**The Buzz Term 3, 2019**

**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/healthyhouseholdhabitscontact Belinda on 0408 120 007

**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.**

***A Guide to Event Planning***

**Free Volunteer and Communty Group Training**

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

[www.wyndham.vic.gov.au/volunteering](http://www.wyndham.vic.gov.au/volunteering).

 **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

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

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’

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

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

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

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

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

8754 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**

**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

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

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

 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

 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

5pm—7pm

Sundays

10:3am—11:30am

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

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

**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

 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

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

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 Incoporated**

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

First 3 Fridays of the month

6pm –7:30pm

Contact: Sumitra Puri

0402 581 808

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

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**

**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

7pm—8pm

Sundays

6pm—7pm

Contact: Sandeep

0433 012 214

Fees apply

**Healthy Household Habits**

Join Belinda to learn more about living naturally, developing healthy household habits and using essential oils each month.

First Tuesday of the month

9.30am

Contact: Belinda

0408 120 007

www.facebook.com/healthyhouseholdhabits

No cost

**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

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

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

8734 4514

in-take@wyndham.vic.gov.au

For residents over 65yrs

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**

**1pm—3pm**

Contact: Sunil Abbot

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

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

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

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

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 & Community Groups**

**Iglesia Ni Christo**

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

**Tuesdays**

**5am—7am**

**Wednesdays**

**7pm—10pm**

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**

**7pm-9pm**

Contact: Kenneth

0430 862 312

secretary@slcfow.com.au

Website: 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**

**6pm—9pm**

Contact: Lejumol

0423 393 651

Fees apply

**Western Gymkhana**

Recreational and social activities

for club members

**Third Saturday of the month**

**6pm—11pm**

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**

**7pm—10pm**

**Saturday**

**6pm—10pm**

**Sunday**

**10am—2pm**

Contact: Tui

0421 007 448

No Cost

**Vision Pentecostal**

Weekly church services

**Sunday**

**2pm—6pm**

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**

**6pm—9pm**

**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**

**10am—2pm**

Contact: Mihi Szabo

0413 231 143

Fees Apply

**Social & Support Groups**

**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

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—1pm**

Contact: Ruth Chattey

03 9527 9422

ruth@mirabelfoundation.org.au

No 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

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

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

0431 797 868

No Cost

**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.

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 www.wynlearnfestival.org.au

Follow on news on Facebook @WynLearnFestival #wynlearnfest19

For more details or to discuss your interest contact contact@wynlearnfestival.org.au

**Reconciliation Week at Penrose Kinder**

The children from Orange Group talked about the Reconciliation banner they created by painting their handprints onto the banner using the colours of both the Aboriginal and Torres Strait Islander flags. The children also met many member 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:** Sunday 15 September 2019

**Time:** 10am – 3pm

**Location:** Wyndham Civic Centre, 45 Princes Hwy, Werribee

**Website:**  www.wyndham.vic.gov.au/petexpo

**Children’s Week Picnic**

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!

Entry to the picnic and all activities are FREE for visitors.