

# THE BUZZ @



Term 1, 2020

## Featherbrook Community Centre



### ***Featherbrook: A Healthy Active Connected Community!***

Term 4 was packed full of community activities and events. As a part of the Healthy Active Expo, Seniors' Festival and Active Kindergartens, a great range of free events were offered in partnership by Wyndham City Council and active community groups and organisations such as the Wyndham Active Young @55+ group, Point Cook Dance and Kyosado.

Featherbrook seniors participated in free Yoga, Chess, Car-rum Board, and tournaments for Table Tennis and Athletics.

For the healthy active expo, local community enjoyed a yoga expo lead by well-respected and community focused Prem Prem and vising yogi, Mr Om Pakesh. Free karate sessions were also offered by Kyosado and a fabulous hip hop session by Point Cook Dance.

Term 4 also saw a partnership between Network West, Wyndham City Council and the community to run two very well attended Senior's social mentoring session. Attendees are now in discussion re potentially running a community run drop skills share, by seniors for senior, to upskilling on social media. Making connection with their grandkids simple and fun. A special mention to the Wyndham Active Youngs @55+ community group who managed attendances, food and generally encouraged people to get involved.



Wyndham Council acknowledges the Woiwurrung and Boonwurrung peoples of the Kulin Nation as the Traditional Owners of the land on which Featherbrook Community Centre sits.

# Featherbrook Community Centre

## Volunteer Appreciation

Albert Khoo



Meet Albert Khoo!

One of the many wonderful volunteers here at the Featherbrook Community Centre.

Albert has been volunteering with our centre for almost 2 years and everyone values his contribution and generous spirit.

Albert arrives early in the morning and helps with everything! Albert truly goes above and beyond and we all appreciate it!

His personality adds a beautiful welcoming energy to the centre.

## Volunteer Appreciation Lunch

Featherbrook Volunteers from left to right:

Dennis, Hans, Cassey, Constance, Radhaa, Prem, Perry, Albert, Sudhir, Jugal & Wendy.



On December 4th we had a special appreciation event for all Neighbourhood Hubs Volunteers. We had the largest turn out yet with 46 volunteers and 12 staff participating. After a great lunch provided by 'Angela's Community Kitchen', a beautiful gift and certificates of appreciation were awarded for their amazing and varied contributions throughout 2019.

2019 has been another fantastic year, with our amazing and committed volunteers. Thanks to staff community and volunteers, Featherbrook Community Centre creates a space where people feel welcome and respected. Where the local community can come together to connect, share and learn new skills and bring new ideas to life. The volunteers assist with the day to day running of the centre and have made it possible to run 5 weekly English classes, weekly yoga, a yoga expo, weekly senior's fitness classes, table tennis, drama and storytelling, quilting, assorted talks and demonstrations, life skills with Lego and our popular story time for children families.



We would like to say a special thankyou and congratulations to Cassy Chen and Lisi Lai who both received their 5 years of service pin and were awarded a special framed certificate, signed by our Mayor, CR Mia Shaw!

