# THE BUZZ Term 1, 2023 NEWSLETTER

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





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.

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.

Our passionate community are hard at work planning fun

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



#### 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  |                 | ntact Information   |   |  |
|--|-----------------|---|---|--|
|  |                 |   |   |  |
| Immunisations<br>The Wyndham City Immunisation Unit provides<br>free public vaccinations against a range of<br>childhood and adult diseases.   | <b>*</b><br>•   | ntact: Wyndham Immun<br>9742 0736<br><u>wyndham.vic.gov.au</u> se<br>Idren's Services > Immur                                       | For further information<br>scan to be directed to<br>Children's Services<br>Website |  |
| Maternal & Child Health Appointments<br>Professional nursing support & advice for<br>parents with children from birth to school age.   | <b>*</b>        | ntact: Maternal & Child  <br>1300 370 567<br><u>wyndham.vic.gov.au <i>se</i><br/>vices</u>  | & Child Health  |  |
| First Time Parents Group<br>Meet friendly local families to talk about your<br>kids & have fun! Share experiences, find advice,<br>give support & make new friends.  |                 | Contact: Child and Family Resource Team<br>1300 370 567<br>wyndham.vic.gov.au/services/child-services/<br>playgroups/baby-playgroup |   |  |
| Supported Playgroup / Baby Playgroup<br>A playgroup that aims to meet the needs of<br>vulnerable families in our community.<br>MCH referral required   | <u>plav</u>     |   |   |  |
| Wyndham City Council - Kindergarten<br>3 & 4 Year Old Kindergarten Services.<br>Enrol your child online.   | <b>*</b><br>(5) | ntact: Kindergarten Tear<br>1300 370 567<br><u>wyndham.vic.gov.au <i>se</i><br/>dergarten</u>                                       | <u>Services &gt;</u>  |  |
| Featherbrook Community Centre  |                 | Day & Time  | Cost  | Information  |
| Busy Bees Playgroup<br>Where children learn through play, imagination a<br>creativity all whilst developing social skills. A frien<br>environment where parents meet new friends to<br>Suitable for ages under 5 years.  | ndly            | Tuesday<br>9:00am—11:00am   | Fees apply  | <ul> <li>Monica</li> <li>busybeesfeatherbrook@gmail.com</li> </ul>   |
| MY TIME—Tweddle<br>Unwind & connect with others who understand a<br>world away from appointments & therapy. MyTin<br>offers peer support for parents & carers of childr<br>with disability or chronic health condition. Childr<br>are engaged in activity with playhelpers while ca<br>connect, share ideas and swap tips. | me<br>en<br>en  | Wednesday<br>10:00am—12:00pm  | No cost   | <ul> <li>⑥ Kim</li> <li>⑦ 9689 1577</li> <li>⊠ kim.mace@tweddle.org.au</li> <li>⑧ www.mytime-net-au</li> </ul>           |
| <b>Tiny Tutus</b><br>Educational pre-school ballet classes promoting<br>fitness and creativity from a young age with the<br>balance of fun and learning.   | right           | <b>Thursday</b><br>9:00am—11:30am   | Fees apply  | <ul> <li>Tiny Tutus</li> <li>1300 245 060</li> <li>➢ hello@tinytutus.com.au</li> <li>tinytutus.com.au</li> </ul>         |
| Little Kookies Playgroup<br>Where children learn through play, imagination a<br>creativity all whilst developing social skills. A frien<br>environment where parents meet new friends to<br>Suitable for ages under 5 years.   | ndly            | <b>Thursday</b><br>9:00am—11:00am   | Fees apply  | <ul> <li>Monica</li> <li>littlekookiesfeatherbrook@gmail.com</li> </ul>  |
| First Time Parents Group—Wyndham City<br>First Time Parent Groups are for new parents of<br>Wyndham. We cover a lot of topics, from<br>breastfeeding and sleep-and-settling, family<br>relationships and wellbeing.  |                 | <b>Thursday</b><br>1:30pm—3:30pm  | No Cost   | <ul> <li>① Susan</li> <li>☎ 0427 523 177 or 1300 370 567</li> <li>☑ playgroup@wyndham.vic.gov.au</li> </ul>              |
| Hey Dee Ho<br>Educational music program for children 6 month<br>5yrs. Parent & child classes with max of 12 childr<br>Creating a fun filled interactive 45 minute musica<br>playdate with puppets, instruments and much m  | en.<br>al       | Friday<br>10:00am—11:00am   | Fees apply  | <ul> <li>⑦ Melissa</li> <li>☎ 0457 301 878</li> <li>☑ ehomusicwyn@gmail.com</li> <li>③ <u>heydeeho.com.au</u></li> </ul> |

#### Early Years Programs & Activities

| Jamieson Way Community Centre  | Day & Time   | Cost  | Information   |
|--|--|---|---|
| Cookie Kids Messy Sensory Play<br>Ages 1—5 yrs. dress for mess!<br>Ooey, gooey, fun filled activities.   | Sessions each term<br>2023 dates to be   | Fees Apply                                      | <ul> <li>①Jamieson Way Community Centre</li> <li>2 9395 3777</li> <li>≥ admin@jamiesonwaycc.org.au</li> </ul>   |
| DPR School of Dance<br>Mummy & Me (18 mths - 3 yrs) Intro to dance,<br>movement & music classes for parents & bubs ,Tiny<br>Tots, Baby Ballet & Tiny Tappers 3– 5 yrs Dance,<br>Acrobatics & Drama (from 5 years) Jazz, Hip Hop,<br>Ballet, Contemporary, Tap, Acrobatics, Drama, Boys ! | Contact for days &<br>times<br>for all available class<br>times, days and styles | Fees apply                                      | <ul> <li>⑦ Bree</li> <li>☑ bree@danceeperformrepeat.com.au</li> </ul>   |
| <b>Cookie Kids Playgroup</b><br>Babies to 5yr—Parents stay. Provides play time &<br>social interaction for children in a relaxed &<br>supportive environment.  | Wednesday<br>9:30am—11:30am  | \$65.00<br>family/term<br>includes<br>insurance | <ul> <li>①Jamieson Way Community Centre</li> <li>2395 3777</li> <li>admin@jamiesonwaycc.org.au</li> </ul>   |
| Lightpoint Church Playgroup<br>Playgroup for families  | Fridays<br>12pm—2pm  | Fees apply                                      | <ul> <li>Estelle 0428 335 427</li> <li>est.bouwer@gmail.com</li> </ul>  |
| Safe Seats, Safe Kids<br>FREE child car restraint fittings & safety checks<br>Hosted by Kidsafe Victoria in partnership with<br>Neighbourhood Houses Victoria, with support by the<br>Victorian State Government   | Fortnightly<br>Mondays<br>10am—2pm   | No Cost<br>Bookings<br>required                 | <ul> <li>Book online</li> <li>https://safeseatssafekids.com.au/<br/>venues-mec/</li> </ul>  |
| Point Cook Community Learning Centre   | Day & Time   | Cost  | Information   |
| Bilingual Chinese & English Story Time Ages 3+<br>Join us for 45 minutes of stories, songs, rhymes &<br>craft in Chinese & English. Meet other bilingual<br>families, learn words in another language & help<br>your child develop important language skills.                            | Fridays<br>(2nd of the month)<br>11:00am   |   | <ol> <li>Point Cook Library</li> <li>8734 8999</li> </ol>   |
| Baby Time Ages 0– 12 months<br>Sing, move, and bond with your baby as we share<br>some of our favourite songs and reading tips.  | <b>Wednesdays</b><br>11:00am   | No Cost   | S www.wyndham.vic.gov.au/libraries for current information.   |
| Rhyme Time Ages 1–5 years<br>These 30-minute sessions include stories, songs &<br>rhymes designed to develop early language, literacy,<br>and numeracy skills.   | Tuesdays &<br>Wednesdays 9:30am<br>Saturdays<br>10:30am                          |   | Programs during school term<br>For session dates and times please visit:<br>www.wyndham.vic.gov.au/services/<br>libraries/early-years/early-years-events- |
| Story Time Ages 3+<br>These 45-minute sessions include stories, songs and<br>rhymes, and a simple craft activity designed to<br>develop early language, literacy and numeracy skills.  | <b>Tuesdays &amp; Fridays</b><br>11:00am   |   | and-activities  |
| FaithKids Playgroup<br>A fun, learning & structured play environment<br>through educational activities & crafts, song & story<br>time for children 4yrs & under during.  | <b>Fridays</b><br>9:30am—11:30am   | Fees apply                                      | <ul> <li>④ Angela Seow</li> <li>2 0422 101 968</li> <li>☑ playgroup@faithlifechurch.com.au</li> <li>€ faithlifechurch.com.au</li> </ul>                   |
| Gateways—Happy Feet Playgroup<br>Happy Feet an early intervention group program for<br>children with a delay in development or disability.<br>Facilitated by occupational & speech therapists.   | Commencing term 2<br>Wednesdays<br>Ages 2-5<br>9:15am—11:45am                    | NDIS<br>funding<br>required                     | <ol> <li>Gejal Mithbawkar</li> <li>2396 1111</li> </ol>   |
| Gateways—Prep for Prep<br>A pre kinder program for children with a delay in<br>development or a specific diagnosis. An OT will<br>address developmental skills in a kinder<br>environment.   | Commencing term 2<br>Thursdays Ages 3-5<br>12:15pm—2:45pm                        |   | <ul> <li>9396 IIII</li> <li>Sejal.mithbawkar@gateways.com.au</li> <li>westernmelbourne@gateways.com.au</li> </ul>   |
| Korean Playgroup<br>Korean mums gathering with babies and toddlers<br>aged from 0-4 yrs old.   | <b>Mondays</b><br>12:30pm—2:30pm<br>Bookings essential                           | \$50 per<br>term                                | <ul> <li>① Lucy Jang</li> <li>2 0432 615 542</li> <li>⊠ lucyjang0212@yahoo.co.kr</li> </ul>   |

