

# THE BUZZ @

wyndhamcity  
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Term 1, 2018

## Penrose Promenade Community Centre



## TARNEIT NIGHT MARKET Stall Holders & Performers Wanted!



Friday  
23 March

Catch up with friends and discover local talent, with a new community market popping up in the grounds of Penrose Community Centre on Friday 23 March.

Celebrating our diverse communities, the market will be big on flavour and variety – with tunes from local musicians, handmade crafts and tastes from around the world.

With free activities for the kids, it's the perfect way to start the weekend – a relaxed family night out close to home.

### Be Part of It

Would you like to share an aspect of your culture at the new Tarneit Night Market?

Expressions of interest for musicians, artists and stallholders are now open until 21 February. Programming will prioritise applications that highlight all things diverse, hand-made, and local.

### Expression of Interest Form

Stall spots are free and must be self-contained. Entertainers are unpaid; however sound equipment will be provided. Self-contained food trucks are the preferred food vendors, as access to electricity and water is limited.

To register visit :

<https://www.wyndham.vic.gov.au/tarneitnightmarket>

**Date: Friday 23 Mar 2018**

**Time: 6:00pm - 9:00pm**

**Location: Penrose Promenade Community Centre 83 Penrose Promenade Tarneit VIC 3029**

**Contact: 8734 4500**

**Email: [neighbourhoodhubs@wyndham.vic.gov.au](mailto:neighbourhoodhubs@wyndham.vic.gov.au)**

**Cost: FREE**



**Penrose Promenade Community Centre**

83 Penrose Promenade, Tarneit 3029

Phone: 8734 4500 Email: [penrosepromenadecc@wyndham.vic.gov.au](mailto:penrosepromenadecc@wyndham.vic.gov.au)

Everyone's Welcome at the **PENROSE OPEN DAY...**

- **FREE FAMILY EVENT** -



**Penrose  
Open Day**

**SATURDAY  
3 MARCH**

10AM-2PM

83 PENROSE PROMENADE, TARNEIT

Music - Food - Activities - Tours

Penrose Promenade Community Centre

Bring the family down for a colourful free neighbourhood event where there's something fun for everyone.

Grab something delicious to eat while checking-out talented performers on our live stage, try your hand at a new activity, get involved in kids entertainment, take a guided tour of the Centre, or do it all!

Have you always wondered what happens in this big green and red building?

We'll be showcasing all the fabulous life-stage services and organisations based at Penrose, and asking you what you'd like to see more of in our neighbourhood. Staff and community group leaders will be available to answer questions and make introductions.

**Date: Saturday 3 March 2018**

**Time: 10am—3pm**

**Location: Penrose Promenade Community Centre  
83 Penrose Promenade Tarneit Contact: 8734 4500**

**Email: [neighbourhoodhubs@wyndham.vic.gov.au](mailto:neighbourhoodhubs@wyndham.vic.gov.au)**

**Cost: FREE**

**Free  
event**

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



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

**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**

**9748 9822**  
[tarneitclc@wyndham.vic.gov.au](mailto:tarneitclc@wyndham.vic.gov.au)



## Programs and Activities

EARLY YEARS	DAY & TIME	INFORMATION	COST
<b>First Time Parents Group</b> 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: <a href="http://www.wyndham.vic.gov.au">www.wyndham.vic.gov.au</a> select 'Maternal & Child Health Services' Ph: 9742 8148	No cost
<b>Pram Walking and Baby Play Sessions</b> An informal catch-up for families with babies under 12 months.	Thursdays 10am-12pm Walk- in	Ph: 8734 5478	No cost
<b>Penrose Hub Playgroup</b> 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	Tuesdays 10.30am— 12.30pm	Contact: Penrose Promenade CC Ph: 8734 4500 Email: <a href="mailto:penrosepromenadecc@wyndham.vic.gov.au">penrosepromenadecc@wyndham.vic.gov.au</a>	\$25/term
<b>Penrose Pacific Playgroup</b> Afternoon gathering of parents, grandparents and young children from 0-6 years to share child rearing practices of Islanders and other communities.	Wednesdays 11:00am—1:00pm  <b>Enrol today!</b>	Contact: Penrose Promenade CC Ph: 8734 4500 Email: <a href="mailto:penrosepromenadecc@wyndham.vic.gov.au">penrosepromenadecc@wyndham.vic.gov.au</a>	\$25/term
<b>3+ Activity Group (Provided by The Grange Community Centre)</b> 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 <b>*Limited spots</b>	\$240/term + \$ 50 for enrolment
<b>Life's Little Treasures</b> Parent support group for families who are caring for or have had a child born prematurely.	3rd Tuesday of the month 9:30am—11:30am	Contact : Sarah 0431 647 871	No cost
YOUTH	DAY & TIME	INFORMATION	COST
<b>Just for Girls</b> 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. <b>Age 12-17 years welcome.</b>	Wednesdays 3pm-5pm	Contact: Hayley Ph: 8734 1355 Website: <a href="http://youth.wyndham.vic.gov.au/">http://youth.wyndham.vic.gov.au/</a>	FREE Costs apply for excursions only
WELLBEING & FITNESS	DAY & TIME	INFORMATION	COST
<b>Penrose Walking Group</b> 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
<b>Art of Living</b> 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—10am	Contact: Rohit Ph: 0423 531 787 Email: <a href="mailto:rohit@artofliving.org.au">rohit@artofliving.org.au</a>	Gold coin donation
<b>Bollywood Fit</b> Smile, sweat and shake to a Bollywood dance fitness fusion.	<b>It's back!</b> Wednesdays 7:30-8:30pm	Contact: Sheetal Ph: 0401 273 011 Email: <a href="mailto:sheetal.bollywoodfit@gmail.com">sheetal.bollywoodfit@gmail.com</a>	\$10 casual class



