# The Buzz at Saltwater Community Centre

## Term 4, 2019

Contact Details:

For the Community Centre

153 Saltwater Promenade, Point Cook, VIC 3030

Phone 8376 5504

Email [saltwatercc@wyndham.vic.gov.au](mailto:saltwatercc@wyndham.vic.gov.au)

For the Kindergarten, Phone 9742 8147

For Maternal & Child Health Services, call 9742 8148

### This picture is the front page of the newsletter. The headline reads "The Big Picture" and the image shows a young girl holding up her craft work in a picture frame. The accompanying text tells readers that there are lots of activities at Saltwater where you can make pictures, including painting and animation.

### Section 1: Programs and Activities

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| EARLY YEARS AND KIDS | DAY AND TIME | CONTACT | COST |
| First Time Parents Group  Meet friendly local parents, talk about your kids and have fun! Share experiences, get advice, give support and make new friends. | **Monday**  1:30pm-3:30pm | Contact: Maternal and Child Health  9742 8148  www.wyndham.vic.gov.au select ‘Maternal & Child Health Services | No cost |
| Maternal & Child Health Services  Professional nursing support and advice for parents with children from birth to school age. | ***By appointment only*** | Contact: Maternal and Child Health  9742 8148 wwww.wyndham.vic.gov.au |  |
| Immunisations  Free childhood immunisations.  *No appointment required* | **Tuesdays**  1pm-2pm  **8 October**  **12 November**  **10 December** | *Contact: Environmental Health Department 9742 0736*  www.wyndham.vic.gov.au/Immunisation |  |
| Kindergarten  Wyndham City Council Kindergarten Services for 4 year olds. | **Weekly sessions** | Contact : Kindergarten Services  9742 8172 | Fees apply |
| Pre-School Songs & Story  Enjoy a fun way to develop early literacy skills in young children aged 1-4 with song, stories, puppets, body movement and more. | **Fridays**  **Session 1**  9:30am-10am  **Session 2**  10:15am-10:45am | Contact: Saltwater Community Centre  8376 5500 saltwatercc@wyndham.vic.gov.au  **Bookings essential** | Fees apply |
| Saltwater Multicultural Playgroup  From newborn to pre schoolers they all have different needs and eagerness' to learn. Come and meet other families from local community. | **Thursdays**  10am-11:30am |  | $40 per Term |
| South African Playgroup / Suid Afrikaanse Speelgroep  Anybody is welcome to come and enjoy in our fun activitis.  Almal is welkom om te kom deel in ons pret aktiwiteite. | **Tuesdays**  9:30am-11am | Contact : Bianca  0413 079 117  southafricanplaygroup@gmail.com | $50  per family |
| EDU Play  "Learning through doing"  EDUplay is an educational playgroup, one which encourages parent-child bond, while focusing on the development of Fine & Gross Motor Skills, Socialization Skills, Creativity (Arts & Crafts, Music & Movement), Curiosity (Experiments, Sensory Play, Reading)  1½ - 4 years of age are invited to attend. | **Tuesdays**  11:15am-12:30pm | Contact : Amy  0468 885 113  myeduplay1@gmail.com | Fees  $180 per Term  $20 Casual/drop in session |
| Saltwater Chinese Playgroup  A fun and supportive place for mum’s, female carers and pre-schoolers to enjoy crafts, stories, play and freindships. | **Wednesdays**  9:30am-11am | Contact : Jieling  0423 439 626 / jielingli.dne@hotmail.com  $40 per Term  **Bookings essential** | $40 per Term |
| Ummi & I Little Muslims Playgroup  For mums, dads, grandparents and carers with kids aged 0-5years. Come and enjoy rhyme time, story time and activities with other families. | **Wednesdays**  11am-1pm | Contact: Khushi  0425 844 513  **Bookings essential** | $40 per Term |
| Hey Dee Ho  Educational music program for children 6 months to 5years. Parent and child classes, have no more than 12 children. Creating a fun filled interactive 45 minutes musical play date! We have puppets, instruments and so much more. | **Wednesdays**  10:10am-10:55am | Contact : Melissa Smile  0457 301 878 heydeehomusicwyn@gmail.com  www.heydeehomusic.com.au | Fees apply  **Free trial Class** |
