

THE BUZZ @



Term 4, 2017

Arndell Park Community Centre



THANK YOU TO CHARLIE AND ALL OUR VOLUNTEERS...



We say goodbye to Charlie Cai (3rd from left, bottom row). Charlie and Coco Xin Rung together have been coordinating and facilitating the Conversational English program and Chinese Friendship group for the past 6 months. We say goodbye to Charlie as he moves into full time employment. We thank him very much and appreciate Coco's ongoing support. It is a reminder for us at Arndell Park to say thanks to all our volunteers,

Khaleda Parvin, Rocio Flores, Coco Xin Rung and Charlie Cai. If you would like to get involved in Wyndham City Council's Volunteer program, ask us how.

Arndell Park Community Centre offers the following services for *FREE*...

- *Wi-Fi (throughout centre)*
- *Internet Café (opening times vary, check centre for details)*
- *Book Swap (donations welcome)*
- *Café area, Chill Out Zone, Outdoor patio (daily newspapers supplied)*
- *Access to main kitchen (Tea and coffee)*

Maternal & Child Health Care

Call 9742 8148 for all appointments.

Arndell Park 4yr old Kindergarten

Call 9742 8172 for all enquiries.

If you have an article you would like published in "The Buzz" contact us for more information.

Contact us:

Arndell Park Community Centre
29-49 Federation Blvd, Truganina
Monday to Friday, 9am—5pm
03 8734 8911
arndellparkcc@wyndham.vic.gov.au

FREE

Children's Week Picnic

Sunday 22 October
10am - 4pm
Gate 2, K Road
Werribee South

at Werribee Park

A Wyndham City Event

wyndhamcity city.coast.country

FREE shuttle buses from Arndell Park, Wyndham Vale, Tarneit Community Learning, Featherbrook Community Centres, Pacific Werribee and the Youth Resource Centre to the Children's Week Picnic. For more info visit; www.wyndham.vic.gov.au

Arndell Park Community Centre

29-49 Federation Blvd, Truganina 3029

Phone: 8734 8911 Email: arndellparkcc@wyndham.vic.gov.au

Programs and Activities

EARLY YEARS	DAY & TIME	INFORMATION	COST
<p>Arndell Park Playgroup A multi-racial playgroup for mums/carers with children aged between 0 and 5 years old. Planned craft activity each week, followed by free play, stories and songs.</p>	<p>Mondays & Tuesdays 9.30am-11.30am (School Term only)</p>	<p>Arndell Park Playgroup arndellparkplaygroup@yahoo.com.au Facebook: Find and Like 'Arndell Park Playgroup'</p>	<p>\$50 – 1 child OR \$60 – 2 or more children</p>
<p>Pre-School Songs & Story Time Interactive song and story session for pre-school children. Children and caregivers participate together in a fun and relaxing environment.</p>	<p>Wednesdays 10.00am-10.30am (1-2years) 11.00am-11.30am (2-4years) (School Term only)</p>	<p>Arndell Park Community Centre 8734 8911 arndellparkcc@wyndham.vic.gov.au ***Bookings Essential***</p>	<p>No cost</p>
<p>Japanese Playgroup Come along and meet local Japanese parents, in this parent run playgroup. Read Japanese books, sing Japanese songs as well as crafts and outdoor play.</p>	<p>Tuesdays 11.30am-1.30pm (School Term only)</p>	<p>Contact: Sayaka 0447 048 965</p>	<p>Fees Apply</p>
<p>Spanish Speaking Playgroup Come along and meet local Spanish families in this parent-run playgroup.</p>	<p>Fridays 11.30am-1.30pm (School Term only)</p>	<p>Contact: Rocio rociofloresi@hotmail.com or Arndell Park Community Centre on 8734 8911 arndellparkcc@wyndham.vic.gov.au</p>	<p>Fees Apply</p>
<p>Faith Kids Playgroup Playgroup is a fun learning environment for babies & children, aged up to 4 years with their carer / parent</p>	<p>Fridays 9.30am-11.30am (School Term only)</p>	<p>Playgroup@faithlifecyclechurch.com.au Website: www.faithlifecyclechurch.com.au https://www.facebook.com/ Faithkidsplaygroup/</p>	<p>\$100 per family per semester</p>
<p>Tooba Projects Islamic Playgroup A fun and supportive place for mum's, female carers and pre-schoolers to enjoy crafts, stories, play and friendships.</p>	<p>Thursdays 10.00am-12.00pm (School Term only)</p>	<p>Michelle Greer 0433 546 417 toobaprojects@gmail.com</p>	<p>\$45 per term</p>
<p>3 + Activity Program ECMS These activity groups are designed to provide fun learning experiences for children aged 3 years & over.</p>	<p>Wednesdays 9.00am-12.00pm & 1.00pm-4.00pm (School Term only)</p>	<p>Early Childhood Management Services (ECMS) 9731 7948 threeplus@ecms.org.au</p>	<p>\$200 per term</p>
<p>Chinese Playgroup Come along and meet other local Chinese families. Make new friends and let the kids interact with others.</p>	<p>Thursdays 12.00pm-2.00pm</p>	<p>Call for further info: 0450 705 455</p>	<p>Fees Apply</p>
<p>Wyndham City Council First Time Parents Group Meet friendly local parents, talk about your kids and have fun! Share experiences, get advice, give support and make new friends. Introduction to solids, baby massage and getting to know your baby also available.</p>	<p>Mondays 1.00pm-4.00pm</p>	<p>9742 8148 www.wyndham.vic.gov.au select Maternal and Child Health in 'Services' ***Bookings Essential***</p>	<p>No cost</p>
<p>Maternal & Child Health Wyndham City Maternal and Child Health Services offer professional nursing support and advice for parents with children from birth to school age.</p>	<p>Various</p>	<p>9742 8148 www.wyndham.vic.gov.au select Maternal and Child Health in 'Services' ***By appointment only**</p>	<p>No cost</p>

