

THE BUZZ @



Term 2 2019

Penrose Promenade Community Centre



A letter from the Penrose Team

Hello Neighbour!

We can't believe it's term 2 already! Where has the time gone? But as they say, "time fly's when you're having fun" and this is definitely a true reflection of what happened in term 1.

We have so much to be celebrate and be grateful for, with term 1 being such a success. Some of our programs reaching full capacity that we had to introduce additional classes. Some of our long-term hirers have out-grown the Penrose Centre and, although we will miss them, we applaud them for successfully expanding their businesses. If you're interested in signing up for free business mentoring, simply speak to one of the Penrose team and we can get you on your way to working "on" your business rather than "in" your business.

The Tarneit Night Market was held on the 16th March right here at Penrose and it was truly a night to remember. This community event attracted over 2500 community members who came to support local start-up businesses and spend a fun family night out with loads of food, entertainment and a moonlight cinema. Those who attended will agree that you should get to the next one!

Term 1 has really set the tone for 2019 and we are delighted to add some new programs and feature existing programs that have made such a positive impact to community members in Tarneit. If you would like to give a shout-out to the program you're attending by telling us the difference it has made in your life, make sure you send us an email so we can pass it on and feature that program in the next newsletter.

Don't forget to re-enrol for programs if you haven't already and we look forward to seeing you at the Penrose Centre :)

Regards, Jon, Nat, Sam & Abarna

Featured Program

Kangatraining is a safe, low impact exercise class for post-natal women which includes participation from both Mums and babies.

Tracey is a fantastic and skilled instructor who, as a Mum understands the needs of her group which is no wonder her classes are very popular.

Find out more today: tracy@kangatraining.com.au



Penrose Promenade Community Centre

83 Penrose Promenade, Tarneit 3029

Phone: 8734 4500

Email: 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.

INTRODUCTION TO FIRST PEOPLES AT WYNDHAM CITY COUNCIL

The Kulin Nation refers to an alliance of five Aboriginal tribes in south central Victoria.

The collective traditional territory for the tribes of the Kulin Nation extends around Port Phillip and Western Port, up into the Great Dividing Range and the Loddon and Goulburn River valleys.

Below is a listing of the language groups and the tribes associated with that language group.

- Woiwurrung (Woy-wur- rung) – **The Wurundjeri People**
- Boonwrrung (Bun-er- rung) – **The Bunurong or Boonerwrrung People**
- Wathaurung (Wath-er- rung) – **The Wathaurong People**
- Daungwurrung (Tung-ger- rung) – **The Taungurong People**
- Dja Dja Wrung (Jar-Jar wrung) – **The Dja Dja Wurrung or Jaara People.**



KINDERGARTEN ENROLMENTS ARE NOW OPEN



2020 **Three and Four Year Old** Kindergarten Registrations

REGISTRATIONS OPEN

FOUR YEAR OLD - **FRIDAY 1 MARCH 2019**

THREE YEAR OLD - **MONDAY 1 APRIL 2019**

You have until Friday 31 May 2019 to submit your registration to be included in the first round of offers.

