

A letter from the Penrose Team

Hello Neighbour! We are pleased to be back in Term 3 with many fantastic programs, services, and events happening at the centre.

Have you noticed the beautiful lanterns hanging up in the foyer area? These colourful Vesak lanterns were created by the Sri Lankan Social Support Group.

Vesak is a religious and cultural festival in Sri Lanka. It is celebrated on the day of the full moon in the month of May. Vesak day is one of the biggest days of the year and is celebrated by Buddhists all over the world. These lanterns are lit in most of the homes in Sri Lanka on Vesak poya day and signifies an offering to the memory of the Buddha who delivered the message of Dhamma.





The team at Penrose Promenade Community Centre have started to plan one of our most popular events, the Tarneit Night Market which is happening on September 14th. This time we are looking for local community members to join a committee to help guide and organise the market. We are looking for individuals with a positive attitude who can help with coordinating the market, supporting the growth of local businesses, and shaping a cohesive and harmonious community.

If you are interested in joining the committee, please get in contact by emailing tarneitnightmarket@wyndham.vic.gov.au by July 29th.



Featured Program

Did you know that essential oils are so much more than a pretty smell?

Join Belinda to learn more about living naturally, developing healthy household habits and using essential oils each month (1st Tuesday of the month at 9:30am).

All classes are FREE, and you're invited for fun, learning and oily experiences!

More information go to www.facebook.com/healthyhouseholdhabits or contact Belinda on 0408 120 007





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
- 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**.

FREE VOLUNTEER AND COMMUNITY GROUP TRAINING

A Guide to Event Planning

Tuesday 30th July 2019 9.30am to 12.30pm Penrose Promenade Community Centre

This training is tailored to community groups who are thinking of organising an event. No matter what the size, scale or nature of your event, our Wyndham City Event Officers will provide advice on how to develop event plans, what to consider when planning an event and guide you through the potential requirements for your event.

Topics covered:

- Event plans
- Venue selection
- Programming and entertainment
- Permits and requirements
- Risk and safety

To register visit <u>www.wyndham.vic.gov.au/volunteering</u>.







EARLY YEARS	DAY & TIME	INFORMATION	COST
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	 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 July 25 Thursday Aug 22 Thursday Sept 19 1pm—2pm	③ 9742 0736 No appointments necessary	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' ① 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 ① 03 8734 4500 ⊠ 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 ⑦ 03 8734 4500 ⊠ 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 ① 03 8734 4500 ⊠ penrosepromenadecc@wyndham.vic.gov.au	\$45/ term
Indian Playgroup A Indian speaking playgroup for children aged 0-4 year old. This is a volunteer lead playgroup that encourages active participation from parents, carers and children.	Wednesdays 11am-1pm	Contact: Penrose Team ① 03 8734 4500 ⊠ penrosepromenadecc@wyndham.vic.gov.au	\$35/ 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 ①8754 0512 ⊠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	©03 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.	Fridays 10am—12pm	☐ lilmunchkins@outlook.com	Fees Apply

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: Gudrun, Secondary School ① 0405 901 931 ⊠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 4pm-7pm Tues 4.30-7.30pm Wed 4.30-7.30pm Friday 4:30-7:30pm Sat 9am -12pm	Contact: Jaslyn Ĵ 0406 946 069 ⊠ abacus4kids@gmail.com	Fees apply
Wyndham Community & Education Centre AMEP Government funded English course Learn English with AMEP	Monday 9am—1pm Wednesday 9am—2pm	Contact: Wyndham Community & Education Centre ① 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	Wednesdays 4:15pm—6:45pm Saturdays 9:30am—12:30pm	Contact: Pooja ① 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 ① 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 5pm—7pm Sundays 10:3am—11:30am	Contact: Keerti Hosur ① 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 ① 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 Enrol today!	Contact: Edmund ① 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 Booked Out!	Promenade Community Centre	\$40 Full
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	 Tomenate community centre ● 8734 4500 ○ Penrosepromenadecc@wyndham.vic.gov.au 	Fee \$25 concession

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 ① 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 4pm—9:30pm	Contact: Kendrie ① 0403 682 530 ⊠ thekcdancedepot@live.com.au	Fees apply
Rachana Natyalaya Bharatantyam, other Indian classical forms and Bollywood. Separate boys classes Age: 3+ and up	Saturday 12pm—3pm	Contact: Archana Koorthy ① 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 ① 0433 346 672 ⊠ shwetayana13@gmail.com	Fees apply
Samarpan Theatrical Arts Incoporated Theatre Rehearsals—involving use of music, dialogues, dance etc.	First 3 Fridays of the month 6pm –7:30pm	Contact: Sumitra Puri ① 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 ① 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 4pm– 7pm	Contact: Sensei Lay or Ken ① 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 ⑦ 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 7pm—8pm Sundays 6pm—7pm	Contact: Sandeep ①0433 012 214	Fees apply
Healthy Household Habits Join Belinda to learn more about living naturally, developing healthy household habits and using	First Tuesday of the month 9.30am	Contact: Belinda ①0408 120 007 www.facebook.com/healthyhouseholdhabits	No cost

