



# GET IN TOUCH AND FOLLOW US



9782 0133



203-205 Lyrebird Drive  
Carrum Downs 3201



[admin@lyrebird.org.au](mailto:admin@lyrebird.org.au)



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LYREBIRD  
COMMUNITY  
CENTRE INC.



## TERM 3, 2026 PROGRAM



**Be Connected**  
Every Australian online.

Network  
Partner

**Bendigo Bank**

Community Bank  
Carrum Downs and  
Marriott Waters



*Updated June 2026*

# LYREBIRD'S WEEKLY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Play 'N' Learn Occasional Care 8:45am-2:45pm	Play 'N' Learn Occasional Care 8:45am-2:45pm	Play 'N' Learn Occasional Care 8:45am-2:45pm	Play 'N' Learn Occasional Care 8:45am-2:45pm	Play 'N' Learn Occasional Care 8:45am-2:45pm	Ready Steady Go Kids 8:30am-11:45am
Peninsula Health Agestrong 9am-12pm	Playgroup 9:30am-12pm (Staying for 1.5hrs)	Lyrebird Cafe 10am-12pm	Playgroup 9:30am-12pm (Staying for 1.5hrs)	Peninsula Health Agestrong 9am-12pm	Children's Party Venue available for hire 9am-6pm
MyTime Supported Playgroup 10am-12pm	Carrum Downs Senior Citizens 9:30am-3.30pm	Lyrebird Walk & Talk Group 10am-11am	Lyrebird Gentle Exercise Class 1 9:30am - 10.30am Class 2 10:45am - 11.45am	Yoga with Marilyn 9.30am-2.30pm	<b>SUNDAY</b>
Baby Play Zone 10am- 2pm	Lets Learn English 9.30am-2.30pm	Probus Club of Carrum Downs 10am-12pm (2 <sup>nd</sup> Wednesday of Month)	Business Office Skills 9.30am-2.30pm	Lets Learn English 9.30am-2.30pm	Faith & Life Church Services 9am-12pm
NK Ishinryu Karate 5:30pm-7pm	Lyrebird Cafe 10am-12pm	NK Ishinryu Karate 5:30pm-7pm	Frankston City Council Youth Hangout 3pm-5pm	Lyrebird Cafe 10am-12pm	Emmanuel Worship Centre 2pm-6pm
Zumba with Trudy 6pm- 7pm	Carrum Downs Girl Guides 4:30pm- 6pm	Rotary Club of Frankston Nth 6.30pm-8.30pm (1 <sup>st</sup> Wednesday of Month)	Together in Motion All Abilities Dance Classes 5pm-8pm	Baby Play Zone 10am- 2pm	
Together in Motion Women's Hip Hop 7.30pm-8.30pm	V-Step Line Dancing 6pm - 7pm	Peninsula 4x4 Club 7pm-9pm (2nd Wednesday of Month)		NK Ishinryu Karate 5:30pm-7pm	

# PLAY 'N' LEARN OCCASIONAL CARE

**Monday - Friday**  
**6 Hour Sessions**  
**8.45am - 2.45pm**

**Daily Session Fee \$75.00**

**Daily session fee will be less if eligible  
for Childcare Subsidy (CCS)**

**No charge for Public Holidays or Christmas/January closure**



## ABOUT THE PROGRAM

Lyrebird's Play 'N' Learn Occasional Care program provides multi aged sessions for children ranging up to school age in a safe, caring and nurturing environment, where your child's interests and curiosities will be fulfilled and encouraged. Children will learn through daily learning and play activities in the care of qualified early childhood educators.



# LYREBIRD'S CHILDRENS SERVICES

## PLAYGROUP

Tuesdays & Thursdays  
9.30 am - 12.00 noon  
(staying for 1.5 hours)



A place where parents and pre-school aged children can come together to have fun, enjoying playgroup activities including imaginative play, craft & painting. A great place to make new friends and develop your child's self confidence.

Casual Fee is \$5 for 1 child + \$2 for each extra child over 12 months.  
There is no fee for children under 12 months.

## BABY PLAY ZONE

FREE & open for children under 12 months

Mondays & Fridays  
10am - 2pm



Baby play zone is a perfect place to support your baby's development, connect with local parents in a safe & welcoming environment.



