The Buzz @ Penrose Promenade Community Centre

Term 2, 2018

TARNEIT NIGHT MARKET – A night to remember!

It felt like every household in Tarneit came out on March 23 to shop for hand made crafts, to sample flavours from around the world and to enjoy the live music stage.

As the sun went down over the packed Penrose car park, the atmosphere at the market was fantastic!

More than 40 stalls sold their wares and neighbours had an opportunity to catch up under the fairy light marquee.

The next Tarneit market is tentatively scheduled for Friday 14th September and Friday 14th December.

See you there!

tarneitnightmarket@wyndham.vic.gov.au

Programs & Activities

Early Years

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.

Mondays 1.30pm-3.30pm

Website: www.wyndham.vic.gov.au select ‘Maternal & Child Health Services

Ph: 9742 8148

No cost

Pram Walking and Baby Play Sessions

An informal catch-up for families with babies under 12 months.

Thursdays 10am-12pm

Walk- in

Ph: 8734 5478

No cost

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

Tuesdays 10.30am - 12.30pm

Contact: Penrose Promenade CC

Ph: 8734 4500

Email: penrosepromenadecc@wyndham.vic.gov.au

$25/term

Penrose Pacific Playgroup

Afternoon gathering of parents, grandparents and young children from (0-4 yrs) to share child rearing practices of Islanders and other communities.

Wednesdays 11:00am—1:00pm

Contact: Penrose Promenade CC

Ph: 8734 4500

Email: penrosepromenadecc@wyndham.vic.gov.au

$25/term

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.

Mondays and Fridays 9am-12pm

Contact: The Grange Community Centre

Ph: 8742 8000

Limited spots $260/term + $ 50 for enrolment

Life’s Little Treasures

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

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.

Wednesdays 3pm-5pm

Contact: Hayley

Ph: 8734 1355

Website: <http://youth.wyndham.vic.gov.au/>

FREE (Costs apply for excursions only)

WELLBEING & FITNESS

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.

Thursdays 4:30pm– 7:00pm

Contact: Sensei Lay or Ken

Ph: 0417 373 999

Email: info@twinsmartialarts.com.au

Website: www.twinsmartialarts.com.au

www.facebook/twinsmartialarts Fees apply

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—10am

Contact: Rohit

Ph: 0423 531 787

Email: rohit@artofliving.org.au Gold coin donation

EDUCATION & TRAINING

Homework Club Tarneit

Edmund Rice Community & Refugee Services

There are fun art activities, fresh fruit & snacks, excursions & camps during school holidays. Mondays 4:00pm—5:30pm

Tuesdays 3:30pm—5:00pm

Thursday 3:30pm—5:00pm

Contact: Erin, Primary School

Ph: 9366 6436 or 0466 579 289

Contact: Goodrun, Secondary School

Ph : 0405 901 931

Email: programercrs@edmundrice.org FREE for eligible students

Sunshine Arabic School

Teaching primary school aged children Arabic language and social responsibility from the Islamic perspective.

Thursdays 5:00-7:00pm

Contact: Muna

Ph: 0406 635 425

Email: [safiassly@hotmail.com](mailto: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 Thursdays 5:00-7:00pm

Contact: Keerti Hosur

Ph: 0413 949 831

Email: info@kidsconceptsaus.com Fees Apply

Lynne’s Learning

After-school math and English tuition for students in kinder to year 10.

Fridays 3:30-6:30pm

Saturdays 10-1pm

Contact: Hiral

Ph: 0431 286 540

Email: hiral.sanghvi1@gmail.com

Fees apply

Abacus 4 Kids

Advanced abacus lessons for kids from 4-12yrs. Enjoy the fun way to learn math using this powerful ancient tool.

Book for your free trial lesson today!

Monday 4-7pm

Wed & Tues 4.30-7.30pm

Friday 4.30-6pm

Saturday 9-12pm

Contact: Jaslyn

Ph: 0406 946 069

Email: abacus4kids@gmail.com Fees apply

Global Art

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 9:00am—10:00am

2:00pm-3.30pm

Contact: Edmund

Ph: 0432 513 344

Email: Edmund@globalartaustralia.com.au

Fees Apply

English Conversation Class

Practise English through basic conversation.

Free adult class facilitated by volunteers.

Tuesdays 10.30am—11.30am

Contact: Penrose Promenade CC Ph: 8734 4500 No Cost

RECREATION & LEISURE

Kids Bhangra Dance

5-15yr olds will shrug their shoulders & tap their feet to learn North Indian style dance, full of energy, culture & beats.

Wednesdays 6:15-7:00pm

Contact: Ambhar

Ph: 0430 762 899

Ambhar.khanna@outlook.com

12 weeks $110; 6 weeks $55

Fees Apply $10/class

Curtain Call Dance Academy

Beginners Ballet classes for children aged 2-12 years.

Saturdays 10.15am-1.30pm

Contact: Judy

Ph: 0421 720 932

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. Monday 6:00pm—7:30pm

Tuesday 5:00pm-6:00pm

Contact: Kendrie

Ph: 0403 682 530

Email: [hekcdancedepot@live.com.au](mailto:hekcdancedepot@live.com.au)

Fees apply

Ashworks Performing Arts

Musical theatre and hip hop classes for youth

Fridays 4:00pm—6:30pm

Contact: Alexandra

Ph: 0417 328 513

info@ashworksperformingarts.com.au Fees apply

Family Movie Night

Bring 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

25th May

Contact: Penrose Promenade CC

Ph: 8734 4500

Bookings essential No Cost

SENIORS

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?

