

# THE BUZZ

## Wyndham Central

Arndell Park Community Centre  
Dianella Community Centre  
Penrose Promenade Community Centre  
The Grange Community Centre  
Tarneit Community Learning Centre

wyndhamcity

Term 2, 2022



**Dianella Community Centre** is starting community programs and events in Term 2, the week of 26th April. The Community Centre team are excited to work with local community groups and services providers to offer programs focussing on bringing people together, building community resilience, and providing a safe and welcoming space for all community members.

The State Government led Vaccination Hub has been based at the Centre for the past 12 weeks, and has just finished the program on the 7<sup>th</sup> April. During this time they were able to administer 12 000 vaccinations to people from the age of 12 years old +. From the 11-14<sup>th</sup> April Australian Red Cross, Life Blood recieved much needed blood donations from the community. Visit the website to book a donation time, next time they're in town <https://www.lifeblood.com.au/donor-centre/vic/tarneit-pop-up-donor-centre>. The Dianella team are excited to announce that an "Artist in Residence" is based on site, **Afsaneh Torabi (Afy)**. Afy is a multidisciplinary artist who will be based at the Centre from now till 28<sup>th</sup> May. Afy will be engaging the community regarding **Tarneitian Tales**. **The Tarneitian Tales** will be a series of tiny artworks and/or tiny theatres that house stories from the people of Tarneit and surrounds. Through workshops and a drop-in artist studio, we will learn the art of visual and immersive storytelling, and use it to make our own tiny theatres to be exhibited at the Centre later in the year. For more info visit the website <https://tarneitianales.weebly.com/>. Afy will also be performing at the 28th May Makers and Growers Market at the Centre, with a number of other local performers. Visit the website for more information <https://www.wyndham.vic.gov.au/tarneit-makers-and-growers-market>.

Many more programs and services will be available see the below list, contact the centre for more information.

- Dianella CC Walking Group
- Communi-tea Coffee Hour
- Mini Movers – physical activity classes for children to the age of 12yrs
- Library story time
- Sleep settling classes
- Youth Services drop in space
- Vic Police/Youth Support and Advocacy Services – youth program

Other community led classes and programs will be available during Term 2, including dance classes, gardening workshops, yoga, meditation, shared family dinner nights, family games nights, breast cancer support groups and many more.



Wyndham City Council would like to pay respect and acknowledge the Bunurong People as the Traditional Custodians of the land on which these community centres are built.

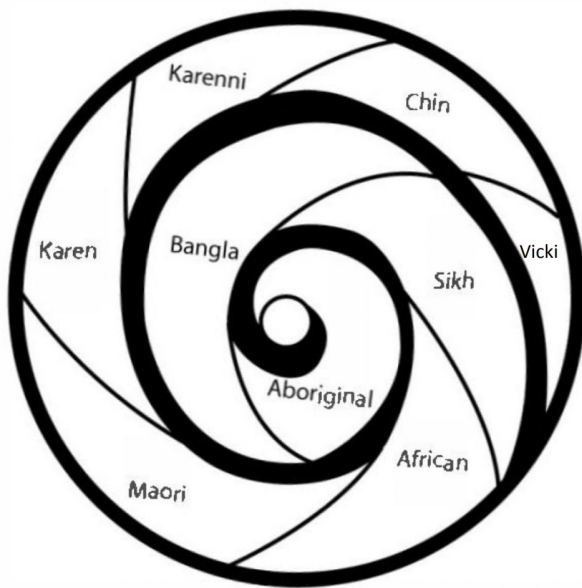
Arndell Park Community Centre:	29-49 Federation Blvd, Truganina VIC 3029	Phone: (03) 8734 8911
Dianella Community Centre	6 Congo Drive, Tarneit VIC 3029	Phone: (03) 8742 8300
Penrose Promenade Community Centre:	83 Penrose Promenade, Tarneit VIC 3029	Phone: (03) 8734 4500
The Grange Community Centre:	260-280 Hogans Rd, Hoppers Crossing VIC 3029	Phone: (03) 8742 8000
Tarneit Community Learning Centre:	150 Sunset Views Blvd, Tarneit VIC 3029	Phone: (03) 8734 6040

## Voice of the Land, Voice of the People, Voice of our Heart—MOTHER TONGUE

Shaheed Shrine, in Dhaka Bangladesh, honours the Bangla speaking peoples who peacefully protested for their right to Mother Tongue and were killed at this demonstration on 21 February 1953. They became the martyrs who on UNESCO International Mother Tongue Day 21st of February celebrates and honours. This is the inspiration for this Mother Tongue public artwork project at the **Tarneit Community Learning Centre**.



This design is intended to relate and reflect the place, the site, Bunurong Country in Tarneit, and to represent Aboriginal people and the Law of the Land that is inherent in Country and place. Vicki has synthesised the intentions of honouring Mother Tongue from an Australian Aboriginal and specifically Bunurong perspective with the Bangla community's Shaheed Shrine vision. The Mother and Children are here in arched form. They gather around a 'ceremonial honouring bowl' to pay homage and respect to Mother Tongue.



## Dr Vicki Couzens—Lead Artist on Mother Tongue Public Art Project

Dr Couzens is Gunditjmara from the Western Districts of Victoria. She acknowledges her ancestors and elders who guide her work.

Dr Couzens has worked in Aboriginal community affairs for almost 40 years. Her contributions in the reclamation, regeneration and revitalisation of cultural knowledge and practice extend across the 'arts and creative cultural expression' spectrum including language revitalisation, ceremony, community arts, public art, visual and performing arts, and writing. She is a Senior Knowledge Custodian for Possum Skin Cloak Story and Language Reclamation and Revival in her Keeray Woorroong Mother Tongue.



# Iqbal shares her Creative Writing and Art Work with Penrose Promenade Community Centre

## Creativity

Once I thought I can do all wonder  
Soon I came to know that I am from a different  
gender

Tried to make or create everything what I can

Then realised competition is too much

It's a spam

Apart from a different gender 'man' also can't do  
every 'can'.

On my precious days and times

I found there is only one 'Creator'

We all are just trying to copy him

Thinking ourselves greater

It is a game it is gift, just do, feel him love and uplift

Iqbal Kaur Chaggar



Visit Penrose Promenade Community Centre to see Iqbal's beautiful horse, carefully hand-sketched on canvas and on display in our foyer. Iqbal is part of our Ladies Club 60 Tarneit, Harmony Club and a local community member who is engaged in many community based activities and events. Iqbal was inspired to write her poem, 'Creativity' .



**Multicultural Women Victoria & Tarneit Ladies Club 60 join together at Penrose Promenade Community**

**Centre Celebrating International Women's Day 2022**

A day where we recognise multicultural women's contribution to our community and where we encourage women to speak up & celebrate together. We want to work together to build a gender equal world- a world free of bias, stereotypes, and discrimination. A world that is diverse, equitable & inclusive. During this very special gathering, women from 30-70 years & representing cultures from all over the world including Indian, Middle Eastern, European, Asian and Pasifika culture came together. We prepared the dishes fresh on the day. We listened to an inspirational speech by Deputy Mayor, Cr Jasmine Hill & a talk about Women's Empowerment & celebrating similarities rather than differences presented by Reeta Verma. Local students performed a fusion of Nepalese and Bollywood dance. The highlight of the day was the time spent sharing, talking and building new connections. We finished with a delicious meal prepared by women from both Global Kitchen and Ladies Club 60 Tarneit. Dishes included Northern Indian Dal Makhani, Fijian Curry, Fijian Potato Curry, Fijian Cassava, Afghani Dumplings and Middle Eastern eggplant with yoghurt. You can join us every Monday from 10am to share more Global Kitchen cooking and activities at Penrose . Bookings can be made with Sudha on 0432489584

# YOUTH SERVICES

Wyndham City Youth Services is committed to supporting and promoting the ingenuity and accomplishments of young people across the municipality. Therefore, each month Council will select a Wyndham resident aged between 12 – 25 to be awarded the '**Young Person of the Month**'.