# RECREATIONAL ACTIVITIES

## LYREBIRD WALK & TALK GROUP

Join us for a fun and supportive walking and talking group, run by Lyrebird Community Centre and supported by the Heart Foundation. The group welcomes all new walkers and often goes out for coffee after. Our walking group is open to all ages and fitness levels, offering a great way to improve both physical and mental health. These walks will take place in and around our local community.

**Frequency:** Wednesdays 10am (weather permitting)  
**Cost:** FREE  
**BYO:** Drink Bottle  
**Speed:** Medium



## YOGA @ LYREBIRD

Come and join YOGA @ LYREBIRD, A new program with Marilyn. Experience the chance to unwind and relax while reducing stress, building strength and flexibility. Bring your own mat and drink bottle!

**Fridays at 10am**  
**Cost: \$10 per session OR \$50 for a card pass of 6 x visits**  
**Bookings Essential**

## GENTLE EXERCISE

**Thursdays**  
**Class 1 - 9.30am - 10.30am**  
**Class 2 - 10.45am - 11.45am**  
**Cost: \$10 per session**

These classes involve gentle movements designed to help improve strength, balance, flexibility, fitness and mobility. It is a social and motivational way to enhance fitness in a range of simple exercises.



# ADULT EDUCATION



## BUSINESS OFFICE SKILLS

This self-paced course will enable you to develop your keyboarding and office administration skills and boost your confidence in using Microsoft Office and Canva software for re-entering the workforce or getting your first job. It is an entry level course in office skills, however you will need to already have basic computer proficiency and know-how.  
Flexible Learning - Join Anytime

**Thursdays 9.30am - 12.30pm**  
**Commencing 23<sup>rd</sup> July 2026**  
**ACFE Funded: \$125**  
**Full Fee: \$150**  
**Cost includes first manual**



## LETS LEARN ENGLISH

Improve your language skills for employment, further training and more. Enter a relaxed environment to learn numeracy, daily conversations, reading and writing.  
Enrol Anytime!

**Tuesdays & Fridays**  
**9.30am - 12.30pm**  
**Commencing 14<sup>th</sup> July 2026**  
**ACFE Funded: \$60**  
**Full Fee: \$100**





# Lyrebird Cafe



## Opening Hours

Tuesday,  
Wednesday &  
Friday

10:00 - 12:00



All proceeds from the Café are invested back into Centre based community activities and events.

# OTHER ACTIVITIES AT LYREBIRD

## CARRUM DOWNS GIRL GUIDES

Carrum Downs Girl Guides meet at the Lyrebird Community Centre on Tuesdays from 4.30pm till 6pm. For girls aged 5 years to 14 years.

For more information please email [bernette.stubbins@guidesvic.org.au](mailto:bernette.stubbins@guidesvic.org.au)



GIRL GUIDES  
AUSTRALIA  
VICTORIA

## CARRUM DOWNS SENIOR CITIZENS

A friendly social club that offers card & board games, pool, bingo and social time to chat with friends.

Every Tuesdays 9.30am - 3.30pm.  
Contact Annette on 0428 992 928

Carrum Downs Senior  
Citizens Club Inc.

## ISHINRYU KARATE

Beginners to black belt for kinder kids, children, teens and adults. Classes held at Lyrebird Community Centre Mondays, Wednesdays & Fridays.

Contact Nigel Knighton on 0405 515 588



## PENINSULA HEALTH AGESTRONG

Come join our group strength and balance program, tailored for older people. Run by trained leaders and use dumbbells, ankle weights and therapy bands to build strength and mobility. Chair-based classes are available.

Classes are held at Lyrebird on Monday & Friday mornings.

To book, call Agestrong on 5976 9071



Peninsula  
Health

## PROBUS CLUB OF CARRUM DOWNS

Probus meet the second Wednesday of each month in the Lyrebird Room at Lyrebird Community Centre. Meetings start at 10am and finish at approximately 12noon. Each meeting we have a speaker.

Contact Annette on 0428 992 928



Probus

★ IT'S GREAT EXERCISE AND STRESS RELIEF, MEET NEW PEOPLE AND CREATE LONG LASTING FRIENDSHIPS.  
NO DANCE EXPERIENCE NEEDED - THIS IS AN ABSOLUTE BEGINNER CLASS!