Fridays 10am-3pm

Contact: Zeinab

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 and Fridays 1:00-3:00

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

Contact: Bharat

Ph: 0423 018 458

Email:bgnilalani9@gmail.com

No cost

FAITH, CULTURAL, SUPPORT & COMMUNITY GROUPS

Australian Malay Foundation

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

Sri Lankan Foundation of Werribee

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.slcfow.com.au Fees Apply

Assembly of God Church of Samoa

A dynamic Church Service for all the family.

Sundays 10am-2pm

Contact: Tui

Ph: 0421 007 448

No Cost

Sathya Sai Org

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

Australian Saay Harari Assoc

Tutoring children 5-24 academic & culture

Saturdays 12-2pm

Contact: Mohammed

Ph: 0401 806 589

Donations Welcome

Worship Centre Christian Church

Sunday family church service promoting love and forgiveness through the Word of God.

Sundays 2pm-6pm

Contact: Neil

Ph: 0414 840 121

Donations welcome

Pentecostal Apostolic Faith Church

Small group Bible study sessions.

Mondays 7pm- 9pm

Contact : Derick

Ph: 0413 299 665

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 Monday of the month 11:30am—1:30pm

Contact : Aisha Usman

Ph: 03 9826 1422

Aisha.usman@mhfa.org.auNo cost

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 Monday of the month 11:30am—1:30pm

Contact : Aisha Usman

Ph: 03 9826 1422

[Aisha.usman@mhfa.org.au](mailto:Aisha.usman@mhfa.org.au)

No cost

Hindhu Dharma

Promotion of Hindu spirituality and culture, including yoga practice, drumming and meditation.

Last Sunday of the month 6:00-9:00pm

Plus weekly drum lessons

Contact: Jay

Ph: 0478 815 256

No Cost

Sree Narayana Mission Melbourne

First Saturday of the month

6pm—9pm Contact: Shija

Ph: 0402 778 912

Fees apply

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.

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

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.

Weekly sessions

Ph: 9742 8172

Fees apply

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.

Daily 8:30am—4:30pm

Ph: 9742 8148

By appointment only

Weigh-Day drop in

No Cost

Immunisation

The Wyndham City Immunisation Unit provides bi-monthly free public vaccinations against a range of childhood and adult diseases

Thursdays 1:00pm—2:00pm

May 3, June 14, July 5, August 2

Ph: 9742 0736

No appointments necessary

No Cost

Ageing Well Facility

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

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

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.

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

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 facilitating an affordable activity. We’re also available to provide residents referrals to support organisations.

Mon-Fri 9am-5pm

Ph: 8734 4500

Email: penrosepromenadecc@wyndham.vic.gov.au

General queries welcome

Community Room booking Fees apply

GLOBALART

Global Art is an art, drawing and craft class for kids aged 3-12 years. Global Art courses are designed to be the one stop shop to develop your drawing, painting, colouring, composition and craft making abilities.

Global art multiple level art programs are

designed to enable learners to learn art at their own pace starting from Junior level to

advanced level.

For more information contact Edmund on:

0432 513 344 or email:

[edmund@globalartaustralia.com.au](mailto:edmund@globalartaustralia.com.au)

NEW – Sundays 9am – 10am & 2pm -3.30pm

New Homework Club for Primary & Secondary Students

Adult Volunteer Tutors Wanted – Contact Erin: 0466 579 289

In term 1 this year, Edmund Rice Community and Refugee Services began a new homework club for primary school children at Penrose Promenade Community Centre. It was a wonderful start to the year, with children enrolling from many different local schools. The students have already begun making friends and getting to know their tutors. We finished the term with a soccer clinic with Melbourne Victory, which was a lot of fun for everyone, and with a trip to ERCRS's community centre at Mt Atkinson for a day of bike riding, archery, slack lining, bush cooking and art making.

We look forward to continuing next term, when we will also start a secondary tutoring program (on Thursdays from 3.30-5.00) for high school students.

Raising a Flag for Harmony Day

Staff and kinder students watched the Australian, Aboriginal and Torres Strait Islander flags raised up towards the sky and sand “Womenjika”, a phrase that means “welcome” to the people of the Kulin Nation. The occasion was a fitting way to welcome Cultural Diversity Week and Penrose is proud to be part of such a diverse

community.

Kids Get Crafty

Looking for a local activity to spark the creativity in your child? Farsana will lead a fun 8 week class aiming to help children aged 5 – 12 years build confidence, express themselves learn new skills and make new friends.

Mondays 4:30 – 5:30pm

Penrose Promenade Community Centre

81 - 83 Penrose Promenade Tarneit

8734 4500 or penrosePromenadecc@wyndham.vic.gov.au

Starting May (subject to demand)

Fridays 4:30 – 5:30pm

Cost: $80 (8 weeks)

Harmony Club Hits the Road

Spirits were high as Tarneit Harmony Club head off to Geelong Botanical Gardens, Eastern Beach Geelong and Torquay Beach last month.

Ladies Club 60 Celebrates HOLI

The event is organised to give the real feel of HOLI and its enjoyment. The event includes playing with colours and engaging in feasting together. The festival celebrates the arrival of Spring and Thanksgiving for a good harvest in addition to being seen as a day used for building relationships through play and laughter.

Highlighting Local Talent & Programs at Penrose Open Day

Wow, Saturday 3 March was such a fantastic neighbourhood event! The diverse talent of our local activity groups is truly something to be proud of, the food was delicious, the staff stalls were engaging and the sun was shining down. A huge thank you to all who made this such a success.

School Holidays got Slimy at Penrose

Our energetic volunteers kept our crew of kids entertained with henna designs and gooey green slime… what a joyous mess we made! See you next holidays.