

THE BUZZ

Term 4, 2022

NEWSLETTER

News from the Community Centres of Point Cook featuring the Point Cook Community



wyndhamcity

Now the world don't move
to the beat of just one drum...

DIFF'RENT STROKES



Takin' it
Easy

The
40th
Senior's
Festival

The Wyndham Seniors Festival returns for its 40th year to celebrate the inspiring contribution of Older Victorians with the theme of "Takin' It Easy!" Wyndham's program is jam-packed with events from Bollywood Dancing to Yoga. Check inside for details of free festival events in Point Cook's community centres and beyond, all through October!

Wyndham's
Seniors
Festival
October
2022



FEATHERBROOK COMMUNITY CENTRE



JAMIESON WAY COMMUNITY CENTRE



SALTWATER COMMUNITY CENTRE



POINT COOK COMMUNITY LEARNING CENTRE

Diff'rent Strokes



Wyndham Young Stroke Network is a social group for young people who have experienced stroke and brain injury, where they can come together and talk about their experiences in an informal setting at Saltwater Community Centre. Thanks to a grant from Wyndham Arts & Culture unit, Master ceramicist Nandita Nadkarni was able to provide the group with an introduction to pottery wheel-throwing, providing a some targeted hand and co-ordination therapy in an enjoyable and instructive class. Group members all produced one or two ceramic bowls and a lot of laughs! Their work will now be fired in the kiln at Saltwater. If you or someone you know has been affected by stroke, contact the centre on 8376 5504 or email us at saltwatercce@wyndham.vic.gov.au

International Yoga Day

Yoga with Sri, led and run by yoga Instructor and singer Srimathumitha, resident of Point Cook, celebrated International Yoga day on June 23, 2022 with a free community yoga session at Saltwater Community Centre. Sri runs regular yoga classes exclusively for women at SWCC on Thursdays at 6.30 PM every week. This session was open to the entire community and saw families, children and seniors participate in a relaxing and rejuvenating session of yoga with enthusiasm and motivation. Sri talked about the various physical, mental and emotional benefits of practicing yoga everyday, Participants were taken through Surya Namaskar (Sun Salutation) flows, pranayama, guided Yoga Nidra and finished the session with a restorative light meditation with the musical chanting of Gayatri Mantra by Srimathumitha. Sri will resume her regular yoga classes at the centre in Term 4. For registrations contact 0469308360.



YOUR COUNCIL CLOSE TO HOME

Did you know a range of council enquiries and transactions are available such as:

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

9am—5pm Monday to Friday at the Point Cook Community Learning Centre



Various Locations & times

Immunisations

The Wyndham City Immunisation Unit provides free public vaccinations against a range of childhood and adult diseases.

Maternal & Child Health Appointments

Professional nursing support & advice for parents with children from birth to school age.

First Time Parents Group

Meet friendly local families to talk about your kids & have fun! Share experiences, find advice, give support & make new friends.

Supported Playgroup / Baby Playgroup

A playgroup that aims to meet the needs of vulnerable families in our community.
MCH referral required

Wyndham City Council - Kindergarten

3 & 4 Year Old Kindergarten Services.
Enrol your child online.

Contact Information

Contact: Wyndham Immunisation Team

☎ 9742 0736

🌐 [wyndham.vic.gov.au select Children's Services > Immunisations](http://wyndham.vic.gov.au/select/Children's%20Services/Immunisations)

Contact: Maternal & Child Health

☎ 1300 370 567

🌐 [wyndham.vic.gov.au select Maternal & Child Health Services](http://wyndham.vic.gov.au/select/Maternal%20&%20Child%20Health%20Services)

Contact: Child and Family Resource Team

☎ 1300 370 567

🌐 wyndham.vic.gov.au/services/child-services/playgroups/baby-playgroup
playgroup@wyndham.vic.gov.au

Contact: Kindergarten Team

☎ 1300 370 567

🌐 [wyndham.vic.gov.au select Children's Services > Kindergarten](http://wyndham.vic.gov.au/select/Children's%20Services/Kindergarten)

For further information scan to be directed to Children's Services Website



ACKNOWLEDGEMENT OF COUNTRY

Wyndham City Council recognises Aboriginal and Torres Strait Islander peoples as the first nation peoples of Australia. We acknowledge the Bunurong and Wadawurrung Peoples as Traditional Owners of the lands on which we provide community services.

The Wadawurrung and Bunurong Peoples have and always will belong to the Werribee Yalook (river), creek, stars, hills and red clay of this country. We pay respect to their Ancestors and Elders who always have and always will care for Country and community today and for future generations.





Point Cook/Williams Landing Youth Services Team

Hey there! We are the Youth Services Team (left to right) Jordyn, Sarah, Josie and AJ. We are working across Point Cook and Williams Landing, running a range of programs and events for young people aged 12 - 25. A list of where we are and what we do is on our website, use the QR Code or go to this link <https://youthwyndham.com/youth>

You can also follow us on Instagram - @youthinwyndham

Youth Services provide: Activities & events
Counselling
Information
Referral

Reach out we are here to chat!



THE AUSTRALIAN BALLET
EDUCATION AND OUTREACH



Wyndham

Holiday Dance Program

Mon Sept 19th – Thurs Sept 22nd



Join The Australian Ballet's Education and Outreach team to create a new dance work in 4 days!

Participants will attend across 4 days (Mon-Thurs) and be involved in warm-ups, creative games, dance exercises and learning the tools to make a dance. Open to all levels and abilities.

The program is a great way to increase confidence, critical thinking, teamwork and creativity through dance, while having heaps of fun!

On the final day (Thurs 22nd Sept) the participants will perform their newly created dance for an audience of friends and family, and will have the opportunity to watch a professional performance of *The Story of Pomi and Gobba*.

What to bring:

- Water bottle
- Comfortable clothing for moving
- Bare feet or dance shoes
- BYO Lunch/snack on the Thursday

You will also see a professional performance of ***The Story of Pomi and Gobba*** (by Wiradjuri choreographer Ella Havelka). A story of two young non-binary frogs, who feel like they don't fit in. When they meet they strike up a friendship and use their own unique strengths to escape a storm.



Ages 9 -12

Mon 19th, Tues 20th, Wed 21st Sept
10am – 11:45am – Dance workshops

Thursday 22nd Sept

10.45am arrival
11.00am – 2pm - rehearsal, break and performance)

Ages 13 - 18

Mon 19th, Tues 20th, Wed 21st Sept
12.30pm – 2.30pm – Dance workshops

Thursday 22nd Sept

10.45am arrival
11.00am – 2pm - rehearsal, break and performance)

LOCATION

Wyndham Cultural Centre 177 Watton Street,
Werribee, VIC, 3030

ENTRY - \$25

REGISTER VIA:

<https://bit.ly/3dEwXkV>

Government
Partner

Trust and
Foundation Partners

Principal
Partner



BOARD IN THE WEST

Meet local Point Cook residents, Rod & Jennie



We started Board in the West after moving from Malvern East earlier this year. The Eastern suburbs has a plethora of game nights, gaming groups, game stores... But, we were struggling to find that out west.

I work as an Account Executive, Rod is a Student of Bio-Med Engineering, and we both really enjoy flexing our brains muscles over a good game and glass of wine, so why not invite others to join in? Board games brought us together as a couple, when we met a gaming group at the Hawthorne Hotel and we wanted to offer other nerds a place to find like minded friends out west. Between us, we have over 150 different board games that we are more than happy to share with our community.

One of the things we have found really heart warming in Point Cook is the strong sense of community and camaraderie. Everyone bands together to help each other, it's just lovely. Rod and I have wanted to find a space to share our love of gaming for a while, having thrown around ideas such as board game afternoons for kids with Autism/On the Spectrum, as Rod himself has Autism, or finding a local nursing home, offering to entertain the residents with a games afternoon. But, we thought we'd just open it up for everyone to come together over some good, light hearted competition. There are so many studies that point to the benefits of playing board games, keeping brains active and working helps to stave off many mental health concerns, as well as offering a safe social place for people from all different backgrounds to gather on an even playing field, and that's something we feel very privileged to be a part of. We found space at the Point Cook Community Learning centre to run our the program on the first Friday of the month between 6-11pm. Why not come along and join us. For more information call 0410 150 529.

VOLUNTEER PROFILE:

Meet Swee Cheng Ng aka Constance, one of our wonderful Wyndham City Volunteers. Constance has a passion for people and with a busy schedule as a devoted wife and Mother of two boys 8 & 12 year old, she offers her time each week at the Featherbrook Community Centre and the Point Cook Community Learning Centre.

Born and raised in Malaysia Constance shares her knowledge and lived experience with newly arrived migrants helping them with their English. She runs Basic English, Conversational English and Basic Computer Classes for beginners. She covers how to send emails, create slideshows and photo editing. Constance also volunteers her administration skills at Featherbrook each week helping centre staff. The programs are very practical, providing people the opportunity to practice their English and get some handy hints using smart devices.

"I migrated from Malaysia landing in Point Cook in 2011. I speak a few languages Malaysia's national language Bahasa, as well as Mandarin, Cantonese, Hokkien, Hakka and English. I started to volunteer around 2015 and I have always enjoyed meeting people. I believe volunteering is a joyful thing to do when you know you can contribute your time and efforts to helping others. Volunteering at the community centres throughout the years has been a rewarding journey for me, something that money cannot buy. I have made some lovely friendships with people I have met from the community. I receive a lot of support and encouragement from centre staff, especially after having two major surgeries in 2016. To be able to continue to volunteer has helped me build up my confidence again. I would like to thank the centre staff Pat and Majoni for giving me the opportunity to and give back to the community.



Victorian Seniors Festival 40 Years 2022



Free seniors activities across Point Cook during the month of October

Level entry, accessible parking, accessible toilet



Bollywood Learn the popular Bollywood steps
Enjoy a light lunch
Performances by our Saltwater Indian Seniors group
Game enjoy a game of bingo

Saltwater Community Centre
Thursday 6 October 12:30pm—4pm
 Saltwater Community Centre
 153 Saltwater Promenade, Point Cook
 ☎ 8376 5500 ✉ saltwatercc@wyndham.vic.gov.au



Bollywood Learn the popular Indian dance
Rockie Bowls Try your hand at indoor bowling activities
Sing along with Yangtze Choir
 Whilst enjoying a light lunch



Point Cook Community Learning Centre
 10am-1:30pm **Wednesday 26 October**
 1-21 Cheetham Street, Point Cook
 9395 6399 pointcookclc@wyndham.vic.gov.au

SENIORS ACTIVITIES @ POINT COOK COMMUNITY Are you interested in meeting people? Contact Bev: **0417 324 489**

Crafts & Knitting bring along your project or just join us — **every Thursday 10am to 12pm**

Social Group meet other local seniors from Point Cook — **every Friday 12:15pm to 2:15pm**

Walking Group join us on a daily walk around local area—9am **weekdays** (meet at Drycleaners in the town centre)



Featherbrook Community Centre 33—35 Windorah Dr Point Cook

Flower Pot Park, Cnr Malibu Blvd & Grandflora Grove Point Cook

My Cultural Tea Pot
Tuesday 4, 11, 18 & 25
October 11:30am—2:30pm

My Cultural Tea Pot invites Seniors from all backgrounds to a cultural sharing program with different types of tea & traditions from around the world. Participants are encouraged to share, learn & taste a variety of tea post with other attendees, to improve special cohesion & better

health & wellbeing. Open to everyone with a focus on senior residents of Featherbrook, includes a tea pouring demonstration.