# Programs and Activities

EARLY YEARS	DAY/ TIME	INFORMATION	COST
<b>Maternal &amp; Child Health</b> Professional nursing support and advice for parents of children from birth to school age.	Appointment only	Contact: Maternal & Child Health ☎ 9742 8148 to arrange appointment 🌐 www.wyndham.vic.gov.au	No cost
<b>First Time Parents Group</b> For parents of babies 2 - 4 months of age, meet other new parents in the area. MCH referral required.	<b>THURSDAY</b> 1.30pm-3.30pm	Contact: Maternal & Child Health ☎9742 8148	No cost
<b>Wyndham City Council Immunisations</b> Free childhood immunisations No appointment necessary.	Refer to immunisation sessions on Wyndham website	Contact: Immunisations Department ☎ 9742 0736 🌐 https://www.wyndham.vic.gov.au/services/childrens-services/immunisations/attending-immunisation-session	No Cost
<b>Wyndham City Council Kindergarten</b> 3 and 4 year old Kindergarten	Weekly sessions	Contact: Kindergarten Services ☎ 9742 8147	Fees Apply
<b>Mums and Bubs Zumba and Play</b> A fitness and play session tailored especially for Mums and their Bubs. This session will include Zumba and a time for mums to chat and for bubs to play and interact	<b>MONDAY</b> 9am—11.30am	<b>Contact:</b> Lisa ☎ 0449 568 821 ✉ m.a.i.fitness01@gmail.com	\$2 a session
<b>Story Time</b> Interactive session for preschool kids. Limited spaces available, please collect ticket from reception 15 minutes before each session.	<b>TUESDAY</b> 9.15am—9.45am 10.00am—10.30am	Contact: Featherbrook Community Centre ☎ 8353 4000 Maximum of 40 children per session	No Cost
<b>Busy Bees Playgroup</b> Where children learn through play, imagination and creativity all whilst developing social skills. Friendly environment where parents meet new friends too. Suitable for ages under 5 years.	<b>TUESDAY</b> 9.00am-11.30am	Contact: Monica ✉ busybeesfeatherbrook@gmail.com	Fees apply
<b>Little Kookies Playgroup</b> Where children learn through play, imagination and creativity all whilst developing social skills. Friendly environment where parents meet new friends too. Suitable for ages under 5 years.	<b>THURSDAY</b> 9.00am-11.00am	Contact: Monica ✉ littlekookiesfeatherbrook@gmail.com	Fees apply
<b>Point Cook Japanese Playgroup</b> Introduce children to Japanese culture and language through a number of activities.	<b>FRIDAY</b> 11.00am-1.00pm	Contact: Akiha Arai ☎ 0433 425 442 ✉ pointcookjappg@gmail.com	Fees apply
<b>CUTEkids—Playgroup</b> A multicultural playgroup for children to explore and experience learning through songs, storytelling, reading and crafts	<b>FRIDAY</b> 9.15am - 10.45am	Contact: Phebe Yeo ☎ 0425 338 832 ✉ phebe@8senses.com.au 🌐 www.8senses.com.au	Fees apply

KIDS	DAY & TIME	INFORMATION	COST
<b>Funtik Gymnastics</b> Providing a concept of gymnastics to young children in a fun way. The beginning of life long gymnastics skills	<b>SATURDAY</b> 9am—11am <b>MONDAY</b> 10am—12pm	Contact: Lucy ☎ 0430 403 342 ✉ nadiyakoryakina@hotmail.com	Fees apply
<b>Kre8ive Kids</b> Kids Activity classes for 5—10 year olds. Meditation & yoga, theatre/acting skills through small performance and learning art and craft.	<b>SUNDAY</b> 3.30—5.00pm	Contact: Madhu ☎ 0478 785 244 ✉ harshe.madhuja@gmail.com	Fees apply