| Tiny Tutus  Tiny Tutus is the perfect place for your ballerina to dance, with classes for baby ballerinas as young as 16 months and for princesses up to 5 years of age! Beautiful early childhood ballet lessons, taught by our quality Tiny Tutus trained specialist teachers with Mums and Dads more than welcome to stay and watch! | **Fridays**  9.15am-11:30am | Contact : 1300 245 060  www.tinytutus.com.au  *$50 yearly registration fee which includes your ballerinas gorgeous class tutu* | Fees apply |
| Kangatraining  A fun, safe, multi award-winning postnatal workout incorporating babywearing, cardio and dance. An amazing way to meet Mums & Bubs in your community. | **Mondays**  9:45am—10:45am | Contact : Belinda  belinda.j@kangatraining.com.au | First session $5 (includes carrier hire if needed) Term fees apply thereafter |
| School Panda Kids Latin & Ballroom Dance  Latin and ballroom squad training for children aged 5-16 years to help children to build their confidence physical wellbeing, elegance and resilience. | **Saturdays**  4pm -5:30pm | Contact : Crystal  0415 705 258  schoolpanda@outlook.com | Fees apply |
| Point Cook Dance  Point Cook Dance classes are serious fun. They love dance, drama and singing and want everyone from the age of 3 through to teenagers to experience the thrill that dance can bring. | Saturdays  10-11am - Grade 3 Ballet  11-11:45am - Grade 3 Tap  11:45am -2:30pm Level 2 Combo (Jazz, Ballet & Tap) | Contact : Darshan/Vihang  0499 888 115  admin@bollywooddanceschool.com.au | Fees apply |
| Bollywood Dance School Australia  Bollywood, Jazz Contemporary & Hip Hop dance for kids, teens and adults. | **Mondays**  5:30pm - 9:30pm  **Fridays**  5:30pm - 9:30pm | Contact : Darshan/Vihang  0499 888 115  admin@bollywooddanceschool.com.au | Fees apply |
| Unite Dance Studio  AtDance Studio, we providethe highest quality dance tuition to our students, in a safe, positive and supportive learning environment. We're for community, and strive to unite people by making dance accessible for all to enjoy! We offerin Jazz, Ballet, Hip Hop, Tap, Contemporary, Lyrical and more. | **Tuesdays**  **Primary Ballet**  4pm - 4:45pm  **Primary Tap**  4:45pm- 5:15pm  **Youth Hip Hop**  5:15pm - 6pm  **Junior Jazz + Tap**  6pm- 6:45pm  **Junior Ballet**  6:45pm- 7:30pm  **Adult Tap**  7:30pm- 8:30pm  **Wednesdays**  **Pre School Ballet**  4pm- 4:30pm  **Pre School Jazz/Hip Hop** 4:30pm - 5pm  **Primary Hip Hop**  5pm - 5:45pm  **Junior Hip Hop**  5:45pm - 6:30pm  **Junior Contemporary**  6:30pm - 7:15pm  **Open Contemporary**  7:30pm - 8:30pm  For more information Contact : Rachel 0419375797 unite.dance@outlook.com | | Fees apply |
| Zumba with Naledi  Come and join the fun and burn a ton of calories with Zumba Fitness. Zumba fitness is a Latin inspired dance work out and incorporating other international music.  We will turn up the heat with some Merengue, Salsa, Reggaeton, Bachata and more. | **Wednesdays**  6:30-7:30pm | Contact : 0423 430 683  Or email  [**Zumba.with.naledi@gmail.com**](mailto:Zumba.with.naledi@gmail.com) | **$10 per class**  First Class is **FREE.** |
| Global Art  Art and Craft classes for kids 4yo and above transforming the way children learn art through its award-winning international art program. Our courses are designed to be a one-stop shop to develop Drawing, Painting, Colouring, Composition and Craft making abilities. | **Thursdays**  4pm-5:30pm | Contact : Edmund  0432513344  Edmund@globalartaustralia.com.au | Fees apply |
| Ben Murphy Productions  Become a star. Laugh, act, film, watch. Acting classes for kids 6-15years. Each term students showcase on a big screen and receive a copy of their filmed work to take home. | Mondays 4-5:30pm | Contact : Bob  saltwatercc@wyndham.vic.gov.au | No cost |

