***Penrose Promenade Community Centre – Term 4, 2017***

**Friendship Café Brings people together from different cultures**

An Ethiopian coffee ceremony was held to celebrate the launch of the Friendship Café at Penrose.

Starting off once a month, and looking to grow into a weekly social get-together for people of all backgrounds, this relaxed activity will be led by a rotation of participant volunteers who are interested in sharing a skill, passion or cultural practice.

**Monday 11:00-1:00**

**Oct 30, Nov 13, Dec 11**

 ***NATURAL BEAUTY* tips in a 4 week course**

Make yourself count!

Create hair and face masks, as well as balms and scents from natural products in your kitchen.

Samira will take a small group through four hands-on workshops

**Fridays 10:00-11:00am**

**13,20,27 Oct, 3 Nov**

**Only $5…………………………Bookings Essential**

 **KIDS FUN BEAT finds its rhythm**

Mid September saw the start of a dynamic new musical movement class that helps preschool kids find their rhythm through games, song, steps and props. Inspired by the Mutaushi of her Congolese homeland, Florence leads a small group of children and parents at a gentle pace.

Here, Florence and Joviale row participants in a life-sized boat on wheels in time for the ‘picnic dance’ .

**Kids Fun Beat**

**Thursdays 4:00-5:00pm**

**Special Offer 5 classes $25**

**A meeting of like minds**

Penrose is thrilled to introduce two new weekly social groups, catering primarily to retirees born in India.

Share a snack, some local gossip and maybe a game of cards. The groups are free to join and welcome new participants from all regions.

Punjabi speakers are encouraged to check out Tarneit Harmony Club, where Gujarati speakers might prefer

Tarneit Bharatiy Club.

**Tarneit Harmony Club**

**Tuesdays 1:30-3:30pm**

**Fridays 1:00-3:00pm**

**Tarneit Bharatiya Club**

**Tuesdays 11:30-1:00pm**

**Fridays 11:30-1:00pm**

**Wyndham hosts national martial arts competition**

Congratulations to our talented Australian Malay Foundation members who recently competed in the locally hosted Pencak Silat comp! This ancient self-defence practice incorporates full-body strikes, grappling and weaponry.

**Programs and Activities**

**Early Years**

**First Time Parents Group**

Meet friendly local families to talk about your kids and have fun! Come along to share experiences, find advice, give support and make new friends.

Mondays 1.30pm-3.30pm

Website: www.wyndham.vic.gov.au select ‘Maternal & Child Health Services

Ph: 9742 8148 No cost

**Parenting Pop-Up Sessions**

We connect you to local services, while you meet local families in your area. No bookings required.

Wednesdays 10am-11.30am Ph: 9742 8159 **No cost**

**Pram Walking and Baby Play Sessions**

An informal catch-up for families with babies under 12 months.

Thursdays 10am-12pm

Walk- in Ph: 8734 5478 **No cost**

**Penrose Hub Playgroup**

This structured playgroup will give you and your child (0-4yrs) the opportunity to actively participate in a stimulating variety of activities. All backgrounds warmly welcomed Wednesdays

11am – 1pm

Contact: Penrose Promenade CC

Ph: 8734 4500

Email: penrosepromenadecc@wyndham.vic.gov.au

**$25/term**

Playgroup Victoria membership required

**Pacific Islands Playgroup**

Afternoon gathering of parents, grandparents and young children from 0-6 years to share child rearing practices of Islanders and other communities. Thursday

12pm-2pm

Contact: Alauni

Ph: 0402 742 063

**$35/term**

**Lil Munchkins Playgroup**

This parent-run playgroup is a place where children 0-3yrs and parents create friendships and enjoy themselves.

Thursdays

10am-12pm

Age 1- 3 years Email:

lilmunchkins@outlook.com.au

**\*Limited spots $5/casual/$35/term**

**3+ Activity Group**

**(Provided by The Grange Community Centre)**

Activity Group is a day care style educational program delivered by professionally trained staff, offering a wide range of hands-on activities for children of pre-kinder age.

