***THE BUZZ – PENROSE PROMENADE COMMUNITY CENTRE – TERM 4 2018***

**TARNEIT NIGHT MARKET**

**The Tarneit Night Market Returns! Stall holders & performers wanted!**

Look forward to an exciting summer night out with your friends and neighbours at Penrose Community Centre’s second Tarneit Night Market on Friday the 14th of December.

The December Tarneit Night Market will showcase the best Tarneit has to offer, with plenty of talented local entertainers, diverse handmade crafts, and food from all over the globe.

Rediscover your neighbourhood with a night of fun, food and entertainment for adults and kids alike!

 **Get involved**

Would you like to bring an aspect of your culture to the Tarneit Night Market? Expressions of Interest for stallholders, food vendors and entertainers are open until 13 November. Those offering all things local, handmade and culturally diverse are encouraged to apply.

**Expression of Interest Form**

Holding a stall at the Tarneit Night Market will be free, and stalls and food trucks must be self-contained as no water or power will be provided on-site.
To place an Expression of Interest, visit: <https://www.wyndham.vic.gov.au/form/tarneit-night-market-expression2>

**PROGRAMS AND 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

Ph: 8734 5478

Walk- in

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 11.00am—1.00pm

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 years 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

Playtime @ Penrose

Due to popular demand Penrose is pleased to introduce a new morning Playgroup for parents and children (0-4) to socialise and play.

Tuesdays 9.30am—11.00am

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 enquiries@grangecommunity.org.au

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

Vietnamese Playgroup

Afternoon gathering of parents, grandparents and young children from 0-4 years to share child rearing practices of Vietnamese community.

Wednesdays 1:00pm—3:00pm

Contact: Penrose Promenade CC

Ph: 8734 4500

Email: penrosepromenadecc@wyndham.vic.gov.au

$30/term

WELLBEING & FITNESS

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 7:00pm

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—10:00am

Contact: Rohit

Ph: 0423 531 787

Email: rohit@artofliving.org.au

www.artofliving.org

$5

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: 0416 333 113

Email: info@twinsmartialarts.com.au

Website: www.twinsmartialarts.com.au

[www.facebook/twinsmartialarts](http://www.facebook/twinsmartialarts)

Fees apply

EDUCATION & TRAINING

Homework Club Tarneit

(Delivered by Edmund Rice Community & Refugee Services)

Local school students are mentored by Volunteer tutors and learn healthy study habits. There are fun art activities, fresh fruit & snacks, excursions & camps during school holidays.

Mondays (Primary) 4:00pm—5:30pm

Tuesdays (Primary) 3:30pm—5:00pm

Thursday (Secondary) 3:30pm—5:00pm

Contact: Gudrun, 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

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 etc.

Thursdays 5:00-7:30pm

Contact: Keerti Hosur

Ph: 0413 949 831

Email: info@kidsconceptsaus.com

Fees Apply

Lynn’s Learning

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

Fridays 4:00-6:00pm

Saturdays 9.30—12pm

Contact: Hiral

Ph: 0423 725 825

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 4:00-7:00pm, Tuesday 4.30-7.30pm, Wed 4.30-7.30pm, Friday 5:00-6:30pm, Sat 9:00-12:00pm

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

Brainworks

Scholarship exam preparation for years 3-8 Selective entry exam preparation for years 3-10 Foundational English and Math programs for years 2-10

Wednesday 4:30pm—6pm

Contact: Pooja

Ph: 0419 777 498

Email: Werribee@brainworks.com.au

Fees Apply

Does your child need assistance with Maths and English? At Brainworks we assess, create an individual plan and support learning for children from years 2 – 10. Scholarship and selective entry exam prep is also available. Meeting the needs of students builds confidence and creates great outcomes.

RECREATION & LEISURE

Kids Bhangra Dance

5-15yr olds will be shrugging their shoulders & tapping their feet as they 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

Curtain Call Dance Academy

Beginners Ballet classes for children aged 2-12 years.

Saturdays 10.30am-1.30pm

Contact: Taylah

Ph: 0421 720 932

www.curtaincalldance.com.au

Email info@curtaincalldance.com.au

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: thekcdancedepot@live.com.au

Fees apply

Kangatraining

A post natal workout focussed on re-strengthening the pelvic floor and abdominal muscles after pregnancy.

Wednesdays 10:15am—11.30am

Contact: Tracy

Ph: 0437 018 622

Email: tracy@kangatraining.com.au

Website: [www.kangatraining.info/country/au](http://www.kangatraining.info/country/au)

Fees Apply

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 over a cooked lunch and a game of Rummi tiles?

Fridays 10:00am-3:00pm

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:bgnihalani9@gmail.com

No cost

FAITH, CULTURAL SUPPORT & COMMUNITY GROUPS

Australian Malay Foundation

Provide Malay cultural awareness, youth development, social welfare, and assistance.

Saturdays 2:00pm-6:00pm

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 7:00pm-10:00pm

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 10:00am-2:00pm

Contact: Tui

Ph: 0421 007 448

No Cost

Tarneit Sathya Sai

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

Pentecostal Apostolic Faith Church

Small group Bible study sessions.

Mondays 7:00pm- 9:00pm

Contact: Derick

Ph: 0413 299 665

No Cost

Pakistani Women’s Support Group (delivered by Mental Health Foundation Victoria)

A facilitated support group specially designed for Pakistani and Indian women living in the west.

Increase social interaction and win the war of isolation by enhancing your skills and feeling empowered.

1st Monday of the month 11:30am—1:30pm

Contact: Aisha Usman

Ph: 03 9826 1422

Aisha.usman@mhfa.org.au

No Cost

Women’s Oromo Network

An informal volunteer facilitated activity, where participants share a meal, discuss personal challenges, share information about local services, and help one another to their best selves.

Mondays Fortnightly 10:00am-12:30pm

Contact: Penrose Promenade CC

Ph: 8734 4500

Email: penrosepromenadecc@wyndham.vic.gov.au

No Cost

Indian Women’s Support Group (delivered by Mental Health Foundation Victoria)

A facilitated support group, specially designed for Indian women living in the west who face feeling of loneliness or stress. Talk to others about relationships, finances, housing and life’s challenges.

3rd Monday of the month 11:30am—1:30pm

Contact : Aisha Usman

Ph: 03 9826 1422

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

Adherents of Guru Sree Narayana meet for prayer and a shared meal.

First Saturday of the month 6:00pm—9:00pm

Contact: Shija

Ph: 0402 778 912

Fees apply

Sathya Sai Organisation

Global spiritual movement promoting the practice of human values such as love, truth, peace, right conduct and non-violence. It is a multi-faith organisation drawing people from all walks of life.

First and third Thursday of every month 7:30-8:30pm

Contact: Rajan Babu

Ph: 0434 054 347

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

CHILDREN’S WEEK PICNIC

The annual Children’s Week Picnic is back for the 18th year, and will be held on Sunday 28th October at Werribee Park.

This FREE community event is open and accessible to all and is a fun family friendly day out full of entertainment, interactive arts experiences, sporting activities, music, dancing and good times!

There will also be food trucks and roving entertainers. Look out for a giant giraffe and elephant—did they escape from the Werribee Zoo to join in on the fun?

We hope that you can join us for a great fun day out at the Children’s Week Picnic.