#### Early Years Programs & Activities

| Deint Cook Community Looming Contra  |  | Cont                              | Information  |
|--|--|-----------------------------------|--|
| Point Cook Community Learning Centre   | Day & Time   | Cost                              | Information  |
| Little Buddies Toy Library<br>Wide range of toys suitable for 0-5 year olds<br>including ride-ons, educational toys, puzzles, games,<br>imaginative play sets, baby toys &more.  | <b>Tuesday &amp; Fridays</b><br>10:00am-12:00pm<br><b>Saturdays</b><br>9:00am-1:00pm | Fees apply                        | <ul> <li>☎ 8353 1196</li> <li>☑ wlbtoylibrary@bigpond.com</li> <li>⑤ Littlebuddiestoylibrary.com.au</li> </ul>   |
| Mandarin Playgroup<br>Facilitated playgroup with story telling, song singing<br>& easy Chinese characters learning activities. Meet<br>Mandarin speaking families in the neighbourhood.<br>Sessions will be conducted in Mandarin.                             | Fridays<br>11:30am—1:30pm<br>Fortnightly during<br>school term<br>Bookings essential | \$40 per<br>term                  | <ol> <li>Lin− Hsuan</li> <li>0490 729 222</li> <li>Linhsuanwang@gmail.com</li> <li>Yoana Lo</li> <li>0423 350 954</li> </ol>                                   |
| Point Cook Multicultural Playgroup<br>Facilitated playgroup provides great play & social<br>opportunity to young children, carers & families. Join<br>in some fun activities which include rhymes, stories<br>& songs & meet other parents in your local area. | <b>Thursdays</b><br>9:30am—11:30am<br>During school term<br>Bookings essential       | \$60 per<br>term                  | <ul> <li>① Rabia</li> <li>☎ 0424 740 857</li> <li>⊠ khan.rabia@outlook.com.au</li> </ul>   |
| Sanctuary Lakes Activity Playgroup<br>A play based playgroup for 0—5yo. Activities include<br>story time, music, dance, craft & outdoor play. Enjoy<br>a social time for parents & children.   | <b>Mondays</b><br>9:30am—11:30am   | \$50 per<br>family per<br>term    | Siplaygroup@hotmail.com  |
| VACCA Koorie Kids Playgroup<br>A great place for children & their Mums, Dads &<br>carers to gather with other Koorie families, make<br>new friends, hear stories, participate on cultural arts<br>& crafts, express creativity & learn about culture,          | Tuesdays<br>11:30am—2:30pm   | No Cost                           | <ul> <li>① Tayla Spiteri</li> <li>☎ 0455 467 931 or 03 9742 8300</li> <li>☑ taylas@vacca.org</li> </ul>  |
| Saltwater Community Centre   | Day & Time   | Cost                              | Information  |
| Hey Dee Ho<br>Hey Dee Ho music invites you to join in the fun of<br>musical edutainment with instruments, puppets,<br>songs, dance. Its new adventure every week.  | Wednesdays<br>10:00am—10:45am  | Fees apply<br>Free trial<br>Class | <ul> <li>Melissa Smile</li> <li>0457 301 878</li> <li><u>heydeehomusicwyn@gmail.com</u></li> <li><u>heydeehomusic.com.au</u></li> </ul>                        |
| SaltwaterCC Playgroup<br>A space where you can play, laugh, get arty & make<br>new friends. For ages 0- 4 where apart from indoor<br>and outdoor play, we will have Songs & Story time.  | Fridays<br>9:00am—11:00am<br>Starting Term 3   | Fees apply                        | ① Monica Saltwaterccplaygroup@gmail.com  |
| Rhyme /Story Time and Pop-Up Library<br>Join us for Rhyme time or Story Time and a special<br>Pop-Up Library every week in Term 2.   | <b>Tuesdays</b><br>1:45pm—4pm  | No Cost                           | <ul> <li>Saltwater Community Centre</li> <li>8676 5504</li> <li>www.wyndham.vic.gov.au/libraries</li> </ul>  |
| Sunflower Playgroup<br>Ukrainian speaking children of preschool age.<br>Educational & entertaining activities like reading,<br>games, dancing , singing, art and craft .   | Saturdays<br>10:30am-12:30pm   | Fees apply                        | <ul> <li>① Mariya</li> <li>☎ 0439 551 814</li> <li>⊠ mariya.brundell@gmail.com</li> </ul>  |
| <b>Tiny Tutus Preschool Ballet</b><br>Educational pre-school ballet classes promoting<br>fitness and creativity from a young age with the right<br>balance of fun and learning.  | Fridays<br>9:00am—12:00am  | Fees apply                        | <ul> <li>1300 245 060</li> <li><u>hello@tinytutus.com.au</u></li> <li><u>wwtinytutus.com.au</u></li> <li>Yearly registration fee includes your tutu</li> </ul> |

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#### Education & Training Kids & Adults

| Fastharbrook Community Contro  | Day 9 Time   | Cost       | Information   |
|--|--|------------|---|
| Featherbrook Community Centre  | Day & Time   | Cost       | Information   |
| Abacus 4 Kids<br>Fun and innovative ways for kids ages 4-12 to learn<br>mathematic mental arithmetic skills using abacus<br>(soroban). Free trial class available.   | Mondays to<br>Saturdays<br>Various times<br>Call for details                       | Fees apply | <ul> <li>① Jaslyn</li> <li>2 0406 946 069</li> <li>□ <u>abacus4kids@gmail.com</u></li> </ul>  |
| WCEC English Conversation Classes—Adult<br>New to English classes in partnership with Wyndham<br>Community & Education Centre.   | Wednesdays &<br>Thursdays:<br>9:00am-12:00pm                                       | Fees apply | <ul> <li>Wyndham Community &amp; Education Centre</li> <li>9742 4013</li> <li>wyndhamcec.org.au/wpmain/</li> </ul>  |
| KK Art<br>Art, drawing & Craft lessons for kids <b>4-8 years old.</b><br>Our classes are designed to be the one stop shop to<br>develop your drawing, painting, colouring and craft<br>making abilities.                   | Wednesdays<br>5:00pm—6:00pm<br>Thursdays<br>5:00pm—6:00pm                          | Fees apply | <ul> <li>① Katherine</li> <li>☎ 0426 187 144</li> <li>⊠ kkart.classes@gmail.com</li> </ul>  |
| Spoken English Classes—Adult<br>Learn to speak spoken English with Constance or<br>Radha. A volunteer led Hubs program.  | Monday & Tuesday<br>9:00am —10:30am<br>or<br>10:30am —12:00pm                      | No Cost    | <ul> <li>⑦ Featherbrook Team</li> <li>☎ 8353 4000</li> <li>☑ featherbrookcc@wyndham.vic.gov.au</li> </ul>   |
| Wyndham Chess Club<br>Chess lessons for children aged 6 and over. All levels<br>welcome from beginners to advanced   | <b>Fridays</b><br>5:00pm —8:00pm   | Fees Apply | <ul> <li>Image: Phil Minichelli</li> <li>Phil Minichelli</li> <li>0478 604 601</li> <li>□ phil@wyndhamchess.club</li> <li>Image: www.wyndhamchess.club</li> </ul> |
| Jamieson Way Community Centre  | Day & Time   | Cost       | Information   |
| AMEP<br>English classes WCEC   | Monday &<br>Wednesday  | No Cost    | <ul> <li>Wyndham Community &amp; Education Centre</li> <li>9742 4013</li> </ul>   |
| Barista—partnership WCEC<br>Barista training workshops/ courses  | Connect with us for 2023 dates   | Fees apply |   |
| First Aid<br>For parents, grandparents or carers who would like<br>an introduction or basic refresher on First Aid<br>knowledge related to children and infants  | Connect with us for<br>2023 dates  | Fees apply | <ul> <li>① Jamieson Way Community Centre</li> <li>2 9395 3777</li> <li>○ admin@jamiesonwaycc.org.au</li> </ul>  |
| French Language<br>Enjoy a cuppa and meet new people while you learn<br>French language! All welcome   | <b>Tuesday</b><br>1pm - 3pm  | Fees apply |   |
| Sparking Potential Tutoring<br>Tutoring Services English, Mathematics and Writing<br>Skills lessons for years Prep-7   | Monday to Friday<br>evenings<br>and Saturdays                                      | Fees apply | <ul> <li>Rachel 0435 240 044</li> <li>sparkingpotentialpointcook@gmail.com</li> </ul>   |
| Point Cook Community Learning Centre   | Day & Time   | Cost       | Information   |
| AMEP: English Classes<br>Providing basic English classes for newly arrived<br>residents. Level 1 & 2 intermediate.   | <b>Monday &amp; Fridays</b><br>9:00am– 2:30pm<br><b>Thursdays</b><br>9:00am–3:30pm | No Cost    | <ol> <li>Wyndham Community &amp; Education<br/>Centre</li> <li>9742 4013 &amp; press 1</li> </ol>   |
| Brainworks<br>Helps to develop the potential of students aspiring to<br>reach various goals, including improving their<br>understanding of the school & preparing for<br>competitive scholarship & selective school exams. | Wednesdays &<br>Thursdays<br>5:15pm—7:15pm   | Fees apply | <ul> <li>Adnan</li> <li>0433 195 110 or 0401 421 115</li> <li>pointcook@brainworks.com.au</li> <li>brainworks.com.au</li> </ul>                                   |
| Conversational English for migrants<br>Practise your English skills, meet new people, and<br>learn from others.  | <b>Fridays</b><br>9:00am—11:00am   | No Cost    | <ul> <li>Point Cook CLC</li> <li>9395 6399</li> <li>pointcookclc@wyndham.vic.gov.au</li> </ul>  |