Programs and Activities

EARLY YEARS continued...	DAY & TIME	INFORMATION	COST
<p>Immunisations Free childhood immunisations. Held in Community Rooms 1 & 2</p>	<p>Tuesdays & Thursdays 1.00pm-2.00pm Oct 10, 19 Nov 14, 23 Dec 12, 21</p>	<p>Environmental Health 9742 0736 No booking required</p>	No cost
<p>4 year old Kindergarten Council owned and operated Kindergarten.</p>	Various	<p>Contact: Kindergarten Enrolment Officer 9742 8172 www.wyndham.vic.gov.au and select Early Years and Youth in 'Resident Services'.</p>	Fees Apply
<p>Australian Breastfeeding Association Breastfeeding Education class.</p>	<p>Saturdays 1st Saturday of the Month 12.00pm-5.00pm</p>	<p>Contact: Australian Breastfeeding Association 9690 4620 www.breastfeeding.asn.au info@breastfeeding.asn.au</p>	Fees Apply
KIDS	DAY & TIME	INFORMATION	COST
<p>Tiny Tutus Beginners Ballet class for children from 18months to 7years.</p>	<p>Tuesdays 9.00am-12.00pm</p>	<p>1300 245 060 www.tinytutus.com.au</p>	Fees Apply
<p>Abacus 4 Kids Innovative & fun way for kids to learn mathematic skills and enhance concentration.</p>	<p>Tues & Wed 4.30pm-6.00pm Fridays 5.00pm-6.30pm Sundays 10.00am-1.00pm</p>	<p>Jaslyn Toh 0409 946 069 abacus4kids@gmail.com</p>	Fees Apply
<p>Abacus Training Centre by Sempoasip We have developed whole brain training method designed for children from the age of 4 using Abacus. <i>Come for a free trial class.</i></p>	<p>Saturdays 9.00am-1.00pm</p>	<p>Irene 0413 280 218 info@semposip.com.au</p>	Fees Apply
<p>Kumon Maths & English Programs Kumon Method of learning is suitable for children of all ages and abilities starting from preschool age all the way up to high school level.</p>	<p>Mon & Thurs 3.30pm-6.30pm Tues & Fri 3.30pm-5.30pm</p>	<p>Munmun S Agarwal 0477 992 354 kumontruganina@gmail.com</p>	Fees Apply
<p>Ace Learning The 'Ace Package' comprises Maths and English Programmes <i>aligned</i> to the Australian Curriculum.</p>	<p>Saturdays 1.00pm-4.00pm</p>	<p>Ashwin 0414 434 770 acelearningcentre@bigpond.com</p>	Fees Apply
<p>Flash Taekwondo Taekwondo is not only about fighting - it also helps you gain self-confidence, balance, self-defence, physical skills, co-ordination and concentration skills.</p>	<p>Tuesdays & Thursdays 4.00pm-9.00pm</p>	<p>Nenad 0412 536 552 www.flashtaekwondo.com.au</p>	\$40 per fortnight or \$80 per month
<p>E2 Young Engineers Through the use of exciting experiments and building with Lego® bricks, your child will have fun while improving creativity, concentration and social skills. For ages 6yrs-12yrs.</p>	<p>Mondays 4.30pm-6.00pm</p>	<p>JB 0466 996 864 wsmelbourne@youngengineers.com.au www.wsmelbourne.youngengineers.com.au</p>	Fees Apply

