

What's on in Term 1

Activity Guide 29th January - 28th March



Technology

Beginners digital skills



Mondays 9:15-12pm

5th Feb - 25th Mar (no class Labour Day) | \$55 | 7 weeks

Basic digital skills including changing settings, blocking phone calls, text messages and emails with attachments, editing photos and downloading and updating apps and operating systems.

Intermediate digital skills



Mondays 12:30-3:15pm

5th Feb - 25th Mar (no class Labour Day) | \$55 | 7 weeks



Language & literacy

Life writing

Thursdays 10:30-12pm

8th Feb - 28th Mar | \$55 | 8 weeks

Perfect for those who want to write their own or loved one's memories. Learn how to uncover the past and compile your history. Interactive class with an experienced and qualified writer.

Family history writing

Thursdays 1-2:30pm

8th Feb - 28th Mar | \$55 | 8 weeks

Learn how to shape your family history research into a narrative. Focussing on different writing techniques, images and data to include, copyright, privacy and permissions, and referencing techniques. No experience or writing skills required!

Drop-in tech support



Fridays 9:30-10:30am

9th Feb - 22nd Mar | FREE | 7 weeks

Free computer access with support from a tutor to assist you with any computer/ iPad/ tablet concerns, revision and/or practicing our course training in a friendly and relaxed environment.

iPads and tablets



Tuesdays 9:30-12pm and 12:30-3:00pm

6th Feb - 26th Mar | \$55 | 8 weeks

Open Learning computers



Fridays 1-3pm

2nd Feb - 22nd Mar | FREE | 8 weeks

This is a relaxed computer training course for people with additional needs. Working on each participant's individual interests to empower them and improve their independence through technology.

Book chat



Mondays 12:30-2pm

5th Feb, 26th Feb & 25th Mar | FREE

Have you read any great books recently and want to share them with a group of like minded readers? Are you looking for suggestions of what to read next? Join us for our informal book chat group where together we will choose what to read and discuss.



Health & wellbeing

Beginners Tai Chi

Tuesdays 11:30-12:30pm
30th Jan - 26th Mar | \$108 | 9 weeks
Thursdays 5-6pm
1st Feb - 28th Mar | \$108 | 9 weeks

Advanced Tai Chi

Tuesdays 10:30-11:30am
30th Jan - 26th Mar | \$108 | 9 weeks
Thursdays 6-7pm
1st Feb - 28th Mar | \$108 | 9 weeks

Meditation

Wednesdays 7:30-8:30pm
31st Jan - 27th Mar | \$108 | 9 weeks
Please bring a yoga mat and blanket.

Gentle Restorative Yoga

3 hour workshop
Saturday 24th Feb | 1-4pm | \$50

Join us for this relaxing 3 hour gentle yoga workshop. The program for the afternoon will be:

- Savasana
- Gentle yoga
- Restorative yoga
- Mindfulness discussion / herbal tea circle
- Pranayama (breathing)
- Guided meditation

Please bring a yoga mat, blankets and cushions or a bolster.

Sound bath experience

One off taster classes
10th February & 23rd March
10 - 11am | \$12 per session

Come and enjoy a deeply relaxing experience with sound therapy. Crystal singing bowls have the power to transform our brainwave patterns through tonal sound. As we practice stillness, surrender and allow the sound to permeate at all levels, we are shifted into a state of deep relaxation and calm body and mind.



Gentle yoga

Mondays 7-8:15pm
29th Jan - 25th Mar (No class Labour Day)
\$96 | 8 weeks
Wednesdays 9:30-10:45
31st Jan - 27th Mar | \$108 | 9 weeks
Thursdays 7-8:15pm
1st Feb - 28th Mar | \$96 | 8 weeks
Saturdays 8:45-10am and 10:15-11:30am
3rd Feb - 23rd Mar (no class Labour Day weekend) \$84 | 7 weeks
Please bring a yoga mat and blanket.



Fitness for over 40s

Mondays 11-12pm
29th Jan - 25th Mar (no class Labour Day)
\$96 | 8 weeks
Wednesdays 9:30-10:30am
31st Jan - 27th Mar | \$108 | 9 weeks
An exercise class using weights, fit ball and mats.

Journalling - A wonderful tool for mental health and balanced living

Wednesdays 6-7pm, 14th February to 20th March
6 weeks | \$70 | also available online

Research suggests that keeping a regular practice of writing down our personal thoughts and feelings as well as daily gratitude practice, can be particularly helpful in supporting mental health and wellbeing. Journalling has been known to assist with reducing anxiety, stopping obsessive thinking, improving awareness and perception of events, regulating emotions, promoting self awareness. Most of all, calming the mind. Join us in this 6 session course where the instructor will take you through the steps to get you started and continue your new journaling practice.



