

# Noticeboard

## Mayfest

Mayfest with lots of kids' activities, jumping castles, putt putt, face painting and stalls will be held on May 4 from 2pm at Hubertus Country Club in Luddenham

## NADO

Help support people with disabilities at the Share My Ability 24 Hour Challenge. For details call NADO on 1300 738 229 or send an email info@nado.org.au

## Rotary Market

The next Rotary Market will be held at Ropes Crossing on April 28 from 9am-2pm. Over 40 stalls of fresh food and quality gifts. Call 0408 365 369 for details

## Volunteer

Want to volunteer? 20 organisations will showcase their services at an event at Panthers on Wednesday, May 15. For details call 4721 1717. Info sessions will also be held

## Choir

Penrith locals are being encouraged to take part in the Rock 'n' Soul choir at Rouse Hill on Thursdays. To find out more call 0431 200 500 and get rockin'

## Open Day

The Model Park Open Day at Luddenham will be held from 9am-5pm on April 28. \$15 per car. It's at 869 Luddenham Road. Call 4773 4444 for details

## Pregnancy Yoga

Pregnancy Yoga is held at the Blaxland Community Centre on Saturdays, helping local women to relax during pregnancy. Classes begin at 9.30. Call 4739 3827

## Harness Racing

It's free, and it's fun! Harness racing is held at the Penrith Paceway each Thursday night with racing usually getting underway at about 6pm and ending about 10pm



Kids from Spunky Monkeys Early Learning Centres learned all about going to the dentist.

## The tooth about dentists: Kids learn valuable lessons

KATHERINE TWEED

No-one likes a trip to the dentist, least of all the youngest in our community, local kids.

Dr Meredith Gay and Kate Prouse from Tindale Dental visited Spunky Monkeys Early Learning Centre in Penrith to show local kids that going to the dentist is not all bad.

"The main aim of having a dentist come in to the centre is to help alleviate the fear that some children and their parents have when the time comes to visit the dentist,"

said Kareena Gale, owner of Spunky Monkeys Early Learning Centres.

"Dr Gay shows the children how fun the dentist can be. In this program the children get to try on the gloves, masks and "special" glasses."

The educational program delivered by the local dental professionals also taught the kids how important it is to look after your teeth.

"Dr Gay spoke about the best foods for our teeth and the sometimes food like lollies and juice," Mrs Gale said.

The kids were shown how to correctly brush their teeth, too.



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