Programs and Activities

KIDS continued...	DAY & TIME	INFORMATION	COST
<p>Twins Martial Arts</p> <p>Our core martial arts is traditional Shotokan Karate where we offer classes for children from 4yo to 15yrs.</p>	<p>Saturday 9.00am-10.30am</p>	<p>Sensei Lay or Ken 0416 333 113 twins.martialarts@gmail.com www.twinsmartialarts.com.au</p> <p>Facebook: Find and Like 'Twins Martial Arts'</p>	<p>Contact for further details</p>
<p>Indian Bollywood & Bharatanatyam Classes</p> <p>Rachana Natyalaya has become one of the foremost centres for Indian, classical and folk dance forms in Australia. For adults & children.</p>	<p>Mondays 6.00pm-8.00pm</p>	<p>Archana Koorthy 0432 161 933 koorthy@gmail.com www.rachananatyalaya.com</p>	<p>\$150 per term (10 weeks per term, 1 hour classes)</p>
<p>Kids Cooking Class</p> <p>Kids aged 7-12 years learn how to create their own dishes such as healthy snacks, patisserie, baking & have fun.</p>	<p>Wednesdays 4.15pm-5.30pm</p>	<p>Arndell Park Community Centre 8734 8911 arndellparkcc@wyndham.vic.gov.au</p> <p>***Bookings Essential***</p>	<p>Fees Apply</p>
<p>Point Cook Library—Code Club</p> <p>Learning our to create websites using HTML and CSS.</p> <p>Program runs for 7 weeks.</p> <p>Strictly for ages 9yrs-12yrs</p>	<p>Thursdays 4.00pm-5.00pm</p>	<p>To book in for the term, book via Wyndham City Libraries Events Calendar</p> <p>http://wyndhamlibrary.webwiredsolutions.com.au/web/webcal.php</p> <p>***Spaces Limited*** ***Bookings Essential***</p>	<p>FREE</p>
RECREATION & LEISURE	DAY & TIME	INFORMATION	COST
<p>Clubbercise</p> <p>Easy to follow dance and aerobic based workout to club anthems from the 90's and todays hits with glow sticks and disco lights in a darkened room.</p>	<p>Mondays 7.00pm-8.30pm</p>	<p>Ashleigh 0450 000 133 urbanfitnesspt@ymail.com</p>	<p>Fees Apply</p>
<p>Metafit Classes – By Lizard Fitness</p> <p>High intensity training to build endurance, maximise fat burning and increase muscle strength in on 30mins.</p>	<p>Tuesdays 6.00pm-7.00pm</p>	<p>Cherie 0414 102 737 lizardfitness@y7mail.com Facebook: Find and Like 'Lizard Fitness'</p>	<p>\$10 per session</p>
<p>FIT Boxing - By Lizard Fitness</p> <p>A FIT Boxing session will make you physically stronger as well as aerobically and anaerobically fitter. A fun 30min session to get you going and burn those calories.</p>	<p>Thursdays 6.30pm-8.00pm</p>	<p>Cherie 0414 102 737 lizardfitness@y7mail.com Facebook: Find and Like 'Lizard Fitness'</p>	<p>\$10 per session</p>
<p>Womens' Only Fitness Class</p> <p>Fitness class designed and catered to suit women only.</p>	<p>Fridays 10.00am-11.00am</p>	<p>Cherie 0414 102 737 lizardfitness@y7mail.com Facebook: Find and Like 'Lizard Fitness'</p>	<p>Fees apply</p>
<p>Zumba Classes</p> <p>One of the most popular and exciting fitness classes to hit our community. Come along and experience the ultimate dance-fitness workout.</p>	<p>Tuesdays 7.00pm-8.00pm</p>	<p>Vera 0405 714 795 ww.veralynndorinila.zumba.com</p>	<p>\$5 first timers per session \$10 Casual rate</p>