# Programs and Activities

KIDS	DAY & TIME	INFORMATION	COST
<p><b>MY TIME—Tweddle</b> Free supportive space for parents to feel understood and share ideas. Meet other parents and family carers of children with disabilities or higher support needs. Socialise, discuss, get information and support/be supported.</p>	<p><b>WEDNESDAY</b> 9.30am-12.30pm</p>	<p>Contact: Kylee at MY TIME ☎ 9689 1577 ✉ kylee.brealey@tweddle.org.au 🌐 www.mytime-net-au</p>	No Cost
<p><b>Point Cook Dance</b> PointCookDance love dance and want everyone from 3 yrs old to teenagers, to experience the thrill that dance can bring. Dance classes include Pre-Schooler Dance Fun, Combination for preppies, Classical Ballet, Jazz Funk, Hip Hop Boyz, Hip Hop, Tap, Contemporary, Acrobatics, Drama and Singing.</p>	<p><b>MONDAY-SATURDAY</b> Various days/times</p>	<p>Contact: Mandy ☎ 0416 679 911 ✉ mandy@pointcookdance.com.au 🌐 www.pointcookdance.com.au</p>	Fees Apply
<p><b>Hey Dee Ho</b> Educational music program for children 6months up to 5 years. Parent and child classes that have a max of 12 children. Creating a fun-filled interactive 45 minute musical playdate with puppets, instruments and much more</p>	<p><b>FRIDAY</b> 10.00am-10.45am</p>	<p>Contact: Melissa ☎ 0457 301 878 ✉ heydeehomusicwyn@gmail.com 🌐 www.heydeeho.com.au</p>	Fees Apply
<p><b>Tiny Tutus</b> Preschool Ballet for ballerinas from 16 months to 5 years of age.</p>	<p><b>THURSDAY</b> 9.00am-11.00am</p>	<p>☎ 1300 245 060 🌐 www.tinytutus.com.au</p>	Fees Apply
<p><b>Point Cook Girl Guides</b> Girl Guides Victoria creates friendly environments for children and young people. Our mission is to empower girls and young women into confident self respecting responsible community members.</p>	<p><b>TUESDAY</b> 5-9yrs 4:30pm-6:30pm 9yrs-Yr 7 6.30pm - 8.30pm Yr 7 + 6.30pm—8.30pm</p>	<p>Contact: Robyn ✉ wyndham@guidesvic.org.au 🌐 www.guidesvic.org.au ☎ 0407 055 631</p>	Fees Apply
<p><b>Wyndham Chess Club</b> Chess lessons for kids aged 6 &amp; over. All levels from beginners to advanced</p>	<p><b>MONDAY</b> 4.00pm-6.00pm</p>	<p>Contact: Phil ☎ 0478 604 601 ✉ phil@wyndhamchess.club 🌐 www.wyndhamchess.club</p>	Fees Apply
RECREATION & LEISURE	DAY & TIME	INFORMATION	COST
<p><b>Jump Into Life Personal Training</b> HIIT workouts including Metafit, MetaPWR, Fat burn Extreme and Boxing. Suitable for all levels of fitness and kid friendly.</p>	<p><b>SATURDAY</b> 7.00am-7.30am <b>WEDNESDAY</b> 6.00am-6.30am</p>	<p>Contact: Brigitte ☎ 0421 647 414 🌐 http://jumpintolifept.com.au/</p>	Fees Apply
<p><b>Fun Fitness Gentle Exercise</b> A gentle physical activity program suitable for anyone.</p>	<p><b>THURSDAY</b> 11.00am-12.00pm</p>	<p>Contact: Featherbrook Community Centre ☎ 8353 4000</p>	Fees Apply
<p><b>Wyndham Active Youngs @55 Inc.</b> A Seniors group that focuses on health and well-being that welcomes all cultures and backgrounds. Activities include: Yoga, Table tennis, Aerobics, Dance, Mind activities such as puzzles and games</p>	<p><b>MONDAY</b> 9-11am <b>TUESDAY</b> 11am-2pm <b>WEDNESDAY</b> 9-11am <b>FRIDAY</b> 8.30-9.30am</p>	<p>Contact: Sudhir ☎ 0415 203 610 ✉ wyndhamactive@gmail.com</p>	Fees Apply
<p><b>Social Quilting &amp; Patchwork</b> Come socialise and work on your quilting project</p>	<p><b>TUESDAY</b> 12.00pm-4.00pm</p>	<p>☎ 8353 4000 ✉ featherbrookcc@wyndham.vic.gov.au</p>	Fees apply

