

# THE BUZZ @



Term 1, 2019

## Penrose Promenade Community Centre



### Keep Saturday 16th March free..... Tarneit Night Market

#### *A letter from the Penrose Team*

A huge warm welcome to 2019! We are excited and delighted to provide you with information on what is new and what will remain apart of our programs and activities at the Penrose Promenade Community Centre for 2019.

As we took on the mammoth task of scheduling programs and times for Penrose activities, we also welcomed many programs from the Tarneit Community Learning Centre (TCLC) which we are confident you will be happy to learn more about. The TCLC is now closed for 12 months as they undergo a retrofit, which we are super excited to see the beautiful new spaces for the Tarneit Community in 2020.

Choosing the programs and activities for 2019 included the use of the Neighbourhood Priorities that was developed over the course of 2018 through lots of conversations, community feedback and surveys. If you would like to be a part of this process to plan for 2020, please speak to anyone from the Penrose Team.

We look forward to seeing you more at Penrose

Regards,

Jon, Samantha & Natalie

**Tarneit Night Market**  
**SATURDAY 16 MARCH 2019**  
**6PM - 9PM FREE**

**PENROSE PROMENADE COMMUNITY CENTRE**  
83 Penrose Promenade, Tarneit

**MUSIC · CRAFT · FOOD · PLAY**

[wyndham.vic.gov.au/tarneitnightmarket](http://wyndham.vic.gov.au/tarneitnightmarket)

#### **Penrose Promenade Community Centre**

83 Penrose Promenade, Tarneit 3029

Phone: 8734 4500

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



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

## 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' ☎ 03 9742 8148	No cost
<b>Playtime @ Penrose</b> Due to popular demand Penrose is pleased to introduce a new morning Playgroup for children and parents (0-4) to socialise and play.	Tuesdays 9.30am—11.00am	Contact: Penrose Team ☎ 03 8734 4500 ✉ <a href="mailto:penrosepromenadecc@wyndham.vic.gov.au">penrosepromenadecc@wyndham.vic.gov.au</a>	\$45/term
<b>Penrose Petals</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 11.00am—1.00pm	Contact: Penrose Team ☎ 03 8734 4500 ✉ <a href="mailto:penrosepromenadecc@wyndham.vic.gov.au">penrosepromenadecc@wyndham.vic.gov.au</a>	\$45/term
<b>VICSEG New Futures</b> This playgroup is for migrants and refugee families in Wyndham which offers the opportunity for children to learn social skills through play and meeting other migrant and refugee families from the local community. <div style="text-align: right; background-color: #c00000; color: white; padding: 2px 5px; border-radius: 5px; display: inline-block;">New</div>	Tuesday 1:00pm—4:00pm	Contact: Karen Diacono ☎ 8754 0512 ✉ <a href="mailto:kdiacono@vicsegnewfutures.org">kdiacono@vicsegnewfutures.org</a>	No cost
<b>Pasifika Playtime</b> Welcoming families of young children from 0-4 years who identify as Pacific Islanders. A structured playgroup allowing like minded families to share, connect and learn important social skills.	Wednesdays 11:00am—1:00pm	Contact: Penrose Team ☎ 03 8734 4500 ✉ <a href="mailto:penrosepromenadecc@wyndham.vic.gov.au">penrosepromenadecc@wyndham.vic.gov.au</a>	Small fee applies
<b>Pram Walking and Baby Play Sessions</b> An informal catch-up for families with babies under 12 months.	Thursdays 10am-12pm Walk- in	☎ 03 8734 5478	No cost
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 7:00pm	Contact: Douglas-John ☎ 0432 741 940	No 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— 7:00pm	Contact: Sensei Lay or Ken ☎ 0416 333 113 ✉ <a href="mailto:info@twinsmartialarts.com.au">info@twinsmartialarts.com.au</a>  <a href="http://www.twinsmartialarts.com.au">www.twinsmartialarts.com.au</a> <a href="https://www.facebook.com/twinsmartialarts">www.facebook.com/twinsmartialarts</a>	Fees apply
<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 ☎ 0423 531 787 ✉ <a href="mailto:rohit@artofliving.org.au">rohit@artofliving.org.au</a>  <a href="http://www.artofliving.org">www.artofliving.org</a>	\$5
<b>Burnout Bhangra</b> Come and join fitness through Bhangra which is a North Indian high intensity dance fitness class.	Thursdays 7:00pm—8:00pm	Contact: Sandeep ☎ 0433 012 214	Fees apply

