

# THE BUZZ

## NEWSLETTER



Community Centres of Point Cook

Term 4, 2024

Victorian  
Seniors  
Festival  
2024

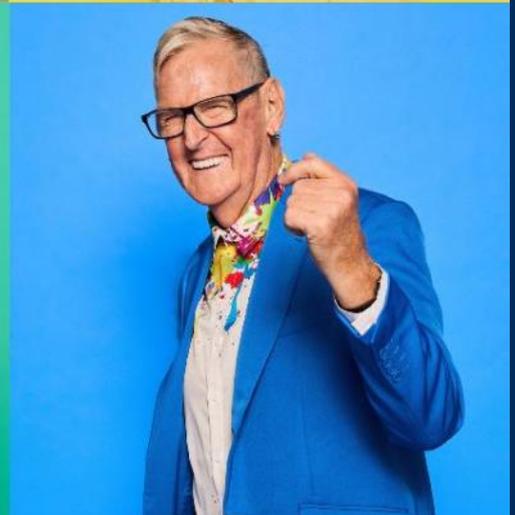
1-31 October



Scan me to explore  
what's on in  
Victoria



EXPLORE.  
ENGAGE.  
EVOLVE.



Featherbrook Community Centre	33-35 Windorah Drive, Point Cook	8353 4000
Jamieson Way Community Centre	59 Jamieson Way, Point Cook	9395 3777
Point Cook Community Learning Centre	1-21 Cheetham Street, Point Cook	8734 0205
Saltwater Community Centre	153 Saltwater Promenade, Point Cook	8376 5500

# Victorian Seniors Festival 2024

## PROGRAMS ACROSS POINT COOK

# EXPLORE. ENGAGE. EVOLVE.

**Cultural Seniors Trio  
Festival Series  
by Raman Art**  
@ Featherbrook

**Canvas Painting**  
Monday 10:30am-1pm  
7 October  
@ Featherbrook

**Tai Chi workshop**  
Tuesday 9:30-10:30am  
8 October  
@ Saltwater

**Mandala Art**  
Tuesday 10:30am-1pm  
8 October  
@ Featherbrook

**Beginners Computer**  
Wednesdays 1pm-2.30pm  
9, 16, 23, & 30 October  
@ PointCook

**Kokedama Workshop**  
Tuesday 11:30am-12:30pm  
15 October  
@ Saltwater

**Craft Group**  
Thursdays 10am  
11, 18 & 25 October  
@ PointCook

**Contact the centre**  
for programs  
@Jamieswon Way

**Ceramic Painting**  
Friday 10:30am-1pm  
11 October  
@ Featherbrook

**Exhibition**  
Friday 11 October  
1pm-3pm  
@ Featherbrook

**Scam me to  
explore what's  
on in Wyndham**

**Social Seniors Group**  
Fridays 12.15pm-2.15pm  
11, 18 & 25 October  
@ PointCook

**IPC Health Check**  
Wednesday 10:30-11:30am  
30 October  
@ PointCook



**Line Dancing with Miriam**  
Wednesday 11.30am-1:30pm  
30 October  
@ PointCook

# YOUR COUNCIL CLOSE TO HOME

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

## Council payments

- Kinder enquiries
- Pet registrations
- Rate enquiries
- Rate payments
- Waste Enquires



9am—5pm Monday to Friday  
at the Point Cook Community Learning Centre  
1-21 Cheetham Street Point Cook  
pointcookclc@wyndhamvic.gov.au  
8734 0205



## 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.

Various Locations & times	Contact Information	
<p><b>Immunisations</b> The Wyndham City Immunisation Unit provides free public vaccinations against a range of childhood and adult diseases.</p>	<p>Contact: Wyndham Immunisation Team ☎ 9742 0736 🌐 <a href="https://www.wyndham.vic.gov.au/select/Children's%20Services%20&gt;%20Immunisations">wyndham.vic.gov.au select Children's Services &gt; Immunisations</a></p>	<p><b>For further information scan to be directed to Children's Services Website</b></p> 
<p><b>Maternal &amp; Child Health Appointments</b> Professional nursing support &amp; advice for parents with children from birth to school age.</p>		
<p><b>First Time Parents Group</b> Meet friendly local families to talk about your kids &amp; have fun! Share experiences, find advice, give support &amp; make new friends.</p>	<p>Contact: Child and Family Resource Team ☎ 1300 370 567 🌐 <a href="https://www.wyndham.vic.gov.au/services/childrensservices">https://www.wyndham.vic.gov.au/services/childrensservices</a></p>	
<p><b>Supported Playgroup—Ages 0-5</b> A playgroup that aims to meet the needs of vulnerable families in our community.</p>		
<p><b>Wyndham City Council - Kindergarten</b> 3 &amp; 4 Year Old Kindergarten Services. Enrol your child online.</p>		

# Early Years Services



## SLEEP AND SETTLING

Wyndham City Council offer sleep and settling information sessions aimed at supporting families experiencing sleep challenges. Sessions are run for the following age groups:

- 0-3 months
- 3-6 months
- 6-12 months
- 1-2 years
- 2-3 years
- 3-5 years

Each information session will run face to face for one hour, facilitated by Child and Family Resource Officers within the Maternal and Child Health Team. For more information email [sleepsettling@wyndham.vic.gov.au](mailto:sleepsettling@wyndham.vic.gov.au) or scan the QR code



Featherbrook Community Centre	Day & Time	Cost	Information
<b>Little Kookies Playgroup</b> Children learn through play, imagination, creativity & develop social skills. A friendly environment where parents meet new friends too. Suitable 5yrs & under.	<b>Thursday</b> 9:00am—11:00am	Fees apply	ⓘ Monica ✉ <a href="mailto:littlekookiesfeatherbrook@gmail.com">littlekookiesfeatherbrook@gmail.com</a>
<b>Mini Movers—Leisure Networks</b> Mini Movers is a free 30 minute physical well-being program that gives 3-7 year olds the opportunity to try new sports, make friends & grow their confidence.	<b>Fridays</b> 9:30am—10:30am 6 week program Starting 8 November	No Cost (bookings essential)	ⓘ Tori ☎ 03 5224 9972 ✉ <a href="mailto:tori.honner@leisurenetworks.org">tori.honner@leisurenetworks.org</a>
<b>Tiny Tutus</b> Educational pre-school ballet classes promoting fitness and creativity from a young age with the right balance of fun and learning.	<b>Thursday</b> 9:00am—11:30am	Fees apply	ⓘ Tiny Tutus ☎ 1300 245 060 ✉ <a href="mailto:hello@tinytutus.com.au">hello@tinytutus.com.au</a> 🌐 <a href="http://tinytutus.com.au">tinytutus.com.au</a>
<b>Hispanitos Playgroup</b> This Spanish playgroup features songs and rhymes for babies and kids, reading Spanish books, and free playtime. It's also a great opportunity for adults to socialize in Spanish!	<b>Monday</b> 1.30pm—3:30pm	Fees apply	ⓘ Monica Guarin ✉ <a href="mailto:monicamaria0316@gmail.com">monicamaria0316@gmail.com</a> ✉ <a href="mailto:mayaortiz1987@gmail.com">mayaortiz1987@gmail.com</a>
Point Cook Community Learning Centre	Day & Time	Cost	Information
<b>Bilingual Story Time – Chinese &amp; English</b> <b>Children of all ages</b> Join us for 45 minutes of stories, songs and rhymes, and craft in Chinese and English. Meet bilingual families, learn words in another language and help your child develop important language skills.	<b>Fridays</b> (2nd of the month) 10:00am	No Cost	ⓘ Point Cook Library ☎ 8734 8999  <b>For session dates and times please visit:</b> <a href="http://www.wyndham.vic.gov.au/services/libraries/early-years/early-years-events-and-activities">www.wyndham.vic.gov.au/services/libraries/early-years/early-years-events-and-activities</a>  <b>Programs during school term only</b>
<b>Baby Time Ages 0–12 months</b> Sing, move and bond with your baby as we share some of our favourite songs and reading tips.	<b>Thursdays</b> 2:00pm <b>Fridays</b> 11:30am		
<b>Rhyme Time Ages 1–5 years</b> These 30-minute sessions include stories, songs and rhymes designed to develop early language, literacy and numeracy skills.	<b>Tuesdays &amp; Wednesdays</b> 9:30am <b>Saturdays</b> 10:15am		
<b>Story Time Ages 3+</b> These 45-minute sessions include stories, songs and rhymes, and a simple craft activity designed to develop early language, literacy and numeracy skills.	<b>Tuesdays</b> 11:00am <b>Fridays</b> 10:00am (1st, 3rd, 4th of mth)		

