



TERM 2

PROGRAM & ACTIVITY GUIDE



2026

 59 Jamieson Way, Point Cook, VIC 3030

 (03) 9744 2341  enquiries@jamwaycc.org.au

 www.jamwaycc.org.au  [jamwaycommunitycentre](https://www.instagram.com/jamwaycommunitycentre)

 Jam Way Community Centre

EARLY YEARS PROGRAMS & ACTIVITIES

LITTLE RHYTHM CO. | FEES APPLY

Little Rhythm Co was created with two core values at its heart: flexibility for families and music with purpose. At Little Rhythm co you can attend weekly or book as you please, without the stress. Free trial class available. Ages 8 months – 4 years

Wednesday
9:00am-11am
Saturday
9:50am- 11:35am

Multiple Sessions facilitated for various ages.

Paige
0401 608 228
hello@littlerhythmcocom.au

EDUCATION & TRAINING - KIDS & ADULTS

ADULT MIGRANT ENGLISH PROGRAM (AMEP) | FEES APPLY

AMEP is funded by the Australian Government Department of Home Affairs and provides English language tuition to eligible migrants and humanitarian entrants.

Participating in the AMEP gives you the English you need to settle, get a job, study, help your children settle and participate more in day-to-day life in Australia. Eligibility conditions apply.

Monday
9.00am-3.00pm

Wyndham Community and Education Centre
(03) 9742 4013
enquiries@wyndhamcec.org.au

FRENCH CLASS | FREE

Bonjour! Make new friends while you learn and discover French language.

Tuesday
1:00-3:00pm

Brian
0412 564 030

RUSSIAN LANGUAGE CLASSES | FEES APPLY

Operated by the Russian Ethnic Representative Council, offering language classes for children.

Tuesday & Wednesday
5:30-7:30pm
Saturday
10:00am-12:30pm

Ekaterina Rzhevskaja
0431 809 833
833katerina.rzh@gmail.com

SUPER SPEAK | FEES APPLY

Super Speak offers public speaking, presentation skills and drama programs for children aged 6-14, helping young people build confidence, clarity and communication skills in a supportive environment.

Wednesday
4:15pm – 8:15pm

info@superspeak.com.au

RECREATION & WELLBEING - KIDS & ADULTS

BINGO MOVES | FREE NEW!

An active and social twist on traditional Bingo, where each number drawn prompts simple movements to music. Designed to be safe, fun, and inclusive, it encourages gentle activity while supporting social connection and overall wellbeing of older adults. For registrations, contact Centre.

Tuesday
4:45am arrival for 10:00am
start - 11:00am

JamWay Community Centre
(03) 9744 2341
Enquiries@jamwaycc.org.au

COMMUNITY BOOKSHELF | FREE

Drop in to take a book, give a book and find a comfy spot to have a read.

Monday- Friday
8:30am - 4:30pm

JamWay Community Centre
(03) 9744 2341
Enquiries@jamwaycc.org.au

JAMWAY SENIORS BOARD GAMES GROUP | FREE

Social seniors' group that meets weekly for a cuppa, chat and play cards and board games.

Monday
12:30pm-3:30pm

Maree Ballestrino
0408 526 897
mballestrino@aol.com

MIND AUSTRALIA | FREE

Mind Australia is a psychosocial outreach Mental Health Service with Mercy Health. These sessions combine social activities with psychoeducation classes.

Thursday
12:00pm - 2:30pm

mindconnect@mindaustralia.org.au
www.mindaustralia.org.au

SHRI NRITYAM | FEES APPLY

A structure Bharatanatyam training program guided by Dance & Researcher Shriram. Integrating technique, anatomy, psychology and Indic values.

Monday
6:00pm-8:00pm

Shriram Theiventhiran
0466 660 435
shrinityam@gmail.com

KALADHARA ARTS AND CULTURE | FEES APPLY

Teaching anyone interested in learning the art and music of Indian percussion called Mirudangam.

Sunday
2:00pm-4:00pm
4:30pm- 7:30 pm

Rasiah Balasri
0412 411 690
balasri@gmail.com

KATHAK KENDRA NRITYASHALA | FEES APPLY

Join Kathak Kendra's journey and discover the art of graceful storytelling through rhythm, footwork, and expressions. Classes for all levels.

Tuesday
6:00pm - 7:00pm

kathakkendra.nz@gmail.com

ZUMBA FOR COMMUNITY & CONNECTION | FEES APPLY

These Zumba classes are a fun and energising way to stay active, boost your mood, and connect with others. Everyone and all fitness levels are welcome. Join to dance, have fun and feel amazing!

Tuesday
7:00pm-8:00pm

Luda Smelyanskaya
Zumba.luda@gmail.com

BEAT FREAKZ FITNESS | FEES APPLY

Beat Freaks Fit is a high energy workout in the dark with disco lights and music. Combining dance, cardio and strength for a fun, empowering fitness experience.

Tuesday
6:00pm - 7:00pm
Wednesday
5:30pm - 7:00pm

Jenna: 0424 124 661
beatfreakzfitness@yahoo.com
www.beatfreakzfit.com.au

COASTAL STEPS DANCE STUDIO | FEES APPLY

A fun community, family friendly dance school for all ages and abilities. Offering Pre-school classes, Ballet, Contemporary.

