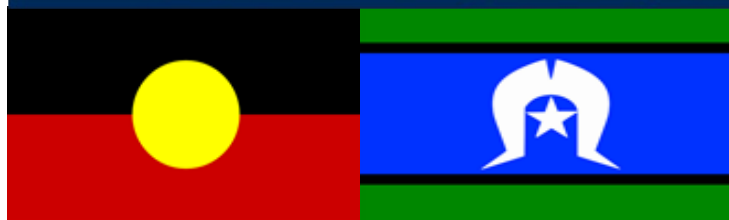


# THE BUZZ

Term 4 2022

## Wyndham Central

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



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

## The Seniors Festival 2022 Coming to Your Local Community



Victorian  
Seniors  
Festival  
40 Years  
2022



Victorian  
Seniors  
Festival  
40 Years  
2022



### Dianella Community Centre



Join us at Dianella Community Centre for a light lunch followed by a Happy Days themed performance by Frank Muratore.

**Monday 17th October  
12.00pm-2.00pm**

**Venue:** 6 Congo Drive, Tarneit

**Cost:** FREE—Bookings Essential

**Call:** 8742 8300

or [dianellacc@wyndham.vic.gov.au](mailto:dianellacc@wyndham.vic.gov.au)

for more information visit <https://www.wyndham.vic.gov.au/venues/dianella-community-centre>

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

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

Victorian  
Seniors  
Festival  
40 Years  
2022



Victorian  
Seniors  
Festival  
40 Years  
2022



# October 2022 Seniors Festival Coming to Your Local Community Centre

## Penrose Promenade Community Centre Celebration of Culture and Costume



Local Cultural Groups come together. Guests invited to dress in traditional cultural costumes, enjoy cultural dance, singing, demonstrations and a workshop. Light Lunch included  
Monday 3<sup>rd</sup> October  
11am – 1:30pm  
Registration: 8734 4500  
Email: penrosepromenadecc@wyndham.vic.gov.au

## Penrose Promenade Community Centre Beginners English Conversation



Partnering with Wyndham Community Education Centre and a local volunteer to provide 2 hour classes weekly in the month of October  
Mondays or Tuesdays weekly during October  
10:00am – 12:00pm  
Registration: 8734 4500  
Email: penrosepromenadecc@wyndham.vic.gov.au

## Penrose Promenade Community Centre Artistic Mind – Creative Arts for Seniors



Join a local artist to learn ways to express your hidden creativity in a friendly, relaxed social environment. Decorate glass jars with paints, fabric and other materials.  
Wednesday 19<sup>th</sup> October or  
Wednesday 26<sup>th</sup> October  
10:30am – 12:00pm  
Registration: 8734 4500  
Email: penrosepromenadecc@wyndham.vic.gov.au

## The Grange Community Centre Seniors Week Morning Tea



Kick start your week and join us for a delicious morning tea followed by live entertainment from Frankie who will perform a variety of music including hits of the 50s, 60s, 70s and 80s!  
Monday 3<sup>rd</sup> October  
10:30am – 12:30pm  
Registration: 8742 8000  
Email: enquiries@grangecommunity.org.au

## Tarneit Community Learning Centre Morning Tea and Melody



Join us for morning tea and live music from Frankie including hits 50s, 60s, 70s and 80s.  
Thursday 6<sup>th</sup> October  
10am – 12pm  
Registration: 8734 6040  
Email: tarneitclc@wyndham.vic.gov.au

## Tarneit Community Learning Centre High Tea



An afternoon tea  
Wednesday 19<sup>th</sup> October  
2pm – 4pm  
Registration: 8734 6040  
Email: tarneitclc@wyndham.vic.gov.au

## Tarneit Community Learning Centre Gentle Exercise



Sessions will consist of stretching, strength, balance and exercise to help develop your overall fitness.  
Session will run for 45 minutes and open to everyone 50 years +. All sessions are FREE!  
No experience needed and all fitness levels welcome

## Arndell Park Community Centre Lawn Bowls

Insert Image

Never tried Lawn Bowls? Want to try something new?  
Lawn bowls is a gentle and fun way to socialise, get active and make new friends along the way.  
Morning Tea Provided.  
Wednesday 12<sup>th</sup> October  
10am – 12pm  
Spaces are limited.  
Bookings essential.  
Registration: 03 8734 8911  
Email: arndellparkcc@wyndham.vic.gov.au

wyndhamcity

Victorian  
Seniors  
Festival



## PENROSE COMMUNITY CENTRE WELCOMES CLAUDETTE -

### Offering Conversational English Classes for Everyone



*"I love the diversity and multiculturalism in Wyndham City. It is a great blessing to be living in this beautiful country, Australia. I enjoy teaching learners to reach their full potential within a nurturing and inclusive environment. I am passionate about teaching English to speakers of other languages. It really brings me joy."*

Claudette has been a local resident since 2010 and likes to participate in community events such as tree planting, clean-up activities and running programs for all ages with her church. Claudette and her family are grateful for the nice parks, reserves, community centres and libraries in the area.

Claudette is enrolled in a postgraduate degree in Teaching English to Speakers of Other Languages (TESOL) and now is volunteering with the Wyndham Community & Education Centre, facilitating Conversational English Classes for the month of October at Penrose Community Centre.

If you would like to be on the waiting list to come along to Penrose's upcoming classes, email

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

## Make the Switch Penrose Promenade Community Centre



Musarrat says, 'we had a wonderful Sunday launching our video on sustainable period care at the 'Women in Business Community Market' held at Penrose Community Centre. We loved talking to the community and answering questions about sustainable period care products.'

'Make the Switch' is a project to create awareness about reusable period products. Reusable period products are a taboo issue and we hope this project will give women better access through better awareness. While anyone can benefit from this initiative, Pulse with Purpose founder, Musarrat Saiyed says 'we are focused on culturally and linguistically diverse communities. The conversation around sustainable menstrual hygiene products often centres on Western culture, which means information is less likely to be culturally sensitive and relatable and in turn less accessible and actionable.'

On Saturday 3rd September, Musarrat held a workshop at Penrose Promenade Community Centre, teaching women and young girls how to sew reusable cloth pads. To express your interest in future sessions contact:

Musarrat on 0404 548 254 or

Email: [pulsewithpurpose@gmail.com](mailto:pulsewithpurpose@gmail.com)





# The Grange Early Learning Program

*The Grange Community Centre has a long and established reputation of bringing quality Early Learning Programs to the community.*

*In our Early Learning Program children will learn through exploration, curiosity, discovery, problem solving, creativity, experimentation and socialising.*

*Our sessions run Monday – Friday from 9.00am – 2.00pm and cater to children aged 2 – 5 years old.*

*Child Care subsidy is available for eligible families.*

*Register now!*



## Literacy and Language

Supporting early literacy by providing children with the tools for expression and communication through daily communication with children, reading, fun activities, games, playing with rhyme & singing.