#### Education & Training Kids & Adults

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

Free VCE Maths Support



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<br>Feel safe around firearms or complete the course<br>certificate so that you can apply for a category A/B<br>firearms licence. Juniors 12-18 years welcome when<br>accompanied by an adult. 2 hour course and exam.  | <b>Tuesdays</b><br>7:15pm—9:00pm                          | \$88 Adults              | <ul> <li>① Gunsmart</li> <li>☎ 1300 920 900</li> <li>○ <u>instructor@gunsmart.com.au</u></li> <li>⑦ www.gunsmart.com.au</li> </ul>                                |
| Library IT Programs<br>A variety of computer literacy and skill building<br>programs. Includes free courses such as:<br>Computer basics, Intro to Microsoft Word, Protect<br>yourself from scams, and many more!  | Visit the library for<br>more info or register<br>online. | No Cost                  | <ul> <li>Point Cook Library</li> <li>8734 8999</li> <li>www.wyndham.vic.gov.au/services/<br/>libraries/adults/library-it-programs</li> </ul>                      |
| Sewing Classes—Next Stitch — Intermediate<br>An intermediate level sewing course which assumes<br>basic knowledge of using machines. Will cover<br>introduction to overlockers, working with different<br>fabrics and using patterns to make a simple garment.  | Tuesdays<br>9:00am—12:00pm<br>Wednesdays<br>6:00pm—9:00pm | \$40                     | all courses are 3 hours 10 weeks  ① Wyndham Community & Education Centre  |
| Sewing Classes—All Sewn Up—Advanced<br>Advanced level course which follows on from the<br>"Next Stitch" course. who will already know how to<br>use a basic sewing machine and overlocker. Course<br>includes sewing with stretch fabric and making a<br>more complex article or garment.   | <b>Thursdays</b><br>6:00pm—9:00pm                         | (permanent<br>residents) | <ul> <li>Wyndnam community &amp; Education Centre</li> <li>9742 4013</li> <li><u>https://wyndhamcec.org.au/course-</u><br/><u>list-pre-accredited/</u></li> </ul> |
| South Sudanese Children's Homework Club<br>Prep to years 6 & 7 designed to address key areas of<br>development, setting goals & building confidence.<br>The homework club fosters higher learning within<br>children & encourages them to pursue their goals in<br>life. We will assist children with their school reader &<br>homework.  | <b>Mondays</b><br>5:00pm—6:30pm                           | No cost                  | <ul> <li>① Aweeng or Poly</li> <li>2 0403 523 429 or 0434 178 753</li> <li>○ poly.kiyaga@wyndhamcec.org.au</li> <li>○ aweeng.deng@wyndhamcec.org.au</li> </ul>    |
| <b>Telugu Association of Australia Inc</b><br>Teaching Telugu language to protect culture &<br>diversity among our children while integrating with<br>the multicultural society of Wyndham.   | <b>Saturdays</b><br>Fortnightly<br>3:30pm—6:00pm          | Fees apply               | <ul> <li>① Satya</li> <li>☎ 0422 211 036</li> <li>△ matamps@cba.com.au</li> <li>③ taai.net.au</li> </ul>  |
| VCE Maths Support<br>Run by a tutor with experience studying 3 levels of<br>maths and achieving 97.65 for her VCE. Your tutor<br>had graduated from Bachelor of Commerce at<br>Melbourne Uni and worked in a tech startup, before<br>deciding to pivot into Education by taking up Master<br>of Teaching studies from 2023. Looking forward to<br>supporting you with your VCE maths studies. | <b>Tuesdays</b><br>4:00pm—5:00pm                          | No Cost                  | <ul> <li>① Beijia Sun</li> <li>206 990</li> <li>△ <u>bsun@live.com.au</u></li> </ul>  |
| Writing Group (Online)<br>Come along to Wyndham City Libraries free writing<br>groups for adult writers of all levels of experience.<br>Get your creative juices flowing with exercises<br>designed to inspire and develop your writing skills in<br>a fun and friendly environment. Bookings required.   | <b>Tuesdays</b><br>(4th of the month)<br>7:30pm—8:30pm    | No Cost                  | <ul> <li>8734 8999</li> <li>For session dates and times please visit:</li> <li>www.wyndham.vic.gov.au/adult-<br/>events-and-activities</li> </ul>                 |
| Zimbabwean Community in Australia<br>Offering Shona Ndebele language classes to kids &<br>adults.   | Saturdays<br>1:00pm—3:00pm                                | Fees apply               | <ul> <li>① A. Zivave</li> <li>☎ 0424 326 267</li> <li>☑ principal@zimcommunityeducation.org</li> </ul>  |

| Featherbrook Community Centre  | Day & Time  | Cost       | Information  |
|--|---|------------|--|
| Beat Freakz Fitness<br>An all in one workout combining aerobics, boxing,<br>weight resistance and dancing with a twist. Classes<br>include light dumbbells for sculpting & toning.   | <b>Mondays</b><br>6:45pm—7:30pm<br><b>Fridays</b><br>9:45am—10:30am                           | Fees apply | <ul> <li>① Jenna Chaffey</li> <li>☎ 0424 124 661</li> <li>➢ <u>beatfreaksfitness@yahoo.com</u></li> <li>③ <u>beatfreaksfitness.com.au</u></li> </ul> |
| PointCookDance<br>We aim to inspire, encourage & challenge out<br>students in safe, friendly & nurturing classes. Classes<br>include Pre School Dance, combination for preppies,<br>classical ballet, Jazz & Funk, Hip-Hop, Hip-Hop Boyz,<br>Tap, Contemporary, Acrobatics, Drama & singing. For<br>ages 3 year to teenagers.  | Tuesdays, Thursdays,<br>Fridays & Saturdays<br>Times vary. Please see<br>timetable on website | Fees apply | <ul> <li>① Mandy</li> <li>2 0416 679 911</li> <li>2 info@pointcookdance.com.au</li> <li>③ www.pointcookdance.com.au</li> </ul>                       |
| Point Cook Girl Guides<br>As the peak organisation for girls aged 5-17, The Girl<br>Guides mission is to empower all girls to become<br>confident, engaged, resilient and responsible<br>community members.  | <b>Tuesdays</b><br>6:30pm—8:30pm  | Fees apply | <ul> <li>⑦ Robyn</li> <li>☎ 0407 055 631</li> <li>☑ wyndham@guidesvic.org.au</li> <li>⑨ guidesvic.org.au</li> </ul>                                  |
| Rachana Natyalaya<br>One of the prominent places in Melbourne to learn<br>Indian Classical Dance Bharatanatyam, Folk and<br>Bollywood dancing from a qualified dance teacher.  | Wednesdays<br>6:00pm—9:00pm   | Fees apply | <ul> <li>① Archana</li> <li>2 0432 161 933</li> <li>☑ koorthy@gmail.com</li> <li>③ rachananatyalaya.com</li> </ul>                                   |
| Sahaja Yoga Meditation<br>Teaches a unique method of meditation where<br>participants can achieve a state of balance in just 10<br>minutes.  | Wednesdays<br>7:30pm—8:30pm   | No cost    | <ul> <li>⑦ Annie</li> <li>⑦ 0423 110 875</li> <li>☑ annie.sarani@gmail.com</li> <li>③ www.sahajayoga.com.au</li> </ul>                               |
| Open Table Tennis at Featherbrook<br>Join locals for some active fun playing table tennis.<br>Places are limited so book now! Open to all  | <b>Mondays</b><br>10:30am—1:00pm  | No cost    | <ul> <li>● Featherbrook CC</li> <li>■ 8353 4000</li> <li>☑ featherbrookcc@wyndham.vic.gov.au</li> </ul>  |
| Vibe Choreography<br>"LETS CO-EXIST" Exciting, fun and popular<br>Bollywood, Hip Hop, Jazz Funk dance classes for<br>anyone aged 6 years. If you love to dance, build your<br>confidence and make great friends, enquire with us.  | Tuesdays,<br>Wednesday,<br>Fridays &<br>Saturdays<br>Times Vary. Please<br>see website.       | Fees apply | <ul> <li>① Alpana</li> <li>2 0434 944 074</li> <li>○ alpana24@gmail.com</li> <li>③ www.vibechoreography.com.au</li> </ul>                            |
| Let's Dance Point Cook<br>Community social sequence ballroom dancing<br>including Cha Cha, Tango, Foxtrot, Waltz and many<br>more.   | <b>Sundays</b><br>4:30pm –6:30pm  | Fees Apply | <ul> <li>⑦ Phebe Yeo</li> <li>☎ 0425 338 832</li> <li>☑ phebe@8senses.com.au</li> </ul>  |
| Walking Football (Over 50s)<br>A small-sided, low impact, modified version of the<br>game, suitable for all levels of ability & fitness for<br>both Men and Women. Join our free program aimed<br>at keeping seniors active. The program provides<br>skills training in a fun & safe group environment. It is<br>social & requires no prior football knowledge.        | Fridays<br>10:00am-11:00am  | No cost    | <ul> <li>① Featherbrook CC</li> <li>2 8353 4000</li> <li>☑ featherbrookcc@wyndham.vic.gov.au</li> </ul>  |
| Newport Calisthenics Club<br>Offers members the opportunity to get involved with<br>a sport that has performing at its heart. We provide<br>members the chance to sing, dance, act, learn<br>apparatus skills, flexibility, tricks and basic ballet/<br>gymnastic skills. We are a competitive club with each<br>of our sections attending 4-5 competitions each year. | <b>Saturdays</b><br>3:30pm –6:00pm  | Fees Apply | <ul> <li>① Kimberly</li> <li>2 0414 625 865</li> <li>⊠ <u>admin@newportcc.com.au</u></li> <li>③ www.newportcc.com.au</li> </ul>                      |
| Solo coaching available on Application   |   |            |  |