To apply or for more information, visit www.wyndham.vic.gov.au



Programs and Activities

EARLY YEARS	DAY & TIME	INFORMATION	COST
<p>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.</p>	Daily 8:30am—4:30pm	☎ 9742 8148 By appointment only Weigh-Day Drop-in	No cost
<p>Immunisation The Wyndham City Immunisation Unit provides bi-monthly free public vaccinations against a range of childhood and adult diseases</p>	Thursday April 18 Thursday May 23 Thursday June 20 1pm—2m	☎ 9742 0736 No appointments necessary	No cost
<p>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.</p>	Mondays 1.30pm-3.30pm	Website: www.wyndham.vic.gov.au select 'Maternal & Child Health Services' ☎ 03 9742 8148	No cost
<p>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.</p>	Tuesdays 9am—11am	Contact: Penrose Team ☎ 03 8734 4500 ✉ penrosepromenadec@wyndham.vic.gov.au	\$45/term
<p>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</p>	Tuesdays 11am—1pm	Contact: Penrose Team ☎ 03 8734 4500 ✉ penrosepromenadec@wyndham.vic.gov.au	\$45/term
<p>Tarneit Tiny Tots A structured playgroup allowing like minded families to share, connect and learn important social skills.</p>	Wednesdays 9am -11am	Contact: Penrose Team ☎ 03 8734 4500 ✉ penrosepromenadec@wyndham.vic.gov.au	\$45/term
<p>Hindi Playgroup A Hindi speaking playgroup for children aged 0 – 4 years old. This is a volunteer lead playgroup that encourages active participation from parents, carers and children.</p>	Wednesdays 11am –1pm <div style="text-align: center;">New</div>	Contact: Penrose Team ☎ 03 8734 4500 ✉ penrosepromenadec@wyndham.vic.gov.au <div style="text-align: center;">Enrolments are now open!!</div>	\$45/term
<p>VICSEG New Futures - Multi cultural Playgroup This playgroup is open for all community, which offers the opportunity for children to learn social skills through play. - African Community Playgroup This playgroup focus on African families in Wyndham to socialise and meet other families from their community.</p>	Tuesday 1:15pm—3:15pm Thursdays 12.30pm—2.30pm <div style="text-align: center;">New</div>	Contact: Karen Diacono ☎8754 0512 ✉ kdiacono@vicsegnewfutures.org <div style="text-align: center;">Enrolments are now open!!</div>	No cost
<p>Pram Walking and Baby Play Sessions An informal catch-up for families with babies under 12 months.</p>	Thursdays 9.30am-11am Walk- in	☎03 8734 5478	No cost
<p>Lil' Munchkins Playgroup A playgroup ran by mothers for their children. This Playgroup enhances learning and offers many planned activities for everyone to get involved in.</p>	Thursdays 10am 12noon	✉ lilmunchkins@outlook.com	Fees Apply

Programs and Activities

EDUCATION & TRAINING	DAY & TIME	INFORMATION	COST
Homework Club Tarneit Edmund Rice Community & Refugee Services Local school students are mentored by Volunteer tutors and learn healthy study habits offering fun art activities, fresh fruit & snacks, excursions & camps during school holidays.	Mondays 3pm—5:30pm Tuesdays 3pm—5:30pm Wednesdays 3pm—5:30pm	Contact: Anthony ☎ 03 9366 6436 / 0423 797 088 ✉ programercrs@edmundrice.org	FREE for eligible students
Abacus 4 Kids Advanced abacus lessons for kids from 4-12yrs. Enjoy a fun way to learn math using this powerful ancient tool. Book for your free trial lesson today!	Mon 4:00-7:00pm Tues 4.30-7.30pm Wed 4.30-7.30pm Friday 4:30-7:30pm Sat 9am -12pm	Contact: Jaslyn ☎ 0406 946 069 ✉ abacus4kids@gmail.com	Fees apply
Wyndham Community & Education Centre AMEP Government funded English course Learn English with AMEP	Monday 9am—1:00pm Wednesday 9am –2pm	Contact: Wyndham Community & Education Centre ☎ 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 ☎ 0419 777 498 ✉ Werribee@brainworks.com.au	Fees Apply
Sunshine Arabic School Teaching primary school aged children Arabic language and social responsibility from the Islamic perspective.	Thursdays 5pm -7pm	Contact: Muna ☎ 0406 635 425 ✉ 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 10am—12pm	Contact: Keerti Hosur ☎ 0413 949 831 ✉ info@kidsconceptsaus.com	Fees Apply
Lynn's Learning After-school Maths and English tuition for students in kinder to year 10.	Saturdays 10am—1pm	Contact: Hiral ☎ 0423 725 825 ✉ 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 9am—10am 2pm-3.30pm	Contact: Edmund ☎ 0432 513 344 ✉ 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.	Thursday 9.30am –12pm <div style="background-color: #800000; color: white; padding: 2px; text-align: center; font-weight: bold;">Booked Out!</div>	Promenade Community Centre ☎ 8734 4500 ✉ Penrosepromenadecc@wyndham.vic.gov.au	\$40 Full Fee \$25 concession
Sewing - Intermediate 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 9.30am—12pm <div style="background-color: #800000; color: white; padding: 2px; text-align: center; font-weight: bold;">Enrol today!</div>		

