

THE BUZZ @



Term 1, 2019

Arndell Park Community Centre



Happy New Year!!! Welcome to 2019!!!

This year we will see many new programs and events happening at Arndell Park Community Centre. Join our mailing list now (email: arndellparkcc@wyndham.vic.gov.au), to be kept up to date with the latest information. A number of new and exciting programs will be on offer for 2019, check out our listing now. There is something for everyone. Or pop in and talk to our staff about your community program ideas.

Wyndham Youth Services has a new goal of setting up some programs and initiatives in the Truganina and Williams Landing area in 2019. We will have a **Youth Worker based at Arndell Park Community Centre every Wednesday during the school terms** to deliver recreational after school programs. If you are a young person between the ages of 12 to 25, come along and hang out in our chill out zone and help us decide what we should do this year! If you are a parent or care-giver of a young person and have any questions, queries or suggestions you would like to contribute please get in contact with us at youthinwyndham@wyndham.vic.gov.au or call the centre on 8734 8911.

CALENDAR OF EVENTS—ARDELLE PARK COMMUNITY CENTRE—TERM 1

Date	Program/Event Name	Contact
30-Jan	Term 1 Starts	
4-Feb	Community Lunch on Mondays starts for the year— BOOK YOUR PLACE	Arndell Park Comm Centre
21-Feb	Mother Language Day	Celebrations will across Wyndham
8-Mar	International Women's Day Morning Tea - FREE EVENT - BOOK YOUR PLACE - Everyone Welcome	Arndell Park Comm Centre
11-Mar	Labour Day - Public Holiday - Arndell Park Comm Centre Closed	Arndell Park Comm Centre
21-Mar	Harmony Day Playgroup Celebration Event - FREE EVENT - BOOK YOUR PLACE - Everyone Welcome	Arndell Park Comm Centre
5-Apr	Term 1 School Holidays Starts	
19-Apr	Good Friday - Public Holiday - Arndell Park Comm Centre Closed	Arndell Park Comm Centre
22-Apr	Easter Monday - Public Holiday - Arndell Park Comm Centre Closed - Last Day of School Holidays	Arndell Park Comm Centre



End of Year Playgroup Celebration – December 2018



Social Inclusion Week – December 2018



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

Arndell Park Community Centre, 29-49 Federation Blvd, Truganina 3029. P 8734 8911



**Kumon's
End of year
Celebration
2018**

**NOW
ENROLLING
FOR 2019**



KUMON



**Volunteer Appreciation Lunch
December 2018**



**Thanks to our
Volunteers!!**

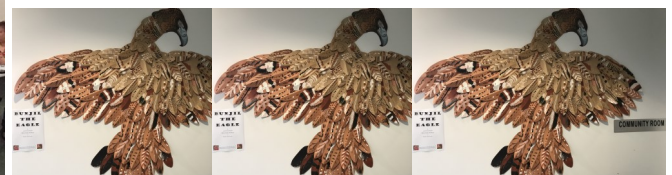
**Ashok
Suresh
Khaleda
Suresh
Jo**



Community Lunch on Mondays @ 12:30pm



**Wyndham
Volunteers
making a difference**




Have you seen the Growling Grass Frog Mural along the Federation Trail. Melbourne Water teamed up with Truganina South Primary School and local artists Bryan Itch, Rich Keville and Benzo to create the new mural in Truganina.

The mural, which is located at the back of the school, along the Federation Trail, features the endangered growling grass frog and is targeted at developing community awareness of the local species.