## Cultural Studies

Through the exploration of Science, Geometry, Geography (cultural & social), History, Cooking, Music, Art & crafts we aim to assist children to understand the world around them.



## Social Skills

Supporting children's social skills by helping them to communicate, relate to, and connect with other people as well as become effective, caring, concerned members of their communities.



## Sensorial

Our experiences assist children to develop & build on their language development, cognitive growth, fine & gross motor development, social interactions, scientific thinking & problem-solving.



## Practical Life Skills

Daily opportunities to take part in practical life experiences. From personal care tasks such as, dressing or applying their own sunscreen, to activities about food preparation or looking after our plants and room pets.



## Whole body Movement

We provide a range of activities and games that support whole body movement to strengthen children's muscles, improving stability, balance, and coordination



**The Grange Community Centre Inc**

260 - 280 Hogans Road, Hoppers Crossing, VIC 3029 | Email: [enquiries@grangecommunity.org.au](mailto:enquiries@grangecommunity.org.au) | [www.grangecommunity.org.au](http://www.grangecommunity.org.au)

 **8742 8000**

# Early Years Programs & Activities

VARIOUS LOCATIONS	VENUE, DAY & TIME	CONTACT INFORMATION
<b>Maternal &amp; Child Health Appointments</b> Professional nursing support & advice for parents with children from birth to school age.	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>
<b>Immunisations</b> The Wyndham City Immunisation Unit provides free public vaccinations against a range of childhood and adult diseases.	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>
<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.	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>
<b>Supported Playgroup</b> A playgroup that aims to meet the needs of vulnerable families in our community. MCH referral required	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>
<b>Wyndham City Council - Kindergarten</b> 3 & 4 Year Old Kindergarten Services. Enrol your child online.	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>
<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.	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>

## Customer service at the Tarneit Community Learning Centre

### 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

9am—5pm from Monday to Friday at the  
Tarneit Community Learning Centre



# Early Years Programs & Activities

ARNDELL PARK	DAY & TIME	COST	INFORMATION
<b>Arndell Park Muslim Playgroup</b> A fun interactive activity based Islamic playgroup. A place for mothers and children to come together.	Thursdays 10:30am-12:30pm	Fees Apply	Aafrin ✉ arndellparkmuslimpg@gmail.com Enrol here: 🌐 <a href="https://forms.gle/hbavhBYXW1g5z18u9">https://forms.gle/hbavhBYXW1g5z18u9</a> 
<b>Arndell Park Playgroup</b> A playgroup for all cultures, mum, dads, carers and children. Bring along your own snacks.	Tuesdays 9:30am-11:30am	Fees Apply	Rukaiya ✉ arndellparkplaygroup@yahoo.com
<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 (School Term only).	Thursdays 11am-11:30am	No Cost	☎ 8734 8999
<b>Tiny Tutus</b> Beginners Ballet class for children from 18 months to 5 years.	Tuesday 9:15am-11am	Fees Apply	Contact: Tiny Tutus ☎ 1300 245 060 🌐 <a href="http://www.tinytutus.com.au">www.tinytutus.com.au</a>
DIANELLA	DAY & TIME		INFORMATION
<b>Story Time - Wyndham City Libraries</b> Drop in, Story Time with the library team.	Wednesday 9.30am-11.30am	No Cost	☎ 8742 8300
<b>Dianella CC Playgroup</b> Community led playgroup for parents and carers with children aged 0-5yrs from all cultures and backgrounds	Tuesday 9.30am-11.30am	Fees Apply	Dianella Community Centre ☎ 8742 8300 dianellacc@wyndham.vic.gov.au
<b>Baby playgroup-Wyndham City</b> Baby playgroup up to 18mths—free program with a qualified child and family resource officer facilitating the sessions.	Thursday 9.30am-11.30am.	No Cost	☎ 1300 370 567 ✉ playgroup@wyndham.vic.gov.au Referral only
<b>KU Dianella Kindergarten</b> 3 and 4yr old Kindergarten.	Various session times	Fees apply	☎ 7003 1700 ✉ ku.dianella@ku.com.au 🌐 <a href="http://www.ku.com.au">www.ku.com.au</a>
<b>First Time Parents Group</b> These groups are a great way to help you learn how to look after your new baby (0-6 months) and to get to know other families in your local community .	Fridays 9.30am-11.30am	No Cost	1300 370 567 Referral only. Complete the online form <a href="https://www.wyndham.vic.gov.au/form/first-time-parents-group">https://www.wyndham.vic.gov.au/form/first-time-parents-group</a>
THE GRANGE	DAY & TIME		INFORMATION
<b>3+ Early Learning Program</b> The 3+ Early Learning Program is planned and implemented by Trained Early Childhood Educators. The program aims to extend the child's development and learning, using routines and play based experiences appropriate for children's unique and holistic development.	Monday to Friday 9:00am—2:00pm	5 hour session \$45 Child Care Subsidy applies to all of the 3+ programs	☎ 8742 8000 ✉ estelle.agius@grangecommunity.org.au

