THE BUZZ

Term 1, 2023

NEWSLETTER

News from the Community Centres of Point Cook

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Happy New year and welcome to our Term 1 edition of the 2023 Buzz. We look forward to an exciting year ahead across all our centres in Point Cook.

We proudly embrace the 2021 census data that Point Cook emerged as the country's most multicultural suburb! There is so much on offer both in our centres and across Point Cook with a host of programs and activities for all ages and backgrounds. Take a look through our program listings to see what may interest you.

Our passionate community are hard at work planning fun events and activities. The Wyndham Multicultural Lunar Festival on February 4 in the town centre, an Indigenous Cultural Infusion on March 2 at the Point Cook Community Learning Centre. The Point Cook Pop Up Park has been revamped and is back in full swing, so expect to see a variety of events & activities pop up in March & April during their Cultural Festival….just to name a few!

We love to show case your local activities in our Buzz Newsletter, so why not give a shout and tell us your story to share with the community.

Featherbrook Community Centre, 33—35 Windorah Dr, Point Cook: Phone 8353 4000

Jamieson Way Community Centre, 59 Jamieson Way, Point Cook: Phone 9395 3777

Point Cook Community Learning Centre, 1-21 Cheetham Street, Point Cook: Phone 9395 6399

Saltwater Community Centre, 153 Saltwater Promenade, Point Cook: Phone 8376 5500

Pop Up Park

Are you looking for an opportunity to share your culture with your local community?

Point Cook Pop Up Park is hosting a 7-week festival to celebrate our unique diversity in March and April 2023 and we're calling the community to join us!

CULTURAL FESTIVAL

GET INVOLVED!

Host an activity, perform or, celebrate your community as a sponsor or volunteer.

Scan the QR to sign up!

Proudly supported by

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CoLocal

Stockland it's your place

WYNDHAM VOLUNTEER Expo

SAT 18 MAR, 2023
10AM – 2PM

STALLHOLDER APPLICATIONS NOW OPEN

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Wyndham Volunteers

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
pointcookclc@wyndhamvic.gov.au 9396 6399

INDIGENOUS CULTURAL INFUSION

Leading up to Cultural Diversity Week the Point Cook Community Learning Centre is hosting an Indigenous cultural infusion.

An Acknowledgement of country and smoking ceremony will be held at the front of the centre. The smoking ceremony is a traditional Aboriginal custom which involves burning native plants just enough to produce smoke. The smoke will cleanse the area and ward off bad spirits from the people and the land.

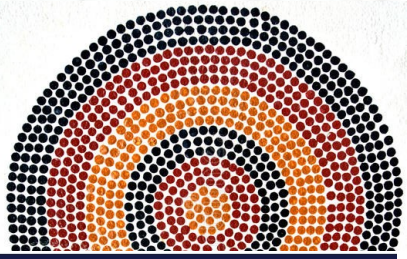
Smoking Ceremony at the front of the centre
2 March
10am-10:15am all welcome

Following the Smoking Ceremony the Point Cook Library is hosting two Indigenous Infusion programs for pre-school aged children.

The Indigenous Infusion program is the perfect introduction into Aboriginal and Torres Strait Islander histories and cultures. Students will develop an understanding of the rich and ancient traditions of Australia's first inhabitants.

This highly interactive and engaging program enables students to explore different cultural aspects such as Dance and Didgeridoo, Indigenous Artefacts and Storytelling.

Indigenous Infusion in the Library
2 March
10:30am & 11:15am
Booking's Essential -Contact Point Cook Library



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.

Early Years Programs & Activities

Various Locations & times	Contact Information
Immunisations The Wyndham City Immunisation Unit provides free public vaccinations against a range of childhood and adult diseases.	Contact: Wyndham Immunisation Team ☎ 9742 0736 wyndham.vic.gov.au *select Children's Services > Immunisations*
Maternal & Child Health Appointments Professional nursing support & advice for parents with children from birth to school age.	Contact: Maternal & Child Health ☎ 1300 370 567 wyndham.vic.gov.au *select Maternal & Child Health Services*
First Time Parents Group Meet friendly local families to talk about your kids & have fun! Share experiences, find advice, give support & make new friends.	Contact: Child and Family Resource Team ☎ 1300 370 567 wyndham.vic.gov.au/services/child-*services*/playgroups/baby-playgroup playgroup@wyndham.vic.gov.au
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: Kindergarten Team ☎ 1300 370 567 wyndham.vic.gov.au *select Children's Services > Kindergarten*

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

Featherbrook Community Centre	Day & Time	Cost	Information
Busy Bees Playgroup Where children learn through play, imagination and creativity all whilst developing social skills. A friendly environment where parents meet new friends too. Suitable for ages under 5 years.	**Tuesday** 9:00am—11:00am	Fees apply	ⓘ Monica ✉ busybeesfeatherbrook@gmail.com
MY TIME—Tweddle Unwind & connect with others who understand a world away from appointments & therapy. MyTime offers peer support for parents & carers of children with disability or chronic health condition. Children are engaged in activity with playhelpers while carers connect, share ideas and swap tips.	**Wednesday** 10:00am—12:00pm	No cost	ⓘ Kim ☎ 9689 1577 ✉ kim.mace@tweddle.org.au www.mytime-net-au
Tiny Tutus Educational pre-school ballet classes promoting fitness and creativity from a young age with the right balance of fun and learning.	**Thursday** 9:00am—11:30am	Fees apply	ⓘ Tiny Tutus ☎ 1300 245 060 ✉ hello@tinytutus.com.au tinytutus.com.au
Little Kookies Playgroup Where children learn through play, imagination and creativity all whilst developing social skills. A friendly environment where parents meet new friends too. Suitable for ages under 5 years.	**Thursday** 9:00am—11:00am	Fees apply	ⓘ Monica ✉ littlekookiesfeatherbrook@gmail.com
First Time Parents Group—Wyndham City 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.	**Thursday** 1:30pm—3:30pm	No Cost	ⓘ Susan ☎ 0427 523 177 or 1300 370 567 ✉ playgroup@wyndham.vic.gov.au
Hey Dee Ho Educational music program for children 6 months to 5yrs. Parent & child classes with max of 12 children. Creating a fun filled interactive 45 minute musical playdate with puppets, instruments and much more.	**Friday** 10:00am—11:00am	Fees apply	ⓘ Melissa ☎ 0457 301 878 ✉ ehomusicwyn@gmail.com heydeeho.com.au

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.	**Sessions each term 2023 dates to be**	Fees Apply	ⓘJamieson Way Community Centre ☎ 9395 3777 ✉ admin@jamiesonwaycc.org.au
DPR School of Dance Mummy & Me (18 mths - 3 yrs) Intro to dance, movement & music classes for parents & bubs ,Tiny Tots, Baby Ballet & Tiny Tappers 3– 5 yrs Dance, Acrobatics & Drama (from 5 years) Jazz, Hip Hop, Ballet, Contemporary, Tap, Acrobatics, Drama, Boys !	**Contact for days & times** for all available class times, days and styles	Fees apply	ⓘ Bree ✉ bree@danceeperformrepeat.com.au
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	$65.00 family/term includes insurance	ⓘJamieson Way Community Centre ☎ 9395 3777 admin@jamiesonwaycc.org.au
Lightpoint Church Playgroup Playgroup for families	**Fridays** 12pm—2pm	Fees apply	ⓘ Estelle 0428 335 427 ✉ est.bouwer@gmail.com
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** 10am—2pm	Free Bookings required	ⓘ Book online https://safeseatssafekids.com.au/venues-mec/