Get your tea post ready, filled with your favourite tea leaves to share meanings & stories that is poured out of your Cultural Tea Pot. Traditional cultural attire & costumes are highly encouraged but not compulsory.



Picnic in the Park
Tuesday 18 October
11:30am—2:30pm
Bookings essential

Picnic in the Park is open for all seniors and their family members to meet like-minded people from the suburbs of Point Cook. BYO snacks and drinks or picnic baskets. Light refreshments will be provided

and family friendly games on the day.

Attendance is FREE however bookings are required. To book phone 8353 4000 or email: featherbrookcc@wyndham.vic.gov.au

Level entry, accessible parking, accessible toilet.



Here's a few reasons why you should visit a community centre near you...



Neighbourhood Hubs

Wyndham's Community Centres are welcoming and vibrant places providing a great range of services, activities and programs that are low-cost and for all ages and interests. Centre Staff support residents, community leaders, associations and groups to run activities, programs and events for the wider neighbourhood to participate in. Each centre aims to reflect the aspirations and strengths of the neighbourhood. They are great places to make new friends, volunteer or join one of the community groups that call our centre's home.



- Featherbrook Community Centre, 33—35 Windorah Dr, Point Cook VIC
- Jamieson Way Community Centre, 59 Jamieson Way, Point Cook VIC
- Point Cook Community Learning Centre—1-21 Cheetham Street, Point Cook VIC
- Saltwater Community Learning Centre, 153 Saltwater Promenade, Point Cook VIC 3030

Maternal & Child Health

Maternal Child Health Services is designed to give parents support, advice and information about health issues and monitor growth, health, development and the behaviour in infants and young children.

- Maternal & Child Health
 - 1300 370 567
 - wyndham.vic.gov.au
- navigate to "children's services"*

Kindergartens

Kindergarten is a unique play-based learning environment that promotes children's learning and development through experimentation, trial and error, watching, listening and participating.

- Kindergarten Team
 - 1300 370 567
 - wyndham.vic.gov.au
- navigate to "childrens service's"*



Library Services

Wyndham City Libraries members can access a huge range of eBooks, eAudiobooks, eMagazines, movies, TV shows and other online resources for free. To access the eLibrary, you will require a valid library card number and a PIN/Password. If you are new to Wyndham City Libraries, [join now](#) free of charge & start using the eLibrary straight away!

- Point Cook Library
- (03) 8734 8999
- wyndham.vic.gov.au



Youth Services @ Point Cook

Wyndham City Youth Services is committed to ensuring that all young people have the opportunity to participate and engage in the social, economic and cultural life of the city. Council also aims to ensure that all young people have access to and benefit from a range of educational, social, cultural and recreational activities and facilities.

- Youth Services
- (03) 8734 1355
- wyndham.vic.gov.au



中国江阴残障人士纯手工艺 非物质文化遗产作品赴澳巡回展



**Point Cook Community Learning Centre
1pm—4pm Sunday December 4, 2022**

**地址：POINT COOK 社区中心
时间：2022年12月4日，**

A touring exhibition of China Jiangyin handicrafts & intangible cultural heritage works, co-sponsored by the China-Australia Cultural Friendly Exchange Association & China Jiangyin Disabled Persons' Federation. Under the guidance of a team of teachers & students' volunteers from Jiangyin Vocational & Technical College, many disabled people have learned ancient printing & dyeing, traditional embroidery, weaving & paper-cutting & other intangible handicrafts. Although they are physically disabled, they have great aspirations, love life, actively create wealth for society making contributions to spread traditional Chinese culture.

由中澳文化友好交流协会、中国江阴市残联共同主办的中国江阴手工艺及非物质文化遗产作品澳大利亚巡回展。在江阴职业技术学院师生志愿者团队的指导下，许多残疾人学会了古老的印染、传统刺绣、编织剪纸等无形手工艺。他们虽身有残疾，但志存高远，热爱生活，积极为社会创造财富，为中华传统文化的传播做出贡献。

else is

What's on

LOOKING FOR A GREAT VENUE TO HIRE?

JWCC have 3 community rooms and a kitchen available for hire on a regular or casual basis.

Check out our website for more details

jamiesonwaycc.org.au

Jamieson Way Community Centre
admin@jamiesonwaycc.org.au
9395 3777



NOW @ JAM WAY

ALL WELCOME

REFRESHMENTS PROVIDED

ENJOY A CUPPA & CHAT

1st & 3rd Monday

each month

10.30am to 12pm - no cost

PCISG SPRING SHOWCASE EVENT

In conjunction with Wyn Actives 55, PC Royals & Chinese Fellowship Group.

- Fashion parade
- Cultural dances
- Cuisine from different parts of the region
- Lucky door prizes

• DATE •

20TH SEPTEMBER 2022

• TIME •

11.30AM FOR 12PM START – 2.30PM

• PLACE •

FEATHERBROOK COMMUNITY CENTRE

33- 35 Windorah Dr, Point Cook VIC 3030



The food relief program runs weekly every Tuesday and is available to community members in need.

Please connect with JWCC for details 9395 3777
admin@jamiesonwaycc.org.au





Early Years Programs & Activities

Featherbrook Community Centre	Day & Time	Cost	Information
<p>Busy Bees Playgroup</p> <p>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.</p>	<p>Tuesday 9:00am—11:00am</p>	Fees apply	<p>① Monica ✉ busybeesfeatherbrook@gmail.com</p>
<p>Pram Walking Group—Wyndham City</p> <p>Pram walking groups are for families with children under 18 months of age. No bookings are necessary; weather permitting.</p>	<p>Wednesday 1:30pm—2:30pm</p>	No cost	<p>① Susan ☎ 0427 523 177 or 1300 370 567 ✉ playgroup@wyndham.vic.gov.au</p>
<p>MY TIME—Tweddle</p> <p>For parents and carers of children with disability or and higher needs. Meet other parents, socialise, share and receive information with other families with similar goals.</p>	<p>Wednesday 10:00am—12:00pm</p>	No cost	<p>① Kim ☎ 9689 1577 ✉ kim.mace@tweddle.org.au 🌐 www.mytime-net.au</p>
<p>Tiny Tutus</p> <p>Ballet for preschool ballerinas aged 16 months to 5 years of age.</p>	<p>Thursday 8:45am—11:00am</p>	Fees apply	<p>① Tiny Tutus ☎ 1300 245 060 🌐 tinytutus.com.au</p>
<p>Little Kookies Playgroup</p> <p>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.</p>	<p>Thursday 9:00am—11:00am</p>	Fees apply	<p>① Monica ✉ littlekookiesfeatherbrook@gmail.com</p>
<p>First Time Parents Group—Wyndham City</p> <p>First Time Parent Groups are for new parents of Wyndham. We cover a lot of topics, from breastfeeding and sleep-and-settling, family relationships and wellbeing.</p>	<p>Thursday 1:30pm—3:30pm</p>	No Cost	<p>① Susan ☎ 0427 523 177 or 1300 370 567 ✉ playgroup@wyndham.vic.gov.au</p>
<p>Hey Dee Ho</p> <p>Educational music program for children 6 months to 5 years. Parent & child classes with max of 12 children. Creating a fun filled interactive 45 minute musical playdate with puppets, instruments and much more.</p>	<p>Friday 10:00am—11:00am</p>	Fees apply	<p>① Melissa ☎ 0457 301 878 ✉ ehomusicwyn@gmail.com 🌐 heydeeho.com.au</p>



Does your child have a disability?

Make time for you at MyTime.

Find real support from friends who understand at MyTime.

Share your experiences with others who 'get it', learn about services and support available to you, and gain access to trusted and reliable information.

Take time for you, and while you relax, your pre-school aged child is engaged in play with a trained professional.

Best of all, it's free.

Learn more and find groups in your area at
www.mytime.net.au

/mytimeaustralia





Early Years Programs & Activities

Jamieson Way Community Centre	Day & Time	Cost	Information
Cookie Kids Messy Sensory Play Ages 1—5 yrs. Dress for mess! Ooey, gooey, fun filled activities.	Connect with us for Term 4 dates	\$15	① Jamieson Way Community Centre ☎ 9395 3777 ✉ admin@jamiesonwaycc.org.au
Pop Up Library Enjoy story time and songs for the ages 1-5 years	Tuesday 10am—11am	No cost	Contact: 🌐 www.wyndham.vic.gov.au/pop-up-library

Cookie Kids Playgroup

Babies to 5yr—Parents stay. Provides play time & social interaction for children in a relaxed & supportive environment.

Wednesday
9:30am—11:30am

Cost : \$65.00 family/term includes insurance

① Jamieson Way Community Centre
 ☎ 9395 3777
 ✉ admin@jamiesonwaycc.org.au



"COOKIE KIDS" MESSY & SENSORY PLAY

\$15.00 PER CHILD
Wednesday
26th October

1pm - 1.45pm
Dress for Mess!

BOOK NOW!

Jamieson Way Community Centre
admin@jamiesonwaycc.org.au
 9395 3777

① Jamieson Way Community Centre— 59 Jamieson Way, Point Cook VIC 3030

Point Cook Community Learning Centre	Day & Time	Cost	Information
Bilingual Chinese & English Story Time Ages 3+ Join us for 45 minutes of stories, songs and rhymes, and craft in Chinese & English. Meet other bilingual families, learn words in another language and help your child develop important language skills.	Fridays (3rd of the month) 10:30am—11:15am	No Cost	① Point Cook Library ☎ 8734 8999 🌐 www.wyndham.vic.gov.au/libraries for current information. Programs during school term Bookings: Tickets will be available on the day, 15 minutes prior to the start of the session, and will be offered on a strict first-come, first-served basis. See staff on the day for ticketing information.
Baby Time Ages 0– 12 months Sing, move, and bond with your baby as we share some of our favourite songs and reading tips.	Tuesdays 11:00am Fridays 1:30pm		
Rhyme Time Ages 1– 5 years These 30-minute sessions include stories, songs and rhymes designed to develop early language, literacy, and numeracy skills.	Tuesdays & Thursdays 9:30am—10:00am Saturdays 10:30am—11:00am		
Story Time Ages 3+ These 45-minute sessions include stories, songs and rhymes, and a simple craft activity designed to develop early language, literacy and numeracy skills.	Wednesdays 10:30am		