# Early Years Programs & Activities

Point Cook Community Learning Centre	Day & Time	Cost	Information
<p><b>Little Buddies Toy Library</b></p> <p>Wide range of toys suitable for 0-5 year olds including ride-ons, educational toys, puzzles, games, imaginative play sets, baby toys &amp; more.</p>	<p><b>Tuesday &amp; Fridays</b> 10:00am—1:00pm</p> <p><b>Saturdays</b> 9:30am—1:30pm</p>	Fees apply	<p>☎ 0492 980 692</p> <p>✉ <a href="mailto:admin@littlebuddiestoylibrary.com.au">admin@littlebuddiestoylibrary.com.au</a></p> <p>🌐 <a href="http://littlebuddiestoylibrary.com.au">littlebuddiestoylibrary.com.au</a></p>
<p><b>Munchkins &amp; Rascals Playgroup</b></p> <p>A fun, welcoming, inclusive environment using sensory play, music, art &amp; age appropriate learning for families from all backgrounds to participate in. We currently have families with children under 6mth</p>	<p><b>Mondays</b> 12:30pm—2:30pm</p>	Fees apply	<p>📞 Xanthe or Caitlin</p> <p>✉ <a href="mailto:munchkin.playgroup@gmail.com">munchkin.playgroup@gmail.com</a></p>
<p><b>Point Cook Chinese Playgroup</b></p> <p>Friendly playgroup engaging kids under 5 in music, storytelling, games &amp; craft activities in Chinese (Mandarin). Meet other families. Enjoy indoor &amp; outdoor play. Introduce Chinese to children in a 100% immersion environment.</p>	<p><b>Mondays</b> 9:30am—11:30am (during school term)</p>	Fees apply	<p>📞 Brittany Chen</p> <p>✉ <a href="mailto:Brittany.chen1023@gmail.com">Brittany.chen1023@gmail.com</a></p>
<p><b>Point Cook Little Friends Playgroup</b></p> <p>A play based playgroup for 0-5 year olds. Activities include story time, music, dance, craft &amp; outdoor play. Can bring your own lunch. Relaxed &amp; social time for parents &amp; children.</p>	<p><b>Tuesdays</b> 9:30am—11:30am (during school term)</p>	\$50 per family per term	✉ <a href="mailto:slplaygroup@hotmail.com">slplaygroup@hotmail.com</a>
<p><b>Safer Spaces Disability Playgroup</b></p> <p>Community playgroup for children with different abilities and their carers. Some free play and structures activities such as crafts and songs.</p>	<p><b>Fridays</b> (fortnightly) 9:30am—11am</p>	Fees apply	<p>📞 Josh</p> <p>☎ 0434 648 404</p> <p>🌐 <a href="http://www.safer-spaces.com.au/collections/community">www.safer-spaces.com.au/collections/community</a></p>
<p><b>South Sudanese Junubi Playgroup</b></p> <p>This playgroup brings South Sudanese families with children between the age of 0-5 years together in a welcoming &amp; safe environment where they can meet other South Sudanese families, share advice &amp; relax while kids play.</p>	<p><b>Fridays</b> 11:30am—2:00pm (during school term)</p>	No Cost	<p>📞 Nyadit or Poly</p> <p>☎ 0434 178 753</p> <p>✉ <a href="mailto:poly.kiyaga@wyndhamcec.org.au">poly.kiyaga@wyndhamcec.org.au</a></p>
<p><b>VACCA Koorie Kids Playgroup</b></p> <p>A great place for children &amp; their Mums, Dads &amp; carers to gather with other Koorie families, make new friends, hear stories, participate on cultural arts &amp; crafts, express creativity &amp; learn about culture.</p>	<p><b>Tuesdays</b> 12:00pm—2:00pm</p>	No Cost	<p>📞 Tayla</p> <p>☎ 03 8746 2776</p> <p>✉ <a href="mailto:taylas@vacca.org">taylas@vacca.org</a></p> <p>🌐 <a href="http://www.vacca.org">www.vacca.org</a></p>
Saltwater Community Centre	Day & Time	Cost	Information
<p><b>Adventure Seekers Playgroup</b></p> <p>Dive into a world of sensory play, open-minded experiences and imaginative exploration. It's all about friendship-where children form bonds and parents build connections too! A playgroup where magic, joy and community come together.</p>	<p><b>Fridays</b> 9:00am—11:00pm</p>	Fees apply	<p>📞 Arta &amp; Cassidy</p> <p>✉ <a href="mailto:adventureseekersplaygroup@gmail.com">adventureseekersplaygroup@gmail.com</a></p> <p>📷 <a href="https://www.instagram.com/adventureseekersplaygroup">@adventureseekersplaygroup</a></p>
<p><b>Saltwater Chinese Playgroup</b></p> <p>For mums, dads, grandparents &amp; carers with kids 0-5years. Come enjoy rhyme &amp; story time and craft activities.</p>	<p><b>Wednesdays</b> 9:30am—11:30pm</p>	Fees apply	<p>📞 Sumei / Meredith</p> <p>✉ <a href="mailto:swchineseplaygroup@gmail.com">swchineseplaygroup@gmail.com</a></p>

# Early Years Programs & Activities

Saltwater Community Centre	Day & Time	Cost	Information
<p><b>Rhyme Time and Pop-Up Library</b> Join us for Rhyme Time and a special Pop-Up Library every week. Our 30-minute Rhyme Time sessions include stories, songs and rhymes designed to develop early language, literacy and numeracy skills.</p> <p><b>LEGO Club Age 5+</b> Drop in after school and show off your LEGO skills. Hang out with other kids who enjoy LEGO.</p> <p><b>Bookshelf at Saltwater Community Centre</b> Wyndham Library members can now borrow from collection at Saltwater Community Centre.</p>	<p>Refer to website for current timetable <b>Tuesdays</b> 1:45pm—2:45pm</p> <p><b>Tuesdays</b> 2:45pm—3:45pm</p> <p><b>Monday to Friday</b> 9am –5pm</p>	No Cost	<p>📍 Saltwater Community Centre 📍 Wyndham City Libraries ☎ 8734 8999 🌐 For session dates and times visit: <a href="https://www.wyndham.vic.gov.au/pop-up-library">https://www.wyndham.vic.gov.au/pop-up-library</a></p> <p><b>Programs during school term only</b></p>
<p><b>Tiny Tutus Preschool Ballet</b> Educational pre-school ballet classes promoting fitness and creativity from a young age with the right balance of fun and learning.</p>	<p><b>Fridays</b> 9:00am—12:00pm</p>	Fees apply	<p>☎ 1300 245 060 ✉ <a href="mailto:hello@tinytutus.com.au">hello@tinytutus.com.au</a> 🌐 <a href="http://www.tinytutus.com.au">www.tinytutus.com.au</a> Yearly registration fee includes your tutu</p>
<p><b>VICSEG Korean Playgroup</b> This playgroup offers families of Korean Culture the opportunity to promote their children’s skills through cooperative play, encourage to share play, develop cognitive, social, emotional and physical skills, prepare for kinder. Provide health information, parenting, early learning and healthy eating. Share information and experiences and discuss issues of interest in a friendly environment.</p>	<p><b>Mondays</b> 9:30am—11:30pm</p>	Free	<p>📍 Karen Diacono ✉ <a href="mailto:kdiacono@vicsegnewfutures.org.au">kdiacono@vicsegnewfutures.org.au</a> 🌐 <a href="https://viscegenewfutures.org.au/">https://viscegenewfutures.org.au/</a></p>

## Education & Training Kids & Adults

Featherbrook Community Centre	Day & Time	Cost	Information
<p><b>Abacus 4 Kids</b> Fun and innovative ways for kids to learn speedy mental arithmetic skills using abacus (soroban). <b>Free trial class available.</b></p>	<p><b>Mondays to Saturdays</b> Various times Call for details</p>	Fees apply	<p>📍 Jaslyn ☎ 0406 946 069 ✉ <a href="mailto:abacus4kids@gmail.com">abacus4kids@gmail.com</a> 🌐 <a href="http://abacus4kids.com.au">abacus4kids.com.au</a></p>
<p><b>AL Madina Islamic Foundation</b> Join our vibrant Arabic/Urdu language classes. Learn through engaging activities, creative expression and community engagement..</p>	<p><b>Wednesdays</b> 4.30pm—5.30pm</p>	Donations	<p>📍 Wajid ☎ 0430 876 786 ✉ <a href="mailto:kkart.classes@gmail.com">kkart.classes@gmail.com</a></p>
<p><b>KK Art</b> Art, drawing &amp; Craft lessons for kids <b>4-8</b>. Classes are designed to be the one stop shop to develop your drawing, painting, colouring &amp; craft making abilities.</p>	<p><b>Wednesdays</b> 5:00pm—6:00pm</p>	Fees apply	<p>📍 Edmund ☎ 0432 513 344 ✉ <a href="mailto:kkart.classes@gmail.com">kkart.classes@gmail.com</a></p>
<p><b>Spoken English Classes—Adult</b> Learn to speak spoken English with Nina, Nawaz or Radha. A volunteer led Hubs program. Spaces limited.</p>	<p><b>Mondays &amp; Tuesdays</b> 9:00am—10.25am 10.35am—12.00pm</p>	No Cost	<p>📍 Featherbrook Team ☎ 8353 4000 ✉ <a href="mailto:featherbrookcc@wyndham.vic.gov.au">featherbrookcc@wyndham.vic.gov.au</a></p>
<p><b>WCEC English Conversation Classes—Adult</b> New to English classes in partnership with Wyndham Community &amp; Education Centre.</p>	<p><b>Thursdays:</b> 9:30am—11:30am</p>	Fees apply	<p>📍 Wyndham Community &amp; Education Centre ☎ 9742 4013 🌐 <a href="http://wyndhamcec.org.au/wpmain/">wyndhamcec.org.au/wpmain/</a></p>
<p><b>Wyndham Chess Club</b> Chess lessons and chess club for children aged 6 and over. All levels welcome from beginners to advanced.</p>	<p><b>Fridays</b> 5:00pm —8:00pm</p>	Fees apply	<p>📍 Phil Minichelli ☎ 0478 604 601 ✉ <a href="mailto:phil@wyndhamchess.club">phil@wyndhamchess.club</a> 🌐 <a href="http://www.wyndhamchess.club">www.wyndhamchess.club</a></p>