YOUTH	DAY & TIME	INFORMATION	COST
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 8734 1355	No Cost
Urban Vibes (School term only) Urban Vibes is a culturally diverse program. We pro- vide 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	No Cost
SENIORS	DAY & TIME	INFORMATION	COST
Ageing Well FacilityA stimulating range of professionallyfacilitated day-programs for eligible seniors and thoseliving with dementia within a safe and comfortablespaceAged & Disability ServicesIn-home support (assistance with Domestic and	- Program specific timetable	A For residents under 65yrs ① 8734 4514 ⊠ in-take@wyndham.vic.gov.au For residents over 65yrs ② 1800 200 422 Visit: www.myagedcare.gov.au or Eliaibility critoria gaply	
Personal Care, Respite Services, Minor Home Maintenance, and Delivered Meals), support in accessing local Support Groups and provision of a range of Transport options.		Eligibility criteria apply <u>Subsidised service costs apply to</u> <u>eligible clients</u>	
Club 60 Tarneit Incorporated Social gathering for local men of Indian origin.	Monday 1pm—3pm	Contact: Sunil Abbot ① 0449 101 455 ⊠ 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 & Fridays 1pm-3pm	Contact: Rashpal ① 0402 010 016 ⊠ 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 11am-1pm	Contact: Bharat ① 0423 018 458 ⊠ 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 12pm-2pm	Contact: Nina ① 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 10am-3pm	Contact: Zeinab ① 9367 6044	\$7

TAKE YOUR EWASTE TO A BETTER PLACE

To help protect our environment and recover more precious resources, the Victorian Government is banning all e-waste from going to landfill as of 1 July 2019. That means, e-waste can't go in any bin.

E-waste (electronic waste) is any item with a plug, battery or power cord that is no longer in working condition. Including small appliances such as toasters and coffee machines, electric tools like drills and sewing machines and IT equipment such as computers and laptops.

Bring any unwanted e-waste to Penrose CC on Wednesday 21 August from 8:30am – 11:30am to have it recycled free of charge. Visit www.wyndham.vic.gov.au/ewaste for more information.

FAITH, CULTURAL &	DAY & TIME	INFORMATION	COST
COMMUNITY GROUPS		r.	
Iglesia Ni Christo Church Of Christ Worship service and meetings on a weekly basis.	Tuesdays 5am—7am Wednesdays 7pm—10pm	Contact: Alfonso Ocon ① 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 7pm-9pm	Contact: Kenneth	Fees Apply
Sree Narayana Mission Melbourne Adherents of Guru Sree Narayana meet for prayer and a shared meal.	First Saturday of the month 6pm—9pm	Contact: Lejumol ① 0423 393 651	Fees apply
Western Gymkhana Recreational and social activities for club members	Third Saturday of the month 6pm—11pm	Contact: Sudhir Juneja ① 0415 661 021 ⊠ western. gymkhana@gmail.com	Fees Apply
Assembly of God Church of Samoa A dynamic Church Service for all the family.	Friday 7pm—10pm Saturday 6pm—10pm Sunday 10am—2pm	Contact: Tui ① 0421 007 448	No Cost
Vision Pentecostal Weekly church services	Sunday 2pm—6pm	Contact: Alex Hakizimana ① 0410 017 971	No Cost
Hindhu Dharma Promotion of Hindu spirituality and culture, including yoga practice, drumming and meditation.	Last Sunday of the month 6pm—9pm Plus weekly drum Lessons	Contact: Jay ① 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 10am—2pm	Contact: Mihi Szabo ① 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—5pm	Contact: Julie Ann Barwise ① 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 ① 9761 2156	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—1pm	Contact: Ruth Chattey ① 03 9527 9422 ⊠ ruth@mirabelfoundation.org.au	No Cost

SOCIAL & SUPPORT GROUPS	DAY & TIME	INFORMATION	COST
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 ① 03 9826 1422 ⊠ 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 ① 03 8734 4500 > 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 6pm—9pm	Contact: Achol ① 0431 797 868	No Cost

WYNDHAM LEARNING FESTIVAL—REGISTRATIONS ARE OPEN

2019 WYNDHAM LEARNING FESTIVAL- Thank you! More than 100 events are already registered for this year's Festival!

The Wyndham Learning Festival is a community run event that encourages and promotes all types of learning for all age groups and interests. The free events take place at venues throughout the City of Wyndham from 1-8 September 2019. The Festival's diverse range of activities include gardening, craft, cooking, music, sports, coding, IT, art, and environmental activities – there is something for everyone! Signature events in 2019 will include Wyndham's own war on waste with a keynote by Craig Reucassel; the Young Scientist of Wyndham Competition; the Wyndham Park Party in the Precinct and the ever-popular Rhyme Time at the Werribee Zoo.