① Point Cook Community Learning Centre—1-21 Cheetham Street, Point Cook VIC 3030



Early Years Programs & Activities

Point Cook Community Learning Centre	Day & Time	Cost	Information
<p>FaithKids Playgroup We provide a fun, learning and structured play environment through educational activities and crafts, song and story time for children 4yrs and under during school term only.</p>	<p>Tuesdays 9:30am—11:30am Fridays 9:30am—11:30am</p>	Fees apply	<p>① Angela Seow ☎ 0422 101 968 ✉ playgroup@faithlifecyclechurch.com.au 🌐 faithlifecyclechurch.com.au</p>
<p>Gateways—Happy Feet Playgroup Happy Feet is an early intervention group program for children with a delay in development or disability. This playgroup is facilitated by occupational and speech therapists.</p>	<p>Thursdays Ages 3-5 9:15am—11:45am</p>	NDIS funding required	<p>① Sejal Mithbawkar ☎ 9749 7388 or 9396 1111 ✉ westernmelbourne@gateways.com.au</p>
<p>Gateways—Prep for Prep School Readiness Program Starting school is a big step for children! Gateways Therapy Team is offering School Readiness program for children with a developmental delay or disability. This program is run by an Occupational Therapist and Therapy assistant.</p>	<p>Thursdays Ages 4-6 1:15pm—2:30pm Children attending mainstream school next year</p>	Fees apply NDIS funding or Private paying clients	
<p>Little Buddies Toy Library A wide range of toys suitable for 0-5 year olds, including ride-ons, educational toys, puzzles, games, imaginative play sets, baby toys & more.</p>	<p>Tuesdays & Fridays 10:00am—12:00pm Saturdays 9:00am—1:00pm</p>	Fees apply	<p>① Little Buddies Toy Library ☎ 03 8353 1196 ✉ wlbtoylibrary@bigpond.com 🌐 Littlebuddiestoylibrary.com.au</p>
<p>Point Cook Multicultural Playgroup Facilitated playgroup provides great play & social opportunity to young children, carers & families. Join in some fun activities which include rhymes, stories & songs & meet other parents in your local area.</p>	<p>Mondays 9:30am—11:30am During school term Bookings essential</p>	\$60 per term	<p>① Rabia ☎ 0424 740 857 ✉ khan.rabia@outlook.com.au</p>
<p>Sanctuary Lakes Activity Playgroup A play based playgroup for 0—5yo. Activities include story time, music, dance, craft & outdoor play. Enjoy a social time for parents & children.</p>	<p>Wednesdays 9:30am—11:30am</p>	\$50 per family per term	<p>① Mel ✉ slplaygroup@hotmail.com</p>
<p>VACCA Koorie Kids Playgroup A great place for children & their Mums, Dads & carers to gather with other Koorie families, make new friends, hear stories, participate on cultural arts & crafts, express creativity & learn about culture, with a healthy snack each session.</p>	<p>Tuesdays 11:30am—2:30pm</p>	No Cost	<p>① Raegan Macumber ☎ 0409 731 695 or 03 9742 8300 ✉ raeganm@vacca.org</p>

KOORIE KIDS PLAYGROUP

TUESDAY 12-2PM
POINT COOK COMMUNITY LEARNING CENTRE
1-21 Cheetham Street Point Cook

Contact Raegan
0409 731 695
raeganm@vacca.org

VACCA
Connected by culture

Point Cook Multicultural Playgroup

Mondays 9.30-11.30am
\$60 per term

Point Cook Community Learning Centre
1-21 Cheetham St, Point Cook

Contact: Rabia Khan
0424 740 857
khan.rabia@outlook.com.au



Early Years Programs & Activities

Saltwater Community Centre	Day & Time	Cost	Information
Hey Dee Ho Educational music program for children 6 months to 5 years. Parent & child classes, no more than 12 children. A fun filled interactive 45 minutes musical play date with puppets, instruments & much more.	Wednesdays 10:00am—10:45am	Fees apply Free trial Class	① Melissa Smile ① 0457 301 878 ✉ heydeehomusicwyn@gmail.com 🌐 heydeehomusic.com.au
SaltwaterCC Playgroup Come and join our playgroup, a space where you can play, laugh, get arty and make new friendships. This is a structured playgroup for ages 0- 4 where apart from indoor and outdoor play, we will have Songs and Story time as well	Fridays 9:00am—11:00am Starting Term 3	Fees apply	① Monica ✉ saltwaterccplaygroup@gmail.com
Rhyme /Story Time and Pop-Up Library Join us for Rhyme time or Story Time and a special Pop-Up Library every week in Term 2. <i>(Changing COVID restrictions mean we may need to cancel, postpone or move programs online as short notice.)</i>	Tuesdays 1:45pm	No Cost	① Saltwater Community Centre ① 8676 5504 For current information please visit www.wyndham.vic.gov.au/libraries
Sunflower Playgroup Playgroup for Ukrainian speaking children of preschool age. Educational and entertaining activities like reading, games, dancing, singing, art and craft.	Saturdays 10:30am-12:30pm	Fees apply	① Mariya ① 0439 551 814 ✉ mariya.brundell@gmail.com
Tiny Tutus Preschool Ballet Perfect place for ballerinas 16 months-5 years of age! Taught by quality trained specialist teachers. Parents watch all class & share precious moments.	Fridays 9:15am—11:30am	Fees apply	① 1300 245 060 🌐 tinytutus.com.au Yearly registration fee includes your tutu

The Sunflower УКРАЇНСЬКА ІГРОВА ГРУПА

МИСТЕЦТВО
 ЧИТАННЯ УКРАЇНСЬКИХ КНИЖОК
 БАГАТО ЧУДОВИХ ІГРАШОК
 САМОСТІЙНА ГРА ТА ГРУПОВА ДІЯЛЬНІСТЬ
 ВЕСЕЛІ ІГРИ ДЛЯ ДІТЕЙ
 ДРУЖНІ СІМ'Ї
 НОВІ ЗНАЙОМСТВА



ЩОСУБОТИ
 10:30 – 12:30

SALTWATER COMMUNITY CENTRE
 153 SALTWATER PROMENADE,
 POINT COOK VIC 3030

ПЕРШЕ ЗАНЯТТЯ БЕЗКОШТОВНО
 50\$ ЗА ТЕРМІН

ДЛЯ РЕЄСТРАЦІЇ ТА ДОДАТКОВОЇ ІНФОРМАЦІЇ:
THESUNFLOWERPLAYGROUP@GMAIL.COM

The Sunflower UKRAINIAN PLAYGROUP

ART AND CRAFT SESSIONS
 UKRAINIAN STORYTIME
 SUPPORTIVE FAMILIES
 NEW FRIENDSHIPS
 LOTS OF GREAT TOYS
 INDEPENDENT PLAY AND GROUP ACTIVITIES
 ENGAGING AND FUN GAMES FOR CHILDREN



SATURDAYS 10:30 - 12:30

SALTWATER COMMUNITY CENTRE
 153 SALTWATER PROMENADE,
 POINT COOK VIC 3030

FREE TRIAL
 \$50 PER TERM

FOR MORE INFO PLEASE EMAIL:
THESUNFLOWERPLAYGROUP@GMAIL.COM





Education & Training Kids & Adults

Featherbrook Community Centre	Day & Time	Cost	Information
Abacus 4 Kids Fun and innovative ways for kids ages 4-12 to learn mathematic mental arithmetic skills using abacus (soroban). Free trial class available.	Mondays to Saturdays Various times Call for details	Fees apply	① Jaslyn ☎ 0406 946 069 ✉ abacus4kids@gmail.com
WCEC English Conversation Classes—Adult New to English classes in partnership with Wyndham Community & Education Centre.	Thursdays: 9:00am-12:00pm	Fees may apply	① Wyndham Community & Education Centre ☎ 03 9742 4013 🌐 wyndhamcec.org.au/wpmain/
KK Art Art & Craft classes for kids 4y/o + transforming the way children learn art through its award-winning international program. Our courses are a one-stop shop to develop drawing, painting, colouring, composition & craft making abilities.	Wednesdays 5:00pm—6:00pm Thursdays 5:00pm—6:00pm	Fees apply	① Edmund ☎ 0432 513 344 ✉ kkart.classes@gmail.com
Basic English & Conversational English—Adult Learn to speak basic English with Constance or Conversational English with Radha. A volunteer led Hubs program.	Monday 9:00am — 11:00am Tuesday 9:00am — 11:00am	Free	① Featherbrook Team ☎ 8353 4000 ✉ featherbrookcc@wyndham.vic.gov.au
Wyndham Chess Club Chess lessons for children aged 6 and over. All levels welcome from beginners to advanced	Monday 5:00pm-6:00pm Tuesday 9:00am — 11:00am	Fees Apply	① Phil Minichelli ☎ 0478 604 601 ✉ phil@wyndhamchess.club 🌐 www.wyndhamchess.club



Featherbrook Community Centre, 33—35 Windorah Dr, Point Cook VIC 3030

Jamieson Way Community Centre	Day & Time	Cost	Information
Barista Training Workshops and courses to help improve your coffee making skills!	Connect with us for Term 4 dates	Fees apply	① Jamieson Way Community Centre ☎ 9395 3777 ✉ admin@jamiesonwaycc.org.au
French for Beginners Enjoy a cuppa & meet new people while you learn French language!	Tuesday 1:00pm—3:00pm	No cost	
Intro to Photography - Beginners Learn tips, tricks & techniques from an experienced photographer.	Taking expressions of interest for Term 4	Fees apply	
Paediatric First Aid Workshop for parents, grandparents & carers who would like an introduction or basic refresher on First Aid knowledge related to children & infants.	Now taking expressions of interest for Term 4	Fees apply	
Sparking Potential Tutoring Tutoring Services English, Mathematics & Writing Skills lessons for years Prep-7	Monday to Saturday Contact for times	Fees apply	① Rachel ☎ 0435 240 044 ✉ parkingpotentialpointcook@gmail.com
Wyndham Community & Education Centre—AMEP English classes	Monday, Wednesday & Saturday Contact for times	Fees apply	① Wyndham Community & Education Centre ☎ 03 9742 4013 🌐 wyndhamcec.org.au/wpmain/