Point Cook Community Learning Centre	Day & Time	Cost	Information
Bilingual Chinese & English Story Time Ages 3+ Join us for 45 minutes of stories, songs, rhymes & craft in Chinese & English. Meet other bilingual families, learn words in another language & help your child develop important language skills.	**Fridays** (2nd of the month) 11:00am	No Cost	ⓘ Point Cook Library ☎ 8734 8999 www.wyndham.vic.gov.au/libraries for current information. **Programs during school term** **For session dates and times please visit:** www.wyndham.vic.gov.au/services/libraries/early-years/early-years-events-and-activities
Baby Time Ages 0– 12 months Sing, move, and bond with your baby as we share some of our favourite songs and reading tips.	**Wednesdays** 11:00am		
Rhyme Time Ages 1– 5 years These 30-minute sessions include stories, songs & rhymes designed to develop early language, literacy, and numeracy skills.	**Tuesdays & Wednesdays** 9:30am **Saturdays** 10:30am		
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.	**Tuesdays & Fridays** 11:00am		
FaithKids Playgroup A fun, learning & structured play environment through educational activities & crafts, song & story time for children 4yrs & under during.	**Fridays** 9:30am—11:30am	Fees apply	ⓘ Angela Seow ☎ 0422 101 968 ✉ playgroup@faithlifechurch.com.au faithlifechurch.com.au
Gateways—Happy Feet Playgroup Happy Feet an early intervention group program for children with a delay in development or disability. Facilitated by occupational & speech therapists.	**Commencing term 2** **Wednesdays** **Ages 2-5** 9:15am—11:45am	NDIS funding required	ⓘ Sejal Mithbawkar ☎ 9396 1111 ✉ sejal.mithbawkar@gateways.com.au westernmelbourne@gateways.com.au
Gateways—Prep for Prep A pre kinder program for children with a delay in development or a specific diagnosis. An OT will address developmental skills in a kinder environment.	**Commencing term 2** **Thursdays Ages 3-5** 12:15pm—2:45pm		
Korean Playgroup Korean mums gathering with babies and toddlers aged from 0-4 yrs old.	**Mondays** 12:30pm—2:30pm Bookings essential	$50 per term	ⓘ Lucy Jang ☎ 0432 615 542 ✉ lucyjang0212@yahoo.co.kr

Early Years Programs & Activities

Point Cook Community Learning Centre	Day & Time	Cost	Information
Little Buddies Toy Library Wide range of toys suitable for 0-5 year olds including ride-ons, educational toys, puzzles, games, imaginative play sets, baby toys &more.	**Tuesday & Fridays** 10:00am-12:00pm **Saturdays** 9:00am-1:00pm	Fees apply	☎ 8353 1196 ✉ wlbtoylibrary@bigpond.com 🌎 Littlebuddiestoylibrary.com.au
Mandarin Playgroup Facilitated playgroup with story telling, song singing & easy Chinese characters learning activities. Meet Mandarin speaking families in the neighbourhood. Sessions will be conducted in Mandarin.	**Fridays** 11:30am—1:30pm Fortnightly during school term Bookings essential	$40 per term	ⓘ Lin-shuan Wang ☎ 0490 729 222 ✉ linshuanwang@gmail.com ⓘ Yoana Lo ☎ 0423 350 954
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.	**Thursdays** 9:30am—11:30am During school term Bookings essential	$60 per term	ⓘ Rabia ☎ 0424 740 857 ✉ khan.rabia@outlook.com.au
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.	**Mondays** 9:30am—11:30am	$50 per family per term	✉ slplaygroup@hotmail.com
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,	**Tuesdays** 11:30am—2:30pm	No Cost	ⓘ Tayla Spiteri ☎ 0455 467 931 or 03 9742 8300 ✉ taylas@vacca.org
Saltwater Community Centre	**Day & Time**	**Cost**	**Information**
Hey Dee Ho Hey Dee Ho music invites you to join in the fun of musical edutainment with instruments, puppets, songs, dance. Its new adventure every week.	**Wednesdays** 10:00am—10:45am	Fees apply **Free trial Class**	ⓘ Melissa Smile ☎ 0457 301 878 ✉ heydeehomusicwyn@gmail.com 🌎 heydeehomusic.com.au
SaltwaterCC Playgroup A space where you can play, laugh, get arty & make new friends. For ages 0- 4 where apart from indoor and outdoor play, we will have Songs & Story time.	**Fridays** 9:00am—11:00am Starting Term 3	Fees apply	ⓘ 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.	**Tuesdays** 1:45pm—4pm	No Cost	ⓘ Saltwater Community Centre ☎ 8676 5504 www.wyndham.vic.gov.au/libraries
Sunflower Playgroup Ukrainian speaking children of preschool age. Educational & entertaining activities like reading, games, dancing , singing, art and craft .	**Saturdays** 10:30am-12:30pm	Fees apply	ⓘ Mariya ☎ 0439 551 814 ✉ mariya.brundell@gmail.com
Tiny Tutus Preschool Ballet Educational pre-school ballet classes promoting fitness and creativity from a young age with the right balance of fun and learning.	**Fridays** 9:00am—12:00am	Fees apply	☎ 1300 245 060 ✉ hello@tinytutus.com.au 🌎 wwtinytutus.com.au Yearly registration fee includes your tutu

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	ⓘ Jaslyn ☎ 0406 946 069 ✉ abacus4kids@gmail.com
WCEC English Conversation Classes—Adult New to English classes in partnership with Wyndham Community & Education Centre.	**Wednesdays & Thursdays:** 9:00am-12:00pm	Fees **may** apply	ⓘ Wyndham Community & Education Centre ☎ 9742 4013 🌎 wyndhamcec.org.au/wpmain/
KK Art Art, drawing & Craft lessons for kids **4-8 years old.** Our classes are designed to be the one stop shop to develop your drawing, painting, colouring and craft making abilities.	**Wednesdays** 5:00pm—6:00pm **Thursdays** 5:00pm—6:00pm	Fees apply	ⓘ Katherine ☎ 0426 187 144 ✉ kkart.classes@gmail.com
Spoken English Classes—Adult Learn to speak spoken English with Constance or Radha. A volunteer led Hubs program.	**Monday & Tuesday** 9:00am —10:30am **or** 10:30am —12:00pm	Free	ⓘ 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	**Fridays** 5:00pm —8:00pm	Fees Apply	ⓘ Phil Minichelli ☎ 0478 604 601 ✉ phil@wyndhamchess.club 🌎 www.wyndhamchess.club
Jamieson Way Community Centre	**Day & Time**	**Cost**	**Information**
AMEP English classes WCEC	**Monday** **Wednesday** **Saturday**	Fees apply	ⓘ Wyndham Community & Education Centre ☎ 9742 4013
Barista—partnership WCEC Barista training workshops/ courses	**Connect with us for 2023 dates**	Fees apply	ⓘ Jamieson Way Community Centre ☎ 9395 3777 ✉ admin@jamiesonwaycc.org.au
First Aid For parents, grandparents or carers who would like an introduction or basic refresher on First Aid knowledge related to children and infants	**Connect with us for 2023 dates**	Fees apply	
French Language Enjoy a cuppa and meet new people while you learn French language! All welcome	**Tuesday** 1pm - 3pm	Fees apply	
Sparking Potential Tutoring Tutoring Services English, Mathematics and Writing Skills lessons for years Prep-7	**Monday to Friday evenings and Saturdays**	Fees apply	ⓘ Rachel 0435 240 044 ✉ sparkingpotentialpointcook@gmail.com
Point Cook Community Learning Centre	**Day & Time**	**Cost**	**Information**
AMEP: English Classes Providing basic English classes for newly arrived residents. Level 1 & 2 intermediate.	**Monday & Fridays** 9:00am– 2:30pm **Thursdays** 9:00am—3:30pm	Fees apply	ⓘ Wyndham Community & Education Centre ☎ 9742 4013 & press 1
Brainworks Helps to develop the potential of students aspiring to reach various goals, including improving their understanding of the school & preparing for competitive scholarship & selective school exams.	**Wednesdays & Thursdays** 5:15pm—7:15pm	Fees apply	ⓘ Adnan ☎ 0433 195 110 or 0401 421 115 ✉ pointcook@brainworks.com.au 🌎 brainworks.com.au
Conversational English for migrants Practise your English skills, meet new people, and learn from others.	**Fridays** 9:00am—11:00am	No Cost	ⓘ Point Cook CLC ☎ 9395 6399 ✉ pointcookclc@wyndham.vic.gov.au

