# THE BUZZO wyndhamcity city. cosst.co

#### Saltwater Community Centre



A STROKE OF GENIUS

ferm 4, 2018

Saltwater Community Centre hosted another Stroke Week event this year, building on last year's event. Run with support from The Stroke Association, we expanded the event to include Wyndham Civic Centre and Manor Lakes Community Learning Centre as partner venues. IPC nurses and students provided blood sugar, blood pressure and BMI checks, whilst Saltwater Art Studio artist Carolyn Warren-Langford was on hand to help participants create their own ceramic red blood cell memento. In three hours, we saw one hundred and ten community participants, referring four on for further assessment. Stroke kills more men than prostate cancer and more women than breast cancer every year, yet over eighty percent of strokes are preventable.

Make sure you get an annual check up, and learn to recognize the signs of stroke: F.A.S.T—has their FACE drooped? Can they lift both ARMS? Is their SPEECH slurred and do they understand you? Call 000—TIME is critical! Contact the Stroke Foundation at strokefoundation.org.au

Wyndham Council acknowledges the Woiwurrung and Boonwurrung peoples of the Kulin Nation as the Traditional Owners of the land on which Saltwater Community Centre is built.

Stroke

If you see any of

these symptoms

Act FAST

call 000

#### SERVICES AT SALTWATER

Community Centre - contact details below

cognise STROKE

Can they lift both

- Kindergarten for enrolments, call 9742 8147
- Maternal & Child Health Services—for appointments, call 9742 8148

SPEECH

Think F.A.S.T.

#### Saltwater Community Centre

FACE

153 Saltwater Promenade, Point Cook 3030 Phone: 8376 5500 Email: saltwatercc@wyndham.vic.gov.au



			COCT
EARLY YEARS	DAY & TIME	INFORMATION	COST
First Time Parents Group	Monday	Contact: Maternal and Child Health	No cost
Meet friendly local parents, talk about your kids and have fun! Share experiences, get advice, give	1-4pm	9742 8148	
support and make new friends.		www.wyndham.vic.gov.au select 'Maternal & Child Health Services	
Maternal & Child Health Services	By appointment only	Contact: Maternal and Child Health	No cost
Professional nursing support and advice for parents with children from birth to school age.		9742 8148 wwww.wyndham.vic.gov.au	
Immunisations	Wednesdays	Contact: Environmental Health Department	No cost
Free childhood immunisations.	1-2pm	9742 0736 www.wyndham.vic.gov.au/Immunisation	
No appointment required	17 October		
	14 November		
	12 December		
Kindergarten	Weekly sessions	Contact : Kindergarten Services	Fees apply
Wyndham City Council Kindergarten Services for 3 and 4 year olds.		9742 8172	
Pre-School Songs, Stories & Playtime	Fridays	Contact: Saltwater Community Centre	No cost
Enjoy a fun way to develop early literacy skills in	9:30-10:30am	8376 5500	
young children aged 1-4 with song, stories, puppets, body movement, play time and more.		saltwatercc@wyndham.vic.gov.au	
Saltwater Multicultural Playgroup	Thursdays	Contact: Saltwater Community Centre	\$30 per Term
From newborn to pre schoolers they all have	Session 1	8376 5500	
different needs and eagerness' to learn. Come and meet other families from local community.	10am-11:30am	saltwatercc@wyndham.vic.gov.au	
	Session 1	Bookings essential	
Tiny Tutus	Fridays	Contact : 1300 245 060	Fees apply
Tiny Tutus is the perfect place for your ballerina to dance, with classes for baby ballerinas as young	9.15-11:30am	www.tinytutus.com.au	
as 16 months and for princesses up to 5 years of			
age! Beautiful early childhood ballet lessons,		\$50 yearly registration fee which includes	
taught by our quality Tiny Tutus trained specialist teachers with Mums and Dads more than		your ballerinas gorgeous class tutu	
welcome to stay and watch!			
Неу Dee Ho	Wednesdays	Contact : Melissa Smile	Fees apply
Educational music program for children 6 months	10-12am	0457 301 878	
to 5years. Parent and child classes, have no more	10-159111	heydeehomusicwyn@gmail.com	Free trial
then 12 children. Creating a fun filled interactive			Free trial Class
45 minutes musical play date! We have puppets, instruments and so much more.		,	
45 minutes musical play date! We have puppets,		www.heydeehomusic.com.au	Class