Jamieson Way Community Centre, 59 Jamieson Way, Point Cook VIC 3030



Education & Training Kids & Adults

Point Cook Community Learning Centre	Day & Time	Cost	Information
<p>Abacus Training Centre by Sempoas SIP Brain training for children using Abacus method. Learn arithmetic in a fun environment with a set curriculum developed for kids of all levels.</p>	<p>Saturdays 9:00am—12:30pm</p>	Fees apply	<p>📍 Munita ☎ 0433 551 979 ✉ info@semposip.com.au 🌐 semposip.com.au</p>
<p>AMEP: English Classes Providing basic English classes for newly arrived residents. Level 1 & 2 intermediate.</p>	<p>Thursdays 9:00am—3:30pm</p>	Fees apply	<p>📍 Wyndham Community & Education Centre ☎ 9742 4013 & press 1</p>
<p>Board in the West—Melbourne Meeples A fun board gaming group for anyone who wants to stay socially connected with other board gamers. Monthly events for the everyone!</p>	<p>Fridays (1st of the month) 6:00pm—11:00pm</p>	\$5 pp \$12.50 per family	<p>📍 Jennie ☎ 0410 150 529 🌐 meeples.org.au</p>
<p>Brands & Biz Works with small home based & micro businesses to coach them to run their business & gain financial independence.</p>	<p>2nd Sunday monthly 1:30pm—5:30pm</p>	Fees apply	<p>📍 Sudhir Juneja ✉ brandsandbiz@gmail.com</p>
<p>Brainworks Tuition, guidance & feedback with an emphasis on methods & skills. Covers scholarship & select entry exam preparation for year 3 & 9. Foundation English & Math programs for year 2 to 10.</p>	<p>Wednesdays & Thursdays 5:15pm—7:15pm</p>	Fees apply	<p>📍 Adnan ☎ 0401 421 114 or 0401 421 115 ✉ pointcook@brainworks.com.au 🌐 brainworks.com.au</p>
<p>Computer Classes for migrants Introduction to computer usage, internet, social media and basics.</p>	<p>Fridays 11:30am—2:00pm</p>	No Cost	<p>📍 Point Cook CLC ☎ 9395 6399 ✉ pointcookclc@wyndham.vic.gov.au</p>
<p>Conversational English for migrants Practise your English skills, meet new people, and learn from others.</p>	<p>Fridays 9:00am—11:00am</p>	No Cost	
<p>Computer Skills — Advanced Designed for people who have basic computer skills or as a follow on for students who have completed the “First Steps” course. The course provides an introduction to Excel, Word, and PowerPoint.</p> <p>Computer Skills — Intermediate Excel This course is designed as a follow up for people who have completed the introductory excel course and wish to consolidate their skills before enrolling in an advanced level class.</p>	<p>Thursdays 9:00am—12:00pm</p> <p>Thursdays 12:30pm—3:30pm</p>	\$30 for 10 week course (permanent residents)	<p>📍 Wyndham Community & Education Centre (WCEC) ☎ 9742 4013 🌐 https://wyndhamcec.org.au/course-list-pre-accredited/</p>
<p>Skills for Work This course is designed for people who are in the process of looking for work. The course will assist in writing or updating a CV or resume and how to prepare and use a cover letter. The participant will go online and learn how to search and apply for jobs they are interested in and develop and practice interview skills to gain confidence and help them perform well in a job interview.</p>	<p>Wednesdays 12:30pm—3:30pm</p>	\$30 for 10 week course (permanent residents)	
<p>English Conversation Café At English Conversation Café you can practise your English skills, meet new people, and learn from others. This is a great way for you to connect with the community and maybe even make new friends.</p>	<p>Mondays 2:00pm—3:00pm</p>	No Cost	<p>📍 Point Cook Library Staff ☎ 8734 8999 ✉ adultlibraryprograms@wyndham.vic.gov.au</p>
<p>English Conversation Café Online English Conversation Café Online will be run using MS teams. You will need a smart device to participate.</p>	<p>Online Thursdays 12:00pm—1:00pm</p>	No Cost	<p>🌐 www.wyndham.vic.gov.au/adult-events-and-activities</p>





Education & Training Kids & Adults

Point Cook Community Learning Centre	Day & Time	Cost	Information
<p>Library IT Programs A variety of computer literacy and skill building programs. Includes free courses such as: Computer basics, Intro to Microsoft Word, Protect yourself from scams, and many more!</p>	Visit the library for more info or register online.	No Cost	<p>📍 Point Cook Library ☎ 8734 8999 🌐 www.wyndham.vic.gov.au/services/libraries/adults/library-it-programs</p>
<p>Sewing Classes—So & Sew — Beginner This is an introductory course for people wishing to learn how to sew. It will cover how to work with different fabrics, follow simple patterns, setup & use a simple sewing machine and make simple items.</p>	Tuesdays 9:00am—12:00pm	\$40 (permanent residents)	<p>📍 Wyndham Community & Education Centre (WCEC) ☎ 9742 4013 🌐 https://wyndhamcec.org.au/course-list-pre-accredited/</p>
<p>Sewing Classes—Next Stitch — Intermediate An intermediate level sewing course which assumes basic knowledge of using machines. Will cover introduction to overlockers, working with different fabrics and using patterns to make a simple garment.</p>	Tuesdays 6:00pm—9:00pm Thursdays 6:00pm—9:00pm	\$40 (permanent residents)	<p>🌐 https://wyndhamcec.org.au/course-list-pre-accredited/</p>
<p>South Sudanese Children’s Homework Club Prep to years 6 & 7 Designed to address key areas of development, setting goals & building confidence. The homework club fosters higher learning within children & encourages them to pursue their goals in life. We will assist children with their school reader & homework.</p>	Wednesdays 4:00pm—6:30pm	No cost	<p>📍 Aweeng or Poly ☎ 0403 523 429 or 0434 178 753 ✉ poly.kiyaga@wyndhamcec.org.au or aweeng.deng@wyndhamcec.org.au</p>
<p>Speech Pathologist—How to help develop your child’s speech Meet your local speech pathologist Lisa Decker at this Speechie Library Talk. Learn how you can support your child’s language and literacy development at home and about the resources available at the library.</p>	Point Cook Library Ages 3-5 14 November 7pm—8pm Julia Gillard Library Tarneit Ages 0-3 21 November 11:30am—12:30pm	No cost	<p>📍 Libraries ☎ 8734 8999 🌐 www.wyndham.vic.gov.au/services/libraries/kids/parent-and-teacher-resources</p>
<p>Speech Pathologist Q&A Meet with Lisa Decker, local Speech Pathologist from Well Said Clinic to share concerns and questions about your child’s language development.</p>	Williams Landing Library Lounge Monday 17 October 1:30—2:30pm	No cost	
<p>Telugu Association of Australia Inc Teaching Telugu language to protect culture & diversity among our children while integrating with the multicultural society of Wyndham.</p>	Saturdays Fortnightly 3:30pm—6:00pm	Fees apply	<p>📍 Satya ☎ 0422 211 036 ✉ matamps@cba.com.au 🌐 taai.net.au</p>
<p>Writing Group Online Come along to Wyndham City Libraries free writing groups for adult writers of all levels of experience. Get your creative juices flowing with exercises designed to inspire and develop your writing skills in a fun and friendly environment. Bookings required.</p>	Tuesdays (2nd & 4th of month) 7:30pm—8:30pm	No Cost	<p>📍 Online ☎ 8734 8999 🌐 www.wyndham.vic.gov.au/adult-events-and-activities</p>
<p>Zimbabwean Community in Australia Offering Shona Ndebele language classes to kids & adults.</p>	Saturdays 1:00pm—3:00pm	Fees apply	<p>📍 A. Zivave ☎ 0424 326 267 ✉ atzivave@yahoo.com</p>





Education & Training Kids & Adults

Saltwater Community Centre	Day & Time	Cost	Information
Abacus Training Centre by Sempoas Sip Brain training for children using Abacus method. Learn arithmetic in a fun environment with a set of curriculum developed for kids of all levels. Qualified instructor & internationally acknowledged program.	Wednesdays 5:00pm—7:00pm	Fees apply	① Munita ① 433 551 979 ✉ info@sempoasip.com.au 🌐 sempoasip.com.au Enquire about our free trial class
At Work Australia Working with people living with a disability. Working on goals, aspirations, build skills and job-readiness through to employment.	Mondays & Wednesdays 9:00am—5:00pm	Fees apply	① Emine Jeffrey ① 0438 816 448 ✉ ejeffery@atworkaustralia.com.au 🌐 https://www.atworkaustralia.com.au

Looking for work or to employ great talent?

We are here to help

Our free Disability Employment Services connect people and business so both can thrive.

We support people living with disability, injury or health condition to find good work, and connect employers with great talent.



1300 080 856



atworkaustralia.com.au/find-an-office

atWork AUSTRALIA

WORK'S FOR EVERYONE

Welcome to atWork Australia

Here at atWork Australia, we truly believe that work's for everyone.

If you live with disability, injury or health condition, we can help you find a job that makes the most of your skills.

Maybe you're a fast learner or you're good with people. Perhaps you have a strong can-do attitude or a determined mindset. You could be great at multi-tasking, focused tasks or jobs that need a lot of attention to detail.

Let's find you a job that suits your strengths.

Let's find the right job for you

CALL US
1300 080 856

EMAIL US
contactDES@atworkaustralia.com.au

VISIT OUR WEBSITE
atworkaustralia.com.au/register

Prefer to visit us in person? Search for your closest atWork Australia office at atworkaustralia.com.au/find-an-office

Work's for everyone

Let's put your strengths to work.



atWork AUSTRALIA

WORK'S FOR EVERYONE

Disability - Employment Services
AN AUSTRALIAN GOVERNMENT INITIATIVE



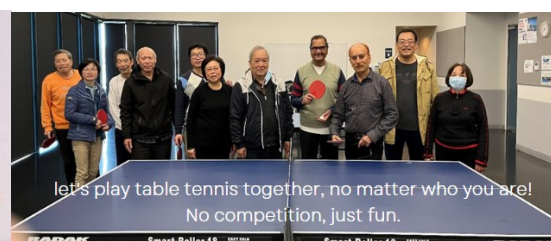
Saltwater Community Learning Centre, 153 Saltwater Promenade, Point Cook VIC 3030



Recreation & Wellbeing Kids & Adults

Featherbrook Community Centre	Day & Time	Cost	Information
Beat Freakz Fitness All in one workout combining aerobics, boxing, weight resistance and dancing with a twist. Classes include light dumbbells for sculpting & toning.	Mondays 6:45pm—7:30pm Fridays 7:00am—7:45am	Fees apply	ⓘ Jenna Chaffey ☎ 0424 124 661 📧 beatfreaksfitness@yahoo.com 🌐 beatfreaksfitness.com.au
PointCookDance We want everyone from 3 year to teenagers to experience the thrill of dance. Classes—Pre-Schooler Dance Fun, Classical Ballet, Jazz Funk, Hip Hop Boyz, Tap, Contemporary, Acrobatics, Drama & Singing.	Tuesdays, Thursdays, Fridays & Saturdays Times vary. Please see timetable on website	Fees apply	ⓘ Mandy ☎ 0416 679 911 📧 mandy@pointcookdance.com.au 🌐 www.pointcookdance.com.au
Point Cook Girl Guides 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	Tuesdays 6:00pm—8:30pm	Fees apply	ⓘ Robyn ☎ 0407 055 631 📧 wyndham@guidesvic.org.au 🌐 guidesvic.org.au
Rachana Natyalaya One of the foremost centres for learning Indian classical, Bollywood & folk dance forms. Structured training is provided for students at various levels, who get the opportunity to participate in events.	Wednesdays 6:00pm—9:00pm	Fees apply	ⓘ Archana ☎ 0432 161 933 📧 koorthy@gmail.com 🌐 rachananatyalaya.com
Sahaja Yoga Meditation Based on an experience called Self-Realization (Kundalini Awakening) that can occur within each human being. Here you'll learn how to experience the peace of true meditation.	Wednesdays 7:30pm—8:30pm	No cost	ⓘ Rupesh ☎ 0404 198 638 📧 Rupesh.lal2@gmail.com 🌐 www.freemeditation.com.au
Open Table Tennis at Featherbrook Join locals for some active fun playing table tennis. Places are limited so book now! Open to all	Wednesdays 11:00am—2:00pm	No cost	ⓘ Featherbrook CC ☎ 8353 4000 📧 featherbrookcc@wyndham.vic.gov.au
Tatkaar Kathak Institute An Indian ballet known as Kathak—which means story telling. Teaching the art of story telling through dance based on Indian culture.	Saturdays 9:30am—10:30am	Fees apply	ⓘ Shikha ☎ 0450 228 954 📧 tatkaarkathakinstitute.com
Vibe Choreography “LETS CO-EXIST” Exciting, fun and popular Bollywood, Hip Hop, Jazz Funk dance classes for anyone aged 6 years. If you love to dance, build your confidence and make great friends, enquire with us.	Tuesdays Wednesday Fridays (14yo +) Saturdays (6—13yo)	Fees apply Times Vary	ⓘ Alpana ☎ 0434 944 074
Let's Dance Point Cook Have you always wanted to learn the basic steps of dancing? Join us to learn Cha Cha, Swing, Rhumba, Quick Step, Foxtrot, Walt & Jive, something for everyone no matter your dancing experience. Everyone welcome!	Sundays 4:30pm –6:30pm	Fees Apply	ⓘ Phebe Yeo ☎ 0425 338 832 📧 phebe@8senses.com.au

