

What's on in Term 1 Activity Guide

28th January - 4th April



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



Kids Activities

School Holidays - Kids Retreat!

Monday 13th or Thursday 16th January, 10.00am - 3.00pm | \$30

Come along for a day of craft, gardening & yoga!



Join our experienced craft tutor, Anne Hayes, horticulturalist, Liz Rowe and yoga trainer, Sherie Lamb for this extra special day of fun activities.

10.00 - 12.00 messy craft activity

12.00 - 12:30 lunch in the park

12:30 - 2.00 gardening workshop

2.00 - 3.00 yoga class and short shavasana/relaxation to finish.



Monday



Thursday

Please bring your own lunch. All materials, icy poles and popcorn snacks provided.

Suitable for primary school age children, 6-12 years.

Parents feel free to drop and go, or stay and use our community space for work. Scan QR or call the Orana office 9801 1895.

New courses

FREE



Introduction to working in the Health Services Sector

8 weeks in evenings - Tuesdays 6-8:30pm, 4th Feb -25th Mar
4 week intensive - Wednesday 9:30-2:30pm, 5th Feb - 26th Feb
Orana Neighbourhood House, 62 Coleman Rd. Wantirna Sth

This is a FREE pre-employment short course aimed at people who want to study Certificate III in Health Services Assistance at Swinburne Wantirna, in order to gain employment in the care and support industry.

Topics include:

- Overview of Health Services Sector, including the various roles and opportunities available in this industry
- Communication skills to work effectively with others
- A basic understanding of medical terminology, healthy body systems, infection control & workplace health and safety procedures

Career opportunities include:

Health services assistant, Food services assistant
Personal care assistant, Patient services assistant, Ward assistant



8 week evenings



4 week intensive

Community Event



International Women's Day Fundraising Lunch

Wednesday 5th March, 10.00am - 12.00pm | \$5 - all proceeds go to charity

Join us for a very special fundraising lunch and talk by charity founder and incredible woman, Jess Alvarez.

Jess runs Positive Aid - an Australian, non-government organisation committed to real and lasting change in rural Africa. Jess has been running Positive Aid for 17 years and will talk about how she contributes to stopping the cycle of HIV in the next generation of women in rural Kenya through health literacy and maternal and newborn child health programs.



Jess also works together with the global charity, Days for Girls, that supports women by making and supplying reusable menstrual health kits. Members of the Camberwell Days for Girls chapter will be in attendance on the day.

All funds raised at this lunch will go directly to this great partnership.



Gardening

Introduction To Horticulture

Mondays 9.30am - 12.00pm
3rd February - 30th June | 17 weeks | \$120
*No class 10th March, 7th, 14th, 21st April, 9th June

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.



Make Your Own **HOT** Sauce Workshop!

Saturday, 22nd February | 10.00am - 12.00pm | \$55

Join our horticulturalist, Liz Rowe and food & condiments expert, Paresh Kevat for this fun hands-on workshop where you learn all about growing chillies, how to harvest them, and how to make your own delicious hot sauce from them! All participants will be able to taste test some different sauces, and take some sauce home.



NEW

Cooking

Kitchens Of The World

Tuesdays 12.30pm - 3.30pm
4th February - 1st July
No class 8th and 15th April

Fridays 9.30am - 12.30pm & 1.00pm - 4.00pm
31st January - 4th July
*No class 11th, 18th & 25th April
20 weeks | \$120

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.



Greek Cooking Workshop

Saturday, 22nd March
10.30am - 1.00pm
\$55

Learn how to make chicken souvlaki, tzatziki, tabouli & Galaktoboureko (Greek custard pie with syrup). Please bring an apron, knife to prepare food and a container to take leftovers home.



Technology

Free Tech Support Drop-in

TBA - bookings essential via reception

Get one-to-one help with a Tech Support Officer from Knox Library, who can help you:

- Understand social media, including Facebook and WhatsApp
- Set up and manage an email account
- Grasp the basics of your mobile phone, iPad/Android device, or laptop
- Navigate government services on MyGov
- Get answers to basic tech support questions, and help you understand next steps

Introduction To Computers

Mondays 12.30pm - 3.15pm
3rd February - 31st March
8 weeks | \$60
*No class 10th March

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.



Introduction To iPads & Tablets

Mondays 9.15am - 12.00pm
3rd February - 31st March
8 weeks | \$60
*No class 10th March

Basic iPad skills including customising settings, installing and using email, using maps, camera and other apps.