Education & Training Kids & Adults

Point Cook Community Learning Centre	Day & Time	Cost	Information
Bookkeeping This course is designed for beginners and covers all aspects of bookkeeping including general journals, sales and purchases journals, general ledger, trial balance, profit & loss statements, bank reconciliation and balance sheets.	**Saturdays** 12:30pm—3:30pm	$30 for 10 week course (permanent residents)	**all courses are 3 hours 10 weeks** ⓘ Wyndham Community & Education Centre ☎ 9742 4013 https://wyndhamcec.org.au/course-list-pre-accredited/
Cake Decorating—Beginners Course focuses on getting creative with food preparing decorated cakes for personal /consumer—naked, celebration and cupcakes, fondant and anti Gravity Cake. It will also cover the practical aspects of setting up a small business.	**Tuesdays** Taking Expressions of Interest only for **Term 2**	Fees apply	
Computer Skills — First Steps For absolute beginners. This course covers basic computer skills to get you started including an introduction to the Internet, emails, attachments, MS Word and Windows Operating System.	**Tuesdays & Thursdays** 12:30pm—3:30pm	$30 for 10 week course (permanent residents)	
Computer Skills — Introduction to Excel Excel in its most basic form, is a very fancy calculator. This course is an introduction to Excel and includes developing charts and worksheets for both personal and work related uses. e.g. household/ work budgets.	**Tuesdays** 9:00am—12:00pm	$30 for 10 week course (permanent residents)	
Computer Skills — MYOB This is a practical hands-on course designed to teach students about the computerized accounting package MYOB. Includes payroll and BAS.	**Saturdays** 9:00am—12:00pm	$30 for 10 week course (permanent residents)	
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.	**Mondays** 2:00pm—3:00pm	No Cost	ⓘ Point Cook Library Staff ☎ 8734 8999 www.wyndham.vic.gov.au/adult-events-and-activities

Free

VCE Maths

Support

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Tuesday 4 - 5pm, starting Term 1, 2023

Point Cook Community Learning Centre

Scan QR code to learn more

Education & Training Kids & Adults

Point Cook Community Learning Centre	Day & Time	Cost	Information
Gunsmart—Firearm Safety Course Feel safe around firearms or complete the course certificate so that you can apply for a category A/B firearms licence. Juniors 12-18 years welcome when accompanied by an adult. 2 hour course and exam.	**Tuesdays** 7:15pm—9:00pm	$88 Adults	ⓘ Gunsmart ☎ 1300 920 900 ✉ instructor@gunsmart.com.au 🌐 www.gunsmart.com.au
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!	Visit the library for more info or register online.	No Cost	ⓘ Point Cook Library ☎ 8734 8999 🌐 www.wyndham.vic.gov.au/services/libraries/adults/library-it-programs
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.	**Tuesdays** 9:00am—12:00pm **Wednesdays** 6:00pm—9:00pm	$40 (permanent residents)	**all courses are 3 hours 10 weeks** ⓘ Wyndham Community & Education Centre ☎ 9742 4013 🌐 https://wyndhamcec.org.au/course-list-pre-accredited/
Sewing Classes—All Sewn Up—Advanced Advanced level course which follows on from the "Next Stitch" course. who will already know how to use a basic sewing machine and overlocker. Course includes sewing with stretch fabric and making a more complex article or garment.	**Thursdays** 6:00pm—9:00pm		
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.	**Mondays** 5:00pm—6:30pm	No cost	ⓘ Aweeng or Poly ☎ 0403 523 429 or 0434 178 753 ✉ poly.kiyaga@wyndhamcec.org.au ✉ aweeng.deng@wyndhamcec.org.au
Telugu Association of Australia Inc Teaching Telugu language to protect culture & diversity among our children while integrating with the multicultural society of Wyndham.	**Saturdays** Fortnightly 3:30pm—6:00pm	Fees apply	ⓘ Satya ☎ 0422 211 036 ✉ matamps@cba.com.au 🌐 taai.net.au
VCE Maths Support Run by a tutor with experience studying 3 levels of maths and achieving 97.65 for her VCE. Your tutor had graduated from Bachelor of Commerce at Melbourne Uni and worked in a tech startup, before deciding to pivot into Education by taking up Master of Teaching studies from 2023. Looking forward to supporting you with your VCE maths studies.	**Tuesdays** 4:00pm—5:00pm	No Cost	ⓘ Beijia Sun ☎ 0481 206 990 ✉ bsun@live.com.au
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.	**Tuesdays** (4th of the month) 7:30pm—8:30pm	No Cost	☎ 8734 8999 **For session dates and times please visit:** 🌐 www.wyndham.vic.gov.au/adult-events-and-activities
Zimbabwean Community in Australia Offering Shona Ndebele language classes to kids & adults.	**Saturdays** 1:00pm—3:00pm	Fees apply	ⓘ A. Zivave ☎ 0424 326 267 ✉ principal@zimcommunityeducation.org

Recreation & Wellbeing Kids & Adults

Featherbrook Community Centre	Day & Time	Cost	Information
Beat Freakz Fitness An 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** 9:45am—10:30am	Fees apply	ⓘ Jenna Chaffey ☎ 0424 124 661 ✉ beatfreaksfitness@yahoo.com 🌎 beatfreaksfitness.com.au
PointCookDance We aim to inspire, encourage & challenge out students in safe, friendly & nurturing classes. Classes include Pre School Dance, combination for preppies, classical ballet, Jazz & Funk, Hip-Hop, Hip-Hop Boyz, Tap, Contemporary, Acrobatics, Drama & singing. For ages 3 year to teenagers.	**Tuesdays, Thursdays, Fridays & Saturdays** Times vary. Please see timetable on website	Fees apply	ⓘ Mandy ☎ 0416 679 911 ✉ info@pointcookdance.com.au 🌎 www.pointcookdance.com.au
Point Cook Girl Guides As the peak organisation for girls aged 5-17, The Girl Guides mission is to empower all girls to become confident, engaged, resilient and responsible community members.	**Tuesdays** 6:30pm—8:30pm	Fees apply	ⓘ Robyn ☎ 0407 055 631 ✉ wyndham@guidesvic.org.au 🌎 guidesvic.org.au
Rachana Natyalaya One of the prominent places in Melbourne to learn Indian Classical Dance Bharatanatyam, Folk and Bollywood dancing from a qualified dance teacher.	**Wednesdays** 6:00pm—9:00pm	Fees apply	ⓘ Archana ☎ 0432 161 933 ✉ koorthy@gmail.com 🌎 rachananatyalaya.com
Sahaja Yoga Meditation Teaches a unique method of meditation where participants can achieve a state of balance in just 10 minutes.	**Wednesdays** 7:30pm—8:30pm	No cost	ⓘ Annie ☎ 0423 110 875 ✉ annie.sarani@gmail.com 🌎 www.sahajayoga.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**	**Mondays** 10:30am—1:00pm	No cost	ⓘ Featherbrook CC ☎ 8353 4000 ✉ featherbrookcc@wyndham.vic.gov.au
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** & **Saturdays** Times Vary. Please see website.	Fees apply	ⓘ Alpana ☎ 0434 944 074 ✉ alpana24@gmail.com 🌎 www.vibechoreography.com.au
Let's Dance Point Cook Community social sequence ballroom dancing including Cha Cha, Tango, Foxtrot, Waltz and many more.	**Sundays** 4:30pm –6:30pm	Fees Apply	ⓘ Phebe Yeo ☎ 0425 338 832 ✉ phebe@8senses.com.au
Walking Football (Over 50s) A small-sided, low impact, modified version of the game, suitable for all levels of ability & fitness for both Men and Women. 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** 10:00am-11:00am	No cost	ⓘ Featherbrook CC ☎ 8353 4000 ✉ featherbrookcc@wyndham.vic.gov.au
Newport Calisthenics Club Offers members the opportunity to get involved with a sport that has performing at its heart. We provide members the chance to sing, dance, act, learn apparatus skills, flexibility, tricks and basic ballet/ gymnastic skills. We are a competitive club with each of our sections attending 4-5 competitions each year. **Solo coaching available on Application**	**Saturdays** 3:30pm –6:00pm	Fees Apply	ⓘ Kimberly ☎ 0414 625 865 ✉ admin@newportcc.com.au 🌎 www.newportcc.com.au

