

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

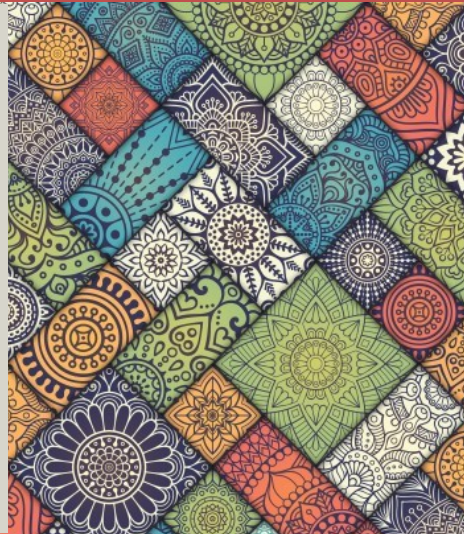
Special Offer
5 classes \$25

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 Bharatiy Club
Tuesdays 11:30-1:00pm
Fridays 11:30-1:00pm

New!

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	DAY & TIME	INFORMATION	COST
<p>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.</p>	Mondays 1.30pm-3.30pm	Website: www.wyndham.vic.gov.au select 'Maternal & Child Health Services' Ph: 9742 8148	No cost
<p>Parenting Pop-Up Sessions We connect you to local services, while you meet local families in your area. No bookings required.</p>	Wednesdays 10am-11.30am	Ph: 9742 8159	No cost
<p>Pram Walking and Baby Play Sessions An informal catch-up for families with babies under 12 months.</p>	Thursdays 10am-12pm Walk- in	Ph: 8734 5478	No cost
<p>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</p>	Wednesdays 11am – 1pm	Contact: Penrose Promenade CC Ph: 8734 4500 Email: penrosepromenadecc@wyndham.vic.gov.au	\$25/term Playgroup Victoria membership required
<p>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.</p>	Thursday 12pm-2pm	Contact: Alauni Ph: 0402 742 063 Enrol today!	\$25/term
<p>Lil Munchkins Playgroup This parent-run playgroup is a place where children 0-3yrs and parents create friendships and enjoy themselves.</p>	Thursdays 10am-12pm Age 1- 3 years	Email: lilmunchkins@outlook.com.au *Limited spots	\$5/casual \$35/term
<p>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.</p>	Mondays and Fridays 9am-12pm	Contact: The Grange Community Centre Ph: 8742 8000 *Limited spots	\$240/term + \$ 50 for enrolment
<p>Life's Little Treasures Parent support group for families who are caring for or have had a child born prematurely.</p>	3rd Tuesday of the month 10:00am-12:00pm	Contact : Sarah 0431 647 871	No cost

YOUTH	DAY & TIME	INFORMATION	COST
<p>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.</p>	Wednesdays 3pm-5pm	Contact: Hayley Ph: 8734 1355 Website: http://youth.wyndham.vic.gov.au/	FREE Costs apply for excursions only

Programs and Activities

WELLBEING & FITNESS	DAY & TIME	INFORMATION	COST
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. <div style="text-align: right; border: 1px solid black; padding: 2px; display: inline-block;">Its back!</div>	Wednesdays 7:30-8:30pm	Contact: Sheetal Ph: 0401 273 011 Email: sheetal.bollywoodfit@gmail.com	\$10 casual class
Twins Martial Arts Traditional Shotokan Karate for children 4-15yrs. Classes are 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	Fees apply

EDUCATION & TRAINING	DAY & TIME	INFORMATION	COST
Conversational English Group Practice basic English conversation in a casual group environment.	Wednesdays 11:30am-12:30pm	Contact: Penrose Promenade CC Ph: 8734 4500 Email: penrosepromenadecc@wyndham.vic.gov.au	No cost
Sunshine Arabic School Teaching primary school aged children Arabic language and social responsibility from the Islamic perspective.	Thursdays 6:00-8:00pm	Contact: Muna Ph: 0406 635 425 Email: safiassly@hotmail.com	Fees apply
Kids Concepts Australia Offers unique skill development courses for children 4-16yrs improving ability to learn, memorise, and calculate. Course ranges from Abacus, Vedic Maths, Rubik Cube, Handwriting, Calligraphy etc.	Thursdays 5:00-7:00pm	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
Abacus 4 Kids Two-hand abacus lessons for kids from 4-12yrs. Enjoy the fun way to learn math using this powerful ancient tool.	Mondays, Tuesdays & Thursdays 4.30pm-6pm Saturdays 9am-12pm	Contact: Jaslyn Ph: 0408 089 889 Email: abacus4kids@gmail.com	Fees apply