Programs and Activities

RECREATION & LEISURE	DAY & TIME	INFORMATION	COST
Kangatraining 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
KC Dance Depot Jazz, Tap, Hip-Hop and Ballet dance classes for adults and kids. Classes are organised per age group.	Monday 4pm—9:30pm Tuesday 4m—9:30pm	Contact: Kendrie ☎ 0403 682 530 ✉ thekcdancedepot@live.com.au	Fees apply
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 ☎ 0421 720 932 www.curtaincalldance.com.au ✉ info@curtaincalldance.com.au	Fees apply
Rachana Natyalaya Bharatantnyam, other Indian classical forms and Bollywood. Separate boys classes Age: 3+ and up	Saturday 12pm—4pm	Contact: Archana Koorthy ☎ 0432 161 933 ✉ koorthy@gmail.com	Fees apply
ABCD Bollywood Dance A dance class that is designed in teaching dancing to all the community.	Sunday 2pm—6pm	Contact: Shweta Pandya ☎ 0433 346 672 ✉ shwetayana13@gmail.com	Fees apply
Samarpan Theatrical Arts Incorporated Theatre Rehearsals—involving use of music, dialogues, dance etc. <div style="text-align: right; background-color: #c00000; color: white; padding: 2px 5px; border-radius: 5px; display: inline-block;">New!</div>	Fridays 6pm –7pm	Contact: Sumitra Puri ☎ 0402 581 808 ✉ Sumitra.puri@gmail.com	Fees Apply
WELLBEING & FITNESS	DAY & TIME	INFORMATION	COST
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 7pm	Contact: Douglas-John ☎ 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– 7pm	Contact: Sensei Lay or Ken ☎ 0416 333 113 ✉ 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 ☎ 0423 531 787 ✉ rohit@artofliving.org.au www.artofliving.org	\$5
Burnout Bhangra Come and join fitness through Bhangra which is a North Indian high intensity dance fitness class.	Thursdays Sundays 7pm—8pm	Contact: Sandeep ☎0433 012 214	Fees apply
Pound Fitness This is a rockout workout, cardio jam sessions inspired by drumming. Designed for all fitness levels. <div style="text-align: right; background-color: #c00000; color: white; padding: 2px 5px; border-radius: 5px; display: inline-block;">New!</div>	Thursdays 8.30pm –9.30pm	Jessica Dalla Vigna ☎0410 272 722 ✉ jessicadallavigna@gmail.com	Fees Apply

Programs and Activities

YOUTH	DAY & TIME	INFORMATION	COST
<p>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.</p>	Tuesdays 3.30pm—5.30pm	Contact: Youth Resource Centre ☎ 8734 1355	No Cost
<p>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. Ages 12-25 years</p>	Thursdays 3.30pm—5.30pm	Contact: Youth Resource Centre ☎ 8734 1355	No Cost
SENIORS	DAY & TIME	INFORMATION	COST
<p>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..</p>	Program specific timetable	<p>A For residents under 65yrs ☎ 8734 4514 ✉ in-take@wyndham.vic.gov.au For residents over 65yrs ☎ 1800 200 422 Visit: www.myagedcare.gov.au or <u>Eligibility criteria apply</u> <u>Subsidised service costs apply to eligible clients</u></p>	
<p>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.</p>			
<p>Club 60 Tarneit Incorporated Social gathering for local men of Indian origin.</p>	Monday 1:30pm—3:30pm	Contact: Sunil Abbot ☎ 0449 101 455 ✉ club60.tarneit@gmail.com	No cost
<p>Tarneit Harmony Club Join other Punjabi speaking retirees in a friendly game of cards, share some sweets and a cup of tea.</p>	Tuesdays and Fridays 1:00-3:00	Contact: Rashpal ☎ 0402 010 016 ✉ rashpal.chaggar@gmail.com	No cost
<p>Tarneit Bharatiy Club Older Gujarati speakers will feel right at home in this relaxed social get-together.</p>	Tuesdays & Fridays 11:00am -1:00pm	Contact: Bharat ☎ 0423 018 458 ✉ bgnihalani9@gmail.com	No cost
<p>Ladies Club 60 Social gathering for local ladies of Indian origin. Make new friends and enjoy a cup of tea and a chat.</p>	Fridays 12:00pm-2:00pm	Contact: Nina ☎ 0488 251 459	No cost
<p>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?</p>	Fridays 10:00am-3:00pm	Contact: Zeinab ☎ 9367 6044	\$7

