## THE BUZZ@



**Saltwater Community Centre** 





### 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.

#### **SERVICES**

#### **Community Centre**

Phone:

(03) 8376 5500

saltwatercc@wyndham.vic.gov.au

**Reception Open** 

Mon-Fri, 9am-5pm

#### Kindergarten

For all enquiries

Phone:

(03) 9742 8172

Web:

www. Wyndham.vic.gov.au

#### **Maternal & Child Health**

For appointments contact:

(03) 9742 8148

Web:

www.wyndham.vic.gov.au (select Maternal & Child Health)





Saltwater Community Centre 153 Saltwater Promenade, Point Cook, VIC 3030 Email: saltwatercc@wyndham.vic.gov.au Call: (03) 8376 5500









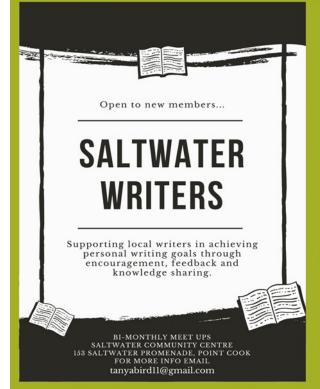
#### **OVER 60's MEET UP**

Make friends in your area

3rd Friday of the month 3 - 5pm

20th Oct 17th Nov 15th Dec

call 8376 5500 saltwatercc@wyndham.vic.gov.au





Lego Robot Coding Workshop – Point Cook

Ozbots
Saturday 7th October
12.30 - 2pm
www.trybookings.com/312272

Lego Battlebots Saturday 21st October 12.30 - 2pm www.trybooking.com/316722

For booking information or to enquire about starting a group at the centre, call 8376 5500 or email saltwatercc@wyndham.vic.gov.au

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



We have moved to

### Saltwater Reserve Pavillion Cnr Point Cook Rd & Saltwater Promenade, Point Cook

Cnr Point Cook Rd & Saltwater Promenade, Point Cook Tuesdays 9.30am - 11am Friday 12noon - 1.30pm Saturday 9.30 - 11.30am

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
The Robot Lady Lego Robot Coding Workshops EV3 Programmable Lego Mindstorm robots! Your child will use a built Lego robot and an iPad app to program a robot to move. It is a simple program to learn but can be made more challenging depending on your child's ability. In a small group of 2 or 3 students, they work together on a programming challenge and com up with solutions.	Saturdays  Ozobots  7th Oct 12.30 - 2pm  Lego Battlebots 21st Oct 12.30 — 2pm	Ozobots bookings: www.trybooking.com/312272 Lego Battlebots bookings: www.trybooking.com/316722	Fees Apply
Wynbay Blue Light disco Underage disco for primary school aged children.	Fridays Monthly 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



## WYNBAY BLUE LIGHT

## KIDS BOX FIT



SALTWATER COMMUNITY CENTRE SALTWATER PROMENADE, POINT COOK

9.30 - 10.30AM | \$7 CLASS | PRIMARY AGE

DATES: SUNDAY 10/9, 22/10, 12/11, 10/12

NO EXPERIENCE NECESSARY | COME JOIN IN THE FUN & GET FIT

CONTACT PENELOPE.RENDEN@POLICE.VIC.GOV.AU



WYNBAY BLUE LIGHT DISCO ASK YOUR PARENTS TO LIKE THE PAGE IF YOU ARE UNDER 13



BLUELIGHT \_ VIC

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 cakesbydesignn- more@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 and 3rd Saturday of the month.	1st and 3rd Saturday of the month 6.30-9.30pm	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 12 – 3pm	Contact Yun Yun 0421 899 399 yunyun@live.com.au	No cost

## Digital Literacy









#### Term 4 2017

#### NEXT STEP - Advanced Level

Tuesdays 9.00am-12.00pm 10 October-19December Saltwater Community Centre 153 Saltwater Promenade Point Cook

#### EXCEL - Early Advanced Level

Saturdays 12:30pm – 3:30pm 14 October-16 December Wyndham Community Education Centre 4 Synnot Street Werribee

**BOOKINGS ESSENTIAL!!** 

#### COURSE DETAILS:

Classes are for people who already have basic computer skills and would like to enhance their skills.

#### COST:

\$35/\$20 on concession (10 weeks)

#### TO BOOK:

Phone: 9395 6399

Email:

pointcookclc@wyndham.vic.gov.au

Or

Phone: 9742 4013

Email: enquiries@wyndhamcec.org.au

# Anound Wyndham



opportunities for diverse communities

**Every Wednesday** 12.30-2.30pm during school terms.

South Sudanese Women & Children's Group



\*\* Dinka & Arabic speaking Facilitator

For more information contact:

Karen Diacono: 8754 0512

This group is for Sth Sudanese mothers & their children who live in Wyndham. This groups offers the opportunity to:

- other women and people from the local community
- raising children in Australia and other services & supports in Wyndham for mothers and their
- Learn fun things to do with your children and how to support your child's learning in







- Have a chat and cup of tea or coffee with
- Get information about women's health, parenting,
- preparation for school.



Wyndham Women's Support Group





Every Monday Time: 1pm-2pm



This support group is made to create a safe environment where women can share their experiences, gain support, and there are opportunities to learn new crafts.

PARTICIPANTS IN THIS SUPPORT GROUP WILL:

- Learn from other woman
- Feel supported to make your vision a reality

Arndell Park Community Centre

29-49 Federation Blvd,

For all enquiries call M 0423 051 686











Children's at Werribee Park

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

A Wyndham City Event



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	Contact Rachel 0419 375 797 Unite.dance@outlook.com	Fees apply
	See next page for Wednesday classes		

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	Fees 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 Monthly—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 November 7-9pm	Contact Bob 8376 5500 saltwatercc@wyndham.vic.gov.au	No cost





or email saltwaterce@wynumam.vic.gov.au			
SALTWATER ART STUDIO	DAY & TIME	INFORMATION	COST
Busting to get creative? Want to make hand-made Xmas gifts? Get in quick - Saltwater Art Studio's Term 4 Program is now online.  Book now for classes in ceramics, acrylic painting, life-drawing, teen's art sessions, kid's art classes, craft, and drawing. There is plenty on offer for budding artists of any age.			
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

SALTWATER ART STUDIO continued	DAY & TIME	INFORMATION	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.	Tuesdays 7 - 9pm 17 Oct – 12 Dec (not including 7 Nov)	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 / 8 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
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	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
MeetDita, Kids Art Classes  At MeetDita art classes every child is an artist, their inner talent is recognised and encouraged, along with their need to express their world through creativity. Join this warm and supportive environment, in the company of only 4 others – where your budding artist will 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 +bf / 9 week course

SALTWATER ART STUDIO continued	DAY & TIME	INFORMATION	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  Available on a weekly basis
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 10 Oct – 12 Dmec	No booking required	No Cost
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—12pm	No booking required	No cost
Teen's Art Session  Art immersion for teenagers – learn how to use a range of art materials and explore different subjects, styles and techniques. This is a great opportunity for skills development and is open to all experience levels 12-18 years old.	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 + bf/ 8 week course or \$20 + bf per class  Available on a weekly basis

#### **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 mane 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.



Know the warning signs of a stroke:

**F**—Face, is it drooping?

A—Arms, can they lift both?

**S**—Speech, is it slurred?

**T**– Time is critical, call 000 is you see any of these three symptoms.



### 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 at Saltwater Community Centre.

0-18 months .......9.25-10.15am

18m-3yrs ......10.30-11.20am

3-5yrs ......11.40am-12.30pm

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.