Programs and Activities

EARLY YEARS	DAY & TIME	INFORMATION	COST
Arndell Park Playgroup A multi-racial playgroup for mums/carers with children aged between 0 and 5 years old. Planned craft activity each week, followed by free play, stories and songs.	Mondays & Tuesdays 9.30am-11.30am (School Term only)	Arndell Park Playgroup arndellparkplaygroup@yahoo.com.au Joanne 0449 911 591 Facebook: Find & Like 'Arndell Park Playgroup'	\$50 – 1 child OR \$60 – 2 or more children
Pre-School Songs & Story Time Interactive song and story session for pre-school children. Children and caregivers participate together in a fun and relaxing environment.	Wednesdays 10.00am-10.30am 11.00am-11.30am (School Term only)	Arndell Park Community Centre 8734 8911 arndellparkcc@wyndham.vic.gov.au Bookings and Registrations Essential	FREE
Japanese Playgroup Come along and meet local Japanese parents, in this parent run playgroup. Read Japanese books, sing Japanese songs as well as crafts and outdoor play.	Tuesdays 11.30am-1.30pm (School Term only)	Miho 0422 264 672 pointcookjppg@gmail.com	Fees Apply
Spanish Speaking Playgroup Come along and meet local Spanish families in this parent-run playgroup.	Fridays 12.00pm-2.00pm (School Term only)	Monica 0430 209 605 Facebook: Find & Like "Playgroup Pequeños Exploradores"	Fees Apply
Ummi & I Little Muslims Playgroup A fun and supportive place for mum's, female carers and pre-schoolers to enjoy crafts, stories, play and friendships.	Thursdays 10.00am-12.00pm (School Term only)	Aafrin 0433 224 877	\$45 per term
Chinese Playgroup Come along and meet other local Chinese families. Make new friends and let the kids interact with others.	Thursdays 12.00pm-2.00pm (School Term only)	0450 705 455	Fees Apply
Ummah Jameelah Playgroup Inc 3+ Activity Group Islamic rostered playgroup 3-4yrs. 3hr weekly program. Play based structured activities.	Thursdays 9.30am-12.30pm	0430 494 262 Ummah.jameelah@hotmail.com	Fees Apply 
Wyndham City Council First Time Parents Group Meet friendly local parents, talk about your kids and have fun! Share experiences, get advice, give support and make new friends. Introduction to solids, baby massage and getting to know your baby also available.	Mondays 1.00pm-4.00pm	9742 8148 www.wyndham.vic.gov.au select Maternal and Child Health in 'Services' * **Bookings Essential***	FREE
Maternal & Child Health Wyndham City Maternal and Child Health Services offer professional nursing support and advice for parents with children from birth to school age.	Various	9742 8148 www.wyndham.vic.gov.au select Maternal and Child Health in 'Services' ***By appointment only**	FREE
Australian Breastfeeding Association Breastfeeding Education class.	Saturdays 1st Saturday of the Month 12.00pm-5.00pm	Australian Breastfeeding Association 9690 4620 www.breastfeeding.asn.au info@breastfeeding.asn.au	Fees Apply
3 + 4 year old Kindergarten Council owned and operated Kindergarten.	Various	Kindergarten Enrolment Officer 9742 8147 www.wyndham.vic.gov.au	Fees Apply



Kids Karate Trial \$39.99*

3 Classes plus 1 Free Uniform

Wed 4pm to 6pm | Sat 8.30am to 12pm
Arndell Park Community Centre Truganina

www.twinsmartialarts.com.au | 0416 333 113

info@twinsmartialarts.com.au

facebook.com/twinsmartialarts

* Limited Spots, Offer Valid until 9th February

Tiny Tutus Preschool Ballet

Watch Every Class, Celebrate Every Moment!!

Tiny Tutus is the perfect place for your ballerina to dance, with classes for baby ballerinas as young as 16 months and for princesses up to 5 years of age!

Tuesday Morning Classes held at the Arndell Park Community Centre

We're ready to welcome your ballerina for 2019!

Visit www.tinytutus.com.au or call 1300 245 060



Presented by Ethio-Australian Youth Education and Culture Services



TAKE BACK CHALLENGE

Geared towards African-Australian women of all ages, the 12-week program includes: personal training, meal plans, nutrition, self-care education, mental health awareness and other workshops, meeting once a week on Saturdays for group sessions

Registration fee: \$50 — covers the whole program

Every Saturday from February 2 to April 20, 2019
8:30AM - 11:00AM

Arndell Park Community Centre
29-49 Federation Boulevard
Truganina

Tsion
0435 286 697
tsionhgirma@hotmail.com

Supported by:
Wyndham City Council
Arndell Park Community Centre
Ethiopian Sports and Cultural Federation Victoria

PLEASE
DON'T
LEAVE
YOUR
KIDS
IN
THE
CAR



Local community members enjoying our school holiday craft activities.