Mondays and Fridays

9am-12pm

Contact: The Grange Community Centre

Ph: 8742 8000

\*Limited spots $240/term + $ 50 for enrolment

**Life’s Little Treasures**

Parent support group for families who are caring for or have had a child born prematurely. 3rd Tuesday of the month

10:00am-12:00pm

Contact : Sarah

0431 647 871

No cost

**YOUTH**

**Just for Girls**

A girls only program facilitated by Youth Workers with fun Centre-based activities and occasional excursions. The program is a great opportunity to try something different, chill out, have a bite to eat and meet some new friends.

Age 12-17 years welcome. Wednesdays

3pm-5pm

Contact: Hayley

Ph: 8734 1355

Website: http://youth.wyndham.vic.gov.au/ FREE

Costs apply for excursions only

**KIDS**

**Abacus 4 Kids**

Two-hand abacus lessons for kids from 4-12yrs. Enjoy the fun way to learn math using this powerful ancient tool. Promoting both right and left brain development for maintained concentration, better listening and problem solving skills. Mondays, Tuesdays & Thursdays

4.30pm-6pm Saturdays 9am-12pm Contact: Jaslyn

Ph: 0408 089 889

Email: abacus4kids@gmail.com

Fees apply

**Curtain Call Dance Academy**

Ballet, Pop and Combo dance classes for kids.

Classes are organised per age group. Wednesdays 4-6pm

Saturdays 10am-1pm Contact: Taylah

Ph: 0421 720 932

Website: www.curtaincalldance.com.au

Email:  ccda.enquiries@gmail.com

Fees apply

**KC Dance Depot**

Jazz, Tap, Hip-Hop and Ballet dance classes for adults and kids. Classes are organised per age group. Mondays & Tuesdays 4pm-9pm Contact: Kendrie

Ph: 0403 682 530

Email: kendriecoonan@live.com.au

Fees apply

**Kids Bhangra Dance**

5-15yr olds will shrug their shoulders & tap their feet to learn North Indian style dance, full of energy , culture and beats

Wednesdays

6:15-7:00pm

Contact: Ambhar

Ph: 0430 762 899

Ambhar.khanna@outlook.com

12 weeks $110

6 weeks $55

$10/class

**Twins Martial Arts**

Our core martial art is traditional Shotokan Karate, where we offer classes for children from 4-15yrs. The school is a member of Australian Karate Federation and is taught by qualified NCAS Dojo Coaches, holding Senior First Aid and Working with Children Checks.

Mondays

5:30pm to 6.30pm

Thursdays

4:30pm– 6:30pm

Contact: Sensei Lay or Ken

Ph: 0416 333 113

Email: twins.martialarts@gmail.com

Website: www.twinsmartialarts.com.au

[www.facebook/twinsmartialarts](http://www.facebook/twinsmartialarts)

Fees apply

**Sunshine Arabic School**

Teaching primary school aged children Arabic language and social responsibility from the Islamic perspective.

Thursdays

6pm-8pm Contact: Muna

Ph: 0406 635 425

Email: safiassly@hotmail.com

Fees apply

$ 20/ month

**G&R Academy of Ballet**

Facilitated classical dance classes for home-schooled students.

Tuesdays

10:30am-12:30pm

Contact: Shaleen

Ph: 0428 000 497

Email: rands.gardner@gmail.com

Fees apply

**RECREATION & LEISURE**

**Penrose Walking Group**

Join ‘Team Walkabout’ a Heart Foundation group that take a gentle walk around the local area. Bring your walking shoes & water bottle!

Wednesdays 9:30am

Thursdays 7pm

Contact: Douglas-John

Ph: 0432 741 940

No cost

**Art of Living**

Stretch, Breathe and Meditate

Yoga, Breathing, and Meditation classes.

Please bring a yoga mat & cushion if you wish to sit on the floor.

Sundays 7:30am—8:30am

Contact: Rohit

Ph: 0423 531 787

Email: rohit@artofliving.org.au

Gold coin donation

**Bollywood Fit**

Smile, sweat and shake to a Bollywood dance fitness fusion.

