

What's on in Term 2

Activity Guide 15th April - 28th June




Technology

Introduction to computers *NEW!*

Mondays 12:30-3:00pm
22nd Apr - 24th June
(No classes on 27th May and King's BD)
8 weeks | \$55

Learn to use Windows 10. Personalising the home screen, creating folders and organising folder structure. Creating, editing and saving files. Creating emails, attaching a file, using reply and forward as well as learning about cc and bcc functions. Searching the internet, creating a favourites' list, clearing history and learning the difference between internet browsers and search engines.

Laptops will be available for these classes at Orana.






Open Learning computers

Fridays 1-3pm
19th Apr- 21st June
10 weeks

Computer training course for people with additional needs. Working on each participant's individual interests to empower them and improve their skills and independence through technology.

FREE

Introduction to ipads & tablets


Mondays 9:30-12pm
22nd Apr - 24th June
(No classes on 27th May and King's BD)
8 weeks | \$55

Basic ipad skills including editing photos and downloading and updating apps and operating systems.




Advanced ipads and tablets

Tuesdays 9:30-12pm and 12:30-3:00pm
23rd Apr - 18th June
(No class 28th May)
8 weeks | \$55




Drop-in tech support

Fridays 9:30-10:30am
26th Apr - 21st June
9 weeks

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

FREE

Language & literacy

Journalling - A wonderful tool for mental health and balanced living

Wednesday 6-7pm

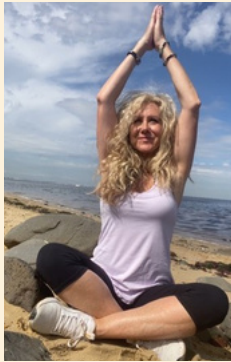
29th May - 19th June, 4 week course | \$48

A regular practice of writing down our personal experiences, thoughts and feelings, along with a daily gratitude practice, can go a long way towards supporting mental health and generating a feeling of positivity. Here are some of the benefits of Journalling:

- Reducing anxiety and self regulation of emotions
- Stopping over or obsessive thinking, calming the mind
- Shifting our perception from negative to positive
- Promoting self awareness and developing self esteem

NEW!

Join Suzie for these sessions!



Book chat

Mondays 12:30-2pm

22nd Apr, 20th May, 17th June

Read any great books recently? Looking for suggestions of what to read next? Join our informal book chat group where we will choose what to read and discuss.

Life writing

Thursdays 10:30-12pm

18 April - 20th June (no class on ANZAC Day) 9 weeks | \$55

Learn how to uncover the past and compile family history. This is an interactive class with an experienced and qualified writer.



English language conversation group

Tuesdays 1-3pm

23 April - 18 June | 9 weeks

Wednesdays 10am-12pm

24 Apr - 19 June | 9 weeks

Wonderful free courses designed to meet the needs of local learners who want to develop their English skills.



Gardening

Introduction to horticulture

Mondays 9:30-12pm

15th Apr - 17th June

(No class on King's BD)

9 weeks | \$55

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.



Social

Men's chat group

Fridays

(2nd & 4th of every month)

26th Apr,

10th & 24th May,

14th June

9:30-11:30am



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

Art, craft & design

Card making workshop

Tuesday 30th April 1-3pm | \$20

Come and explore the process of making your own vintage cards. Take home your unique creations to send to your family and friends.

NEW!



Art group

Thursdays 10-12pm

18th Apr - 20th June (No class ANZAC Day)

9 weeks | \$108

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

15th Apr - 3rd June (No class King's BD)

8 weeks | \$96

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

2nd May - 20th June

8 weeks | FREE

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.

Scrapbooking taster session

Tuesday 21st May 1-3pm | \$20

Tell your story with photos and journaling. Bring 4-6 photos of a significant event in your life and decorate a page around the photos and your story.



Connecting through craft

Mondays 1-3pm

22nd Apr - 17th June (No class King's BD)

8 weeks | gold coin donation

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.



Calling Knitters of Knox!

We have received a large donation of wool to our Neighbourhood House and we are reaching out to anyone who can help us knit scarves this winter. Please feel free to drop into our Craft sessions on Mondays, 1-3pm to pick up wool, or use your own and drop off scarves during this time (or to the office any other weekday). We will donate them to the Father Bob Maguire Foundation, a Melbourne-based registered charity providing support and services to ensure that no one is left behind.



Cooking

Kitchens of the world

Tuesdays 12:30 - 3:30pm

15th April - 25th June

Fridays 9:30-12:30 and 1-4pm

19th April - 28th June | 20 weeks | \$80

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.



Turkish cooking workshop

Saturday 27th April

10am-1pm | \$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.

Thai cooking workshop

Saturday 11th May

10am -1pm | \$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.

12 Superfoods for Healthy Mind & Longevity workshop

Sat 15th June, 10:30am - 1:30pm | \$60

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.

Participants will have the opportunity to taste some of the food and drink demonstrated in the session. Bookings essential, via our website or email info@oranh.org.au.