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WELLBEING & FITNESS	DAY & TIME	INFORMATION	COST
<b>Twins Martial Arts</b> Traditional Shotokan Karate for children 4-15yrs. Classes are taught by qualified NCAS Dojo Coaches, holding Senior First Aid and Working with Children Checks.	Thursdays 4:30pm– 6:30pm	Contact: Sensei Lay or Ken Ph: 0417 373 999 Email: info@twinsmartialarts.com.au Website: www.twinsmartialarts.com.au www.facebook/twinsmartialarts	Fees apply
EDUCATION & TRAINING	DAY & TIME	INFORMATION	COST
<b>Homework Club Tarneit</b> <b>Edmund Rice Community &amp; Refugee Services</b> There are fun art activities, fresh fruit & snacks, excursions & camps during school holidays. This program is open to primary school children in grades 3-6.	Mondays 4:00pm—5:30pm Tuesdays 3:30pm—5:00pm	Contact: Erin Ph: 9366 6436 or 0466 579 289 <div style="text-align: center; margin-top: 10px;"><span style="background-color: #c00000; color: white; padding: 2px 5px; border-radius: 5px;">New</span></div>	FREE for eligible students
<b>Sunshine Arabic School</b> 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
<b>Kids Concepts Australia</b> 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 Email: info@kidsconceptsaus.com	Fees Apply
<b>Lynne's Learning</b> After-school math and English tuition for students in kinder to year 10.	Fridays 3:30-6:30pm Saturdays 10:00am—1:00pm	Contact: Hiral Ph: 0431 286 540 Email: hiral.sanghvi1@gmail.com	Fees apply
<b>Abacus 4 Kids</b> Two-hand abacus lessons for kids from 4-12yrs. Enjoy the fun way to learn math using this powerful ancient tool.	Monday 4-7pm Wed & Tues 4.30-7.30pm Friday 4.30-6pm Saturday 9-12pm	Contact: Jaslyn Ph: 0408 089 889 Email: abacus4kids@gmail.com	Fees apply
<b>Global Art</b> Art, drawing & craft classes for kids 3-12 yrs. Our courses are designed to be the one-stop shop to develop your Drawing, Painting, Colouring, Composition and Craft-making abilities.	Sundays 2-3.30pm	Contact: Edmund Ph: 0432 513 344 Email: Edmund@globalartaustralia.com.au	Fees Apply
RECREATION & LEISURE	DAY & TIME	INFORMATION	COST
<b>Family Movie Night</b> 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 23 February	Contact: Penrose Promenade CC Ph: 8734 4500 Email: penrosepromenadecc@wyndham.vic.gov.au <b>Bookings essential</b>	No cost
<b>Western Gymkhana Club</b> Recreational & social activities for club members	3rd Sat Monthly 6-9pm	Contact: Sudhir Ph: 0415 661 021 western.gymkhana@gmail.com	Costs Apply
<b>Kids Bhangra Dance</b> 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