The award aims to build the profile of young people who are positively contributing to the Wyndham community and thank them for their dedication. The selected monthly candidate will be a positive role model to other young people in the community who may have similar aspirations and goals.

We know that there are a lot of young people within our community doing amazing things and we would love for them to be supported and thanked for their amazing contributions at such a young age.

Winners of the One Wyndham Young Person of the Month will receive:

- A **\$200 gift voucher** of their choice, for materials that will help with their education, work or voluntary commitments;
- A certificate, which they can reference in their CV and job applications;
- A professional photo and video showcasing their accomplishments, to be published on Council's social media accounts and in Council centres
- A profile article in the Council magazine, Wyndham News, and on the One Wyndham webpage
- A bi-monthly advert in the Star Weekly newspaper, highlighting their achievements
- Invitation and participation in the End of Year Youth Celebration in December

We encourage you to support a young person in nominating themselves for this award or you can nominate a young person on their behalf through the One Wyndham website:

<https://www.wyndham.vic.gov.au/services/youth-services/awards-competitions/one-wyndham>

## FREE COUNSELLING

### Youth and Family

A **FREE** counselling service for young people aged **12–25 years** who live, study, work and recreate in Wyndham. Youth focussed and family centred support is also available to parents and carers.

#### WE OFFER:

- Up to 2 free sessions
- Connect you to Specialist and Psychologists

### Middle Years and Family

A **FREE** counselling service for children aged **8–11 years** and their parents or carers who are seeking primary and early intervention counselling.

#### WE OFFER:

- Up to 10 free individual counselling sessions
- Up to 2 free family group counselling sessions
- Connect you to specialist, including bulk billing (**FREE**) Psychologists




Visit our website or call 8734 1355 for more information

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

# Early Years Programs & Activities

VARIOUS LOCATIONS	VENUE, DAY & TIME	CONTACT INFORMATION
<p><b>Maternal &amp; Child Health Appointments</b> Professional nursing support &amp; advice for parents with children from birth to school age.</p>	By Appointment Only	Contact: Maternal & Child Health ☎ 1300 370 567 🌐 <a href="http://www.wyndham.vic.gov.au">www.wyndham.vic.gov.au</a> <i>select Maternal &amp; Child Health Services</i>
<p><b>Immunisations</b> The Wyndham City Immunisation Unit provides free public vaccinations against a range of childhood and adult diseases.</p>	By Appointment Only	Contact: Wyndham Immunisation Team ☎ 1300 370 567 🌐 <a href="http://www.wyndham.vic.gov.au">www.wyndham.vic.gov.au</a> <i>select Children's Services &gt; Immunisations</i>
<p><b>First Time Parents Group</b> 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.</p>	Weekly sessions	Contact: Maternal & Child Health ☎ 1300 370 567 🌐 <a href="http://www.wyndham.vic.gov.au">www.wyndham.vic.gov.au</a> <i>select Maternal &amp; Child Health Services</i>
<p><b>Supported Playgroup</b> A playgroup that aims to meet the needs of vulnerable families in our community. MCH referral required</p>	Weekly sessions	Contact: Maternal & Child Health ☎ 1300 370 567 🌐 <a href="http://www.wyndham.vic.gov.au">www.wyndham.vic.gov.au</a> <i>select Maternal &amp; Child Health Services</i>
<p><b>Wyndham City Council - Kindergarten</b> 3 &amp; 4 Year Old Kindergarten Services. Enrol your child online.</p>	Weekly sessions	Kindergarten Enrolment Officer ☎ 1300 370 567 🌐 <a href="http://www.wyndham.vic.gov.au">www.wyndham.vic.gov.au</a> <i>select Children's Services &gt; Kindergarten</i>
<p><b>Wyndham City Council - Playgroup Enquires</b> Community run playgroups offer a relaxed, social atmosphere for parents and carers and provide a range of activities for children aged 0-6 years old to promote their social skills and development. Wyndham City can assist in locating the closest playgroup.</p>	Weekly sessions	🌐 <a href="https://www.wyndham.vic.gov.au/services/childrens-services/playgroups/community-playgroups">https://www.wyndham.vic.gov.au/services/childrens-services/playgroups/community-playgroups</a> 🌐 <a href="https://www.wyndham.vic.gov.au/form/community-playgroup-enquiry">https://www.wyndham.vic.gov.au/form/community-playgroup-enquiry</a> ✉ <a href="mailto:communityplaygroup@wyndham.vic.gov.au">communityplaygroup@wyndham.vic.gov.au</a>
ARNDELL PARK	DAY & TIME	INFORMATION
<p><b>Arndell Park Muslim Playgroup</b> A fun interactive activity based Islamic playgroup. A place for mothers and children to come together.</p>	Thursdays 10:30am-12:30pm	Aafrin ✉ <a href="mailto:arndellparkmuslimpg@gmail.com">arndellparkmuslimpg@gmail.com</a> Enrol here: <a href="https://forms.gle/hbavhBYXW1g5z18u9">https://forms.gle/hbavhBYXW1g5z18u9</a>
<p><b>Arndell Park Playgroup</b> A playgroup for all cultures, mum, dads, carers and children. Bring along your own snacks.</p>	Tuesdays 9.30am-11:30am	Rukaiya ✉ <a href="mailto:arndellparkplaygroup@yahoo.com">arndellparkplaygroup@yahoo.com</a>
<p><b>Pinecones Playgroup</b> A playgroup for all cultures, mum, dads, carers and children.</p>	Wednesdays 9.30am-11:30am	Marina ☎ 0449 024 790 ✉ <a href="mailto:pineconesplaygroup@hotmail.com">pineconesplaygroup@hotmail.com</a>
<p><b>Rhyme Time and Pop-Up Library</b> Ages 1-4 years Join us for Rhyme Time and a special Pop-Up Library every week in Term 2.</p>	Thursdays 11am	☎ 8734 8999 Changing COVID restrictions mean we may need to cancel, postpone or move programs online at short notice. Please visit <a href="http://www.wyndham.vic.gov.au/libraries">www.wyndham.vic.gov.au/libraries</a> for current information.
<p><b>Tiny Tutus</b> Beginners Ballet class for children from 18</p>	Tuesday 9.30am-11.30am	Contact: Tiny Tutus ☎ 1300 245 060 🌐 <a href="http://www.tinytutus.com.au">www.tinytutus.com.au</a>