# Education & Training Kids & Adults

Jamieson Way Community Centre	Day & Time	Cost	Information
<p><b>Intermediate French! All welcome</b> Enjoy a cuppa and meet new friends while you discover and learn the French language! All welcome</p>	<p><b>Tuesdays</b> 1:00pm—2:30pm</p>	No Cost	<p>📍 Jamieson Way Community Centre ☎ 9395 3777 ✉ <a href="mailto:admin@jamiesonwaycc.org.au">admin@jamiesonwaycc.org.au</a></p>
Point Cook Community Learning Centre	Day & Time	Cost	Information
<p><b>Abacus Training Centre by Sempoa SIP</b> Enhance children's cognitive skills with ABACUS-based brain training. Acquire mental arithmetic skills in an enjoyable &amp; structured setting, with a tailored curriculum designed to accommodate children of varying skill levels. Free trial class available.</p>	<p><b>Mondays &amp; Wednesdays</b> 4:30pm—6:30pm <b>Fridays</b> 4:00pm—6:00pm <b>Saturdays</b> 9:00am—11:00am</p>	Fees apply	<p>📍 Hany ☎ 0431 830 359 ✉ <a href="mailto:info@semposip.com.au">info@semposip.com.au</a> 🌐 <a href="http://semposip.com.au">semposip.com.au</a></p>
<p><b>AMEP: English Classes</b> Free English classes for refugees and other eligible migrants.</p>	<p><b>Monday &amp; Fridays</b> 9:00am—2:30pm <b>Thursdays</b> 9:00am—3:30pm</p>	No Cost	<p>📍 Wyndham Community &amp; Education Centre ☎ 9742 4013 &amp; press 1</p>
<p><b>AMES Australia: Chinese Bilingual English Classes</b> Class is designed to provide English Language tuition for clients with very low speaking &amp; listening skills, who would benefit from having a teacher with bilingual English &amp; Chinese language skills.</p>	<p><b>Thursdays</b> 9:00am—2:30pm</p>	Fees apply	<p>📍 Nidhi Sharma ☎ 0402 262 237 ✉ <a href="mailto:nidhis@ames.net.au">nidhis@ames.net.au</a></p>
<p><b>Brainworks</b> Helps to develop students potential aspiring to reach various goals, improve their understanding of the school curriculum, prepare for competitive scholarship &amp; selective school exams.</p>	<p><b>Wednesdays &amp; Thursdays</b> 5:15pm—7:15pm</p>	Fees apply	<p>📍 Adnan ☎ 0433 195 110 or 0401 421 115 ✉ <a href="mailto:pointcook@brainworks.com.au">pointcook@brainworks.com.au</a> 🌐 <a href="http://brainworks.com.au">brainworks.com.au</a></p>
<p><b>Computer Class—Beginners</b> An interactive 4-week program for beginners to learn all about computers. Whether you're a complete novice or just want to brush up on your skills, this in-person event is perfect for you!</p>	<p><b>Wednesdays</b> 1:00pm—2:30pm (4 weeks starting 9 October)</p>	No Cost  <b>Bookings required.</b>	<p>📍 Point Cook Library ☎ 8734 8999 🌐 <b>For bookings visit:</b> <a href="http://www.wyndham.vic.gov.au/services/libraries/adults/library-it-programs">www.wyndham.vic.gov.au/services/libraries/adults/library-it-programs</a></p>
<p><b>Computer Class—Introduction to Microsoft Word Ages 18+</b> Learn how to create documents comprising text &amp; images using Microsoft Word in a one-off program aimed at people with basic knowledge of computers.</p>	<p><b>Wednesday 13 November</b> 1:00pm—2:30pm</p>	No Cost	<p>📍 Point Cook Library ☎ 8734 8999 🌐 <b>For bookings visit:</b> <a href="http://www.wyndham.vic.gov.au/services/libraries/adults/library-it-programs">www.wyndham.vic.gov.au/services/libraries/adults/library-it-programs</a></p> <p><b>Bookings required</b></p>
<p><b>Computer Class—Introduction to Microsoft Excel Ages 18+</b> Learn how to create a basic spreadsheet, change the format and use some basic formulas.</p>	<p><b>Wednesday 20 November</b> 1:00pm—2:30pm</p>	No Cost	
<p><b>Conversational English for migrants</b> Practise your English skills, meet new people, and learn from others.</p>	<p><b>Fridays</b> 9:00am—11:00am</p>	No Cost	<p>📍 Point Cook CLC ☎ 8734 0205 ✉ <a href="mailto:pointcookclc@wyndham.vic.gov.au">pointcookclc@wyndham.vic.gov.au</a></p>
<p><b>English for Chinese speakers</b> Practise your English skills, meet new people, and learn from others.</p>	<p><b>Wednesdays</b> 9.00am—11:00am (not 3rd Wednesday of the month)</p>	No Cost	
<p><b>English Conversation Ages 18+</b> Practise your English skills, meet new people, &amp; learn from others. A great way for you to connect with the community &amp; maybe even make new friends.</p>	<p><b>Mondays</b> 11:00am—12:00pm</p>	No Cost	<p>📍 Point Cook Library ☎ 8734 8999 🌐 <a href="http://www.wyndham.vic.gov.au/adult-events-and-activities">www.wyndham.vic.gov.au/adult-events-and-activities</a></p>

# Education & Training Kids & Adults

Point Cook Community Learning Centre	Day & Time	Cost	Information
<p><b>Skills for Work</b> Designed for people who are in the process of looking for work. The course will assist in writing or updating a CV/Resume and how to prepare and use a cover letter. The participant will go online and learn how to search and apply for jobs, and develop and practice interview skills to gain confidence and help them perform well in a job interview.</p>	<p><b>Tuesdays</b> 9:00am—12:00pm</p>		
<p><b>Computer Skills — Advanced</b> Designed for people who have basic computer skills or as a follow on for students who have completed the 'First Steps' course. The course provides an introduction to Excel. Word and PowerPoint.</p>	<p><b>Tuesdays</b> 12:30pm—3:30pm</p>	<p>\$30 (citizens/ permanent residents)</p>	<p>① Wyndham Community &amp; Education Centre ☎ 9742 4013 🌐 <a href="https://wyndhamcec.org.au/course-list-pre-accredited/">https://wyndhamcec.org.au/course-list-pre-accredited/</a></p> <p><b>all courses are 3 hours 10 weeks</b></p>
<p><b>Introduction to MYOB</b> This is a practical hands-on course designed to teach students about the computerised accounting package MYOB. Includes payroll and BAS.</p>	<p><b>Saturdays</b> 9:00am—12:00pm</p>		
<p><b>Computer Skills — Next Steps</b> For people with basic computer skills or as a follow on for students who have completed the "First Steps" course. Includes MS Word, Excel, Powerpoint.</p>	<p><b>Saturdays</b> 12:30pm—3:30pm</p>		
<p><b>Gunsmart—Firearm Safety Course</b> Safety &amp; information course from Victoria Police. Feel safe around firearms or complete the course certificate to apply for a category A/B firearms licence. Juniors 12-18 years welcome when accompanied by an adult. Course &amp; short exam.</p>	<p><b>Tuesdays (fortnightly)</b> 7:15pm—9:00pm</p>	<p>\$88 Adults</p>	<p>① Gunsmart ☎ 1300 920 900 ✉ instructor@gunsmart.com.au 🌐 www.gunsmart.com.au</p>
<p><b>IT Help One on One</b> Free digital training is available. Book a One on One IT help session, and our friendly staff will help you.</p> <p><b>Bookings required.</b></p>	<p><b>Wednesdays</b> 10am—10:30am <b>Thursdays</b> 2pm—3pm <b>Online Weekdays</b> 10:00am—11:00am</p>	<p>No Cost</p>	<p>① Point Cook Library ☎ 8734 8999 🌐 <a href="http://www.wyndham.vic.gov.au/services/libraries/adults/library-it-programs">www.wyndham.vic.gov.au/services/libraries/adults/library-it-programs</a></p>
<p><b>Point Cook Homework Club</b> This new free program facilitated volunteer Dr. Ritu Taneja. A highly experienced tutor and co-funder of RD Education Leaders in Point Cook. It will focus on students in high &amp; senior secondary schools, specializing in mathematics &amp; science studies. Come with your books and study topics of conversation.</p>	<p><b>Tuesdays</b> 4:30pm—5:30pm</p> <p>Bookings essential</p>	<p>No Cost</p>	<p>① Dr. Ritu Taneja ☎ 0427 202 253 ✉ ritutaneja.aa@gmail.com</p> <p>or</p> <p>① Point Cook CLC ☎ 8734 0205 ✉ pointcookclc@wyndham.vic.gov.au</p> 
<p><b>Sewing Classes—So &amp; Sew — Beginners Introduction to the Textile Industry</b> This course is perfect for those who want to learn how to sew with different fabrics, follow simple patterns and make items on a basic sewing machine.</p>	<p><b>Thursdays</b> 6:00pm—9:00pm</p>		
<p><b>Sewing Classes—Next Stitch — Intermediate</b> An intermediate level sewing course which assumes basic knowledge of using machines. Will cover introduction to overlockers, working with different fabrics and using patterns to make a simple garment.</p>	<p><b>Tuesdays</b> 9:00am—12:00pm <b>Wednesdays</b> 6:00pm—9:00pm</p>	<p>\$40 (citizens/ permanent residents)</p>	<p><b>all courses are 3 hours 10 weeks</b></p> <p>① Wyndham Community &amp; Education Centre ☎ 9742 4013 🌐 <a href="https://wyndhamcec.org.au/course-list-pre-accredited/">https://wyndhamcec.org.au/course-list-pre-accredited/</a></p>
<p><b>Sewing Classes—All Sewn Up — Advanced</b> Advanced level course which follows on from the "Next Stitch" course. This course includes sewing with stretch fabric and making a more complex article or garment.</p>	<p><b>Tuesdays</b> 12:30pm—3:30pm</p>		

## Education & Training Kids & Adults

Point Cook Community Learning Centre	Day & Time	Cost	Information
<b>Rocket Academy STEM Workshop</b> Curriculum aligned STEM workshop featuring LEGO robotics & block coding. Expert instructors lead hands on, play based activities that enhance critical thinking, creativity & problem solving skills.	<b>Saturdays</b> 11:00am—Grades 3/4 12:30pm—Grades 1/2	Fees apply	ⓘ Carmen ☎ 0415 897 393 ✉ hello@rocketacademy.com.au 🌐 rocketacademy.com.au
<b>Telugu Association of Australia Inc</b> Teaching Telugu language to protect culture & diversity among our children while integrating with the multicultural society of Wyndham.	<b>Saturdays</b> Fortnightly 3:30pm—6:00pm	Fees apply	ⓘ Satya ☎ 0422 211 036 ✉ matamps@cba.com.au 🌐 taai.net.au
<b>Writing Group Ages 18+</b> Free writing group 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.	<b>Tuesdays</b> (4th of the month) 1:30pm—2:30pm	No Cost	ⓘ Point Cook Library ☎ 8734 8999 🌐 <b>For session dates and times visit:</b> <a href="http://www.wyndham.vic.gov.au/adult-events-and-activities">www.wyndham.vic.gov.au/adult-events-and-activities</a>
<b>Zimbabwean Community in Australia (Victoria)</b> Offering Shona Ndebele language classes to kids & adults.	<b>Saturdays</b> 1:00pm—3:00pm	Fees apply	ⓘ Dr Taka Zivave ☎ 0424 326 267 ✉ zimviccommunitylanguageschool@gmail.com
Saltwater Community Centre	Day & Time	Cost	Information
<b>Expert Academy</b> With the notion of nurturing and empowering young minds, we provide comprehensive tuitions for students who wish to aspire VCE, NAPLAN/ICAS, selective school exams.	<b>Mondays</b> 5—7:30pm <b>Wednesdays</b> 5:30pm—7:30pm <b>Fridays</b> 5pm—7:00pm	Fees apply	ⓘ Gunjan ☎ 0412378064 ✉ contact@expertsacademy.com.au 🌐 www.expertsacademy.com.au
<b>Wyndham Community and Education Centre—AMEP Classes</b> Free English classes for refugees and other eligible migrants	<b>Mondays</b> 9:00am—2:30pm	Free	ⓘ Wyndham CEC ☎ 9742 4013 ✉ enquiries@wyndhamcec.org.au 🌐 <a href="https://wyndhamcec.org.au">https://wyndhamcec.org.au</a>
<b>Flying Minds AI course</b> Designed specifically for 13-17 year olds, emphasizes the significance of early AI education, offering hands-on project based experience. Students delve into coding, machine learning fundamentals, ethical AI use & are required to complete a capstone project that reflects real-world applications.	<b>Saturdays</b> 12:30pm—2:30pm	Fees apply	ⓘ Robin ☎ 03 9013 6002 ✉ info@flyingmindsai.com.au 🌐 www.flyingminds