Monday
4:00pm-8:00pm
Thursday
4:15pm -7:15pm

Coastal Steps
0434 111 060
info@coastalsteps.com

JK NATYALAYA DANCE | FEES APPLY

JK Natyalaya Dance School running Bollywood style dance classes for kids and adults.

Friday
6:00pm - 8:00pm

Kanimozhi M.
kanisuba@gmail.com

MANMOHINI INDIAN DANCE SCHOOL | FEES APPLY

Specialising in the art of Kathak dance, which is one of the eight forms of Indian classical dance. This dance form traces its roots from the tradition of story tellers.

Thursday
7:00pm - 8:00pm

Mohini Joshi
mohini@kathakmelbourne.com.au

ALANKAR MUSIC | FEES APPLY

Alankar Music offers Indian classical vocal lessons to kids and adults. These sessions focus on vocal development, rhythmic knowledge and learning traditional compositions with the use of instruments like Tabla and Tanpura.

Saturday
10:00am - 12:30pm

1alankarmusic@gmail.com

GLOWHAUZ PILATES STUDIO | FEES APPLY

Glow from within through strength, balance and grace. Experience the power of movement in our mat work Pilates class. No experience needed! This welcoming, all levels class is designed to support you with modifications available for everybody.

Saturday
8:30 am - 9:30 am

info@glowhauspilatesstudio.com.au



SKATE STUDIO | FEES APPLY

The Skate Studio offers fun, inclusive skating classes for all ages and skill levels, from beginners to advanced skaters. Their engaging sessions focus on building confidence, skills, and a love for skating in a supportive environment.

Saturday
3:00pm - 4:00pm

skate_studio@outlook.com

FUSION BEATS BY SAISHAA | FEES APPLY

A vibrant Bollywood dance experience built on a deep love for movement, expression, and celebrating Indian culture. It's a fun and welcoming space to connect, build confidence, and enjoy the energy of dance together.

Saturday
9:00am - 10:00am

saishasethi2603@gmail.com

SRI LANKAN PERFORMING ARTS | FEES APPLY

Sri Lankan cultural dance group.

Saturday
12:30pm - 2:00pm

Jin: 0402 513 059
slpafvic@gmail.com

COMMUNITY, CULTURAL & FAITH GROUPS

COUNTRY WOMEN'S ASSOCIATION (CWA POINT COOK) | FEES APPLY

CWA supports women across Victoria through friendship, advocacy, and community action. CWA empowers members to make a positive difference locally and globally.

Thursday
(3rd of the month)
10:30am - 12:30pm

Linda Baker
blee.baker@live.co.uk

GOSPEL POWER MINISTRIES | FREE

Gospel Power Ministries provide a space for people to connect, grow and learn more about life and faith. A place for empowering families bringing faith, wellbeing and fellowship.

Tuesday, Wednesday, Friday
and Sunday.

Gpmchurch@gmail.com
gospelpowerministrieschurch.org.au

GOOD SAMARITAN MINISTRIES | FREE

Church Service.

Sunday
2:00pm - 5:00pm

goodsamaritanmy@yahoo.com

MIGRANT RESOURCE CENTRE | FREE

Arts & Craft, gentle exercise, board games & mind games, information sessions for South Asian seniors.

Friday
10:00am - 3:00pm

Atarjit: 0421 289 140
Atarjit_b@mrcnorthwest.org.au

WESTERN ASSOCIATION OF WOMEN SENIORS | FEES APPLY

Indian Women's education & welfare, including community health and safety.

Thursday
(1st & 4th of the month)
11:00am - 2:30pm

Chandni Dutta
wawseniors@gmail.com

SENIORS JOURNEY INC | FEES APPLY

English class and social connections for Mandarin speaking seniors. Participate in activities such as cultural dancing, Taichi, mahjong, cultural discussions.

Monday
9:00am - 2:00pm

Donghu: 0431 661 107
seniorsjourney@gmail.com

WYNDHAM JOYFUL HOME | FEES APPLY

Friendly Chinese social group who participates in English classes, dancing, singing, Taichi.

Tuesday
9:30am - 12 pm
Thursday
9:30am - 11:30 am

Amy: 0477 676 681
Aizhen_g@hotmail.com

CPA AUSTRALIA - POINT COOK PRACTICE | FEES APPLY

Regular meetings featuring expert speakers who explore key topics relevant to today's professional accountants. These sessions offer valuable opportunities to exchange ideas, discuss common challenges & expand your local professional network.

Thursday
(3rd of the month)
5:30pm - 7:30pm

chris@aletheiawealth.com.au

COMMUNITY SUPPORT & SERVICES

NARCOTICS ANONYMOUS

A self-help group for recovering addicts, who meet regularly for the purpose of recovery from the disease of addiction. Visit their website for more information on different sessions.

Wednesday
7:00pm - 8:00pm

www.na.org.au

COMMUNITY CONNECTOR | FREE

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.

Monday
(Fortnightly)
9:00am - 1:00pm

8734 4514
communityconnector@wyndham.vic.gov.au

POWER UNLEASHED | FEES APPLY

A hands-on capacity building program for young people living with a disability, focused on real world learning and life skills.

Wednesday
9:00am - 1:00pm

Graeme@powerunleashed.com.au