Recreation & Wellbeing Kids & Adults

Jamieson Way Community Centre	Day & Time	Cost	INFORMATION
We have great space ready for a craft group to commence at the centre. All welcome to join.	**Connect with us!**	No Cost	Jam Way CC program Contact: 9395 3777 ✉ admin@jamiesonwaycc.org.au
Australian Air League Providing aviation and STEM related activities for young people (8-18yrs)	**Wednesday** 7pm—9pm	Fees apply	ⓘ Bryan McGrath ☎ 0413 060 552 ✉ oc.pointcook@airleague.com.au
Bharatalaya Dance & Music Academy Music classes.	**Sunday & Thursday** 7pm—9pm **Sunday** 12.30pm—4pm	Fees apply	ⓘ Rasiah 0412 411 690 ⓘ Ambika 0414 678 923 ✉ ambika.doherty@gmail.com
Chatty Café/Table Community catch up –great chance to meet new people and connect. Tea, coffee & refreshments provided	**1st & 3rd Monday each month** 10.30am - 12pm	No cost	ⓘ Jamieson Way Community Centre ☎ 9395 3777 ✉ admin@jamiesonwaycc.org.au
Garden Connection Workshops and Group Learn new skills and connect with others interested in plants and gardening. Workshops conducted by an experienced tutor.	**3rd Wednesday month** 11.45am—1.30pm	Fees apply Bookings required	
Community Garden Pick, share and grow veggies and plants! Are you interested in caring for our garden?	**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	
DPR School of Dance Acrobatics & Drama (from 5 years) Jazz, Hip Hop, Ballet, Contemporary, Tap, Acrobatics, Drama, Boys Classes & more!	**Contact** for all available class times, days and styles	Fees apply	ⓘ Bree ✉ bree@danceperformrepeat.com.au
Gen U Disability support group	**Wednesday** 9:00am—3:00pm	Contact for details	ⓘ GenU ✉ bonnie.baker@genu.org.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	ⓘ Sarah ✉ sarahong74@gmail.com Facebook Gardening Swap Point Cook
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	ⓘ Jamieson Way Community Centre ☎ 9395 3777 ✉ admin@jamiesonwaycc.org.au
Jam Way Guitar Lessons Aimed at primary school ages, great fun way to learn the acoustic guitar **Bookings required.**	**Days and time to be confirmed** 6:30pm	Fees apply	
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 session Pay in advance	
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	$5.00 per session	
JK Natyalaya Bollywood Dance Class	**Friday** 5.30pm—7.30pm	Fees apply	ⓘ Kani ☎ 0470173229 ✉ kanisuba@gmail.com
NB Dance An ultimate mix of traditional and modern Bollywood dance style. Classes are aimed at getting our students fit and learning dance techniques.	**Tuesday** 6.45pm - 7.45pm	Fees apply	ⓘ Natasha ☎ 0402 439 350 ✉ info@nbdance.com.au

CHATTY CAFÉ @ JAM WAY

We introduced the Chatty Café scheme at the Jamieson Way Community Centre with the aim to keep our community connected - building and encouraging social connections in a safe and comfortable environment was our focus.

Our community has embraced the idea and have come together each fortnight to chat and we have even heard some singing! The simplicity of sitting around a table with a cuppa and cake, meeting new friends and learning about others just works! Come alone, bring a friend, listeners and those who love a chat, young or older and anyone in between - everyone is invited to our "have a chat" table.

The program runs on the 1st and 3rd Monday of the month at 10.30 am at the Jamieson Way Community Centre (commencing back in February '23) no costs involved.

Manmonhini Indian Dance School Regular Indian classical Kathak dance.	**Thursday** 6.45pm—8.45pm	Fees apply	ⓘ Mohini ☎ 0421 084 366 ✉ mohini@kathakmelbourne.com.au
Planned Activity Group Indian social support	**Friday** from 10am	Refer to MRC	ⓘ Migrant Resource Centre ☎ 9367 6044
Sanctuary Lakes Probus Club Monthly committee meetings	**Last Thursday of each month** 9.45am-11.45am		ⓘ Robert ☎ 0418 329 353 ✉ roberttadams.227@gmail.com
Seniors board games & social meet up group **Over 55's** - Come along for a cuppa & enjoy card & other board games & meet new friends	**Mondays** 1:00pm—3:30pm	No cost	ⓘ Jamieson Way Community Centre ☎ 9395 3777 ✉ admin@jamiesonwaycc.org.au
Seniors Journey Activities for Mandarin speaking seniors	**Mondays** **9am—11.15am** **Tuesday 9am-12pm**	Contact for details	ⓘ Fong ☎ 0410 177 250 ✉ yongbongfong@gmail.com
Shorinjiryu Karate Children & Adult classes	**Tuesday** 4.00pm – 6.30pm	Fees apply	ⓘ Marnie ☎ 0418 564 382 ✉ marnie72@hotmail.com
Manmonhini Indian Dance School Regular Indian classical Kathak dance.	**Thursday** 6.45pm—8.45pm	Fees apply	ⓘ Mohini ☎ 0421 084 366 ✉ mohini@kathakmelbourne.com.au
Planned Activity Group Indian social support	**Friday** from 10am	Refer to MRC	ⓘ Migrant Resource Centre ☎ 9367 6044

Recreation & Wellbeing Kids & Adults

Jamieson Way Community Centre	Day & Time	Cost	Information
Sanctuary Lakes Probus Club Monthly committee meetings	**Last Thursday of each month** 9.45am-11.45am		ⓘ Robert ☎ 0418 329 353 ✉ roberttadams.227@gmail.com
Seniors board games & social meet up group **Over 55's** - Come along for a cuppa & enjoy card & other board games & meet new friends	**Mondays** 1:00pm—3:30pm	No cost	ⓘ Jamieson Way Community Centre ☎ 9395 3777 ✉ admin@jamiesonwaycc.org.au
Seniors Journey Activities for Mandarin speaking seniors	**Mondays** **9am—11.15am** **Tuesday 9am-12pm**	Contact for details	ⓘ Fong ☎ 0410 177 250 ✉ yongbongfong@gmail.com
Shorinjiryu Karate Children & Adult classes	**Tuesday** 4.00pm – 6.30pm	Fees apply	ⓘ Mrnie ☎ 0418 564 382 ✉ marnie72@hotmail.com
Tai Chi 24 for Seniors Gentle and relaxing exercise with an experienced instructor **In partnership with Reclink Aust** ⓘ Jamieson Way Community Centre ☎ 9395 3777 ✉ admin@jamiesonwaycc.org.au			
Walking Group All welcome meet out front at Jamieson Way Community Centre car park.	**Tuesdays & Wednesday** 9:00am	No cost	ⓘ Sian ☎ 0400 049 395 / 9395 1182
Weight Watchers	**Saturday** **8.30am—9.30am**		ⓘ Kate ☎ 0417 434 614 ✉ Kate.habgood@ww.com
Walking Basketball— Seniors These fun sessions are designed to be adaptable based on participants skill level, fitness and mobility	**Thursday** 1:00pm—2:00pm	No cost	ⓘ Jamieson Way Community Centre ☎ 9395 3777 ✉ admin@jamiesonwaycc.org.au
Yoga Give your body the attention and love it needs through breathing and gentle movements **In partnership with Reclink Australia**	**Tuesday** 9:15am—10:00am	No cost BYO yoga mat	

Point Cook Community Learning Centre	Day & Time	Cost	Information
Active Mummies Yoga classes for women	**Thursdays** 6:00pm-7:00pm	Fees apply	ⓘ Neeti Saronja ☎ 0459626728 ✉activemommies1@gmail.com
Bollywood Dance School Australia Bollywood dance for kids, teens & adults.	**Mondays** 5:30pm—9:00pm	Fees apply	ⓘ Latha ☎ 0499 888 115 ✉admin@bollywooddanceschool.com.au bollywooddanceschool.com.au
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 everyone.	**Fridays** (1st of the month) 6:00pm—11:00pm	$5 pp $12.50 per family	ⓘ Jennie ☎ 0410 150 529 meeples.org.au