Programs and Activities

FAITH, CULTURAL & COMMUNITY GROUPS	DAY & TIME	INFORMATION	COST
Iglesia Ni Cristo Church Of Christ Worship service and meetings on a weekly basis.	Tuesdays 5.00am—7.00am Wednesdays 7:00pm—10:00pm	Contact: Alfonso Ocon ☎ 0422 560 945	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 ☎ 0430 862 312 ✉ secretary@slcfow.com.au Website: www.slcfo.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 ☎ 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 ☎ 0415 661 021 ✉ 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 ☎ 0421 007 448	No Cost
Vision Pentecostal Weekly church services	Sunday 2:00pm—6:00pm	Contact: Alex Hakizimana ☎ 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 ☎ 0478 815 256	No Cost
Mihiora—Elders Pamper 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
SOCIAL & SUPPORT GROUPS	DAY & TIME	INFORMATION	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 ☎ 0428 325 807 ✉ julieann.barwise@apm.net.au	No Cost
Employease Information sessions for local Aged Care & Disability Courses	Wednesday 9:30am—11:30am	Contact: Rick Charlton ☎ 9761 2156 ✉ 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 ☎ 03 9527 9422 ✉ 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 ☎ 03 8734 4500 ✉ penrosepromenadecc@wyndham.vic.gov.au	No Cost

Programs and Activities

SOCIAL & SUPPORT GROUPS	DAY & TIME	INFORMATION	COST
<p>Women's Support Group (Mental Health Foundation Victoria) A facilitated support group specially designed for specific community women living in the west. Increase social interaction and win the war of isolation by enhancing your skills and feeling empowered.</p> <p>Pakistani Support Group: Specifically to support women migrated from Pakistan Indian support Group: Focus on Indian women who have migrated recently and finding space to socialise</p>	<p>1st Monday of the month 11:30am—1:30pm 3rd Monday of the month 11:30am—1:30pm</p>	<p>Contact : Aisha Usman ☎ 03 9826 1422 ✉ aisha.usman@mhfa.org.au</p>	No Cost
<p>Wyndham 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 be their best selves.</p>	<p>2nd & 4th Monday of the month 10:30am-12:30pm</p>	<p>Contact: Penrose Team ☎ 03 8734 4500 ✉ penrosepromenadecc@wyndham.vic.gov.au</p>	No Cost
<p>South Sudanese Mother's & Friendship Group Meet, talk, listen and share with others. Facilitated by South Sudanese Community Association of Victoria</p>	<p>Every 2nd & 4th Friday 6.00pm—9.00pm</p>	<p>Contact: Achol ☎ 0431 797 868</p>	No Cost

WYNDHAM LEARNING FESTIVAL—REGISTRATIONS ARE OPEN

Interested to engage more people in your group, club or organisation?

Then why not run a free learning activity for the Wyndham Learning Festival.