KIDS	DAY & TIME	INFORMATION	COST
Unite Dance Studio	Tuesdays	For more information	Fees apply
At Unite Dance Studio, we provide the highest	Primary Ballet	Contact : Rachel	
quality dance tuition to our students, in a safe, positive and supportive learning environment. We're	(ages 6-10) 4-4.45pm	0419375797	
for community, and strive to unite people by making	Primary Hip Hop	unite.dance@outlook.com	
dance accessible for all to enjoy! We offer classes in	(ages 6-10) 4.45-5:30pm		
Jazz, Ballet, Hip Hop, Tap, Contemporary, Lyrical and more.	Junior Jazz & Tap		
	(ages 8-14) 5.30-6:15pm		
	Junior Ballet		
	(ages 8-14) 5.30-6.15pm		
	Wednesdays		
	Pre-School Dance		
	(ages 3-5) 4.4.30pm		
	Pre-Primary Jazz/Hip Hop		
	(ages 5-7) 4.30-5pm		
	Junior Hip Hop		
	(ages 8-14) 5-5.45pm		
	Adult Beginner Tap		
	(ages 18+) 6-7pm		
	Stretch & Strengthen		
	(ages 18+) 7-8pm		
	Open Contemporary		
	(ages 18+) 8-9pm		
Wynbay Blue Light disco	2nd Friday Monthly	Contact : Penny Renden	Fees apply
Disco for children aged between Grade prep to 6.	7-9:30pm	0402 956 857/9731 2500	
Supervised by off duty Police and Community Volunteers. Drug and Alcohol free environment. No	12 October	Penelope.renden@police.vic.gov.au	
Passouts	9 November		
	14 December		
JKA Karate	Wednesdays	Web: www.jkaaustralia.com	Fees apply
Learn the traditional striking and open hand martial	6.30-8pm		
art. First four lessons free.	Saturdays		
	1:30-3pm		

Shiamak Davar Bollywood Dance Classes	Mondays	Contact : Darshan/Vihang	Fees apply
Bollywood, Jazz Contemporary & Hip Hop dance for	5:30 - 9:30pm	0499 888 115	
kids, teens and adults.	Fridays	www.melbourne@shiamak.com	
	5:30 - 9:30pm		
Point Cook Dance	Tuesday	Contact : Mandy Croker	Fees apply
Point Cook Dance classes are serious fun.	Grade 3 +	0416 679 911	
They love dance, drama and singing and want everyone from the age of 3 through to teenagers to	6– 7pm Singing	info@pointcookdance.com.au	
experience the thrill that dance can bring.	7-8pm Drama		
	Thursdays		
	5:15 - 6pm Jnr Boyz		
	(5 - 7 years old)		
	6-7pm Boyz Hip Hop		
	(8 year olds+)		
	Saturdays		
	10-11 - Acro 2		
	11am-12pm - Acro 1		
	12:15 -2pm Level 2 Combo		
Global Art	Thursdays	Contact : Edmund	Fees apply
Art and Craft classes for kids 4yo and above	4-5:30pm	0432513344	
transforming the way children learn art through its award-winning international art program. Our		Edmund@globalartaustralia.com.au	
courses are designed to be a one-stop shop to			
develop Drawing, Painting, Colouring, Composition			
and Craft making abilities.			
TeKids	Saturdays	Contact : Parth Verma	Fees apply
Jedi Junior Robotics class for kids from	10am-12:30pm	0435 023 078	
grade 1 to grade 4. Teach kids to build robots and	2pm-3:30pm	tekidsaustralia@gmail.com	
how to do coding.	1pm-2pm		
	Sundays		
	10:00am-11:30am		

