# Saltwater Community Centre - Term 4, 2017

153 Saltwater Promenade, Point Cook 3030

Phone: 8376 5500

Email: saltwatercc@wyndham.vic.gov.au

**Community Centre:** Phone: (03) 8376 5500

[saltwatercc@wyndham.vic.gov.au](mailto:saltwatercc@wyndham.vic.gov.au)  
Reception Open: Mon—Fri, 9am—5pm

**Kindergarten**

(03) 9742 8172  
www.wyndham.vic.gov.au

**Maternal & Child Health**

For appointments contact: (03) 9742 8148  
www.wyndham.vic.gov.au (select Maternal & Child Health)

**Programs and Activities**

Heartwork

The Saltwater Craft Group have been busy making items for people in need across Wyndham. From blankets, beanies, teddies and scarves for Ronald McDonald House, Refugees Outreach and Indigenous Health Services to these Twiddlemuffs for Dementia Sufferers.

Inside each hand crafted muff are different objects and textures for the wearer to play with, which have been shown to alleviate the anxiety commonly associated with dementia, autism, Asperger’s and other mental health issues.

The group recently visited Western Health’s GEM Dementia Assessment Unit at Sunshine Hospital where they presented the muffs and met the staff and patients of this cutting edge facility.

To get involved, come along to Social Craft, Wednesday mornings.

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| **EARLY YEARS** | **DAY & TIME** | | **INFORMATION** | | **COST** | |
| **Faith Kids Playgroup**  Educational activity stations, craft, inside and outside play, rhymes, music, songs and storytime. | Tuesdays  9am—12.30pm  Wednesdays  12.30-2.30pm | | Contact Angel  9393 2333  playgroup@faithlifechurch.com.au  Web: www.facebook.com/faithkidsplaygroup | | Fees apply | |
| **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. | Monday  1-4pm | | 9742 8148  Website: www.wyndham.vic.gov.au (select ‘Maternal and Child Heath  Services) | | No cost | |
| **Hey Dee Ho**  Dynamic music program for parents and  children. | Wednesdays  9-11am | | Contact Marie  0457 284 764  Marieheydeeho@gmail.com  Web: www.heydeehomusic.com.au | | Fees apply | |
| **Immunisations**  Free childhood immunisations. No  appointment required. | Tuesday 22nd Nov  1 – 2pm | | Contact Environmental Health  9742 0736 | | No cost | |
| **Kindergarten**  Wyndham City Council Kindergarten Services for 3 and 4 year olds. | Weekly | | Kindergarten Enrolment Office  9742 8172 | | Fees apply | |
| **Maternal & Child Health Services**  Professional nursing support and advice for parents with children from birth to school age | By appointment only | | 9743 81478  Web: www.wyndham.vic.gov.au | | No cost | |
| **Messy Monsters**  New, fun and exciting sensory play activity for mums & dads with their babies (0-18months). Explore foam, jelly, spaghetti and lots more! Dress for mess. | Thursdays  **0-18months**  9.25-10.15am  **18m-3yrs**  10.30-11.20am  **3-5yrs**  11.40am-12.30pm | | Messymonsterssensoryplay  @gmail.com | | Fees apply | |
| **PreSchool Songs, Stories & Playtime**  Enjoy a fun way to develop early literacy skills in young children with song, stories, puppets, body movement, play time and more.  Ages 1-4. | Fridays  10-11am | | 8376 5500  saltwatercc@wyndham.vic.gov.au | | No cost | |
| **Tiny Tutus**  Beginner Ballet classes for children aged 18months—7years old. | Fridays  9.30-11.30am | | 1300 245 060  Web: www.tinytutus.com.au | | Fees apply | |
| **KIDS** | | **DAY & TIME** | | **INFORMATION** | | **COST** | |
| **EL School Of Talent**  A program dedicated to helping kids aged 5-18years discover their inner ability to express themselves through drama and dance. | | Tuesdays  4.30-6.30pm | | Contact Elisabetta  0435 734 363 | | Fees apply | |
| **Fun & Art**  Leading children’s art enrichment program for 4-15 year olds. Kids can get creative and learn through play with air drying modelling clay. | | Wednesdays  4-6pm  Thursdays  4-6pm | | Contact Edmund  Edmund@globalartaustralia.com.au | | Fees apply | |
| **Mandarin Stars**  Innovative and creative Mandarin language and Chinese culture classes for bubs & tots up to 12 years old. | | Fridays  4-5pm  Saturdays  9.30-10.30am | | Contact Pearl  0468 469 506  enrol@madarinstars.co.au | | Fees apply | |
| **Wynbay Blue Light disco**  Underage disco for primary school aged  children. | | Fridays  7-9.30pm  ***Disco Of Horrors***  13th Oct  ***Hawaiian Luau***  10th Nov  ***Christmas Party***  8th Dec | | Contact Penny  0402 956 857  or  9731 2500 | | Fees apply | |
| **Wynbay Blue Light**  **Kids Box Fit**  No experience necessary , these Box Fit classes are designed for Primary School aged children and are proudly run by local Police and volunteers. Come on, join in the fun and get fit! | | Sundays  Monthly  9.30am—10.30am  **22nd October**  **12th November**  **10th December** | | Contact Penelope  Penelope.renden@police.vic.gov.au  Like WYNBAY BLUE LIGHT DISCO on Facebook  Follow BLUELIGHT\_VIC on Instagram  (Ask your parents to follow us if your are under 13) | | $7 per class | |

