**Penrose Promenade Community Centre – The Buzz – Term 1 2019**

***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

**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: 03 9742 8148

No cost

*Playtime @ Penrose*

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 Ph: 03 8734 4500

Email: penrosepromenadecc@wyndham.vic.gov.au

$45/term

*Penrose Petals*

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 Ph: 03 8734 4500

Email: penrosepromenadecc@wyndham.vic.gov.au

$45/term

*VICSEG New Futures*

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.

Tuesday 1:00pm—4:00pm

Contact: Karen Diacono Ph: 8754 0512

Email: kdiacono@vicsegnewfutures.org

No cost

*Pasifika Playtime*

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 Ph: 03 8734 4500

Email: penrosepromenadecc@wyndham.vic.gov.au

Small fee applies

*Pram Walking and Baby Play Sessions*

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

Thursdays 10am-12pm

Walk- in

Ph: 03 8734 5478

No cost

**Wellbeing and 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

*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

www.twinsmartialarts.com.au

www.facebook/twinsmartialarts

Fees apply

*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

www.artofliving.org

Cost: $5

*Burnout Bhangra*

Come and join fitness through Bhangra which is a North Indian high intensity dance fitness class. Thursdays 7:00pm—8:00pm

Contact: Sandeep

Ph: 0433 012 214

Fees apply

**Education and Training**

*Homework Club Tarneit*

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 3:30pm—6:00pm

Tuesdays 3:30pm—6:00pm

Wednesdays 3:30pm—6:00pm

Contact: Gudrun, Secondary School Ph: 0405 901 931

Email: programercrs@edmundrice.org

FREE for eligible students

*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 4:30-7:30pm

Sat 9:00-12:00pm

Contact: Jaslyn

Ph: 0406 946 069

Email: abacus4kids@gmail.com

Fees apply

*Wyndham Community & Education Centre*

*AMEP*

Government funded English course

Monday 9:00am—1:00pm

Contact: Wyndham Community & Education Centre

Ph: 9742 4013

Free eligibility applies

*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

*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 4:30pm—7:30pm

Sundays 10:00am—12:00pm

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.

Saturdays 10:00am—1:00pm

Contact: Hiral

Ph: 0423 725 825

Email: hiral.sanghvi1@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 and 2:00pm-3.30pm

Contact: Edmund

Ph: 0432 513 344

Email: Edmund@globalartaustralia.com.au

Fees Apply

*Sewing - Beginners*

Learn how to use a sewing machine and other basic sewing skills where you will learn to make a range of useful projects.

Wednesdays

9.30am—12.00pm

Contact: Penrose Promenade Community Centre

Ph: 8734 4500

Email: penrosepromenadecc@wyndham.vic.gov.au

$40 non concession or $25 concession

**Recreation and Leisure**

*Kangatraining*

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

Mondays 10:15am—11.30am

Contact: Tracy

Ph: 0437 018 622

Email: tracy@kangatraining.com.au www.kangatraining.info/country/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 4:00pm—9:30pm

Tuesday 4:00pm—9:30pm

Contact: Kendrie

Ph: 0403 682 530

Email: thekcdancedepot@live.com.au

Fees apply

*Kids Bhangra Dance*

5-15yr old’s 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

Ph: 0430 762 899

Email: ambhar.khanna@outlook.com

12 weeks $110

6 weeks $55

$10/class

*BouncznDance*

African, contemporary, ballet, hip hop and jazz classes

Friday 5:00pm—7:30pm

Saturday 4:00pm—6:00pm

Contact: Carla Callanan

Ph: 0499 385 975

Email: dance@bounczn.com

$10 per class

*Curtain Call Dance Academy*

Beginners Ballet, Jazz and Tap classes for children aged 2-12 years and adults.

Saturdays 10.30am-1.30pm

Contact: Taylah

Ph: 0421 720 932

www.curtaincalldance.com.au

Email: info@curtaincalldance.com.au Fees apply

*Rachana Natyalaya*

Bharatantyam, other Indian classical forms and Bollywood. Separate boys classes 3+ and up

Saturday 12:00pm—4:00pm

Contact: Archana Koorthy

Ph: 0432 161 933

Email: koorthy@gmail.com

Fees apply

*ABCD Bollywood Dance*

A dance class that is designed in teaching dancing to all the community.