# Early Years Programs & Activities


THE GRANGE	DAY & TIME		INFORMATION
<b>Playgroup</b> Meet parents and enjoy educational, play based learning and socialisation for children under 5.	Tuesday 9am—11am	\$55 per term	Register at <a href="http://www.grangecommunity.org.au/classes">www.grangecommunity.org.au/classes</a> ☎ 8742 8000
<b>Out of School Hours Care</b> Our approach to OSCH is to provide a high quality environment that is safe and gives children the opportunity to learn and play. Our service offers a wide range of fun, stimulating and appropriate experiences that reflect real world experiences and home settings.	Monday to Friday during school term Before School Care 6:45am—9:00am After School Care 3:00pm—6:30pm For children attending the Grange P-12 Primary Campus	Fees apply	☎ 8742 8000 ✉ <a href="mailto:estelle.agius@grangecommunity.org.au">estelle.agius@grangecommunity.org.au</a>
PENROSE PROMENADE	DAY & TIME		INFORMATION
<b>VICSEG Multicultural Playgroup</b> This playgroup is for newly arrived and recently settled migrant and refugee families and offers the opportunity for children to learn social skills through play.	Thursday & Friday 10am—12pm	No cost	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>
<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.	Wednesday 9:30am -11:30am	\$45 per term	Contact: Charmaine Mogg or Gurjeet Kaur ✉ <a href="mailto:messypenguinstarneit@gmail.com">messypenguinstarneit@gmail.com</a> ✉ <a href="mailto:communityplaygroup@wyndham.vic.gov.au">communityplaygroup@wyndham.vic.gov.au</a> 🌐 <a href="https://www.wyndham.vic.gov.au/form/community-playgroup-enquiry">https://www.wyndham.vic.gov.au/form/community-playgroup-enquiry</a>
TARNEIT	DAY & TIME	COST	INFORMATION
<b>Tweddle—My Time</b> Peer Support group for families who have children with a disability.	Monday 10am—12pm	Conditions apply	Kim Mace ☎ 9689 1577 ✉ <a href="mailto:kim.mace@tweddle.org.au">kim.mace@tweddle.org.au</a>
<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!	Tuesday 9:30am - 11:30am  School term only	\$40 per term	✉ <a href="mailto:tarneit.teddies@gmail.com">tarneit.teddies@gmail.com</a>
<b>VICSEG – Multicultural Playgroup</b> For migrant and refugee families. This playgroup offers the opportunity for children to learn social skills through play.	Wednesday 9:30am - 11:30am  School term only	No cost	Karen Diacono ☎ 8754 0512 ✉ <a href="mailto:kdiacono@vicsegnewfutures.org">kdiacono@vicsegnewfutures.org</a>
<b>Baby Time</b> Join us for 30-minute sessions that include songs, rhymes, and finger plays to encourage interaction with your baby in a fun environment with other parents. To attend you must have a baby aged 12 months or younger. <b>Ages 0—12 months</b>	Monday 2pm-2.30pm Thursday 9:30am-10am	No Cost	Julia Gillard Library Tarneit ☎ 8734 0200  <b>Bookings:</b> 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.



## Early Years Programs & Activities

TARNEIT	DAY & TIME	COST	INFORMATION
<b>Rhyme Time (1-5 Years)</b> Join us in person to develop your child's language, body awareness, motor skills, and imagination through rhymes, music, and books. The 30-minute sessions include stories, songs and rhymes designed to develop early language, literacy and numeracy skills.	Tuesday 2pm-2.30pm Wednesday 9.30am-10am Thursday 2pm—2.30pm Friday 9:30am-10am	No Cost	Julia Gillard Library Tarneit ☎ 8734 0200 <b>Bookings:</b> 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.
<b>Rhyme Time (1-5 Years)</b> Join us in person to develop your child's language, body awareness, motor skills, and imagination through rhymes, music, and books. The 30-minute sessions include stories, songs and rhymes designed to develop early language, literacy and numeracy skills.	Tuesday 2pm-2.30pm Wednesday 9.30am-10am Thursday 2pm—2.30pm Friday 9:30am-10am	No Cost	Julia Gillard Library Tarneit ☎ 8734 0200 <b>Bookings:</b> 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.

## Recreation & Wellbeing Kids & Adults

ARNDELL PARK	DAY & TIME	COST	CONTACT INFORMATION
<b>Goss Choir</b> 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.	Wednesdays 7:00pm-9:00pm	Fees Apply	Victoria gosscommunitychoir@gmail.com ☎ 0403 742 414 www.gosschoir.com.au
<b>Women's Workout</b> Arndell Park has partnered with The Huddle (North Melbourne FC) & Youth Services to bring a FREE casual women's exercise group, focusing on exercise for all levels of fitness.	Thursdays 9.:30am-10:30am	No Cost	Register your interest: 
<b>Women's Only Yoga-Reclink</b> Arndell Park and Reclink have partnered up to provide FREE Yoga sessions for women of all abilities. Call now to book.	Fridays 9:30am-10:30am	No Cost	Contact Arndell Park Community Centre to book your place. ☎ 8734 8911 ✉ arndellparkcc@wyndham.vic.gov.au Bookings Essential
<b>Girl Guides - Truganina</b> Guiding helps girls to gain new skills, make a difference in the community, and explore a worth of possibilities. Girls aged 5-17 are invited to come to our Unit meetings.	Thursday 5.30pm-7pm	Fees Apply	Cara Marinaro ☎ 0475 203 332 ✉ cara.marinaro@guidesvic.org.au
<b>Female Bootcamp (FITNAS)</b> FITNAS runs a female only bootcamp classes which include high intensity strength & endurance training targeting fat loss, increase energy & muscle tone.	Tuesdays 7:30-8:30pm	Fees Apply	Amina 0434 366 727 Fitnas.pgt@gmail.com
<b>Yidnekatchew Tessema Social Soccer Club</b> Physical activity sessions for mums and women of CALD backgrounds in the Wyndham community.	Wednesdays 4:30pm-6:30pm	No Cost	Firaol Likassa 0412 716 279 Jomo-07@hotmail.com



# Recreation & Wellbeing Kids & Adults

DIANELLA	DAY & TIME	COST	INFORMATION
<b>Family Games Nights</b> Family board Games Nights encourage families to move away from the screen and sit together, enjoy playing games together.	7th Oct, 4th Nov, 2nd Dec 5.00pm-8.00pm	No cost	Contact for more information ☎ 0416 937 473 ✉ tahirasheikh2019@gmail.com
<b>Art of Living</b> The Art of Living offer stress elimination tools like yoga, meditation and social initiatives to foster universal wellbeing. Kids programs are conducted which helps improve confidence and focus, better clarity and decision making to remove fear of the unknown.	Saturdays 8.00am-10.00am	Fees Apply	Sanitha Sanjeev ☎ 0469 545 723 ✉ Sanitha@artofliving.org.au
<b>Choir - With One Voice Wyndham Choir</b> With One Voice Wyndham is a choir that celebrates the joy of music, community, fun and friendship. Every voice and story is welcome, from seasoned singers to people who have a never sung before. No auditions or previous musical experience required – we encourage you to simply come along and have a go, and be swept up the by the power of singing together!	Tuesdays 7.00pm-8.30pm	\$10 a month	Chris Bain ☎ 8679 6088 ✉ withonevoice@creativityaustralia.org.au 🌐 creativityaustralia.org.au
<b>Youth Support Advocacy Service (YSAS)</b> Free drop-in activity. Engaging young people in the local area to connect with youth workers, support services and proactive youth tasking Police Officers through a recreational program. 12-18yrs.	Thursdays 4.00pm-6.00pm	Free	Shane ☎ 9002 5220 ☎ 0404 120 549
<b>NB Dance</b> Bollywood dance classes for adults focusing on dance techniques.	Mondays 6.30pm-7.30pm	\$120+ bookings fees per term	Natasha 0402 439 350 ✉ info@nbdance.com.au
<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. For all ages and abilities.	Mondays 10.30am-11.00am	Free	Dianella Community Centre ☎ 8742 8300 ✉ dianellacc@wyndham.vic.gov.au
<b>Beginners Ukulele Club</b> Music is for everyone! The easiest instrument to pick up and reach a practical level of playing is the ukulele! It's inexpensive, portable and with a little quality guidance from a trained Ukulele teach, you'll be having a great time, meeting new people and enjoying being a music maker, not just a listener.	Thursdays 6.00pm-7.00pm	\$10 per session	Steph Payne ✉ unstrungmusic@gmail.com 🌐 Unstrungmusic.com.au