RECREATION & LEISURE	DAY & TIME	INFORMATION	COST
Dance 101	Thursdays	Contact : Olga 0419 392 308	Fees apply
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!	7-8pm	info@dance101.com.au	
Beat Factor Drum Group Drum workshops/Classes in World Rhythms, from African, Samba, Calypso, Reggae and many more. Class covers: instrument technique on drums and hand percussion. Easy to follow drum piece arrangement & solo ideas. <i>Beginners to Advanced</i> .	<b>Tuesdays</b> 7-8:30pm	Contact : Rod—Beat Factor Music 0411 028 077 info@beatfactormusic.com <i>All drums and percussion provided</i> .	Fees apply
Aiki Kai Aikido Aikido is a modern, non-aggressive Japanese martial art. Effective as a martial art but its essence goes beyond the resolution of physical conflict. Based on a background of rigorous training in traditional Japanese jujutsu, sword and spear techniques. Aikido is a true 'budo' path, in which the keen edge of martial training is utilised as a 'Way' to spiritual growth. <i>Suitable for all ages and abilities.</i>	Tuesdays 7:15-9pm Saturdays 8:15-10am	Contact : Andrew Last 0405 330 149 www.aikido.org.au	\$70 per annum + annual membership of the National Aikido Federation
Samarpan Theatrical Arts Samarpan Theatrical Arts would be conducting Hindi Drama Rehearsals, Team Building activities and Theatre Workshops for all ages.	1st, 2nd and 3rd Sundays on month 4:30 - 6:00pm (except public holidays and long weekends). Thursdays 8-10pm	Contact : Sumitra Puri 0402 581 808 Sumitra.Puri@gmail.com samarpantheatricalarts@gmail.com	Registration fee \$50
EDUCATION & TRAINING	DAY & TIME	INFORMATION	COST
Abacus Training Centre by Sempoasip 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 : Munita 0433 551 979 www.facebook.com/ sempoaSIPAustralia	Fees apply
English Conversation Come along and enjoy learning basic English in a friendly environment. This is a free program for non- English speaking adults.	<b>Tuesdays</b> 1-2:30pm	Contact: Saltwater Community Centre 8376 5500 saltwatercc@wyndham.vic.gov.au <b>Bookings essential</b>	No cost

<b>C</b>	·		
Computer Skills—Advanced The course is an introduction to computers and includes keyboard practice emails, google searches and creating and saving basic word documents Introduction to MYOB Practical hands on course designed to teach computerised accounted package MYOB Creating a new data file Creating the Chart of accounts Entering Sales and Purchases Making and receiving payments Bank reconciliation Creating inventory Creating Card Files Payroll Module Business Activity Statement (BAS)	Tuesdays   9am-12pm   9 Oct—11 Dec   Tuesdays   12:30-3:30pm   9 Oct—11 Dec	Contact: Saltwater Community Centre 8376 5500 saltwatercc@wyndham.vic.gov.au <b>Bookings essential</b> Or enquiries@wyndhamcec.org.au	\$40/\$25 concession \$40/\$25 concession \$65 for study book &DVD
FAITH, CULTURAL & COMMUNITY GROUPS	DAY & TIME	INFORMATION	COST
Justice of Peace If you need to get your documents attested, witnessed and certified, please come and see our friendly Justice of Peace—Patricia Hume. Social Craft Bring along knitting, crotchet, sewing, drawing, jewellery or any other portable craft and enjoy making and sharing in this social group.	Wednesdays 12-1pm Wednesdays 9am—12pm	Contact : Patricia Hume 0416 245 121 No bookings required	No Cost
<b>CWA Point Cook Branch</b> Our programme is member led and consists of speakers, demonstrations and fun-raising events. We support many charities mostly in our own area. We offer friendship and support to women in our community.	<b>Thursdays</b> 7pm Monthly (3rd Thurs of very month)	Contact : Linda Baker 0497 285 399 blee.baker@live.co.uk	Membership may apply
Melbourne Yangtze Choir Chinese Choir involves singing, dancing,	Sundays	yangtzechoir@gmail.com	Fees apply