**Programs and Activities**

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| **EDUCATION & TRAINING** | **DAY & TIME** | **INFORMATION** | **COST** |
| **Cake Decorating**  Impress your friends and stun your family. Learn how to prepare and decorate cakes to a professional standard with modern styling techniques such as airbrushing, ruffles, piping and modelling using fondant and buttercream. Bookings essential. | Saturdays  1-3pm | Contact Rhiannon  0490 056 250  cakesbydesignnmore@yahoo.com.au | Fees apply |
| **Digital Literacy**  Enhance your basic computer skills with this course from Wyndham Community Education Centre. | Tuesdays  9am-12noon | To book , Phone 9395 6399  Or email pointcookclc@wyndham.vic.gov.au  Or call 9742 4013 / Email:  enquiries@wyndhamcec.org.au | Fees Apply |
| **MYOB**  Wyndham Community & Education Centre course on the comprised accounting package MYOB. | Thursdays  9am-12noon | To book , Phone 9395 6399  Or email pointcookclc@wyndham.vic.gov.au  Or call 9742 4013 / Email:  enquiries@wyndhamcec.org.au | Fees Apply |
| **Sempoasip Abacus**  Improves children’s focus and brain concentration by developing both the left and right of the brain. | Mondays  4-5.30pm  Wednesdays  4.30-6pm | Contact Hany  0431 830 359  Web: www.facebook.com/sempoaSIPAustralia | Fees apply |
| **FAITH, CULTURAL & COMMUNITY GROUPS** | **DAY & TIME** | **INFORMATION** | **COST** |
| **Christ New Creation Fellowship Church** | Sundays  12noon-4pm | Contact Pastor Art Budua  0449 204 477 | No cost |
| **CWA Point Cook Branch**  Our main aims are friendship, social issues and community service. We have some great guest speakers and involve ourselves in the local and wider community. | Thursdays  7pm  (Monthly, 3rd Thurs of every month) | Contact Chris  0424014757  Or Karen  0411035217 | Membership may apply |
| **Redeemed Christian Church of God** | Sundays  8.30am-12noon | Contact Sunny  0470 253 924 | No cost |
| **Point Cook Adventist Community Church** | Saturdays  3-8pm | 9395 6399 | No cost |
| **Western Gymkhana Club Inc**  WGC is a not-for-profit community club for local families. The club aims to bring social, recreational, cultural and development opportunities to it’s members.  1st Saturday of the month. | 1st and 3rd Saturday of the month6.30-9.30pm | Contact Sudhir  0415 661 021  Web: www.westerngymkhanaclub.com  Facebook: www.facebook.com/  WesternGymkhanaClub | Fees apply |
| **Wyndham Happy Life Association**  Promoting health and happiness for senior Chinese local residents with exercise, tai chi, cooking and singing. | Fridays  11.30pm – 3pm | Contact Yun Yun  0421 899 399  yunyun@live.com.au | No cost |