**ACTIVE HOLIDAYS**

JOIN IN SOME FREE  
ACTIVE FUN THESE  
HOLIDAYS

wyndhamcity  
**ACTIVE**  
WYNDHAM

VISIT [WWW.WYNDHAM.VIC.GOV.AU/ACTIVEHOLIDAYS](http://WWW.WYNDHAM.VIC.GOV.AU/ACTIVEHOLIDAYS) TO FIND OUT MORE AND BOOK

## Looking for something for the kids to do these holidays?

Wyndham City Council's Active Holidays program offers FREE activity sessions for kids and young people.

From Gymnastics to Self Defence, Football to Hockey, Table Tennis, Netball and more there's lots for kids to join in these holidays.

See the program and take a note of the different booking opening dates for each week's activities at [www.wyndham.vic.gov.au/activeholidays](http://www.wyndham.vic.gov.au/activeholidays).

Why not try something new these holidays?

# Recreation & Wellbeing Kids & Adults

DIANELLA	DAY & TIME	COST	CONTACT INFORMATION
<b>Wyndham Wildlife Gardens</b> Gardening workshops, learn how to garden, identify weeds, grow food and many more simple techniques. Dates to be confirmed.	Various dates TBC Call for more info	TBC	🌐 Send a message via facebook <a href="https://www.facebook.com/groups/wyndhamwildlifegardens/">https://www.facebook.com/groups/wyndhamwildlifegardens/</a>
<b>Mini Movers</b> A physical literacy-based program that uses different sports to increase the motor skills of children aged 3-7. Come and join in some fun weekly indoor sport sessions to get your child enjoying physical activity. 45mins. No experience needed.	Wednesday 4.00pm-4.45pm	Contact for more info	Tori Honner ☎ 5222 3911 ✉ <a href="mailto:tori.honner@leisurenetworks.orgu">tori.honner@leisurenetworks.orgu</a>
<b>Haree Meditation (Peace of Mind)</b> Meditation. Seated breathing exercises. Eye masks provided.	Fridays 11.00am-12.00pm	Free	Haree ☎ 0435 125 017
<b>Courtside Youth Services - Wyndham City</b> A safe space to hang out and play basketball with friends, meet new people and youth workers, watch movies, play games, grab a bite to eat and relax. Ages 12-25yrs.	Fridays 3.30pm-5.30pm	Free	Hayley McCormick (She/Her) Youth Development Officer ☎ 8734 1355 ✉ <a href="mailto:hayley.vazzaz-mccormick@wyndham.vic.gov.au">hayley.vazzaz-mccormick@wyndham.vic.gov.au</a> 🌐 <a href="http://youth.wyndham.vic.gov.au">http://youth.wyndham.vic.gov.au</a>
THE GRANGE	DAY & TIME	COST	CONTACT INFORMATION
<b>ATA Acting Studio</b> ATA Acting Studio caters for children, teens & adults across various group classes, industry classes, show-cases, holiday workshops & private tuitions.	Wednesday 6pm—8:30pm	Contact provider	Contact Adam ☎ 0419 593 257 🌐 <a href="http://www.ataactingstudio.com">www.ataactingstudio.com</a>
<b>Balance, Flex, Fun</b> Join us for a fun 45min exercise class to improve your strength and flexibility. Bring your BFF along with you!	Thursday 9:30am—10.15am	Discounted Term fee or \$13—Casual	☎ 8742 8000 🌐 <a href="http://www.grangecommunity.org.au/classes">www.grangecommunity.org.au/classes</a>
<b>Ballroom Dancing</b> Join Mark and Marika, our National and International ballroom dancing champions as they guide you through classes.	Monday Beginners 1:00pm—2:00pm Advanced 2:30pm—3:30pm	\$5 per class	☎ 8742 8000 🌐 <a href="http://www.grangecommunity.org.au/classes">www.grangecommunity.org.au/classes</a>
<b>Chair Fitness</b> Join us for a fitness class held on chairs suitable for all ages, seniors, all disabilities and for rehabilitation	Wednesday 10:00am—10:45am	\$6 per class	☎ 8742 8000 ✉ <a href="http://www.grangecommunity.org.au/classes">www.grangecommunity.org.au/classes</a>
<b>Chatty Café</b> Join the lovely Nola every Wednesday morning to a hot cuppa and a chit chat.	Wednesday 10am—11:30am	Free	The Grange 260-280 Hogans Road, Hoppers Crossing ☎ 8742 8000
<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.	Friday 7pm—9pm	Contact provider	☎ 0432 489 762 ✉ <a href="mailto:admin@xiquwingchun.com.au">admin@xiquwingchun.com.au</a>