Special events



Harmony Day lunch

12:30-2:30pm
Thurs 21st March
FREE

Harmony Week occurs in March each year and the ongoing theme is 'everyone belongs'. Harmony Week is a time of cultural respect for all. We invite our local community to come along and meet each other over a community lunch at Orana Neighbourhood House.



Chinese New Year lunch

12:30-2:30pm
Fri 9th Feb
FREE

Chinese New Year 2024 is the Year of the Dragon! We invite our local community to come along and celebrate the biggest event in the Chinese calendar and the opening of the lunar year, over a Chinese community lunch at Orana Neighbourhood House.

Gardening

Introduction to horticulture

Mondays 9:30-12pm
29th Jan - 25th Mar (no class Labour Day) | \$55 | 8 weeks

Ideal for people who are interested in hands-on gardening experience. Grow plants and vegetables with and for the community and learn skills like seed raising and espalier from our experienced horticulturalist.

Photography competition!

Open to everyone, enter by 1/03, winners announced at our Harmony Lunch on 21/03

We love photos of our local area! Enter our fun (no experience necessary!) competition – entries can be landscapes/ people /interesting arthouse pictures from around Wantirna/ Knox. Email a maximum of 3 (high resolution) images to onh@netspace.net.au. Or bring them in as prints. We will display the best ones on our walls, and there will be prizes for winners, including a special children's prize.



Info sessions

Scam Talk

2-3pm Thurs 15th Feb

Basic tips for how to recognise a scam, what to do if you are the victim of a scam, and how to stay safe online. Facilitated by Knox Eastern Library.

Getting to know your phone

Thurs 29th Feb
1-1:45pm Android session 1
2-2:45pm Apple session 2

Introductory session on Apple and Android mobile phones. We will go through the basics on your mobile, inc how to keep your phone up to date. There will be time to assist you with your own device and answer any questions you may have.



Social



Men's chat group

2nd & 4th Friday
of every month
9:30-11:30am
9th Feb, 23rd Feb, 8 Mar,
22nd Mar | FREE

Meet, talk and enjoy time with other men in your local area. Enjoy a morning tea & refreshments during the morning's discussion. Facilitated by OM:NI (Older Men, New Ideas).



English language conversation group

FREE

Wednesdays 10-12pm
7th Feb - 27th Mar | FREE | 8 weeks

A course designed to meet the needs of local learners who want to develop their English skills.



Cooking

Kitchens of the world

Tuesdays 1-4pm, 30th Jan - 25th June
Fridays 9:30-12:30 and 1-4pm
2nd Feb - 28th June | \$80 | 20 weeks

Come along to this hands-on class and learn how to make many different multicultural dishes! You will learn cooking techniques and skills to work in diverse kitchens. Share and enjoy your dishes with a likeminded group of people each week.

Thai cooking workshop

10-1pm
Saturday 2nd March | \$50

In this hands-on workshop, you will learn to make Thai Green chicken curry with jasmine rice. Participants will also learn the secrets of making a delicious Tom Yum soup.

Turkish cooking workshop

10-1pm
Saturday 16th March | \$50

In this hands-on workshop, you will learn how to make traditional Turkish kebab, tabbouleh salad and tzatziki. This workshop will also include how to make delicious sweet baklava.



12 Superfoods for Brain Health

Two part workshop (theory & practical)
Sat 17th (Part 1) & 24th February (Part 2)
10-12pm | \$60

Our brain is the command centre for our nervous system and is involved in all of the functions of our body mind and emotions. It controls our ability to think clearly, to learn, to remember, make smart decisions, problem solve and have emotional equilibrium and proper sleep.

The role of nutrition in supporting brain health is vital. In this class we cover 12 brain boosting health foods when incorporated into your diet can improve brain health. They provide protection against free radicals, have anti-inflammatory effects, increase blood flow for optimal brain cell function. These foods have been found to improve mental health and lower the risk of age related cognitive decline.

Join us in this two part workshop. Part one is theory where we discuss these amazing 12 brain boosting foods. Part two is practical where try some of them and discuss how we can incorporate them into our diet.

Art, craft & design

Art group

Thursdays 10-12pm
1st Feb - 28th Mar | \$108 | 9 weeks

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

Mosaics

Mondays 1-3pm
5th Feb - 25th Mar (No class Labour Day)
\$84 | 7 weeks

Learn to mosaic using ceramic tiles or glass. This is a relaxed class where you work at your own pace.