Event Registration Open 1st April – 31st May for the 2019 Wyndham Learning Festival

Fill in an events registration form and return by the 31st of May to ensure your event is included in the printed program guide. Return forms to contact@wynlearnfestival.org.au

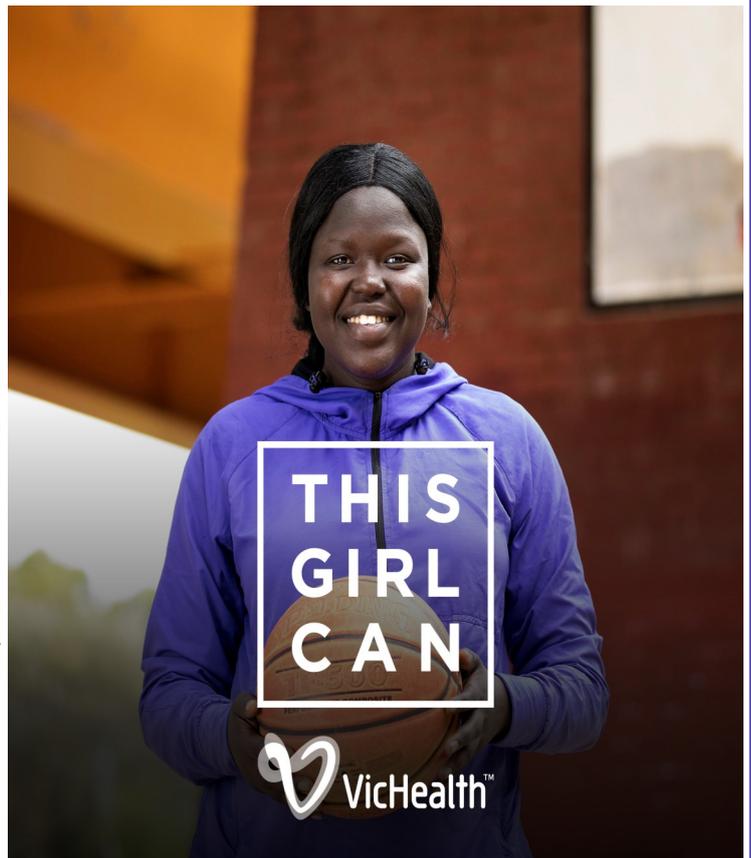
Events Registration forms here - <http://www.wynlearnfestival.org.au/register-your-event/>

The Learning Festival is in its fourth year now, and we are keen to build on our success and engage new groups and people in sharing and celebrating lifelong learning. Activities for the festival should be free during the Festival, in Wyndham and during the week of 1-8 September. The learning events can be big or small, for any age group and for various interests with diverse range of activities More information can be found www.wynlearnfestival.org.au and Facebook @WynLearnFestival #wynlearnfest19



THIS GIRL CAN – PHYSICAL ACTIVITY FOR WOMEN

We are pleased to announce Wyndham City Council will be supporting VicHealth's This Girl Can initiative! This Girl Can is dedicated to encouraging more women to give physical activity a shot, or return to an activity after a break. There will be some great low-cost or free activities right around Wyndham and across Victoria, all designed to inspire women to get active. Whether that's to try something new, return to a long-lost activity or visit your local activity provider for a friendly catch-up. There'll be a range of fun and inclusive activities at local gyms, community groups and sports clubs including Zumba, Thai Chi, Pilates, Yoga, Lawn Bowls, Walking Groups and much more throughout May. Activities will be inclusive, non-judgemental and accessible for women of different ages, body shapes and abilities. Get your friends together and give something a go! Visit thisgirlcan.com.au to find out more and discover activities and events happening across Wyndham www.wyndham.vic.gov.au/thisgirlcan



For further information, contact Wyndham City Council, Community Wellbeing and Inclusion on 9742 0777 Communitywellbeing&inclusion@wyndham.vic.gov.au

TARNEIT NIGHT MARKET—A GLIMPSE



FOOD TRUCKS



LIVE PERFORMANCES



LOCAL BUSINESS STALLS



COMMUNITY PARTICIPATION





Do you know
a **VOLUNTEER** that
makes a world of
difference?

Nominate them for one of the
**2019 WYNDHAM COMMUNITY
VOLUNTEER AWARDS**

NOMINATIONS NOW OPEN
22 APRIL - 2 JUNE 2019
www.wyndham.vic.gov.au/cvawards

wyndhamcity