Wednesdays

7:30-8:30pm

Contact: Sheetal

Ph: 0401 273 011

Email: sheetal.bollywoodfit@gmail.com

10 $ casual Class

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**Twins**

**Precision Personal Training**

45min low-impact women's fitness classes.

All fitness levels & children welcome.

Wednesdays 9:30-10:30am

Contact: Melissa

Ph: 0418 132 750

Email: melissa@precisionpersonaltraining.com.au

$10 casual class Or $70 /10weeks

**Penrose Crafty Angels**

Come join our local craft lady Farsana in hands-on craft projects for adults.

3rd Tuesday of the month 10am -12pm

Contact: Penrose Promenade CC Ph: 8734 4500

Email: penrosepromenadecc@wyndham.vic.gov.au

Bookings essential No cost

**Kids Concepts Australia**

Offers unique skill development courses

for children aged between 4-16yrs that can help improve ability to learn, memorise, and calculate skills. Course ranges from Abacus, Vedic Maths, Rubik Cube, Handwriting, Calligraphy etc. Thursdays

5pm—7pm Contact: Keerti Hosur

Ph 0413 949 831 Fees Apply

**Lynne’s Learning**

After-school math and English tuition for students in kinder to year 10.

Fridays

3:00-6:30pm

Contact: Hiral

Ph: 0431 286 540

Email: hiral.sanghvi@gmail.com

Fees apply

**Wyndham Health Champions**

Monthly Health Champions Network meeting.

3rd Tuesday of the Month

12:00pm-1:30pm

By invitation

No cost

**Family Movie Night**

Come along with your family for a movie night. Bring along your own pillow and blankie. Popcorn will be provided. Film to be screened will be announced closer to the date.

4th Friday of the Month 7pm

28 July, 25 August , 22 September

Contact: Penrose Promenade CC

Ph: 8734 4500

Email: penrosepromenadecc@wyndham.vic.gov.au

Bookings essential

No cost

**EDUCATION & TRAINING**

Conversational English Classes

Practice Basic English conversation in a group environment with trained volunteer facilitators. The content will be tailored to the needs of the group.

Wednesdays 11:30am-12:30pm

Contact: Penrose Promenade CC

Ph: 8734 4500

Email: penrosepromenadecc@wyndham.vic.gov.au

Bookings essential No cost

**English Conversation**

Knowing the right thing to say, Aussie slang, what is small talk, demonstration in real life situations, making appointments, etc.

Will run once minimum enrolments secured Contact: Penrose Promenade CC

Ph: 8734 4500

Email: penrosepromenadecc@wyndham.vic.gov.au

Bookings essential $35/$20 on concession

**Using Modern Mobile Devices**

Get to know your device, understanding & managing apps, creating contact list, using free Wi Fi, managing photos/images etc. Will run once minimum enrolments secured Contact: Penrose Promenade CC

Ph: 8734 4500

Email: penrosepromenadecc@wyndham.vic.gov.au

Bookings essential $35/$20 on concession

**Get that Job !**

This is a course designed to strengthen your readiness to apply for employment, by focussing on resume writing, job applications, cover letters, understanding key selection criteria, preparing for interviews, workplace protocol, OH&S, searching and applying for jobs online, communication via email in the workplace. Will run once minimum enrolments secured

Contact: Penrose Promenade CC

Ph: 8734 4500

Email: penrosepromenadecc@wyndham.vic.gov.au

Bookings essential $35/$20 on concession

**FAITH, CULTURAL, SUPPORT & COMMUNITY GROUPS**

**Australian Malay Foundation**

Provide Malay cultural awareness, youth development, social welfare, and assistance for families in the community.

Saturdays 2pm-6pm Contact: Saiful Bahri

Ph: 0401 633 348

Email: saiful1002@yahoo.com

No cost

**Sri Lankan Foundation of Werribee**

Informal weekly community group gatherings.

Attendance is open to all members.

First Friday of each month 7pm-10pm

Contact: Secretary

Keneth : Ph 0430 862 312

Email: secretary@slcfow.com.au

Website: [www.slcfow.com.au](http://www.slcfow.com.au)

Fees Apply

**Assembly of God Church of Samoa**

A dynamic Church Service for all the family.