— 2022 FEATHERBROOK —
FREE TABLE TENNIS
 GRAB YOUR PADDLES AND ENJOY THE PLAY





Recreation & Wellbeing Kids & Adults

Jamieson Way Community Centre	Day & Time	Cost	INFORMATION
Beat Freakz Fitness An endorphin pumping, energetic group fitness class aimed to suit absolutely everybody! In every class, expect dance, boxing, cardio & toning. Classes are all inclusive, suitable for beginners & advanced.	Wednesday evening	Fees apply	① Jenna ☎ 0424 124 661 ✉ beatfreakzfitness@yahoo.com
Bharatalaya Dance & Music Academy Drumming music classes.	Sunday 12.30pm—4:00pm	Fees apply	① Rasiah ☎ 0412 411 690 ✉ balasri@gmail.com
Chatty Café/Table Connect over a cuppa and a chat. Refreshments provided. All welcome.	1st & 3rd Monday each month 10.30am - 12pm	No cost	① Jamieson Way Community Centre ☎ 9395 3777 ✉ admin@jamiesonwaycc.org.au
Social craft group & bus trips Do you have some unfinished craft? Come along & complete your project or start a new one. All levels welcome.	Contact for days and times	No cost	
Social Table Tennis Want to be part of a fun social game? We have the equipment, we just need the players!!	Contact for days and times	No cost	
Community Garden Pick, share, grow veggies & plants! Are you interested in becoming a community gardener and caring for the garden? We have all the equipment just need volunteers with a love of plants.	Always open	No cost	
Community Bus Trips Movie, shopping and other trips—let us know where you want to go!	Contact for days and times	Fees apply	
Jam Way Book Club Share your love of reading and enjoy morning tea & a cuppa!	3rd Thursday of the month 10:30am—12:20pm	No cost	
DPR School of Dance Dance, Acrobatics & Drama (from 5 years) Jazz, Hip Hop, Ballet, Contemporary, Tap, Acrobatics, Drama, Boys Classes & more!	Contact for days & times for all available class times, days and styles	Fees apply	① Bree ✉ bree@danceperformrepeat.com.au
Gardening Swap Point Cook Meet at the BBQ area at back of the centre.	4th Sunday monthly 10:30am—11:30am	No cost Bring swap items	① Sarah ✉ sarahong74@gmail.com Facebook Gardening Swap Point Cook
Jam Way Sew & Sew Group Qualified dressmaker/BYO projects, machines on site or BYO.	1st & 3rd Monday of month 7:00pm—9:00pm	\$6.00 per session Pay in advance	① Jamieson Way Community Centre ☎ 9395 3777 ✉ admin@jamiesonwaycc.org.au
Jam Way Quilters Patch Patchwork classes with an experienced patch worker! Open to everyone! BYO project.	Thursday 9:30am—12:30pm 6:30pm—9:30pm (bookings required for evening class)	\$5.00 per session	





Recreation & Wellbeing Kids & Adults

Jamieson Way Community Centre	Day & Time	Cost	Information
<p>Seniors board games & social meet up group Over 55's - Come along for a cuppa & enjoy card & other board games & meet new friends. All levels welcome</p>	<p>Mondays 1:00pm—3:30pm</p>	No cost	<p>① Jamieson Way Community Centre ☎ 9395 3777 ✉ admin@jamiesonwaycc.org.au</p>
<p>Jam Way Guitar Lessons Small sized half hour classes for primary school ages. Bring your own guitar. Bookings required.</p>	<p>Wednesday 4:00pm—6:30pm</p>	\$10.00 per half hour lesson	
<p>Jam Way Teen Guitar lessons Small half hour beginner classes for ages 13 years & over.</p>	<p>Now taking expressions of Interest</p>	Pay in advance by the term	
<p>Seniors Journey Activities and social connection for Mandarin speaking seniors - all welcome</p>	<p>Monday and Friday 9.30am - 12.30pm</p>	00	<p>① Fong ☎ 0410 177 250 ✉ yongbongfong@gmail.com</p>
<p>Manmonhini Indian Dance School Regular Indian classical Kathak dance.</p>	<p>Thursday evenings</p>	Fees apply	<p>① Mohini ☎ 0421 084 366 ✉ mohini@kathakmelbourne.com.au</p>
<p>Shorinjiryu Karate Children & adult classes.</p>	<p>Tuesday 4:00pm—6:30pm</p>	Fees apply	<p>① Marnie ☎ 0418 564 382 ✉ marnie72@hotmail.com</p>
<p>NB Dance Mix of traditional and modern Bollywood dance style. Children and adult classes.</p>	<p>Tuesday 6.45pm - 7.45pm</p>	Fees apply	<p>① Natasha ☎ 0402 439 350 ✉ info@nbdance.com.au</p>
<p>Walking Group All welcome meet out front at Jamieson Way Community Centre car park.</p>	<p>Tuesdays & Wednesday 9:00am</p>	No cost	<p>① Sian ☎ 0400 049 395 / 9395 1182</p>
<p>Walking Basketball— Seniors These fun sessions are designed to be adaptable based on participants skill level, fitness & mobility.</p>	<p>Thursday 1:00pm—2:00pm</p>	No cost	
<p>Yoga Give your body the attention & love it needs through breathing & gentle movements. In partnership with Reclink Aust</p>	<p>Tuesday 9:15am—10:00am</p>	No cost BYO yoga mat	<p>① Jamieson Way Community Centre ☎ 9395 3777 ✉ admin@jamiesonwaycc.org.au</p>
<p>Tai Chi 24 for Seniors Gentle & relaxing exercise with an experienced instructor. All levels welcome - this can be done sitting in a chair. In partnership with Reclink Aust</p>	<p>Mondays 11:30am—12:30pm</p>		





Recreation & Wellbeing Kids & Adults

Point Cook Community Learning Centre	Day & Time	Cost	Information
Australian Air League Point Cook Squadron Program for boys & girls aged 8+ encouraging an interest in aviation. Activities incl ceremonial drill, physical training, model aircraft building, Navigation & Aircraft Engines theory & First Aid, Life saving, camp.	Wednesdays 6:30pm—8:30pm	Fees apply	☎ Bryan McGrath ☎: 0413 060 552 ✉ oc.pointcook@airleague.com.au 🌐 airleague.com.au
Bollywood Dance School Australia Bollywood dance for kids, teens & adults.	Mondays 5:30pm—9:30pm	Fees apply	☎ Latha ☎ 0499 888 115 ✉ admin@bollywooddanceschool.com.au 🌐 bollywooddanceschool.com.au
Brooks School Of Dance Quality dance classes in classical Ballet, Jazz & Hip Hop taught by professional dance teachers, in a friendly & encouraging environment.	Thursdays 4:30pm—6:30pm Saturdays 9:00am—12:00pm	Fees apply	☎ Ayelet ☎: 0430 765 431 ✉ brooksdance@gmail.com 🌐 brooksschoolofdance.com
Construction Club Ages 5+ Come along to your library every week to design, build and imagine with Lego and other building materials.	Mondays 4:00pm During school term	No cost	☎ Point Cook Library ☎ 8734 8999
Craft & Conversation Ages 18+ Are you a craft lover? Join our monthly program to create a new craft each session. Materials are free, conversation is included, and you can take home your finished project.	Fridays (4th of the month) 11:00am—1:00pm Bookings required.	No cost	☎ Point Cook Library ☎ 8734 8999 Bookings: www.wyndham.vic.gov.au/adult-events-and-activities
Friday Night Fiction Ages 12-19 Do you like talking all things books? Join us for Friday Night Fiction, a free monthly book club just for teens! Bookings required.	Fridays (1st of the month) 4:00pm—5:00pm	No Cost	☎ Point Cook Library ☎ 8734 8999 Bookings: https://www.wyndham.vic.gov.au/whats-on/friday-night-fiction-point-cook-library
Fun & Fitness Gentle Exercise Gentle physical activity program suitable for seniors and all abilities.	Fridays 11:10am—12:10pm	\$6 per session	☎ 9395 6399 pointcookclc@wyndham.vic.gov.au
Game On! Ages 12–19 Like gaming? Drop in after school and show off your skills on Nintendo Switch. Beginner to advanced players welcome.	Wednesdays (3rd of the month) 3:30pm—5:30pm During school term	No cost	☎ Point Cook Library ☎ 8734 8999 No bookings required.
Gamers's Den Are you aged between 12-18 Want a space to hang out, flex your gaming skills and make some friends? Every week we hang out, starting the session with a new game.	Wednesdays 3:30pm—5:30pm Point Cook Community Learning Centre	No Cost	☎ Youth Services ☎ 8734 1355 ✉ youthinwyndham@wyndham.vic.gov.au
Courtside - Youth Services @Point Cook Ages 12-25 Hang out with our friendly youth workers & meet new friends at Point Cook Town Centre Basketball court.	Thursdays 3:30pm—5:30pm At the Point Cook basketball court		
Gamblers Anonymous Non for profit support group for people with a compulsive gambling problem (addiction), similar to Alcohol Anonymous (AA) offering opportunity to get	Thursdays 8:00pm—9:00pm	No cost	☎ 9696 6108 ✉ gavictoria18a@gmail.com
Hauntings of the West Ages 18+ In person & Online Eerie histories, spooky stories, things that go bump in the night! Join us for a haunted evening of ghost stories presented by Lantern Ghost Tours . Hear tales of haunted places, ghosts and spirit sightings in Point Cook and surrounding areas.	Friday 21 October 7pm—8pm		☎ Point Cook Library ☎ 8734 8999 Bookings: www.wyndham.vic.gov.au/whats-on/hauntings-west Note: this event is being held in person and online . In person capacity is strictly limited and booking is essential.