# Recreation & Wellbeing Kids & Adults

THE GRANGE	DAY & TIME	COST	CONTACT INFORMATION
<b>Qian Li Dao</b> Martial Arts with Blitz Hall of Fame Kung Fu Instructor of the Year, Sifu Dana Wong.	Tuesday, Wednesday & Saturday	Contact provider	☎ 9731 1789 ✉ <a href="mailto:info@qianlidao.com.au">info@qianlidao.com.au</a>
<b>Tai Chi</b> Meditation in motion with Bruno. Presented in partnership with Reclink Australia <a href="http://www.reclink.org">www.reclink.org</a>	Tuesday 11:30-am— 12:30pm	\$2 per session	☎ 8742 8000 🌐 <a href="http://www.grangecommunity.org.au/classes">www.grangecommunity.org.au/classes</a>
<b>Twisted Stitches Knitting Group</b> Join our lovely knitting Group as they knit items to be donated to charity.	Monday 12:30pm—2:30pm	FREE	☎ 8742 8000 ✉ <a href="http://www.grangecommunity.org.au/classes">www.grangecommunity.org.au/classes</a>
<b>Yoga</b> Do you want to improve your flexibility, balance and overall wellbeing? Look no further! Join us for a 45 minute yoga class.	Tuesday 9:30am-10:15am	Discounted Term fee or \$15— Casual	☎ 8742 8000 🌐 <a href="http://www.grangecommunity.org.au/classes">www.grangecommunity.org.au/classes</a>
<b>Wyndham TOWN 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. .	Friday 9am—11:30am	Contact provider	☎ 0413 444 083 🌐 <a href="http://www.townclubs.com.au">www.townclubs.com.au</a>
PENROSE	DAY & TIME	COST	CONTACT INFORMATION
<b>Youth Services</b> Enjoy a safe space to hang out, unwind, make some new friends, hae a bite to eat and meet some of your local Youth workers. Lots of games, activites, arts an crafts and more. Must be aged 12-25 years	Wednesdays 3.30pm –5.30pm	No charge	Hayley ✉ <a href="mailto:Hayley.vazzaz-mccormick@wyndham.vic.gov.au">Hayley.vazzaz-mccormick@wyndham.vic.gov.au</a>
<b>Burnout Bhangra</b> Come and join fitness through Bhangra which is a North Indian high intensity dance fitness class.	Tuesday 7pm-8pm	\$12	Sandeep ☎ 0433 012 214 🌐 <a href="https://www.facebook.com/Burnout-Bhangra-249199085725617/">https://www.facebook.com/Burnout-Bhangra-249199085725617/</a>
<b>Edmund Rice Homework Club Mother's Group</b> This group is a fortnightly safe and nurturing space for mothers from diverse backgrounds who have children attending our homework club. The group will facilitate activities including English conversation, practical workshops, and the opportunity to connect with other women.	Tuesday 3:30pm-5:00pm	No charge	Program Coordinator ☎ 0451 753 813 ✉ <a href="mailto:programcoordinator1@edmundrice.org">programcoordinator1@edmundrice.org</a> 🌐 <a href="https://ercrs.org/">https://ercrs.org/</a>
<b>Chess in Wyndham</b> Develop 8 critical thinking skills: problem solving, abstract reasoning, calmness under pressure, patience, sportsmanship, creative thinking, pattern recognition and strategic thinking.	Fridays 4.30pm—6.00pm	Fees Apply	Lavisha Mehta ☎ 0415 837 157 <a href="http://www.facebook.com/ChessforWyndham">www.facebook.com/ChessforWyndham</a>
<b>Action on Disability within Ethnic Communities</b> This program aims to provide women from CALD background with a safe and inclusive space to learn about their health, do some physical activity and meet with other women.	Thursdays 10.00am-12.30pm	No charge	Ayak Kuany ☎ 0490 529 781 ✉ <a href="mailto:ayak@adec.org.au">ayak@adec.org.au</a> 🌐 <a href="https://adec.org.au/">https://adec.org.au/</a>

# Recreation & Wellbeing Kids & Adults

PENROSE PROMENADE	DAY & TIME	COST	INFORMATION
<b>Global Kitchen</b> Multicultural Women Victoria will be running a Global Kitchen lunch for women every Monday. For booking enquiries, please contact Sudha on 0432 489 584.	Monday 10am—2pm	No Cost	Sudha ☎ 0432 489 584 Jane ☎ 0423 697 187 ✉ chair@virwc.org.au
<b>Kangatraining Tarneit &amp; Hoppers</b> 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!	Thursday 12:45pm—1:45pm	Fees apply	Naomi Cash ☎ 0413 965 090 ✉ naomikanga21@gmail.com 🌐 <a href="https://www.kangatraining.info/at_en/instructor/naomicash/booking/2525">https://www.kangatraining.info/at_en/instructor/naomicash/booking/2525</a>
<b>Sahaja Yoga</b> 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.	Wednesdays 6-7pm	No Cost	Nakul ☎ 0475 049 276 ✉ Nakulgupta.au@gmail.com 🌐 <a href="https://www.sahajayoga.com.au/class_workshops/vic/">https://www.sahajayoga.com.au/class_workshops/vic/</a>
<b>Twins Martial Arts</b> Traditional Shotokan Karate for ages 4-15yrs. Classes are taught by qualified NCAS Dojo Coaches, holding Senior First Aid and Working with Children Checks.	Thursday 3:30pm-8pm	Fees apply	Sensei Lay or Ken ☎ 0416 333 113 ✉ info@twinsmartialarts.com.au 🌐 <a href="http://www.facebook.com/twinsmartialarts">www.facebook.com/twinsmartialarts</a>
<b>WW Australia and New Zealand</b> We provide community wellness, weight loss and maintenance support workshops focusing on food, sleep, fitness and mindset. Our Personal Points is the most individualized program yet.	Friday 9am—10am	Fees apply	Kate Habgood ☎ 0417 434 614 ✉ Kate.habgood@ww.com 🌐 <a href="https://www.weightwatchers.com.au">https://www.weightwatchers.com.au</a>
<b>Nrityaarpana Dance Academy</b> Join Nrityaarpana and get trained in both theory and practical details and intricacies of Bharatanatyam	Monday 6pm-7:30pm	\$15 per hour	Rekha ☎ 0451 327 719 ✉ nrityaarpana@outlook.com 🌐 <a href="https://www.facebook.com/nrityaarpanadanceacademy/">https://www.facebook.com/nrityaarpanadanceacademy/</a>
<b>The Skate Studio</b> Rollerskating lessons for the local community with fully accredited coaches. <i>Commencing 24th October.</i>	Mondays 4.00pm—6.00pm	Fees Apply	Victoria ✉ Skate_studio@outlook.com www.theskatestudio.com.au
TARNEIT	DAY & TIME	COST	INFORMATION
<b>Craft Group</b> Craft, Chat and a Cuppa. Come and join!	Wednesday 9am-12pm	No Cost	Tarneit Community Learning Centre ☎ 8734 6040 🌐 tarneitlclc@wyndham.vic.gov.au
<b>50's + Gentle Yoga</b> 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.	Mondays 9:30am – 10:15am	No Cost	Lorcan Matthews ☎ 0401 523 868 ✉ <a href="mailto:lorcan.matthews@recklink.org">lorcan.matthews@recklink.org</a>
<b>Dhyana Yoga</b> Kids yoga session filled with mindfulness music, body awareness, games, breath techniques, and yoga poses to find calm, self-love, focus and concentration in daily routine. <b>Age Group: 5-12 years</b>	Wednesday 5pm—6pm	Fees apply	Geeta ☎ 0405 381 819 ✉ <a href="mailto:dhanaayoga@gmail.com">dhanaayoga@gmail.com</a>