# Early Years Programs & Activities


DIANELLA	DAY & TIME	COST	INFORMATION
<p><b>Rhyme Time and Pop-Up Library</b> Ages 1-4 years Join us for Rhyme Time and a special Pop-Up Library every week in Term 2.</p>	<p>Wednesday 10am</p>	<p>No cost</p>	<p>☎ 8734 8999 Changing COVID restrictions mean we may need to cancel, postpone or move programs online at short notice. Please visit <a href="http://www.wyndham.vic.gov.au/libraries">www.wyndham.vic.gov.au/libraries</a> for current information.</p>
<p><b>Dianella Playgroup—We need your help!</b> We are looking to engage with local community members to help start and run a playgroup at the community centre, we will work with you to help start the group, provide access to toys and educational supplies, provide assistance, connect you with a playgroup mentor, promote the group and connect you to local services to help support the needs of the group. Get in touch with us to discuss. ☎ 8742 8300 or email <a href="mailto:dianellacc@wyndham.vic.gov.au">dianellacc@wyndham.vic.gov.au</a></p>			
THE GRANGE	DAY & TIME	COST	INFORMATION
<p><b>Playgroup</b> Meet parents and enjoy educational, play based learning and socialisation for children under 5.</p>	<p>Tuesday &amp; Wednesday 9am—11am</p>	<p>\$55 per term</p>	<p>Register at <a href="http://www.grangecommunity.org.au/classes">www.grangecommunity.org.au/classes</a> Or call 8742 8000</p>
PENROSE PROMENADE	DAY & TIME		INFORMATION
<p><b>VICSEG Multicultural Playgroup</b> This playgroup is open for all community, which offers the opportunity for children to learn social skills through play.</p>	<p>Thursday &amp; Friday 10am—12pm</p>	<p>No Cost</p>	<p>Contact: Karen Diacono ☎ 8754 0512 ✉ <a href="mailto:kdiacono@vicsegnewfutures.org">kdiacono@vicsegnewfutures.org</a> 🌐 <a href="https://vicsegnewfutures.org.au/">https://vicsegnewfutures.org.au/</a></p>
<p><b>Messy Penguins Playgroup</b> Parent run Playgroup for 1-5 year old's allowing like minded families to share, connect and learn important social skills.</p>	<p>Wednesday 9:30am -11:30am</p>	<p>\$45 per term</p>	<p>Contact: Charmaine Mogg or Gurjeet Kaur ✉ <a href="mailto:messypenguinstarneit@gmail.com">messypenguinstarneit@gmail.com</a></p>
TARNEIT	DAY & TIME	COST	INFORMATION
<p><b>Tweddle—My Time</b> Peer Support group for families who have children with a disability.</p>	<p>Monday 10am—12pm</p>	<p>Conditions apply</p>	<p>Kim Mace ☎ 9689 1577 ✉ <a href="mailto:Kim.mace@tweddle.org.au">Kim.mace@tweddle.org.au</a></p>
<p><b>Tarneit Teddies Playgroup</b> A Come and join in some fun activities which include rhymes, stories and songs and meet other parents in your local area!</p>	<p>Tuesday 9:30am - 11:30am (school term only)</p>	<p>No Cost</p>	<p>✉ <a href="mailto:Tarneit.teddies@gmail.com">Tarneit.teddies@gmail.com</a></p>
<p><b>VICSEG – Multicultural Playgroup</b> For migrant and refugee families. This playgroup offers the opportunity for children to learn social skills through play.</p>	<p>Wednesday 9:30am - 11:30am (school term only)</p>	<p>No Cost</p>	<p>Karen Diacono ☎ 8754 0512 ✉ <a href="mailto:kdiacono@vicsegnewfutures.org">kdiacono@vicsegnewfutures.org</a></p>



# Recreation & Wellbeing Kids & Adults

ARNDELL PARK	DAY & TIME	COST	CONTACT INFORMATION
<p><b>Goss Choir</b></p> <p>Do you love to sing? Come along and see if our choir is for you! We sing popular songs, and anyone over the age of 16 is welcome to join.</p>	<p>Wednesdays</p> <p>7.00pm-9.00pm</p>		<p>Victoria</p> <p><a href="mailto:gosscommunitychoir@gmail.com">gosscommunitychoir@gmail.com</a></p> <p>☎ 0403 742 414</p> <p><a href="http://www.gosschoir.com.au">www.gosschoir.com.au</a></p>
<p><b>Twins Martial Arts</b></p> <p>Our core martial arts is traditional Shotokan Karate where we offer classes for children from 4yo to 15yrs. Facebook: Find and Like 'Twins Martial Arts'</p>	<p>Various</p> <p>Contact for further information</p>	<p>Fees Apply</p>	<p>Sensei Lay or Ken</p> <p>☎ 0416 333 113</p> <p>✉ <a href="mailto:twins.martialarts@gmail.com">twins.martialarts@gmail.com</a></p> <p><a href="http://www.twinsmartialarts.com.au">www.twinsmartialarts.com.au</a></p>
<p><b>Women's Workout</b></p> <p>Arndell Park has partnered with The Huddle (North Melbourne FC) &amp; Youth Services to bring a FREE casual women's exercise group, focusing on exercise for all levels of fitness.</p>	<p>Thursdays</p> <p>9.30am-10.30am</p>		<p>☎ 0416 679 911</p> <p>✉ <a href="mailto:info@pointcookdance.com.au">info@pointcookdance.com.au</a></p>
<p><b>Women's Only Yoga-Reclink</b></p> <p>Arndell Park and Reclink have partnered up to provide FREE Yoga sessions for women of all abilities. Call now to book.</p>	<p>Fridays</p> <p>9.30am-10.30am</p>		<p>Contact Arndell Park Community Centre to book your place.</p> <p>8734 8911</p> <p><a href="mailto:arndellparkcc@wyndham.vic.gov.au">arndellparkcc@wyndham.vic.gov.au</a></p> <p>Bookings Essential</p>
<p><b>Girl Guides - Truganina</b></p> <p>In Girl Guides, we believe that girls of every age have the capacity to be actively involved in, and ultimately take ownership of all aspects of their <i>Girl Guides</i> Experience. Girls develop curiosity through hands-on learning, and engage in relevant activities based on their own interest.</p>	<p>Thursday 5pm-7pm</p>		<p>Girl Guides Victoria</p> <p>☎ 8606 3500</p> <p>✉ <a href="mailto:guides@guidesvic.org.au">guides@guidesvic.org.au</a></p>
DIANELLA	DAY & TIME	COST	INFORMATION
<p><b>Cultural Cuisines</b></p> <p>Food is the fuel for our body and stories are the food for our soul, at Cultural Cuisines we bring the two together. This program celebrates cross-cultural learning. We do this by inviting home cooks to share recipes from their culture and narrate stories linked to food, memories, and experiences. Come join us.</p>	<p>21 May, 18 June, 16 July, 20 Aug, 17 Sept, 15 Oct, 19 Nov</p> <p>5.30pm-7.30pm</p>	<p>Free</p>	<p>Contact for more information</p> <p><a href="mailto:Tahirasheikh2019@gmail.com">Tahirasheikh2019@gmail.com</a></p> <p>0416 937 473</p>
<p><b>Family Games Nights</b></p> <p>Family board Games Nights encourage families to move away from the screen and sit together, enjoy playing games together.</p>	<p>6 May, 3 June, 1 July, 5 Aug, 2 Sep, 7 Oct, 4 Nov 2 Dec</p> <p>5.00pm-7.30pm</p>	<p>Free</p>	<p>Contact for more information</p> <p><a href="mailto:Tahirasheikh2019@gmail.com">Tahirasheikh2019@gmail.com</a></p> <p>0416 937 473</p>
<p><b>Wyndham City Youth Services</b></p> <p>Youth focused program, support service, drop in space and games for ages 12-18yrs.</p>	<p>Fridays 3.00pm-6.00pm</p>		<p>Hayley McCormick (She/Her)</p> <p>Youth Development Officer</p> <p>8734 1355</p> <p><a href="mailto:hayley.vazzaz-mccormick@wyndham.vic.gov.au">hayley.vazzaz-mccormick@wyndham.vic.gov.au</a></p> <p><a href="http://youth.wyndham.vic.gov.au">http://youth.wyndham.vic.gov.au</a></p>