**Programs and Activities**

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| **RECREATION & LEISURE** | **DAY & TIME** | | | **INFORMATION** | | | **COST** |
| **Aiki Kai Aikido**  Mental and physical training in the modern martial art for self defence. | Tuesdays  7-9pm  Saturdays  8-10am | | | 0405 330 149  Web: www.aikido.org.au | | | Gold coin donation |
| **Dance 101**  Fun, fitness and friendship for men and women. All levels welcome. Latin dance steps to get you moving. A great way to lose weight, de-stress and laugh! | Thursdays  6.30-8pm | | | Contact Olga  0419 392 308  info@dance101.com.au | | | Fees apply |
| **JKA Karate**  Learn the traditional striking and open hand martial art. First four lessons free. | Wednesdays  6.30-8pm  Saturdays  3-4.30pm | | | Web: www.jkaaustralia.com | | | Fees apply |
| **Red Dragon Kung Fu**  Learn a variety of styles, including Luohan, Chuo, Jiao, Wing Chun, Tai Chi and Chi Kung.  All welcome | Saturdays  **12—Adult**  10-11am  **Under 12s**  11am-12noon | | | Contact Gino  zagpe1@yahoo.com | | | Fees apply |
| **Saltwater Writers Group**  Providing local writers of all styles the opportunity to share and critique each others work in a supportive environment. | Monthly | | | (Contact the Centre to apply for  membership)  8376 5500  Saltwatercc@wyndham.vic.gov.au | | | No cost |
| **Shiamak Davar International**  Bollywood, Jazz Contemporary & Hip Hop dance for kids, teens and adults. | Mondays  5.30-9.30pm | | | Contact Darshan/Vihang  0499 888 115  Web: www.melbourne@shiamak.com | | | Fees apply |
| **Social Craft**  Bring along knitting , crotchet, sewing,  drawing, macramé, jewellery or any other portable craft and enjoy making and sharing in this social group. | Wednesdays  9am-12noon | | | 8376 5500  Saltwatercc@wyndham.vic.gov.au | | | No cost |
| **Unite Dance Studio**  We believe that dance should be FUN! Experience the positive atmosphere of our classes, build confidence, develop relationships and share our love for dance! Exceptional training in Jazz, Hip Hop, Ballet, Tap, Contemporary and more for kids to adult. Free trial classes available. | Tuesdays  **Primary Ballet**  4-4.30pm  **Primary Jazz/Hip Hop**  4.30-5pm  **Primary Tap**  5-5.30  **Junior Ballet**  5.30-6.15pm  **Intermediate Ballet/Lyrical**  6.15-7.15pm  **Intermediate Jazz & Tap**  7.15-8.15pm  **Intermediate—Adv Hip Hop**  8.15-9.15pm  *See next page for Wednesday classes* | | | Contact Rachel  0419 375 797  Unite.dance@outlook.com | | | Fees apply |
