

THE BUZZ @



Term 1, 2018

Arndell Park Community Centre



HAPPY NEW YEAR - WELCOME TO 2018!!!



Welcome to 2018! A new year will bring a new focus for the team at Arndell Park Community Centre. We will continue to explore new program opportunities that encourage the community to come together and programs which suit the community for all ages and lifestyle needs. Come and see us if you have an idea or want to find out more information.

NEW YEAR NEWS

This year we will see the introduction and the launch of TrugHub. What's TrugHub I hear you say? TrugHub is a community collaborative partnership between Truganina



South Primary School, YMCA Truganina South and Wyndham City Council's Arndell Park Community Centre. The TrugHub hopes to be the central point for all community interactions, as well as provide learning and community connection opportunities for families and the wider community, based on community needs, values and priorities. Be on the

look out for the TrugHub launch event happening in Term 2 following on from the Truganina South Primary School's Carnival which is on at the end of Term 1. Part of our focus for 2018 will be centred on community safety. We will do a lot of work in this space.

Arndell Park Community Centre will host a number of community safety forums and workshops, highlighting and discussing issues such as domestic violence and neighbourhood safety. This year we will continue to support a number of local initiatives such as the Women's Support Group, which meets on a Monday and they also attend our Community Kitchen lunch (only gold coin donation), which is on at the same time. We will also continue to support the local community garden project, which was initiated by the Williams Landing Estate Residents Association. They will host a number of gardening workshops and activities in the first half of the year at the 'Federation Trail Garden', and the Community Centre will support this project, by hosting a 'Fruit, Vegie and Seed Swap'. Bring in your home grown produce and any left over seeds, starts Term 1.



Women's Support Group meet every Monday



Community Kitchen Lunch occurs every Monday

What an exciting time of year. We look forward to seeing everyone at the Community Centre, come in and say 'hi'.

Arndell Park Community Centre, MCH and Arndell Park Kindergarten are working together to keep the community safe.



Remember to hold your child's hand in the car park at all times.

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It is illegal to leave children in the car.

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Children are to be supervised at all times in the community centre.

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
Kindy Dance Dance classes for the early years in a fun and nurturing environment.	Friday 10.00am-11.30am	info@kindydancetime.com.au	Fees Apply 
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.	Mondays & Tuesdays 9.30am-11.30am (School Term only)	Arndell Park Playgroup arndellparkplaygroup@yahoo.com.au Joanne 0449 911 591 Facebook: Find & Like 'Arndell Park Playgroup'	\$50 – 1 child OR \$60 – 2 or more children
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.	Wednesdays 10.00am-10.30am (1-2years) 11.00am-11.30am (2-4years) (School Term only)	Arndell Park Community Centre 8734 8911 arndellparkcc@wyndham.vic.gov.au ***Bookings Essential***	No cost
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.	Tuesdays 11.30am-1.30pm (School Term only)	Sayaka 0447 048 965	Fees Apply
Spanish Speaking Playgroup Come along and meet local Spanish families in this parent-run playgroup.	Fridays 11.30am-1.30pm (School Term only)	Mary 0416 405 485 marychiquita@hotmail.com Facebook: Find & Like "Playgroup Pequenos Exploradores"	Fees Apply
Faith Kids Playgroup Playgroup is a fun learning environment for babies & children, aged up to 4 years with their carer / parent	Fridays 9.30am-11.30am (School Term only)	Playgroup@faithlifechurch.com.au Website: www.faithlifechurch.com.au https://www.facebook.com/Faithkidsplaygroup/	\$100 per family per semester
Tooba Projects Islamic Playgroup A fun and supportive place for mum's, female carers and pre-schoolers to enjoy crafts, stories, play and friendships.	Thursdays 10.00am-12.00pm (School Term only)	Michelle Greer 0433 546 417 toobaprojects@gmail.com	\$45 per term
Chinese Playgroup Come along and meet other local Chinese families. Make new friends and let the kids interact with others.	Thursdays 12.00pm-2.00pm (School Term only)	0450 705 455	Fees Apply
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.	Mondays 1.00pm-4.00pm	9742 8148 www.wyndham.vic.gov.au select Maternal and Child Health in 'Services' ***Bookings Essential***	No cost
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.	Various	9742 8148 www.wyndham.vic.gov.au select Maternal and Child Health in 'Services' ***By appointment only***	No cost