# Recreation & Wellbeing Kids & Adults

DIANELLA	DAY & TIME	COST	CONTACT INFORMATION
<p><b>Smita Acharya Cooking Workshops</b> Food brings the community together. Meet me and my Thermomix for a cooking workshop. Meet other food lovers in the neighbourhood. Exchange traditional recipes. All are welcome, Thermomix owner or not.</p>	Saturdays (Every Second Saturday of the month)	Free	<p>Smita Acharya smitasfoodcharm@gmail.com 0470 268 746 Facebook.com/smitasfoodcharm Instagram.com/smitasfoodcharm</p> <p>SCAN TO REGISTER</p> 
<p><b>Soul Space</b> Yoga classes combine both strength and mobility work in a dynamic, vinyasa – style</p>	<p>Tuesdays 9.30am-10.30am</p> <p>Saturdays 9.30am-10.30am</p>	Contact to confirm the cost	<p>0435 915 516 Soulspace.journeywithin@gmail.com</p>
<p><b>YSAS - Youth Support Advocacy Service</b> Drop in and join in. Engaging young people in the local area to connect with youth workers, support services and proactive youth tasking police officers through a recreational program.</p>	Thursdays 4.00pm-6.00pm	Free	<p>Shane 9002 5220 0404 120 549</p>
<p><b>Communi-tea Coffee Hour</b> Drop in and chat with staff and the community at Dianella Community Centre over a cuppa. An opportunity to meet your neighbours, local groups and services in Tarneit.</p>	Wednesdays 9.30am-10.30am	Free	<p>Dianella Community Centre 8742 8300 dianellacc@wyndham.vic.gov.au</p>
<p><b>Dianella CC Walking Group</b> Community led walking group, meet at Dianella Community Centre and go for a quick walk around the block and beyond. Join us for a cuppa afterwards.</p>	Tuesdays 9.30am-10.00am	Free	<p>Dianella Community Centre 8742 8300 dianellacc@wyndham.vic.gov.au</p>
<p><b>Wyndham Wildlife Gardens</b> Garden workshops. Dates to be confirmed.</p>	Various dates TBC	TBC	<p><a href="https://www.facebook.com/groups/wyndhamwildlifegardens/">https://www.facebook.com/groups/wyndhamwildlifegardens/</a></p>
<p><b>Vibe Choreography</b> Beginners workshop for kids wanting to learn hiphop/ Jazzfunk and Classic Bollywood.</p>	Thursdays 6.00pm-8.00pm	Contact to confirm the cost	<p>0434 944 074 <a href="https://vibe.class4kids.club/">https://vibe.class4kids.club/</a></p>
THE GRANGE	DAY & TIME	COST	INFORMATION
<p><b>Zumba</b> Zumba is an energetic, Latin dance style fitness class suitable for all age groups. Presented in partnership with Reclink Australia <a href="http://www.reclink.org">www.reclink.org</a></p>	<p>Friday</p> <p>5pm—6pm</p>	\$2 per class *	<p>Register <a href="http://www.grangecommunity.org.au/">www.grangecommunity.org.au/</a> classes or by calling 8742 8000</p>
<p><b>Wyndham T.O.W.N club</b> Receive support in your journey to lose weight. We encourage you as you take the steps needed to make a change in your lifestyle, to eat sensibly, exercise, attain and maintain a healthy goal weight.</p>	<p>Friday</p> <p>9am—11am</p>	Contact provider	<p>0413 444 083 <a href="http://www.townclubs.com.au">www.townclubs.com.au</a></p>
<p><b>Wing Chun Kung Fu</b> Using Wing Chun Kung Fu as the path to find your hidden talents. Kung Fu classes for adults of all levels available.</p>	<p>Friday</p> <p>7pm—9pm</p>	Contact provider	<p>9731 1789 <a href="mailto:info@qianlidao.com.au">info@qianlidao.com.au</a></p>



# Recreation & Wellbeing Kids & Adults

THE GRANGE	DAY & TIME	COST	INFORMATION
<p><b>Kanga Training</b> The most effective way to be fit during and after pregnancy. Training, dancing and working out with your baby.</p>	Wednesday 9:45am - 10:45am	Contact Provider	0413 965 090 <a href="mailto:naomi@kangatraining.com.au">naomi@kangatraining.com.au</a>
<p><b>Naturopathy</b> Julie has been in private practice since 2013. She has worked with a range of people and conditions, including mental health, gut health, hormonal health (male and female), thyroid conditions, weight loss and autoimmune conditions.</p>	Wednesday 12pm—5pm	Contact Provider	Julie Brennan 0406 997 025 <a href="mailto:hello@juliebrennan.com.au">hello@juliebrennan.com.au</a>
<p><b>Tai Chi</b> Meditation in motion. Presented in partnership with Reclink Australia <a href="http://www.reclink.org">www.reclink.org</a></p>	Tuesday 11am—12pm	\$2 per session	Register <a href="http://www.grangecommunity.org.au">www.grangecommunity.org.au</a> / classes or by calling 8742 8000
<p><b>Tiya Dance Troupe</b> TDT is focused on providing high-quality cultural/fusion dance including Bollywood, free style &amp; other Sri Lankan dance styles</p>	Sunday 4pm—5:30pm	Contact provider	8524 0707 or 0420 971 988 <a href="http://www.tiyadance.com.au">www.tiyadance.com.au</a>
<p><b>Yoga</b> New Day Yoga</p>	Thursday 7pm—8pm	Contact provider	Rebekah—0425 818 678 <a href="http://www.newdayyoga.com.au">Www.newdayyoga.com.au</a>
<p><b>Gateways</b> Youth Support Program</p>	Saturday 10am—1pm	Contact provider	<a href="mailto:Jo.king@gateways.com.au">Jo.king@gateways.com.au</a> (Held at Central Park Community Centre)
<p><b>Ballroom Dancing</b> Beginner and intermediate classes run by three times Australian champion</p>	Monday 1pm—3:30pm	\$5 per class	Register <a href="http://www.grangecommunity.org.au">www.grangecommunity.org.au</a> / classes or by calling 8742 8000
<p><b>Knitting</b> A social knitting group that creates items for the KOGO (knit one give on) charity. All warmly welcome to join in for a cuppa</p>	Monday 12:30pm—2:30pm	FREE	Register <a href="http://www.grangecommunity.org.au">www.grangecommunity.org.au</a> / classes or by calling 8742 8000
<p><b>Yoga</b> Yoga is an ancient practice that involves physical poses, concentration and deep breathing</p>	Tuesday & Friday 9:30am-10:15am	\$12 per class	Register <a href="http://www.grangecommunity.org.au">www.grangecommunity.org.au</a> / classes or by calling 8742 8000
<p><b>Qian Li Dao</b> Using Wing Chun Kung Fu as the path to find your hidden talents. Kung Fu classes for adults of all levels available</p>	Tuesday & Wednesday 7pm—8pm Saturday 10:30am-11:30am	Contact provider	☎ 9731 1789 ✉ <a href="mailto:info@qianlidao.com.au">info@qianlidao.com.au</a>
<p><b>Acting Classes</b> ATA Acting Studio caters for children, teens &amp; adults across various group classes, industry classes, showcases, holiday workshops &amp; private tuitions.</p>	Wednesday 6pm—8:30pm	Contact provider	☎ 0419 593 257 ✉ <a href="http://www.ataactingstudio.com">www.ataactingstudio.com</a>
<p><b>Balance, Flex, Fun</b> BFF is a gentle cardiovascular, bone and muscle strengthening exercises, combined with elements of balance and core activation.</p>	Thursday 9:30am—10.15am	\$10 per class *	Register <a href="http://www.grangecommunity.org.au">www.grangecommunity.org.au</a> / classes or by calling 8742 8000