			<b>F</b>
Western Gymkhana Club Inc	1st and 3rd	Contact : Sudhir	Fees apply
A local not for profit community club for families, aiming to engage and bring social, recreational,	Saturday of the month	0415 661 021	
support and cultural opportunities to its members	6.30-9.30pm	www.westerngymkhanaclub.com	
on regular basis. We also have men and women		Facebook: www.facebook.com/	
groups exclusive bonding activities every month.		WesternGymkhanaClub	
Wyndham Happy Life Association	Fridays	Contact : Yun Yun	Membership
The Wyndham Chinese Happy Life Association is a	12 – 4:30pm	0421 899 399	may apply
non-profit organisation. It promotes Chinese senior residents and other neighbourhoods mental and physical health in Wyndham City. We have several volunteer teachers and team leaders to teach the community members exercises such as singing,		yunyun@live.com.au	
dancing, Tai Chi, square dancing, bowling, cooking, playing table tennis and gardening.			
Christ New Creation Fellowship Church	Sundays	Contact : Dennis Ferrer	No cost
A non-sectarian, non-denominational, evangelistic	12-4pm	0416850191	
and missionary-sending church. Proclaiming		dennis.ferer@hotmail.com.au	
salvation, healing, deliverance and the coming of our Lord Jesus Christ. We aim to encourage everyone to			
build a strong relationship with God, and to grow			
and participate in fulfilling their calling and purpose			
in the Lord.			
Point Cook Adventist Community Church	Saturdays	Contact : Danijela	No cost
Our program has wide span of activities such as:	3-6:30pm	9395 6399	
Adults, youth and children worship together			
every Saturday afternoon, Children's program			
according to the age, Fundraising concerts for			
charity, Children's concert, Free Community dinner,			
Monthly Free Community work (lawn moving, gardening, car wishing, moping, etc.), Educational			
program such as Parenting, Relationships, Health, Depression seminars, Prophecy seminars, etc.			
Global Organisation for Divinity Australia	Last	Contact : Vidya	Donations are
Gopa Kuteeram classes and Satsang for adults in	Sunday of the month	0425 770 971	welcome
Saltwater community centre on last Sunday of every month. This year we are teaching <b>Ramayanam</b> ,	4-6pm	https://godivinity.us3.list- manage.com/subscribe?	
Bhagavad Gita and Bhagavatham. Classes are		u=d0820cc2d1e034d17ecb02063&id	
offered on a <b>NO FEE</b> basis to the participating		=00ae637c12	
offered on a <b>NO FEE</b> basis to the participating children. All classes are conducted in English.		=00ae637c12	
offered on a <b>NO FEE</b> basis to the participating		=00ae637c12	

HEALTH & WELLBEING	DAY & TIME	INFORMATION	COST
Wyndham Young Stroke Network Share Support Encourage—Informal social meet- up for survivors and carers aged 55 and younger.	No fixed meeting time	Contact Bob saltwatercc@wyndham.vic.gov.au	No cost
Weight Watchers Join our weekly group meetings and get expert advice from our Coach to get support and inspiration to reach your goal. Share your journey with fellow members and be a part of a positive like-minded group.	<b>Saturdays</b> 8.30 - 10am	Contact : 131997 www.weightwatchers.com.au	Fees apply (Special offer for seniors and single parents) Refer to website
Kangatraining A fun, safe, multi award-winning postnatal workout incorporating babywearing, cardio and dance. An amazing way to meet Mums & Bubs in your community.	<b>Mondays</b> 10 - 11am	Contact : 0432 884 102 Email: kylie@kangatraining.com.au	First Session \$5 ( <i>includes carrier hire</i> <i>if needed</i> ) Term fees apply thereafter



#### **SALTWATER ART STUDIO**

Saltwater Art Studio is evolving! Over the last couple of months the studio has transitioned into an artist-led space, that is, a space in which the artists accessing it are now working together collectively to develop and run it. Along with the established offerings that Saltwater Art Studio has become known for (it's ceramics, painting, and youth offerings), there will also be a variety of short-term and one-off activities to fill out the schedule, which will change each quarter. For more information visit our new website and be sure to 'like' and follow us on Facebook and Instagram for news updates and weekly doses of creative inspiration!