Recreation & Wellbeing Kids & Adults

Point Cook Community Learning Centre	Day & Time	Cost	Information
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
Chess for All Ages Beginners and experienced players are welcome to join us for Chess at Point Cook Library. Enjoy a game with your friends and meet other Chess enthusiasts in the library!	**Tuesdays** 4:00pm—5:00pm	No Cost	For more information: https://www.wyndham.vic.gov.au/whats-on/all-ages-chess
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—5:00pm	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	For session dates and times please visit: https://www.wyndham.vic.gov.au/services/libraries/kids/all-kids-events-and-activities/kids-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	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.	**Mondays** 11:30am—12:30pm **Fridays** 11:10am—12:10pm	$6 per session	☎ 9395 6399 pointcookclc@wyndham.vic.gov.au
Gamblers Anonymous 12 Step Fellowship meeting for compulsive gamblers. Zoom meetings listed on website.	**Thursdays** 8:00pm—9:00pm	No Cost	☎ 9696 6108 ✉ gavictoria18a@gmail.com 🌎 gaaustralia.org.au
Game On! Ages 12-19 Like gaming? Drop in after school and show off your skills on Nintendo Switch and PlayStation. Beginner to advanced players welcome. No bookings required.	**Fridays** (1st of the month) 4:00pm—5:30pm	No Cost	☎ 8734 8999 https://www.wyndham.vic.gov.au/services/libraries/youth/youth-events-and-activities
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 (at 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)		
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	ⓘ Point Cook Library ✆ 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—5:00pm (During school term)	No Cost	ⓘ Point Cook Library ☎ 8734 8999
Melbourne Table Tennis Club Run by Melbourne Table Tennis Club in conjunction with Asian Business Association of Wyndham Inc. Playing & coaching with a main focus on Seniors 55+.	**Sundays** 6:00pm—8:00pm	No Cost	ⓘ Jon Zhang ☎ 0451 169 850

Recreation & Wellbeing Kids & Adults

Point Cook Community Learning Centre	Day & Time	Cost	Information
Natyanjali School of Dance All ages. Bharatanatyam 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	ⓘ Anitha Perumal ☎ 0470 177 937 ✉ anititha@yahoo.com
Point Cook Seniors Group Meet for social interaction with other seniors from local area.	**Fridays** 12:15pm—2:30pm	No Cost	ⓘ Bev ☎ 0417 324 489 ✉ pointcookclc@wyndham.vic.gov.au
Point Cook Craft Group Bring along your knitting or craft for social interaction with other local community members.	**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** (4th of the month) 12:00pm—3:00pm	Fees apply	Contact: Elaine Brundle ☎ 0404 066 860 ✉ pointcookview@gmail.com
Point Cook Walking Group People of all ages come join us to discover Point Cook, make new friends, keep fit & healthy.	**Mondays—Fridays** 9:00am	No Cost	ⓘ Bev ☎ 0417 324 489 Meet at the Point Cook town centre outside dry cleaners (Coles precinct)
Point Cook Women's Circle Provides social support, shared experiences & skills, in areas of health & well-being. Participating in local council & community events. Encourage Women to promote their cultural traditions & cuisines.	**Fridays** (3rd of the month) 12:15pm– 2:00pm	No Cost	☎ Clarissa 0422 062 521 ☎ Sudha 0432 489 584 ✉ chair@virwc.org.au ✉ shudha-narayan@hotmail.com
Rainbow Club Point Cook Inc—Disability Dance Club Claimable NDIS program, provides specialised support and activities for people living with disabilities, particularly those at risk of being socially isolated. Small class sizes. Great exercise/Great Fun	**Saturdays** 11:15am—3:00pm (30 minute classes)	NDIS	☎0414 384 586 ✉ support@rainbowclub.org.au 🌎 rainbowclub.au
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
Table Tennis Come join the fun to learn how to play table tennis or brush up on your skills with centre volunteer Jon Zhang.	**Tuesdays** 3:00pm—5:30pm	No Cost	ⓘ Point Cook Community Learning Centre ☎ 03 9395 6399 ✉ pointcookclc@wyndham.vic.gov.au
Yoga for Seniors Yoga for seniors above 55 years for all communities, free of charge to help support physical and mental wellbeing.	**Mondays** 4.00pm—5.30pm	No Cost	ⓘ Prem ☎ 0430 740 023
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
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

SUMMER BLOCKBUSTER

Youth Services

✓ 300+ Attended ✓ 500 Cups of Popcorn

Were you there?

Saltwater Community Centre hosted Youth Services outdoor screening of "Jumanji: Welcome To The Jungle" to a packed audience on a perfect summer's evening on Friday 13th Jan, with free popcorn on hand for families to enjoy. There's more events on the way, so check Youth Services pages on the Council pages at www.wyndhamcity.vic.gov.au.

Recreation & Wellbeing Kids & Adults

SALTWATER ART STUDIO

The studio is a dedicated artist space for creatives in Point Cook & beyond. We have a range of workshops & classes, from Pottery Wheel throwing with Nandita, Craft with Saltwater Crafters & Myochre Artroom for kids with Madhubani. The studio is equipped with easels & is an open resource for painters & crafters every Friday from 9.30am—3.30pm. No need to book, just bring your project along & 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.

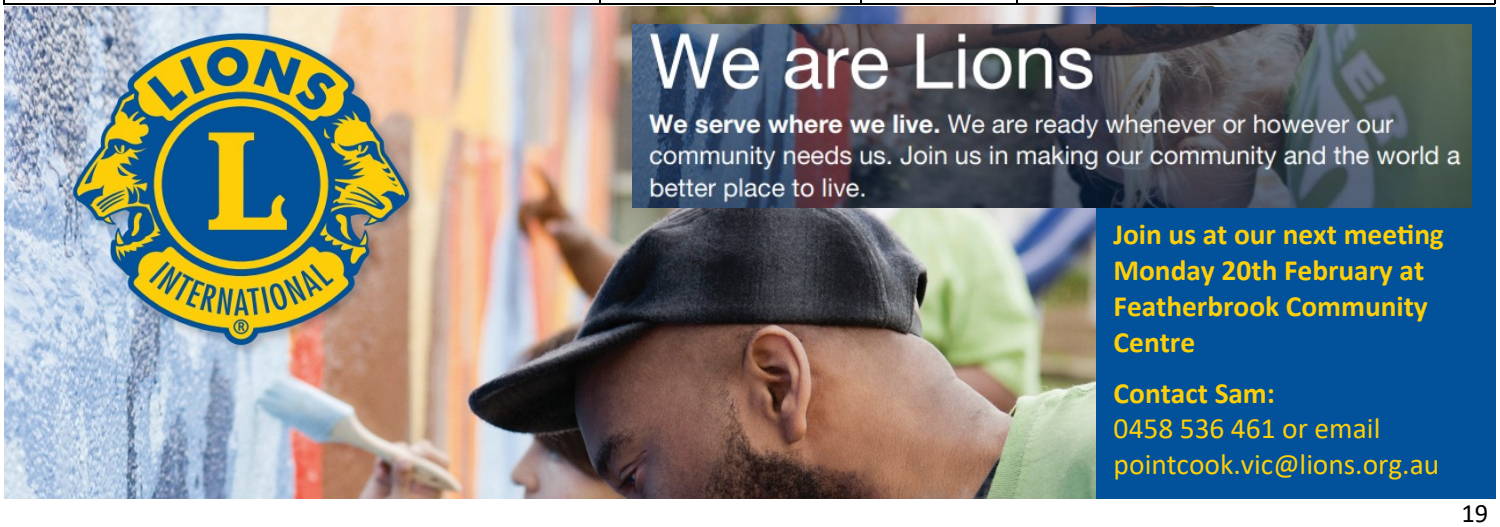
Pottery Escape Adults Pottery - Wheel Throwing Beginners & Intermediate adult course to develop skills to create work on the pottery wheel. Only 8 students per class. Inclusive of clay, glazes. Firing costs extra	**Tuesdays,** **Wednesdays** **Thursdays** (7 week courses) 6:300pm—9:00pm	Fees apply	ⓘ Nandita Nadkarni ☎ 0432 266 229 ✉ nandita@potteryescape.com Website: www.potteryescape.com
Open Studio Not enough space to paint or create at home? Open for anyone to come work on their own projects.	**Fridays** 9:30am—3:30pm	No cost	ⓘ Saltwater Community Centre ☎ 8376 5500 ✉ saltwatercc@wyndham.vic.gov.au
Artistic Mind Just get relaxed in a safe environment & connect with the inner child to unlock ladies creativity while adding some tips of visual art principle.	**Tuesdays** 10:30am —12:00pm	Fees Apply	ⓘ Hengameh Ghaderi ☎ 0432 305 840 ✉ hghimages777@gmail.com
Aiki Kai Aikido Suitable for all ages. No-competitive Japanese martial art. Learn techniques in a friendly & enjoyable atmosphere to develop self-confidence, improve balance & coordination while improving your fitness.	**Wednesdays** 7:30pm—9:00pm **Saturdays** 8:00am—10:30am (kids)	Fees apply	ⓘ Andrew Last ☎ 0405 330 149 ✉ Andrewlast.aikido@gmail.com
Beat Factor Join us for our weekly Drum Circle sessions. Groove out on Afro, Middle-eastern & Samba rhythms. All levels & all abilities welcome. Drums supplied or BYO. 4 week sessions or pay per casual class basis	**Thursdays** 7:30pm—8:30pm	Fees apply	ⓘ Rod Pilois ☎ 0411 028 077 ✉ beatfactor@internode.on.net 🌎 https://www.beatfactormusic.com/workshops
Bollywood Dance School Australia Bollywood, Jazz, Contemporary & Hip Hop dance for kids, teens and adults.	**Mondays & Fridays** 5:30pm—9:30pm	Fees apply	ⓘ Darshan ☎ 0499 888 115 ✉admin@bollywooddanceschool.com.au
Beat Freakz Workout combining aerobics, punching, kicking, bodyweight resistance training & of course a little bit of DANCING but with a twist. Every class includes small dumbbells for ultimate sculpting & toning.	**Sundays** 8:30am—9:15am Thursdays 6pm-7pm	Fee apply	ⓘ Jenna Chaffey ☎ 0424 124 661 beatfreakzfitness@yahoo.com 🌎 www.beatfreakzfit.com.au