Programs and Activities

EARLY YEARS continued...	DAY & TIME	INFORMATION	COST
Immunisations Free childhood immunisations. Held in Community Rooms 1 & 2.	Tuesdays & Thursdays 1.00pm-2.00pm Feb 7, 19 Mar 7, 19 Apr 4, 23	Environmental Health 9742 0736 No booking required	FREE
KIDS—YOUNG PEOPLE	DAY & TIME	INFORMATION	COST
Tiny Tutus Beginners Ballet class for children from 18months to 7years.	Tuesdays 9.00am-11.30am	1300 245 060 www.tinytutus.com.au	Fees Apply
Abacus 4 Kids Innovative & fun way for kids to learn mathematic skills and enhance concentration.	Tuesdays 4.30pm-6.00pm Wednesdays 4.30-7.30pm	Jaslyn Toh 0409 946 069 abacus4kids@gmail.com	Fees Apply
Curtain Call Dance Academy Beginners ballet for ages 2-12yrs. Kids combo class in jazz, tap and ballet for all ages.	Wednesdays 3.00pm-4.30pm	www.curtaincalldance.com.au 0421 720 932 Curtain Call Dance Academy ccdaenquiries@gmail.com	Fees Apply
Kumon Math's & English Programs Kumon Method of learning is suitable for children of all ages and abilities starting from preschool age all the way up to high school level.	Mon & Thurs 3.30pm-7pm Tues & Fri 3.30pm-6.00pm	Munmun S Agarwal 0477 992 354 kumontruganina@gmail.com	Fees Apply
Ace Learning The 'Ace Package' comprises Maths and English Programmes <i>aligned</i> to the Australian Curriculum.	Saturdays 1.00pm-4.00pm	Ashwin 0414 434 770 acelearningcentre@bigpond.com	Fees Apply
Flash Taekwondo Taekwondo is not only about fighting - it also helps you gain self-confidence, balance, self-defence, physical skills, co-ordination and concentration skills.	Tuesdays & Thursdays 4.00pm-9.00pm	Nenad 0412 536 552 www.flashtaekwondo.com.au	\$40 per fortnight or \$80 per month
Wyndham City Council Youth Drop In Space 12-25yrs If you are a young person between the ages of 12 to 25, come along and hang out in our chill out zone and help us decide what we should do this year!	Wednesdays 3.30pm-6.00pm	youthinwyndham@wyndham.vic.gov.au 8734 8911	FREE
Twins Martial Arts Our core martial arts is traditional Shotokan Karate where we offer classes for children from 4yo to 15yrs.	Wednesdays 4.00pm-6.00pm Saturdays 8.30am-12.00pm	Sensei Lay or Ken 0416 333 113 twins.martialarts@gmail.com www.twinsmartialarts.com.au Facebook: Find and Like 'Twins Martial Arts'	Contact for further details
Indian Bollywood & Bharatanatyam Classes Rachana Natyalaya has become one of the foremost centres for Indian, classical and folk dance forms in Australia. For adults and children.	Mondays 4.00pm-6.00pm	Archana Koorthy 0432 161 933 koorthy@gmail.com www.rachananatyalaya.com	Contact for further details



NEW

Programs and Activities



RECREATION & LEISURE	DAY & TIME	INFORMATION	COST
Community Lunch Program Home style cooked lunch provided on a weekly basis to the community. Gold Coin Donation \$\$\$	Mondays 12.30pm-1.30pm	Contact Arndell Park Community Centre to book your place 8734 8911 arndellparkcc@wyndham.vic.gov.au	
Clubbercise Easy to follow dance and aerobic based workout to club anthems from the 90's and today's hits with glow sticks and disco lights in a darkened room.	Mondays 7.00pm-8.30pm	Ashleigh 0450 000 133 urbanfitnesspt@gmail.com	Fees Apply
Goss Choir Community choir, which meets every Wednesday, open to all ages and all abilities.	Wednesdays 6.30pm-9.30pm	Victoria gosscommunitychoir@gmail.com 0403 742 414 www.gosscommunitychoir.wix.com/goss-choir-gee	Fees Apply
Crochet and Craft Group Learn to crochet and craft. All is welcome. FREE FREE FREE	Mondays 12.00pm-1.30pm	8734 8911 arndellparkcc@wyndham.vic.gov.au	FREE NEW
Ethio-Australian Youth Education and Cultural Services Inc African-Australian focused exercise program. More exciting programs to come, contact for further info.	Saturdays 8.00am-11.00am	Tsion 0435 286 697 tsionhgrima@hotmail.com	Contact for further information NEW
Pilates—Reclink 10 week Pilates program. Book your place. FREE FREE FREE	Fridays 9.00am-10.30am	8734 8911 arndellparkcc@wyndham.vic.gov.au	FREE NEW