| 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<br>⊠ admin@jamiesonwaycc.org.au   |
| Australian Air League<br>Providing aviation and STEM related activities for<br>young people (8-18yrs)  | Wednesday<br>7pm—9pm   | Fees apply                          | <ol> <li>Ibryan McGrath</li> <li>Image: 0413 060 552</li> <li>Image: 0c.pointcook@airleague.com.au</li> </ol>   |
| Bharatalaya Dance & Music Academy<br>Music classes.  | Sunday & Thursday<br>7pm—9pm<br>Sunday<br>12.30pm—4pm                          | Fees apply                          | <ul> <li><b>①</b> Rasiah 0412 411 690</li> <li><b>①</b> Ambika 0414 678 923</li> <li>⊠ ambika.doherty@gmail.com</li> </ul>  |
| Chatty Café/Table<br>Community catch up –great chance to meet new<br>people and connect. Tea, coffee & refreshments<br>provided  | <b>1st &amp; 3rd Monday</b><br>each month<br>10.30am - 12pm                    | No cost                             |   |
| Garden Connection Workshops and Group<br>Learn new skills and connect with others<br>interested in plants and gardening. Workshops<br>conducted by an experienced tutor. | <b>3rd Wednesday</b><br>month<br>11.45am—1.30pm                                | Fees apply<br>Bookings<br>required  | <ol> <li>Jamieson Way Community Centre</li> <li> <sup>☎</sup> 9395 3777<br/><u>admin@jamiesonwaycc.org.au</u> </li> </ol>   |
| Community Garden<br>Pick, share and grow veggies and plants! Are you<br>interested in caring for our garden?   | Always open  | No cost                             |   |
| <b>Community Bus Trips</b><br>Movie, shopping and other trips—let us know where<br>you want to go!   | Contact for days and times   | Fees apply                          |   |
| DPR School of Dance<br>Acrobatics & Drama (from 5 years) Jazz, Hip Hop,<br>Ballet, Contemporary, Tap, Acrobatics, Drama, Boys<br>Classes & more!                         | <b>Contact</b> for all available class times, days and styles                  | Fees apply                          | <ul> <li>⑦ Bree</li> <li>➢ bree@danceeperformrepeat.com.au</li> </ul>   |
| Gen U<br>Disability support group  | Wednesday<br>9:00am—3:00pm   | Contact for details                 | <ul> <li>Image: The second secon</li></ul> |
| Gardening Swap Point Cook<br>Meet at the BBQ area at back of the centre.   | <b>4th Sunday monthly</b><br>10:30am—11:30am                                   | No cost<br>Bring swap<br>items      | <ul> <li>Sarah</li> <li><u>sarahong74@gmail.com</u></li> <li>Facebook Gardening Swap Point Cook</li> </ul>  |
| Jam Way Book Club<br>Share your love of reading and enjoy morning tea &<br>a cuppa!  | <b>3rd Thursday of the</b><br><b>month</b><br>10:30am—12:20pm                  | No cost                             | <ul> <li>① Jamieson Way Community Centre</li> <li>2 9395 3777</li> <li>☑ admin@jamiesonwaycc.org.au</li> </ul>  |
| Jam Way Guitar Lessons<br>Aimed at primary school ages, great fun way to learn<br>the acoustic guitar <b>Bookings required.</b>  | Wednesday<br>4:00PM-6:00pm<br>30 min classes                                   | Fees apply                          |   |
| Jam Way Sew & Sew Group<br>Qualified dressmaker/BYO projects,<br>machines on site or BYO.  | 1 <sup>st</sup> & 3 <sup>rd</sup> Monday of<br>month<br>7:00pm—9:00pm          | \$6.00<br>session<br>Pay in advance |   |
| Jam Way Quilters Patch<br>Patchwork classes with an experienced<br>patch worker! Open to everyone! BYO project.  | <b>Thursday</b><br>9:30am—12:30pm<br>1st & 3rd <b>Tuesday</b><br>6:30pm—9:30pm | \$5.00 per<br>session               |   |

## 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 1<sup>st</sup> and 3<sup>rd</sup> Monday of the month at 10.30 am at the Jamieson Way Community Centre (commencing back in February '23) no costs involved.



| <mark>JK Natyalaya</mark><br>Bollywood Dance Class  | <b>Friday</b><br>5.30pm—7.30pm                   | Fees apply      | <ul> <li>① Kani</li> <li>2 0470173229</li> <li>☑ kanisuba@gmail.com</li> </ul>                                |
|---|--|-----------------|---|
| NB Dance<br>An ultimate mix of traditional and modern Bollywood<br>dance style. Classes are aimed at getting our<br>students fit and learning dance techniques. | <b>Tuesday</b><br>6.45pm - 7.45pm                | Fees apply      | <ul> <li>① Natasha</li> <li>2 0402 439 350</li> <li>∞ info@nbdance.com.au</li> </ul>                          |
| Manmonhini Indian Dance School<br>Regular Indian classical Kathak dance.  | <b>Thursday</b><br>6.45pm—8.45pm                 | Fees apply      | <ol> <li>Mohini</li> <li>2 0421 084 366</li> <li>∞ m<u>ohini@kathakmelbourne.com.au</u></li> </ol>            |
| Planned Activity Group<br>Indian social support   | <b>Friday</b><br>from 10am                       | Refer to<br>MRC | <ol> <li>Migrant Resource Centre</li> <li>9367 6044</li> </ol>  |
| Sanctuary Lakes Probus Club<br>Monthly committee meetings   | Last Thursday of each<br>month<br>9.45am-11.45am |                 | <ol> <li>⑦ Robert</li> <li>☎ 0418 329 353</li> <li>☑ roberttadams.227@gmail.com</li> </ol>                    |
| Seniors board games & social meet up group<br>Over 55's - Come along for a cuppa & enjoy card &<br>other board games & meet new friends                         | <b>Mondays</b><br>1:00pm—3:30pm                  | No cost         | <ul> <li>① Jamieson Way Community Centre</li> <li>29395 3777</li> <li>☑ admin@jamiesonwaycc.org.au</li> </ul> |

| Jamieson Way Community Centre   | Day & Time  | Cost  | Information  |
|---|---|---|--|
| Seniors Journey<br>Activities for Mandarin speaking seniors   | Mondays<br>9am—11.15am<br>Tuesday 9am-12pm                                  | Contact for<br>details                              | <ul> <li>i) Fong</li> <li>☎ 0410 177 250</li> <li>☑ yongbongfong@gmail.com</li> </ul>  |
| Shorinjiryu Karate<br>Children & Adult classes  | <b>Tuesday</b><br>4.00pm – 6.30pm   | Fees apply  | <ol> <li>Image: Mrnie</li> <li>Image: 0418 564 382</li> <li>Image: Marnie 72@hotmail.com</li> </ol>  |
| <ul> <li>Tai Chi 24 for Seniors</li> <li>Gentle and relaxing exercise with an experienced instructor</li> <li>In partnership with Reclink Aust</li> <li>① Jamieson Way Community Centre</li> <li>2 9395 3777</li> <li>☑ admin@jamiesonwaycc.org.au</li> </ul> | Learn Tai C<br>an experi<br>instructor<br>Mond<br>11.30am - 1<br>\$5.00 PER | chi with<br>enced<br>today!<br><b>ays</b><br>2.30pm |  |
| Walking Group<br>All welcome meet out front at Jamieson Way<br>Community Centre car park.   | Tuesdays &<br>Wednesday<br>9:00am   | No cost   | <ul> <li>① Sian</li> <li>☎ 0400 049 395 / 9395 1182</li> </ul>   |
| Weight Watchers   | Saturday<br>8.30am—9.30am   |   | <ul> <li>⑥ Kate</li> <li>☎ 0417 434 614</li> <li>☑ Kate.habgood@ww.com</li> </ul>  |
| Walking Basketball— Seniors<br>These fun sessions are designed to be adaptable<br>based on participants skill level, fitness and mobility   | Thursday<br>1:00pm—2:00pm   | No cost   | ① Jamieson Way Community Centre  |
| Yoga<br>Give your body the attention and love it needs<br>through breathing and gentle movements<br>In partnership with Reclink Australia   | <b>Tuesday</b><br>9:15am—10:00am  | \$5.00 per<br>session<br>BYO yoga<br>mat            | <ul> <li> <sup>a</sup> 9395 3777         <sup>b</sup> admin@jamiesonwaycc.org.au         <sup>b</sup> <sup>b</sup> <sup>c</sup> <sup>c</sup></li></ul> |
| Point Cook Community Learning Centre  | Day & Time  | Cost  | Information  |
| Active Mummies<br>Yoga classes for women  | <b>Thursdays</b><br>6:00pm-7:00pm   | Fees apply  | <ul> <li>① Neeti Saronja</li> <li>2 0459626728</li> <li>☑ activemommies1@gmail.com</li> </ul>  |
| <b>Bollywood Dance School Australia</b><br>Bollywood dance for kids, teens & adults.  | Mondays<br>5:30pm—9:00pm  | Fees apply  | <ul> <li>↓ Latha</li> <li>☎ 0499 888 115</li> <li>☑ admin@bollywooddanceschool.com.au</li> <li>♦ bollywooddanceschool.com.au</li> </ul>  |
| <b>Board in the West—Melbourne Meeples</b><br>A fun board gaming group for anyone who wants to<br>stay socially connected with other board gamers.<br>Monthly events for everyone.  | Fridays<br>(1st of the month)<br>6:00pm—11:00pm                             | \$5 pp<br>\$12.50 per<br>family                     | <ol> <li>i) Jennie</li> <li>☎ 0410 150 529</li> <li>§ meeples.org.au</li> </ol>  |
| Brooks School Of Dance<br>Quality dance classes in classical Ballet, Jazz & Hip<br>Hop taught by professional dance teachers, in a<br>friendly & encouraging environment.   | Thursdays<br>4:30pm—6:00pm<br>Saturdays<br>9:00am—12:00pm                   | Fees apply  | <ul> <li>i Ayelet</li> <li>i 0430 765 431</li> <li>i brooksdance@gmail.com</li> <li>i brooksschoolofdance.com</li> </ul>   |