## Recreation & Wellbeing Kids & Adults

Featherbrook Community Centre	Day & Time	Cost	Information
<b>Beat Freakz Fitness</b> Dance fitness in the dark that is suitable for all levels, all shapes, sizes & abilities. A safe place for women, families, young adults and children.	<b>Mondays</b> 6:45pm—7:30pm	Fees apply	ⓘ Jenna Chaffey ☎ 0424 124 661 ✉ beatfreakzfitness@yahoo.com 🌐 beatfreakzfit.com.au
<b>Amanz Music Classes</b> Guitar and Keyboard lessons for children	<b>Saturdays</b> 9:00am—11:00am	Fees Apply	ⓘ Aman Luthra ☎ 0405 606148 ✉ punjabichurcha@gmail.com
<b>Let's Dance Point Cook</b> Community social sequence ballroom dancing incl. Cha Cha, Tango, Foxtrot, Waltz & many more.	<b>Sundays</b> 4:30pm—6:30pm	Fees Apply	ⓘ Phebe Yeo ☎ 0425 338 832 ✉ phebe@8senses.com.au

# Recreation & Wellbeing Kids & Adults

Featherbrook Community Centre	Day & Time	Cost	Information
<b>Point Cook Dance</b> Friendly & nurturing classes. 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.	<b>Tuesdays, Thursdays, Fridays &amp; Saturdays</b> Times vary. Please see timetable on website	Fees apply	ⓘ Mandy ☎ 0416 679 911 ✉ info@pointcookdance.com.au 🌐 www.pointcookdance.com.au
<b>Point Cook Girl Guides</b> As the peak organisation for girls aged 5-17, The Girl Guides mission is to empower all girls to become confident, engaged, resilient & responsible community members.	<b>Tuesdays</b> 6:30pm—8:00pm	Fees apply	✉ wyndham@guidesvic.org.au 🌐 guidesvic.org.au
<b>Rachana Natyalaya</b> One of the prominent places in Melbourne to learn Indian Classical Dance Bharatanatyam, Folk & Bollywood dancing from a qualified dance teacher.	<b>Wednesdays</b> 6:00pm—9:00pm	Fees apply	ⓘ Archana Koorthy ☎ 0432 161 933 ✉ koorthy@gmail.com 🌐 rachananatyalaya.com
<b>Sahaja Yoga Meditation</b> Teaches a unique method of meditation where participants can achieve a state of balance in just 10 minutes.	<b>Tuesdays</b> 7:30pm—8:30pm	No cost	ⓘ Annie Sarani ☎ 0423 110 875 ✉ annie.sarani@gmail.com 🌐 www.sahajayoga.com.au
<b>Shorinjiryu Karate</b> This karate has elements based on Okinawan Karate with a strong influence from Aikijujutsu, Judo & various Okinawan and Japanese weapons arts. Classes suitable for juniors & adults.	<b>Tuesdays</b> 4:00pm—6:30pm	Fees Apply	ⓘ Marnie Roberts ☎ 0418 564 382 ✉ kennankan@hotmail.com 🌐 www.shorinjiryu.com.au
<b>Table Tennis for beginners</b> Come and learn basic skills in Table Tennis. Bats and balls are provided.	<b>Wednesdays</b> 9:15am—10.45am	No cost	ⓘ Featherbrook Community Centre ☎ 8353 4000 ✉ featherbrookcc@wyndham.vic.gov.au
<b>Table Tennis for Intermediate/Advanced</b> Come and experience your technique and have fun with other experienced locals.	<b>Fridays</b> 9:00am—10:45am	No cost	ⓘ Featherbrook Community Centre ☎ 8353 4000 ✉ featherbrookcc@wyndham.vic.gov.au
<b>VIBE Craft for Kids</b> A new DIY creators workshop for kids aged 8 and above. Students learn to be creative using recyclable items. Students are encouraged to showcase their creations at an end of the year event.	<b>Thursdays</b> 5:30pm—7:30pm	Fees Apply	ⓘ Alpana Chauhan-Virani ☎ 0434 944 074 ✉ alpana24@gmail.com 🌐 www.vibechoreography.com.au
<b>Vibe Choreography</b> “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 & make great friends, enquire with us.	<b>Tuesdays, Wednesday, Fridays &amp; Saturdays</b> Times vary see website	Fees apply	ⓘ Alpana Chauhan-Virani ☎ 0434 944 074 ✉ alpana24@gmail.com 🌐 www.vibechoreography.com.au
Jamieson Way Community Centre	Day & Time	Cost	Information
<b>Chatty Café/Table</b> Community catch up –great chance to meet new people and connect. Tea, coffee & refreshments provided	<b>1st &amp; 3rd Monday each month</b> 10:00am—11:30am	No cost	ⓘ Jamieson Way Community Centre ☎ 9395 3777 ✉ admin@jamiesonwaycc.org.au
<b>Jam Way Guitar Lessons</b> Aimed at primary school ages, great fun way to learn the acoustic guitar. <b>Bookings required.</b>	<b>Wednesdays</b> 4:00PM—7:00pm (30 min classes)	Fees apply	
<b>Social Mahjong and Board Games</b> Friendly social group who enjoy a chat, a cuppa and learning Mahjong and Rummikub.	<b>Mondays</b> 9:30am—12:00pm	No cost	

Jamieson Way Community Centre	Day & Time	Cost	Information
			

Point Cook Community Learning Centre	Day & Time	Cost	Information
<b>Art Lab Ages 9-15</b> Create something epic each month. Experiment with different art styles and let your creativity run wild! <b>Bookings required.</b>	<b>Wednesdays</b> (1st & 2nd Wed of the month) 4:00pm—5:00pm	No Cost	① Point Cook Library ☎ 8734 8999 <b>To book please visit:</b> <a href="http://www.wyndham.vic.gov.au/whats-on/art-lab">www.wyndham.vic.gov.au/whats-on/art-lab</a>
<b>Board in the West—Melbourne Meeples</b> Join us on the first Friday of each month for a night of Board Gaming fun! Open to all ages & experience levels. We'd love to see you there!	<b>Fridays</b> (1st of the month) 5:30pm—11:00pm	\$5 pp \$12.50 per family	① Jennie ☎ 0410 150 529 🌐 meeples.org.au
<b>Bollywood Dance Company Melbourne</b> Our motto 'Celebrating Dance, Arts, & Culture'. With careers starting in Mumbai, experience in the Indian Bollywood Film Industry Darshan & Sohini bring extensive global travel & performance experiences over 22 years to their teaching.	<b>Mondays</b> 5:30pm—9:30pm	Fees apply	① Sohini / Darshan ☎ 0497 757 355 ✉ info@bollywooddancecompany.com.au 🌐 www.bollywooddancecompany.com.au
<b>Brooks School Of Dance</b> Quality dance classes in creative movement, classical Ballet & Jazz for kids ages 3 & up. Taught in a friendly & encouraging environment by experienced dance teachers.	<b>Thursdays</b> 4:30pm—6:00pm <b>Saturdays</b> 9:00am—12:00pm	Fees apply	① Ayelet ☎ 0430 765 431 ✉ brooksdance@gmail.com 🌐 brooksschoolofdance.com
<b>Chess for All Ages</b> 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!	<b>Tuesdays</b> 4:00pm—5:00pm (During school term)	No Cost	① Point Cook Library ☎ 8734 8999 For more information: <a href="https://www.wyndham.vic.gov.au/whats-on/all-ages-chess">https://www.wyndham.vic.gov.au/whats-on/all-ages-chess</a>

# Recreation & Wellbeing Kids & Adults

Point Cook Community Learning Centre	Day & Time	Cost	Information
<b>Breakfast Club @ Stockland Shopping Centre</b> Are you aged between 12-25? Mornings can be tough, even tougher on an empty stomach, start your day with a free breakfast <b>Near Woolworths.</b>	<b>Tuesdays</b> 8:15am—9:00am  (During school term)	No Cost	  ☎ 8734 1355 ✉ youthinwyndham@wyndham.vic.gov.au 🌐 <a href="https://www.wyndham.vic.gov.au/services/youth-services">https://www.wyndham.vic.gov.au/services/youth-services</a>
<b>Courtside - Youth Services @Point Cook</b> Ages 12-25 Hang out with our friendly youth workers & meet new friends at <b>Point Cook Town Centre Basketball court.</b>	<b>Thursdays</b> 3:30pm—5:30pm		
<b>Get Psych'd</b> 4 week workshop for young people focusing on self-care, mental health & wellbeing. 12-17 years—group starting 21 October.	<b>Mondays</b> 4:00pm—6:00pm		
<b>Point Cook Drop In</b> Aged between 12-18? Bored & looking for somewhere to hang out after school? Drop in, grab a snack & chill Wednesday afternoons at <b>Point Cook Community Learning Centre.</b>	<b>Wednesdays</b> 3:30pm—5:30pm		
<b>Craft &amp; Conversation Ages 18+</b> Are you a craft lover? Join our monthly program to create a new craft each session. Materials are free, conversation is included, and you can take home your finished project. <b>Bookings required.</b>	<b>Tuesdays</b> (2nd of the month) 1:00pm—3:00pm	No Cost	ⓘ Point Cook Library ☎ 8734 8999 <b>For session dates &amp; times please visit:</b> <a href="http://www.wyndham.vic.gov.au/adult-events-and-activities">www.wyndham.vic.gov.au/adult-events-and-activities</a>
<b>Cross Cultural Connection</b> Share & learn cultural customs & traditions, food & recipes passed down by generations and languages.	<b>Tuesdays</b> 9:00am—11:00am	No cost	ⓘ Point Cook CLC ☎ 8734 0205 ✉ pointcookclc@wyndham.vic.gov.au
<b>Fun &amp; Fitness Gentle Exercise</b> Gentle physical activity program suitable for seniors and all abilities.	<b>Mondays</b> 11:30am—12:30pm <b>Fridays</b> 11:10am—12:10pm	\$6 per session	ⓘ Point Cook CLC ☎ 8734 0205 ✉ pointcookclc@wyndham.vic.gov.au
<b>Gamblers Anonymous</b> 12 Step Fellowship meeting for compulsive gamblers. Zoom meetings listed on website.	<b>Thursdays</b> 8:00pm—9:00pm	No Cost	☎ 9696 6108 ✉ gavictoria18a@gmail.com 🌐 gaaustralia.org.au
<b>Kids Club Ages 5+</b> Come and join in a different activity every week. Make new friends and have lots of fun. No bookings required.	<b>Thursdays</b> 4:00pm—5:00pm <b>Program during school term only</b>	No Cost	ⓘ Point Cook Library ☎ 8734 8999 🌐 <b>For session dates and times visit:</b> <a href="https://www.wyndham.vic.gov.au/kids-events-activities">https://www.wyndham.vic.gov.au/kids-events-activities</a>
<b>Melbourne Table Tennis Club</b> Run by Melbourne Table Tennis Club in conjunction with Asian Business Association of Wyndham Inc. Playing & coaching with a main focus on Seniors 55+.	<b>Sundays</b> 6:00pm—9:00pm	Fees apply Membership fees.	ⓘ Jon Zhang ☎ 0451 169 850
<b>Natyanjali School of Dance All ages</b> Bharatanatyam India's oldest & popular classical dance style encompassing music, rhythm & expression. Strictly adheres to Natyashastra. Traditional Vazhuvoor style of Bharathanatyam.	<b>Tuesdays</b> 6:00pm—8:00pm <b>Thursdays</b> 5:00pm—6:00pm <b>Fridays</b> 5:30pm—6:30pm	Fees apply	ⓘ Anitha Perumal ☎ 0470 177 937 ✉ anititha@yahoo.com 🌐 natyanjalischoolofdance.business.site/
<b>Point Cook Craft Group</b> Bring along your knitting or craft for social interaction with other local community members.	<b>Thursdays</b> 10:00am—12:00pm	No Cost	ⓘ Bev ☎ 0417 324 489 ✉ pointcookclc@wyndham.vic.gov.au
<b>Point Cook Seniors Group</b> Meet for social interaction with other seniors from local area.	<b>Fridays</b> 12:15pm—2:30pm	No Cost	ⓘ Point Cook CLC ☎ 8734 0205 ✉ pointcookclc@wyndham.vic.gov.au