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| Health & Wellbeing | DAY & TIME | INFORMATION | COST |
| Wyndham Young Stroke Network  Share Support Encourage—Informal social meet-up for survivors and carers aged 55 and younger. | No fixed meeting time | Contact : Bob  saltwatercc@wyndham.vic.gov.au | No cost |
| Tai Chi  Tai Chi is an art embracing the mind, body and spirit. It is one of the most effective exercises for health of mind and body. | **Mondays**  11:15am-12:15pm | Contact: Saltwater Community Centre  8376 5500 saltwatercc@wyndham.vic.gov.au  **Bookings essential** | No cost |
| WW Wellness that Works  Join our weekly group meetings and get expert advice from our Coach to get support and inspiration to reach your goal. Share your journey with fellow members and be part of a positive like-minded group. | **Saturdays**  8.30am - 9:30am | Contact : 131997 www.weightwatchers.com.au | Fees apply  ***(visit WW website or attend Studio for more information)*** |
| Eat Pray Yoga  Increase strength, flexibility and calm your mind with vinyasa flow yoga. Adults over 16 years only. For beginners to the more advanced yogi. | **Sundays**  7:45am—8:45am | Contact : Loretta Cachia  0425 853 530  eatprayyoga@outlook.com | Fees apply  ***(visit WW website or attend Studio for more information)*** |
| JKA Karate  Learn the traditional striking and open hand martial art. First four lessons free. | **Tuesdays**  4.30pm—6pm  **Saturdays**  5pm-6:30pm | Web: www.jkaaustralia.com | Fees apply |
| Aiki Kai Aikido  Aikido is a modern, non-aggressive Japanese martial art.  Aikido is a true 'budo' path, in which martial training is utilised as a 'Way' to spiritual growth. Come and explore exercise with meaning. Non-competitive, supportive and caring training suitable from ages 15 on wards, male and female | **Wednesdays**  7:30pm-9pm    **Saturdays**  8:30am-10am | Contact : Andrew Last  0405 330 149  Andrewlast.aikido@gmail.com | Fees apply |
| Beat Factor Drum Group  Drum workshops/Classes in World Rhythms,  from African, Samba, Calypso, Reggae and many more. Class covers: instrument technique on drums and hand percussion. Easy to follow drum piece arrangement & solo ideas. *Beginners to Advanced.* | **Tuesdays**  7pm-8:30pm | Contact : Rod—Beat Factor Music  0411 028 077 info@beatfactormusic.com  ***All drums and percussion provided*** | Fees apply |
| EDUCATION & TRAINING | **DAY & TIME** | **INFORMATION** | **COST** |
| Abacus Training Centre by Sempoasip  Improves children’s focus and brain concentration by developing both the left and right of the brain. | **Mondays**  4-5.30pm  **Wednesdays**  4.30-6pm | Contact : Munita  0433 551 979  www.facebook.com/sempoaSIPAustralia | Fees apply |
| TeKids  Jedi Junior Robotics class for kids from  grade 1 to grade 5. Teach kids to build robots and how to do coding. | **Saturdays**  10:15am-11am  11:30am—12:15pm  1pm-1:45pm  2pm-2:45pm | Contact : Parth Verma  0435 023 078  tekidsaustralia@gmail.com | Fees apply |
| English Conversation  Come along and enjoy learning basic English in a friendly environment. This is a free program for non-English speaking adults. | **Tuesdays**  1-2:30pm | Contact: Saltwater Community Centre  8376 5500 saltwatercc@wyndham.vic.gov.au  **Bookings essential** | No cost |
| Computer Skills— Next Steps  This program is designed to introduce students to Microsoft Office Word and PowerPoint. Students will work with tables, resume writing & design, pictures and create a slideshow. Students receive a certificate of participation at the end of this course. | **Thursdays**  12:30pm-3:30pm  **10 Oct—12 Dec** | Contact: Saltwater Community Centre  8376 5500 saltwatercc@wyndham.vic.gov.au  **Bookings essential**  Or  enquiries@wyndhamcec.org.au | $40/$25 concession |
| Introduction to MYOB  Practical hands on course designed to teach computerised accounted package MYOB   Creating a new data file   Creating the Chart of accounts   Entering Sales and Purchases   Making and receiving payments   Bank reconciliation   Creating inventory   Creating Card Files   Payroll Module   Business Activity Statement (BAS)   Backing up and restoring files | **Thursdays**  9:15am-12:15pm  **10 Oct—12 Dec** | Contact: Saltwater Community Centre  8376 5500 saltwatercc@wyndham.vic.gov.au  **Bookings essential**  Or  enquiries@wyndhamcec.org.au | $40/$25 concession  $65 for study book &DVD |