SALTWATER ART STUDIO	DAY & TIME	CONTACT	COST
Open Studio	Fridays	saltwatercc@wyndham.vic.gov.au	No cost
An open resource for local artists. Bring your gear and work alongside other creatives in the studio.	9am—4.30pm		

Ceramics Skills: Beginners Wheel Throwing	Wednesdays		
Beginner's class to create your own Ceramic vessels using the potter's wheel.	6:30 - 9:00pm		
	Thursdays 6:30 - 9:00pm		
Ceramics Skills: Intermediate Wheel Throwing	Saturdays	Instructor : Nandita Nadkarni	Fees apply
Next Level up from the beginner's class. Create your own Ceramic vessels using the potter's wheel	9:30am - 12:00pm	0432 266 229 ozceramicsonline.com.au For more info visit	
Ghost! Ceramic Date Night Workshop	Friday	www.saltwaterartstudio.net	
How would you like to relive the pottery scene from the movie Ghost.	26 <b>October</b> 7-10pm		
Bring a mate or bring a date and have lots of fun playing with clay on a potters wheel.			
Wine and cheese provided.			
Handbuilding with Clay—Tableware—Handmade with love	Tuesdays		
Handbuilding with Clay classes in term 4 will focus on hand formed ware for the home—without using a	6:30 - 9:00pm <b>October</b> 16,23 & 30		
pottery wheel. Hand forming allows you to continue making at home without the mess or that need for an extra room. All materials and use of tools and equipment included, firing at a small extra cost.	<b>Thursdays</b> 10:30am—1pm		
	October 18,25 November 1		
Hand building with Clay—Succulent Planters— handmade with love	Tuesdays		
Unique planters and plant labels hand made by you,	6:30 - 9:00pm <b>November</b>	Carolyn Warren-Langford <u>claysanctuaryinfo@gmail.com</u>	Fees Apply
to suit your personality, home and garden. You will create 3 succulent planters and some plant labels to match in this three week short course. All materials included, firing extra small cost.	15,22,&27 Thursdays	For more info visit www.saltwaterartstudio.net	Γεες Αρριγ
	10:30am—1pm		
	November 15,22 & 29		
Casual Clay	Tuesdays		
These casual clay sessions are perfect for previous	7—9pm		
students to focus on techniques they have already acquired and to work independently on their own	Thursdays		
	1	1	- I

Life Drawing Sessions Life Drawing will continue on every third Friday of the month for October and November, with December's session being on the second Friday and special Christmas Edition! We are looking forward to having a tutored session in either October or November. October's model will be Angela.	October 19 November 16 December 14 7:30—10pm	Carolyn Warren-Langford <u>claysanctuaryinfo@gmail.com</u> For more info visit <b>www.saltwaterartstudio.net</b>	Fees Apply
Pencils Classes—Graphite, Watercolour & Coloured Pencils Throughout 6 weekly classes learn step by step how to create art works with various pencil types: graphite, watercolour and coloured pencils. Information covered includes: materials and tools, preparing your under- drawing, understanding value, choosing colours, application and techniques, tricks and tips. Beginners and experienced artists welcome.	Mondays 9:30—11.30pm October 15 to 19 November	Instructor : Michelle Ripari 0402 818 891 Website: - <u>https://michelleripariart.com/</u> For more info visit <b>www.saltwaterartstudio.net</b>	Fees apply
<b>Figurative Drawing</b> Under the expert guidance of Nick Shepherd, you will draw realistic figures from your imagination. This eleven week course will cover basic anatomy, from drawing , rendering and lighting. Classes open to teen and adults. Please bring an A3 sketchbook, 2b pencil, eraser or knead able eraser, a pen and a ruler.	Tuesdays 3:30 - 5:30pm October 9 to 18 December	Instructor : Nick Shepherd <u>dabura666au@yahoo.com</u> For more info visit <b>www.saltwaterartstudio.net</b>	Fees Apply

