

Term 1 Courses

Orana will be closed from 19th December and will re-open on 30th January

February - April 2023

Full details can be found on our website

Scan QR code to go to our website



Computer Technology	<p>BASIC DIGITAL SKILLS</p> <p>Learn and understand the basics of different digital devices, using your smartphone/tablet/iPad. Topics include changing settings, using email, blocking emails and phone numbers, navigating the internet, staying safe online and using other apps.</p> <p>Mondays 12.30pm - 3.15pm 6th February - 27th March (7 weeks) *No class 13th March \$50</p>  	<p>NEXT LEVEL DIGITAL SKILLS</p> <p>Build on your basic digital skills. Learn to use your device's apps including scanning, converting documents to PDFs, editing photos, creating emails and attachments.</p> <p>Mondays 9.15am - 12.00pm 6th February - 27th March (7 weeks) *No class 13th March \$50</p>  
	<p>IPADS & TABLETS THE NEXT LEVEL</p> <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 9.30am - 12.00pm or 12.30pm - 3.00pm 7th February - 28th March (8 weeks) \$50</p>  	<p>SOCIAL MEDIA Online via Zoom</p> <p>Learn how to use Canva to create engaging social media content to market your business online. Plus get some tips, tricks and ideas on how to easily plan and systemise your social media marketing for Instagram and Facebook.</p> <p>Saturdays 10.00am - 12.30pm 11th & 18th March (2 weeks) \$20</p>  
	<p>ADULT LITERACY</p> <p>Improve your English skills to gain confidence in a social or business environment.</p> <p>Mondays 6.00pm - 8.00pm 6th February - 3rd April (8 weeks) *No class 13th March \$50</p>  	<p>LIFE WRITING</p> <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 9th February - 30th March (8 weeks) \$50</p>  
	<p>GARDENING</p> <p>GARDEN BASICS</p> <p>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.</p> <p>Mondays 9.30am - 12.00pm 6th February - 19th June (16 weeks) *No class 13th March, 10th & 17th April and 12th June \$60</p>  	<p>PLANT PROPAGATION INFORMATION TALK</p> <p>Join us for an informative talk about plant propagation by John Faulkner from the Knox Community Gardens. John will cover how to propagate different varieties of seeds and cuttings. This session will include practical work. Please call 9801 1895 to book.</p> <p>Monday, 20th March 10.30am - 11.30am FREE</p>  
<p>HOW TO CREATE A WELLNESS GARDEN</p> <p>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.</p> <p>Wednesdays 1.00pm - 3.30pm 15th & 22nd March (2 weeks) \$20</p> 	<p>FRAGRANCE FREE SPACE</p> <p>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.</p> 	



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Term 1, 2023

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

3rd February - 23rd June (18 weeks)

*No class 7th, 14th & 21st April

\$60



STORIES ON A PLATE

In this exciting 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

7th February - 28th March (8 weeks)

\$50



THAI FOOD COOKING WORKSHOP

Come and learn how to cook Pad Kee Mao (spicy flat rice noodle stir fry) and Thai Chicken Salad (Larb), 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, 25th February

10.30am - 1.00pm

\$50



GREEK FOOD COOKING WORKSHOP

Come and learn how to cook Kebabs with Tabbouleh & Tzatziki and Baklava, 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, 25th March

10.30am - 1.00pm

\$50



Art & Craft

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

9th February - 6th April (9 weeks)

\$100



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

9th February - 6th April (9 weeks)

FREE



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

10th February - 31st March (8 weeks)

\$90



BEADING CLASS

Time to learn a new stitch and make a beautiful bracelet to wear or gift. Come along and learn Cellini stitch with us and enjoy some good company while learning to bead your own jewellery.

A materials kit list will be supplied at the time of booking.

Mondays 1.00pm - 3.00pm

27th February - 27th March (4 weeks)

*No class 13th March

\$50



MOSAICS COMMUNITY PROJECT

Come and join us as we create beautiful Mosaic plant pots and a bird bath for the Orana garden while enjoying and learning a new craft.

All materials provided.