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| FAITH, CULTURAL & COMMUNITY GROUPS | DAY & TIME | INFORMATION | COST |
| Saltwater Seniors Group  Lets get social, make new friends, play some games, have some laughs over a cuppa. Visiting parents, grandparents are welcome. | **Wednesdays**  11am—1pm | Contact:Saltwatercc@wyndham.vic.gov.au 8376 5500 | No Cost |
| CWA Point Cook Branch  Our programme is member led and consists of speakers, demonstrations and fun-raising events. We support many charities mostly in our own area. We offer friendship and support to women in our community. | **Thursdays**  7pm Monthly  (3rd Thurs of very month) | Contact : Rosmary Renden  0477 777 836  Rosemary.redden@icloud.com | Membership may apply |
| Wyndham Happy Life Association  The Wyndham Chinese Happy Life Association is a non-profit organisation. It promotes Chinese senior residents and other neighbourhoods mental and physical health in Wyndham City. We have several volunteer teachers and team leaders to teach the community members exercises such as singing, dancing, Tai Chi, square dancing, bowling, cooking, playing table tennis and gardening. | **Wednesdays**  1 – 3pm    **Fridays**  12 – 4:30pm | Contact : Yun Yun  0421 899 399  yunyun@live.com.au | Membership  may apply |
| Christ New Creation Fellowship Church  A non-sectarian, non-denominational, evangelistic and missionary-sending church. We aim to encourage everyone to build a strong relationship with God, and to grow and participate in fulfilling their calling and purpose in the Lord. | **Sundays**  9-1pm | Contact : Dennis Ferrer  0416850191  dennis.ferrer@hotmail.com.au | No cost |
| Point Cook Adventist Community Church  Our programs are extensive, including an inter-generational worship service every Saturday afternoon. Further, we run age-appropriate children’s programs, fundraising concerts, free community dinners, and monthly free community support, such as gardening and household chores.  We regularly run educational programs on parenting, relationships, health, including depression, as well as prophecy seminars. | **Saturdays**  3-6:30pm | Contact : Danijela  9395 6399 | No cost |
| Global Organisation for Divinity Australia  Gopa Kuteeram classes and Satsang for adults in Saltwater community centre on last Sunday of every month. This year we are teaching Ramayanam, Bhagavad Gita and Bhagavatham. Classes are offered on a NO FEE basis to the participating children.  All classes are conducted in English. Currently we offer classes for children in the school year group from K – Year 10. | **Last Sunday of the month**  4-5:30pm | Contact : Vidya  0425 770 971  <https://godivinity.us3.list-manage.com/subscribe?u=d0820cc2d1e034d17ecb02063&id=00ae637c12> | Donations are welcome |
| Australian Malay Foundation  Provide Malay cultural awareness, youth development, social welfare and assistance for families in the community. | **Sundays**  1—4pm | Contact : Haji Rashid  0468 712 755  muhammadrashid09@yahoo.com` | No cost |
| Mustard Seed Chapel International  Worship and teaching services | **Thursdays**  6-10pm  **Sundays**  9am – 12pm | Contact : Sam Poku-Bonsu  0416 881 681 | No cost |