Recreation & Wellbeing Kids & Adults

Saltwater Community Centre	Day & Time	Cost	Information
Japan Karate Association Australia Teaches traditional ShotoKan Style Karate a non-aggressive self defence martial art. Helps develop strength, coordination & agility can be practised at any time or place, by anyone. The standards taught are of the highest level in keeping with the technical requirement set by JKA HQ	**Tuesdays** 5:30pm—8:30pm **Saturdays** 10:30pm—1:00pm	Fees apply	ⓘ Bryan Zaldarriaga ✆ 0434 483 015 ✉ bryan.zaldarriaga@jkaaustralia.com.au jkaaustralia.com.au
Manmohini Indian Dance School—Kathak Kathak is one of 8th Indian Classical dance from North India. traces roots from the tradition of storytelling, designed to master each aspect of Kathak.	**Wednesdays** 5:00pm—6:00pm (Kids) 6:15pm—7:15pm (Adults)	$20 per class	ⓘ Daveena Munee ✆ 0430 714 273 ✉ Daveena.munnee@gmail.com
Myochre Artroom Art & illustration activity for kids focusing on developing skills on different colouring mediums & drawings	**Thursdays** 4pm—5pm	Fees apply	ⓘ Madhubani ☎ 0404 694 754 myochre.artroom@gmail.com www.facebook.com/myochreart/
Melbourne School of Indian Music Learn the art of playing world's fastest rhythm instrument "Tabla"	**Tuesdays** 6:15pm—8:00pm	Fees apply	ⓘ Jay Dabgar ✆ 0430 521 372 ✉ jaydabgar@gmail.com Website: Jaydabgar.com
Tai Chi An art embracing the mind, body & spirit. One of the most effective exercises for health of mind and body.	**Mondays** 9:30am—10:30pm **Bookings essential!**	No cost	ⓘ Saltwater Community Centre ✆ 8376 5501 ✉ Saltwatercc@wyndham.vic.gov.au
Telling Stores Do you have a story to tell, but no idea where to start? In this workshop you'll learn how to apply Universal Story Elements to your own writing.	Mondays 7:00pm	Fees apply	✉ steventboltz@gmail.com
Yoga By Jessie Narula Participate in a yoga class that helps reset your busy life & mind. Mindful yoga, incorporates gentle movements to improve stability, mobility, combined with mindfulness based techniques to quiet & cultivate a deeper connection with yourself.	**Sundays** 7:30am-8:30am	Fees Apply	ⓘ **Jessie Narula** ☎ 0492 967 913 evolvewithjessie@gmail.com
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	**Fridays** From 10 February 3:00pm—5:00pm	No cost	ⓘ 8734 1355 ✉youthinwyndham@wyndham.vic.gov.au
Zumba Fitness with Zin Monika Class for adults to promote fun filled physical activity. Physical activities help in improving health & fitness. Zumba also considers other development areas including respect, team work leadership etc.	**Sunday** 10:00am—11:00am **First class free**	Fees apply	ⓘ Monica ✆ 0468 320 618 ✉ monika.au@outlook.com

Community, Cultural & Faith Groups

Featherbrook Community Centre	Day & Time	Cost	Information
Anglican Chinese Mission of the Epiphany Service with praise , worship, sermons & blessings. With a children's Sunday School available.	**Sundays** 4:30pm –7:00pm	No cost	ⓘ Richard Liu ☎ 0422 345 071 🌎 ww.ACME.org.au
Australia India Society of Wyndham Social group that meets for festival celebrations and activities including meditation, yoga and games.	**Mondays & Fridays** 11:00am—1:00pm	Fees apply	ⓘ Vadilal Patel ☎ 0480 114 154 ✉ australiaindiasociety@gmail.com
First Born Gospel Church Point Cook Christian Workshop service with praise and worship. Kids, Youth, and Adult Sunday School.	**Sundays** 1:30pm—3:30pm	No cost	ⓘ Denwardson ☎ 0456 191 341 ✉ fbgcpe@iafb-australian.org 🌎 pointcook.iafb-australia.org
Garam Ministry Non-denominational, Indonesian speaking Christian Community endeavouring to show love of Christ in Point Cook focussing on fellowship & unity.	**Sundays** 10:00am—12:00am	No cost	ⓘ Albert Gunawan Piter ☎ 0420 731 973 ✉ info@garamministry.org 🌎 garamministry.org
Haami Inc A Culturally diverse community group. Youth led Committee. Youth programs for development of skills, fundraising and family gatherings.	**2nd and 3rd Sunday of the Month** 7:00pm—10:00pm	Fees apply	ⓘ Noor M Mohammed ✉ Haamiinc@gmail.com
Islamic Circle of Australia & New Zealand Faith based volunteer organisation meeting monthly, programs to suit all ages including activities for kids.	**1st Saturday on the Month** 6:00pm-9:00pm	No Cost	ⓘ Yasir Ishaq ✉ yasir.ishaq@icandawah.org
Le Petrel Mauritian Seniors Club Inc Seniors Gathering with Social Activities	**Wednesdays** 12:30pm—4:30pm	Fees apply	ⓘ Regis ☎ 0421 464 874
Lions Club of Point Cook Like minded people join our friendly team to assist community groups & individuals in need, as well as projects on making public areas more enjoyable.	**Mondays (Monthly)** 7:30pm-9:30pm	Fees apply	ⓘ Sam ☎ 0458 536 461 ✉ pointcook.vic@lions.org.au
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—3:30pm	Fees apply	ⓘ Lisa Zhong ☎ 0421 991 696 ✉ mimilisa5@126.com
Point Cook Indian Seniors Group Recreation activities based on significant days of celebrations throughout the year. Collaborating with other groups focusing on health & wellbeing seniors & occasional guest speakers.	**2nd Tuesdays of Month** 12:00pm-2:30pm	No cost	ⓘ Indira ☎ 0402 458 648 ✉ indiramohan37@gmail.com
Wyndham Active Youngs @ 55 Inc. A seniors group that focuses on health and well-being that welcomes all cultures and backgrounds. Activities include Table Tennis, Yoga, Games & more.	**Mon** 9:00am-10:30am **Tues** 9:30am-2:30pm **Wed** 9:30am-11:00am	Fees apply	ⓘ Jugal or Surendra ☎ 0490 390 665 or 0474 733 925 ✉ jugal.chhabra@yahoo.com



HOW THIRD PLACE BECAME THE NEW WINNER!