# Recreation & Wellbeing Kids & Adults

Point Cook Community Learning Centre	Day & Time	Cost	Information
<b>Point Cook Table Tennis—Beginners</b> Join locals for some active fun playing table tennis. Places are limited so book now! <b>Open to all.</b>	<b>Tuesdays</b> 11:00am—1:00pm	No cost	① Point Cook CLC ☎ 8734 0205 ✉ pointcookclc@wyndham.vic.gov.au
<b>Point Cook VIEW Club</b> A leading women's national organisation, providing the opportunity for senior women from all multi-cultural backgrounds.	<b>Wednesdays</b> (4th of the month) 12:00pm—1:30pm	Fees apply	① Catherine Cronin ☎ 0407 726 852 ✉ pointcookview@gmail.com 🌐 view@thesmithfamily.com.au
<b>Point Cook Walking Group</b> People of all ages come join us to discover Point Cook, make new friends, keep fit & healthy.	<b>Mondays—Fridays</b> 9:00am	No Cost	① Bev ☎ 0417 324 489 Meet at the Point Cook town centre outside dry cleaners (Coles precinct)
<b>Robo Lab Ages 11-15 Bookings essential</b> Interested in robotics? Gain hands on experience building & coding robotics in Robo Lab. Bookings open one week before each session.	<b>Fridays</b> (3rd of the month) 4:00pm—5:30pm (During school term)	No Cost	① Point Cook Library ☎ 8734 8999 🌐 www.wyndham.vic.gov.au/whats-on/robo-lab
<b>Salsa In Motion</b> Beginner Cuban Salsa & Bachata, intermediate level Cuban Salsa/Rueda & Bachata dance classes for adults. No dance experience or partner required. Free 25min intro session.	<b>Mondays</b> 6:30pm—10:00pm	Fees apply	① Michael ☎ 0430 355 888 ✉ info@salsainmotion.com.au
<b>STEAM Builders Ages 5+</b> Come along to your library every week to design, build and imagine with LEGO and other building materials. No bookings required.	<b>Mondays</b> 4:00pm—5:00pm (During school term)	No Cost	① Point Cook Library ☎ 8734 8999 🌐 www.wyndham.vic.gov.au/kids-events-activities
<b>VJ Academy—Dance</b> A combination of exercise & dance for physical & mental fitness & well-being. Dance consists of freestyle movements from Indian blockbuster choreographies.	<b>Tuesdays</b> 6:00pm—7:00pm <b>Wednesdays</b> 7:15pm—8:15pm	Fees apply	① VJ ☎ 0435 915 516 ✉ soulspace.journeywithin@gmail.com 🌐 www.soulspace.org.au
<b>Weight Watchers</b> A welcoming & safe environment to fulfil your weight health goals. Learn ways for successful & sustainable weight loss and health living.	<b>Saturdays</b> 8:00am—9:00am	Fees apply	① Maria ☎ 131 997 ✉ maria.mifsud@ww.com 🌐 www.weightwatchers.com/au/contact
<b>Wyndham Chen's Taichi Inc.</b> Specialised training of Chen's style 83 forms of Taichi exercise to improve participants' health & wellbeing. Including specialised choir & dance programs. Please contact for the schedule of activities	<b>Mondays</b> 7:30am—9:30am <b>Tuesdays</b> 2:30pm—4:00pm <b>Wednesdays</b> 9:00am—11:00am	Fees apply	① Shengyong Guo ☎ 0426 943 706 ✉ wyndhamchenstaichi@gmail.com 🌐 www.wechat.com
<b>WynLUG</b> Wyndham LEGO User Group meet to swap building techniques, learn about design, create & share experiences relating to LEGO. All ages welcome.	<b>Sundays</b> 1:00pm—4:00pm (3rd of the month)	Fees apply	✉ wynlug2023@gmail.com 🌐 www.wyndhambrickfest.com.au/wynlug
<b>Yoga for Seniors</b> Yoga for seniors above 55 years for all communities, to support physical and mental wellbeing.	<b>Mondays</b> 4.00pm—5.30pm	No Cost	① Prem ☎ 0430 740 023 ① Point Cook CLC ☎ 8734 0205 ✉ pointcookclc@wyndham.vic.gov.au
<b>Yoga with Gunjan—GIA Yoga</b> Moving the body & stilling the mind as a means of deeper connection with ourselves. Explore our inner self with gentle movements, meditation, breath & postural awareness.	<b>Thursdays</b> 6.15pm—7.15pm	Fees apply	① Gunjan ☎ 0450 073 627
<b>Zumba Fitness with Zin Monika</b> Fitness & exercise to help improve health, coordination & balance whilst dancing to Salsa, Merengue & Reggaeton. Ultimate fun!	<b>Tuesdays</b> 7:00pm—8:00pm	Fees apply	① Monika ☎ 0468 320 618 ✉ monika.au@outlook.com



## 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 and Melbourne Art Academy by Haneet. 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.

<p><b>Adults Pottery - Wheel Throwing Beginners Class</b> Adult course for beginners to develop skills to create work on the potters wheel. Only 8 students per class, All skill levels are accommodated &amp; welcome. Inclusive of clay, glazes &amp; underglazes.</p>	<p><b>Tuesdays, Wednesdays Thursdays</b> 6:30pm—9:00pm (7 week courses )</p>	<p>Fees apply Firing costs extra.</p>	<p>📞 Nandita Nadkarni ☎ 0432 266 229 ✉ nandita@potteryescape.com Website: www.potteryescape.com</p>
<p><b>Open Studio</b> Not enough space to paint or create at home? Open for anyone to come work on their own projects.</p>	<p><b>Fridays</b> 9:30am—3:30pm</p>	<p>No cost</p>	<p>📍 Saltwater Community Centre ☎ 8376 5501 ✉ saltwatercc@wyndham.vic.gov.au</p>
<p><b>Aikido Melbourne West Inc</b> Non-competitive Japanese martial art. Learn techniques in a friendly &amp; enjoyable atmosphere to develop self-confidence, improve balance &amp; coordination while improving your fitness. Suitable for all ages.</p>	<p><b>Wednesdays</b> 7:30pm—9:00pm Adults <b>Saturdays</b> 8:00am—10:30am Kids 9:00am-10:00am Adults</p>	<p>Fees apply</p>	<p>📞 Andrew Last ☎ 0405 330 149 ✉ Andrewlast.aikido@gmail.com</p>
<p><b>Beat Factor</b> Want to be a part of our community drumming group, join us for our weekly beginners drum classes. No experience necessary. Learn Djembe and Samba drumming. Connect with others and create some great rhythms together. Fun, challenging and rewarding. First class free—limited offer.</p>	<p><b>Thursdays</b> 7:30pm—8:30pm</p>	<p>Fees apply</p>	<p>📞 Rod Pilois ☎ 0411 028 077 ✉ beatfactor@internode.on.net 🌐 <a href="https://www.beatfactormusic.com/workshops">https://www.beatfactormusic.com/workshops</a></p>
<p><b>Bollywood Dance Company</b> BDC aims to get Indian culture and heritage out to the world, in the most admirable way by delivering the best training grounds to all dance lovers across Australia. Our motto is “Celebrating Dance, Arts and Culture”</p>	<p><b>Mondays &amp; Fridays</b> 5:30pm—8:30pm</p>	<p>Fees apply</p>	<p>📞 Sohini Banerjee / Darshan Pawar ☎ 0497 757 355 ✉ <a href="http://www.bollywooddancecompany.com.au">www.bollywooddancecompany.com.au</a></p>
<p><b>CDB Dance</b> We offer a variety of dance classes to the community Ballet, Modern and Contemporary dance, fitness for 3 year olds and up. Our aim is to share our knowledge and love of dance to help your child on their dance journey.</p>	<p><b>Thursdays</b> 4:30pm-7:00pm <b>Saturdays</b> 8:30am-12:30pm</p>	<p>Fees apply</p>	<p>📞 Candice Baxter ☎ 0468 558 859 ✉ cdbdancesa@gmail.com 🌐 <a href="http://www.cdbdance.com">www.cdbdance.com</a></p>