# Recreation & Wellbeing Kids & Adults

PENROSE PROMENADE	DAY & TIME	COST	INFORMATION
<p><b>Switch To Fit</b></p> <p>Join Angi from SwitchToFit for a session specifically tailored for older adults or those looking to get back into fitness and in gentle and supportive environment. Sessions will consist of stretching, strength, balance and exercise to help develop your overall fitness. All sessions will run for 45 minutes and open to everyone 50 years +. All sessions are FREE! No experience needed and all fitness levels welcome.</p>	<p>Thursday</p> <p>9:30am—10:15am</p>	<p>No Cost</p>	<p>Angi</p> <p>☎ 0405 952 191</p> <p>✉ info@switchtofit.com.au</p> <p>🌐 www.wyndham.vic.gov.au/whats-on/older-adults-gentle-exercise-sessions-penrose-cc</p>
<p><b>WW Australia and New Zealand</b></p> <p>We provide community wellness, weight loss and maintenance support workshops focusing on food, sleep, fitness and mindset. Our PersonalPoints is the most individualized program yet.</p>	<p>Friday 9am—10am</p>	<p>Fees apply</p>	<p>Kate Habgood</p> <p>☎ 0417 434 614</p> <p>✉ Kate.habgood@ww.com</p> <p>🌐 https://www.weightwatchers.com.au</p>
<p><b>Nrityaarpana Dance Academy</b></p> <p>Join Nrityaarpana and get trained in both theory and practical details and intricacies of Bharatanatyam</p>	<p>Monday 6pm-7:30pm</p>	<p>\$15 per hour</p>	<p>Rekha ☎ 0451 327 719</p> <p>✉ nrityaarpana@outlook.com</p> <p>🌐 https://www.facebook.com/nrityaarpanadanceacademy/</p>
<p><b>Multicultural Events Group of Australia (ABCD Bollywood Dance)</b></p> <p>A Bolly Zumba fitness class that is designed in teaching dancing to all the community, adults and children</p>	<p>Sunday 1pm-4pm</p>	<p>Fees apply</p>	<p>Shweta Pandya</p> <p>☎ 0433 346 672</p> <p>✉ shwetayana13@gmail.com</p> <p>🌐 https://www.facebook.com/ABCD Bollywood Dance School/</p>
<p><b>Burnout Bhangra</b></p> <p>Come and join fitness through Bhangra which is a North Indian high intensity dance fitness class.</p>	<p>Tuesday 7pm-8pm</p>	<p>No Cost</p>	<p>Sandeep</p> <p>☎ 0433 012 214</p> <p>🌐 https://www.facebook.com/Burnout-Bhangra-249199085725617/</p>
<p><b>Global Kitchen West</b></p> <p>Multicultural Women Victoria will be running a Global Kitchen and community lunch for women every Monday during the school term. RSVP's are required.</p>	<p>Monday 10am—2pm</p>	<p>No Cost</p>	<p>Sudha ☎ 0432 489 584</p> <p>Jane ☎ 0423 697 187</p> <p>✉ chair@virwc.org.au</p>
<p><b>Edmund Rice Homework Club Mother's Group</b></p> <p>The Edmund Rice Mothers Group is a fortnightly safe and nurturing space for mothers from diverse backgrounds who have children attending our homework clubs. The group will facilitate activities including English conversation practice, practical workshops, and the opportunity to connect with other women.</p>	<p><b>Seeking Expression of Interest to start from Term 2</b></p> <p>Tuesday 3:30pm-5:00pm</p>	<p>No charge</p>	<p>Program Coordinator</p> <p>☎ 0451 753 813</p> <p>✉ programcoordinator1@edmundrice.org</p> <p>🌐 https://ercrs.org/</p>



## Active Wyndham Calendar

Are you looking to try a new sport or activity? Would you like to find new ways to get active? The Active Wyndham Calendar has free and low cost activity sessions for all ages and abilities.

Sessions include a variety of sport, fitness and wellbeing activities for all levels and experiences delivered by local Wyndham providers. The calendar is updated regularly, keep an eye out for new listings.

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

## Monthly Active Wyndham eNewsletter

Sign up to the monthly *Active Wyndham eNewsletter* [here](#) to receive the latest updates about new sessions, events and information to help you stay active.

Are you a local provider wanting to deliver sessions or list existing events/sessions on the calendar?

Please complete [this form](#) or contact the Sport & Recreation team for dedicated support on 1300 023 411 or [activewyndham@wyndham.vic.gov.au](mailto:activewyndham@wyndham.vic.gov.au)

# Recreation & Wellbeing Kids & Adults

PENROSE PROMENADE	DAY & TIME	COST	INFORMATION
<p><b>Kangatraining Tarneit &amp; Hoppers</b></p> <p>Dance/Aerobic style fitness class focusing on mum's postnatal needs. Bring baby along in a suitable carrier where we will dance, focus on pelvic floor and have fun!</p>	Thursday 12.45pm—1.45pm	Fees apply	<p>Naomi Cash</p> <p>☎ 0413 965 090</p> <p>✉ naomikanga21@gmail.com</p> <p>🌐 <a href="https://www.kangatraining.info/at_en/instructor/naomicash/booking/2525">https://www.kangatraining.info/at_en/instructor/naomicash/booking/2525</a></p>
<p><b>Sahaja Yoga</b></p> <p>Here you'll 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.</p>	Wednesdays 6-7pm	No Cost	<p>Nakul</p> <p>☎ 0475 049 276</p> <p>✉ Nakulgupta.au@gmail.com</p> <p>🌐 <a href="https://www.sahajayoga.com.au/class_workshops/vic/">https://www.sahajayoga.com.au/class_workshops/vic/</a></p>
<p><b>Twins Martial Arts</b></p> <p>Traditional Shotokan Karate for ages 4-15yrs. Classes are taught by qualified NCAS Dojo Coaches, holding Senior First Aid and Working with Children Checks.</p>	Thursday 4pm-7:30pm	Fees apply	<p>Sensei Lay or Ken</p> <p>☎ 0416 333 113</p> <p>✉ info@twinsmartialarts.com.au</p> <p>🌐 <a href="http://www.facebook.com/twinsmartialarts">www.facebook.com/twinsmartialarts</a></p>

**MEET ME IN TARNEIT**

**Makers and Growers Market**

Fourth Saturday of the month, 11pm - 3pm

Sat 26 March - Dianella Community Centre  
 Sat 23 April - Tarneit Community Learning Centre  
 Sat 28 May - Dianella Community Centre  
 Sat 25 June - Penrose Park (4pm - 9pm)

\*Dates and locations subject to change please check website for current information

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

**YOUR COUNCIL CLOSE TO HOME**

Did you know a range of council enquiries and transactions are available. You can now make:

- Council payments
- Kinder enquiries
- Pet registrations
- Rates enquiries and payments

At the:

**Tarneit Community Learning Centre**  
 150 Sunset Views Blvd Tarneit

**REGISTRATIONS OPEN**

**MONDAY 1 MARCH 2022**

**TWO YEARS OF FUNDED KINDERGARTEN:  
 3-YEAR-OLD & 4-YEAR-OLD PROGRAM**

You have until Monday 31 May 2022 to submit your registration to be included in the first round of offers.



# Recreation & Wellbeing Kids & Adults

TARNEIT	DAY & TIME	COST	INFORMATION
<p><b>Craft Group</b></p> <p>Craft, Chat and a Cuppa. Come and join!</p>	<p>Wednesday 9am-12pm</p>	<p>Free</p>	<p>Tarneit Community Learning Centre 8734 6040 tarneitlclc@wyndham.vic.gov.au</p>
<p><b>Tatkaar Kathak Institute</b></p> <p>Tatkaar Kathak is a classical Indian dance, better known as Indian Ballet. Come along and join in the fun</p>	<p>Saturday 11am—12pm</p>	<p>Contact Provider</p>	<p>Shika 0450 228 954 Schhangai.sc@gmail.com</p>
<p><b>50's + Gentle Yoga</b></p> <p>Join Cat from Recklink Australia for a sessions specifically tailored for older adults and those looking to get back into fitness, in a gentle and supportive environment.</p>	<p>Mondays 9:30am – 10:15am</p>	<p>Free</p>	<p>Lorcan Matthews 0401 523 868 <a href="mailto:Lorcan.matthews@reclink.org">Lorcan.matthews@reclink.org</a></p>
<p><b>Youth Fitness Classes (15+)</b></p> <p>Join local personal trainer Firaol for a fun, engaging, supportive and challenging session of strength and cardio exercises.</p>	<p>Saturdays 9:30am – 10:30am</p>	<p>Free</p>	<p>Firaol - 0412 716 279 <a href="mailto:Jomo-07@hotmail.com">Jomo-07@hotmail.com</a></p>
<p><b>Women and Girls Fitness Classes</b></p> <p>Join Reclink Australia for a session specifically tailored for women and girls looking to improve their fitness and get active in a fun, supportive environment.</p>	<p>Thursday 7:30pm – 8:30pm</p>	<p>Free</p>	<p>Lorcan Matthews 0401 523 868 <a href="mailto:Lorcan.matthews@reclink.org">Lorcan.matthews@reclink.org</a></p>
<p><b>U3A Werribee Region Tai Chi Classes</b></p> <p>Tai Chi classes promote health and wellbeing, including relaxation. Assist with stress reduction and promotes serenity through gentle flowing movements.</p>	<p>Mondays 10.30am-11.30am</p>	<p>Contact provider</p>	<p>Rick Conn 0402 299 220 Courses.u3awbee@hotmail.com</p>