# Programs and Activities

RECREATION & LEISURE	DAY & TIME	INFORMATION	COST
<b>Monday Yoga</b> Yoga for all ages.	<b>MONDAY</b> 11.00am-12.00pm	☎ 8353 4000 ✉ featherbrookcc@wyndham.vic.gov.au	Fees apply
<b>Zumba – MAI Fitness</b> You can forget about the workout, it's the ultimate dance fitness party.	<b>MONDAY</b> 7.00pm-8.00pm	<b>Contact:</b> Lisa ☎ 0449 568 821 ✉ m.a.i.fitness01@gmail.com 🌐 facebook.com/MAIFitnesswithLisaHalbert	Fees Apply
<b>Rachana Natyalaya</b> One of the foremost centres for learning Indian classical, Bollywood and folk dance forms. Structured training is provided for students at various levels. Students get the opportunity to participate in community/corporate events	<b>FRIDAY</b> 6:00pm-9.30pm	<b>Contact:</b> Archana ☎ 0432 161 933 ✉ koorthy@gmail.com 🌐 www.rachananatyalaya.com	Fees Apply
<b>Sahaja Yoga Meditation</b> Learn how to experience the peace of true meditation. Free classes and workshops are available to help you discover the unique technique of Sahaja Yoga meditation	<b>WEDNESDAY</b> 7.00pm-8.00pm	<b>Contact:</b> Annie ☎ 0423 110 875 ✉ annie.sarani@gmail.com 🌐 www.sahajayogavic.com	No cost
<b>Genesis Yoga</b> Teaching Hatha and Vinyasa Yoga with correct alignment techniques. Yogis are encouraged to work at their own levels focusing on breathing. Classes include deep relaxation, classical yoga postures and mindful yoga practices.	<b>SUNDAY</b> 8.00am-9.00am	<b>Contact:</b> Rohini ☎ 0404 730 861 ✉ Rohini.budhraj@gmail.com	Fees Apply
<b>Tatkaar Kathak Institute</b> An Indian ballet known as Kathak—which means story telling. Teaching the art of story telling through dance based on Indian culture.	<b>SATURDAY</b> 9.30am– 10.30am	<b>Contact:</b> Shikha ☎ 0450 228 954 🌐 www.tatkaarkathakinstitutie.com	Fees apply

EDUCATION & TRAINING	DAY & TIME	INFORMATION	COST
<b>Kids Concepts Australia</b> KCA is a unique after school workshop for kids aged 4-15 years. We offer a range of skill development courses on high speed mental maths like Abacus, Vedicmaths, Handwriting, Robotics & Coding, Calligraphy & Rubik cube	<b>MONDAY</b> 4.30pm—6.30pm	<b>Contact:</b> Keerti ☎ 0413 949 831 ✉ info@kidsconceptsaustralia.com.au 🌐 http://kidsconceptsaustralia.com.au	Fees Apply
<b>JEI Learning</b> English (writing), Maths (problem solving) Self learning tutoring system for Prep to Secondary	<b>MONDAY</b> 4.00pm-6.00pm <b>FRIDAY</b> 4.00pm-6.00pm	<b>Contact:</b> Harry ☎ 0402 547 227 ✉ jei.melbourne@gmail.com 🌐 www.jeilearning.com	Fees Apply
<b>Fundamental Thinking Tutorial</b> Maths, English and Science learning programs for primary and secondary level students. Hub of context perspective concept based learning strategies and promotes mathematic, literary and scientific thinking in Australian kids.	<b>MONDAY, WEDNESDAY and THURSDAY</b> 6.30pm — 8.30pm	<b>Contact:</b> Subhajit Deb Roy ✉ info@fundamentalthinking.com.au ☎ 0469 771 325 🌐 www.fundamentalthinking.com.au	Fees apply
<b>English Conversation Classes—Adult</b> Conversational English classes suitable for adults new to the English language.	<b>Friday</b> 11am-12pm <b>Friday</b> 12pm-1.30pm (2 classes) <b>Friday</b> 1.30pm-3.00pm	<b>Contact:</b> Featherbrook Community Centre ☎ 8353 4000 ✉ featherbrookcc@wyndham.vic.gov.au	No Cost
<b>Conversational Café</b> New style English conversation class	<b>FRIDAY</b> 1.30pm	<b>Contact:</b> Featherbrook Community Centre ☎ 8353 4000 ✉ featherbrookcc@wyndham.vic.gov.au	No Cost
<b>English Conversation Classes—Adult</b> New to English class in partnership with Wyndham Community and Education Centre.	<b>WEDNESDAY &amp; THURSDAY</b> 1pm—3pm	<b>Contact:</b> Sanhong ✉ zhusanhong123@gmail.com ☎ 0437 310 888	No Cost

# Programs and Activities

EDUCATION & TRAINING	DAY & TIME	INFORMATION	COST
<b>Well Bricking Lab</b> Mandarin Conversation for adults	<b>MONDAY</b> 11.30am—1pm	<b>Contact:</b> Cassy or Constance ✉ wellbrickinglab@gmail.com You must enrol to attend	Fees Apply
<b>Well Bricking Lab</b> English Adult Classes - with lego	<b>Mondays</b> 10am—11.30am	<b>Contact:</b> Cassy or Constance ✉ wellbrickinglab@gmail.com You must enrol to attend	Fees Apply
<b>Abacus 4 Kids</b> Fun and innovative ways for kids from 4-12yrs old to learn mathematic mental arithmetic skills using abacus (soroban)	Various days and times	<b>Contact:</b> Jaslyn ☎ 0406 946 069 ✉ abacus4kids@gmail.com	Fees Apply Free trial class available