| **Unite Dance Studio continued** | Wednesdays  **PreSchool Ballet**  4.4.30pm  **PreSchool Jazz/Hip Hop**  4.30-5pm  **Junior Jazz & Tap**  5-5.45pm  **Adult Beginner Tap or Hip Hop**  6.30-7.30pm  **Stretch & Strengthen**  7.30-8.30pm  **Advanced Contemporary**  8.30-9.30pm | | Contact Rachel  0419 375 797  Unite.dance@outlook.com | | | **F**Fees apply  **Apply** | | |
| **HEALTH & WELLBEING** | **DAY & TIME** | | **INFORMATION** | | | **COST** | | |
| **Kangatraining**  Kangatraining is a fun, safe, multi award-winning postnatal workout specifically designed for Mums & Bubs, incorporating babywearing and dance. | Mondays  10-11am | | Phone: 0432 884 102  Email: kylie@kangatraining.com.au | | | Fees apply | | |
| **Over 60’s Meet Up**  Meet other people from your area for a social get-together in the community lounge. | Fridays\*  3-5pm  \*(3rd Friday of the month)  **20th October**  **17th November**  **15th December** | | 8376 5500  saltwatercc@wyndham.vic.gov.au | | | No cost | | |
| **Wyndham Young Stroke Network**  Share. Support. Encourage.  An informal social meet-up for survivors and carers aged 55 and younger. | Monday 13th Nov  7-9pm | | Contact Bob  8376 5500  saltwatercc@wyndham.vic.gov.au | | | No cost | | |
| **SALTWATER ART STUDIO** | **DAY & TIME** | **INFORMATION** | | | **COST** | | | | |
| **Artist in Residence Public Engagement - Mapping Point Cook**  Create a collective map of your community in Point Cook. Our artist in residence, I-Yen Chen welcomes you to join a mapping ceramic workshop for all ages – especially children! | Saturday 21 Oct  1.30 – 4.30pm | To book any workshop, go to  www.saltwaterartstudio.eventbrite.com  For more info call 8376 5500  Or email  saltwatercc@wyndham.vic.gov.au | | | No Cost | | | | |
| **Ceramic Skills: Handbuilding**  Learn fundamental handbuilding techniques & skills – coiling, pinch pot, & slab building, along with knowledge and application of how to decorate and glaze.  1 bag of clay included. kiln firing additional. | Thursdays  1 – 3.30pm  26 Oct – 7 Dec | To book any workshop, go to  www.saltwaterartstudio.eventbrite.com  For more info call 8376 5500  Or email  saltwatercc@wyndham.vic.gov.au | | | $180 +bf / 7 week course | | | | |
| **Ceramic Skills: Handbuilding (Day Class)**  We are pleased to offer a day time class in ceramics – the flexibility of handbuilding with clay offers endless opportunities for creating a variety of forms and is fun and relaxing. | Thursdays  1 – 3.30pm  26 Oct – 7 Dec | To book any workshop, go to  www.saltwaterartstudio.eventbrite.com  For more info call 8376 5500  Or email  saltwatercc@wyndham.vic.gov.au | | | $180 +bf / 7 week course | | | | |