Recreation & Wellbeing Kids & Adults

Point Cook Community Learning Centre	Day & Time	Cost	Information
Inbetweeners Book Club Ages 9-13 Come along to our book club where you can discover new titles, meet new friends and have fun playing book-themed games!	Fridays (Last of the month) 4:00pm–5:00pm	No cost	① Point Cook Library ① 8734 8999 Bookings: https://www.wyndham.vic.gov.au/whats-on/inbetweeners-book-club-0
Kids Club Ages 5+ Come and join in a different activity every week. Make new friends and have lots of fun.	Wednesdays 4:00pm During school term	No cost	① Point Cook Library ① 8734 8999
Multicultural Women Victoria Providing social support, shared experiences & skills, in areas of health & well-being. Active participation in local council & community events. Encourage Women to promote their cultural traditions & cuisines.	Fridays (3rd of the month) 12:15pm– 2:00pm	No cost	① Jane or Sudha ① 0423 697 187 or 0432 489 584 ✉ chair@virwc.org.au ✉ Sudha-Narayan@hotmail.com
Natyanjali School of Dance All ages. Bharathanatyam India's oldest & popular classical dance style encompassing music, rhythm & expression. Strictly adheres to Natyashastra.	Tuesdays 6:00pm—7:00pm Fridays 5:30pm—6:30pm	Fees apply	① Anitha Perumal ① 0470 177 937 ✉ anititha@yahoo.com
Point Cook Seniors Group Meet for social interaction with other seniors from local area.	Fridays 12:15pm—2:15pm	No cost	① Bev ① 0417 324 489 ✉ pointcookclc@wyndham.vic.gov.au
Point Cook Craft Group Bring along your knitting or craft for social interaction with other seniors from local area.	Thursday 10:00am—12:00pm		
Point Cook VIEW Club A leading women's national organisation, providing the opportunity for women from all walks of life to meet regularly, establish lasting friendships & help disadvantaged Australian children through supporting the work of The Smith Family.	Wednesdays (1st of the month) 10:00am—12:00pm	Fees apply	Contact: Elaine Brundle ① 0404 066 860 ✉ pointcookview@gmail.com
Point Cook Walking Group People of all ages come join us to discover Point Cook, meet new friends, keep fit & healthy.	Mondays—Fridays 9:00am	No cost	① Bev ① 0417 324 489 Meet at the Point Cook town centre outside dry cleaners (Coles precinct)
Prana Yoga Learn & practice Integral Hatha yoga to live a healthy & holistic lifestyle using breathing techniques to feel inner peace. Bring your own mat.	Saturdays 7:30am—8:30am Adults	Fees apply	① Roopa ① 0411 296 442 ✉ info@pranayogastudio.com.au 🌐 pranayogastudio.com.au
RAAF Point Cook during the Second World War – Online Join cultural historian Dr Steve Campbell-Wright to hear about the Point Cook air base and its once secret wartime history.	Wednesday 9 November 7pm—8pm Online	No cost	① Point Cook Library ① 8734 8999 Bookings: www.wyndham.vic.gov.au/whats-on/raaf-point-cook-during-second-world-war
Rainbow Club Point Cook Inc—Disability Dance Club Claimable NDIS program, provides specialised support and activities for children with disabilities, particularly those at risk of being socially isolated. with small class sizes. Great exercise/Great Fun	Saturdays 11:15am—3:00pm (30 minute classes)	NDIS	① 0414 384 586 ✉ dance@rainbowclub.org.au





Recreation & Wellbeing Kids & Adults

Point Cook Community Learning Centre	Day & Time	Cost	Information
Salsa In Motion Beginner Cuban Salsa & Bachata, intermediate level Cuban Salsa/Rueda & Bachata dance classes for adults. No dance experience or partner required. Free 25min intro session.	Mondays 6:30pm—9:00pm	Fees apply	📞 Michael 📞 0430 355 888 ✉ info@salsainmotion.com.au
Shrilekha Art Foundation Discover a wide range of fun and unique art forms for children and adults, including Mandala, Pattern making and Indigenous art.	Fridays 5.30pm —6.30pm	Fees apply	📞 Shrilekha 📞 0432 395 212 ✉ shrilekha.jain@gmail.com
The Hero's Journey: Navigating Change, Challenge, and Chaos Ages 18+ Become the hero of your own life story! Join psychologist Lisa Ritchie and learn to navigate change, challenge, and chaos in your life using the storytelling structures present in familiar books and movies you know and love.	Saturday 1 October 10am – 12pm	No cost	📞 Point Cook Library 📞 8734 8999 Bookings: www.wyndham.vic.gov.au/whats-on/heros-journey-reflective-tool
Virtual Book Club Join us online to chat about a selected title (just like a traditional book club). Each title is announced in advance, giving you plenty of time to read it!	Thursdays 3rd of the month 7:30pm—8:30pm Bookings required.	No cost	Online 📞 8734 8999 Bookings: www.wyndham.vic.gov.au/adult-events-and-activities
Yoga for Seniors A gentle yoga session for seniors—currently online Mon & Tue Zoom ID 6837065456 passcode WAY@22 Wed & Thurs Zoom ID 82968814363 passcode 999	Online Mondays –Thursdays 11:00am—12:30pm	No cost	📞 Prem 📞 0430 740 023
Zumba Fitness with Zin Monika Fitness & exercise to help improve health, coordination & balance whilst dancing to Salsa, Merengue & Reggaeton. Ultimate fun!	Tuesdays 7:00pm—8:00pm	Fees apply	📞 Monika 📞 0468 320 618 ✉ monika.au@outlook.com
Zeal Youth & Young Adults Meet other like minded youth to socialise over food, activities, games, praise & worship.	Saturdays 6:00pm—10:00pm (except 1st of month)	No cost	📞 Arich 📞 0421 562 994 ✉ arich.c@faithlifechurch.com.au 🌐 faithlifechurch.com.au instagram.com/zeal_yya



A NEW WAY TO PLAY FOOTBALL (SOCCER) ONLY SLOWER!

FOR SENIOR MEN & WOMEN OVER 50

Walking Football is a small-sided, low impact, modified version of the game, suitable for all levels of ability & fitness. Join our free program aimed at keeping seniors active. The program provides skills training in a fun & safe group environment. It is social & requires no prior football knowledge.

Fridays 12:15-1:15pm

**Point Cook Community Learning Centre
1-21 Cheetham Street Point Cook**

call 9395 6399

email pointcookclc@wyndham.vic.gov.au



POINT COOK COMMUNITY LEARNING CENTRE



Point Cook Community Learning Centre—1-21 Cheetham Street, Point Cook VIC 3030



Recreation & Wellbeing Kids & Adults



SALTWATER ART STUDIO

The studio is a dedicated artist space for creatives in Point Cook and beyond. We have a range of workshops and classes, from Pottery Wheelthrowing with Nandita, Craft with Saltwater Crafters, Kids Comic Book with Nick and Myochre Artroom for kids with Madhubani. The studio is equipped with easels and is an open resource for painters and crafters every Friday from 9.30am—3.30pm. No need to book, just bring your project along and enjoy working alongside other creatives. Kiln firing services are available on request. Please contact the Community Centre for more details or to enquire about classes.

<p>Adults Pottery - Wheel Throwing Beginners Class Adult course for beginners to develop skills to create work on the potters wheel. Only 6 students per class, All skill levels are accommodated and welcome. Inclusive of clay, glazes & underglazes. Firing costs extra.</p>	<p>Tuesdays, Wednesdays Thursdays (7 week courses) 6:00pm—9:00pm Thursdays 2:00pm—5:00pm</p>	<p>Fees apply</p>	<p>📞 Nandita Nadkarni 📞 0432 266 229 ✉ nandita@potteryescape.com Website: www.potteryescape.com</p>
<p>Kids Drawing Course Ages 10+. Draw comic book, fantasy & movie characters from imagination. Areas covered will include—character creation, anatomy, light & shading Storyboarding. A fun and creative workshop open to all skill levels.</p>	<p>Mondays 4:30pm—6:30pm (8 weeks)</p>	<p>Fees apply</p>	<p>📞 Nick Shepherd ✉ nick.shepherd26@gmail.com</p>
<p>Open Studio Not enough space to paint or create at home? Open Studios is for anyone to come work on their own projects.</p>	<p>Fridays 9:30am—3:30pm</p>	<p>No cost</p>	<p>📞 Saltwater Community Centre 📞 8376 5500 ✉ saltwatercc@wyndham.vic.gov.au</p>
<p>Aiki Kai Aikido Modern, non-aggressive Japanese martial art, true 'budo' path, utilised as a 'Way' to spiritual growth. Explore exercise with meaning. Non-competitive & supportive.</p>	<p>Wednesdays 7:30pm—9:00pm Saturdays 8:00am—10:30am (kids)</p>	<p>Fees apply</p>	<p>📞 Andrew Last 📞 0405 330 149 ✉ Andrewlast.aikido@gmail.com</p>
<p>Beat Factor Adult drum class. Ideal for those who want to try their drumming skills in African & Samba drumming. Drums supplied or BYO</p>	<p>Thursdays 7:30pm—8:30pm</p>	<p>Fees apply</p>	<p>📞 Rod Pilois 📞 0411 028 077 ✉ info@beatfactormusic.com https://www.beatfactormusic.com/workshops</p>
<p>Bollywood Dance School Australia Bollywood, Jazz, Contemporary & Hip Hop dance for kids, teens and adults.</p>	<p>Mondays & Fridays 5:30pm—9:30pm</p>	<p>Fees apply</p>	<p>📞 Darshan 📞 0499 888 115 ✉ admin@bollywooddanceschool.com.au</p>