| Point Cook Community Learning Centre   | Day & Time   | Cost               | Information   |
|--|--|--------------------|---|
| Chess for All Ages<br>Beginners and experienced players are welcome to<br>join us for Chess at Point Cook Library. Enjoy a game<br>with your friends and meet other Chess enthusiasts<br>in the library!                 | <b>Tuesdays</b><br>4:00pm—5:00pm   | No Cost            | For more information:<br><u>https://www.wyndham.vic.gov.au/whats-</u><br>on/all-ages-chess  |
| Construction Club Ages 5+<br>Come along to your library every week to design,<br>build and imagine with Lego and other building<br>materials.  | <b>Mondays</b><br>4:00pm—5:00pm  | No Cost            | <ol> <li>Point Cook Library</li> <li>8734 8999</li> </ol>   |
| Craft & Conversation Ages 18+<br>Are you a craft lover? Join our monthly program to<br>create a new craft each session. Materials are free,<br>conversation is included, and you can take home<br>your finished project. | Fridays<br>(4th of the month)<br>11:00am—1:00pm<br>Bookings required.          | No Cost            | For session dates and times please visit:<br>https://www.wyndham.vic.gov.au/<br>services/libraries/kids/all-kids-events-and-<br>activities/kids-events-and-activities |
| Fun & Fitness Gentle Exercise<br>Gentle physical activity program suitable for seniors<br>and all abilities.   | Mondays<br>11:30am—12:30pm<br>Fridays<br>11:10am—12:10pm                       | \$6 per<br>session | 9395 6399<br>pointcookclc@wyndham.vic.gov.au  |
| Gamblers Anonymous<br>12 Step Fellowship meeting for compulsive<br>gamblers. Zoom meetings listed on website.  | <b>Thursdays</b><br>8:00pm—9:00pm  | No Cost            | <ul> <li>☎ 9696 6108</li> <li>☑ gavictoria18a@gmail.com</li> <li>⑤ gaaustralia.org.au</li> </ul>  |
| Game On! Ages 12-19<br>Like gaming? Drop in after school and show off your<br>skills on Nintendo Switch and PlayStation. Beginner<br>to advanced players welcome. No bookings required.                                  | Fridays<br>(1st of the month)<br>4:00pm—5:30pm                                 | No Cost            | 8734 8999 <u>https://www.wyndham.vic.gov.au/</u> <u>services/libraries/youth/youth-events-and</u> <u>-activities</u>  |
| Gamers's Den Are you aged between 12-18?<br>Want a space to hang out, flex your gaming skills and<br>make some friends? Every week we hang out,<br>starting the session with a new game.                                 | Wednesdays<br>3:30pm—5:30pm<br>(at Point Cook<br>Community Learning<br>Centre) | No Cost            | <ol> <li>Youth Services</li> <li>8734 1355</li> </ol>   |
| <b>Courtside - Youth Services @Point Cook</b> Ages 12-25<br>Hang out with our friendly youth workers & meet<br>new friends at Point Cook Town Centre Basketball<br>court.  | Thursdays<br>3:30pm—5:30pm<br>(At the Point Cook<br>basketball court)          |                    | ⊠ <u>youthinwyndham@wyndham.vic.gov.au</u>  |
| Inbetweeners Book Club Ages 9-13<br>Come along to our book club where you can discover<br>new titles, meet new friends and have fun playing<br>book-themed games!  | Fridays<br>(Last of the month)<br>4:00pm–5:00pm                                | No Cost            | <ul> <li>Point Cook Library</li> <li>8734 8999 Bookings:<br/><u>https://www.wyndham.vic.gov.au/whats-on/inbetweeners-book-club-0</u></li> </ul>                       |
| Kids Club Ages 5+<br>Come and join in a different activity every week.<br>Make new friends and have lots of fun.   | Wednesdays<br>4:00pm—5:00pm<br>(During school term)                            | No Cost            | <ol> <li>Point Cook Library</li> <li>8734 8999</li> </ol>   |
| Melbourne Table Tennis Club<br>Run by Melbourne Table Tennis Club in conjunction<br>with Asian Business Association of Wyndham Inc.<br>Playing & coaching with a main focus on Seniors 55+.                              | Sundays<br>6:00pm—8:00pm   | No Cost            | <ul> <li>① Jon Zhang</li> <li>☎ 0451 169 850</li> </ul>   |
| Natyanjali School of Dance All ages.<br>Bharatanatyam India's oldest & popular classical<br>dance style encompassing music, rhythm &<br>expression. Strictly adheres to Natyashastra.                                    | Tuesdays<br>6:00pm—7:00pm<br>Fridays<br>5:30pm—6:30pm                          | Fees apply         | <ul> <li>Image: Anitha Perumal</li> <li>Image: O470 177 937</li> <li>Image: Anititha@yahoo.com</li> </ul>   |

| Point Cook Community Learning Centre   | Day & Time   | Cost       | Information   |
|--|--|------------|---|
| Point Cook Seniors Group<br>Meet for social interaction with other seniors from<br>local area.   | Fridays<br>12:15pm—2:30pm                            | No Cost    | <ol> <li>Bev</li> <li>☎ 0417 324 489</li> </ol>   |
| Point Cook Craft Group<br>Bring along your knitting or craft for social<br>interaction with other local community members.   | Thursday<br>10:00am—12:00pm                          | NO COST    | D417 524 469 pointcookclc@wyndham.vic.gov.au  |
| Point Cook VIEW Club<br>A leading women's national organisation, providing<br>the opportunity for women from all walks of life to<br>meet regularly, establish lasting friendships & help<br>disadvantaged Australian children through<br>supporting the work of The Smith Family. | Wednesdays<br>(4th of the month)<br>12:00pm—3:00pm   | Fees apply | Contact: Elaine Brundle<br>☎ 0404 066 860<br>⊠ pointcookview@gmail.com  |
| Point Cook Walking Group<br>People of all ages come join us to discover Point<br>Cook, make new friends, keep fit & healthy.   | <b>Mondays—Fridays</b><br>9:00am                     | No Cost    | <ol> <li>Bev</li> <li>0417 324 489</li> <li>Meet at the Point Cook town centre outside dry cleaners (Coles precinct)</li> </ol>                     |
| Point Cook Women's Circle<br>Provides social support, shared experiences & skills,<br>in areas of health & well-being. Participating in local<br>council & community events. Encourage Women to<br>promote their cultural traditions & cuisines.                                   | Fridays<br>(3rd of the month)<br>12:15pm– 2:00pm     | No Cost    | <ul> <li>Clarissa 0422 062 521</li> <li>Sudha 0432 489 584</li> <li><u>chair@virwc.org.au</u></li> <li><u>shudha-narayan@hotmail.com</u></li> </ul> |
| Rainbow Club Point Cook Inc—Disability Dance Club<br>Claimable NDIS program, provides specialised<br>support and activities for people living with<br>disabilities, particularly those at risk of being socially<br>isolated. Small class sizes. Great exercise/Great Fun          | Saturdays<br>11:15am—3:00pm<br>(30 minute classes)   | NDIS       | <ul> <li>☎0414 384 586</li> <li>➢ support@rainbowclub.org.au</li> <li>rainbowclub.au</li> </ul>   |
| Salsa In Motion<br>Beginner Cuban Salsa & Bachata, intermediate level<br>Cuban Salsa/Rueda & Bachata dance classes for<br>adults. No dance experience or partner required.<br>Free 25min intro session.  | <b>Mondays</b><br>6:30pm—9:00pm                      | Fees apply | <ul> <li>● Michael</li> <li>☎ 0430 355 888</li> <li>⊠ info@salsainmotion.com.au</li> </ul>  |
| Shrilekha Art Foundation<br>Discover a wide range of fun and unique art forms<br>for children and adults, including Mandala, Pattern<br>making and Indigenous art.   | <b>Fridays</b><br>5.00pm– 6.00pm                     | Fees apply | <ul> <li>Image: Shrilekha</li> <li>Image: O433 395 212</li> <li>Image: Shrilekha.jain@gmail.com</li> </ul>  |
| Table TennisCome join the fun to learn how to play table tennisor brush up on your skills with centre volunteer JonZhang.  | <b>Tuesdays</b><br>3:00pm—5:30pm                     | No Cost    | <ul> <li>⑦ Point Cook Community Learning<br/>Centre</li> <li>☎ 03 9395 6399</li> <li>☑ pointcookclc@wyndham.vic.gov.au</li> </ul>                   |
| Yoga for Seniors<br>Yoga for seniors above 55 years for all communities,<br>free of charge to help support physical and mental<br>wellbeing.   | <b>Mondays</b><br>4.00pm—5.30pm                      | No Cost    | <ul> <li>⑦ Prem</li> <li>☎ 0430 740 023</li> </ul>  |
| Zeal Youth & Young Adults<br>Meet other like minded youth to socialise over food,<br>activities, games, praise & worship.  | Saturdays<br>6:00pm—10:00pm<br>(except 1st of month) | No Cost    | <ul> <li>Arich I 0421 562 994</li> <li>arich.c@faithlifechurch.com.au</li> <li>faithlifechurch.com.au</li> <li>instagram.com/zeal yya</li> </ul>    |
| Zumba Fitness with Zin Monika<br>Fitness & exercise to help improve health,<br>coordination & balance whilst dancing to Salsa,<br>Merengue & Reggaeton. Ultimate fun!  | <b>Tuesdays</b><br>7:00pm—8:00pm                     | Fees apply | <ul> <li>Monika</li> <li>0468 320 618</li> <li>monika.au@outlook.com</li> </ul>   |