Saturdays 10.00am - 12.00pm

11th February - 25th March (7 weeks)

FREE



Social Chat Groups

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 10th February

9.30am - 11.30am



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Term 1, 2023

Health and Wellbeing

TAI CHI

Tuesdays 10.00am - 11.30am (Advanced) - \$120
Tuesdays 11.30am - 12.30pm (Beginners) - \$100
7th February - 4th April (9 weeks)

Thursdays 5.30pm - 6.30pm (Beginners)
Thursdays 6.30pm - 7.30pm (Intermediate)
9th February - 6th April (9 weeks)
\$100



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, 23rd February or 23rd March
4.00pm - 5.00pm
\$20



GENTLE YOGA

Mondays, 7.00pm - 8.15pm
6th February - 3rd April (8 weeks) - \$90
*No class 13th March

Wednesdays 9.30am - 10.45am or 11.00am - 12.15pm
8th February - 5th April (9 weeks) - \$100

Saturdays 8.45am - 10.00am or 10.15am - 11.30am
11th February - 1st April (8 weeks) - \$90

***Please bring a yoga mat and blanket**



3 HOUR GENTLE RESTORATIVE YOGA WORKSHOP

Join us for this relaxing 3 hour gentle yoga workshop.

The program for the afternoon will be:

- *Savasana
- *Mindfulness discussion/Herbal tea circle
- *Gentle Yoga
- *Pranayama (breathing)
- *Restorative Yoga
- *Guided Meditation

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

Saturday, 18th February or 25th March
1.00pm - 4.00pm
\$75



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
8th February - 5th April (9 weeks)

\$90



MEDITATION

Face To Face or Online via Zoom

Joining a weekly virtual meditation group can help motivate you to start or continue with meditation practice in the warmth and comfort of your own home.

Suzie will gently guide you through many different forms and styles of meditation, as well as give you some practical information about the type of practice and its benefits prior to each meditation session.

This course will be offered face to face at Orana and online via Zoom will also be available.

Wednesdays, 7.00pm - 8.00pm
8th February - 5th April (9 weeks)
\$100



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 7th February during school terms.

To book please call 9801 1895 or
email onh@netspace.net.au



Meet new
people and
make good
friends

BOOK CLUB

Do you love reading and would like to join a book club, then join us once a month to share and discuss new and interesting titles, express your opinions, likes, dislikes etc. Books supplied.

Mondays 12.30pm - 2.00pm
6th February, 6th March & 3rd April



FREE



RESEARCH YOUR FAMILY HISTORY

Specialty Topics

Learn how to research your family history online. With tips and tricks on how to get the most out of the internet, step-by-step guides on starting to build your own family tree. You'll be your family's ancestry champion in next to no time!

17/3 - Legacy Family Tree & Mastering Familysearch.org
24/3 - Mastering TROVE & Using online resources for Australian research
31/3 - Mastering Ancestry.com & FindMyPast

Fridays 1.00pm - 3.00pm
17th - 31st March (3 weeks)
\$60



WASTE EDUCATION TALK

Want to understand what can/cannot go into your kerbside waste? Want to know where it all ends up? What are these new bins that your seeing other councils begin to roll out, when will Knox? Come and have all your questions and more answered by a Knox Waste Education Officer at this free, informative session and do your bit to help reduce waste and recycle properly.

Places are limited so please book to attend

Wednesday, 29th March
1.00pm - 3.00pm

FREE



REDUCE FOOD WASTE & COOKING CLASS

The Knox City Council Waste Team is presenting an informative workshop on the issues of food waste in Australia.

Come along and partake in cooking and tasting a simple dish that will reduce food waste from your fridge.

Places are limited so please book to attend

Thursday, 20th April
10.30am - 12.30pm

FREE



SAFE SEATS, SAFE KIDS

FREE CHILD CAR RESTRAINT FITTINGS & SAFETY CHECKS

Local parents and carers are invited to book in for a free child car restraint fitting or safety check! The events are hosted by Kidsafe Victoria in partnership with Neighbourhood Houses Victoria, with support by the Victorian State Government.

Fittings are available at Orana on
Wednesdays 10.00am - 2.00pm.



Book online at safeseatssafekids.com.au

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 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.

Missed Classes: Make up classes or a refund for missing a class will not be issued.

Please attend your class unless you are otherwise notified.