For Carers



Orana Carer Support Group Walk

1st Thursday of every month, starts from 2nd May 9:30am | FREE

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



Orana Carer Afternoons

1st Tuesday of every month, starts from 7th May 1-3pm | FREE

This is a group for local carers of people with disability, mental illness or aged persons. A variety of guest speakers according to what is helpful to the group will be invited to these sessions. Afternoon tea also provided. A great way to connect and support each other.

Health & wellbeing

Beginners Tai Chi

Tuesdays 11:30-12:30pm

16th Apr - 18th June

10 weeks | \$120

Thursdays 5-6pm

18th Apr - 20th June

(No class on ANZAC Day)

9 weeks | \$108



Sound Bathing with Suzie 4 week Experience

Wednesdays 6-7pm

1st - 22nd May

4 weeks | \$48

Enjoy a deeply relaxing 4 week 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.

Sound Bathing with Suzie

Taster 1: Saturday 20th April

10:30am - 11:30am

Taster 2: Saturday 1st June

10:30-11:30am

\$12 per session

Come and try sound bathing with these one-off taster sessions!



Advanced Tai Chi

Tuesdays 10:30-11:30am

16th Apr - 18th June

10 weeks | \$120

Thursdays 6-7pm

18th Apr - 20th June

(No class on ANZAC Day)

9 weeks | \$108

Fitness for over 40s

Mondays 11-12pm

15th Apr - 17th June (No class on King's BD)

9 weeks | \$108

Wednesdays 9:30-10:30am

17th Apr - 19th June

10 weeks | \$120

Meditation

Wednesdays 7:30-8:30pm

17th Apr - 19th June

10 weeks | \$120

Wonderfully relaxed and practical chair-based meditation classes.

Gentle Restorative Yoga (3 hour workshop)

Saturday, 18th May

1-4pm | \$50

Join us for this relaxing 3 hour gentle yoga workshop. The program 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.

Gentle yoga

Mondays 7-8:15pm

15th Apr - 17th June (No class on King's BD)

9 weeks | \$108

Wednesdays 9:30-10:45

17th Apr - 19th June | 10 weeks | \$120

Thursdays 7-8:15pm

18th Apr - 20th June (No class on ANZAC Day)

9 weeks | \$108

Saturdays 8:45-10am and 10:15-11:30am

20th Apr - 15th June (no class on the 8th June)

8 weeks | \$96

Taking Strides

Tuesdays 3:30pm

16th Apr - 18 June

10 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.

Special events

Neighbourhood House Week 13 - 19 MAY '24

Community lunch & native plant talk

Monday 13th May
12-2pm | FREE



Neighbourhood House Week is an annual national celebration recognising the important contribution Neighbourhood Houses make in local communities across Australia. This year the theme is 'Stronger Together'. Come along to our open house and see the winners of our photography competition framed on the walls! Enjoy a free community lunch and informative talk from our horticulturalist, Liz, about the new native, edible and Indigenous ornamental plants going into our community garden. Participants can help sew these seeds, and decorate new signs for the garden beds with our craft tutor, magical Anne. A great chance to connect & celebrate our neighbourhood house.

Free talks

Managing Financial Stress as Inflation Grows

Tuesday 18th June, 1-2pm | FREE

Financial stress is the anxious feeling of not having enough money to pay for the things you need – shelter, food, medicine, transport, utilities and also having debts you are struggling to pay. It can also be worrying about what will happen in the future if the cost of living continues to climb. It can be the concern that if you have a large expense come up, you have no means to pay it. There is support available.

Come along to this free talk by Bridget Morcom, financial counsellor with EACH (Eastern Financial Counselling Services).

Bookings essential via our website or email info@orananh.org.au.



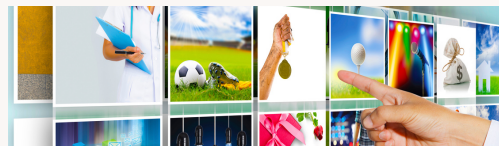
Welcome Winter Soup & movie

Friday 31st May
4-6:30pm | FREE



Let's welcome in winter with soup and a movie to warm the cockles! We invite everyone in our community to come together around the big screen at Orana Neighbourhood House and enjoy complimentary soup, popcorn and choc tops! We are taking a poll on what film to show - you can vote in person at Orana or when you register. The choices are either *Lion* or *The Book Club*.

Bookings essential via our website or email info@orananh.org.au.



Digitise Your Documents & Photo Collection

Friday 19th April, 10-11:30am | FREE
Facilitated by Eastern Regional Libraries

Do you have a collection of photos or documents that you would like to preserve? In this workshop, you will learn how to digitise photos and documents so that you can view them on your phone or tablet. You will also learn about different options for saving and sharing these photos and documents. Bring your own device for this hands-on session. Bookings essential via our website or email info@orananh.org.au.

Contact Us

Orana Neighbourhood House | ABN: 91 514 980522
62 Coleman Road, Wantirna South VIC 3152
www.orananh.org.au | info@orananh.org.au | 9801 1895

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.



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](#) at <https://learnlocal.org.au/course-provider>.



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.