#### Wyndham Learning Festival

There was a great turnout in September for our two festive events hosted by Saltwater favourites *Unite Dance Studio* and *Beat Factor Drum Group* for The Wyndham Learning Festival. Thanks everyone for coming along and making these events so special! Additional thanks to Roger and Praveen for helping out in the drumming class as well. You can catch the Unite Dance Studio crew performing their hip hop routines at Werribee Mansion on October 28th as part of the Children's Week Picnic

Unite Dance Studio, Classes for all ages, various times Tues & Weds. Contact Rachel - 0419375797 or unite.dance@outlook.com Beat Factor From Tuesday 9 October, 7.00 to 8.30 pm. Contact Rod - 0411 028 077 or www.beatfactormusic.com



Unite Dance Studio

Beat Factor Drum Club

# Around Saltwater

# Saltwater Craft

#### Putting On A Show

Our Saltwater Crafters put on another specatular display of their inventive knitted tea cosies at this years Royal Melbourne Show. A number of the group travelled to the Showgrounds in September to see their handiwork take centre stage in the Maker's Pavillion, raising funds and awareness for Altzheimers Australia. The Craft Group meets every Wednesday in the Saltwater Art Studio between 9am and 12 noon. Bring along your current project, make new friends and enjoy crafting with the experts!

# Seniors Week Festival 2018

Wyndham Happy Life Inc provided an rich cultural afternoon for a huge audience as part of this year's Wyndham Senior's Week Festival. A number of residents from the local retirement home attended the festivities, with a banquet lunch followed by performances from Happy Life participants, including Tai Chi, Tai Chi Tennis, traditional swordsmanship, choirs, fan and ribbon dancing. The highlight of the day was performance of Happy Life's own song, composed as a love letter to Wyndham. Congratualtions to all all the performers on an amazing event!





HOLIDAY FUN

Did you know that Saltwater Community Centre runs holiday activities for kids during the school term breaks?

We recently had great fun making lanterns and frames (pictured above), decorating lamps and wall decors. Creativeactivities for parents and their kids aged 3-10 years old.

For more info on our holiday programs, contact the centre on 8376 5504 or email saltwatercc@wyndham.vic.gov.au



# WERRIBEE PARK SUNDAY 28 OCTOBER 2018 10AM - 4PM

FAMILY FUN - FOOD - GAMES - MUSIC - ARTS wyndham.vic.gov.au/childrensweekpicnic





#### **Community Centre News**



#### **Community Liaison Officer**

Many of you will be familiar with Fiona Rodrigues (pictured left) who has been taking you community centre calls and enquiries for the last year whilst Sue Logovae was on secondment. We're delighted to announce that Fiona is now our permanent Community Liaison Officer. Congratulations Fiona, and welcome to the team!

#### **Saltwater P-9 College Enquiries**

With the construction of the new Saltwater College on our doorstep, we

are very pleased to have Principal Jackie Daniali co-ordinating this exciting new development from the Community Centre Offices. Sue Vijay (pictured right) is at Saltwater Community Centre's reception where she can advise you on enrolments and other School Enquiries. Pop in and have a chat with Sue!





#### **Goodbye to Sue**

Sue Logovae has sadly departed Saltwater to return to Whittlesea Council where she will be the new face of Barry Road Community Centre. Sue was with us from the very first day of the centre, so she's always welcome at the centre as part of our extended family. We wish Sue all the very best for the future and thank her for her years of service.

# OPEN STUDIO

# FRIDAYS 9AM-4.30PM

No space at home to create? Come make your masterpieces here!

The studio is open on Fridays from 9am till 4.30pm every week\* for the community to come in and get creative. Bring your gear and make yourselves at home. Bring in your supplies and inspiration and make yoursleves at home in the Saltwater Art Studio.

\* Unless otherwise posted for special events. No materials are provided as part of this offering, just the space.



@SALTWATERARTSTUDIO WWW.SALTWATERARTSTUDIO.NET SALTWATERARTSTUDIO@GMAIL.COM

SALTWATER COMMUNITY CENTRE 153 SALTWATER PROMENDADE POINT COOK VIC 3030 (03) 8376 5500

