

Term 1 Courses

Orana will be closed from 20th December
 and will re-open on 24th January

January- April 2022

Full details can be found on our website

If classes cannot be held in person due to restrictions,
 classes will be held online via Zoom where possible.

Scan QR code
 to go to
 our website



Computer Technology	<h3>BASIC DIGITAL SKILLS</h3> <p>Learn and understand the basics of different digital devices. Topics covered include using your smartphone, using email, navigating the internet and staying safe online.</p> <p>Mondays 9.15am - 12.00pm 14th February - 4th April (7 weeks) *No class 14th March \$50</p>	<h3>NEXT LEVEL DIGITAL SKILLS</h3> <p>Build on your basic digital skills. Topics covered include Creating in Word, Finding information online, managing information, connecting to devices, day to day technology.</p> <p>Mondays 12.30pm - 3.15pm 14th February - 4th April (7 weeks) *No class 14th March \$50</p>
	<h3>BASIC IPADS & TABLETS</h3> <p>Enjoy your iPad or Tablet. Explore its many features, learn how to change settings, use the calendar, clock, iBooks and conduct internet searches and bookmarking app folders.</p> <p>Tuesdays 9.30am - 12.00pm 15th February - 5th April (8 weeks) \$50</p>	<h3>IPADS & TABLETS THE NEXT LEVEL</h3> <p>This class is for those that know the basics of your iPad or Tablet and want to expand on all of its many features.</p> <p>Tuesdays 12.30pm - 3.00pm 15th February - 5th April (8 weeks) \$50</p>
	<h3>SOCIAL MEDIA</h3> <p>Online via Zoom</p> <p>This introductory workshop is ideal to engage those contemplating returning to work or those starting a new business and wanting to market their business.</p> <p>Week 1: Learn how to use Canva to market your Business Week 2: Using your skills learnt in previous week learn how to promote your business on Facebook, Instagram and LinkedIn. Pre-requisite: Basic computer skills</p> <p>Saturdays 10.00am - 12.30pm 26th February - 5th March (2 weeks) \$20</p>	
	<h3>EVERYDAY ENGLISH</h3> <p>Improve your English skills to gain confidence in a social or business environment.</p> <p>Mondays 6.00pm - 8.00pm 31st January - 4th April (9 weeks) *No class 14th March \$50</p>	<h3>ENGLISH CONVERSATION CIRCLE</h3> <p>If English is your second language, come along to this informal conversation class to improve your language skills in a social setting.</p> <p>This class will be held at the Knox Library Please call Orana to book on 9801 1895</p> <p>Thursdays 12.30pm - 2.30pm 3rd February - 31st March (9 weeks) FREE</p>
<h3>Adult Literacy</h3>	<h3>LIFE WRITING</h3> <p>Start your fun Life Writing journey in this interactive class with an experienced and qualified writer. Learn how to uncover those memories and start compiling your stories. Perfect for those who want to write down their own memories, or the story of a loved one or to turn family history research into a manuscript.</p> <p>Thursdays 10.30am - 12.00pm 10th February - 31st March (8 weeks) \$45</p>	



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Term 1, 2022

Back To Work

RESUME WRITING AND INTERVIEW SKILLS WORKSHOP

Free information session Presented by Careers Support Advisor from Skills & Jobs Centre, Swinburne University of Technology. One on one sessions will be available on an appointment basis after the session

Thursday, 10th March
10.00am - 12.30pm

FREE
Please call 9801 1895



WOMEN'S CAREER FORUM

Are you looking at returning to work, perhaps starting up your own business or changing career? Register now for this informative afternoon in a relaxed environment with guest speakers, short course ideas on updating your skills and an opportunity for a one on one consultation with representatives from the Swinburne Skills & Jobs Centre. Bookings Essential.

Wednesday, 23rd February
7.00pm-9.00pm

FREE
Please call 9801 1895



Cooking

KITCHENS OF THE WORLD

Come along to this hands on class making multicultural dishes, learn all the different cooking techniques and skills to work in diverse kitchens. Share and enjoy your dishes.

This class will also include preparing a monthly community lunch.

Fridays 9.30am - 12.30pm or 1.00pm - 4.00pm
28th January - 24th June (20 weeks)

*No class 15th & 22nd April
\$60



STORIES ON A PLATE

In this exciting new class we will create a delicious dish based on themes from classic books. A different literary theme paired with a scrumptious dish each week!

Share the dish and discuss the story and characters in a relaxed and fun environment. All ingredients supplied.

Tuesdays 6.30pm - 8.00pm
8th February - 22nd March (6 weeks)

*No class 15th March
\$45



THAI FOOD COOKING WORKSHOP

Come and learn how to cook Thai Green Chicken Curry with Mango and Steamed Coconut Rice with Chef Oddie. We will teach you how easy it is to create your own dishes 'like a pro' to impress your family and friends. All ingredients provided.

Please bring a knife for preparing food, an apron and a container to take left overs home.

Saturday, 26th February
10.30am - 1.00pm
\$50



INDONESIAN FOOD COOKING WORKSHOP

Come and learn how to cook Nasi Lemak (rice with coconut milk, spiced fried chicken, sambal, boil egg and peanuts) and Wingko Babat (baked coconut, sticky rice flour and sesame seeds) in this fun, interactive cooking demonstration with Chef Oddie.

We will teach you how easy it is to create your own dishes 'like a pro' to impress your family and friends. All ingredients provided. Please bring a knife for preparing food, an apron and a container to take left overs home.