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| SALTWATER ART STUDIO | DAY & TIME | CONTACT | COST |
| Open Studio  Not enough space to paint or create at home? Open Studios is for anyone to come and work on their own projects in a studio environment. | **Tuesdays**  9am-12pm  **Fridays**  9am-4:30pm | Contact : 8376 5500 saltwatercc@wyndham.vic.gov.au | No cost |
| Global Art  Art and Craft classes for kids 4yo and above transforming the way children learn art through its award-winning international art program. Our courses are designed to be a one-stop shop to develop Drawing, Painting, Colouring, Composition and Craft making abilities. | **Thursdays**  4pm-5:30pm | Contact : Edmund  0432513344  Edmund@globalartaustralia.com.au | Fees apply |
| For more info or to book any of the sessions below please visit www.saltwatersrtstudio.net  Or call 0457578046 during working hours 9am to 5pm only | | | |
| Friday Night Life Drawing  Join us every third Friday of the month for Friday Night Life Drawing, with professional models and optional tutoring by local artist Nick Shepherd. *Ages Strictly 18+* | **Fridays**  **Oct** 18  **Nov** 15  **Dec** 13  **7:30-10pm** | Instructor : Nick Shepherd  [dabura666au@yahoo.com](mailto:dabura666au@yahoo.com) | Fees Apply |
| Kids Photography  Always wanted to know how to take the perfect photos of your kids? Professional photographer Imran Abul Kashem will show you how take sharp and memorable images with using  simple techniques. This class will also help you understand the fundamentals of portrait photography, including exposure, aperture and shutter speeds, ISO, focus controls composition and more…. | **Saturday**  **Nov** 2  2-4pm | **Instructor** : Imran Abul Kashem  info@westendphotography.com.au |
| Family Portrait Photography  Do you want to know how to capture better photos and document precious moments of your family? Join professional portrait and family photographer Imran Abul Kashem as he will share and demonstrate his tips and techniques to help you to take better family photos | **Friday**  **Nov 30**  2-4pm |
| Ceramics—Handbuilding with Clay  Each week this term there will be a lesson on something different to create from clay, from bead making to sculpture, all without the pottery wheel! Come to one or all! Which will you choose?  *Adults class*. | **Tuesdays**  **Oct** 8**— Dec** 10  **7 - 9:30pm**  **Thursdays**  **Oct** 10**—Dec** 5  10:30am—1pm |
| Casual Clay  Casual clay sessions are perfect for people to drop in which ever week they like and work independently on their own projects in a studio environment. These sessions are not tutored.  *Adults class* | **Tuesdays**  **Sep** 24**– Dec** 10  **7:30-9:30pm**    **Thursdays**  **Sep** 26**—Dec** 12  11am 1pm | Carolyn Warren-Langford  [claysanctuaryinfo@gmail.com](mailto:claysanctuaryinfo@gmail.com) |
| Character Design Drawing Course  This course is for those who wish to gain solid foundational skills drawing the human form.  From this basis students will then go on to learn how to design interesting and unique characters and creatures.  Open to all skill levels from complete beginners to advanced artists wishing to hone their skills.  Bring drawing materials: Sketchbook, pencils, eraser, sharpener.  *Ages 10years +* | **Wednesdays**  **Oct** 23**—Dec** 11  4-6pm | Instructor : Nick Shepherd  [dabura666au@yahoo.com](mailto:dabura666au@yahoo.com) | Fees Apply |
| Inky Thumbs Kids Art Class  Get ready to have some fun in this weekly one-hour kids art class. We'll explore a variety of different types and styles of art including painting, ink, printmaking, collage, chalk pastels. Each artwork will be an expression of the Artists' personal style and skills. Throughout the term, artists will be guided through the design process and will learn how to pause and view their piece in progress and alter plans where necessary. Each Artists individual art techniques and abilities will be celebrated. At the end of the term, artists will have completed three (or more) larger artworks as well as a variety of small pieces and warm-up exercises. All equipment will be provided by the teacher. Artists will need to wear comfortable clothes that are okay to get painty.  *Ages 7-12 years* | **Tuesdays**  **Oct** 15**-Dec** 3  4:15-5:15pm | Instruction : Lindsey Giroux  [inkythumbstudio@gmail.com](mailto:inkythumbstudio@gmail.com) | Fees Apply |