Recreation & Wellbeing Kids & Adults

Saltwater Community Centre	Day & Time	Cost	Information
<p>Beat Freakz Beat Freakz Fitness is the all in one workout combining aerobics, punching, kicking, bodyweight resistance training and of course a little bit of DANCING but with a twist. Every class includes small dumbbells for ultimate sculpting and toning.</p>	<p>Sundays 8:30am—9:15am</p>	Fee apply	<p>① Jenna Chaffey ☎ 0424 124 661 ✉ beatfreakzfitness@yahoo.com 🌐 www.beatfreakzfit.com.au</p>
<p>JKA Karate Teaches traditional Shotokan JKA-style a non-aggressive self defence martial art. Great for physical wellbeing & character development. Classes for any age or any skill. Free trial class</p>	<p>Tuesdays 5:30pm—8:30pm Saturdays 1:00pm—3:30pm</p>	Fees apply	<p>① Bryan Zaldarriaga ☎ 0434 483 015 ✉ bryan.zaldarriaga@jkaaaustralia.com.au 🌐 jkaaaustralia.com.au</p>
<p>Manmohini Indian Dance School—Kathak North Indian Classical dance form which traces its roots from the tradition of storytellers. Designed to master each aspect of Kathak. Our students receive professional performing ability & Indian cultural education.</p>	<p>Wednesdays 5:00pm—6:00pm (Kids) 6:15pm—7:15pm (Adults)</p>	\$20 per class	<p>① Daveena Muneen ☎ 0430 714 273 ✉ Daveena.munnee@gmail.com</p>
<p>Myochre Artroom Myochre Artroom offers art and drawing classes to kids aged between 6-11years. Kids get to learn about different objects and art forms, different techniques to enhance drawing skills.</p>	<p>Thursdays 4pm—5pm</p>	Fees apply	<p>① Madhubani ☎ 0404 694 754 🌐 myochre.artroom@gmail.com www.facebook.com/myochreart/</p>
<p>Melbourne School of Indian Music Develop your child's concentration skills in a fun way! It also develops concentration skills, improves body awareness, kinesthesia & better synchronism in body, mind as well as other senses!</p>	<p>Tuesdays 6:15pm—8:00pm</p>	Fees apply	<p>① Jay Dabgar ☎ 0430 521 372</p>
<p>Saltwater Craft Group Bring along knitting, crochet, sewing, drawing, jewellery or any other craft and enjoy making and sharing in this social group.</p>	<p>Wednesdays 10:00am—12:00pm Bookings essential!</p>	No cost	<p>① Saltwater Community Centre ☎ 8376 5500 ✉ Saltwatercc@wyndham.vic.gov.au</p>
<p>Tai Chi An art embracing the mind, body & spirit. One of the most effective exercises for health of mind and body.</p>	<p>Mondays 9:30am—10:30pm Bookings essential!</p>	No cost	
<p>Yoga with Sri Enjoy physical and mental well-being with a holistic yoga practice covering Hatha, Vinyasa, Yin, Restorative, meditation and Pranayama. Suitable for all levels</p>	<p>Thursdays 6:30pm to 7:30pm</p>	Fees apply	<p>① Sri ☎ 0469 308 360 ✉ yogaclasswithsri@gmail.com</p>
<p>Youth Services Drop in Are you aged 12-17 years of age? Come and join the Youth Services team for Friday nights of fun activities</p>	<p>Fridays From 7 February 3:00pm—5:00pm</p>	No cost	<p>① 8734 1355 ✉ youthinwyndham@wyndham.vic.gov.au</p>
<p>Zumba Fitness with Zin Monika Fitness & exercise to help improve health, coordination & balance whilst dancing to Salsa, Merengue & Reggaeton. Ultimate fun!</p>	<p>Sunday 10:00am—11:00am First class free</p>	Fees apply	<p>① Monica ☎ 0468 320 618 ✉ monika.au@outlook.com</p>



Community, Cultural & Faith Groups

Featherbrook Community Centre	Day & Time	Cost	Information
Australia India Society of Wyndham Social group that meets for festival celebrations and activities including meditation, yoga and games.	Fridays 11:00am—12:30pm	Fees apply	① Email enquiries to: ✉ australiaindiasociety@gmail.com
Point Cook Chinese Friendship Group Meet weekly to dance, sing, learn songs and learn English.	Mondays (Dance) 1:00pm—3:00pm Thursdays (Singing) 11:30am—13:30pm	No cost	① Lisa Zhong ☎ 0421 991 696 ✉ mimilisa5@126.com
Point Cook Indian Seniors Group Recreation and activities that are focused on health and wellbeing for seniors.	2nd Tuesday month 1:00pm—3:00pm	No cost	① Indira ☎ 0402 458 648 ✉ indiramohan37@gmail.com
First Born Gospel Church Point Cook Filipino Christian Services	Sundays 12:30pm—4:30pm	No cost	① Edward Estrada ☎ 0456 191 341 ✉ fbgcpe@iafb-australian.org
Garam Ministry Indonesian Christian Services.	Sundays 9:00am—12:30am	No cost	① Pastor Marlina ☎ 0408 301 006
Le Petrel Mauritian Seniors Club Inc Seniors Gathering with Social Activities	Wednesdays 12:30pm—4:30pm	Fees apply	① Regis ☎ 0421 464 874
Wyndham Active Youngs @ 55 Inc.—Yoga A seniors group that focuses on health and well-being that welcomes all cultures and backgrounds. Tues: Table Tennis 9:30am/ Yoga or Lectures 11am/ Games 12:30. Wed: Table Tennis: 9:30am (2nd, 3rd, 4th Wed of the month)	Mondays (Yoga) 11:00am—12:30pm Tuesdays Wednesdays	Fees apply	① Jugal or Surendra ☎ 0490 390 665 or 0474 733 925 ✉ jugal.chhabra@yahoo.com
Haami Inc A Culturally diverse community group. Youth led Committee. Youth programs for development of skills, fundraising and family gatherings.	Saturdays/Sundays (monthly) times Vary	Fees apply	① Shakeel Sheik ✉ Haamiinc@gmail.com
Islamic Circle of Australia & New Zealand A faith based volunteer organisation meeting monthly with programs to suit all ages including activities for kids.	First Saturday on the month 6:00pm-9:00pm	No	① Yasir Ishaq ✉ yasir.ishaq@icandawah.org
Jamieson Way Community Centre	Day & Time	Cost	Information
Gospel Power Ministries Faith based Pentecostal church sharing the gospel locally, nationally & internationally.	Wednesday - Youth Friday - Prayer Sunday - Service	No cost	① Matthew ☎ 0429 959 726 ✉ kmatthewr3@gmail.com
Ghana Presbyterian Church Church Service	Sunday 7.30am –9.30am	No cost	① Andy ☎ 0426 842 831 ✉ andybernard2004@gmail.com
The Church of Pentecost Melbourne Church services and religious activities	Sunday 3.30pm—6.30pm	No cost	① Eric ☎ 0433 509 771/ 9303 9265 ✉ admin.vic@pentecostau.com
Emmanuel Assembly of God Church service	Sunday 9am— 11.30am	No cost	① Jamieson Way Community Centre ☎ 9395 3777 ✉ admin@jamiesonwaycc.org.au
Point Cook Action Group Local community group.	3rd Monday of month 7:15pm— 9:15pm	No cost	① Bob ☎ 0409 252 872



Community, Cultural & Faith Groups

Point Cook Community Learning Centre	Day & Time	Cost	
Australia India Society of Wyndham Indian Social Group who get together to celebrate festivals, meditation, yoga classes, laughing & clapping programs.	Mondays 11.30am—2:30pm		① Vadilal Patel ☎ 0480 114 154 ✉ australiaindiasociety@gmail.com
Iraqi Cultural Group in Australia A social & educational seniors Iraqi group covering interesting topics, art performance & general knowledge of a multicultural Australian-Iraqi society for continuous improvement of seniors' life style.	Sundays (2nd of the month) 1:00pm—3:00pm	Fees apply	① Farial Jafar ☎ 0422 798 587 ✉ farial.jafar@gmail.com
Light of Jesus Feast Melbourne West is that place where you are loved. Join us for Holy Mass, praise and worship and an empowering talk on how to live better.	Sundays (4th of the month) 1:00pm—4:00pm 4:00pm—5:00pm	No cost	☎ 0414 401 178 ✉ feastmelbournewest@gmail.com 🌐 www.feast.ph/
Melbourne Yangtze Choir Chinese Community Choir that dance, drum & sing in both English & Mandarin. Great way to learn English & improve musical skills.	Tuesdays 1:00—3:00pm Wednesdays 11:30am—2:30pm	Fees apply	① Mei ☎ 0432 669 379 ✉ yangtzechoir@gmail.com
Melbourne West Korean Seniors Group Meet weekly with other Korean seniors to build community & connect with one another.	Tuesdays 10:00am—1:00pm	Fees apply	① Moonbae ☎ 0425 796 784 ✉ moonbae.kim@gmail.com
One Faith Christian Church welcoming people from all cultures & backgrounds for Jesus & his Gospel. Trilingual service in English, Mandarin & Cantonese. Children ministry provided for school aged kids.	Fridays 7:00pm—10:00pm (excl. 2nd of month) Sundays 9:00am—1:00pm	No cost	① Ps. Simon Cheng / Liyuan Liu ☎ 0422 770 616 / 0433 710 678 ✉ info@onefaith.org.au 🌐 onefaith.org.au
Point Cook Chinese Friendship Association Calligraphy & painting program for members.	Mondays 9:00am—11:00am	Fees apply	① Lisa ☎ 0449 896 178 ✉ mimilisa5@126.com
Point Cook Royals Various activities including yoga, singing, seniors get-together, dancing, cultural festival celebrations, poem reciting and educative seminars.	Wednesdays (1st & 3rd of month) 12:00pm—3:00pm	Fees apply	① Rajendra / Pankaj ☎ 0479 115 930 / 0434 199 254 ✉ raj3006@gmail.com / pkghai@gmail.com
Sewa International Indian wellness seniors group aimed at encouraging independence through yoga & social interaction.	Sundays (1st & 3rd of month) 1:30pm—3:30pm	No cost	① Prem ☎ 0430 740 023 ✉ prem@live.com.au
United Muslims Residents Association Muslim based faith group that meet weekly for their Friday prayers.	Fridays 2:00pm—3:00pm Bookings required	No cost	① UMRA ☎ 0403 566 165 ✉ info@umra.org.au
Western Gymkhana Club Inc. A club that builds a sense of belonging through social, recreation, cultural, networking & professional development.	Fridays 6:30pm—8:30pm (3rd & 4th of month) Saturdays 6:30pm—11pm (1st of the month)	Fees apply	① Sudhir ✉ western.gymkhana@gmail.com
Wyndham Chinese Cultural Promotion Group Helps migrant seniors settle & connect with others. Activities include art, craft, calligraphy, music, Tai Chi	Mondays 9:30am—2:30pm	\$20 per annum	① Carrie Lu ✉ wccpipointcook@gmail.com