## Programs and Activities

EDUCATION & TRAINING	DAY & TIME	INFORMATION	COST
<b>Homework Club Tarneit</b> <b>Edmund Rice Community &amp; Refugee Services</b> 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 3:30pm—6:00pm Tuesdays 3:30pm—6:00pm Wednesdays 3:30pm—6:00pm	Contact: Gudrun, Secondary School ☎ 0405 901 931 ✉ programercrs@edmundrice.org	FREE for eligible students
<b>Abacus 4 Kids</b> 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 4:30-7:30pm Sat 9:00-12:00pm	Contact: Jaslyn ☎ 0406 946 069 ✉ abacus4kids@gmail.com	Fees apply
<b>Wyndham Community &amp; Education Centre</b> <b>AMEP</b> Government funded English course <span style="float: right; background-color: #c00000; color: white; padding: 2px 5px; border-radius: 5px;">New</span>	Monday 9:00am—1:00pm	Contact: Wyndham Community & Education Centre ☎ 9742 4013	Free Eligibility applies
<b>Brainworks</b> 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 ☎ 0419 777 498 ✉ Werribee@brainworks.com.au	Fees Apply
<b>Sunshine Arabic School</b> Teaching primary school aged children Arabic language and social responsibility from the Islamic perspective.	Thursdays 5:00-7:00pm	Contact: Muna ☎ 0406 635 425 ✉ 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 4:30pm—7:30pm Sundays 10:00am—12:00pm	Contact: Keerti Hosur ☎ 0413 949 831 ✉ info@kidsconceptsaus.com	Fees Apply
<b>Lynn's Learning</b> After-school math and English tuition for students in kinder to year 10.	Saturdays 10:00am—1:00pm	Contact: Hiral ☎ 0423 725 825 ✉ hiral.sanghvi1@gmail.com	Fees apply
<b>Hellorobo</b> Robotics with kids 6—12 years old. <span style="float: right; background-color: #c00000; color: white; padding: 2px 5px; border-radius: 5px;">New</span>	Saturday 1:00pm—2:00pm	Contact: Ashish Agarwal ☎ 0468 774 703 ✉ hellorobo.vic@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 9:00am—10:00am 2:00pm-3.30pm	Contact: Edmund ☎ 0432 513 344 ✉ Edmund@globalartaustralia.com.au	Fees Apply
<b>Sewing - Beginners</b> Learn how to use a sewing machine and other basic sewing skills where you will learn to make a range of useful projects. <span style="float: right; background-color: #c00000; color: white; padding: 2px 5px; border-radius: 5px;">New</span>	Wednesdays 9.30am—12.00pm	Contact: Penrose Promenade Community Centre ☎ 8734 4500 ✉ penrosepromenadecc@wyndham.vic.gov.au	\$40 non concession or \$25 concession
<b>Sewing - Intermediate</b> For students who already know how to use a sewing machine. Learn how to use sewing patterns and to make simple items of clothing.	Wednesdays 12.30pm—3.00pm	<span style="background-color: #c00000; color: white; padding: 5px 10px; border-radius: 10px; display: inline-block;">Enrol today!</span>	