| Abstract Watercolour Workshop  Have you ever wanted to play with watercolours? In this three hour workshop we’ll explore the diversity of watercolour paint while creating abstract art pieces. We’ll begin the class by creating a few smaller pieces using different techniques. Once we’ve got a toolbox full of techniques we’ll work on our final larger artwork, adding details with artist pens and other materials. All supplies will be provided. | **Saturdays**  **October 26**  **1:30-4:30pm** | Instruction : Lindsey Giroux  [inkythumbstudio@gmail.com](mailto:inkythumbstudio@gmail.com) | Fees Apply |
| Watercolour Open Studio  A fun and relaxed open studio time where you can pursue your own watercolour projects while learning more skills from artist Lindsey Giroux and fellow students. Lindsey will encourage students to paint the subjects they prefer. Students will work to achieve their own style of watercolour painting, with the facilitator guiding them along the way. In addition, students can expect small lessons to cover a specific style or technique such as watercolour sketching, wet-in-wet and glazing techniques. Beginners and artists of all levels of experience are welcome. This is the perfect class for those new to watercolour painting wanting to gather some techniques and gain confidence.  Materials not supplied  *Adults Class* | **Mondays**  **Oct 14—Dec 2**  **10am-12pm** |
| Pencils—Graphite, Watercolour & Coloured  In these relaxed and fun weekly classes learn how to draw from start to finish using a variety of pencil types: including graphite, watercolour and coloured pencils. Creating art helps reduce stress and anxiety, while fostering productivity, creativity, connection and confidence. *Adults class* | **Mondays**  **Oct** 14-**Nov** 18  7-9pm | Instruction : Michelle Ripari  https://michelleripariart.com | Fees Apply |
| Beginners Wheel Throwing  This course is for beginners to develop skills to create work on the potter's wheel. As there are only 4 students in the class, personal attention will be given to master the wheel throwing technique and pursue your own artistic creation. All skill levels are accommodated and welcome. This is an enjoyable and social class.  *Adult Class*  . | **Wednesdays**  **Oct** 9**– Nov** 20  6:30-9pm  **Thursdays**  **Oct** 10-**Nov** 21  6:30- 9pm  **Saturdays**  **Oct** 11**-Nov** 23  9:30am - 12pm | Instructor : Nandita Nadkarni  0432 266 229  nandita.nadkarni@gmail.com | Fees Apply |

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| Observational Drawing for fun and folios - Adults  Each week will focus on a different method using a range of drawing and painting tools, working from a different still life scene each week. After 8 weeks the students will have tried a range of mediums and methods and have a diverse range of art work | Mondays  Oct 14-Dec 2  1-3pm | Instructor : Ceardai Demelza  Ceardaidemelza@gmail.com | Fees apply |
| Observational drawing for fun and folios - VCE  Students will explore drawing with various mediums and which can be applied together, basic colour theory and types and quality of mediums and papers. By the end of the course students will have created a strong folio suitable for applying for further stud | **Mondays**  **Oct** 14**-Dec** 2  4-6pm  **Sundays**  **Oct** 20**-Dec** 8  9:30am-12:30pm |

### Section 2: Adverts for Program and Activities

This picture advertises free health check for community, organised by Wyndham city Council,The Stroke Foundation and IPC Heath. Get your free check on Wednesday 2nd October at Arndell Park Community Centre between 9 and 10am or Saltwater Community Centre between 12noon and 3pm.