FAITH, CULTURAL & COMMUNITY GROUPS	DAY & TIME	INFORMATION	COST
<b>Le Petrel Mauritian Seniors Club</b> Founded in 2012 at this centre the club welcomes all seniors or retirees in the local area. A multicultural organisation that has fun!	<b>WEDNESDAY</b> 12.30pm-4.30pm	<b>Contact:</b> Regis 0421 464 874	Fees Apply
<b>Point Cook Chinese Friendship Group</b> Meet weekly to dance, sing, learn songs, learn English, healthy lunch and play Ping Pong.	<b>THURS:</b> 11.00am-3.00pm English Conversation <b>WEDNESDAY:</b> 1.00-3.00pm <b>THURSDAY:</b> 1.00-3.00pm	<b>Contact:</b> Sanhong ☎ 0437 310 888 ✉ zhusanhong123@gmail.com	Fees Apply
<b>Friends @ Featherbrook</b> Yoga followed by social eating, community building and activities.	<b>MONDAY</b> 11.00am-2:00pm	☎ 8353 4000 ✉ featherbrookcc@wyndham.vic.gov.au	Fees Apply
<b>Indian Seniors Group</b> Recreation, Activities and Cultural food sharing	<b>2nd TUESDAY of each month</b> 1.00pm-4.00pm	<b>Contact:</b> Indira ☎ 0402 458 648 ✉ indiramohan37@gmail.com	No Cost
<b>Garam Ministry</b> Indonesian Christian Services.	<b>SUNDAY</b> 9.30am-12.30pm	<b>Contact:</b> Pastor Marlina ☎ 0408 301 006	No cost
<b>First Born Gospel Church</b> Filipino Christian Services.	<b>SUNDAY</b> 12.30pm-4.30pm	<b>Contact:</b> Denwardson Estrada ☎ 0456 191 341 ✉ fbgcpe@iafb-australia.org	No Cost
<b>Light of Jesus Family - Melbourne</b> A Catholic charismatic prayer group founded in the Philippines. There is holy mass, worship & live talks. Songs of praise and fellowship	<b>1st SUNDAY</b> 4.30pm—8.30pm <b>4th SATURDAY</b> 5.30pm—9.30pm	<b>Contact:</b> Primo ☎ 0413 237 784 ✉ jackcordeta@yahoo.com	No Cost
<b>ISKCON—HARE KRISHNA MOVEMENT</b> Vaisnava Hindu Worship Service.	<b>Last SUNDAY of each month</b> 5.00pm-8.30pm	<b>Contact:</b> Rev. Bhakta A Lange ☎ 0431 829 463	No Cost
<b>C3 Reach Church—Community Connect Group</b> Faith based discussion group. Share a meal and coffee, enjoy each others company and discuss bible topics.	<b>1st and 3rd Saturday of each month</b> 5.30pm-8.30pm	<b>Contact:</b> Phillip Boaretto ☎ 0405 321 238 ✉ phillipboaretto@gmail.com	No Cost
<b>Ragaa Music</b> Ragaa Music conducts music singing workshops for all groups. Learn our traditional Indian Classical Music.	<b>SUNDAY</b> 11am—1pm	<b>Contact:</b> MadhuVasa ☎ 0404 255 148	Fees Apply

# Featherbrook Community Centre



## GREEN living series

### GREEN LIVING SERIES

Wyndham City's Green Living Series is back and bursting at the seams with over 40 free community environmental events! Held over February and March 2020, the series includes a wide range of activities that will inspire green living and sustainability. Events run at various venues across the municipality and will include a wide variety of workshops, speakers and tours.