BRAND NEW  
BEGINNER CLASS!

V-Step  
Line Dancers

DANCE TOGETHER SHINE FOREVER.



COME AND LEARN  
LINE DANCING  
FANTASTIC MUSIC!

CLASS STARTS ON  
TUESDAY 28<sup>TH</sup> JULY

6:00 TO 7:00PM

\$15 CASH OR  
EFTPOS IS AVAILABLE

NO JOINING FEES  
JUST COME AS YOU PLEASE

LYREBIRD COMMUNITY CENTRE  
203 Lyrebird Drive, Carrum Downs VIC 3201

FOR FURTHER DETAILS PLEASE CALL OR MESSAGE  
vannesa ON 0408 588 234

# OTHER ACTIVITIES AT LYREBIRD

## MYTIME SUPPORT CARRUM DOWNS

MyTime is for all parents and carers of children with a disability, chronic health condition or developmental delay. MyTime is free, preschool-age children are welcome, and morning tea is provided.

**Sessions are held on Monday mornings**

**Contact Mari on 0428 992 928**



## ARTS AND CRAFTS LADIES GROUP

Our NDIS Arts & Crafts Ladies Group is a fun and welcoming space where participants can get creative, learn new skills & build meaningful friendships.

**Sessions are held every second Thursday morning.**

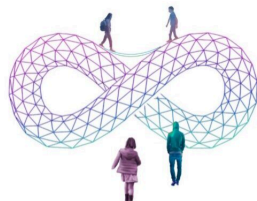
**Contact Rubie on 0455 599 927**



## INFINITE PATHWAYS PSYCHOLOGY

I offer neuroaffirming and strengths-based psychology assessment services for children and adults for Autism, ADHD, Intellectual Disability, cognitive strengths and challenges profiles, learning difficulties and specific learning disorders. Other neuroaffirming support services are also available.

**Contact Tahlia on 0435 808 655**



*Infinite Pathways  
Psychology*

## UMBRELLA SUPPORT

Umbrella Support provides person centred support services that help individuals build independence, achieve their goals, and participate in their community. Services are tailored to individual needs and focus on improving wellbeing, daily living skills, and quality of life.

**Contact Cindy on 0408 580 836**



*Live • Connect • Belong*

## FRANKSTON NORTH ROTARY MEETINGS

Every 1st and 3rd Wednesday of the month - 6.30pm for 7pm start.

Rotary meet to discuss local and international Rotary Projects. We have a guest speaker on one of those nights delivering an interesting presentation on our club's or Rotary area's of focus.

**Contact Louise on 0419 107 744**



# OTHER ACTIVITIES AT LYREBIRD

## READY STEADY GO KIDS

Australia's largest multi-sport program for 1.5 – 6 year olds. Children enjoy classes in many locations across Australia – join today! Classes are held at Lyrebird on Saturday mornings.

**Enrol or book a free trial class online now.**

<https://www.readysteadygokids.com.au/search/carrum-downs-3201-vic>



## TOGETHER IN MOTION

### Hip Hop & Ballroom Dance Classes

Designed for children aged 5 - adults, all abilities and disabilities welcome. Structured routines with flexibility, small supportive class groups.

Neurodiversity friendly - build confidence, coordination and social skills.

**Classes are held at Lyrebird on Thursday afternoons.**

**Contact Sandra on 0481 786 391**

**New in  
2026**



**TOGETHER  
IN MOTION**

## ZUMBA WITH TRUDY

A total workout, combining – cardio, muscle conditioning, balance and flexibility. Get a boost of energy each time you leave the class. Join the fun, dance your heart out and get ready to party! Bring a bottle of water, towel and comfortable clothing.

Classes held here on Mondays 6pm-7pm

**Contact Trudy Simpson on 0421 809 446**



## BNI CARRUM DOWNS – BUSINESS REFERRALS AND NETWORKING

Members meet weekly on Wednesday mornings to forge trusted relationships and exchange referrals. BNI® offers training, peer learning, and global networking based on the “Givers Gain” value.

