**Penrose Promenade Community Centre – The Buzz – Term 2 2019**

***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 Progam**

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

**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**

 Boonrwrung (Bun-er- rung) – **The Bunurong or Boonerwrung People**

 Wathaurrung (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:-

Four year old open Friday 1st March 2019

Three year old open Monday 1st April 2019

You have until Friday 31st 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](http://www.wyndham.vic.gov.au)

**Programs and Activities**

**Early Years**

|  |
| --- |
| 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

Thursday April 18

Thursday May 23

Thursday June 20

Ph: 9742 0736

***No appointments necessary*** 1pm—2pm

No cost

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

9am—11am

Contact: Penrose Team

Ph: 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

11am—1pm

Contact: Penrose Team

Ph: 8734 4500

Email: penrosepromenadecc@wyndham.vic.gov.au

$45/term

Tarneit Tiny Tots

 A structured playgroup allowing like minded families to share, connect and learn important social skills.

Wednesdays

9am -11am

Contact: Penrose Team

Ph: 8734 4500

Email: penrosepromenadecc@wyndham.vic.gov.au

$45/term

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.

Wednesdays 11am –1pm

Contact: Penrose Team

Ph: 8734 4500

Email: penrosepromenadecc@wyndham.vic.gov.au

$45/term

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.

Tuesday

1:15pm—3:15pm

Thursdays 12.30pm—2.30pm

Contact: Karen Diacono

Ph: 8754 0512

Email: kdiacono@vicsegnewfutures.org

No cost

Pram Walking and Baby Play Sessions

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

Thursdays

9.30am-11am

Walk- in

Ph: 8734 5478

No cost

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.

Thursdays

10am 12noon

Email: lilmunchkins@outlook.com

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 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

Ph: 9366 6436 / 0423 797 088

Email: 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

Ph: 0406 946 069

Email: 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

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

5pm -7pm

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

10am—12pm

Contact: Keerti Hosur

Ph: 0413 949 831

Email: 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

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

9am—10am

2pm-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.

Thursday

9.30am –12pm

Promenade Community Centre

Ph: 8734 4500

Email: 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

**Recreation & 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

4pm—9:30pm

Tuesday

4m—9:30pm

Contact: Kendrie

Ph: 0403 682 530

Email: 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

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 Age: 3+ and up

Saturday

12pm—4pm

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

2pm—6pm

Contact: Shweta Pandya

Ph: 0433 346 672

Email: shwetayana13@gmail.com

Fees apply

Samarpan Theatrical Arts Incoporated

Theatre Rehearsals—involving use of music, dialogues, dance etc.

Fridays

6pm –7pm

Contact: Sumitra Puri

Ph: 0402 581 808

Email: Sumitra.puri@gmail.com

Fees Apply

**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

7pm

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– 7pm

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

$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

Ph: 0433 012 214

Fees apply

Pound Fitness

This is a rockout workout, cardio jam sessions inspired by drumming. Designed for all fitness levels.

Thursdays

8.30pm –9.30pm

Jessica Dalla Vigna

Ph: 0410 272 722

Email: jessicadallavigna@gmail.com

Fees Apply

**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. Ages 12-25 years

Thursdays

3.30pm—5.30pm

Contact: Youth Resource Centre

Ph: 8734 1355

No Cost

**Seniors**

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

**A** 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*

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**.**

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

1:00pm-3:00pm

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

11:00am -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

**Social & Support Groups**

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.

**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

1st Monday of the month

11:30am—1:30pm

3rd Monday of the month

11:30am—1:30pm

Contact : Aisha Usman

Ph: 03 9826 1422

Email: aisha.usman@mhfa.org.au

No Cost

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.

2nd & 4th Monday of the month

10:30am-12:30pm

Contact: Penrose Team

Ph: 8734 4500

Email: penrosepromenadecc@wyndham.vic.gov.au

No Cost

South Sudanese Mother’s & Friendship Group

Meet, talk, listen and share with others. Facilitated by South Sudanese Community Association of Victoria

Every 2nd & 4th Friday

6.00pm—9.00pm

Contact: Achol

Ph: 0431 797 868

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.auand 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

**Volunteers**

Did 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 – 2nd June 2019

www.wyndham.vic.gov.au/cvawards