## Recreation & Wellbeing Kids & Adults

TARNEIT	DAY & TIME	COST	INFORMATION
<b>Tatkaar Kathak Institute</b> Tatkaar Kathak is a classical Indian dance, better known as Indian Ballet. Come along and join in the fun	Saturday 11am—12pm	Contact Provider	Shika ☎ 0450 228 954 ✉ schhangaui.sc@gmail.com
<b>Youth Fitness Classes (15+)</b> Join local personal trainer Firaol for a fun, engaging, supportive and challenging session of strength and cardio exercises.	Saturdays 9:30am – 10:30am	No cost	Firaol ☎ 0412 716 279 ✉ jomo-07@hotmail.com
<b>Women and Girls Fitness Classes</b> 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.	Wednesday 7:30pm—8:30pm Thursday 7:30pm – 8:30pm	No cost	Lorcan Matthews ☎ 0401 523 868 ✉ lorcan.matthews@reclink.org
<b>U3A Werribee Region Tai Chi Classes</b> Tai Chi classes promote health and wellbeing, including relaxation. Assist with stress reduction and promotes serenity through gentle flowing movements.	Mondays 10.30am-11.30am	Contact provider	Rick Conn ☎ 0402 299 220 ✉ courses.u3awbee@hotmail.com
<b>Lego Club</b> Come along to your library every week to design, build and imagine with Lego. During School term Age 5-12	Mondays 3.30—4.30pm	No Cost	Julia Gillard Library Tarneit ☎ 8734 0200
<b>Craft and Conversation</b> 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. Bookings required. <b>Ages 18+</b>	3 <sup>rd</sup> Friday of the month, 10.30am - 12.30pm	No Cost	<b>Julia Gillard Library Tarneit</b> (03) 8734 8999  <b>Bookings:</b> <a href="https://www.wyndham.vic.gov.au/whats-on/craft-and-conversation-tarneit-library">https://www.wyndham.vic.gov.au/whats-on/craft-and-conversation-tarneit-library</a>
<b>Kids Club</b> Come and join in a different activity every week. Make new friends and have lots of fun. No bookings required <b>Ages 5+</b>	Wednesdays 4pm During school term		<b>Julia Gillard Library Tarneit</b> (03) 8734 8999

## Education & Training Kids & Adults

ARNDELL PARK	DAY & TIME	COST	INFORMATION
<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.	Various Contact for further information	Fees apply	Jaslyn Toh ☎ 0406 946 069 ✉ admin@abacus4kids.com.au <a href="http://www.abacus4kids.com.au">www.abacus4kids.com.au</a>
<b>Wyndham Community &amp; Education Centre</b> Computer Courses for all levels. Each course runs for 10 weeks.  <b>***SPACES LIMITED***</b> <b>***BOOKINGS ESSENTIAL***</b>	Various	\$30 for Australian Citizens and Permanent Residents.	To enrol, go to 'short courses' at <a href="http://www.wyndhamcec.org.au">www.wyndhamcec.org.au</a> Or contact for more information  ☎ 9742 4013

# Education & Training Kids & Adults

ARNDELL PARK	DAY & TIME	COST	INFORMATION
<p><b>Youth Services – Drop-In Program &amp; Barber</b>  <b>For Ages 12-25yrs.</b></p> <p>Youth Services are excited to come to Arndell Park as we begin to deliver programs for young people aged between 12yrs-25yrs.</p> <p>Starting on 18<sup>th</sup> May, please join us as we run a Drop-In program as well as FREE HAIRCUTS with our Social Barber.</p> <p>Our Social Barber will provide an opportunity for young people to connect with works and have meaningful conversation as well as walking away with a fresh cut!</p> <p>We look forward to you getting involved as we begin to have more consistent programs happening at this Centre.</p>	<p>Wednesdays  3:30pm-5:30pm</p>	<p>No cost</p>	<p>For More Information please email:  <a href="mailto:youthinwyndham@wyndham.vic.gov.au">youthinwyndham@wyndham.vic.gov.au</a></p>
DIANELLA	DAY & TIME	COST	INFORMATION
<p><b>Wyndham Community &amp; Education Centre</b>  Beginners computer classes. Must be a permanent resident.</p>	<p>Wednesday  12.30pm-3.30pm</p>	<p>\$30</p>	<p>03 9742 4013</p>
THE GRANGE	DAY & TIME	COST	INFORMATION
<p><b>First Aid Training</b></p> <p>Choose from several First Aid certificate classes including Provide First Aid, Basic Emergency Life Support, CPR, Children's Services, Anaphylaxis, Asthma training and more</p>	<p>Alternating  Wednesdays &amp;  Saturdays  9am—4pm</p>	<p>Contact  provider</p>	<p>☎ 9998 6188  🌐 <a href="http://www accreditedfirstaidcourses.com.au">www accreditedfirstaidcourses.com.au</a>  (Held at Central Park Community Centre)</p>
<p><b>Kumon</b></p> <p>Kumon helps your children reach their potential through English &amp; Math enrichment classes.</p>	<p>Monday and  Thursdays  3pm—7:30pm</p>	<p>Contact  Provider</p>	<p>Contact Priyanka  ☎ 0432 052 007  ✉ <a href="mailto:kumonhopperscrossing@gmail.com">kumonhopperscrossing@gmail.com</a></p>
<p><b>Triscott Education Services</b></p> <p>CHC30213 Certificate III in Education Support</p>	<p>Thursday  9am—3pm</p>	<p>Contact  Provider</p>	<p>Contact: <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></p>
PENROSE PROMENADE	DAY & TIME	COST	INFORMATION
<p><b>Abacus 4 Kids</b></p> <p>Fun and innovative way for kids 4-12years to learn mathematic skills mental arithmetic skills using abacus (soroban).</p>	<p>Various—Contact  for further  information</p>	<p>Fees  apply</p>	<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>Aksacare</b></p> <p>We offer speech pathology services in swallowing &amp; communication across the lifespan. We provide maximum care (Aksacare) by tailoring assessments and therapies to individual needs to maximise potential.</p>	<p>Saturday weekly  3.30pm—7:30pm</p>	<p>Fees  Apply</p>	<p>Sara Kablaoui  ☎ 0424 965 659  ✉ <a href="mailto:info@aksacare.com.au">info@aksacare.com.au</a>  🌐 <a href="http://www.aksacare.com.au">www.aksacare.com.au</a></p>
<p><b>AMZ Training</b></p> <p>Offers training and assessment classes for a Certificate 3 in Individual Support</p>	<p>Friday  9am-12:30pm</p>	<p>Fees  Apply</p>	<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>KK Art</b> Art, drawing & 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	Sunday 9:30am-11:30am	Fees Apply	Edmund ☎ 0420 948 140 ✉ kkart.classes@gmail.com
<b>System@Tech Learning Solutions</b> Enabling young students to design their future by offering them the opportunity to develop cutting edge STEM skills.	Saturdays 1.30pm-4pm	Fees Apply	Keerti ☎ 0413 949 831 ✉ hello@systematechedu.com.au 🌐 <a href="http://www.systematechedu.com.au">www.systematechedu.com.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 ✉ David.lukudu@wyndhamcec.org.au
<b>So &amp; Sew</b> Learners will be encouraged to set learning goals and work as a team while developing specific skills using a sewing machine.	Wednesdays 12pm-3pm Commencing 12th October	\$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> This course is designed for those who have completed the So & Sew course. There will be a focus on using a commercial sewing pattern, developing and understanding of woven fabrics and using an overlocker.	Wednesdays 8.30am-11.30am commencing 12th October	\$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> This is designed for those who have completed Next Stitch. It is at an advanced level, targeting learners wishing to access accredited training in the textile industry.	Thursdays 12.30pm-3.30pm commencing 13th October	\$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> This is designed for those who have completed the All Sewn Up course. It will be project based focusing on clothing alterations, upcycling an adapting patterns.	Thursdays 9am-12pm commencing 13th October	\$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>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.	Monday 4:30pm-7:30pm Wednesday 4pm-7pm Saturday 9:30am-12.30pm	Fees Apply	Pooja ☎ 0419 777 498 ✉ werribee@brainworks.com.au
<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.	Tuesday 3:30pm-5:00pm	No Cost for eligible students	Program Coordinator ☎ 0451 753 813 ✉ <a href="mailto:programcoordinator1@edmundrice.org">programcoordinator1@edmundrice.org</a> 🌐 <a href="https://ercrs.org/">https://ercrs.org/</a>