Community, Cultural & Faith Groups

Saltwater Community Centre	Day & Time	Cost	Information
<p>Christ New Creation We are a non-denominational and full-gospel Church. Program conducted in English. We welcome everyone from different backgrounds to come worship with us. Sunday schools for kids, aged 3-10. Outside of Sunday, we have support groups, outreach, Bible studies, and Youth groups.</p>	<p>Sundays 2:30pm—5:00pm</p>	No Cost	<p>① Dennis ☎ 0416 850 191</p>
<p>CWA Point Cook Branch Country Women's Association is the largest organisation in Australia, supporting women, children & families across all communities. We would love you to join us.</p>	<p>Thursdays 7:00pm Monthly 3rd of month</p>	Fees Apply Free for visitors	<p>① Linda Baker ☎ 0497 285 399 ✉ blee.baker@live.co.uk 🌐 cwaofvic.org.au</p>
<p>Faith Harvest Worldwide Ministries Inc Our activities include preaching, singing & playing of the piano/organ. Includes Youth, Men and Women Ministries.</p>	<p>Sundays 11:00am—2:00pm</p>	No cost	<p>① Joseph ☎ 0422 832 749 ✉ joshthom82@gmail.com.</p>
<p>Multicultural Women Victoria Ministries Inc Global Kitchen West is an ongoing program of Multicultural Women Victoria. The aim of this program is to provide a safe platform for multi ethnic women who are vulnerable and feel isolated to come and socialise, share stories of their unique cultures and prepare ethnic meals and eat it! We don't let language be barriers!</p>	<p>Tuesdays 3rd Tuesday of the Month 11am-1pm</p>	Registration Fees Apply	<p>① Sudha Narayan ☎ 0432 489 584 ✉ shudha-Narayan@hotmail.com</p>
<p>Point Cook Adventist Community Church Inter-generational worship services. Age-appropriate children's programs, fundraising concerts, free community dinners. Educational programs on parenting, relationships, health, including depression & prophecy seminars.</p>	<p>Saturdays 3:30pm—6:30pm</p>	No cost	<p>① Danijela ☎ 9395 6399</p>
<p>Point Cook Royals Various activities including yoga, singing, seniors get-together, dancing, cultural festival celebrations, poem reciting and educative seminars.</p>	<p>Thursdays 2nd & 4th of month 12:30pm—3:30pm 3rd Saturday mthly 6:30pm—9:30pm</p>	Fees Apply	<p>① Rajendra / Pankaj ☎ 0479 115 930 / 0434 199 254 ✉ raj3006@gmail.com kghai@gmail.com</p>
<p>Pool at Saltwater Community Centre Bring a friend along for a friendly game of Pool or Table Tennis. Everyone is welcome. Bookings essential</p>	Contact for days and times	No cost	<p>① Saltwater Community Centre ☎ 8376 5501 ✉ saltwatercc@wyndham.vic.gov.au</p>
<p>Saltwater Gardeners Group A group of people who are committed to sustainability & growing their own produce through edible gardening. A great place to connect with others in the community & learn. All experience levels are welcome.</p>	<p>Group meetings every 4th Saturday from 10:00am Tasks are assigned</p>	Fees Apply	<p>① Kim Pastore ✉ saltwatergardenchampions@gmail.com</p>
<p>Saltwater Indian Seniors Group Lets get social, make new friends, play some games & have some laughs over a cuppa. Visiting parents & grandparents are welcome.</p>	<p>Wednesdays 11:00am—1:00pm Bookings essential!</p>	No cost	<p>① Saltwater Community Centre ☎ 8376 5501 ✉ saltwatercc@wyndham.vic.gov.au</p>
<p>Wyndham Happy Life Association Promotes mental and physical health in Chinese senior residents. Volunteers teach dancing, Tai Chi, square dancing, bowling, cooking, table tennis and gardening.</p>	<p>Wednesday 1:00pm—3:00pm Fridays 12:00pm—4:30pm</p>	Fees Apply	<p>① Yun Yun ☎ 0421 899 399 ✉ yunyun@live.com.au</p>

Kids Holiday Drawing Course

Learn to draw your favourite characters or create some of your own.



Spring School Holidays
26th Sept - 28th Sept

Ticket Price
\$90

Monday, Tuesday Wednesday
3 - 5pm



Open to ages 10 to adult

Contact: 0431063366
nick.shepherd26@gmail.com



Hand-building pots and Planting Workshops

INFORMATION

Come and join our school holiday workshop over 2 weeks during this Term break. This workshop is ideal for kids between 8-12 years of age.

The workshop includes materials.

Please note spots 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.

BOOKINGS REQUIRED!

WHEN:
Tuesday 20 September – Hand-build pot
Tuesday 27 September – Plant a seedling

WHERE:
Saltwater Community Centre, 153 Saltwater Promenade, Point Cook 3030

TIME: 11am – 12:30pm

COST: FREE

CONTACT: 8376 5504
saltwatercc@wyndham.vic.gov.au

wyndhamcity



BEAT FREAKZ FIT

DANCE BOX MOVE EMPOWER

THE MOST EMPOWERING WORKOUT IN THE DARK WITH DISCO LIGHTS

DAY	TIME	WORKOUT	LOCATION
MONDAY	6:45PM	BEATFREAKZ WORKOUT	FEATHERBROOK COMMUNITY CENTRE 33- 35 WINDORAH DR, POINT COOK
	7:00PM	BEATFREAKZ WORKOUT	YARRAVILLE SENIOR CITIZEN HALL 48 FEHON ST, YARRAVILLE
TUESDAY	7:30PM	BEATFREAKZ WORKOUT	CENTRAL PARK COMMUNITY CENTRE 80 LONSDALE CIRCUIT, HOPPERS CROSSING
WEDNESDAY	7:30PM	BEATFREAKZ WORKOUT	JAMIESON WAY COMMUNITY CENTRE 59 JAMIESON WAY, POINT COOK
THURSDAY	6:00PM	BEATFREAKZ WORKOUT	KINGSVILLE COMMUNITY CENTRE 43 PAXTON STREET, SOUTH KINGSVILLE
	7:00PM	BEATFREAKZ WORKOUT	ALTONA GREEN PRIMARY SCHOOL 240 VICTORIA ST, ALTONA MEADOWS
	7:30PM	BEATFREAKZ WORKOUT	GRANGE COMMUNITY CENTRE 260 HOGANS ROAD HOPPERS CROSSING
FRIDAY	7:00AM	BEATFREAKZ WORKOUT	FEATHERBROOK COMMUNITY CENTRE 33- 35 WINDORAH DRIVE POINT COOK
SATURDAY	8:30AM	BEATFREAKZ WORKOUT	DIGGERS HALL DIGGERS ROAD WERRIBEE SOUTH
SUNDAY	8:30AM	BEATFREAKZ WORKOUT	SALTWATER COMMUNITY CENTRE, 153 SALTWATER PROMENADE, POINT COOK

TRY OUR FIRST CLASS FOR \$15, SIGN UP VIA WEBSITE!

WWW.BEATFREAKZFIT.COM.AU


FOLLOW US ON SOCIAL MEDIA

@BEATFREAKZ Fitness
#LETSSLAY





 @BEATFREAKZFIT

 BEATFREAKZFIT

WWW.BEATFREAKZFIT.COM.AU/

 Saltwater Community Learning Centre, 153 Saltwater Promenade, Point Cook VIC 3030

Supports & Services

 Featherbrook Community Centre	Day & Time	Cost	Information
Justice of the Peace Document Signing Station by appointment only	Mondays & Tuesdays Pre-Booked Appts Only	No Cost	① Dr Shardul Arora ☎ 0434 680 022
 Jamieson Way Community Centre	Day & Time	Cost	Information
Justice of the Peace Document signing station Volunteer service	Thursdays 10:00am—1:00pm	No cost No appt needed	For more information visit: https://www.justice.vic.gov.au/
Power Bonus Scheme	Ongoing - Government support for eligible applications	No cost	① Jamieson Way Community Centre ② 9395 3777 ✉ admin@jamiesonwaycc.org.au
JWCC Food Relief Program Referrals welcome.	Tuesday Connect for collection details	No cost	✉ admin@jamiesonwaycc.org.au
Safe Seats, Safe Kids —FREE child car restraint fittings & safety checks . Hosted by Kidsafe Victoria in partnership with Neighbourhood Houses Victoria, with support by the Victorian State Government.	Fortnightly Mondays 10:00am—2:00pm Bookings required	No cost	Contact: 🌐 https://safeseatssafekids.com.au/venues-mec/
Gen U Disability support group.	Wednesday 9:00am—3:00pm	Contact for details	① GenU ✉ bonnie.baker@genu.org.au
Mind Australia Providing psychosocial mental health support to people linked in with the area mental health service.	Thursday	Contact for details	EIPSRSmecy@mindaustralia.org.au or Mind Connect 1300286463
 Point Cook Community Learning Centre	Day & Time	Cost	Information
Brotherhood of St Laurence—Jobs Victoria Our experienced Employment Mentors will support you with resume development, job application, interview skills, training opportunities, professional clothing and connecting with employers.	Mondays & Fridays 9:00am—5:00pm	No Cost	① BSL Melton ☎ 0429 220 634 ✉ JVESMelton@bsl.org.au 🌐 www.bsl.org.au/services/getting-a-job/jobs-victoria
Justice of the Peace Document signing station in the library.	Wednesdays 6:00pm—7:45pm	No Appt required	① Point Cook Library ☎ 8734 8999
WCEC—Community Employment Connectors This program supports jobseekers aged between 16 and 65 from culturally and linguistically diverse communities seeking employment, education or training. We can also link you to local education and training opportunities & programs.	Tuesdays 10:30am—5:00pm Point Cook CLC foyer	No Cost	① Tee ② 0481 529 767 ✉ projects@wyndamcec.org.au
Wyndham Jobs Advocate We support people who are looking for work by connecting them to information, advice, and the right services.	Mondays 10:30am—6:00pm	No cost	① Point Cook Community Learning Centre ☎ 8734 8999 jobsvictoriaadvocate@wyndham.vic.gov.au
 Saltwater Community Centre	Day & Time	Cost	Information
Wyndham Young Stroke Network Share Support Encourage—Informal social meet-up for survivors and carers aged 55 and younger .	No fixed meeting time	No cost	① Bob ☎ 8376 5500 ✉ saltwatercc@wyndham.vic.gov.au

Support Groups & Services

Free Youth & Family Counselling

Available to young people aged 12 – 25 who live, work, study or recreate in Wyndham. Youth focussed and centred support is also available to parents and carers

WE OFFER:

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

Available for children aged 8 – 11 and their parents or carers WJP seeking primary and early intervention counselling.

WE OFFER:

- Up to 10 free individual counselling sessions
- Up to 10 free family group counselling sessions
- Connect you to specialists, 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)

Youth Services



Jamieson Way Community Centre

Donations Welcome

JWCC welcomes donations of groceries and toiletries for our weekly food relief program and Community Kindness Pantry which supports community members in need.

"CAN" YOU HELP?

It's as simple as donating just one can of food.

Thank you - kindness matters

Connect with us:

9395 3777

admin@jamiesonwaycc.org.au



Jamieson Way Community Centre



Support Groups & Services

JUSTICE OF THE PEACE



AT FEATHERBROOK

with

DR SHARDUL ARORA

FEATHERBROOK COMMUNITY CENTRE
33-35 WINDORAH DR. POINT COOK VIC

JP verification of:

- an affidavit
- statutory declaration
- an original document
- a person's identity
- execution of a document

BOOKINGS ESSENTIAL



SCAN OR
CLICK QR
CODE TO
BOOK

ENQUIRIES 0434 680 022 REG NO. 14127



CONTACT DETAILS

Wyndham Community & Education Centre
projects@wyndhamcec.org.au
0431 527 161

MiCare
cecintake@micare.com.au
0474 709 297

COMMUNITY EMPLOYMENT CONNECTORS PROGRAM



Victoria's 24/7 family violence support service

We provide specialist support services for anyone in Victoria who is experiencing or afraid of family violence.

Our services include:

- Information and referral
- Crisis response
- Specialist family violence risk assessment
- Safety planning
- Access to supported crisis accommodation.

We also provide specialist trauma counselling on behalf of the national sexual assault, domestic and family violence counselling service, 1800 RESPECT.

Need Support?

<https://www.safesteps.org.au/>



1800 015 188
Available 24/7



Email Us
Available 24/7





Web chat
Available Mon-Fri 9am-midnight



Emergency? Dial 000
Available 24/7



-  Featherbrook Community Centre, 33—35 Windorah Dr, Point Cook VIC 3030
-  Jamieson Way Community Centre, 59 Jamieson Way, Point Cook VIC 3030
-  Point Cook Community Learning Centre —1-21 Cheetham Street, Point Cook
-  Saltwater Community Learning Centre, 153 Saltwater Promenade, Point Cook VIC 3030