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RECREATION & LEISURE	DAY & TIME	INFORMATION	COST
<b>Kangatraining</b> A post natal workout focussed on re-strengthening the pelvic floor and abdominal muscles after pregnancy.	Mondays 10:15am—11.30am	Contact: Tracy ☎ 0437 018 622 ✉ tracy@kangatraining.com.au www.kangatraining.info/country/au	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.	Monday 4:00pm—9:30pm Tuesday 4:00pm—9:30pm	Contact: Kendrie ☎ 0403 682 530 ✉ thekcdancedepot@live.com.au	Fees apply
<b>Kids Bhangra Dance</b> 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 6:15pm—7:00pm	Contact: Ambhar ☎ 0430 762 899 ✉ ambhar.khanna@outlook.com 12 weeks \$110, 6 weeks \$55	Fees Apply \$10/class
<b>BouncznDance</b> African, contemporary, ballet, hip hop and jazz classes	Friday 5:00pm—7:30pm Saturday 4:00pm—6:00pm	Contact: Carla Callanan ☎ 0499 385 975 ✉ dance@bounczn.com	\$10 per class
<b>Curtain Call Dance Academy</b> Beginners Ballet, Jazz and Tap classes for children aged 2-12 years and adults.	Saturdays 10.30am-1.30pm	Contact: Taylah ☎ 0421 720 932 www.curtaincalldance.com.au ✉ info@curtaincalldance.com.au	Fees apply
<b>Rachana Natyalaya</b> Bharatantnyam, other Indian classical forms and Bollywood. Separate boys classes 3+ and up	Saturday 12:00pm—4:00pm	Contact: Archana Koorthy ☎ 0432 161 933 ✉ koorthy@gmail.com	Fees apply
<b>ABCD Bollywood Dance</b> A dance class that is designed in teaching dancing to all the community.	Sunday 2:00pm—6:00pm	Contact: Shweta Pandya ☎ 0433 346 672 ✉ shwetayana13@gmail.com	Fees apply
SENIORS	DAY & TIME	INFORMATION	COST
<b>Club 60 Tarneit Incorporated</b> Social gathering for local men of Indian origin.	Monday 1:30pm—3:30pm	Contact: Sunil Abbot ☎ 0449 101 455 ✉ club60.tarneit@gmail.com	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 ☎ 0402 010 016 ✉ 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 ☎ 0423 018 458 ✉ bgnihalani9@gmail.com	No cost
<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.	Fridays 12:00pm-2:00pm	Contact: Nina ☎ 0488 251 459	No 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 over a cooked lunch and a game of Rummi tiles?	Fridays 10:00am-3:00pm	Contact: Zeinab ☎ 9367 6044	\$7

## Programs and Activities

YOUTH	DAY & TIME	INFORMATION	COST
<b>Drop-in (School term only)</b> Young people aged 12-17 years are welcome to hang out with friends and take part in fun and games with supervision from qualified staff.	Tuesdays 3.30pm—5.30pm	Contact: Youth Resource Centre ☎ 8734 1355	No Cost
<b>Urban Vibes (School term only)</b> Urban Vibes is a culturally diverse program. We provide a safe space for all young people to chill out and grab a bite to eat. The program focuses on music, sports, cooking, arts & crafts	Thursdays 3.30pm—5.30pm	Contact: Youth Resource Centre ☎ 8734 1355	No Cost
FAITH, CULTURAL & COMMUNITY GROUPS	DAY & TIME	INFORMATION	COST
<b>Iglesia Ni Christo</b> Church Of Christ Worship service and meetings on a weekly basis. <div style="text-align: right;"><b>New</b></div>	Tuesdays 5.00am—7.00am Wednesdays 7:00pm—10:00pm	Contact: Alfonso Ocon ☎ 0422 560 945	No Cost
<b>Sathya Sai Organisation</b> 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.	Thursdays 7:30-9:30pm	Contact: Rajan Babu ☎ 0434 054 347	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 7:00pm-9:00pm	Contact: Kenneth ☎ 0430 862 312 ✉ secretary@slcfow.com.au Website: www.slcfo.com.au	Fees Apply
<b>Sree Narayana Mission Melbourne</b> Adherents of Guru Sree Narayana meet for prayer and a shared meal.	First Saturday of the month 6:00pm—9:00pm	Contact: Lejumol ☎ 0423 393 651	Fees apply
<b>Western Gymkhana</b> Recreational and social activities for club members <div style="text-align: right;"><b>New</b></div>	Third Saturday of the month 6:00pm—11:00pm	Contact: Sudhir Juneja ☎ 0415 661 021 ✉ western.gymkhana@gmail.com	Fees Apply
<b>Assembly of God Church of Samoa</b> A dynamic Church Service for all the family.	Friday 7:30pm—10:00pm Saturday 6:00pm—10:00pm Sunday 10:00am—2:00pm	Contact: Tui ☎ 0421 007 448	No Cost
<b>Vision Pentecostal</b> Weekly church services <div style="text-align: right;"><b>New</b></div>	Sunday 2:00pm—6:00pm	Contact: Alex Hakizimana ☎ 0410 017 971	No Cost
<b>Hindhu Dharma</b> 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 ☎ 0478 815 256	No Cost
<b>Mihiora</b> Come and socialise in a warm and friendly environment with a hand and foot massage.	First Thursday of the month 10:00am—2.00pm	Contact: Mihi Szabo ☎ 0413 231 143	Fees Apply