**DIANELLA COMMUNITY CENTRE  
WALKING GROUP**



**JOIN US EVERY TUESDAY (FROM 26TH APRIL) AND WEAR YOUR MOST COMFORTABLE SHOES AND CLOTHES  
DEPART FROM THE CENTRE AT 9.30AM  
FOR MORE INFO: DIANELLACC@WYNDHAM.VIC.GOV.AU OR 8742 8300**

**Australian Red Cross  
Lifeblood**



Got a bit of time next month? Time to give blood and change lives? 1 in 3 people in Sunshine and Tarneit will need blood, and they need people like you to give it.

We're popping up in town from 11th-15th July. Don't forget to pre-book your spot at [lifeblood.com.au](http://lifeblood.com.au), on our app or on 13 14 95

# Education & Training Kids & Adults

ARNDELL PARK	DAY & TIME	COST	INFORMATION
<p><b>Abacus 4 Kids</b> Fun and innovative way for kids 4-12years to learn mathematic skills mental arithmetic skills using abacus (soroban). Free trial class available.</p>	Various Contact for further information		<p>Jaslyn Toh 0406 946 069 admin@abacus4kids.com.au www.abacus4kids.com.au</p>
<p><b>Wyndham Community &amp; Education Centre</b> Computer Courses for all levels. Each course runs for 10 weeks.</p> <ul style="list-style-type: none"> <li>• MS Office First Steps, Next Steps, Advanced</li> <li>• Excel</li> <li>• Learn English, Learn computers</li> </ul>	Various	\$40 for non-concession or \$25 with Concession Card	<p>Wyndham Community &amp; Education Centre to enquire or enroll. Ph: 9742 4013 <b>***SPACES LIMITED***</b> <b>***BOOKINGS ESSENTIAL***</b> <b>*** Fees Apply***</b></p>
PENROSE PROMENADE	DAY & TIME	COST	CONTACT INFORMATION
<p><b>Edmund Rice Homework Club</b> Primary and Secondary school students are mentored by Volunteers. Activities include; homework support, fun art, games, fresh fruit, snacks, and excursions during school holidays.</p>	<p>Tuesday 3:30pm-5:00pm Primary students)</p> <p>Wednesday 3:30pm-5:00pm (secondary Students)</p>	FREE for eligible students	<p>Program Coordinator ☎ 0451 753 813 ✉ <a href="mailto:programcoordinator1@edmundrice.org">programcoordinator1@edmundrice.org</a> 🌐 <a href="https://ercrs.org/">https://ercrs.org/</a></p>
<p><b>Abacus 4 Kids</b> Fun and innovative way for kids 4-12years to learn mathematic skills mental arithmetic skills using abacus (soroban).</p>	Various—Contact for further information	Fees apply	<p>Jaslyn Toh ☎ 0406 946 069 ✉ <a href="mailto:admin@abacus4kids.com.au">admin@abacus4kids.com.au</a> <i>Free trial class available</i></p>
<p><b>Brainworks</b> Scholarship exam preparation for years 3-8, selective entry exam preparation for years 3-10 foundational english and math programs for years 1-10.</p>	<p>Monday 4:30pm-8pm Wednesday 4pm-7pm Saturday 9:30am-3pm</p>	Fees Apply	<p>Pooja ☎ 0419 777 498 ✉ <a href="mailto:werribee@brainworks.com.au">werribee@brainworks.com.au</a></p>
<p><b>KK Art</b> Art, drawing &amp; craft classes for kids aged 5-9 years old. Courses are designed to be the one-stop shop to develop drawing, painting, colouring, composition and craft-making abilities</p>	Sunday 9:30am-11:30am & 1pm-3pm	Fees Apply	<p>Edmund ☎ 0420 948 140 ✉ <a href="mailto:kkart.classes@gmail.com">kkart.classes@gmail.com</a></p>
<p><b>System@Tech Learning Solutions</b> Enabling young students to design their future by offering them the opportunity to develop cutting edge STEM skills.</p>	<p>Thursdays 4:30pm-7:30pm</p> <p>Sundays 12:30pm-3:00pm</p>	Fees Apply	<p>Keerti ☎ 0413 949 831 ✉ <a href="mailto:hello@systematechedu.com.au">hello@systematechedu.com.au</a> 🌐 <a href="http://www.systematechedu.com.au">www.systematechedu.com.au</a></p>
<p><b>APM</b> Providing employment, vocational rehabilitation, assessment, allied health intervention and community care to clients in order to place them in employment</p>	Tuesdays & Wednesdays 8.30am– 5.00pm	No Cost	<p>☎ 1800 276 276 ✉ <a href="mailto:support@apm.net.au">support@apm.net.au</a></p>
<p><b>AMZ Training</b> Offers training and assessment classes for a Certificate 3 in Individual Support</p>	Friday 9am-12:30pm	Fees Apply	<p>Awo Yusuf ☎ 0423 632 663 ✉ <a href="mailto:awo_yusuf@hotmail.com">awo_yusuf@hotmail.com</a></p>

## Education & Training Kids & Adults

PENROSE PROMENADE	DAY & TIME	COST	CONTACT INFORMATION
<b>So &amp; Sew</b> Beginners Class	Tuesday from April 26 12:30pm—3:30pm	\$40 (permanent residents)	To enroll online go to the short courses section of <a href="http://www.wyndhamcec.org.au">www.wyndhamcec.org.au</a>
<b>Next Stitch</b> For those with some sewing skills	Wednesday from April 27 12pm—3pm	\$40 (permanent residents)	To enroll online go to the short courses section of <a href="http://www.wyndhamcec.org.au">www.wyndhamcec.org.au</a>
<b>All Sewn Up</b> For those with more sewing skills	Thursday from April 28 12:15pm—3:15pm	\$40 (permanent residents)	To enroll online go to the short courses section of <a href="http://www.wyndhamcec.org.au">www.wyndhamcec.org.au</a>
<b>Garment &amp; Pattern Alterations</b> For those with good sewing skills	Thursday from April 28 8:45am—11:45am	\$40 (permanent residents)	To enroll online go to the short courses section of <a href="http://www.wyndhamcec.org.au">www.wyndhamcec.org.au</a>
<b>WCEC Junubi Wyndham</b> Junubi Wyndham Homework Club will be assisting young African-Australians of South Sudanese background who live in Wyndham	Saturday 10am-12pm	Contact Provider	David Lukudu ☎ 0403 526 688 ✉ <a href="mailto:David.lukudu@wyndhamcec.org.au">David.lukudu@wyndhamcec.org.au</a>
THE GRANGE	DAY & TIME	COST	INFORMATION
<b>At Work</b> Provides employment services for people living with disability and disadvantage looking for work, and employers to get the right people into the right jobs.	Tuesday and Thursday 9am—5pm	Contact Provider	1300 192 641
<b>Christa College</b> CHC43015 Certificate IV in Ageing Support	Wednesday 9:30am—2:30pm	Contact Provider	1300 955 630 <a href="mailto:info@christacollege.edu.au">info@christacollege.edu.au</a>
<b>Christa College</b> CHC30121 Certificate III in Early Childhood Education and Care	Saturday 9:30am—2:30am	Contact Provider	1300 955 630 <a href="mailto:info@christacollege.edu.au">info@christacollege.edu.au</a>
<b>First Aid Training</b> Choose from a number of First Aid certificate classes including Provide First Aid, Basic Emergency Life Support, CPR, Children's Services, Anaphylaxis, Asthma training and more	Wednesday & Saturday 9am—4pm	Contact provider	9998 6188 <a href="http://www.accreditedfirstaidcourses.com.au">www.accreditedfirstaidcourses.com.au</a>  (Held at Central Park Community Centre)
<b>Kumon</b> Kumon helps your children reach their potential through English & Math enrichment classes in Australia.	Monday 3pm—7:30pm Thursday 3pm—7pm	Contact Provider	Priyanka—0432 052 007 <a href="mailto:kumonhopperscrossing@gmail.com">kumonhopperscrossing@gmail.com</a>
<b>Triscott Education Services</b> CHC30213 Certificate III in Education Support	Thursday 9am—3pm	Contact Provider	<a href="https://www.triscott.com.au/">https://www.triscott.com.au/</a> Or <a href="mailto:info@triscott.com.au">info@triscott.com.au</a>



