

What's on in Term 4

Activity Guide

7th October - 20th December, 2024



62 Coleman Road,
Wantirna South VIC 3152
www.orananh.org.au
info@orananh.org.au
9801 1895

NEW Kid's School Holiday Activities

AMAZING Animation Workshop!



Thursday, 26th September
10:00am - 1.00pm | \$10 per child - special intro offer!
Suitable for primary school age children, 6-12 years.

Come and learn the basics of building your own simple figures with wire and clay. Then ignite your imagination to set them in motion in your own mini movie! Bring your own device, installed with stop motion (there will also be ipads that can be borrowed on the day). Facilitated by experienced art teacher, Lana Buckingham.

Bring a packed lunch (no nuts please). Popcorn and icy poles will be provided for our movie screening! All materials included, keep your characters to use again at home.

Limited places - bookings essential. Phone the office 9801 1895.

Diy Sneakers



Monday, 30th September
10:00am - 12.00pm | \$10 per child - special intro offer!
Suitable for primary school age children, 6-12 years.

Grab a pair of plain white canvas shoes, and join in this great workshop! We have plenty of coloured tissue and rice paper, scissors, decoupage glue, glitter and paintbrushes. Harness your creativity and create a pair of fabulous personalised sneakers! Join our experienced craft teacher, Anne Hayes, for this special facilitated workshop. Please bring your own shoes - all other materials and fruit and popcorn snacks provided.

Limited places - bookings essential. Phone the office 9801 1895.

FREE Talks

Apps/Games to Keep Your Brain Active

Wednesday, 16th October
11.00am - 12.00pm

Stay sharp with a range of apps and games to keep your brain active! We'll look at popular games, traditional brain training apps, and educational apps to learn new skills to increase your digital literacy. In this session you will learn how to search for and download these apps.

Introduction to AI/ChatGPT

Saturday, 19th October, 2.00pm - 4.00pm

Join us for a free two-hour "Introduction to AI and ChatGPT" session, perfect for beginners! The session will cover the basics of Artificial Intelligence, explore how ChatGPT works, and provide a live demonstration of its capabilities and how you can use it to improve your productivity. This interactive session will give you a solid understanding of AI and ChatGPT, and you'll leave with valuable insights and resources for further learning.

Gardening

Introduction To Horticulture

Mondays 9.30am - 12.00pm
15th July - 16th December | 20 weeks | \$110
*No class 23rd & 30th September, 4th November

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

Taking Strides

Tuesdays 3.30pm
8th October - 17th December
*No session on 5th November
10 weeks | FREE

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.

Book Chat & Chew

Mondays 12.00pm - 2.00pm
21st October, 18th November, 9th December | FREE
Read any great books recently? Looking for suggestions of what to read next? Bring your lunch & join our informal book chat group where we will choose what to read and discuss.



Men's Chat Group

2nd & 4th Friday of every month
11th & 25th October, 8th & 22nd November,
13th December | 9:30am-11:30am | 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).

Cooking

Kitchens Of The World

Tuesdays 12.30pm - 3.30pm
16th July - 17th December
No class 24th Sept, 1st Oct & 5th Nov



Fridays 9.30am - 12.30pm & 1.00pm - 4pm
19th July - 13th December
No class 27th Sept & 4th Oct
20 weeks | \$110

Learn how to make different multicultural dishes and cooking techniques and skills to work in diverse kitchens. Share and enjoy your dishes with a group each week.

Chinese Cooking Workshop

Saturday, 16th November
10.30am - 1.00pm | \$55

In this hands-on workshop, learn how to make Chinese spring onion pancakes and Chicken Chow Mein Stir-fry Noodles. Please bring an apron, knife to prepare food and a container to take left overs home.

Save the date

Orana Community Christmas Party! Friday 6th December

Everyone is welcome to come and celebrate the end of the year with us! Food, drink, market stalls & entertainment provided.

Technology

Digital Skills: Internet, Outlook, Microsoft Word & Excel

Mondays 12.30pm - 3.15pm
7th October - 9th December
9 weeks | \$55
*No class 4th November



This course provides learners with skills and confidence in using the Internet, Outlook and Microsoft programs such as Word and Excel. Laptops are available for use or bring your own laptop (must have Windows 10).



Open Learning computers

Fridays 1.00pm - 3.00pm
18th October - 6th December
8 weeks | \$55



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.

Introduction To iPads & Tablets

Mondays 9.15am - 12.00pm
7th October - 9th December
9 weeks | \$55
*No class 4th November



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

Advanced iPads & Tablets

Tuesdays 9.15am - 12.00pm
and 12.30pm - 3.15pm
8th October - 10th December
9 weeks | \$55
*No class 5th November



Language & Literacy

English Language Conversation Group

Tuesdays 1.00pm - 3.00pm
15th October - 10th December
*No class 5th November
8 weeks | FREE

Wednesdays 10.00am - 12.00pm
16th October - 4th December
8 weeks | FREE



Free conversation group for people who want to improve their English skills. Students need basic spoken English skills.