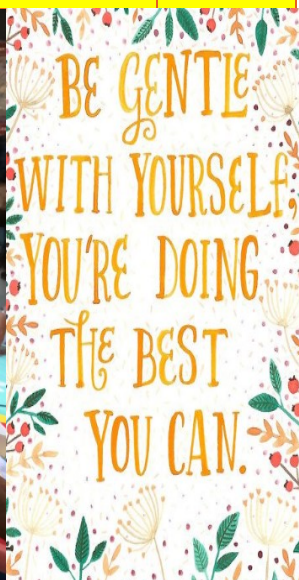
EDUCATION & TRAINING	DAY & TIME	INFORMATION	COST
Wyndham Community & Education Centre Each course runs for 10 weeks. Computer Courses Available: <ul style="list-style-type: none"> • First Steps Computer Skills (Beginner) • Computer Skills (Advanced) • Next Steps Computer Skills (Intermediate) • Excel • Developing office skills 	Contact the community centre for further details	Arndell Park Community Centre 8734 8911 arndellparkcc@wyndham.vic.gov.au ***SPACES LIMITED*** ***BOOKINGS ESSENTIAL***	\$40 for non-concession or \$25 with Concession Card
Conversational English Classes This is a FREE program that supports and provides adults from non-English backgrounds a chance to practice their English skills in a fun friendly environment.	Friday 10.30am-11.30am	Arndell Park Community Centre 8734 8911 arndellparkcc@wyndham.vic.gov.au	FREE
U3A University of the Third Age Over 50's weekly computer classes for beginners.	Tuesdays 10.00am-3.00pm	Don 9749 2798 Don.hx@optusnet.com.au	Contact for further details NEW

Programs and Activities

FAITH, CULTURAL & COMMUNITY GROUPS	DAY & TIME	INFORMATION	COST
Chinese speaking friendship group	Mondays 10.00am-11.30am	Arndell Park Community Centre 8734 8911 arndellparkcc@wyndham.vic.gov.au	FREE
Indian speaking friendship group	Fridays 11:30am-2.00pm		
Bhartiya Seniors Melbourne Inc Indian Seniors Friendship group.	Tuesdays 11.00am-1.30pm	Suresh 0404 197 186	FREE
Williams Landing Estate Residents' Association (WLERA) Local residents association with a keen focus on establishing a local community garden. Regular gardening workshops and activities.	Monthly Regular gardening workshops (TBC)	Ask at Arndell Park Comm Centre or email wlera3027@gmail.com Facebook: Find & Like 'Williams Landing Estate Residents Association'	Contact for further details
Australian Malayalee Islamic Association Arabic & Malayalam language classes, faith based activities.	Saturdays Fortnightly 5.00pm-9.00pm	Zameel 0406 074 185	Contact for further details
Melbourne Shwetambar Jain Sangh Inc Jain Faith based activities.	Sundays Fortnightly 8.00am-12.00pm	Nimit 0433 074 461	Contact for further details
Centre for Reform Education and Development Somali cultural and language study.	Saturdays 11.00am-2.00pm Sundays 12.00pm-3.00pm	Mohamed qurdanka@gmail.com	Contact for further details
Bhartiya Seniors Associations Inc Seniors Friendship Group.	2nd Saturday of each month 1.30pm-4.00pm	Sudha 0432 489 584 arndellparkcc@wyndham.vic.gov.au	Contact for further details
Overseas Chinese Christian Mission (OCCM) Our worship service is bi-lingual, using Mandarin and English.	Sundays 3.00pm-7.00pm	Charles 0425 747 008	Contact for further details
Club 60 Tarneit Social group for Senior Indians.	Wednesdays and Thursdays 1.00pm-4.00pm	Sunil Abbot 0449 101 455 sunilabbott54	NEW
Wyndham Oromo Community Oromo/Arabic language and reading classes for young people, promoting bilingual skills and improving literacy.	Saturdays 11.00am-4.00pm Sundays 2.00pm-5.00pm	Shazeli Osman 0422 135 347	NEW