## Education & Training Kids & Adults

TARNEIT	DAY & TIME	COST	INFORMATION
<b>Kumon Tarneit</b> English and mathematics tutoring programmes help children master fundamental skills essential to their overall academic performance.	Monday & Friday 4pm—7pm	Fees Apply	Contact: Ruchi: 0468 310 097
<b>Abacus 4 Kids</b> Fun and innovative way for kids 4-12years to learn mathematic skills mental arithmetic skills using abacus (soroban). Free trial class	Tuesday 5pm—7.30pm	Fees Apply	Jaslyn Toh 0406 946 069 admin@abacus4kids.com.au www.abacus4kids.com.au
<b>Global Sisters Sister School</b> A business education program for women	Monthly on Wednesday 1pm – 7pm	No Cost	Bettina ✉ bettina@globalsisters.org
<b>Computer Courses</b> Facilitated by Wyndham Community & Education Centre. 10 weeks computer courses for all levels. MS Office First Steps, Next Steps,	Contact for further information <i>Bookings Essential.</i>	\$30 per term	Wyndham Community & Education Centre ☎ 9742 4013 ✉ Enquiries@wyndhamcec.org.au
<b>Mini Movers</b> A fun, physical literacy-based program that uses different sports to increase the motor skills of children aged 3-7	Thursday 10am – 10:45am	Free	<a href="mailto:Tori.honner@leisurenetworks.org">Tori.honner@leisurenetworks.org</a>  5222-3911

## Community, Cultural & Faith Groups

ARNDELL PARK	DAY & TIME	COST	CONTACT INFORMATION
<b>Club 60</b> provides a social gathering for men and women of Indian origin	Thursday 12.30 – 2.30pm	Contact for more information	Sunil Abbott ☎ 0449 101 455
<b>Melbourne Shwetambar Jain Sangh Inc</b> MSJS promotes Jainism and its core principal of 'no violence'.	Fortnightly, please call for session times	Contact for more information	Nimit ☎ 0433 074 461 ✉ <a href="http://www.msjs.org.au">www.msjs.org.au</a>
<b>Bhartiya Seniors Melbourne Inc</b>	Wednesday & Friday 11.30—2pm	Contact for more information	Ashok Mehta ☎ 0434 929 429 ✉ <a href="mailto:ashokmehta1958@gmail.com">ashokmehta1958@gmail.com</a>
<b>Overseas Chinese Christian Mission</b> Bi-lingual Christian worship services in Mandarin and English	Sunday 3 – 7pm	Free	Charles ☎ 0425 747 008 ✉ <a href="mailto:occm.wcc@gmail.com">occm.wcc@gmail.com</a>
<b>Australian Malayalee Islamic Association Cultural Group</b>	Saturday 5 – 9.30pm	Contact for more information	Zameel Arif ☎ 0406 074 185 ✉ <a href="mailto:zameelarif@gmail.com">zameelarif@gmail.com</a>
DIANELLA	DAY & TIME	COST	CONTACT INFORMATION
<b>Hosanna Kingdom Praise Centre</b> Faith group	Saturdays 4.00pm-6.00pm  Sundays 9.00am-1.00pm	Free	Va Tuiono <a href="mailto:Vayasha001@hotmail.com">Vayasha001@hotmail.com</a> 0431 244 752

# Community, Cultural & Faith Groups

DIANELLA	DAY & TIME	COST	CONTACT INFORMATION
<p><b>Building Vibrant Communities (National Spiritual Assembly of the Baha'is of Aust Inc)</b></p> <p>Do you have a desire to serve your community and contribute to constructive social change? We all have a vital contribution to make in building a better community characterised by principals such as harmony, justice, and prosperity. Activities based on teaching of the Bahai faith, open to all ages.</p>	<p>Fridays 7.00pm-9.00pm</p>	<p>Free</p>	<p>Tara <a href="mailto:Jyseptarneit@gmail.com">Jyseptarneit@gmail.com</a></p> <p>0423 191 990 <a href="https://bahai.org.au/index.php/what-bahais-do/building-vibrant-communities/">https://bahai.org.au/index.php/what-bahais-do/building-vibrant-communities/</a></p>
PENROSE PROMENADE	DAY & TIME	COST	CONTACT INFORMATION
<p><b>Assembly of God Church of Samoa</b></p> <p>A dynamic Church Service for all the family.</p>	<p>Sunday 8am-12pm</p>	<p>No Cost</p>	<p>Tui ☎ 0435 668 839</p>
<p><b>Hindu Dharma Community of Melbourne (HDCM)</b></p> <p>HDMC is organised exclusively for multicultural, charitable, spiritual, social and educational purposed. Promotion of Hindu spirituality and culture, including yoga practice, drumming and mediation.</p>	<p>Last Sunday of the month 6:30pm—8:30pm</p>	<p>No Cost</p>	<p>Sanjeev ☎ 0470 682 288</p>
<p><b>Iglesia Ni Christo</b></p> <p>Church Of Christ Worship service and meetings on a weekly basis.</p>	<p>Wednesday 5am-7am Wednesday 7:30pm-10pm Saturday 6am-9am</p>	<p>No Cost</p>	<p>Alfonso Ocon ☎ 0422 560 945</p>
<p><b>Ladies Club 60</b></p> <p>Social gathering for local ladies of Indian origin. Make new friends, enjoy a cup of tea and chat.</p>	<p>Monday 12pm-2pm</p>	<p>No Cost</p>	<p>Nina ☎ 0488 251 459</p>
<p><b>Legends International of Seniors Inc</b></p> <p>You are a unique creation of nature. Your experiences—sweet &amp; sour make you a LEGEND. If you want to be remembered forever, even after your death, come on let us club together and celebrate life!</p>	<p>Wednesday 1pm-3pm</p>	<p>\$10 joining fee</p>	<p>Trilok Singh Aulakh ☎ 0433 547 338 ✉ <a href="mailto:tsaulakh09@gmail.com">tsaulakh09@gmail.com</a></p>
<p><b>Satya Sai Organisation</b></p> <p>Global spiritual movement promoting the practice of human values such as love, truth, peace, right conduct and non-violence. It is a multi-faith organisation drawing people from all walks of life.</p>	<p>Friday 7pm—9pm</p>	<p>No Cost</p>	<p>Rajan Babu ☎ 0434 054 347</p>
<p><b>Seni Warisan Melayu Inc</b></p> <p>This group brings awareness and promotes Malay culture. Enjoy traditional music, dance and Silat (Malay Martial Arts).</p>	<p>Saturday 2pm—5pm</p>	<p>Fees Apply</p>	<p>Abby ☎ 0433 420 376 ✉ <a href="mailto:abby.arbi@comm5star.com">abby.arbi@comm5star.com</a></p>
<p><b>United Seniors Club Incorporated</b></p> <p>This group is celebrated with worshipping and praying to God along with singing and dancing and sharing food.</p>	<p>Monday 10am-12pm</p>	<p>No Cost</p>	<p>Dinesh Patel ☎ 0478 621 534 ✉ <a href="mailto:bakulpatel1767@gmail.com">bakulpatel1767@gmail.com</a></p>