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 No sessions in Jan Feb 6th & 22nd Mar 6th & 22nd Apr 3rd & 19th</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>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>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>Tuesdays 4.30pm-6.00pm Wednesdays 4.30pm-7.30pm 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@sempoasip.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-7pm 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>Anita 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 and 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>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 ***Spaces Limited*** ***Bookings Essential***</p>	<p>No cost</p>
RECREATION & LEISURE	DAY & TIME	INFORMATION	COST
<p>ARDELLE PARK COMMUNITY CENTRE Community Kitchen/LUNCH</p> <p>Home style cooked lunch provided on a weekly basis to the community.</p>	<p>Mondays 12.30pm-1.30pm</p>	<p>Contact Arndell Park Community Centre to book your place</p> <p>8734 8911 arndellparkcc@wyndham.vic.gov.au</p>	<p>GOLD COIN DONATION \$</p>
<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 5.30pm-7.30pm</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 7.00pm-9.00pm</p>	<p>Cherie 0414 102 737 lizardfitness@y7mail.com Facebook: Find and Like 'Lizard Fitness'</p>	<p>\$10 per session</p>
EDUCATION & TRAINING	DAY & TIME	INFORMATION	COST
<p>The West Creatives</p> <p>The West Creatives is a collective of women in Melbourne's Western Suburbs who are creatives and run their own businesses. Providing networking opportunities and they are about sharing, educating and inspiring each other.</p>	<p>Marketing Workshops TBC Email for more info</p>	<p>Mandy Mandy.rodriques@optusnet.com.au Instagram - @the_west_creatives Facebook: Find & Like 'The West Creatives'</p>	<p>Contact for further details</p>

NEW

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Programs and Activities

EDUCATION & TRAINING continued...	DAY & TIME	INFORMATION	COST
<p>Wyndham Community & Education Centre Each course runs for 10 weeks. Computer Courses Available: First Steps Computer Skills (Beginner)</p> <p>Computer Skills (Advanced)</p> <p>Next Steps Computer Skills (Intermediate)</p> <p>Excel</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>Arndell Park Community Centre 8734 8911 arndellparkcc@wyndham.vic.gov.au</p> <p>***SPACES LIMITED*** ***BOOKINGS ESSENTIAL***</p>	<p>\$40 for non-concession or \$25 with Concession Card</p> <p>MYOB Fees \$40 for non-concession or \$25 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>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/share ideas.</p>	<p>Mondays 1.00pm-2.00pm</p>	<p>Tania 0423 051 686</p>	<p>No cost</p>
<p>Williams Landing Estate Residents' Association (WLERA) Local residents association with a keen focus on establishing a local community garden. Regular gardening workshops and activities.</p>	<p>Monthly Regular gardening workshops (TBC)</p>	<p>Ask at Arndell Park Comm Centre or email wlera3027@gmail.com Facebook: Find & Like 'Williams Landing Estate Residents Association'</p>	<p>Contact for further details</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>
<p>Bhartiya Seniors Associations Inc Seniors Friendship Group.</p>	<p>2nd Saturday of each month 1.30pm-4.00pm</p>	<p>Sudha 0432 489 584 arndellparkcc@wyndham.vic.gov.au</p>	<p>Contact for further details</p>

THANK YOU TO ALL OUR COMMUNITY CENTRE VOLUNTEERS

On Tuesday 5th of December 2017 we recognised our community centre volunteers as part of International Volunteer Day.



Celebrating International Volunteer Day on 5 December 2017

International Volunteer Day is celebrated worldwide, in recognition of the positive solidarity of volunteers around the world who answer calls in times of crisis, volunteer in their local community and abroad. Wyndham City Council has over 30 volunteers who volunteer at our local community centres, facilitating programs, classes, and assisting in the office. Their contribution is invaluable and we wouldn't be able to survive without their selfless act of donating their time. In 2017 Arndell Park Community Centre had a number of volunteers assisting with its many events, programs and classes, thank you to Charlie Cai, Xin Rung, Khaleda Parvin, and Rocio Flores. If you would like more information or would like to get involved in the Wyndham City Council Volunteer program, ask us how.

Wydham City Council has over 30 volunteers who volunteer at our local community centres, facilitating programs, classes, and assisting in the office.

Their contribution is



Volunteer Rocio Flores demonstrating her artistic flare on the Inspiration Wall

Wyndham Women's Support Group Mondays 1.00pm-2.00pm Come and catch up over a **community 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 at tkeoo647@bigpond.com



Community Garden in Williams Landing

Williams Landing Estate Residents Association community garden's first working bee at the 'Federation Trail Garden' site on 7th January, 2018.



Volunteer Khaleda Parvin facilitating a garden workshop



End of Year Playgroup Celebration 14 Dec 2017

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
- 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, 9.00am-5.00pm
03 8734 8911
arndellparkcc@wyndham.vic.gov.au



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