Come along to our next school holiday \$5 craft sessions. Fun for everyone.



FAMILY VIOLENCE PREVENTION INFORMATION

What is physical violence?	What is emotion abuse?
Kicking, hitting, slapping, punching, strangling, biting, pushing, pulling, shoving, throwing, objects, grabbing you to stop you from leaving or to force you to go somewhere.	Name calling, insulting, constant criticizing, screaming, threatening, to hurt you or your children or to have your children taken away, preventing you from seeing family or friends, telling what to wear.
What is financial abuse?	What is sexual abuse?
Denying you access to your earnings or financial information, preventing you from working, denying you money for necessities, deliberately trying to get you fired by harassing	Rape, forcing you to have sex, pressuring you to perform sexual acts when you don't want to, unwanted rough or violent sexual activity, sexual comments, kissing or touching.
FAMILY VIOLENCE INFO AND SERVICES	CRISIS SUPPORT CONTACTS
<p>Safe Steps—24hr CRISIS support line: 1800 015 188 OR 9322 3555</p> <p>1800 RESPECT—National Counselling Helpline: 1800 737 732</p> <p>Domestic Violence Resource Centre Victoria: www.dvrcv.org.au</p> <p>The Men's Referral Service (Referrals for male perpetrators): 1300 766 491</p> <p>Multicultural Centre for Women's Health: 1800 656 421</p> <p>CoHealth Family Violence Counselling: 8398 4178</p>	<p>POLICE/EMERGENCY: 000</p> <p>Lifeline: 13 11 14</p> <p>Werribee Police Station: 9742 9444</p> <p>Wyndham North Police Station: 8734 1100</p> <p>Safe Steps: 1800 015 188</p> <p>INTOUCH (MULTICULTURAL CENTRE AGAINST FAMILY VIOLENCE): 1800 806 292</p>



Green Living in Wyndham Building Blocks Community Leadership program.

If you have a passion to enhance Wyndham's environment, sustainability, war-on-waste or our water challenges we'd love you to apply to be part of Wyndham's Green Living in Wyndham Building Blocks Community Leadership program.

Applications are now open for the 2019 Semester 1 program, which will explore what it means to be an effective community leader in relation to Green Living in Wyndham.

The free program will run on **Wednesday nights from 6th March 13th August to 26th June 2019.**

For further information and to apply www.wyndham.vic.gov.au/buildingblocks

Applications close **Midnight Wednesday 6th February 2019.**



Arndell Park Community Centre offers the following services for **FREE...**

- Access to hearing loop (please call to book)
- Access to disabled and family toilet facilities and shower facilities
- Wi-Fi (throughout centre)
- Internet Café (opening times vary, check centre for details)
- Book Swap (donations welcome)
- Café area, Chill Out Zone, & Outdoor patio
- Access to main kitchen (FREE Tea and coffee)

Maternal & Child Health Care
Call 9742 8148 for all appointments.

Arndell Park 4yr old Kindergarten
Call 9742 8172 for all enquiries.

If you have an article you would like published in "The Buzz" contact us for more information at Arndell Park Community Centre, arndellparkcc@wyndham.vic.gov.au or call 8734 8911.

DO YOU NEED HELP?

INTERPRETER:



If you require assistance with this document, the information can be translated by contacting **Translating and Interpreting Services on 131 450.**

(Ask to be connected to Wyndham City on 9742 0777)

Visit our "Inspiration Wall" at Arndell Park today and share your positive thoughts and community spirit.