Programs and Activities

RECREATION & LEISURE	DAY & TIME	INFORMATION	COST
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
Family Movie Night Come along with your family for a movie night. Bring along your own pillow and blanket. Popcorn will be provided. Film to be screened will be announced closer to the date.	Fridays Monthly 7:00-9:00pm Nov 24 Dec 8	Contact: Penrose Promenade CC Ph: 8734 4500 Email: penrosepromenadecc@wyndham.vic.gov.au Bookings essential	No cost
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
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.gardener@gmail.com	Fees apply
Curtain Call Dance Academy Ballet, Pop and Combo dance classes for kids. Classes are organised per age group.	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

SENIORS	DAY & TIME	INFORMATION	COST
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 lunch excursions? Then give us a call!	Fridays 10am-3pm	Contact: Chamini and Champika Ph: 9367 6044	\$7
Ladies Club 60 Social gathering for local ladies of Indian origin. Make new friends and enjoy a 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 <div style="text-align: right; background-color: #c00000; color: white; padding: 2px 5px; font-weight: bold;">New</div>	Contact: Rashpal Ph: 0402 010 016 Email: rashpal.chaggar@gmail.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 <div style="text-align: right; background-color: #c00000; color: white; padding: 2px 5px; font-weight: bold;">New</div>	Contact: Bharat Ph: 0423 018 458 Email: bgnilalani9@gmail.com	No cost

Programs and Activities

FAITH, CULTURAL , SUPPORT & COMMUNITY GROUPS	DAY & TIME	INFORMATION	COST
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.slcflow.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.	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
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 and 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
	New		
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
	New		
Hindhu Dharma Promotion of Hindu spirituality and culture, including yoga practice, drumming and meditation.	4th Sunday of the month 6:00-9:00pm + weekly drum lessons	Contact: Suresh Ph: 0432 497 253	No Cost
Friendship Café A relaxed social get-together for people of all backgrounds who are interested in sharing different passions and cultures. A rotation of participant volunteers will lead an activity each month.	Mondays monthly 11:00am-1:00pm October 30 November 13 December 11	Contact: Penrose Team Ph: 8734 4500 Email penrosepromenadecc@wyndham.vic.gov.au	No Cost
	New		

Regular on-site Services

LIFE-STAGE SERVICES	DAY & TIME	INFORMATION	COST
<p>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.</p>	Weekly sessions	Ph: 9742 8172 Enrolment Packs are available at reception	Fees apply
<p>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.</p>	Daily 8am—5pm	Ph: 9742 8148 By appointment only	No Cost
<p>Immunisation The Wyndham City Immunisation Unit provides bi-monthly free public vaccinations against a range of childhood and adult diseases</p>	Wed 13 September 1pm-2pm	Ph: 9742 0736 No appointments necessary	No Cost
<p>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.</p>	Program specific timetable	As below	Subsidised service costs apply to eligible clients
<p>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.</p>		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
<p>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.</p>	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

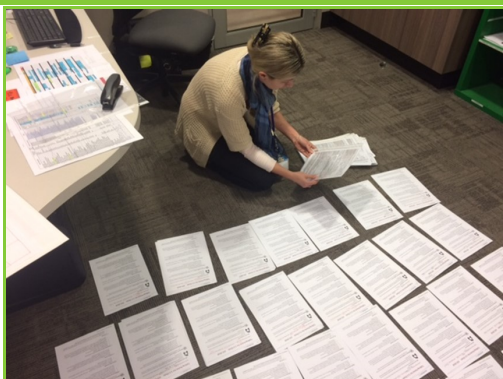
November 24th

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

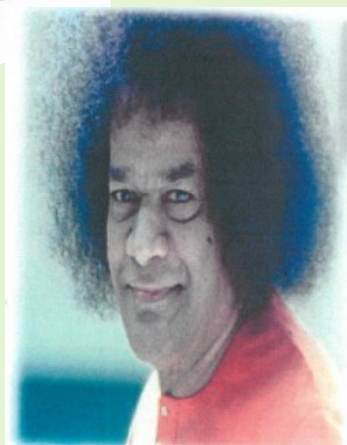


Songs of devotion with *TARNEIT SAI* adherents



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 popstick 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 holidays.



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:
9am—5pm
Monday-Friday
(Card Payments)

9748 9822
tarneitclc@wyndham.vic.gov.au

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 Blvd
Tarneit

wyndhamcity
city.coast.country