Places still available

Programs and Activities

EDUCATION & TRAINING	DAY & TIME	INFORMATION	COST
<p>Wyndham Community & Education Centre Each course runs for 10 weeks. Computer Courses Available: Using Modern Mobile Devices</p> <p>Computer Skills (Advanced)</p> <p>Next Steps Computer Skills (Intermediate)</p> <p>Excel</p> <p>MYOB</p>	<p>Thursdays 9.00am-12.00pm</p> <p>Thursdays 12.30pm-3.30pm</p> <p>Fridays 9.00am-12.00pm</p> <p>Fridays 12.30pm-3.30pm</p> <p>Saturdays 9.00am-12.00pm</p>	<p>Arndell Park Community Centre 8734 8911 arndellparkcc@wyndham.vic.gov.au</p> <p>***SPACES LIMITED*** ***BOOKINGS ESSENTIAL***</p>	<p>\$35 for non-concession or \$20 with Concession Card</p> <p>MYOB Fees \$35 for non-concession or \$20 with Concession Card **Plus \$65 for study materials**</p>
<p>TMG College Australia Certificate IV in Education Support</p>	<p>Tuesdays & Wednesdays 8.30pm-3.00pm</p>	<p>Bridie Smolenaers 0455 590 500</p>	<p>Fees Apply</p>
<p>Conversational English Classes This is a FREE program that supports and provides adults from non-English backgrounds a chance to practice their English skills in a fun friendly environment.</p>	<p>Thursdays 1.00pm-2.30pm</p>	<p>Arndell Park Community Centre 8734 8911 arndellparkcc@wyndham.vic.gov.au</p>	<p>No cost</p>
FAITH, CULTURAL & COMMUNITY GROUPS	DAY & TIME	INFORMATION	COST
<p>Truganina Community Group **New Members Welcome** A group for local residents passionate about creating a great community in Truganina, who meet regularly to discuss community matters and ideas.</p>	<p>Various</p>	<p>truganinacommunitygroup@gmail.com</p>	<p>No Cost</p>
<p>Friendship Groups Come along and enjoy a cup of tea and get to know your local neighbours in a fun and friendly environment.</p>	<p>Mondays 10.00am-11.30am</p> <p>Fridays 11:30am-2.00pm</p>	<p>Arndell Park Community Centre 8734 8911 arndellparkcc@wyndham.vic.gov.au</p>	<p>No Cost</p>
<p>Wyndham Women's Support Group Empowering and connecting women. Make new friends. Learn a new craft.</p>	<p>Mondays 1.00pm-2.00pm</p>	<p>Tania 0423 051 686</p>	<p>No Cost</p>
<p>Lord Jesus Church Church service.</p>	<p>Sundays 3.00pm-7.00pm</p>	<p>Gary 0424 607 599</p>	<p>No Cost</p>
<p>Telugu Association of Australia Inc Telugu Language class.</p>	<p>Saturdays 3.30pm-7.00pm</p>	<p>Satya 0422 211 036</p>	<p>Contact for further details</p>
<p>Australian Malayalee Islamic Association Arabic & Malayalam language classes, faith based activities.</p>	<p>Saturdays Fortnightly 5.00pm-9.00pm</p>	<p>Zameel 0406 074 185</p>	<p>Contact for further details</p>
<p>Melbourne Shwetambar Jain Sangh Inc Jain Faith based activities.</p>	<p>Sundays Fortnightly 8.00am-1.00pm</p>	<p>Nimit 0433 074 461</p>	<p>Contact for further details</p>
<p>Centre for Reform Education and Development Somali cultural and language study.</p>	<p>Saturdays 11.00am-2.00pm Sundays 12.00pm-3.00pm</p>	<p>Mohamed qurdanka@gmail.com</p>	<p>Contact for further details</p>