**To book :** [www.wyndham.vic.gov.au/greenlivingseries](http://www.wyndham.vic.gov.au/greenlivingseries)

Visit the Green Living in Wyndham Facebook page for updates

#### UPCOMING EVENTS:

- The Launch: 2040 Movie Screening and Q & A with Director, Damon Gameau – Saturday 1<sup>st</sup> February
- The Slow Fashion Stylist – Thursday 6<sup>th</sup> February
- Spotlight Tour at Mt Rothwell Biodiversity Centre – Saturday 16<sup>th</sup> February
- Discover Seaweed: Walk Talk and Taste – Sunday 9<sup>th</sup> February
- Natural Clothes Dyeing Workshop – Saturday 14<sup>th</sup> March
- Wayapa Workshop – Sunday 15<sup>th</sup> March

**Preventing family violence begins with all of us changing our thinking.**

**RESPECT WOMEN** **CALL IT OUT**

**#callitout**  
**#16daysofactivism**

**Family violence can happen to any of us**

**so it's up to all of us to put a stop to it.**

**#RESPECTVICTORIA**

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

**1800RESPECT**  
NATIONAL SEXUAL ASSAULT, DOMESTIC FAMILY VIOLENCE COUNSELLING SERVICE

Respect Victoria

**A violence-free Victoria.**

It all starts with respect.

## NEW PROGRAMS AT FEATHERBROOK



### MUMS & BUBS ZUMBA & PLAY

A NEW fitness and play session tailored especially for Mums and their Bubs. This session will include Zumba and a time for mums to chat and for bubs to play and interact.

Qualified and experienced Zumba Instructors Kama Bartlett and Lisa Halbert are a Mother and Daughter Team from New Zealand.

Please note that spots are limited. To make a booking or for more information please contact Lisa on the number provided.

Let the music move you!

**BOOKINGS REQUIRED!**

wyndhamcity



#### INFORMATION

- WHEN:** Monday  
**WHERE:** Featherbrook Community Centre, 33-35 Windorah Drive, Point Cook  
**TIME:** 9.00am – 11:30am  
**COST:** \$2 a session or \$20 a term  
**CONTACT:** Lisa - 0424 848 206



**NEW!**

### Women's Self Defence

This 2 day program is ideal for all women who want to learn self defence skills.

Course covers:

- Meaning of self-defence
- Defence 1vs1
- Defence response to => Intention & level of aggression
- Psychology of an attack

Please note that places are limited and are available on first come first serve basis only. To make a booking or for more information please contact the centre on the number provided.

Please wear sports clothes and bring a water bottle along – and positive energy!!

**BOOKINGS REQUIRED!**

wyndhamcity



#### INFORMATION

- WHEN:** Wednesday  
12<sup>th</sup> and 19<sup>th</sup> February  
**WHERE:** Featherbrook Community Centre  
33-35 Windorah Drive, Point Cook  
**TIME:** 5:30pm - 6:30pm  
**COST:** Free  
**CONTACT:** 8353 4000  
featherbrookcc@wyndham.vic.gov.au



### Kre8ive Kids



- **Day & Time:** Sunday, 3:45pm - 4:45pm
- **Location:** Featherbrook Community Centre
- **Price:** \$15 per session.
- **Age Group:** 5 to 9 years.
- **Contact:** Madhu (0478785244)

#### Children learn:

- Sanskrit shlokas and mantras
- Breathing exercises and yoga postures
- Values through moral stories
- Basic theatre & acting skills

#### Benefits:

- This is a program to enhance overall harmonious development in a child's early years.
- Chanting mantras in Sanskrit can help children improve concentration, improve pronunciation and at times also overcome speech impediments.
- Yoga and associated breathing patterns, the vibrations underlying Sanskrit shlokas are expected to produce innumerable long term positive benefits for the mind and body.
- The theatre lessons build confidence and promote expressions at a young age.

### VHP RAGAA MUSIC

Ragaa Music conducts music singing workshops for all groups. Learn our traditional Indian Classical Music.

SUNDAYS 11am—1pm  
 Contact: Madhu 0404 255 148



### Fun-tik - kindergym



#### Funtik Kindergym

Mondays 10am-12pm and Saturdays 9am-11am

Contact: Lucy 0430 403 342