

OVER FIFTY AND KEEPING FIT

A GUIDE TO
EXERCISE
GROUPS IN
CARDINIA



**BEACONSFIELD
BUNYIP
COCKATOO
EMERALD
GEMBROOK
KOO WEE RUP
LANG LANG
NAR NAR GOON
PAKENHAM
TYNONG
UPPER
BEACONSFIELD**

The compiling of this guide has been a project undertaken by the
Cardinia Falls Prevention Planning Group
consisting of

**CARDINIA-CASEY COMMUNITY HEALTH SERVICE
CARDINIA SHIRE COUNCIL
MECWA CARDINIA CARE
BUNNURONG COMMUNITY CARE
ROYAL DISTRICT NURSING SERVICE
PAKENHAM ARTHRITIS SELFHOLD GROUP INC.
KOO WEE RUP REGIONAL HEALTH SERVICE**

All information in this booklet was correct at the time of its publication. The agencies involved in the Cardinia Falls Prevention Planning Group take no responsibility for any inconvenience and/or hardship resulting from incorrect information contained in this booklet. For corrections please call Cardinia-Casey Community Health Service on 59410500

By including physical activity into your daily routine you will *feel better, look better, and perform better* as well as enjoying numerous health benefits.

Being physically active is ***GREAT***. It is recommended that we have 150 minutes of physical activity per week. This can be made up of 10 minutes at a time – every little bit helps.

Washing your car, gardening vacuuming, walking the dog, sweeping the path, even getting into and out of a chair, is physical activity.

Make every little bit count.

Remember . . .

**Exercise, you don't need to take it seriously
. . . just regularly**

OUTDOOR ACTIVITIES – maximise your protection

- Suitable clothing - wear a hat, long sleeve shirt, suitable shoes,
- Take a water bottle
- Have some F30+ broad spectrum sunscreen
- Leave your valuables at home or in the boot of your car.



Beaconsfield Exercise Group	Location	Contact
Gymnasium	Beaconsfield Cardio and Fitness Centre, 29 Wood Street	9707 2929
Heated swimming pool	Beaconsfield Swim School, 46 – 50 Princes Highway	9796 2288
Tennis (Social Group)	Beaconsfield – Emerald Road,	9707 3055 Ian 5940 1186

Bunyip		
Contact Person for programs Cilve Piper 5629 5992		
Exercise Group	Location	Contact
Tai Chi	Bunyip Community Hall A'Beckett Road	Syd Lewis 5629 6228
Water Exercise Group		Ruth Wightman 5629 1233
Yogi	Bunyip Community House	Lou Hunter 5629 8427
Over 60's - Yoga, Fencing	Bunyip & District Community House	Davina Veenstra 5629 5877

Cockatoo Exercise Group	Location	Contact
Group Exercise	Cockatoo Community Complex	Gerta 9755 1765
Belly dancing	Cockatoo Neighbourhood House	Hanny Schoen 5968 9031
Bowls	Cockatoo Bowling Club	Max Moody 5968 8362
Circus skills	Cockatoo Neighbourhood House	Hanny Schoen 5968 9031
Gentle Exercise Program	Cockatoo Senior Citizens Centre	5968 0112
Getting Fit is Fun	Cockatoo Indoor Sports Complex	Steve 5968 8196
Over 55's Health Awareness Program	Cockatoo Neighbourhood House	Hanny Schoen 5968 9031
Pilates based exercises	Cockatoo Neighbourhood House	Hanny Schoen 5968 9031
Shopping Trip (Tuesdays)	Cockatoo Neighbourhood House	Hanny Schoen 5968 9031
Strength Training	Cardinia-Casey Community Health Service McBride Rd Cockatoo	5968 7000
Tennis	Cockatoo Tennis Club	Gail Mathews 5968 6032
Tennis – Mid Week Ladies	Cockatoo Tennis Club	Jenny Hoyling 5968 8477
Walking Group	Cockatoo Indoor Sports Complex	Amanda 5968 8196
Yoga/Meditation/Relaxation Classes	Cockatoo Neighbourhood House	Hanny Schoen 5968 9031

Emerald Exercise Group	Location	Contact
Bushwalking	Emerald Community House	5968 3881
Qi Gong	Emerald Community House	5968 3881
Yoga for Older Women	Emerald Community House	5968 3881
Emerald Fitness Centre	Individual programs only	5968 3269
Emerald Golf Course		5968 4211
P.E.G. People Exercising Gently	St Marks Hall	Christina 5968 4046
Red & Black Gymnasium	Worrell Reserve, Emerald	5968 6386
Tai Chi / Strength Training	Emerald Hall – (Mechanics Hall)	Gillian 5968 2746
Tai Chi	Magpie House Upwey	Maxine Gardner

Gembrook Exercise Group	Location	Contact	
Indoor Bowling	Gembrook Community Hall	Peter Granieri	0417 308 016
Karate	Gembrook Community Hall	Yvette Black	5967 7025
Yoga (Open class)	Gembrook Community Hall	Karen Dixon	5968 1825

Koo Wee Rup Exercise Group	Location	Contact	
Indoor Bowls	Senior Citizen's Centre, Icke Road	Pat Nunn Senior Citizens	5997 1623 5997 1566
Old Time Dancing	Senior Citizen's Centre, Icke Road	Len Bollen Senior Citizens	5998 3475 5997 1566
Yoga and other activities	Koo Wee Rup Community Complex	Helen Lynch	5997 1479
Gentle Exercise	Koo Wee Rup Regional Health Service	Sharyn Gregory	5997 9679
Strength Training	Koo Wee Rup Regional Health Service	Sharyn Gregory	5997 9679
Water Aerobic ⇒ Nov - March	Koo Wee Rup Pool Rossiter Road	Chris or Meredith	5997 1372