Inclusive ceramics class open to all abilities; you will learn both wheel throwing and hand-building and experience an introduction to a range of decorative techniques including under glaze colours and glazes.

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| **SALTWATER ART STUDIO continued** | **DAY & TIME** | **INFORMATION** | **COST** |
| **Ceramic Skills: Taster, Wheel Throwing Intro 1 & 2**  We’ve made a taster class for you to ease into your ceramics passion. Try wheel throwing for a 5 week block including an introduction to glazing. | Wednesdays  6.30pm - 9pm  **Wheel Throwing Intro 1**  5 weeks: 11 Oct – 1 Nov  + Glazing 6 Dec  **Wheel Throwing Intro 2**  5 weeks: 8 Nov – 29 Nov  + Glazing 13 Dec | To book any workshop, go to  www.saltwaterartstudio.eventbrite.com  For more info call 8376 5500  Or email  saltwatercc@wyndham.vic.gov.au | $175 +bf / 5 week course |
| **Ceramic Skills: Taster, Wheel Throwing For Beginners**  Learn fundamental skills in wheel throwing, including - centring clay on the wheel, throwing cylinder/bowl forms, and turning (finishing your product). Decorative techniques in glazing will also be explored. | Thursdays  6.30 - 9pm  12 Oct, 26 Oct, 2 Nov, 9 Nov, 23 Nov, 30 Nov & 14 Dec | To book any workshop, go to  www.saltwaterartstudio.eventbrite.com  For more info call 8376 5500  Or email  saltwatercc@wyndham.vic.gov.au | $250 +bf / 7 week course |
| **Meet Dita** Kids Art Classes  Every child is an artist and at Dita's Studio we recognize and encourage the inner talent and the need to express their extraordinary perceptions of the world through creativity. In a warm, supportive environment and in the company of only 4 others, your budding artist will love to break free and CREATE! | Wednesdays  4 - 5pm & 5 -6pm 11 Oct - 6 Dec  Thursdays  5 -6pm 12 Oct – 7 Dec | To book any workshop, go to  www.saltwaterartstudio.eventbrite.com  For more info call 8376 5500  Or email  saltwatercc@wyndham.vic.gov.au | $180 / 9 week course |
| **Open Studio**  Access to the Art Studio is provided to work on your own and do what you like; bring your own materials or basics are supplied. | Tuesdays  9am - 5pm Every Tuesday in Term 4 | No booking required | No cost |
| **Monday Night Acrylics**  Acrylic painting class for adults of any experience level. Join step by step painting instruction from experienced artist, Caroline Esbenshade, or bring your own picture to paint from. Painting techniques and colour knowledge will be taught. | Mondays 7 - 9pm  8 Weeks:  9 Oct—27 Nov | To book any workshop, go to  www.saltwaterartstudio.eventbrite.com  For more info call 8376 5500  Or email  saltwatercc@wyndham.vic.gov.au | $160 + bf/ 8 week course or $25 +bf per class |
| **Teen’s Art Session**  Teen’s art exploration. Open to all experience levels 12-18 years old. Participants will work with a range of mediums and subject matter. A great opportunity for skills development! | Monday  4.30 - 6.15pm  9 Oct – 27 Nov | To book any workshop, go to  www.saltwaterartstudio.eventbrite.com  For more info call 8376 5500  Or email  saltwatercc@wyndham.vic.gov.au | $120 / 8 week course or $20 per class |

**Helping our Community**

**Stay Healthy**

Saltwater teamed up with The Stroke Foundation, IPC Health, local Artist Carolyn Langford-Warren and barista extraordinaire Frank Torres to host a very special event for Stroke Week in September. 65 participants received a free health check and assessment courtesy of IPC nurses, a free coffee and the chance to make their own ceramic red blood cell (see picture), which could be worn as a pin or pendant as a reminder to make make an appointment for an annual check up.

Every 10 minutes, an Australian has a stroke and they can happen at any age. Many are easily preventable, so if you didn’t get a health check at the Centre, make time to make an appointment for a routine check up with your GP.

In The Spotlight: Messy Monsters

**Congratulations on your first year in business – how has the experience been?**Our first year running Messy Monsters has been more successful than we could have ever imagined! Of course, it hasn't all been plain sailing but overall, it’s been a great year and we’re looking forward to expanding in 2018.

**What do you think makes Messy Monsters so unique?** It’s a one of a kind program especially in our area, there is nothing else like it. It’s a safe and fun environment for children to learn through play, and we also try to make it a social environment for parents too.

**What can kids experience at your activity?**Lots of mess! Each week our sessions are themed with a combination of both messy and non-messy activities, so there really is something for everyone. We also have group time at the beginning & end of all sessions.

Messy Monsters sensory play is on Thursdays

Contact messymonsterssensoryplay@gmail.com for bookings and info

In The Gallery

Our current exhibition is **Breaking Light** by photographer **Justin Sloan**. *“Breaking Light is the representation of the beauty I have witnessed in landscapes often passed by without investigation. A reflection of what was seen on a particular da, from a particular vantage point. The permeating moods and atmospheres of the landscapes are captured in a split second. The light hitting the landscape details the unique in that moment, and gone in the next.”*

The exhibition continues until 24th November. All prints are available for purchase.

On 5th December we will presenting a very special inaugural exhibition of works created in our Saltwater Studio Program.