Patchwork project

Thursdays 1-3pm
15th Feb - 21st Mar | FREE | 9 weeks

Are you interested in learning new sewing skills or updating your current skills? We are looking for volunteers to join us and participate in creating patchwork quilts for The Monash Children's Hospital. All materials are supplied - a lovely, relaxed atmosphere with an experienced facilitator.



Connecting through craft

Mondays 1-3pm
12th Feb - 25th Mar | FREE | 5 weeks

Do you have a craft project you would like to start or finish? Would you like to connect with other crafters? Bring your own project and join our experienced tutor who will be happy to guide you in any way you would like. Wonderfully relaxed environment with tea, coffee and biscuits provided.



Our Community Project has kept the Patchwork group busy. We passed on over 50 handmade quilts to the Monash Children's Hospital Ronald McDonald House.

A bit of confidence has empowered the ladies to make a variety of designs. At our AGM in 2023 we were able to present the quilts in a carry bag, ready for the children to take home with them as part of their care packs. A massive thanks to all our wonderful patchwork ladies led by Anne Hayes. You are simply amazing.



Orana Neighbourhood House provides courses with Learn Local funding. Learn Local courses are government subsidised and are offered at low or no cost to eligible Victorian adults. The course fees you will pay depend on the fees set by your Learn Local provider. Contact your [Learn Local provider](https://learnlocal.org.au/course-provider) at: <https://learnlocal.org.au/course-provider>.



Wantirna Carer Support Group Walk

1st Thursday of
every month 9:30am

Inviting carers of people with disability, mental illness or aged person to attend this free walking event, leaving from Orana NH. Morning tea & guest speaker after the walk. Contact Belinda.Carney@knox.vic.gov.au. To find other walks near you, visit: nhvic.org.au/walks-for-carers-ncc

Taking Strides

Tuesdays 3:30pm
30th Jan - 26th Mar | FREE
9 weeks

Wonderful relaxed walking group for people with limited mobility. We walk anywhere between 500m to just over 1km. Everyone welcome to join, unaided, or with a walking stick, nordic poles or a mate.

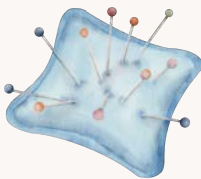


Spotlight

We are so lucky to have incredible tutors and participants here at Orana Neighbourhood House.

Anne Hayes

Craft tutor



Creating was all around me while growing up. My Grandmother was university qualified Domestic Science Teacher, so making was always happening around me. My Mother created many items herself, helping with the cost of raising five children. I enjoy seeing what can come from an idea and a bit of effort. I taught beading and scrapbooking at Mulgrave Neighbourhood House for ten years and love seeing what people create using my design and their own beads – so many variations are possible. I have also been a Girl Guide leader and I have worked with children too. I enjoy what kids create – their imagination is inspiring. At Orana I love that everyone will now choose different patchwork patterns whereas in the beginning we all started off with the same design. I love it when people are game enough to try something different! I'm very proud of our participants. Learning something and then having the confidence to expand on it is wonderful.

Dirk van Diggele

Beginners digital skills participant

I've been coming to Orana for a few years now. I started coming for the company. I live on my own, so you get a bit lonely after a while. I am learning many things in the digital skills class. My memory isn't so good and if you don't use it, you lose it. The way it is at the moment, everything is online. Luckily I have a daughter and granddaughter, but the techniques are so advanced that you can't follow it. You feel a bit incompetent! And you just give up after awhile. It's a must, to keep up with technology. You come to an age, like me, at 95 and you can still learn enough skills to handle it.



Contact Us

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Terms & Conditions

Commencement of classes

Commencement of classes is subject to sufficient numbers; minimum and maximum numbers apply to all courses. In the event of class cancellations, all fees are refunded in full by bank transfer or to your credit card.

Cancellations

If a course is cancelled or delayed by Orana Neighbourhood House a full refund or credit will be made available. A refund will be made available if Orana Neighbourhood House is notified in writing within five business days prior to the commencement of the course. A \$15.00 administration fee is applicable for this. No refunds are available after a course has started. Refunds will be by bank transfer or credited back to your credit card. Make up classes or a refund for missing a class will not be issued.

About Us

Orana is a place where people can come together to offer each other friendship, encouragement and support. Orana offers a range of programs including adult education classes, hobby & leisure courses, exercise classes, social and self-development groups for people living in our community. Our program offers opportunities for enjoyment, learning and to develop new interests and skills.



For the comfort of people with sensitivities and allergies, Orana Neighbourhood House is a fragrance free zone. We ask that people refrain from wearing perfumed products whilst on the premises. Thank you.