## Programs and Activities

SOCIAL & SUPPORT GROUPS	DAY & TIME	INFORMATION	COST
<p><b>Pakistani Women's Support Group (Mental Health Foundation Victoria)</b> 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.</p>	1st Monday of the month 11:30am—1:30pm	Contact : Aisha Usman ☎ 03 9826 1422 ✉ aisha.usman@mhfa.org.au	No Cost
<p><b>Indian Women's Support Group (Mental Health Foundation Victoria)</b> 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.</p>	3rd Monday of the month 11:30am—1:30pm	Contact : Aisha Usman ☎ 03 9826 1422 ✉ aisha.usman@mhfa.org.au	No cost
<p><b>Women's Friendship Cafe</b> An informal volunteer facilitated activity, where participants share a meal, discuss personal challenges, share information about local services, and help one another to be their best selves.</p>	2nd & 4th Monday of the month 10:30am-12:30pm	Contact: Penrose Team ☎ 03 8734 4500 ✉ penrosepromenadecc@wyndham.vic.gov.au	No Cost
<p><b>Advanced Personnel Management</b> APM provide employment, vocational rehabilitation, assessment, allied health intervention and community care (Aged Care &amp; Disability Care to clients in order to place them in employment.</p>	Tuesday & Wednesday 8:30am—5:00pm	Contact: Julie Ann Barwise ☎ 0428 325 807 ✉ julieann.barwise@apm.net.au	No Cost
<p><b>Employease</b> Information sessions for local Aged Care &amp; Disability Courses</p>	Wednesday 9:30am—11:30am	Contact: Rick Charlton ☎ 9761 2156 ✉ rick@employease.com.au	No Cost
<p><b>Mirabel Foundation</b> Support group for Grandparents who care for their Grandchildren due to parental illicit drug use.</p>	Third Thursday of the month 10:30am—1:00pm	Contact: Ruth Chattey ☎ 03 9527 9422 ✉ ruth@mirabelfoundation.org.au	No Cost
<p><b>Sakhi Saheli Inc</b> Make friends, have fun &amp; learn useful skills. Boost your confidence &amp; share your talent. 18+ women only. Children welcome.</p> <div style="text-align: right; margin-top: 10px;"><span style="background-color: #c00000; color: white; padding: 2px 5px; border-radius: 5px;">New</span></div>	Friday 2:00pm—4:00pm	Contact: Penrose Team ☎ 03 8734 4500 ✉ penrosepromenadecc@wyndham.vic.gov.au	No Cost
LIFE-STAGE SERVICES	DAY & TIME	INFORMATION	COST
<p><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.</p>	Daily 8:30am—4:30pm	☎ 9742 8148 <b>By appointment only</b> <b>Weigh-Day drop in</b>	No Cost
<p><b>Immunisation</b> The Wyndham City Immunisation Unit provides bi-monthly free public vaccinations against a range of childhood and adult diseases</p>	Thursdays 1:00pm—2:00pm 21st February 21st March 18th April	☎ 9742 0736 <b>No appointments necessary</b>	No Cost