## Education & Training Kids & Adults

PENROSE	DAY & TIME	COST	INFORMATION
<b>Advanced Personnel Management</b> APM provide employment, vocational rehabilitation, assessment, allied health intervention and community care (Aged Care & Disability Care to clients in order to place them in employment.	Tuesday & Wednesday 8am—5pm	No Cost	☎ 1800 276 276 ✉ support@apm.net.au
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 available.	Tuesday 5pm—7.30pm	Fees Apply	Jaslyn Toh ☎ 0406 946 069 ✉ admin@abacus4kids.com.au www.abacus4kids.com.au
<b>Wyndham Chess</b> Learn to play chess or improve your skills. All levels welcome.	Thursday 5pm—6pm	Fees Apply	Phil Minichelli ☎ 0478 604 601 ✉ admin@wyndhamchess.club
<b>Mini Movers</b> A fun, physical literacy-based program that uses different sports to increase the motor skills of children aged 3-7	Wednesday 2.30pm – 3:30pm	Fee Apply	<a href="mailto:Tori.honner@leisurenetworks.org">Tori.honner@leisurenetworks.org</a> ☎ 5222-3911

## Community, Cultural & Faith Groups

ARNDILL PARK	DAY & TIME	COST	CONTACT INFORMATION
<b>Life Community Kitchen</b> All welcome ! Free Hot Dinner. Gathering around a meal to provide families & individuals support and relief	Mondays 6pm-8pm	No Cost	Please email to RSVP <a href="mailto:communitykitchen@lifeau.org">communitykitchen@lifeau.org</a> <b>Bookings Essential</b>
<b>Club 60</b> Provides a social gathering for men and women of Indian origin	Thursday 12.30 – 2.30pm	Fees Apply	Sunil Abbott ☎ 0449 101 455
<b>Melbourne Shwetambar Jain Sangh Inc</b> MSJS promotes Jainism and its core principal of 'no violence'.	Fortnightly	Fees Apply	Nimit ☎ 0433 074 461
<b>Bhartiya Seniors Melbourne Inc</b> Indian Seniors Friendship Group	Wednesday & Friday 11.30—2pm	Fees Apply	Ashok Mehta ☎ 0434 929 429 ✉ ashokmehta1958@gmail.com
<b>Overseas Chinese Christian Mission</b> Bi-lingual Christian worship services in Mandarin and English	Sunday 3 – 7pm	No Cost	Charles ☎ 0425 747 008



# Community, Cultural & Faith Groups

ARNDALL PARK	DAY & TIME	COST	INFORMATION
<b>Australian Malayalee Islamic Association Cultural Group</b> Arabic & Malayalam language classes, faith based activities.	Saturday 5 – 9pm	Fees Apply	Zameel Arif ☎ 0406 074 185 ✉ zameelarif@gmail.com
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 Vayasha001@hotmail.com ☎ 0431 244 752
<b>Building Vibrant Communities (National Spiritual Assembly of the Baha'is of Aust Inc)</b> 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.	Saturdays 3.30pm-5.30pm	Free	Tara ✉ <a href="mailto:Jyseptarheit@gmail.com">Jyseptarheit@gmail.com</a> ☎ 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>
<b>Sunshine Arabic Language School</b> Cultural activities for the youth and adults. Arabic language classes for children 5-17 years.	Saturdays 1.00pm-5.00pm	Contact provider	Afrah Mohamed ☎ 0422 178 062
THE GRANGE	DAY & TIME	COST	CONTACT 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>Gateways</b> Youth Support Program	Saturday 10am—1pm	Contact provider	✉ jo.king@gateways.com.au (Held at Central Park Community Centre)
<b>Redefine Life</b> Redefine Life is a private counselling and support practice that are able to provide high-quality professional help to a wide range of mental and other health problems.	Various	Contact provider	Appointments available on request at Central Park Community Centre Contact: 1300 044 490 <a href="mailto:enquiries@redefineline.com.au">enquiries@redefineline.com.au</a>
PENROSE PROMENADE	DAY & TIME	COST	CONTACT INFORMATION
<b>Assembly of God Church of Samoa</b> A dynamic Church Service for all the family.	Sunday 8am-12pm	No Cost	Tui ☎ 0435 668 839
<b>Hindu Dharma Community of Melbourne (HDCM)</b> HDMC is organised exclusively for multicultural, charitable, spiritual, social and educational purposed. Promotion of Hindu spirituality and culture, including yoga practice, drumming and mediation.	Last Sunday of the month 6:30pm—8:30pm	No Cost	Sanjeev ☎ 0470 682 288
<b>Legends International of Seniors Inc</b> You are a unique creation of nature. Your experiences— sweet & 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!	Wednesday 1pm-3pm	\$10 joining fee	Varinder Pal Singh ☎ 0468 497 457 ✉ legendsinternational2022@gmail.com