Saltwater Community Centre	Day & Time	Cost	Information
<p><b>Claudia Rossi Art Therapy</b> Individual &amp; small group, safe &amp; supportive Art Therapy sessions for all ages, with a professional fully registered Art Therapist (MA Art Therapy, AThR) All art materials are supplied. NDIS Participants &amp; local community members are welcome. No art experience necessary.</p>	<p><b>Mondays</b> 5:00pm—6:00pm</p>	<p>NDIS Scheduled rates</p>	<p>① Claudia ✉ claudiarossiarttherapy@gmail.com</p>
<p><b>Heartfulness Yoga and Meditation</b> Yoga &amp; meditation - lots of research is being done to show the effectiveness of these age-old techniques. Heartfulness is one such system of yoga &amp; meditation that supports self-development, stress management &amp; awakened consciousness through a heart-centred lifestyle. We heartfully invite you to join us for an experiential session.</p>	<p><b>Sundays</b> 8:30am—10:00am</p>	<p>No cost</p>	<p>① Chander ☎ 0466 788 921 ✉ Chander.satyavarapu@volunteer.heartfulness.org 🌐 https://heartfulness.org</p>
<p><b>Japan Karate Association Australia</b> JKA teaches traditional ShotoKan Style Karate a non-aggressive self defence martial art, helps develop strength, coordination &amp; agility and can be practised any time &amp; place by men, women &amp; children. Standards taught are of the highest level in keeping with the technical requirement set by JKA HQ.</p>	<p><b>Tuesdays</b> 5:30pm—8:30pm</p> <p><b>Saturdays</b> 10:30am—1:00pm</p>	<p>Fees apply</p>	<p>① Bryan Zaldarriaga ☎ 0434 483 015 ✉ bryan.zaldarriaga@jkaaaustralia.com.au 🌐 www.jkaaaustralia.com.au</p>
<p><b>Manmohini Indian Dance School</b> 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.</p>	<p><b>Wednesdays</b> <b>Kids</b> 5:00pm-6:00pm <b>Adult level 2</b> 6:00pm-7:00pm <b>Adult beginners</b> 7:00pm—8:00pm</p>	<p>Fees apply</p>	<p>① Daveena Munnee ☎ 0430 714 273 ✉ Daveena.munnee@gmail.com</p>
<p><b>Manmohini Indian Dance School—Kathak</b> Regular classes for Indian Classical Kathak dance style.</p>	<p><b>Thursdays</b> 6:30pm—8:30pm</p>	<p>Fees apply</p>	<p>① Mohini ☎ 0421 084 366 ✉ mohini@kathakmelbourne.com.au</p>
<p><b>Melbourne School of Indian Music</b> Join our tabla lessons for beginners &amp; advanced learners. Experience the rich rhythms of Indian percussion. Learn to play while fostering creativity &amp; a deep appreciation for Indian Music.</p>	<p><b>Tuesdays</b> 5:30pm—8:00pm</p>	<p>Fees apply</p>	<p>① Jay Dabgar ☎ 0430 521 372 ✉ jaydabgar@gmail.com 🌐 Website: www.jaydabgar.com</p>
<p><b>Mighty Kids</b> We aim to help instil a sense of cultural identity. For kids to learn their mother tongue, Punjabi. For kids &amp; parents to create community bonding with each other in Wyndham.</p>	<p><b>Saturdays</b> Fortnightly 1:00pm—2:30pm</p>	<p>TBA</p>	<p>① Kavita Kaur ☎ 0470 203 529 ✉ kavi2911@gmail.com</p>
<p><b>Safer Spaces</b> Yoga classes for children ages 6+. Yoga, asanas, Pranayama, Surya Namaskar and mindfulness techniques.</p>	<p><b>Wednesdays</b> 4:15pm—5:45pm Launching 18 September</p>	<p>NDIS billing</p>	<p>① Josh ☎ 0434 648 404 ✉ info@safer-spaces.com.au 🌐 www.safer-spaces.com.au</p>
<p><b>SoulSpace Yoga</b> Yoga classes for children ages 6+. Yoga, asanas, Pranayama, Surya Namaskar and mindfulness techniques.</p>	<p><b>Tuesdays</b> 4:30pm—5:30pm</p>	<p>Fees apply</p>	<p>① Vijisha ☎ 0435 915 516 ✉ vijisha82@live.com 🌐 https://soul-space.org.au</p>
<p><b>Tai Chi</b> An art embracing the mind, body &amp; spirit. One of the most effective exercises for health of mind and body.</p>	<p><b>Tuesdays</b> 9:30am—10:30am</p>	<p>No cost Walk in</p>	<p>① Saltwater Community Centre ☎ 8376 5501 ✉ Saltwatercc@wyndham.vic.gov.au</p>
<p><b>Youth Services Drop in</b> Are you aged 12-17 years of age? Join the Youth Services team for Friday nights of fun activities</p>	<p><b>Fridays</b> 3:00pm—5:00pm</p>	<p>No cost</p>	<p>① 8734 1355 ✉ youthinwyndham@wyndham.vic.gov.au</p>
<p><b>Zumba Fitness with Zin Monika</b> Adults class, fun filled physical activity that help improve health &amp; fitness. Zumba also considers other development areas including but not limited to respect, team work leadership, memory building, co-ordination balance etc.</p>	<p><b>Sunday</b> 10:00am—11:00am</p>	<p>Fees apply</p>	<p>① Monika Sachdeva ☎ 0468 320 618 ✉ monika.au@outlook.com</p>

# Community, Cultural & Faith Groups

Featherbrook Community Centre	Day & Time	Cost	Information
<p><b>Anglican Chinese Mission of the Epiphany</b> Service with fellowship and church service for local community. With a children's Sunday School available. Table Tennis for Seniors</p>	<p><b>Sundays</b> 4:30pm –7:00pm  7.00pm—9.00pm</p>	No cost	<p>📞 Yang Cai ☎ 0433 263 086 🌐 www.ACME.org.au ✉ caiyoungbachel@hotmail.com</p>
<p><b>Australia India Society of Wyndham</b> Social senior group that meets for festival celebrations and activities including meditation, yoga and games.</p>	<p><b>Mondays &amp; Fridays</b> 11:00am—1:00pm</p>	Fees apply	<p>📞 Satish Kumar Verma ☎ 0478 812 910 ✉ australiaindiasociety@gmail.com</p>
<p><b>First Born Gospel Church Point Cook</b> Christian Workshop service with praise and worship. Kids, Youth, and Adult Sunday School.</p>	<p><b>Sundays</b> 1:30pm—3:30pm</p>	No cost	<p>📞 Denwardson ☎ 0456 191 341 ✉ fbgpcpc@iafb-australia.org 🌐 pointcook.iafb-australia.org</p>
<p><b>Garam Ministry</b> Non-denominational, Indonesian speaking Christian Community endeavouring to show love of Christ in Point Cook focussing on fellowship &amp; unity.</p>	<p><b>Sundays</b> 10:00am—12:00pm</p>	No cost	<p>📞 Albert Gunawan Piter ☎ 0420 731 973 ✉ jonchrspattiasina@gmail.com 🌐 garamministry.org</p>
<p><b>Great Care</b> Great Care provides in-home and community-based services to people over 65 years living with a disability. We deliver diverse care to diverse Australians.</p>	<p><b>Wednesdays</b> 11:00am—2:00pm</p>	No cost	<p>📞 Terefe Aborete ☎ 9395 4657 ✉ admin@greatcare.net.au</p>
<p><b>Haami Inc</b> A Culturally diverse community group. Youth led Committee. Youth programs for development of skills, fundraising and family gatherings.</p>	<p><b>3rd Sunday of the Month</b> 7:00pm—10:00pm</p>	Fees apply	<p>📞 Noor Mohammed ☎ 0406 900 524 ✉ Haamiinc@gmail.com</p>
<p><b>Islamic Circle of Australia &amp; New Zealand</b> Faith based volunteer organisation meeting monthly, programs to suit all ages including activities for kids.</p>	<p><b>1st Saturday of the Month</b> 6:00pm—9:00pm</p>	No Cost	<p>📞 Haroon Qaiser ☎ 0430 144 040 ✉ Haroon.qaiser@icandawah.org 🌐 lcandawah.org</p>
<p><b>Le Petrel Mauritian Seniors Club Inc</b> Seniors gathering with Social Activities</p>	<p><b>Wednesdays</b> 12:30pm—4:30pm</p>	Fees apply	<p>📞 Patrick ☎ 0421 079 740</p>
<p><b>Lions Club of Point Cook</b> Our not for profit organisation is committed to serving our community. We are a team who enjoy working together on a range projects. Join us today!</p>	<p><b>3rd Monday of the month</b> 7:30pm—9:30pm</p>	Fees apply	<p>📞 Lee-Ann ☎ 0474 217 058 ✉ pointcook.vic@lions.org.au</p>
<p><b>Point Cook Chinese Friendship Association</b> Meet weekly to dance, sing, learn songs and learn English.</p>	<p><b>Mondays (Fortnightly)</b> 1:00pm—3:00pm <b>Thursdays</b> 11:30am—3:00pm</p>	Fees apply	<p>📞 Sanhong Zhu ☎ 0437 310 888 ✉ zhusanghong123@gmail.com</p>
<p><b>Satsang Oceania Inc</b> This group is a non profit institution that operates exclusively for spiritual, religious, social and charitable purposes.</p>	<p><b>Last Saturday of the month</b> 5.00pm—10.00pm</p>	No Cost	<p>📞 Pranvesh Das ☎ 0420 963 646 ✉ pranveshdas@gmail.com 🌐 Satsangoceania.org</p>
<p><b>Wyndham Active Youngs @ 55 Inc.</b> A seniors group that focuses on health and well-being that welcomes all cultures and backgrounds. Activities include Table Tennis, Yoga, Games &amp; more.</p>	<p><b>Mon 9:30am-10:30am</b> <b>Tues 9:30am—1pm</b></p>	Fees apply	<p>📞 Jugal Kishor Chhabra ☎ 0415 170 155 ✉ wynactive.featherbrook@gmail.com</p>
Jamieson Way Community Centre	Day & Time	Cost	Information
<p><b>Wyndham Joyful Home Inc</b> Friendly, Chinese social group who participate in English classes, dancing, singing and Tai Chi.</p>	<p><b>Tuesdays</b> 9:30am—1:30pm</p>	Membership fees may apply	<p>📞 Jamieson Way Community Centre ☎ 9395 3777 ✉ admin@jamiesonwaycc.org.au</p>