# Community, Cultural & Faith Groups

PENROSE PROMENADE	DAY & TIME	COST	CONTACT INFORMATION
<p><b>Tarneit Bharatiy Club Incorporated</b> There are many seniors who visit their children &amp; grandchildren in Australia every year. Older Gujarati speakers will feel right at home in this relaxed social get-together environment.</p>	Friday 12:30pm-2.30pm	No Cost	<p>Arun ☎ 0425 032 022 ✉ siddhpura.arun@gmail.com</p>
<p><b>Tarneit Harmony Club</b> Join other Punjabi speaking retirees to enjoy indoor games share some sweets and cup of tea, offer Volunteer services for growing vegetables in partnership with Werribee Park and join Clean Up Australia to clean a park in the neighbourhood.</p>	Friday 12:30pm-2:30pm Tuesday 1pm—3pm	No Cost	<p>Rashpal ☎ 0402 010 016 ✉ rashpal.chaggar@gmail.com Zoom online meetings and programs also available</p>
TARNEIT	DAY & TIME	COST	INFORMATION
<p><b>Church of Christ</b> Worship Service</p>	Thursday 8.30pm—10pm	No Cost	<p>Alfonso Ocon Alfonso.ocon@gmail.com 0422 560 945</p>
<p><b>Jesus is the Cornerstone</b> Church services on Sundays</p>	Sunday 2pm—6pm	No Cost	<p>Pastor Freddy Soalo ☎ 0498 689 760 ✉ freddysooalo@gmail.com</p>
<p><b>Punjabi Church Australia</b> Faith group providing worship and singing of gospel songs</p>	Sunday 10am—2pm	No Cost	<p>Contact: Pastor Aman Luthra ☎ 0405 606 148 ✉ aman20088sonu@gmail.com</p>
<p><b>Australian Hope Performance Association</b> Somali organisation, providing educational and spiritual guidance for young people.</p>	Friday 4pm-7:30pm Saturday 2pm—5:30pm	See provider	<p>Contact: Mohamed Farah 0426 466 649 mohamedfiora04@gmail.com</p>
<p><b>Assembly of God</b> We aim to help and equip people about the value and wisdom of life. We focus on families. If we create better families, we will be a better community. We also reach out to broken families and homeless people. We provide a safe haven for youth.</p>	Friday 7pm-9pm	No Cost	<p>Tui Luamanu ☎ 0421 007 448 ✉ tui31luamanu@hotmail.com</p>
<p><b>Vision Pentecostal Church of Community</b> Weekly Church Services</p>	Sunday 10am—2pm	No Cost	<p>Pastor Alex Hakizimana ☎ 0410 017 971 ✉ hakizimana@yahoo.com</p>
<p><b>Club 60</b> Club 60 provides a social gathering for men</p>	Monday 12pm—2.30pm	See Provider	<p>Contact: Sunil: 0449 101 455</p>
<p><b>Australian Eritrean Families of the Western Suburbs</b></p>	Saturday 6pm—10pm	See Provider	<p>Contact: Zaki: 0412 223 788</p>
<p><b>Sri Lankan Planned Activity Group</b> (Delivered by Migrant Resource Centre) Social support group for the Sri Lankan Community in Wyndham which includes gentle exercise, art, craft, excursions and outdoor activities.</p>	Friday 10am-3pm	Fees Apply	<p>Shyaam Rodrigo ☎ 9637 6044 ✉ shyaamalekhoo@mrcnorthwest.org.au</p>



# Support Groups & Services

**Tarneit Foodbank** run by the Epiphany Church to support community members of all ages. No referrals needed. Includes fresh food, frozen food and dry goods.

**Day/Time:** Every Tuesday 10.30am-11.30am

**Address:** Penrose Promenade Community Centre, 83 Penrose Promenade, Tarneit

**Phone:** 8734 4500

**Wyndham Park Community Centre Foodbank** Has cultural appropriate food for Karen, Indian, African and Muslim communities. Very important to advise residents that they must call beforehand.

**Day/Time:** Every Tuesday and Friday 9am-1pm, please call beforehand

**Address:** 55/57 Kookaburra Avenue, Werribee

**Phone:** 03 8742 3975      **Email:** [admin@wyndhamparkcc.com.au](mailto:admin@wyndhamparkcc.com.au)

**Hoppers Crossing Equip Church** **Day/Time:** Wednesday only

**Address:** 147-155 Hogans Rd, Hoppers Crossing VIC 3029

**Phone:** 9748 0099      **Email:** [hoppers@lighthousestores.org.au](mailto:hoppers@lighthousestores.org.au)

**Uniting Wyndham** Food parcels and food vouchers for people with little to no income. Can also assist with other material aid (like clothing/bedding) by specific request. All assistance including food parcels and vouchers are provided by appointment only.

**Day/Time:** Monday to Friday 10am to 2pm. Food assistance via phone appointments 10am-2pm

**Address:** 19 Duncans Rd, Werribee

**Phone:** 9742 6452      **Email:** [wyndham.reception@vt.uniting.org](mailto:wyndham.reception@vt.uniting.org)

**Salvation Army** Community Support and Emergency relief

**Day/Time:** Monday to Thursday from 9:30am- 2pm

**Address:** 209 Watton St Werribee

**Phone:** 9731 1344

**SUDD Foundation** Working predominately with South Sudanese community, offering food relief and other supports.

**Phone:** 9021 2029      **Email:** [info@sudd.org.au](mailto:info@sudd.org.au)

**Food Pantries – The Pataka Movement** Residents around all areas of Wyndham who have a food pantry out the front of their house that any person can access without judgement. "Take what you need, give what you can".

Facebook page: <https://www.facebook.com/ThePatakaMovement/>

Facebook group: <https://www.facebook.com/groups/265569064467832>

**Wyndham Youth Services Foodbank** Wyndham City Youth Services foodbank service is available for young people of 12-25 years who are struggling and need assistance.

Includes baby items, formula and nappies.

**Day/Time:** Monday to Friday 9am-5pm, call to arrange a pick up

**Address:** Youth Resource Centre 86 Derrimut Rd, Hoppers Crossing

**Phone:** 8734 1355

## COMMUNITY CONNECTOR

### Support – Inform – Connect

Wyndham's City Community Connectors are available to assist all residents in our community to access the services they need and empower them to make informed decisions. The Community Connector team can provide specific information and referral/s to local supports & services tailored to meet the needs of the individual. Some of the services may include:

- Information and assistance accessing services for e.g. My Aged Care, NDIS, HACC PYP
- Links to social support and community groups/activities



- Information and referrals for emotional support, counselling, food relief and material aid
- Advocacy support and information

We have specialist Ageing Well Connectors available to support older residents and their families.

Call 8734 4514 and ask for a Community Connector or email [communityconnector@wyndham.vic.gov.au](mailto:communityconnector@wyndham.vic.gov.au). Interpreter Services can be organised on request.