Sunday 2:00pm—6:00pm

Contact: Shweta Pandya

Ph: 0433 346 672

Email: shwetayana13@gmail.com

Fees apply

**Seniors**

*Club 60 Tarneit Incorporated*

Social gathering for local men of Indian origin.

Monday 1:30pm—3:30pm

Contact: Sunil Abbot

Ph: 0449 101 455

Email: club60.tarneit@gmail.com

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

*Ladies Club 60*

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

Ph: 0488 251 459

No cost

*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

**Youth**

*Drop-in*

(School term only)

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

Ph: 8734 1355

No Cost

*Urban Vibes*

(School term only)

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

Ph: 8734 1355

No Cost

**Faith, Cultural & Community Groups**

*Iglesia Ni Christo*

Church Of Christ Worship service and meetings on a weekly basis.

Tuesdays 5.00am—7.00am

Wednesdays 7:00pm—10:00pm

Contact: Alfonso Ocon

Ph: 0422 560 945

No Cost

*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. Thursdays 7:30-9:30pm

Contact: Rajan Babu

Ph: 0434 054 347

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-9:00pm

Contact: Kenneth

Ph: 0430 862 312

Email: secretary@slcfow.com.au

Website: [www.slcfow.com.au](http://www.slcfow.com.au)

Fees Apply

*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: Lejumol

Ph: 0423 393 651

Fees apply

*Western Gymkhana*

Recreational and social activities for club members

Third Saturday of the month 6:00pm—11:00pm

Contact: Sudhir Juneja

Ph: 0415 661 021

Email: western.gymkhana@gmail.com

Fees Apply

*Assembly of God Church of Samoa*

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

Ph: 0421 007 448

No Cost

*Vision Pentecostal*

Weekly church services

Sunday 2:00pm—6:00pm

Contact: Alex Hakizimana

Ph: 0410 017 971

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

*Mihiora*

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

Ph: 0413 231 143

Fees Apply

**Social & Support Groups**

*Pakistani Women’s Support Group*

(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

Email: aisha.usman@mhfa.org.au

No Cost

*Indian Women’s Support Group*

(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

Email: aisha.usman@mhfa.org.au

No cost

*Women’s Friendship Café*

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. 2nd & 4th Monday of the month 10:30am-12:30pm

Contact: Penrose Team

Ph: 03 8734 4500

Email: penrosepromenadecc@wyndham.vic.gov.au

No Cost

*Advanced Personnel Management*

APM provide employment, vocational rehabilitation, assessment, allied health intervention and community care (Aged Care & Disability Care to clients in order to place them in employment.

Tuesday & Wednesday 8:30am—5:00pm

Contact: Julie Ann Barwise

Ph: 0428 325 807

Email: julieann.barwise@apm.net.au

No Cost

*Employease*

Information sessions for local Aged Care & Disability Courses

Wednesday 9:30am—11:30am

Contact: Rick Charlton

Ph: 9761 2156

Email: rick@employease.com.au

No Cost

*Mirabel Foundation*

Support group for Grandparents who care for their Grandchildren due to parental illicit drug use.

Third Thursday of the month 10:30am—1:00pm

Contact: Ruth Chattey

Ph: 03 9527 9422

Email: ruth@mirabelfoundation.org.au

No Cost

*Sakhi Saheli Inc*

Make friends, have fun & learn useful skills. Boost your confidence & share your talent. 18+ women only. Children welcome.

Friday 2:00pm—4:00pm

Contact: Penrose Team

Ph: 03 8734 4500

Email: penrosepromenadecc@wyndham.vic.gov.au

No Cost

**Life-Stage Services**

*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

21st February

21st March

18th April

Ph: 9742 0736

No appointments necessary

No Cost

*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

*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

Subsidised

service costs apply to eligible clients

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

Eligibility criteria apply

*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 individual referrals to support organisations.

Mon-Fri 9:00am-5:00pm

General queries welcome

Ph: 03 8734 4500

Email: penrosepromenadecc@wyndham.vic.gov.au

Community Room booking Fees apply

**Volunteer & 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 - 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 26th February 2019 – 6pm to 8.30pm at Wyndham Civic Centre, Werribee

 or

Thursday 28th February 2019 – 9.30am to 12 noon at Encore Events Centre, Hoppers Crossing