Advanced iPads & Tablets

Tuesdays 9.15am - 12.00pm
and 12.30pm - 3.15pm
4th February - 1st April
9 weeks | \$60

Follow on from the Introduction class.



Language & Literacy

Life Writing

Thursdays 10.30am - 12.30pm
6th February - 27th March
8 weeks | \$60

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

FREE

Tuesdays 1.00pm - 3.00pm
4th February - 25th March
Wednesdays 10.00am - 12.00pm
5th February - 26th March
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。



Especially for Carers

Orana Carer Afternoons

Every third Tuesday of the month, 18th February & 18th March
1.00pm - 3.00pm | FREE

We welcome local carers of people with disability, mental illness or aged persons. These are special afternoons held on the third Tuesday of every month, alternating between self-care activities such as meditation and creative journaling, and informative talks on a range of topics from a variety of organisations (i.e. navigating NDIS, wills and power of attorney, aged care services etc.)

On 18th February we will welcome in the new year with a creative journaling workshop to set intentions and goals, facilitated by our health and wellbeing expert, Suzie. A sound bath relaxation session will be included. Afternoon tea provided. A great way to connect and support each other. Bookings are essential via our website or the office.



Social

Taking Strides

Tuesdays 3.30pm
28th January - 1st April
10 weeks | FREE

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



Book Chat & Chew

Mondays 12.00pm - 2.00pm
10th February, 3rd March & 24th March

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 month, 14th February, 28th February, 14th March & 28th March, 9.00am - 11.30am

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).



Health & Wellbeing

Meditation To Manage Stress

Wednesdays 7.30pm - 8.30pm
29th January - 2nd March
10 weeks | \$130

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!



Gentle Yoga

Mondays 7.00pm - 8.15pm
3rd February - 31st March
8 weeks | \$104
*No class 10th March
Thursdays 7.00pm - 8.15pm
30th January - 3rd April
10 weeks | \$130
Fridays 9.30am - 10.45am
31st January - 4th April
10 weeks | \$130
Saturdays 8.45am - 10.00am & 10.15am - 11.30am
1st February - 29th March
9 weeks | \$117

Fitness For Over 40s

Mondays 11.00am - 12.00pm
3rd January - 31st March
8 weeks | \$104
*No class 10th March
Wednesdays 9.30am - 10.30am
29th January - 2nd April
10 weeks | \$130

Beginners Tai Chi

Tuesdays 11.30am - 12.30pm
28th January - 1st April
10 weeks | \$130

Advanced Tai Chi

Tuesdays 10.30am - 11.30am
28th January - 1st April
10 weeks | \$130
Thursdays 5.45pm - 6.45pm
30th January - 3rd April
10 weeks | \$130

Sound Bathing

Wednesdays 6.00pm - 7.00pm
29th January - 2nd March
10 weeks | \$130

Enjoy a deeply relaxing experience every week with sound therapy. Crystal singing bowls transform our brainwave patterns through tonal sound. As we practice stillness, surrender and allow the sound to permeate at all levels, we shift into a state of deep relaxation and calm body and mind.

Bollywood Dance Class For Beginners

Tuesdays 6:30pm - 7:30pm
28th January - 1st April
10 weeks | \$130

This class is all about fitness and fun incorporating Bollywood dance moves.

Suitable for all ages and fitness levels!



NEW

Digital design



Canva for Beginners

Saturday 8th February, 2.00pm - 3.30pm
or Thursday 27th, 6.00pm - 7.30pm | \$30



Everyone is welcome to come and learn the basics of Canva (an easy-to-use computer design program) in one day! Create great looking invitations, flyers, social posts, and any sort of branded content by mastering templates, text styling, and image editing with an expert.

Contact Us

Orana Neighbourhood House | ABN: 91 514 980522
62 Coleman Road, Wantirna South VIC 3152
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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](https://learnlocal.org.au/course-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.

Art & Craft

Art Group

Thursdays 10.00am - 12.00pm
30th January - 3rd April
10 weeks | \$150

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 1.30pm - 3.00pm
30th January - 3rd April
8 weeks | \$104

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.

Patchwork Project

Thursdays 1.30pm - 3.00pm
30th January - 3rd April
8 weeks

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.

Connecting Through Craft

Thursdays 11.30am - 1.00pm
30th January - 3rd April
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.

Mosaics

Mondays 1.00pm - 3.00pm
3rd February - 31st March
8 weeks | \$120
*No class 10th March

Thursdays 1.00pm - 3.00pm
30th January - 3rd April
10 weeks | \$150

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