为想要提高英语技能的人提供的免费对话小组。 学生需要基本的英语口语技能。



Life Writing

Thursdays 10.30am - 12.30pm
10th October - 12th December
8 weeks | \$55
*No class 7th & 14th November



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

Victorian Seniors Festival 2024



Seniors Week Lunch & Talk - Zest4Life Superfood for Seniors

Tuesday, 29th October
1.00pm - 3.00pm | FREE

Are you interested in superfoods and would like to know more? In this event, we highlight the 12 brain-boosting health foods and the impact they can have to improve brain health. Lunch will be provided incorporating superfoods.

Especially for Carers

Orana Carer Afternoons

Tuesday 15th October (make your own kokedama plants!)
19th November (henna and high tea day)
1.00pm - 3.00pm



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

On 15th October we will be learning to make our own kokedama plants, Facilitated by our experienced horticulturalist. On 19th November, come and be decorated with henna ink and enjoy a high tea. Bookings are essential via our website or office.



Orana Carer Support Group Walks

Thursdays 7th November and
5th December
9.30am | FREE

Inviting carers to attend these free walking events, as a chance to chat, connect and have a cuppa. Leaving from Orana Neighbourhood House.



Health & Wellbeing

Meditation To Manage Stress

Wednesdays 7.30pm - 8.30pm
9th October - 18th December
11 weeks | \$132

An experienced instructor will guide you through many different styles and forms of meditation and mindfulness practice. Every class is different and comprises of a short explanation of the particular meditation practice followed by a guided meditation.

Suitable for all levels of experience from beginners to advanced. Participants sit on comfortable chairs. Bring a cushion or blanket for extra comfort!



Fitness For Over 40s

Mondays 11.00am - 12.00pm
7th October - 16th December
8 weeks | \$96
*No class 4th, 11th & 18th November
Wednesdays 9.30am - 10.30am
9th October - 18th December
9 weeks | \$108
*No class 13th & 20th November

Beginners Tai Chi

Tuesdays 11.30am - 12.30pm
8th October - 17th December
10 weeks | \$120
*No class 5th November

Advanced Tai Chi

Tuesdays 10.30am - 11.30am
8th October - 17th December
10 weeks | \$120
*No class 5th November
Thursdays 6.00pm - 7.00pm
10th October - 19th December
11 weeks | \$132

Gentle Yoga

Mondays 7.00pm - 8.15pm
7th October - 16th December
10 weeks | \$120
*No class 4th November
Wednesdays 9.30am - 10.45am
9th October - 18th December
11 weeks | \$132
Thursdays 7.00pm - 8.15pm
17th October - 19th December
10 weeks | \$120
Saturdays 8.45am - 10.00am &
10.15am - 11.30am
12th October - 14th December
9 weeks | \$108
*No class 2nd November

Sound Bathing

Wednesdays 6.00pm - 7.00pm
9th October - 18th December
11 weeks | \$132

Enjoy a deeply relaxing experience every week 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.



Art, Craft & Design

Art Group

Thursdays 10.00am - 12.00pm
10th October - 12th December
10 weeks | \$130

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.



Introduction To Patchworking & Sewing

Thursdays 1.00pm - 3.00pm
17th October - 12th December
9 weeks | \$120

Are you interested in learning new sewing skills or updating your current skills? All sewing machines and materials will be supplied, unless you have a specific project in mind! Otherwise, come along and you will have the chance to make and take home your own beautiful quilt. A lovely, relaxed atmosphere with an experienced facilitator.

Connecting Through Craft

Mondays 1.00pm - 2.30pm
21st October - 9th December
*No class 4th November
7 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.



Mosaics

Mondays 1.00pm - 3.00pm
7th October - 9th December
9 weeks | \$120 *No class 4th November
Fridays 10.00am - 12.00pm
11th October - 13th December
10 weeks | \$130

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



Patchwork Project

Thursdays 1.00pm - 3.00pm
17th October - 12th December
9 weeks | FREE

If you have sewing and/or patchwork skills, our Patchwork volunteers meet on Thursdays to participate in creating patchwork quilts for Ronald McDonald House at the Monash Children's Hospital. All materials are supplied.

Yarn bombing!

If you have crochet or knitting skills, we are 'yarn bombing' our boring fence with colourful crocheted flowers! Join us at our craft sessions on Mondays to make them, or drop them off at reception anytime!



Contact Us

Orana Neighbourhood House | ABN: 91 514 980522
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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.



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.

We acknowledge the Wurundjeri and Bunurong people as the Traditional Owners of the Country on which Orana Neighbourhood House is located, we pay our respects to Elders past, present and future, and extend respect to all First Nations People.



Orana Neighbourhood House an inclusive place that offers opportunities for connection to all members of the community. We have accessible facilities and all people are welcome.