, we gather on a weekly basis to play as an ensemble and hold biannual concerts to celebrate the music we have practised. New members welcome!

**Wednesdays 5pm-6.30pm**

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

#### EXERCISE

#### 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. Meet opposite tennis courts near public toilet. No bookings required. Just turn up.

Monday, Wednesday and Friday 9.15am

#### Tai Chi

Tai Chi is a gentle form of exercise that cultivates physical and mental well-being. Practising tai chi develops a sense of calm and stillness through slow and continuous movements. Learn this beautiful form of exercise in a caring and supportive environment, with classes specifically developed for beginner students.

**Wednesdays 2.00pm-3.00pm. \$160 per**

**term (attend up to 3 classes per week)/**

**\$175 for 10 classes / \$20 casual**

[info@risingmoontaichi.net](mailto:info@risingmoontaichi.net) / 0418 566 216

Corner Esplanade and Dominion Road, Mount Martha

 5974 2297  [mountmarthahouse@mornpen.vic.gov.au](mailto:mountmarthahouse@mornpen.vic.gov.au) Office Hours - Monday to Friday 9am to 4pm

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

#### Studio Barre Pilates

Pilates classes are a little more dynamic than your traditional mat class. Classes aim to improve flexibility and posture along with a stronger core and pelvic floor. Pilates works on strengthening the entire body. We use resistance-bands and balls for supportive core work trying to create long lean muscles. All levels and ages welcome.

**Saturdays 10am-11am. \$20 per person**

[studiobarrepiles444@gmail.com](mailto:studiobarrepiles444@gmail.com) / 0411508363

#### Tai Chi

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Wednesdays 2.00pm-3.00pm.

\$160 per term (attend up to 3 classes per week)/\$175

10 classes / \$20 casual.

[info@risingmoontaichi.net](mailto:info@risingmoontaichi.net) / 0418 566 216.

#### Avocado Baby – Pre and Post Natal Yoga Classes

The Mums and Bubs Class is going to be a 1 hour class. This will be open to any mum (post their 6 week check-up), and their little babies up until they are crawling. Classes are \$25 each.

There are many prenatal classes about, and the importance of yoga during pregnancy I feel is well established. But there is less awareness about how yoga can go on enhancing the mother's physical and mental wellbeing once the baby is born. Yoga can help provide fresh perspective on the challenges of new motherhood, and it is an ideal post-natal form of exercise as it is gentle and broad enough that it can be adapted to the changing needs of a new mum.

These unique classes are baby friendly, and they provide a real sense of community for new mothers entering the next phase of their life together. A valuable skill that many of the mothers in these classes learn is how to relax (even amongst often a noisy room of babies!)

[felicity@avocadobaby.com.au](mailto:felicity@avocadobaby.com.au) / 0411508363



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#### HEALTH AND WELLBEING

##### Online Relaxation and Meditation for Over 50s

Mount Martha Holistic Yoga teacher Gill Gordon, who has taught regularly since 1987, is offering a free Relaxation and Meditation session weekly on Zoom for the over 50s. To get the best benefit, avoid coffee until after the session, have a light blanket to cover yourself. These techniques can be done either on the floor, on your bed, or in a chair. No previous experience required. **Every Wednesday 10am-11am**  
Bookings: [mountmarthahouse@mornpen.vic.gov.au](mailto:mountmarthahouse@mornpen.vic.gov.au)

##### Kickstart to Wellness 2-week Program

Are you feeling like you want to be healthier and happier in 2021? Eva from Reach for Wellness, certified holistic health and lifestyle coach has worked supporting healthy lifestyle behaviour for several years. Her aim is to support the Mornington Peninsula community by encouraging health and wellbeing and empowering positive lifestyle change. This 2-week Kickstart to Wellness program at Mt Martha Community Centre is designed to give you the tools to get started on your wellness journey.

**Saturday 20 & 27 Feb. 2pm-3pm**  
**\$40 for 2 sessions**

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

##### Community Vinyasa Flow Yoga.

**Mon, Wed, Fri 6.30am-7.30am /**  
**Tues 6.30 pm-7.30pm /**  
**Saturdays 7.00am-8.00am**

[fionalansley@bigpond.com](mailto:fionalansley@bigpond.com) / 0405103060  
\$15 ongoing casual (\$125 10 class pass)

##### Kundalini Yoga

A healing and rejuvenating yoga - through Movement, Meditation and Mantra shake off tension and connect back to your true essence. No prior yoga experience necessary! All levels & abilities welcome. Yoga mats, cushions and blankets are all provided.

**Saturdays 8.00am-9.30am /**

Marina 0416164912. \$20 ongoing casual

#### SUPPORT GROUPS

##### Peninsula Men's Open Circle

A confidential, non-judgmental space for men to learn about building deeper connections with themselves, being real and having the courage to speak their own truth.

**2<sup>nd</sup> Wed 7pm-9pm**

Bookings Chris Wynne 0400 614 065

Corner Esplanade and Dominion Road, Mount Martha

5974 2297 [mountmarthahouse@mornpen.vic.gov.au](mailto:mountmarthahouse@mornpen.vic.gov.au) Office Hours - Monday to Friday 9am to 4pm

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

##### Alcoholics Anonymous

Alcoholics Anonymous groups meet at Mount Martha House on

**Tues and Thurs 7.30pm Ben 0439 883 863**  
**Sundays 11.00am Alan 0418 178 219**

#### VISUAL ARTS

##### Flowers by Zak – Floral Art join the floral art movement

It is with great excitement that I invite all flower lovers to a series of 8 workshops where we will learn how to get the best out of flowers. Fun informal sessions where Zak will demonstrate what you are doing that day and then you get to play with flowers. Everything you need will be ready and waiting on your desk.