## Programs and Activities

LIFE-STAGE SERVICES	DAY & TIME	INFORMATION	COST
<p><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.</p>	Weekly sessions	☎ 9742 8172	Fees Apply
<p><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.</p>	Program specific timetable	As below	Subsidised service costs apply to eligible clients
<p><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.</p>		For residents under 65yrs ☎ 8734 4514 ✉ in-take@wyndham.vic.gov.au For residents over 65yrs ☎ 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
<p><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 individual referrals to support organisations.</p>	Mon-Fri 9:00am-5:00pm	<b>General queries welcome</b> ☎ 03 8734 4500 ✉ penrosepromenadecc@wyndham.vic.gov.au	Community Room booking Fees apply

### Volunteer and Community Group - FREE training!

During 2019, Wyndham City is pleased to be offering more than 15 FREE training sessions to support local volunteers, residents and community organisations in Wyndham. The Volunteer & Community Group Training calendar offers a suite of topics, ranging from governance in community groups, to planning an event, or attracting new volunteers. Training is free of charge and available to Wyndham residents, volunteers and community organisations. Please note session dates and times may be subject to change. View at [www.wyndham.vic.gov.au/volunteering](http://www.wyndham.vic.gov.au/volunteering) - Volunteer and Community Group training. Please note, registration opens 4 weeks prior to each session.

#### Help shape the future of volunteering in Wyndham

Wyndham City is developing a new five-year Volunteering Strategy. Contributions to the first phase consultation are closed for review. We are currently preparing for the second phase consultation.

#### Public workshops are being held on:

- **Tuesday 26<sup>th</sup> February 2019 – 6pm to 8.30pm**  
at Wyndham Civic Centre, Werribee  
or
- **Thursday 28<sup>th</sup> February 2019 – 9.30am to 12 noon** at Encore Events Centre, Hoppers Crossing





wyndham's  
building blocks

*developing leaders develops communities*

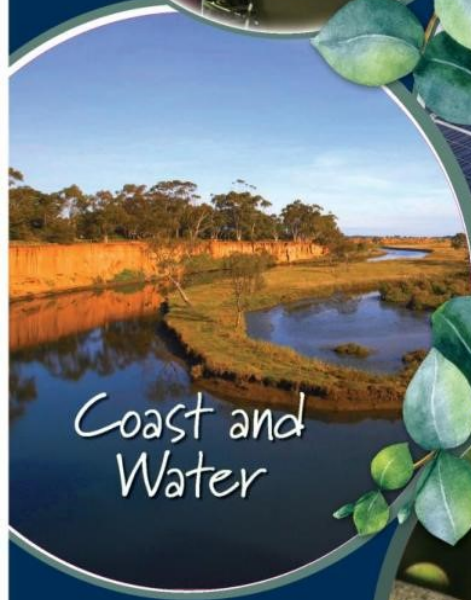
# Green Living in Wyndham



Waste  
Education



Sustainability



Coast and  
Water



Environment

## APPLICATIONS NOW OPEN

Calling the next generation  
of environmental leaders!

### GREEN LIVING in WYNDHAM NEEDS YOU!

Wyndham City is seeking  
emerging leaders who are  
passionate, motivated and  
eager to support our  
community towards a  
sustainable future  
by joining our Building  
Blocks Community  
Leadership Program

**Session times:**

*Wednesday nights*

*6pm – 9.30pm*

*20<sup>th</sup> March – 26<sup>th</sup> June 2019*

**Closing date:**  
**Midnight Wednesday**  
**6<sup>th</sup> February 2019**

For more information or  
to apply contact

[buildingblocks@wyndham.vic.gov.au](mailto:buildingblocks@wyndham.vic.gov.au)