# Community, Cultural & Faith Groups

Point Cook Community Learning Centre	Day & Time	Cost	Information
<p><b>Iraqi Cultural Group in Australia</b> Meeting of seniors &amp; community members of a middle eastern background. Provide social &amp; educational support, discuss interesting topics, art performances &amp; general conversation for continuous improvement.</p>	<p><b>Sundays</b> (2nd of the month) 1:00pm—3:00pm</p>	Fees apply	<p>📞 Farial Jafar ☎ 0422 798 587 ✉ farial.jafar@gmail.com</p>
<p><b>Local Spiritual Assembly of the Bahais of Wyndham—Soul Food Program</b> Where people of all faiths, beliefs and backgrounds can come together to reflect on different themes and be reminded of the common threads that tie all of humanity together.</p>	<p><b>Saturdays</b> 10:30am—11:30am</p>	No cost	<p>📞 Raksha ☎ 0437 999 920 ✉ wyndham@vic.bahai.org.au 🌐 bahai.org.au</p>
<p><b>Local Spiritual Assembly of the Baha'is of Wyndham – Children's Class Program</b> Bringing together children of different cultures, races and religions whilst learning about spiritual qualities such as honesty, generosity and kindness.</p>	<p><b>Saturdays</b> 11:30am—1:30pm</p>		
<p><b>Melbourne Yangtze Choir</b> Chinese Community Choir that dance, drum &amp; sing in both English &amp; Mandarin. Great way to learn English &amp; improve musical skills.</p>	<p><b>Tuesdays</b> 1:00pm—2:30pm <b>Wednesdays</b> 12:00pm—2:00pm</p>	Fees apply	<p>📞 Mei ☎ 0432 669 379 ✉ yangtzechoir@gmail.com</p>
<p><b>Migrant Resource Centre Northwest Region</b> Provide support to the socially isolated seniors from Indian background. Provides socialisation, activities, information session, exercise &amp; excursions.</p>	<p><b>Thursdays</b> 10:00am—3:00pm</p>	No cost	<p>📞 Atarjit ☎ 0401 116 972 ✉ atarjit_b@mrcnorthwest.org.au</p>
<p><b>One Faith Reformed Evangelical Church</b> We are a church in Point Cook with multi-cultural background (Chinese and English congregation) where our people come from Hong Kong, China, Malaysia, Indonesia, Taiwan, Vietnam &amp; others as well as local Australians. We learn, we serve, &amp; we grow together. There is Sunday school for children on Sunday.</p>	<p><b>Wed</b> 8pm—9pm <b>Fridays</b> 8pm—10pm <b>Saturdays</b> (fortnightly) 3:30pm—5:30pm <b>Sun</b> 9:00am—1:00pm (HK Family Support 1:00pm—4:00pm)</p>	No cost	<p>📞 Ps. Simon Cheng / Liyuan Liu ☎ 0422 770 616 / 0433 710 678 ✉ info@onefaith.org.au 🌐 onefaith.org.au</p>
<p><b>Point Cook Indian Seniors</b> Recreation activities based on significant days of celebrations throughout the year. Collaborating with other groups focusing on health &amp; wellbeing, seniors &amp; occasional guest speakers.</p>	<p><b>Mondays</b> 12:00pm—3:00pm <b>3rd Wednesday of the month</b> 11:30am—2:30pm</p>	No Cost	<p>📞 Indira ☎ 0402 458 648 ✉ indiramohan37@gmail.com</p>
<p><b>Point Cook Chinese Friendship Association</b> Calligraphy &amp; painting program for members.</p>	<p><b>Mondays</b> 9:00am—11:00am</p>	Fees apply	<p>📞 Sanhong Zhu ☎ 0437 310 888 ✉ zhusanhong123@gmail.com</p>
<p><b>SAI Organisation of Australia</b> Teaches human values to children aged 5-18 years. A spiritual organisation helping the younger generation pursue their spiritual growth by plugging into the Divinity within.</p>	<p><b>Sundays</b> 10:00am—12:00pm</p>	No Cost	<p>📞 Vidya ☎ 0401 959 174 ✉ mbommenna@yahoo.com</p>
<p><b>Seventh Day Adventist</b> Intergenerational worship service, fundraising concerts, free community dinners, educational program on parenting, relationships, health, natural remedies etc.</p>	<p><b>Saturdays</b> 3:00pm—6:00pm</p>	No Cost	<p>📞 Danijela Trajkov ☎ 0423 371 841 ✉ danijelatrajkov@adventist.org.au</p>
<p><b>Sewa International</b> Indian seniors wellness group aimed at encouraging independence through yoga &amp; social interaction.</p>	<p><b>Sundays</b> (1st &amp; 3rd of month) 1:00pm—4:00pm</p>	No cost	<p>📞 Vijay Kumar ☎ 0426 971 901 ✉ vijayjeevan Chopra@gmail.com</p>

# Community, Cultural & Faith Groups

Point Cook Community Learning Centre	Day & Time	Cost	Information
<p><b>South Sudanese Junubi Social Group</b> 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.</p>	<p><b>Saturdays</b> 1:30pm—3:30pm Fortnightly</p>	No cost	<p>① Aweeng or Poly ☎ 0403 523 428 or 0434 178 753 ✉ aweeng.deng@wyndhamcec.org.au ✉ poly.kiyaga@wyndhamcec.org.au</p>
<p><b>United Muslims Residents Association</b> Jumma Prayer. Muslim based faith group that meet weekly for their Friday prayers. <b>Dunnings Road Reserve Address:</b> 29 Kingsley Avenue, Point Cook <b>Point Cook CLC Address:</b> 1-21 Cheetham Street, Point Cook</p>	<p><b>Fridays</b> 1:30pm @ Dunnings Rd Reserve</p> <p><b>Fridays</b> 2:15pm at Point Cook CLC</p>	No cost	<p>① Mohammad ☎ 0403 566 165 ✉ info@umra.org.au</p>
<p><b>Wyndham Chinese Cultural Promotion Group</b> Helps migrant seniors settle &amp; connect with others. Activities include art, craft, calligraphy, music &amp; Tai Chi.</p>	<p><b>Mondays</b> 9:00am—3:00pm</p>	\$20 per annum	<p>① Julia Zhu ☎ 0402 529 989 ✉ wccpipoointcook@gmail.com</p>
Saltwater Community Centre	Day & Time	Cost	Information
<p><b>Christ New Creation</b> We are a non-denominational full gospel Christian Church group. Our service is conducted in English. Everyone welcome from different backgrounds. We have Sunday school for kids, aged 3-10. Outside of Sunday, we have different support groups, visiting and praying for the sickly, Bible studies, and Youth groups.</p>	<p><b>Sundays</b> 2:30pm—5:00pm</p>	No Cost	<p>① Dennis ☎ 0416 850 191 ✉ dennis.ferrer@hotmail.com</p>
<p><b>CWA Point Cook Branch</b> We meet with the goal of friendship, aim of helping our local and wider community. Our fundraising activities range from sausage sizzles to selling scones, cakes, jams and preserves at local events. We also have members who knit and crochet or local charities.</p>	<p><b>3rd Thursdays</b> Monthly 7:00pm—9:00pm</p>	Annual CWA Membership Fees	<p>① Lesley Turton ☎ 0497 652 622 ✉ grannylesley50@gmail.com 🌐 cwaofvic.org.au</p>
<p><b>Faith Harvest Worldwide Ministries Inc</b> A Christian Organisation that focus on serving and working for God and building individuals lives, family, the young generation through the word of God to be better and positive life changing people and strengthening their spiritual relationship with god through our Sunday services.</p>	<p><b>Sundays</b> 11:00am—2:00pm</p>	No cost	<p>① Esther Martha Gonkarnue ☎ 0434 791 326 ✉ thomsonesther06@gmail.com</p>
<p><b>Indian Catholic Cultural Group</b> We love bringing together Indian Catholic families from around the world. A place to meet, connect and make new friends. A good platform for our youth to get involved and stay connected with our culture. Non- Catholic, Non-Indian family members are welcome.</p>	<p><b>Saturdays</b> 6:00pm—10:30pm <b>Christmas celebration</b> 7th December</p>	Registration Compulsory	<p>① Fiona / Jackie ✉ Indiacatholicculturalgroup@gmail.com</p>
<p><b>Point Cook Royals</b> Various activities including yoga, singing, dancing, cultural festival celebrations, poem reciting &amp; educative seminars.</p>	<p>Fortnightly 2nd &amp; 4th <b>Thursdays</b> 11:00am—2:00pm 3rd <b>Saturday</b> monthly 6:30pm—9:30pm</p>	Fees apply	<p>① Rajendra ☎ 0479 115 930 ✉ rajk3006@gmail.com</p>
<p><b>Seniors Journey</b> Connecting Mandarin speaking seniors living in Point Cook. Participate in activities such as cultural dancing, mahjong, poker, social dancing, Taichi, cultural discussion.</p>	<p><b>Monday &amp; Tuesdays</b> Weekly 9:00am—12:00pm</p>	Fees apply	<p>① Fong ☎ 0410 177 250 ✉ seniorsjourney@gmail.com</p>

# Community, Cultural & Faith Groups

Saltwater Community Centre	Day & Time	Cost	Information
<b>Saltwater Craft Group</b> Let's come together and get creative . Bring your own projects to work with, patchwork, quilting, embroidery, knitting, crochet, sewing.	<b>Mondays</b> 9:30am-11:30am	No cost	① Saltwater Community Centre ☎ 8376 5501 ✉ saltwaterccc@wyndham.vic.gov.au
<b>Saltwater Indian Seniors Group</b> Lets get social, make new friends, play some games & have some laughs over a cuppa. Visiting parents & grandparents are welcome. <b>Bookings essential!</b>	<b>Wednesdays</b> 2nd & 4th Wednesday 11:00am—2:00pm	No cost	① Saltwater Community Centre ☎ 8376 5501 ✉ saltwaterccc@wyndham.vic.gov.au
<b>Saltwater Gardeners Group</b> Committed to sustainability & growing their own produce through edible gardening. A great place to connect with others in the community & learn.	<b>1st Sunday Monthly</b> 9:30am Tasks are assigned	Fees apply	① Kim Pastore ✉ saltwatergardenchampions@gmail.com All experience levels are welcome.
<b>Western Association of Women Seniors Inc (WAWS)</b> Vibrant organisation with committed group of senior women above 60 years of age.	Fortnightly 1st & 3rd <b>Thursdays</b> 11:00am— 2:00pm	Membership fees apply	① Nagesh Joshi ① 0403 095 044 ✉ wawseniors@gmail.com
<b>Western Gymkhana Club Inc</b> Not-for-profit club aiming to bring regular social, recreational, cultural, community & wellbeing opportunities to its member families & local community.	<b>2nd Saturdays</b> Monthly 6:30-pm— 9:30pm	Fees apply	① Sudhir Juneja ☎ 0415 661 021 ✉ admin@western.gymkhanaclub.com.au 🌐 www.westerngymkhanaclub.com.au
<b>Wyndham Chinese Happy Life Association Inc</b> Promotes mental & physical health in Chinese seniors. Volunteers teach dancing, Tai Chi, square dancing, bowling, cooking, table tennis & gardening.	<b>Wednesday</b> 01:00pm—3:00pm	Fees apply	① CK Wong ☎ 0468 337 688 ✉ cheekeong46@gmail.com