Wyndham (ear)

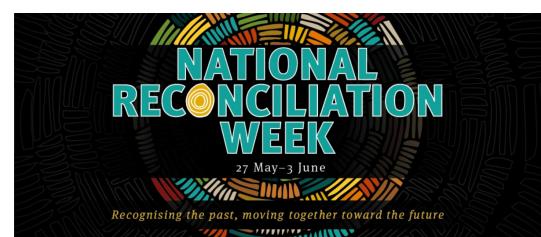


The complete free Festival Program Guide will be available online and in print copy in August. You can pick one up from your community centre or library. More information about the festival go to <u>www.wynlearnfestival.org.au</u> Follow on news on Facebook @WynLearnFestival #wynlearnfest19 For more details or to discuss your interest contact <u>contact@wynlearnfestival.org.au</u>

F E



Reconciliation Week at Penrose Kinder





The children from Orange Group talked ated by painting their handprints onto Aboriginal and Torres Strait Islander





about the Reconciliation banner they crethe banner using the colours of both the flags. The children also met many mem-

ber from Wyndham City who work up stairs in Aged and Disability Services and learned about how they help the elderly in their homes.

Ladies Club 60 Mother's Day

In honour of Mother's Day, Ladies Club 60 members shared their most inspiring stories in their own words. Nearly everyone had an amazing stories related to their mother to share. This is one story:-

My mum was never the kind of lady who would express affection through words. When I think of my own dear Mum , what I always remember is her over a sewing machine or in a kitchen. When I was baby, all my clothes

were made by my mum and she really was fantastic! I mean not only did she make the clothes but knitting's too.

That is really how she expressed love.

Thanks Kind regards Nina



Pet & Animal Expo

Enjoy a pawfect day out with your furry friends at Wyndham City's FREE Pet & Animal Expo!

Held in the grounds of the Wyndham Civic Centre, 45 Princes

Hwy, Werribee; this free annual event is a must for all animal-lovers and their furry friends, with a huge program of shows, demonstrations and free activities.

As well as providing an opportunity for pet-owners to pick up tips in caring for their pets, the event will also celebrate a wide range of animals, including birds of prey, native wildlife, fish and reptiles!

Enjoy the animal farm, stage entertainment, dog arena and children's activities; find out about local pet services and pick up treats and products for your four-legged friends.

Well-behaved, socialised pets are welcome and must be kept on a lead.

Make a day of it and enjoy something delicious from our food trucks.

Full program details to be announced closer to the date.



Date: Time: Location: Website:

Sunday 15 September 2019 10am – 3pm Wyndham Civic Centre, 45 Princes Hwy, Werribee www.wyndham.vic.gov.au/petexpo

Wyndham's Children's Week Picnic is back for its 19th year. Come and celebrate with us at Werribee Park on Sunday 27 October – 10am – 4pm.



This is a fun filled and FREE day out for the entire family, with a range of exciting sports, music and arts activities, as well as several stages with action packed entertainment!

Get ready for; The Mik Maks, Alex the Magician, I Love Bubbles Show & Bubbly Photo Booth, Tubby The Robot, Wyndham Youth Services' Silent Disco, The Wyndham Traffic School and so, so much more!



SATURDAY 14 SEPTEMBER 2019 5PM - 8PM FREE

Night Market

Tarnei

PENROSE PROMENADE COMMUNITY CENTRE 83 Penrose Promenade, Tarneit

MUSIC·CRAFT·FOOD·PLAY

wyndham.vic.gov.au/tarneitnightmarket

wyndhamcity city.coast.covntry

Help a young **I.2**P person achieve their driver licence PR Volunteer mentors needed

"I am very grateful for the many hours my mentor, Peter, has put in to teach me how to drive safely and well. I appreciate his support to achieve a big goal in my life -

getting a licence!" Julia - L2P Learner

To become a volunteer driving mentor you must:

 Hold a current Victorian driver licence Attend training to prepare you for the role Be interested in helping young people who do not have access to a supervising driver - Commit to helping them to become safe drivers and increase their ability to seek employment and opportunity - Commit to supervising one driving session per week

Mentors will be provided with a car, petrol, insurance, training and support.

To find out more please contact the L2P Program Officer: T 0487465687 12p@lcis.org.au http://lcis.org.au/







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