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RECREATION & LEISURE	DAY & TIME	INFORMATION	COST
<b>Curtain Call Dance Academy</b> Beginners Ballet classes for children aged 2-12 years.	Saturdays 10.15am-1.30pm	Contact: Judy Ph: 0421 720 932 Website: www.curtaincalldance.com.au Email: ccda.enquiries@gmail.com	Fees apply
<b>KC Dance Depot</b> Jazz, Tap, Hip-Hop and Ballet dance classes for adults and kids. Classes are organised per age group.	Mon & Tues 4pm-9.30pm	Contact: Kendrie Ph: 0403 682 530 Email: thekcdancedepot@live.com.au	Fees apply
<b>Ashworks Performing Arts</b> Musical theatre and hip hop classes for youth <div style="float: right; background-color: #c00000; color: white; padding: 2px 5px; font-weight: bold;">New</div>	Fridays 4:30pm—6:30pm	Contact: Alexandra Ph: 0417 328 513 Email: info@ashworksperformingarts.com.au	Fees apply
SENIORS	DAY & TIME	INFORMATION	COST
<b>Sri Lankan Planned Activity Group (delivered by Migrant Resource Centre)</b> 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: Zeinab Ph: 9367 6044	\$7
<b>Ladies Club 60</b> 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
<b>Tarneit Harmony Club</b> Join other Punjabi speaking retirees in a friendly game of cards, share some sweets and a cup of tea.	Tuesdays and Fridays 1:00-3:00	Contact: Rashpal Ph: 0402 010 016 Email: rashpal.chaggar@gmail.com	No cost
<b>Tarneit Bharatiy Club</b> 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
FAITH, CULTURAL , SUPPORT & COMMUNITY GROUPS	DAY & TIME	INFORMATION	COST
<b>Australian Malay Foundation</b> Provide Malay cultural awareness, youth development, social welfare, and assistance.	Saturdays 2pm-6pm	Contact: Salem Ph: 0403 287 479 Email: salimsalikin@gmail.com	No cost
<b>Sri Lankan Foundation of Werribee</b> Informal weekly community group gatherings. Attendance is open to all members.	First Friday of each month 7pm-10pm	Contact: Kenneth Ph 0430 862 312 Email: secretary@slcfow.com.au Website: www.slcfo.com.au	Fees Apply
<b>Assembly of God Church of Samoa</b> A dynamic Church Service for all the family.	Sundays 10am-2pm	Contact: Tui Ph: 0421 007 448	No Cost
<b>Sathya Sai Org</b> Sai Bhajans are invited to experience spiritual advancement through devotional singing.	First & Third Thursday 7.00pm-9.00pm	Contact: Rajan Babu Ph: 0434 054 347	No Cost
<b>Australian Saay Harari Assoc</b> Tutoring children 5-24 academic & culture	Saturdays 12-2pm	Contact: Mohammed Ph: 0401 806 589	Donations Welcome
<b>Worship Centre Christian Church</b> Sunday family church service promoting love and forgiveness through the Word of God.	Sundays 2pm-6pm	Contact: Neil Ph: 0414 840 121	Donations welcome

## Programs and Activities

FAITH, CULTURAL , SUPPORT & COMMUNITY GROUPS	DAY & TIME	INFORMATION	COST
<b>Pentecostal Apostolic Faith Church</b> Small group Bible study sessions.	Mondays 7pm- 9pm	Contact : Derick Ph: 0413 299 665	No Cost
<b>Mental Health Foundation Victoria Pakistani Women’s Support Group</b> 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 Monday of the month 11:30am—1:30pm	Contact : Aisha Usman Ph: 03 9826 1422 Aisha.usman@mhfa.org.au	No cost
<b>Mental Health Foundation Victoria Indian Women’s Support Group</b> 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 Monday of the month 11:30am—1:30pm	Contact : Aisha Usman Ph: 03 9826 1422 Aisha.usman@mhfa.org.au	No cost
<b>Hindhu Dharma</b> <span style="background-color: #c00000; color: white; padding: 2px 5px; font-weight: bold;">New</span> Promotion of Hindu spirituality and culture, including yoga practice, drumming and meditation.	Last Sunday of the month 6:00-9:00pm + weekly drum lessons	Contact: Jay Ph: 0478 815 256	No Cost
<b>Sree Narayana Mission Melbourne</b> <span style="background-color: #c00000; color: white; padding: 2px 5px; font-weight: bold;">New</span>	First Saturday of the month 6pm—9pm	Contact: Shija Ph: 0402 778 912	Fees apply
<b>Friendship Café</b> <span style="background-color: #c00000; color: white; padding: 2px 5px; font-weight: bold;">New</span> 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.	Last Monday of the month 11.00am—1.00pm	Contact: Penrose Team Ph: 8734 4500 Email penrosepromenadecc@wyndham.vic.gov.au	No Cost
LIFE-STAGE SERVICES	DAY & TIME	INFORMATION	COST
<b>4 year old Kindergarten</b> 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 <b>Enrolment Packs are available at reception</b>	Fees apply
<b>Maternal Child and Health</b> 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 <b>By appointment only</b> <b>Weigh-Day drop in</b>	No Cost
<b>Immunisation</b> The Wyndham City Immunisation Unit provides bi-monthly free public vaccinations against a range of childhood and adult diseases	Thursdays 1:00pm—2:00pm <b>Feb 1, March 1, April 5</b>	Ph: 9742 0736 <b>No appointments necessary</b>	No Cost

