

Term 3 Courses

July to September 2017

Full details can be found on our Facebook page or website

BOUNCE BACK

Support group for women with anxiety & depression.
Wednesdays 1.00pm - 3.00pm
from 19th July
\$5 each week

FITNESS FOR THE OVER 40'S WITH MURIEL

Wednesdays 9.45am - 10.45am
19th July - 20th Sept (10 weeks)
\$85

GENTLE YOGA WITH CLAIRE

Wednesday mornings 9.30am - 10.45am
19th July - 20th Sept (10 weeks)
OR
Saturdays mornings 10.00am - 11.15am
22nd July - 23rd Sept (10 weeks)
\$85

TAI CHI WITH JEFF

Tuesdays 18th July - 19th Sept (10 weeks)
10.00am - 11.30am (Advanced)
11.30am - 12.30pm (Beginners)
Or
Evening class
Thursdays 20th July - 21st Sept (10 weeks)
7.00pm - 8.00pm
\$90



LATIN DANCING WITH CONNIE

Have you danced before or do you feel like you have two left feet? No matter your dance ability or skill level, get your feet moving and your hips grooving to make learning to Latin Dance one of the most fun filled experiences you will ever have.
Fridays 21st July - 22nd Sept (10 weeks)
For Fitness 5.00pm - 6.00pm \$80
For Beginners 6.00pm - 7.00pm \$80

BOLLYWOOD DANCING WITH LAKSHMI

This class is all about fitness and fun incorporating Bollywood dance moves. Suitable for all ages and fitness levels.
Mondays 7.00pm - 8.00pm
31st July - 18th Sept (8 weeks)
\$70

INTRO TO WORD & EXCEL WITH LOUISA

For those who have basic computer skills, this course will develop your skills in Word & Excel further.
Mondays 9.30am - 12.00pm
31st July - 18th Sept (8 weeks)
\$50



STUDENT'S CHOICE WITH LOUISA

Need a little more practice and guidance? You can ask questions and each week Louisa will go through the areas that the group are interested in. Anything from email and internet to Publisher and uploading photos. This class is driven by the group and their needs.
Mondays 12.30pm - 3.00pm
31st July - 18th Sept (8 weeks)
\$50



INTRO TO IPAD & TABLET TECHNOLOGY WITH TONI

Enjoy your Ipad and explore its many features, learn how to change its settings, how to use the calendar, clock, ebooks and conduct internet searches and bookmarking app folders.
Tuesdays 9.30am - 12.00pm
1st Aug - 19th Sept
(8 weeks)
\$50



ORANA COMMUNITY BUS TRIP - TUESDAY 24TH OCTOBER

This year our annual trip is to Cranbourne Royal Botanical gardens. Morning tea at gardens, tour and lunch at Settlement Hotel included. Depart Orana 9.30am
\$45
Book now to secure your spot!

IPADS & TABLETS THE NEXT STEP WITH TONI

This class is for those that know the basics of your Ipad or Tablet and want to expand on all its many features.
Mondays 12.30pm - 3.00pm
31st July - 18th Sept (8 weeks)
\$50



READY FOR WORK SKILLS

Learn how to succeed at job interviews, resume writing, build your confidence and dress for success!
Dates to be confirmed
Register your interest
\$50



ENGLISH CONVERSATION

Dates to be confirmed
Register your interest
\$50



GEARING UP FOR A COOKING CAREER

Contemplating working in the hospitality industry? In this course you will learn food handling and Work health & Safety skills, meal planning, budgeting and more. Pathway to employment and certificate provided upon completion.

Dates to be confirmed
Register your interest
Mid July (20 weeks)
\$50



MOSAICS WITH LEANNE

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. Material list provided on enrolment.
Fridays 10.00am - 12.00pm
21st July - 8th Sept (7 weeks)
*No class Friday 11th August
\$95

COMMUNITY MOSAIC PROJECT

Come and join us as we Mosaic together a sign for Orana.
Saturday mornings 10.00am - 12.00pm
5th Aug - 26th Aug (4 weeks)
Free!
Secure your spot now on 9801 1895

ART GROUP WITH TOSHI

Develop new artistic skills and techniques with our local artist, Toshi. There will be opportunities for finding new inspiration. Share techniques in an informal setting using a variety of mediums.
Thursdays 10.00am - 12.00pm
20th July - 21st Sept (10 weeks)
\$140

JAPANESE ART LANTERNS WITH TOSHI

Thursdays 4.00pm - 5.00pm (kids) \$75
Thursdays 5.00pm - 6.00pm (adults) \$75
20th July - 21st Sept (10 weeks)

ITALIAN FOR BEGINNERS WITH LUCIANO

Whether you are planning a trip to Italy or would just like to learn the basics of Italian language & culture, Luciano will guide you in this small, friendly class as you learn this wonderful language.
Wednesdays 11.00am - 1.00pm
26th July - 13th Sept (8 weeks)
\$125

PROGRESSIVE ITALIAN WITH LUCIANO

This course will enable you to further your language skills and converse in Italian.
Mondays 10.00am - 12.00pm
24th July - 11th Sept (8 weeks)
\$125

ITALIAN CONVERSATION – EXPRESSIONS OF INTEREST

If you are more experienced in Italian language and would like to keep your skills up, register your interest for this informal conversation class.

MEN'S CHAT GROUP FOR OVER 50'S

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 from 14th July
9.30am - 12.00pm
Free!

ASIAN COOKING 1

Dive into an enjoyable cooking class experience. We will teach you just how easy it is to create a delicious meal to share with family and friends. Recipes from the day to take home.
Menu: Nasi Goreng and Chinese style Peking duck pancakes.
Please bring an apron and container for leftovers
Saturday 29th July, 10.30am - 1.00pm
\$40

ASIAN COOKING 2

In this hands on class you will walk away with the confidence you need to impress your guests for your next dinner party.
Menu: Curry Laksa and for dessert, Thai style baked sticky coconut slice.
Please bring an apron and container for leftovers.
Saturday 26th Aug
10.30am - 1.00pm
\$40

INDIAN COOKING

In this interactive demonstration learn how to make Daal Fry and Chicken Vindaloo. Recipe hand outs and food stories to take you through the streets of India.
Saturday 5th Aug
10.30am - 1.00pm
\$40

KNITTING GROUP

Our social knitting group will meet weekly to knit for the needy around Melbourne but also for ourselves. We are happy to teach beginner's to knit or crochet. Come along, meet new friends, knit and natter for fun and therapy! Everyone welcome.
Tuesdays from 18th July
10.00am - 12.00pm
Gold donation for tea/coffee
Donations of wool greatly appreciated!