



## Art and Craft

### Boomerang Bags

Make new friends and help the environment by creating sustainable boomerang bags.

Date: Every Monday

Time: 1.00pm-4.00pm

Cost: Free

### Introduction to Botanical Drawing and Painting

NEW

Learn about tonal values, pencil and ink rendering, composition, colour and watercolour techniques.

Dates: Wednesday

July 14, 21, 28, August 4, 11, 18, 25 & September 1

Time: 10.30am-12.30pm

Cost: \$185

### Lace Group

Learn the art of bobbin lace. Create wonderful pieces or art or bookmarks. Beginners welcome.

Date: Third Friday (monthly)

Time: 9.00am-12.00pm

Cost: Free

### Knitting Group

Share your passion for knitting and crocheting with others. Wools and patterns provided.

Date: Every Monday

Time: 10am-12.00pm

Cost: Free

### Men's Art Group (Over 65's)

Paint with fellow artists in a relaxed and creative environment.

Date: Tuesday (fortnightly)

Time: 9.00am-12.00pm

Cost: Free

### UFO Craft Group

A creative group to complete unfinished art projects alongside other crafters.

Date: Fridays fortnightly

Time: 9.30am-12.00pm

Cost: Free



## Community Groups & Clubs

### Chess Club

Make new friends and challenge yourself to a game of chess. Beginners and novice players welcome

Date: Every Monday

Time: 1.00pm-4.00pm

Cost: Free

### Community Garden

The Peninsula's newest Community Garden. Regular garden workshops are held.

Date: Garden is open 24/7

Time: Garden is open 24/7

Cost: Free to enter garden. Workshop costs vary

### Mahjong Support Group

Create new friendships and enjoy a fun game of mahjong with experienced and new players

Date: Mondays & Tuesdays

Time: 1pm-4pm

Cost: Free

### Mornington & Mt Martha Railway Club

A friendly group for those who enjoy the hobby of railroading. New members welcome

Date: Every Tuesday

Time: 2.00pm and 7.30pm

Cost: Free

### Online Historical Tours

A four-week series guiding and touring you through the history of Mt Martha House and its many uses

Dates: 21 July, 28 July, 4 August & 11 August

Time: 7.30pm-9.00pm

Cost: Free

### Scrabble Club

Create new friendships while playing a fun game scrabble

Date: Every Tuesday

Time: 1.00pm-4.00pm

Cost: Free

### Senior Citz

A friendly group to keep your body and mind active while creating meaningful friendships

Date: Every Thursday

Time: 1.00pm-3.00pm

Cost: Free

### Spiritual Cafe

Enjoy a cuppa while developing your skills in mediumship psychometry, crystals and healing.

Date: Every Thursday

Time: 11.00am-1.00pm

Cost: \$5 per week



## Discussion and Writing

### Book Club

Do you enjoy reading and discussing books? Our book club is looking for like-minded book lovers

**Date:** First Wednesday

**Time:** 10.30am-12.30pm

**Cost:** Free

### Poetry Group

Develop your writing skills in a supportive group for avid writers and poets

**Date:** 4th Sunday of the month

**Time:** 3pm-5pm

**Cost:** Free

### Writers Group

Share your creative writing journey with other like-minded writers and storytellers

**Date:** 2nd Thursday of the month

**Time:** 9.30am-12.30pm

**Cost:** Free



## Health & Wellbeing

### Peninsula Men's Open Circle

A confidential and non-judgmental space for men. Build deeper connections and the courage to speak their truth

Date: Every Wednesday

Time: 7pm-10pm

Cost: Gold coin

### Tai Chi

Join Hazel to learn the focus and calmness of Tai Chi. Beginners and advanced abilities welcome

Date: Every Thursday

Time: 1.30pm-2.30pm

Cost: \$4 per session

### Online Meditation

Four weekly Zoom relaxation and meditation for over 50s

Date: 21 July, 28 July, 8 August & 11 August

Time: 10am-11am

Cost: \$25 for 4 weeks

### Psychologist

Book a session with clinical psychologist Dr Zoe Woodruff. Dr Woodruff is a mental health specialist with a special interest in women's health

Date: Every Friday

Time: Book a session between 9am-6pm

Cost: \$240 per 50 minute session. Out of pocket cost is approx. \$112 if eligible for Medicare rebate

### Walking Group

A friendly walking group to chat and enjoy a leisurely walk around the community. Meet opposite tennis courts near public toilet.

Date: Monday, Wednesday & Friday

Time: 9.15am

Cost: Free

Mount  
Martha  
House

Community Centre



MORNINGTON  
PENINSULA  
*Shire*

## Music & Dance

### **Sing Till You Grin**

A friendly and fun singing group. No performing and not a choir



Date: Every Wednesday


Time: 7.00pm-8.30pm

Cost: \$10 per session

Corner Esplanade and Dominion Road, Mount Martha

Office Hours -Monday to Friday 9am to 4pm

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

 @mountmarthahouse



MORNINGTON  
PENINSULA  
*Shire*



## Workshop & Classes

### Wazza's Kitchen - Cooking for One

Cook delicious winter comfort food using a range of protein, veggies and carbs  
Date: Saturdays July 31, August 7, 14 & 21  
Time: 4.15pm-6.15pm  
Cost: \$120

### Coil Baskets Workshop

Learn the technique of coil basket making. Sew your coil basket using raffia and strappy leaves  
Date: Wednesday July 21 & 28  
Time: 10am-11.30am  
Cost: \$30 for 2x 1.5 hour classes

### Wazza's Kitchen - Simpla Pasta

Learn to make a range of authentic Italian pastas served with delicious accompaniments  
Date: Saturday July 24  
Time: 4.15pm-6.15pm  
Cost: \$60

### C.O.B.R.A. Self Defence

Confidence boosting and empowering self defence program for seniors and women  
Date: Wednesday August 11  
Time: 11am-12.30pm  
Cost: \$25

### Junk Journals

Store your precious memories and keepsakes in a creative and sustainable way  
Date: Thursday August 5 & 12  
Time: 12pm-3pm  
Cost: \$20