## ✓ 300+ Attended ✓ 500 Cups of Popcorn

BLOCKBUSTER

#### 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.



#### **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<br>Adults Pottery - Wheel Throwing Beginners &<br>Intermediate adult course to develop skills to create<br>work on the pottery wheel. Only 8 students per class.<br>Inclusive of clay, glazes. Firing costs extra         | Tuesdays,<br>Wednesdays<br>Thursdays<br>(7 week courses)<br>6:30pm—9:00pm | Fees apply | <ul> <li>① Nandita Nadkarni</li> <li>266 229</li> <li>☑ nandita@potteryescape.com</li> <li>Website: www.potteryescape.com</li> </ul>                      |
|--|---|------------|---|
| <b>Open Studio</b><br>Not enough space to paint or create at home? Open<br>for anyone to come work on their own projects.  | Fridays<br>9:30am—3:30pm  | No cost    | <ul> <li>① Saltwater Community Centre</li> <li>☎ 8376 5500</li> <li>⊠ saltwatercc@wyndham.vic.gov.au</li> </ul>   |
| Artistic Mind<br>Just get relaxed in a safe environment & connect<br>with the inner child to unlock ladies creativity while<br>adding some tips of visual art principle.   | <b>Tuesdays</b><br>10:30am —12:00pm                                       | Fees Apply | <ul> <li>① Hengameh Ghaderi</li> <li>2 0432 305 840</li> <li>☑ hghimages777@gmail.com</li> </ul>  |
| Aiki Kai Aikido Suitable for all ages.<br>No-competitive Japanese martial art. Learn<br>techniques in a friendly & enjoyable atmosphere to<br>develop self-confidence, improve balance &<br>coordination while improving your fitness.   | Wednesdays<br>7:30pm—9:00pm<br>Saturdays<br>8:00am—10:30am<br>(kids)      | Fees apply | <ul> <li>① Andrew Last</li> <li>2 0405 330 149</li> <li>☑ Andrewlast.aikido@gmail.com</li> </ul>  |
| <b>Beat Factor</b><br>Join us for our weekly Drum Circle sessions. Groove<br>out on Afro, Middle-eastern & Samba rhythms. All<br>levels & all abilities welcome. Drums supplied or<br>BYO. 4 week sessions or pay per casual class basis | <b>Thursdays</b><br>7:30pm—8:30pm   | Fees apply | <ul> <li>⑦ Rod Pilois</li> <li>☎ 0411 028 077</li> <li>☑ beatfactor@internode.on.net</li> <li>③ https://www.beatfactormusic.com/<br/>workshops</li> </ul> |
| <b>Bollywood Dance School Australia</b><br>Bollywood, Jazz, Contemporary & Hip Hop dance for<br>kids, teens and adults.  | Mondays & Fridays<br>5:30pm—9:30pm  | Fees apply | <ul> <li>Darshan</li> <li>0499 888 115</li> <li>admin@bollywooddanceschool.com.au</li> </ul>  |
| Beat Freakz<br>Workout combining aerobics, punching, kicking,<br>bodyweight resistance training & of course a little bit<br>of DANCING but with a twist. Every class includes<br>small dumbbells for ultimate sculpting & toning.        | <b>Sundays</b><br>8:30am—9:15am<br>Thursdays<br>6pm-7pm                   | Fees apply | <ol> <li>Jenna Chaffey</li> <li>2 0424 124 661</li> <li>is beatfreakzfitness@yahoo.com</li> <li>is www.beatfreakzfit.com.au</li> </ol>                    |

| Saltwater Community Centre  | Day & Time   | Cost              | Information   |
|---|--|-------------------|---|
| Japan Karate Association Australia<br>Teaches traditional ShotoKan Style Karate a non-<br>aggressive self defence martial art. Helps develop<br>strength, coordination & agility can be practised at<br>any time or place, by anyone. The standards taught<br>are of the highest level in keeping with the technical<br>requirement set by JKA HQ | Tuesdays<br>5:30pm—8:30pm<br>Saturdays<br>10:30pm—1:00pm           | Fees apply        | <ul> <li>① Bryan Zaldarriaga</li> <li>③ 0434 483 015</li> <li>⊠ bryan.zaldarriaga@jkaaustralia.com.au</li> <li>③ jkaaustralia.com.au</li> </ul> |
| Manmohini Indian Dance School—Kathak<br>Kathak is one of 8th Indian Classical dance from<br>North India. traces roots from the tradition of<br>storytelling, designed to master each aspect of<br>Kathak.   | Wednesdays<br>5:00pm—6:00pm<br>(Kids)<br>6:15pm—7:15pm<br>(Adults) | \$20<br>per class | <ul> <li>① Daveena Munee</li> <li>① 0430 714 273</li> <li>⊠ Daveena.munnee@gmail.com</li> </ul>   |
| Myochre Artroom<br>Art & illustration activity for kids focusing on<br>developing skills on different colouring mediums &<br>drawings   | <b>Thursdays</b><br>4pm—5pm  | Fees apply        | <ul> <li>① Madhubani</li> <li>2 0404 694 754</li> <li>③ myochre.artroom@gmail.com</li> <li>www.facebook.com/myochreart/</li> </ul>              |
| Melbourne School of Indian Music<br>Learn the art of playing world's fastest rhythm<br>instrument "Tabla"   | <b>Tuesdays</b><br>6:15pm—8:00pm                                   | Fees apply        | <ul> <li>Day Dabgar</li> <li>0430 521 372</li> <li>□ jaydabgar@gmail.com</li> <li>Website: Jaydabgar.com</li> </ul>                             |
| <b>Tai Chi</b><br>An art embracing the mind, body & spirit. One of the<br>most effective exercises for health of mind and body.   | Mondays<br>9:30am—10:30pm<br>Bookings essential!                   | No cost           | <ul> <li>① Saltwater Community Centre</li> <li>① 8376 5501</li> <li><u>Saltwatercc@wyndham.vic.gov.au</u></li> </ul>                            |
| <b>Telling Stores</b><br>Do you have a story to tell, but no idea where to<br>start? In this workshop you'll learn how to apply<br>Universal Story Elements to your own writing.  | Mondays<br>7:00pm  | Fees apply        | ⊠ steventboltz@gmail.com  |
| Yoga By Jessie Narula<br>Participate in a yoga class that helps reset your busy<br>life & mind. Mindful yoga, incorporates gentle<br>movements to improve stability, mobility, combined<br>with mindfulness based techniques to quiet &<br>cultivate a deeper connection with yourself.   | Sundays<br>7:30am-8:30am   | Fees Apply        | <ul> <li><b>① Jessie Narula</b></li> <li><b>☎</b> 0492 967 913</li> <li><b>④</b> evolvewithjessie@gmail.com</li> </ul>                          |
| Youth Services Drop in<br>Are you aged 12-17 years of age? Come and join the<br>Youth Services team for Friday nights of fun activities   | Fridays<br>From 10 February<br>3:00pm—5:00pm                       | No cost           | 8734 1355     youthinwyndham@wyndham.vic.gov.au   |
| Zumba Fitness with Zin Monika<br>Class for adults to promote fun filled physical<br>activity. Physical activities help in improving health<br>& fitness. Zumba also considers other development<br>areas including respect, team work leadership etc.   | Sunday<br>10:00am—11:00am<br>First class free                      | Fees apply        | <ul> <li>① Monica</li> <li>① 0468 320 618</li> <li>⊠ monika.au@outlook.com</li> </ul>   |



NURTURE YOUR CREATIVITY & MAKE YOUR OWN POTTERY! Pottery Escape

When w/c February 6th

7 week class

Tuesday, Wednesday, Thursday

Come and express your

Community Centre and make up to 12 pieces for

potters wheel at Saltwater

your your home or as gifts!