## Community Supports & Services

Featherbrook Community Centre	Day & Time	Cost	Information
<b>Justice of the Peace</b> Document Signing by appointment only. Please scan the QR code to book.	<b>Mondays &amp; Fridays</b> 12:30pm—1:30pm Appointments only	No Cost	① Dr Shardul Arora ☎ 0434 680 022 
<b>Extended Families</b> My Time Point Cook is a support group for parents and carers to connect with others facing similar challenges in caring for a child with disabilities.	<b>Wednesdays</b> 10:30am—12.:30pm	No Cost	① Joy Zhou ☎ 0420 598 895 🌐 https://www.extendedfamilies.org.au/ ✉ joy@extendedfamilies.org.au
<b>Mind Australia</b> This support group provided the opportunity to meet new people, conversations on self care.	<b>Tuesdays</b> 12:30pm—2:30pm	No cost to eligible clients	① Emilio ☎ 0405 337 249 ✉ Emilio.florio@mindaustralia.org.au
Point Cook Community Learning Centre	Day & Time	Cost	Information
<b>Community Connector</b> Wyndham Council has a dedicated team who can help you find and connect with local service options. If you need support, but are unsure of where to start, please reach out.	<b>Thursdays</b> 8:00am—5:00pm	Appt preferred but not necessary	✉ communityconnector@wyndham.vic.gov.au ☎ 8734 4514
<b>Justice of the Peace</b> Document signing station. 5 pages/5 minutes maximum	<b>Wednesdays</b> 6:00pm—7:45pm	No Appt required	① Point Cook Library ☎ 8734 8999
<b>South Sudanese Junubi Family Support</b> Meet with local South Sudanese community leaders from the Child First Education group. Discuss issues or get information on support for families from the South Sudanese community.	<b>Mondays &amp; Thursdays</b> 12:00pm—4:00pm	No cost	① Malual or Yai ☎ 0478 804 776 or 0414 865 526 ✉ malual@southsudanchildfe.org

# Community Supports & Services

Saltwater Community Centre	Day & Time	Cost	Information
<b>Wyndham Young Stroke Network</b> Share Support Encourage—Informal social meet-up for survivors and carers <b>aged 55 and younger</b> .	<b>Email Bob for info</b>	No Cost	① Bob ✉ saltwatercc@wyndham.vic.gov.au
<b>Men's Peer Support Group in West Melbourne Area</b> Migrant/Refugee men's health & well being circle, peer support group. Discuss mental, well-being, & physical health, employment & family violence.	<b>1st Thursday</b> Monthly 6:30pm—8:30pm	No Cost	① Prince Kennett ☎ 0415 259 594 ✉ prince.kennett19@gmail.com 🌐 www.redefinecounselling.com.au



## COMMUNITY FOOD SUPPORTS SERVICES

### 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



Community Connectors will be available at these Community Learning Centres:

- **WEDNESDAY 8:00am to 5:00pm**  
Tarneit Community Learning Centre
- **THURSDAY 8:00am to 5:00pm**  
Point Cook Community Learning Centre
- **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](mailto:communityconnector@wyndham.vic.gov.au)

#### **Community Breakfast Program - Drop in**

FREE breakfast (toast, cereal, fruits) for all community members. Drop in and join us for breakfast. (Children must be supervised and attend with an adult). Operating during school terms only.

**Day/Time:** Thursdays 8am-9:30am (during school term only) **Address:** Dianella Community Centre, 6 Congo Drive, Tarneit

**Phone:** 8742 8300 **Email:** [dianellacc@wyndham.vic.gov.au](mailto:dianellacc@wyndham.vic.gov.au)

#### **Central Park Community Foodbank – Run by Project Juan**

**Day/Time:** Tuesdays 10:00am-12pm **Address:** Central Park Community Centre, 80 Lonsdale Circuit, Hoppers Crossing

**Phone or text:** Aljeenne on 0481 316 477 **Email:** [projectjuan@ccmaustralia.org](mailto:projectjuan@ccmaustralia.org)

**Facebook** <https://www.facebook.com/ProjectJuan.org/>

#### **Comfort Care Foodbank**

**Day/Time:** Thursdays 12:00noon-2:00pm

**Address:** Unit 10, 20 Prosperity Street, Truganina **Phone:** 1300 225 884 **Website:** [www.comfortcarefoundation.org](http://www.comfortcarefoundation.org)

#### **Food Bank Manor Lakes**

Providing food items to people in need. **Day/Time:** Wednesdays (during school term only) 12pm -1:30pm

**Address:** Manor Lakes Community Learning Centre, 86 Manor Lakes Boulevard, Manor Lakes

**Email:** [foodbank@newstart.org.au](mailto:foodbank@newstart.org.au) **Facebook:** <https://www.facebook.com/community.food.assistance/>

#### **Hoppers Crossing Equip Church**

Drive through food bank provides fresh & non-perishable food items to individuals and families from all walks of life.

**Day/Time:** Wednesdays from 9am until stock lasts.

**Address:** 147-155 Hogans Road, Hoppers Crossing. **Phone:** 9748 9177 **Email:** [equipcommunityservices@swcc.org.au](mailto:equipcommunityservices@swcc.org.au)

**Jamieson Way Food Relief Program**

Food relief runs weekly to community members in need. Bookings essential, no walk ups.

Contact us directly to make special requests around dietary requirements and for collection times.

**Day:** Mondays and Tuesdays

**Address:** Jamieson Way Community Centre, 59 Jamieson Way, Point Cook

**Life Community Kitchen**

**Email:** [communitykitchen@lifeau.org](mailto:communitykitchen@lifeau.org)

All Welcome—gathering around a meal to provide families and individuals support and relief. Free Hot Dinner, Bookings not required

**Day/Time:** Monday 6.00pm – 8.00pm **Address:** **Arndell Park Community Centre** 29 – 49 Federation Blvd, Truganina

**Day/Time:** Tuesday 6.00pm – 8.00pm **Address:** **Tarneit Community Learning Centre** 150 Sunset Views Blvd, Tarneit

**Point Cook Food Bank**

Available to all members of the community, no questions asked. Provide your own bags if possible.

**Day/Time:** Sundays 1pm-3pm **Address:** Cross Culture Church, 7 Adelphi Boulevard, Point Cook (near Alamanda entrance)

**Email:** [foodpantry@crossculturepointcook.net.au](mailto:foodpantry@crossculturepointcook.net.au) or <https://crossculturepointcook.net.au/>

Or contact via **Facebook:** <https://www.facebook.com/pointcookfoodbank/>

**Pulse With Purpose Dianella Community Centre**

Halal friendly meals for vulnerable families, BYO containers. Pre orders welcomed **Day/Time:** Tuesday 1pm-2:30pm **Address:** 6 Congo Drive, Tarneit **Phone:** Musarrat 0404 548 254 **Email:** [pulswithpurpose@gmail.com](mailto:pulswithpurpose@gmail.com)

**Restoration Outreach – International Ministries Inc.**

Free food for struggling families and people in need. Fresh food, Frozen food, Dry food, Food Hampers, Fresh Fruit, Vegetables

**Day/Time:** Saturday 9:00am – 12:00pm **Address:** 5/13 – 19 Tariff Court, Werribee **Phone:** 0411 757 174, 0470 571 109, 0492 425 473

**Salvation Army** - Community Support and Emergency relief programs.

**Address:** 211 Watton St, Werribee **Phone:** 9731 1344

**Emergency Relief** - If you find yourself in difficult circumstances, access short-term financial assistance in the form of food parcels & vouchers. Phone assessment required.

**Day/Time:** Monday, Tuesday, Wednesday and Thursday 9:30am-2pm.

**Drop in service** - Offer free Tea and Coffee, hot showers and clothes washing facilities for people experiencing homelessness

**Day/Time:** Monday to Friday from 9am– 5pm

**Salvos on the move Bus** - Free BBQ tea (gold coin gratefully accepted).

**Day/Time:** Weekly on Friday Nights at 6pm.

**Address:** Werribee Railway Station (Bus Side).

**Sikh Community of Western Victoria**

Cooked vegetarian meals. Call to arrange. **Day/Time:** Everyday 10.00am – 8.00pm **Address:** 560 Davis Road, Tarneit

**Phone:** Gurpreet Singh 0422 025 217, Sandeep Singh 0433 003 309, Pritam Singh 0421 138 113

**Tarneit Foodbank**

run by the Epiphany Church to support community members of all ages. No referrals needed. Includes fresh food, frozen food & 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/>

**Werribee Baptist Church – Food Hampers**

Contact to book for interview appointment. If you don't have transport, an interview can be made by phone and the food hamper can be dropped off at your home. **Day/Time:** Tuesday or Friday afternoon, between 1pm – 3pm

**Address:** 225 Heaths Road, Werribee **Phone:** 9749 3166

**Uniting Wyndham**

Food parcels & food vouchers for people with little to no income. Can also assist with other material aid (like clothing/bedding) by specific request. Provided by appointment only.

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

**Address:** 1 Duncans Road, Werribee (enter via Watton Street) **Phone:** 9051 2000 **Email:** [wyndham.reception@vt.uniting.org](mailto:wyndham.reception@vt.uniting.org)

**Wyndham Park Community Centre Foodbank** Small \$2 contribution paid on the day (which goes towards ongoing cost of the program) Culturally appropriate food. BYO bags. Includes fresh food & dry goods. **For Werribee and Hoppers Crossing residents only**

**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](mailto:admin@wyndhamparkcc.com.au)

**Wyndham Youth Services Foodbank**

The service is available for young people of 12-25 years who are struggling and need assistance. Includes baby items, formula and nappies if in stock. Call to arrange a pick up. Youth member must be in attendance at collection.

**Day/Time:** Monday to Friday 9am-5pm, **Address:** Youth Resource Centre, 86 Derrimut Rd, Hoppers Crossing **Phone:** 8734 1355



 Featherbrook Community Centre	33—35 Windorah Dr, Point Cook	 8353 4000
 Jamieson Way Community Centre	59 Jamieson Way, Point Cook	 9395 3777
 Point Cook Community Learning Centre	1-21 Cheetham Street Point Cook	 8734 0205
 Saltwater Community Centre	153 Saltwater Promenade, Point Cook	 8376 5500