**Wed 17 Feb to 10 Mar 2.00pm-4.00pm**

\$50 per class (no obligation to commit to 8 weeks)  
includes vase and flowers

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

##### Botanical Painting and Drawing

This course is an intensive introduction to Botanical Drawing and Painting. Develop observation skills and learn about tonal values, pencil and ink rendering, composition, colour, watercolour and gouache'. Explore, develop and understand a variety of techniques to create your own detailed studies.

**Wed 10 Feb – 31 Mar 10.00am-12.30pm**

\$180 for 8 sessions (including all materials)

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

#### TEXTILES

##### Monday Boomers

Volunteers from all walks of life get together to make re-useable 'boomerang bags' using recycled materials to provide a sustainable alternative to plastic bags. No experience necessary, fun & FREE.

**Mondays 1pm-4pm**

##### 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 the month 9am-12 noon**



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#### Knitting & Crochet Group

Come and meet other people whilst knitting or crocheting beanies, scarves and blankets for KOGO and other charity groups. Wool and patterns provided.  
**Mondays 10.00am–12 noon**

#### 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.  
**2<sup>nd</sup> Friday of the month 9.00am-12noon**

#### Mt Martha Seaside CWA

Mount Martha Seaside CWA Branch is the newest night branch within the Mornington Peninsula Group. New members are welcome  
**2<sup>nd</sup> Thursday of the month 7pm**  
**and a craft afternoon fourth weekend of the month**  
[mmseasidecwa@gmail.com](mailto:mmseasidecwa@gmail.com)

Boomerang Bags and the Knitting and Crochet group would greatly appreciate donations of material, wool, knitting needles, crochet hooks and patterns. Please drop off at office.

#### MT-MARTHA-MORNINGTON MODEL RAILWAY CLUB

Do you have an interest in railways and models? Join these enthusiastic hobbyists.  
Meet every Tuesday @ 7.30pm and Thursday @ 2pm  
[Bookings\\_ghousden16@bigpond.com](mailto:Bookings_ghousden16@bigpond.com)

#### ONLINE MT MARTHA HOUSE HISTORICAL TOUR

Explore the history of Mount Martha House via Zoom 2 x 2hr free sessions. Mount Martha House Collections Manager Gill Gordon will present using pictures what is currently known about the construction, owners, managers, and many users at the House. There will be a chance to ask questions and share your knowledge and experiences at this wonderful old building. There is a commitment to attend both sessions  
**Wed 17 & 24 Feb 11.30am-12.30 noon**  
Bookings essential  
5974 1288 / [mtmarthahousehistory@gmail.com](mailto:mtmarthahousehistory@gmail.com)

#### 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.

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

#### CLUBS AND ORGANISATIONS

##### BERG

Balcombe Estuary Reserves Group Mt Martha Inc.  
0447 160 288 / [info@berg.org.au](mailto:info@berg.org.au)

##### Probus Clubs – Ladies and Mens

Is a local, national, and international association of retired people who come together in non-political, non-sectarian, non-profit, autonomous **clubs** which provide regular opportunities for members to meet others in similar circumstances, with similar levels of interest, make new friends. Find out which one best suits you.  
Enquiries [mountmarthahouse@mornpen.vic.gov.au](mailto:mountmarthahouse@mornpen.vic.gov.au)

##### Lions Club of Mount Martha

1st and 3rd Monday of the month 7.30pm-9.00pm  
Secretary John Thomas 0418 322  
[315mtmartha.lions@gmail.com](mailto:315mtmartha.lions@gmail.com)

##### Mornington Peninsula Beekeepers Assoc.

4th Wednesday 6.30pm-9.30pm  
Chris Daffy 0421 514 742 /  
[chrismurraydaffy@gmail.com](mailto:chrismurraydaffy@gmail.com)

##### Peninsula Bushwalking Club

1st Tues of the month 8.00pm-9.30pm (exc. January)  
[secretary@peninsulabushwalking.org.au](mailto:secretary@peninsulabushwalking.org.au)

#### AROUND THE NEIGHBOURHOOD

##### Mt Martha Rotary Club

Meet every Monday at 6:00 PM  
Mornington Hotel, 917 Nepean Hwy, Mornington  
New members welcome  
[mountmartharotary@gmail.com](mailto:mountmartharotary@gmail.com) / 0438 547 019

##### Mt Martha Bowls Club

45 Watson Road, Mount Martha  
59742894 / [mmbowls@mmbcinc.com.au](mailto:mmbowls@mmbcinc.com.au)



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#### **Mt Martha Mornington Petanque Club Inc**

Moving to Mt Martha Bowls Club site  
Come and try a game of Bowls or Petanque or Bowls.  
Make new friends, have fun. All levels welcome!  
Andrea Bowles, Secretary  
[andreabowles@bigpond.com](mailto:andreabowles@bigpond.com)

#### **Mt Martha Yacht Club**

45 Watson Road, Mount Martha  
All skill levels welcome from the novice to the professional **59742894** /  
[mmbowls@mmbcinc.com.au](mailto:mmbowls@mmbcinc.com.au)

#### **Roving Refills**

Mobile detergent refills. BYO containers  
Reduce, reuse, refill. Eco friendly, plant-based  
products, grey water safe  
Andrea will be visiting Mount Martha House  
second Fri of every month 9am-12noon.  
Look forward to seeing you  
[rovingrefillsfrankston@gmail.com](mailto:rovingrefillsfrankston@gmail.com) /  
[www.rovingrefillsfrankston.com.au](http://www.rovingrefillsfrankston.com.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.