Sundays

10am-2pm

Contact: Tui

Ph: 0401 251 524

No Cost

**Sathya Sai**

Sai Bhajans are invited to experience spiritual advancement through devotional singing.Thursdays

7.00pm-9.00pm

Contact: Rajan Babu

Ph: 0434 054 347

No Cost

**Worship Centre Christian Church**

Sunday family church service promoting love and forgiveness through the Word of God.

Youth band practice.

Sundays 2pm-5pm

Contact: Neil

Ph: 0414 840 121

Donations welcome

**Pentecostal Apostolic Faith Church**

Small group Bible study sessions.

Mondays & Wednesdays 7pm- 9pm

Contact : Derick Ph: 0413 299 665

No Cost

**Lighthouse Chapel International**

Interactive Christian fellowship service and Bible studies

Thursday 7.45pm- 9.30pm

Contact : Samuel Ph: 0416 881 681

No Cost

**SENIORS**

**Sri Lankan Planned Activity Group**

(delivered by Migrant Resource Centre)

Are you aged 65+ and looking to spend some quality time with other Sri Lankans doing gentle exercise, craft, and going on excursions? Then give us a call!

Fridays 10am-3pm

Contact: Chamini and Champika

Ph: 9367 6044

Cost: $7

**Ladies Club 60**

Social gathering for local ladies of Indian origin. Make new friends and enjoy cup of tea and a chat.

Thursdays 12:30pm-2:30pm

Contact: Nina

Ph: 0488 251 459

No cost

**Tarneit Harmony Club**

Join other Punjabi speaking retirees in a friendly game of cards, share some sweets and a cup of tea

Tuesdays 1:30-3:30

Fridays 1:00-3:00

Contact: Dwarka

Ph: 0404 592 632

Email:dev\_sharma\_tt57@yahoo.com

No cost

**Tarneit Bharatiy Club**

Older Gujarati speakers will feel right at home in this relaxed social get-together

Tuesdays & Fridays

11:30am -1:00pm

Contact: Bharat

Ph: 0423 018 458

Email:bgnilalani9@gmail.com

No cost

**Mental Health Foundation Victoria**

**Pakistani Women’s Support Group**

Support group specially designed for Pakistani and women living in Victoria. This group will give women an opportunity to increase their social interaction and win the war of isolation by enhancing their skills empowering them.

1st Mondays of the month 11:30am—1:30pm

Contact : Aisha Usman

Ph: 03 9826 1422

Aisha.usman@mhfa.org.au

No cost

**Mental Health Foundation Victoria**

**Indian Women’s Support Group**

Support group specially designed for Indian women living in Victoria who face social isolation, feeling of loneliness, stress related to work, relationships, finances, housing and other life challenges.

3rd Mondays of the month

11:30am—1:30pm

Contact : Aisha Usman

Ph: 03 9826 1422

Aisha.usman@mhfa.org.au

No cost

**Hindhu Dharma**

Promotion of Hindu spirituality and culture, including yoga practice and meditation.

4th Sunday of the month 6:00-9:00pm

Contact: Suresh

Ph: 0432 497 253

No Cost

**LIFE STAGE SERVICES**

**4 year old Kindergarten**

Wyndham City Council Operates a 4 year old kindergarten program here at Penrose Community Centre. Children must be four years of age by 30 April of the year they are to attend kindergarten.

Weekly sessions

Ph: 9742 8172

Enrolment Packs are available at reception

Fees apply

**Maternal Child and Health**

Wyndham City Maternal and Child Health Services offer professional nursing support and advice for parents with children from birth to school age.

Daily 8am—5pm

Ph: 9742 8148

By appointment only

No Cost

**Immunisation**

The Wyndham City Immunisation Unit provides bi-monthly free public vaccinations against a range of childhood and adult diseases

Wed 13 September 1pm-2pm

Ph: 9742 0736

No appointments necessary

No Cost

**Aging Well Facility**

A stimulating range of professionally facilitated day-programs for eligible seniors and those living with dementia within a safe and comfortable space.