Lang Lang Exercise Group	Location	Contact
Bowling	Nellie Street	Ray Wilson 5997 5223
Tennis	Roseberry Street	Liz Wilson 5997 5669
Strength Training	Community Centre Westernport Road	Michelle Johnson 5997 5704 Marg Hambleton
Yoga	Community Centre Westernport Road	Michelle Johnson 5997 5704 Marg Hambleton
Walking Group	Community Centre Westernport Road	Michelle Johnson 5997 5704 Marg Hambleton
Belly Dancing Workshop	Community Centre Westernport Road	Michelle Johnson 5997 5704 Marg Hambleton

Nar Nar Goon Exercise Group	Location	Contact
Pelican Getaways Trips Over 55 Travellers Club		Barbara Morris 5942 5593

Monbulk Exercise Group	Location	Contact	
Gentle Exercises	Open Door Community Church Cnr Moxhams & David Hills Rds	Gerta	9755 1765
Group Exercises	Open Door Community Church Cnr Moxhams & David Hills Rds	Gerta	9755 1765
Strength & Relax	Open Door Community Church Cnr Moxhams & David Hills Rds	Gerta	9755 1765
Chi Ball Strength & Relax	Open Door Community Church Cnr Moxhams & David Hills Rds	Gerta	9755 1765

Office Exercise Group	Location	Contact	
Officer Social Tennis Club	Officer	Margaret Chatfield	9707 2016

Pakenham Exercise Group	Location	Contact	
Walking Group	Cardinia-Casey Community Health Service Pakenham	Intake Worker	8768 5147
Get Fit	Cardinia-Casey Community Health Service Princes Hwy Pakenham		8768 5147
Hydrotherapy	Cardinia-Casey Community Health Service	Intake Worker	8768 5147
Yoga	LLINC, P B Ronald Pavilion 6B Henry Street	Office:	5941 2389
Strength Training for the Over 50's	LLINC, P B Ronald Pavilion 6B Henry Street	Office:	5941 2389
Tai Chi	LLINC, P B Ronald Pavilion 6B Henry Street	Office:	5941 2389
Bush Walking		Lorraine Devine	5941 1226
Bowling	Anderson Street, Pakenham	John Hickman Club House:	5940 2518 AH: 5941 1521
Gymnasium	Racecourse Road Industrial Estate	Steve Natasha	5941 5105
Tai Chi	Senior Citizens	Joan McCraw PAKENHAM ARTHRITIS SELFHELP GROUP INC.	9796 2686
Chair Based Exercises	Senior Citizens	Joan McCraw PAKENHAM ARTHRITIS SELFHELP GROUP INC	9796 2686
Arthritis Water Exercise Group	Bicentennial Heated Pool until 30 June. 1 July – Cardinia Life Pool	Joan McCraw PAKENHAM ARTHRITIS SELFHELP GROUP INC.	9796 2686
Water Aerobics Adult Swimming Lessons Lap Swimming	Bicentennial Heated Pool until 30 June. 1 July – Cardinia Life Pool	Hayden Robins	5941 7844

Pakenham Exercise Group	Location	Contact	
Old time dances	Pakenham Hall	Graham Treloar	5941 1682 BH
Tai Chi	Pakenham Senior Citizens Hall	Sandra	9700 2875
Tennis	Anderson Street, Pakenham	Gordon Berry	5941 3272 AH
Walking Group	Probus Club, Pakenham	Caroline O'Connor	AH: 5940 1181
Gentle Exercise – Tai Chi	The Salvation Army		5941 4906
Line Dancing	Stampede Line Dancers	Cherine	5942 9005
Ongoing maintenance exercise group following Cardiac Rehabilitation	Uniting Church Hall James Street	Graham	5941 1764
Walk & Talk Group	Uniting Church Hall Main Street Pakenham	Janice Bob	5941 2947 5941 2426
Walk & Talk Group (Cardiac Group)	Uniting Church Hall Main Street Pakenham	Allie	5968 1411
Strength Training for the over 50's	LLINC, P B Ronald Pavilion, 6B Henry Street Pakenham	Carolyn Karen	5941 2389 9705 5018
Table Tennis ("Keen-agers")	Pakenham Indoor Sports Centre		5940 1925

Tynong Exercise Group	Location	Contact
Walking Club - (comes under the umbrella of Tynong North Meeting Rooms, Corner of Clark & McInnes Roads Tynong North)	Opposite Ambulance Station in Pakenham	Jean Dessent 5942 5106
Tennis – 50 and over social group	Park Road	Colin Tesse 5629 2522 AH

Upper Beaconsfield Exercise Group	Location	Contact
Yoga	Community Centre, Salisbury Road	Marie Cullian 5944 3484
Tai Chi	Community Centre, Salisbury Road	Marie Cullian 5944 3484
Walks for fitness	Community Centre, Salisbury Road	Marie Cullian 5944 3484
Pilates	Community Centre, Salisbury Road	Marie Cullian 5944 3484
Golf for Beginners	Community Centre, Salisbury Road	Marie Cullian 5944 3484
Strength training & other fitness	Community Centre, Salisbury Road	Marie Cullian 5944 3484
Tennis	Community Centre, Salisbury Road	Marie Cullian 5944 3484
Fit Ball	Community Centre, Salisbury Road	Marie Cullian 5944 3484