Secure your wheel today!

Book online at

artistic talents on the

LAST 4 SPOTS AVAILABLE

#### Beginners Pottery Class

With only 8 students in the class, personal attention will be given to master the wheel throwing technique and pursue your own artistic creation. All skill levels are accommodated and welcome. This is an enjoyable and social class.

potteryescape.com or email nandita@potteryescape.com

#### Community, Cultural & Faith Groups

| Featherbrook Community Centre  | Day & Time  | Cost       | Information   |  |  |
|--|---|------------|---|--|--|
| Anglican Chinese Mission of the Epiphany<br>Service with praise , worship, sermons & blessings.<br>With a children's Sunday School available.  | <b>Sundays</b><br>4:30pm –7:00pm  | No cost    | <ol> <li>Richard Liu</li> <li>0422 345 071</li> <li>ww.ACME.org.au</li> </ol>   |  |  |
| Australia India Society of Wyndham<br>Social group that meets for festival celebrations and<br>activities including meditation, yoga and games.  | Mondays &<br>Fridays<br>11:00am—1:00pm                                    | Fees apply | <ul> <li>✔ Vadilal Patel</li> <li>☎ 0480 114 154</li> <li>☑ australiaindiasociety@gmail.com</li> </ul>                            |  |  |
| First Born Gospel Church Point Cook<br>Christian Workshop service with praise and worship.<br>Kids, Youth, and Adult Sunday School.  | Sundays<br>1:30pm—3:30pm  | No cost    | <ul> <li>Denwardson ☎ 0456 191 341</li> <li>✓ fbgcpe@iafb-australian.org</li> <li>♥ pointcook.iafb-australia.org</li> </ul>       |  |  |
| Garam Ministry<br>Non-denominational, Indonesian speaking Christian<br>Community endeavouring to show love of Christ in<br>Point Cook focussing on fellowship & unity.   | Sundays<br>10:00am—12:00am  | No cost    | <ul> <li>D Albert Gunawan Piter</li> <li>2 0420 731 973</li> <li>☑ info@garamministry.org</li> <li>③ garamministry.org</li> </ul> |  |  |
| Haami Inc<br>A Culturally diverse community group. Youth led<br>Committee. Youth programs for development of<br>skills, fundraising and family gatherings.   | 2nd and 3rd Sunday<br>of the Month<br>7:00pm—10:00pm                      | Fees apply | <ul> <li>Noor M Mohammed</li> <li>Haamiinc@gmail.com</li> </ul>   |  |  |
| Islamic Circle of Australia & New Zealand<br>Faith based volunteer organisation meeting monthly,<br>programs to suit all ages including activities for kids.   | <b>1st Saturday on the</b><br><b>Month</b><br>6:00pm-9:00pm               | No Cost    | <ul> <li> <b>①</b> Yasir Ishaq               <b>⊠</b> yasir.ishaq@icandawah.org      </li> </ul>                                  |  |  |
| Le Petrel Mauritian Seniors Club Inc<br>Seniors Gathering with Social Activities   | Wednesdays<br>12:30pm—4:30pm  | Fees apply | <ol> <li>Regis</li> <li>0421 464 874</li> </ol>   |  |  |
| Lions Club of Point Cook<br>Like minded people join our friendly team to assist<br>community groups & individuals in need, as well as<br>projects on making public areas more enjoyable.   | <b>Mondays (Monthly)</b><br>7:30pm-9:30pm                                 | Fees apply | <ul> <li>Image: Sam</li> <li>Image: O458 536 461</li> <li>Image: Pointcook.vic@lions.org.au</li> </ul>                            |  |  |
| Point Cook Chinese Friendship Group<br>Meet weekly to dance, sing, learn songs and learn<br>English.   | Mondays (Dance)<br>1:00pm—3:00pm<br>Thursdays (Singing)<br>11:30am—3:30pm | Fees apply | <ul> <li>● Lisa Zhong</li> <li>2 0421 991 696</li> <li>⊠ mimilisa5@126.com</li> </ul>   |  |  |
| Point Cook Indian Seniors Group<br>Recreation activities based on significant days of<br>celebrations throughout the year. Collaborating with<br>other groups focusing on health & wellbeing seniors<br>& occasional guest speakers. | <b>2nd Tuesdays of</b><br><b>Month</b><br>12:00pm-2:30pm                  | No cost    | <ul> <li>① Indira</li> <li>2 0402 458 648</li> <li>⊠ indiramohan37@gmail.com</li> </ul>   |  |  |
| Wyndham Active Youngs @ 55 Inc.<br>A seniors group that focuses on health and well-<br>being that welcomes all cultures and backgrounds.<br>Activities include Table Tennis, Yoga, Games & more.                                     | Mon 9:00am-10:30am<br>Tues 9:30am-2:30pm<br>Wed 9:30am-11:00am            | Fees apply | <ul> <li>① Jugal or Surendra</li> <li>2 0490 390 665 or 0474 733 925</li> <li>☑ jugal.chhabra@yahoo.com</li> </ul>                |  |  |



## We are Lions

We serve where we live. We are ready whenever or however our community needs us. Join us in making our community and the world a better place to live.

Join us at our next meeting Monday 20th February at Featherbrook Community Centre

Contact Sam: 0458 536 461 or email pointcook.vic@lions.org.au

#### 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.

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

wyndhamcity city cost. country Redefiner & OOO Welcoming COPEN Australia

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

> Non judgemental & safe space for men

| Jamieson Way Community Centre  | Day & Time   | Cost    | Information  |
|--|--|---------|--|
| Gospel Power Ministries<br>Faith based Pentecostal church sharing the gospel<br>locally, nationally & internationally. | Wednesday - Youth<br>Friday - Prayer<br>Sunday - Service | No cost | <ul> <li>① Matthew</li> <li>2 0429 959 726</li> <li>☑ kmatthewr3@gmail.com</li> </ul>              |
| <mark>Ghana Presbyterian Church</mark><br>Church Service   | <b>Sunday</b><br>7.30am –9.30am                          | No cost | <ul> <li>⑦ Andy</li> <li>☎ 0426 842 831</li> <li>☑ andybernard2004@gmail.com</li> </ul>            |
| The Church of Pentecost Melbourne<br>Church services and religious activities  | <b>Sunday</b><br>3.30pm—6.30pm                           | No cost | <ul> <li>① Eric</li> <li>2 0433 509 771/ 9303 9265</li> <li>☑ admin.vic@pentecostau.com</li> </ul> |
| Emmanuel Assembly of God<br>Church service   | Sunday<br>8.30am—11.30am                                 | No cost | <ul> <li>① Diana</li> <li>☑ diana_iakopo@yahoo.com</li> </ul>                                      |
| Point Cook Action Group<br>Local community group.  | <b>3rd Monday monthly</b><br>7:00pm—9:00pm               | No cost | <ul> <li>① Bob</li> <li>☎ 0409 252 872</li> </ul>  |