**Contact Marshall on 0419 134 461**



## Belvedere Community Centre

336 Belvedere Road, Seaford  
Phone: 9776 8922  
www.belvedere.org.au



## Langwarrin Community Centre

2 Lang Road, Langwarrin  
Phone: 9789 7653  
www.langwarrincc.org.au



## Orwil Street Community House

16 Orwil Street, Frankston  
Phone: 9783 5073  
www.orwilst.org.au



## Ebdale Community Hub & Learning Centre

20 Ebdale Street, Frankston  
Phone: 9293 7102  
www.frankston.vic.gov.au



## Karingal PLACE

103 Ashleigh Avenue, Frankston  
Phone: 8786 6650  
www.frankston.vic.gov.au

## Nairn Marr Djambana Gathering Place

32 Nursery Avenue, Frankston  
Phone: 9783 1521  
www.djambana.org.au

## Frankston North Community Centre

26 Mahogany Avenue, Frankston North  
Phone: 8773 9545  
www.frankston.vic.gov.au/fncc

## Frankston South Community & Recreation Centre

55 Towerhill Road, Frankston South  
Phone: 9293 7122  
www.frankston.vic.gov.au



## BOOKINGS & PAYMENTS

A 50% deposit is required on booking, with full payment due 7 days prior to the course commencing. Payments can be made in person by cash, cheque, credit card or EFTPOS. We accept credit card payments over the phone. Invoices will incur a \$10 administration fee.

## CANCELLATIONS & REFUNDS

If Lyrebird should cancel a course due to low enrolments, a full refund will be given. If a participant cancels more than 7 days prior to a course commencing, a full refund will be given less a \$10 administration fee. If a participant cancels during a course or up to 7 days prior to a course commencing, no refund will be given.

## DISCLAIMER

*Lyrebird Community Centre wishes to acknowledge the assistance of Department of Education & Training, Adult, Community and Further Education (ACFE), the Department of Families, Fairness and Housing and Frankston City Council.*

Lyrebird Community Centre Inc. makes every effort to ensure that the information in this brochure is correct at the time of print. We reserve the right to change course days, rooms, fees and tutors when necessary. We observe all relevant information and treat all communication confidential.

## HELP WHEN YOU NEED IT

Community Support Frankston Inc (CSF) is a not-for-profit community support agency that provides services, including emergency food, grocery vouchers, help with utility bills, referrals and advocacy, for people who live or work in the Frankston LGA. CSF is one of the busiest agencies of its type in Victoria.

**Located at 35 Beach Street, Frankston**

**Phone: 97837284**

**Monday, Tuesday, Wednesday & Friday**

**9.30am - 3.30pm**

**Thursdays - 12.00 noon – 3.30pm**

For community members in need come on in between 9.30am-3pm. There is no judgement and no health care card required.

**Unit 1 Number 9 Aster Avenue,  
Carrum Downs**



Lyrebird Community Centre is super excited to welcome back Frankston Youth Services to the Centre.

They run a Youth Hangout on Thursdays during school term between 3pm-5pm.

All Hangout sessions are FREE and offered to all young people aged 12-24 years.

Frankston Youth Services 9768 1366

**Bendigo Bank**

Community Bank  
Carrum Downs and  
Marriott Waters

SPECIAL OFFER

**DITCH YOUR BANK. WE'LL WAIVE THE FEES.**

**SWITCH YOUR HOME  
LOAN TO BENDIGO BANK  
BEFORE AUGUST 31 AND  
PAY \$0 IN UPFRONT  
REFINANCE FEES\***

T&CS APPLY

For a limited time, we are offering an upfront fee waiver when you bring your existing home loan over to us.

**TALK TO ONE OF OUR  
FRIENDLY TEAM  
MEMBERS  
TO GET STARTED!**



\*Terms and conditions: Broad eligibility - Applies to new external refinances, including scheme loan refinances. Minimum balance apply - available for total aggregated loan balances greater than \$200,000. Standard lending criteria apply. Other charges may be applicable. Speak with one of our branch staff for full details on product suitability, and if any other fees apply. Offer ends August 31, 2026.

**Bendigo Bank**

Carrum Downs 03 9782 9788  
Marriott Waters 03 9799 0344

**BANK  
LOCAL**

**Your town.  
Your bank.**

Everything you need