Saturday, 26th March
10.30am - 1.00pm
\$50



Gardening

GARDEN BASICS

Would you like to know more about gardening? This course will cover plant identification, pest & disease, propagation, harvesting & lots more. Look at possible pathways to a career in Horticulture. Certificate provided upon completion.

Mondays 9.30am - 12.00pm
31st January - 20th June (16 weeks)

*No class 14th March, 11th, 18th & 25th April & 13th June

\$60



HOW TO CREATE A WELLNESS GARDEN

Online via Zoom

Nature is a sanctuary where we find the environment we love, yet our home garden often isn't as powerful. Join award winning garden designer, Betsy-Sue Clarke to learn how to bring harmony within your own garden sanctuary.

Tuesdays 1.30pm - 3.00pm
15th & 22nd February (2 weeks)
\$20

ORANA GARDEN VOLUNTEERS

If you have a passion for gardening and are thinking about volunteering, Orana Neighbourhood House is looking for volunteers to help in our garden on Wednesdays, at 10.00am to 12.00pm.

Please call 9801 1895 for details.



Social Chat Groups

BOUNCE BACK

This is a self-help social group for women with anxiety and depression.

Meets Wednesdays from 2nd February
1.00pm - 3.00pm

\$5 each week



MEN'S CHAT GROUP

Meet, talk and enjoy time with other local men your age. Enjoy a morning tea and refreshments during the morning's discussion.

Every 2nd and 4th Friday of the month
starting 28th January
9.30am - 11.30am



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Health and Wellbeing

TAI CHI

Tuesdays 10.00am - 11.30am (Advanced) - \$130
Tuesdays 11.30am - 12.30pm (Beginners) - \$110
1st February - 5th April (10 weeks)

Thursdays 6.00pm - 7.00pm (Beginners)
Thursdays 7.00pm - 8.00pm (Intermediate)
3rd February - 7th April (10 weeks)
\$110

BETTER BREATHING WORKSHOP

Everyone does it, but most people only use about one third of their lung capacity. If you can take in more oxygen, your body will function better. Learn how to breathe more deeply with simple exercises to create awareness and improve your overall wellbeing.

(Tutor Jeff Davis has been teaching Tai Chi for over 30 years)

Thursday, 10th February
4.00pm - 6.00pm
\$15



GENTLE YOGA

Wednesdays 9.30am - 10.45am
or 11.30am - 12.45pm
2nd February - 6th April (10 weeks)
\$110

Saturdays 8.45am - 10.00am
or 10.15am - 11.30am
5th February - 9th April (10 weeks)
\$110

**Please bring a yoga mat and blanket*

MINDFULNESS

The benefits of mindfulness include reduced stress, greater focus, increased happiness and emotional regulation. These workshops explore different ways to practise mindfulness and develop a practice in daily life.

Week 1: Introduction to mindfulness
Week 2: Mindfulness of the body
Week 3: Mindfulness and compassion
Week 4: Mindfulness and the senses

Wednesdays 1.30pm - 2.30pm
2nd March - 23rd March (4 weeks)
FREE

FITNESS FOR OVER 40'S

An exercise class using weights, fit ball and mats.
Suitable for most fitness levels.
Not a fast paced aerobic class but weight bearing with cardio.

Wednesdays 9.30am - 10.30am
2nd February - 6th April (10 weeks)
\$100

MENTAL HEALTH FIRST AID

Do you care for someone with a disability and live, work or play in Knox?. This course will focus on assisting people who have a disability and are experiencing a mental health problem or crisis.

You'll learn:

- How to provide initial support to adults aged 18 and over who are experiencing a mental health problem or crisis.
- What to do until appropriate professional help is received or the crisis resolves.

Wednesdays 12.00pm - 3.00pm
2nd February - 23rd February (4 weeks)
FREE



WALKING GROUP

Are you looking for a walking group to keep active and meet new people, then this is the group for you.
This informal group will meet at Orana, walk along the bike track and then back to Orana.

Tuesdays from 1st February
during school terms.
8.30am - 9.30am
Free

TAKING STRIDES CASUAL WALKING GROUP FOR PEOPLE WITH LIMITED MOBILITY

This is a walking group with a difference. It is for people who can only walk for about 500 metres to maybe a bit over a 1km, unaided or with the aid of a walking stick, nordic poles or mate.

You can also join as a 'Mate' to assist those who may need help.

Leaving Orana Neighbourhood House
at 3.30pm on Tuesdays from 1st February during school terms.
To book please call 9801 1895 or
email onh@netspace.net.au

Art & Craft

MOSAICS

Learn to Mosaic using ceramic tiles or glass, whichever medium you prefer to use.
This is a very relaxed class where you work at your own pace.

Fridays 10.00am - 12.00pm
4th February - 8th April (10 weeks)
\$120



Find a new
hobby or
rediscover
a passion

ART GROUP

Develop new artistic skills and techniques with our local artist, Toshi. There will be opportunities for finding new inspiration and share techniques in an informal setting using a variety of mediums.

Thursdays 10.00am - 12.00pm
3rd February - 7th April (10 weeks)
\$120

PATCHWORK COMMUNITY PROJECT

Are you interested in learning new sewing skills or updating your current skills? Then this may interest you!
We are looking for volunteers to participate in creating patchwork quilts for The Monash Children's Hospital.

In this program you will learn a variety of sewing techniques whilst utilising repurposed materials.

This is a free course and all materials will be supplied.

Thursdays 1.00pm - 3.00pm
10th February - 7th April (9 weeks)
FREE