Program specific timetable as below

Subsidised service costs apply to eligible clients

**Aged & Disability Services**

In-home support (assistance with Domestic and Personal Care, Respite Services, Minor Home Maintenance, and Delivered Meals), support in accessing local Support Groups and provision of a range of Transport options.

For residents under 65yrs

Ph: 8734 4514

Email: in-take@wyndham.vic.gov.au

For residents over 65yrs

Ph:1800 200 422

Visit: www.myagedcare.gov.au or

Eligibility criteria apply Subsidised service costs apply to eligible clients

**Neighbourhood Hubs Desk**

If you’ve got knowledge, skills, ideas, or a cultural event that you would like to share with others, Community Centres are a great place to make that happen!  You don’t need professional expertise, only a little confidence and passion. Centre staff will happily explain the steps involved in hiring venue space or facilitate an affordable activity.

Mon-Fri 9am-5pm

Ph: 8734 4500

Email: penrosepromenadecc@wyndham.vic.gov.au

General queries welcome

Community Room booking Fees apply

**Celebrating 70 years of Indian Independence**

The 15th of August marked the 70th anniversary of independence for India. Dressed in the national colours of green, orange and white, and sharing a huge decorated cake in honour of their native homeland, the *Ladies Club 60* commemorated the day in style.

We salute you ladies!

**Making marvelous mess at *Penrose Hub Playgroup***

The simple joy of scrunching and throwing shredded paper put smiles on everyone's faces the week that our creative facilitators let loose this happy mess! Indeed, every week participating families enjoy a planned play and craft activity while making friends.

**Wednesdays**

**11:00-1:00**

**Taking Term 4 enrolments**

**Our popcorn princesses keep the *PENROSE MOVIE CLUB* rolling**

Once a month, film fans Lesley and Helen dish-out popcorn and show a family movie on the big screen. Parents and children are encouraged to bring along pillows and blankets and get cosy —its great fun!

**Fridays 7:00-9:00pm**

**November 24th**

**December 8th**

**FREE…Call to book in**

**Working hard to plan an exciting timetable for 2018**

The Penrose team met with prospective activity providers through September to talk about their ideas for next year. We discussed neighbourhood priorities and how to create a dynamic mix of activities for locals to get involved in. We’ll be seeing lots of familiar organisations running in 2018, as well as some new faces.

As the program timetable evolves, we’ll be sure to keep you informed and always welcome your thoughts on how we can enhance what’s on offer.

**Those *CRAFTY ANGELS* keep outdoing themselves**

Farsana and friends dressed to impress in their hand-made accessories. Give these folks a hot-glue gun, ribbon, and some pins and two hours later they’ve created stunning flower broaches.

October had the group produce drawstring canvas bags with applique sewn designs...is there anything they can’t do?!

If you're looking for a facilitated creative outlet , why not join the Crafty angles next time...

**Nov 21 /Dec 19**

**Songs of devotion with *TARNEIT SAI* adherents**

Meeting on the 1st & 3rd Thursday of the Month 7-9pm

Tarneit Sai is welcoming new members

***School Holiday Fun***

For those lucky kids who snagged a spot in one of the four free school holiday activities held at the Centre, it was pure paper-mache popsicle stick card making joy!

Many thanks to our volunteer facilitator Samira for her calm creative spirit.

Let us know if you think you’ve got what it takes to host some fun kids activities next holi-days.

**Wanted: volunteer *Conversational English* tutor for adults**

The Sensational Sadia and Aru have retired from their English teaching posts, and we’re on the look-out for a new volunteer to lead learners.

Have you got strong English language skills, a passion for teaching others, and a couple of hours a week to prepare lessons?

Lets talk!

**Our sister Centre at Tarneit is now offering a wider range of services**

Open Hours: 9 – 5pm

Monday – Friday

Customer Service is now closer to you!

* Pay your rates
* Register your Dog
* Submit Kindergarten Applications
* Organise green waste bin
* Book hard waste collection
* Assist with any other council enquiry.

Now at Tarneit Community Learning Centre

150 Sunset Views Bvld Tarneit.