## Regular on-site Services

LIFE-STAGE SERVICES	DAY & TIME	INFORMATION	COST
<b>Ageing Well Facility</b> 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
<b>Aged &amp; Disability Services</b> 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: <a href="mailto:in-take@wyndham.vic.gov.au">in-take@wyndham.vic.gov.au</a> For residents over 65yrs Ph: 1800 200 422 Visit: <a href="http://www.myagedcare.gov.au">www.myagedcare.gov.au</a> or <b>Eligibility criteria apply</b>	Subsidised service costs apply to eligible clients
<b>Neighbourhood Hubs Desk</b> 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 facilitating an affordable activity. We're also available to provide residents referrals to support organisations.	Mon-Fri 9am-5pm	Ph: 8734 4500 Email: <a href="mailto:penroseprome-nadecc@wyndham.vic.gov.au">penroseprome-nadecc@wyndham.vic.gov.au</a> <b>General queries welcome</b>	Community Room booking Fees apply

## NEW PROGRAMS IN 2018!

### ASHWORKS PERFORMING ARTS

Musical, theatre and hip hop classes for youth. Training the next generation of young performers.

**Day: Fridays**

**Time: 4:30pm—6:30pm**

**Contact: Alexandra**

**Ph: 0417 328 513**

**Email: [info@ashworksperformingarts.com.au](mailto:info@ashworksperformingarts.com.au)**

**New!**



### EXPRESSION OF INTEREST - YOGA CLASS

Yoga includes physical exercise, but it's also about life balance. Training your mind, body, and breath — as well as connecting with your spirituality — are the main goals of the yoga lifestyle.

Would you like to attend a Yoga Class at the Penrose Community Centre. We are taking an expression of Interest for a Yoga class.

To register your interest please call **8734 4500** or email at [penrosepromenadecc@wyndham.vic.gov.au](mailto:penrosepromenadecc@wyndham.vic.gov.au)



## HOMWORK CLUB TARNEIT

### Homework Club Tarneit

#### Edmund Rice Community & Refugee Services

Do you need help with homework? There are fun art activities, fresh fruit & snacks, excursions & camps during school holidays. This program is open to primary school children in grades 3-6.

#### Mondays

4:00pm—5:30pm

#### Tuesdays

3:30pm—5:00pm

Contact: Erin

Ph: 9366 6436 or 0466 579 289

Looking  
for tutors



## PENROSE WALKING GROUP

Heart Foundation  
**Walking**



Walking is suitable for people of all ages and fitness levels. It can be done just about anywhere and is free. Walking also has a very low risk of injury as it is low impact (not jarring on the joints) and doesn't require any special equipment or training.

Join 'Team Walkabout' a Heart Foundation group that take a gentle walk around the local area.

Meet regularly and enjoy a fun and social way to stay fit and healthy.

Bring your walking shoes & water bottle!

### Penrose Promenade Walking Group

### Join our free local walking group!

Heart Foundation Walking Groups are a great way to meet new people and look after your health.

Beginners are welcome and it's FREE!!

At: Penrose Promenade Community Centre, 83 Penrose Promenade, Tarneit – 3029

Day & Time: Wednesdays at 9:30am and Thursday 7pm

What to bring: Bring along your walking shoes and a water bottle

For more information, please contact: 8734 4500 or DJ at 0432 741 940

Email at: [penrosepromenadecc@wyndham.vic.gov.au](mailto:penrosepromenadecc@wyndham.vic.gov.au)

Wednesdays

9:30am

Thursdays

7pm

Contact: Douglas-John

Ph: 0432 741 940

Meet at the:

Penrose Promenade Community Centre  
83 Penrose Promenade Tarneit

For more information please contact the centre on 8734 4500 or email at [penrosepromenadecc@wyndham.vic.gov.au](mailto:penrosepromenadecc@wyndham.vic.gov.au)

FREE

Proudly supported by:



National sponsor



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