## Community, Cultural & Faith Groups

|   |   |                   | •  |
|---|---|-------------------|--|
| Point Cook Community Learning Centre  | Day & Time  | Cost              | Information  |
| Iraqi Cultural Group in Australia<br>Social & educational covering interesting topics, art<br>performance & general knowledge of a multicultural<br>Australian-Iraqi society for continuous improvement.  | <b>Sundays</b><br>(2nd of the month)<br>1:00pm—3:00pm                                       | Fees<br>apply     | <ul> <li>① Farial Jafar</li> <li>2 0422 798 587</li> <li>☑ farial.jafar@gmail.com</li> </ul>   |
| Light of Jesus<br>Feast Melbourne West is that place where you are<br>loved. Join us for Holy Mass, praise and worship and<br>an empowering talk on how to live better.   | Sundays<br>(4th of the month)<br>3:00pm—5:00pm  | No cost           | <ul> <li>☎ 0414 401 178</li> <li>☑ <u>feastmelbournewest@gmail.com</u></li> <li><sup>⑤</sup> <u>www.feast.ph</u></li> </ul>  |
| Local Spiritual Assembly of the Baha'is of Wyndham<br>Our program for kids, youth & adults focus on<br>strengthening ability to build more harmonious, just<br>& prosperous communities. Based on the teachings<br>of the Baha'i faith & open to all. | Saturdays<br>3:00pm—6:00pm  | No cost           | <ul> <li>① Shiva or Jenny</li> <li>2 0435 348 755 / 0430 568 735</li> <li>∞ wyndham@vic.bahai.org.au</li> <li>③ bahai.org.au</li> </ul>  |
| Melbourne Yangtze Choir<br>Chinese Community Choir that dance, drum & sing in<br>both English & Mandarin. Great way to learn English<br>& improve musical skills.   | Tuesdays<br>1:00—3:00pm<br>Wednesdays<br>12:00pm—2:30pm                                     | Fees<br>apply     | <ul> <li>● Mei</li> <li> <sup>6</sup> 0432 669 379         <u>yangtzechoir@gmail.com</u> </li> </ul>   |
| Melbourne West Korean Seniors Group<br>Meet weekly with other Korean seniors to build<br>community & connect with one another.  | <b>Tuesdays</b><br>10:00am—1:00pm   | Fees<br>apply     | <ul> <li>① Moonbae</li> <li>2 0425 796 784</li> <li>⊠ moonbae.kim@gmail.com</li> </ul>   |
| One Faith<br>Christian Church welcoming people from all cultures<br>& backgrounds for Jesus & his Gospel. Trilingual<br>service in English, Mandarin & Cantonese. Children<br>ministry provided for school aged kids.                                 | Wed 8:00pm-9:00pm<br>Fridays<br>8:00pm—10:00pm<br>1st ,3rd & 4th month<br>Sun 9:00am—1:00pm | No cost           | <ul> <li>① Ps. Simon Cheng / Liyuan Liu</li> <li>2 0422 770 616 / 0433 710 678</li> <li>○ info@onefaith.org.au</li> <li>③ onefaith.org.au</li> </ul>   |
| Point Cook Chinese Friendship Association<br>Calligraphy & painting program for members.  | <b>Mondays</b><br>9:00am—11:00am  | Fees<br>apply     | <ol> <li>① Lisa</li> <li>2 0449 896 178</li> <li>∞ mimilisa5@126.com</li> </ol>  |
| <b>Point Cook Royals</b><br>Various activities including yoga, singing, seniors get-<br>together, dancing, cultural festival celebrations,<br>poem reciting and educative seminars.   | Wednesdays<br>(1st & 3rd of month)<br>12:00pm—3:00pm  | Fees<br>apply     | <ul> <li>① Rajendra / Pankaj</li> <li>254</li> <li>254</li></ul> |
| Seventh Day Adventist<br>Intergenerational worship service, fundraising<br>concerts, free community dinners, educational<br>program on parenting, relationships, health, natural<br>remedies etc.   | Saturdays<br>3:30pm—5.30pm  | No Cost           | <ul> <li>① Danijela Trajkov</li> <li>☎ 0423 371 841</li> <li>☑ danijelatrajkov@adventist.org.au</li> </ul>   |
| Sewa International<br>Indian wellness seniors group aimed at encouraging<br>independence through yoga & social interaction.   | Sundays<br>(1st & 3rd of month)<br>1:00pm—4:00pm  | No cost           | <ul> <li>⑦ Prem/ Deepak</li> <li>☎ 0430 740 023/ 0413179414</li> <li>☑ prem@live.com.au</li> <li>☑ deepakks@sewaaustralia.org</li> </ul>   |
| South Sudanese Social Group<br>The South Sudanese Social Group is aimed at getting<br>community members to meet and socialise but also<br>talk about issues that are impacting the community.   | Saturdays<br>1:00pm—3:00pm  | No cost           | <ul> <li>⑦ Aweeng Deng</li> <li>☎ 0403 523 428</li> <li>☑ aweeng.deng@wyndhamcec.org.au</li> </ul>   |
| United Muslims Residents Association<br>Muslim based faith group that meet weekly for their<br>Friday prayers.  | Fridays<br>2:00pm—3:30pm<br>Bookings required   | No cost           | <ul> <li>① Mohammad</li> <li>☎ 0403 566 165</li> <li>☑ <u>info@umra.org.au</u></li> </ul>  |
| Wyndham Chinese Cultural Promotion Group<br>Helps migrant seniors settle & connect with others.<br>Activities include art, craft, calligraphy, music, Tai Chi   | <b>Mondays</b><br>9:30am—2:30pm   | \$20 per<br>annum | ① Carrie Lu ☑ wccpipointcook@gmail.com   |

#### Community, Cultural & Faith Groups

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

#### Do you have a story to tell, but don't know where to start?



Maybe you've started, but don't know where to go from there. Or maybe you've finished altogether and it's just... not great.

In this workshop, you'll not only learn what makes a story work (or not), but also WHY it works (or doesn't) so you can apply these Universal Story Elements to your own writing.

Steven T. Boltz is a playwright, script consultant, and story analyst, and has been teaching creative writing to groups of all ages since 2006.

> 30 Jan / free intro 6 Feb - 6 March / \$30 per session \$100 for the full course 7:00pm SWCC

#### Supports & Services

|  | ports a ser  |                        |   |
|--|--|------------------------|---|
| Featherbrook Community Centre  | Day & Time   | Cost                   | Information   |
| Justice of the Peace<br>Document Signing Station by appointment only   | Mondays & Tuesdays<br>Pre-Booked Appts               | No Cost                | <ol> <li>Dr Shardul Arora</li> <li>0434 680 022</li> </ol>  |
| Jamieson Way Community Centre  | Day & Time   | Cost                   | Information   |
| Justice of the Peace<br>Document signing station   | Thursdays<br>10:00am—12:45pm                         | No cost<br>No bookings | For more information visit:<br><u>https://www.justice.vic.gov.au/</u>   |
| JWCC Food Relief Program<br>Referrals welcome  | <b>Tuesday</b><br>Contact for collection<br>details  | No cost                | <ul> <li>① Jamieson Way Community Centre</li> <li>29395 3777</li> <li>☑ admin@jamiesonwaycc.org.au</li> </ul>   |
| Point Cook Community Learning Centre   | Day & Time   | Cost                   | Information   |
| Brotherhood of St Laurence—Jobs Victoria<br>Our experienced Employment Mentors will support<br>you with resume development, job application,<br>interview skills, training opportunities, professional<br>clothing and connecting with employers.      | Mondays & Fridays<br>9:00am—5:00pm                   | No Cost                | <ul> <li>BSL Melton</li> <li>0429 220 634</li> <li>JVESMelton@bsl.org.au</li> <li><u>Www.bsl.org.au/services/getting-a-job/jobs-victoria</u></li> </ul> |
| Justice of the Peace<br>Document signing station in the library.   | Wednesdays<br>6:00pm—7:45pm                          | No Appt<br>required    | <ol> <li>Point Cook Library</li> <li>8734 8999</li> </ol>   |
| WCEC—Community Employment Connectors<br>Supports jobseekers aged between 16 & 65 from<br>culturally & linguistically diverse communities<br>seeking employment, education or training. We can<br>also link you to local education & training programs. | Wednesdays<br>10:30am—5:00pm<br>Point Cook CLC foyer | No Cost                | Contact: Tee<br>☎0481 529 767<br>⊠ projects@wyndamcec.org.au  |
| Wyndham Jobs Advocate<br>We support people who are looking for work by<br>connecting them to information, advice and the right<br>services.  | Wednesdays<br>9:00am—1:00pm                          | No Cost                | Contact: Kubra<br>(i) Jobs Victoria Advocate Administration<br>(ii) 9394 6877<br>(jobsvictoriaadvocate@wyndham.vic.gov.au)                              |
| Saltwater Community Centre   | Day & Time   | Cost                   | Information   |
| At Work Australia<br>Working with people living with a disability. Working<br>on goals, aspirations, build skills and job-readiness<br>through to employment.  | <b>Mondays &amp;</b><br>Wednesdays<br>9:00am—5:00pm  | Fees apply             | <ul> <li>€ Emine Jeffrey</li> <li>☎ 0438 816 448</li> <li>☑ ejeffery@atworkaustralia.com.au</li> <li>§ https://www.atworkaustralia.com.au</li> </ul>    |
| Wyndham Young Stroke Network<br>Share Support Encourage—Informal social meet-up<br>for survivors and carers aged 55 and younger.   | Last Tuesday of the<br>month<br>11am-1pm             | No Cost                | <ul> <li>(D) Bob</li> <li>☎ 8376 5501</li> <li>⊠ saltwatercc@wyndham.vic.gov.au</li> </ul>  |
| Men's Peer Support Group in West Melbourne<br>Area Non Judgemental and safe space for men.<br>Who can attend: Any man especially from migrant<br>and refugee background  | 1st Saturday monthly<br>3:00pm—5:00pm                | No Cost                | <ul> <li>Prince Kennett</li> <li>0415 259 594</li> <li>info@redefinecounselling.com.au</li> </ul>   |

#### **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 informatio n www.wyndham.vic.gov.au/ youthandfamilycounsellingsupport





#### 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/

<u>Food Pantries – The Pataka Movement</u> 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: <u>https://www.facebook.com/ThePatakaMovement/</u> Facebook group: <u>https://www.facebook.com/</u> groups/265569064467832

Hoppers Crossing Equip Church

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

#### 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**: <u>admin@jamiesonwaycc.org.au</u>

<u>Point Cook Food Bank</u> - 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/

<u>Salvation Army</u> Community Support and Emergency relief Day/Time: Monday to Thursday from 9:30am- 2pm Address: 209 Watton St Werribee Phone: 9731 1344

<u>SUDD Foundation</u> Working predominately with South Sudanese community, offering food relief and other supports. **Phone**: 9021 2029 **Email**: info@sudd.org.au

<u>Tarneit Foodbank</u> 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: <u>https://www.facebook.com./TarneitFoodBank/</u>

<u>Uniting Wyndham</u> 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 Thursday 9.30am to 12.00pm, call beforehand.

Address: 55/57 Kookaburra Avenue, Werribee Phone: 03 9742 7298 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

#### **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



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 <u>communityconnector@wyndham.vic.gov.au</u> Interpreter Services can be organised on request.