# Community, Cultural & Faith Groups

PENROSE PROMENADE	DAY & TIME	COST	CONTACT INFORMATION
<b>Seni Warisan Melayu Inc</b> This group brings awareness and promotes Malay culture. Enjoy traditional music, dance and Silat (Malay Martial Arts).	Saturday 2pm—5pm	Fees Apply	Abby ☎ 0433 420 376 ✉ abby.arbi@comm5star.com
<b>Tarneit Bharati Club</b> Older Gujarati speakers will feel right at home in this relaxed social get-together environment.	Monday 2.30pm-4.30pm Friday 12:30pm—2:30pm	No Cost	Arun ☎ 0425 032 022 ✉ siddhpura.arun@gmail.com
<b>Tarneit Harmony Club</b> Join other Punjabi speaking retirees to enjoy indoor games share some sweets and cup of tea.	Tuesday 12—2pm Friday 12:30pm-2:30pm	No Cost	Rashpal ☎ 0402 010 016 ✉ rashpal.chaggar@gmail.com Zoom online meetings and programs also available
<b>United Seniors Club Incorporated</b> This group is celebrated with worshipping and praying to God along with singing and dancing and sharing food.	Wednesday 12pm—2pm	No Cost	Dinesh Patel ☎ 0478 621 534 ✉ bakulpatel1767@gmail.com
<b>Ladies Club 60</b> Social gathering for local ladies of Indian origin. Make new friends, enjoy a cup of tea and chat.	Monday 12pm-2:30pm	No Cost	Nina ☎ 0488 251 459
<b>Iglesia Ni Christo</b> Church Of Christ Worship service and meetings on a weekly basis.	Wednesday 5am-7am Wednesday 7:30pm-10pm Saturday 6am—9:00am	No Cost	Alfonso Ocon ☎ 0422 560 945
<b>Mayanmar Revival Church</b> Worship service available	Sundays 12pm—5pm	No Cost	Jayshee Jay ☎ 0449 677 569 ✉ jshee8012@gmail.com
TARNEIT	DAY & TIME	COST	CONTACT INFORMATION
<b>Church of Christ</b> Worship Service	Thursday 8:30pm—10pm	No Cost	Alfonso Ocon ☎ 0422 560 945 ✉ Alfonso.ocon@gmail.com
<b>Jesus is the Cornerstone</b> Church services on Sundays	Sunday 2pm—6pm	No Cost	Pastor Freddy Sooalo ☎ 0498 689 760 ✉ freddysooalo@gmail.com
<b>Punjabi Church Australia</b> Faith group providing worship and singing of gospel songs	Sunday 10am—2pm	No Cost	Contact: Pastor Aman Luthra ☎ 0405 606 148 ✉ aman20088sonu@gmail.com
<b>Vision Pentecostal Church of Community</b> Weekly Church Services	Sunday 10am—2pm	No Cost	Pastor Alex Hakizimana ☎ 0410 017 971 ✉ hakizimana@yahoo.com
<b>Club 60</b> Club 60 provides a social gathering for men and women of Indian origin.	Monday 12pm—2.30pm	See Provider	Contact: ☎ Sunil: 0449 101 455

# Community, Cultural & Faith Groups

TARNEIT	DAY & TIME	COST	INFORMATION
<b>Australian Eritrean Families of the Western Suburbs</b>	Saturday 6pm—10pm	See Provider	Contact: ☎ Zaki: 0412 223 788
<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.	Friday 10am-3pm	Fees Apply	Shyaam Rodrigo ☎ 9637 6044 ✉ shyaam-alekhoea@mrnorthwest.org.au
<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.	Friday 7pm-9pm	No Cost	Tui Luamanu ☎ 0421 007 448 ✉ tui31luamanu@hotmail.com
<b>Life Community Kitchen</b> All welcome ! Free Hot Dinner. Gathering around a meal to provide families & individuals support and relief	Tuesdays 6pm-8pm	No Cost	Please email to RSVP <a href="mailto:communitykitchen@lifeau.org">communitykitchen@lifeau.org</a>  <b>Bookings Essential</b>

ENROLL NOW

## ARNDELL PARK PLAYGROUP

**FREE**  
IN TERM 4



**CONTACT RUKAIYA:**  
0416 411 402  
[arnellparkplaygroup@yahoo.com](mailto:arnellparkplaygroup@yahoo.com)

 Playgroup Victoria

## Penrose Drop In

**A SAFE SPACE TO HANG OUT WITH FRIENDS, WATCH MOVIES AND PLAY GAMES.**



**12-25 YEARS**

Youth Centre Penrose  
83 Penrose Promenade, Tarneit  
Phone: 8734 1355

wyndhamcity  
**Youth**  
ServiceS



## WALKING FOOTBALL

**WALKING FOOTBALL PENROSE PROMENADE**  
Join our social soccer group as we meet every Thursday to have a kick, keep fit and have a laugh. we have mixed mens and women group and are at entry level soccer skills.  
**Every Thursday Morning**  
**10:30am - 11:30am**  
**Mens & Womens (50+ years old)**  
**Goddard St Oval, Tarneit**

**TO Register Contact Penrose Promenade Community Centre on 8734 4500**



Proudly supported by



# 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

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

**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

**Australian Red Cross Lifeblood**

Blood donation collection centre.

**Day/Time:** 10th –14th October, numerous dates.

**Phone:** 13 14 98

<https://www.lifeblood.com.au/donor-centre/vic/tarneit-pop-up-donor-centre>

## 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.