Many of the Ageing Communities in Wyndham live active lifestyles however one in particular, who encourage & inspire others daily is the Featherbrook Table Tennis Program. Wyndham City Volunteers Albert & Jugal facilitate & lead the program providing the community a weekly benefit with positive impact as the sessions are always high in attendance. The program has "grown" in numbers organically, which has facilitated meaningful connections & referrals to supports & services. The simplicity of Kindness and Action has guided the program framework which has provided many great outcomes for Point Cook Residents.

Also "grown" from the program is the active bunch you see in the group photo attached. You are looking at the Inaugural Featherbrook Table Tennis Team who placed third in the MTTA Tournament December 2022.
The team have worked tirelessly on their skills & stamina giving them the confidence to compete. It was a proud moment to present the Team with matching T-Shirts as a small token to acknowledge their efforts.

Pictured from Left to right, Zhengsheng Cai, E Wu, Guiying Hao, Kaifang Wei, Hequan Fang

The Tournament was well received at the Eagles Stadium in Werribee supported by many friends & family members to witness their journey & cheer them on. What a wonderful & encouraging outcome for the team & for the Seniors of Point Cook. Please help me to congratulate them for their efforts & generosity to contribute to Council's 2040 Vision to improve the lives of People & Community.

You can meet the them at the Featherbrook Community Centre every Monday from 10:30am-1pm.

Men's Peer Support Group in West Melbourne Area

WHERE: SALTWATER COMMUNITY CENTRE, 153 SALTWATER PROMENADE, POINT COOK, VIC 3030
WHEN: FIRST SATURDAY OF EVERY MONTH BETWEEN 3:00 AND 5:00 PM
WHO CAN ATTEND: ANY MAN ESPECIALLY FROM MIGRANT AND REFUGEE BACKGROUND

Contact: Prince Kennett 0415 259 594 | info@redefinecounselling.com.au

Health and Wellbeing
Family Conflicts/Violence Issues (prevention and management)
Mental health
Substance abuse
Job seeking
Stress and Anxiety
Emotional support
Past trauma

wyndhamcity city.coast.country | Redefine COUNSELLING SERVICES | Welcoming Australia | THE OPEN EXCHANGE

Non judgemental & safe space for men

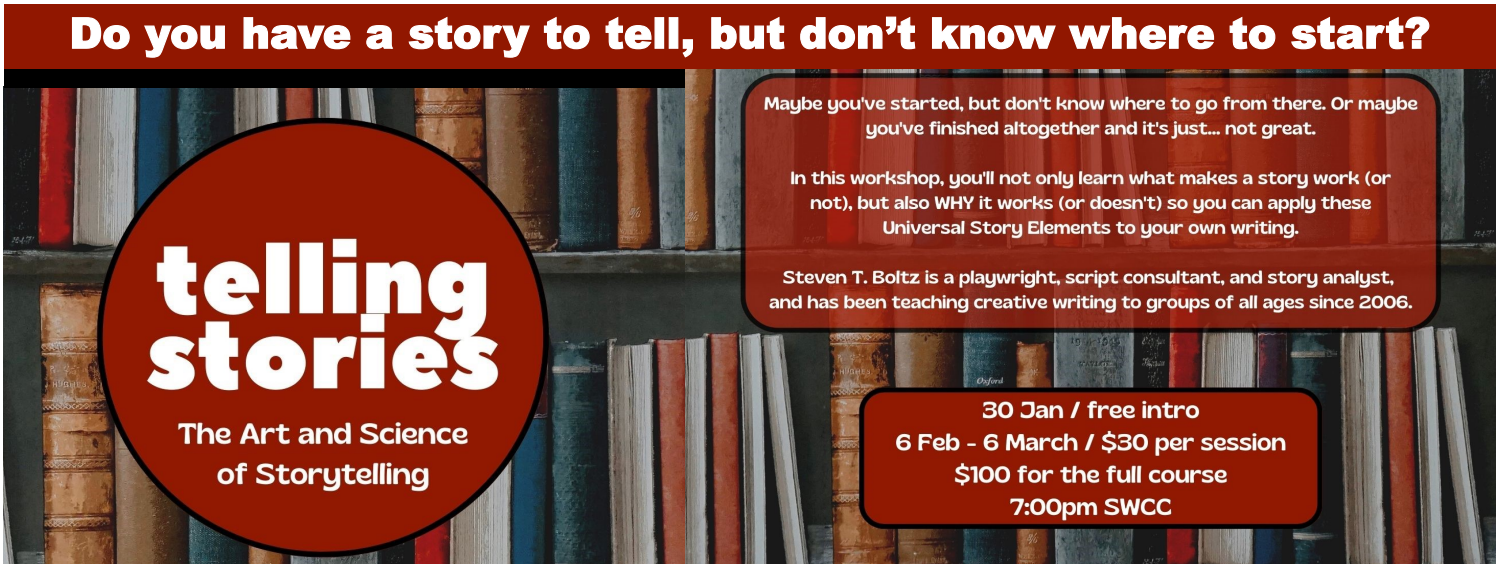
Jamieson Way Community Centre	Day & Time	Cost	Information
Gospel Power Ministries Faith based Pentecostal church sharing the gospel locally, nationally & internationally.	**Wednesday - Youth** **Friday - Prayer** **Sunday - Service**	No cost	ⓘ Matthew ☎ 0429 959 726 ✉ kmatthewr3@gmail.com
Ghana Presbyterian Church Church Service	**Sunday** 7.30am –9.30am	No cost	ⓘ Andy ☎ 0426 842 831 ✉ andybernard2004@gmail.com
The Church of Pentecost Melbourne Church services and religious activities	**Sunday** 3.30pm—6.30pm	No cost	ⓘ Eric ☎ 0433 509 771/ 9303 9265 ✉ admin.vic@pentecostau.com
Emmanuel Assembly of God Church service	**Sunday** 8.30am—11.30am	No cost	ⓘ Diana ✉ diana_iakopo@yahoo.com
Point Cook Action Group Local community group.	**3rd Monday monthly** 7:00pm—9:00pm	No cost	ⓘ Bob ☎ 0409 252 872

Community, Cultural & Faith Groups

Point Cook Community Learning Centre	Day & Time	Cost	Information
Iraqi Cultural Group in Australia Social & educational covering interesting topics, art performance & general knowledge of a multicultural Australian-Iraqi society for continuous improvement.	**Sundays** (2nd of the month) 1:00pm—3:00pm	Fees apply	ⓘ 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) 3:00pm—5:00pm	No cost	☎ 0414 401 178 ✉ feastmelbournewest@gmail.com 🌎 www.feast.ph
Local Spiritual Assembly of the Baha'is of Wyndham Our program for kids, youth & adults focus on strengthening ability to build more harmonious, just & prosperous communities. Based on the teachings of the Baha'i faith & open to all.	**Saturdays** 3:00pm—6:00pm	No cost	ⓘ Shiva or Jenny ☎ 0435 348 755 / 0430 568 735 ✉ wyndham@vic.bahai.org.au 🌎 bahai.org.au
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** 12:00pm—2:30pm	Fees apply	ⓘ 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	ⓘ 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.	**Wed** 8:00pm-9:00pm **Fridays** 8:00pm—10:00pm 1st ,3rd & 4th month **Sun** 9:00am—1:00pm	No cost	ⓘ 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	ⓘ 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	ⓘ Rajendra / Pankaj ☎ 0479 115 930 / 0434 199 254 rajk3006@gmail.com/pkghai@gmail.com
Seventh Day Adventist Intergenerational worship service, fundraising concerts, free community dinners, educational program on parenting, relationships, health, natural remedies etc.	**Saturdays** 3:30pm—5.30pm	No Cost	ⓘ Danijela Trajkov ☎ 0423 371 841 ✉ danijelatrajkov@adventist.org.au
Sewa International Indian wellness seniors group aimed at encouraging independence through yoga & social interaction.	**Sundays** (1st & 3rd of month) 1:00pm—4:00pm	No cost	ⓘ Prem/ Deepak ☎ 0430 740 023/ 0413179414 ✉ prem@live.com.au ✉ deepakks@sewaaustralia.org
South Sudanese Social Group The South Sudanese Social Group is aimed at getting community members to meet and socialise but also talk about issues that are impacting the community.	**Saturdays** 1:00pm—3:00pm	No cost	ⓘ Aweeng Deng ☎ 0403 523 428 ✉ aweeng.deng@wyndhamcec.org.au
United Muslims Residents Association Muslim based faith group that meet weekly for their Friday prayers.	**Fridays** 2:00pm—3:30pm **Bookings required**	No cost	ⓘ Mohammad ☎ 0403 566 165 ✉ info@umra.org.au
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	ⓘ Carrie Lu ✉ wccpipointcook@gmail.com