FIRST ANNUAL YOUNG SCIENTIST OF WYNDHAM CONTEST

In the spirit of Wyndham's annual Learning Festival, the very first Young Scientist contest was launched on Saturday 2nd September at P-9 Featherbrook college with great success! Approximately 16 students from schools around Wyndham daringly explored and presented their wonderful creations to a panel of judges and various community members. Congratulations to those that participated and the winners category 10-12 years 1st place Jaswant Kadagala & Tapovardhan Sadineedi, 2nd place Gina Phiri, 3rd place Ojal Chahal and winners in age category 13-18, 1st place Himani Nayak, 2nd place Samyuktha Sriganesh, 3rd place Aoun Maher & Seema Maher. The Young Scientist contest aims to encourage our children to learn, explore and think creatively about the world we live in. We encourage all schools in Wyndham area to get involved for next years contest and support their students in thinking critically, engaging in the world we live, invent, create and voice their ideas with confidence. We hope to see more schools, community organisations and students involved in our next contest! Thank you to the community for your support. For more info visit our website for more information. <http://youngscientistofwyndham.com.au/>



T3 School Holiday Program —
Mask making



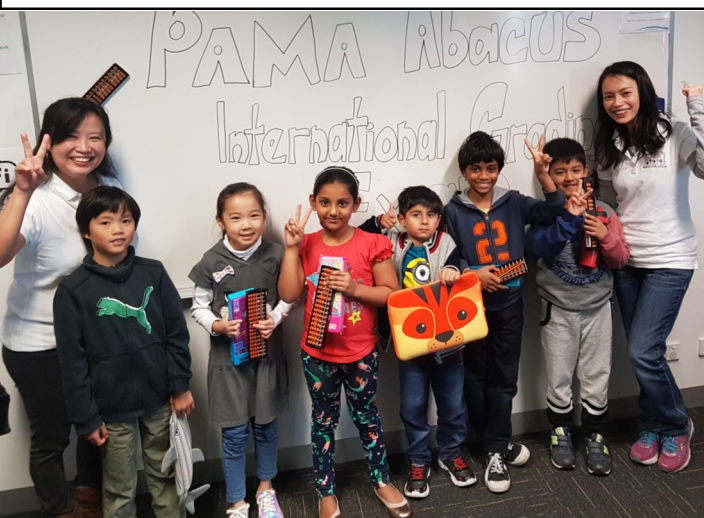
T3 School Holiday Program —
Baking cupcakes



Term 3 Kids Cooking Class

Wyndham Women's Support Group moves to Mondays 1.00pm-2.00pm. Come and enjoy a chance to catch up over a free lunch.

The Wyndham Women's Support Group is now running on Mondays. The group meets regularly providing an opportunity for local women of all ages to connect, make new friends, share support, share craft ideas and they often run empowering women style workshops for free. Contact Tania for more information on 0423 051 686 or email; tkeoo647@bigpond.com



Abacus International Grading Exam at Arndell Park Comm. Centre



TWINS MARTIAL ARTS

KARATE KIDS

HAVE THE EDGE

FREE UNIFORM ON SIGN UP



2 CLASSES FOR \$20

@ TARNIT

83 Penrose
Promenade
TARNIT

@ LAVERTON

95-105 Railway Avenue
LAVERTON

@ TRUGANINA

29-49 Federation Blvd
TRUGANINA

Please contact 0416 333 113

Sensei Lay info@twinsmartialarts.com.au

for more information [facebook.com/twinsmartialarts](https://www.facebook.com/twinsmartialarts)

ACTIVE TOGETHER, ADVANCE TOGETHER