Community, Cultural & Faith Groups

Saltwater Community Centre	Day & Time	Cost	Information
Christ New Creation Non-denominational gospel service conducted in English. Everyone from different backgrounds. Sunday schools for kids, aged 3-10. Outside of Sunday, we have support groups, outreach, Bible studies, and Youth groups.	**Sundays** 2:30pm—5:00pm	No Cost	ⓘ Dennis ☎ 0416 850 191
CWA Point Cook Branch We enjoy raising money to help our community & spending social time together. We also have craft sessions occasionally to learn something new.	**3rd Thursdays** Monthly 7:00pm—9:00pm	Annual CWA Membership Fees	ⓘ Lesley Turton ☎ 0497 652 622 ✉ grannylesley50@gmail.com cwaofvic.org.au
Faith Harvest Worldwide Ministries Inc Our activities include preaching, singing & playing the piano/organ. Youth, Men & Women Ministries.	**Sundays** 11:00am—2:00pm	No cost	ⓘ Joseph ☎ 0422 832 749 ✉ joshthom82@gmail.com.
Multicultural Women Victoria Ministries Inc We bring together local multicultural women who are feeling isolated & disengaged through our Global Kitchen & Women's Circle.	1st & 3rd Tuesdays Monthly 11am-1pm	Fees Apply	ⓘ Sudha Narayan ☎ 0432 489 584 ✉ shudha-Narayan@hotmail.com
Western Gymkhana Club Inc Meet local families monthly for social & recreational activities, celebrates special events together. Visiting/staying parents are part of your membership	2nd **Saturdays** Monthly 7:00-11:00pm	Fees Apply	ⓘ Sudhir Juneja ☎ 0415 661 021 ✉ Western.gymkhana@gmail.com www.westerngymkhanaclub.com.au
Point Cook Royals Various activities including yoga, singing, dancing, cultural festival celebrations, poem reciting & educative seminars.	2nd & 4th **Thursdays** Month 12:30pm—3:30pm 3rd **Saturday** monthly 6:30pm—9:30pm	Fees Apply	ⓘ Rajendra / Pankaj ☎ 0479 115 930 / 0434 199 254 ✉ rajk3006@gmail.com ✉ kghai@gmail.com
Pool at Saltwater Community Centre Bring a friend along for a friendly game of Pool or Table Tennis. Everyone is welcome.	**Contact for days and times** Bookings essential	No cost	ⓘ Saltwater Community Centre ☎ 8376 5501 ✉ saltwatercc@wyndham.vic.gov.au
Saltwater Gardeners Group Committed to sustainability & growing their own produce through edible gardening. A great place to connect with others in the community & learn.	Group meetings every 4th Saturday from 10:00am Tasks are assigned	Fees Apply	ⓘ Kim Pastore ✉ saltwatergardenchampions@gmail.com All experience levels are welcome.
Saltwater Indian Seniors Group Lets get social, make new friends, play some games & have some laughs over a cuppa. Visiting parents & grandparents are welcome.	1st and 3rd **Thursdays** of the month 12:30am—3:30pm **Bookings essential!**	No cost	ⓘ Saltwater Community Centre ☎ 8376 5501 ✉ saltwatercc@wyndham.vic.gov.au
Wyndham Happy Life Association Promotes mental & physical health in Chinese seniors. Volunteers teach dancing, Tai Chi, square dancing, bowling, cooking, table tennis & gardening.	**Wednesday** 1:00pm—3:00pm **Fridays** 12:00pm—4:30pm	Fees Apply	ⓘ Yun Yun ☎ 0421 899 399 ✉ yunyun@live.com.au



Supports & Services

Featherbrook Community Centre	Day & Time	Cost	Information
Justice of the Peace Document Signing Station by appointment only	**Mondays & Tuesdays** Pre-Booked Appts	No Cost	ⓘ Dr Shardul Arora ☎ 0434 680 022
Jamieson Way Community Centre	**Day & Time**	**Cost**	**Information**
Justice of the Peace Document signing station	**Thursdays** 10:00am—2:45pm	No cost No bookings	For more information visit: https://www.justice.vic.gov.au/
JWCC Food Relief Program Referrals welcome	**Tuesday** Contact for collection details	No cost	ⓘ Jamieson Way Community Centre ☎ 9395 3777 ✉ admin@jamiesonwaycc.org.au
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	ⓘ 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	ⓘ Point Cook Library ☎ 8734 8999
WCEC—Community Employment Connectors Supports jobseekers aged between 16 & 65 from culturally & linguistically diverse communities seeking employment, education or training. We can also link you to local education & training programs.	**Wednesdays** 10:30am—5:00pm Point Cook CLC foyer	No Cost	Contact: Tee ☎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.	**Wednesdays** 9:00am—1:00pm	No Cost	Contact: Kubra ⓘ Jobs Victoria Advocate Administration ☎ 9394 6877 jobsvictoriaadvocate@wyndham.vic.gov.au
Saltwater Community Centre	**Day & Time**	**Cost**	**Information**
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	ⓘ Emine Jeffrey ☎ 0438 816 448 ✉ ejeffery@atworkaustralia.com.au https://www.atworkaustralia.com.au
Wyndham Young Stroke Network Share Support Encourage—Informal social meet-up for survivors and carers **aged 55 and younger**.	**Last Tuesday of the month** 11am-1pm	No Cost	ⓘBob ☎ 8376 5501 ✉ saltwatercc@wyndham.vic.gov.au
Men's Peer Support Group in West Melbourne Area Non Judgemental and safe space for men. **Who can attend**: Any man especially from migrant and refugee background	1st Saturday monthly 3:00pm—5:00pm		ⓘPrince Kennett ☎ 0415 259 594 ✉ info@redefinecounselling.com.au

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

Youth Services

Support & Services

Food Bank Manor Lakes Providing food items to people in need.
Day/Time: Wednesdays 9am -11:30am
Address: Manor Lakes Community Learning Centre, 86 Manor Lakes Boulevard, Manor Lakes
Email: foodbank@newstart.org.au **Facebook:** https://www.facebook.com/community.food.assistance/

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: https://www.facebook.com/ThePatakaMovement/ **Facebook group:** https://www.facebook.com/groups/265569064467832

Hoppers Crossing Equip Church
Day/Time: Wednesday only **Address**: 147-155 Hogans Road, Hoppers Crossing
Phone: 9748 0099 **Email**: hoppers@lighthousestores.org.au

Jamieson Way Food Relief Program
Day/Time: Tuesdays - Food relief runs weekly to community members in need. Please contact for collection details
Address: Jamieson Way Community Centre, 59 Jamieson Way, Point Cook
Phone: 93953777 **Email**: admin@jamiesonwaycc.org.au

Point Cook Food Bank - Available to all members of the community, no questions asked. Provide your own bags if possible.
Day/Time: Sundays 1-pm recommencing 5 Feb
Address: Cross Cultural Church, 7 Adelphi Boulevard, Point Cook
Email: foodpantry@crossculturepointcook.net.au or contact via **Facebook:** https://www.facebook.com/pointcookfoodbank/

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

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:** https://www.facebook.com./TarneitFoodBank/

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 Road, Werribee **Phone**: 9742 6452 **Email**: wyndham.reception@vt.uniting.org

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

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

COMMUNTY 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

Community Connectors will be available at these Community Learning Centres:

- **Moses THURSDAY 8:00am to 3:30pm**
  Point Cook Community Learning Centre
- **Melissa WEDNESDAY 8:00am to 5:00pm**
  Tarneit Community Learning Centre
- **Mellina FRIDAY 8:00am to 5:00pm**
  Manor Lakes Community Learning Centre

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. Interpreter Services can be organised on request.