

Term 1 Courses

Orana will be closed from 14th December
 and will re-open on 29th January 2019

January - April 2019

Full details can be found on our Facebook page or website

All Term 1 enrolments require payment and completed enrolment forms before 14th December, 2018 to secure your place.
 A 5% discount will apply to Hobby Course payments made before 14th December - excludes Learn Local Courses.

BASIC IPAD & TABLET TECHNOLOGY (19EMPIPADTAB)

Enjoy your iPad or Tablet. Explore its many features, learn how to change settings, use the calendar, clock, iBooks and conduct internet searches and bookmarking app folders.

Tuesdays 9.30am - 12.00pm
 5th February - 26th March (8 weeks)
 \$50



IPADS & TABLETS THE NEXT LEVEL (19EMPIPADTAB)

This class is for those that know the basics of your iPad or Tablet and want to expand on all its many features.

Tuesdays 12.30pm - 3.00pm
 5th February - 26th March (8 weeks)
 \$50



BASIC COMPUTERS (19EMPCOMBAS)

Learn basic keyboard skills, files, folders, internet and send emails.

Mondays 12.30pm - 3.00pm
 4th February - 1st April (8 weeks)
 *No class 11th March
 \$50



KITCHENS OF THE WORLD (19VOCINTROH1)

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.
 Fridays 9.30am - 12.30pm or
 1.00pm - 4.00pm
 1st February - 28th June (20 weeks)
 \$60

*No class 12th April & 19th April



GARDEN BASICS (19VOCINTRHOR)

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.

Mondays 9.30am - 12.00pm
 4th February - 24th June (20 weeks)
 \$50
 * No class 11th March, 8th April,
 15th April, 22nd April & 10th June



THERAPEUTIC GARDENING (19VOCLTCTGAR)

Learn how to create a Wellbeing Garden. This course combines creativity, nature and personal growth. Gently we'll bring a design for a community wellbeing garden to life while better understanding our emotional blocks and steps to overcome them. Betsy-Sue Clarke brings vast knowledge in Healing Garden design and Counselling qualifications.

Wednesdays 10.00am - 12.30pm
 30th January - 3rd April (9 weeks)
 *No class 13th February
 \$50



PROGRESSIVE ITALIAN WITH LUCIANO

This course will enable you to further your language skills and converse in Italian.

Wednesday, 10.00am - 12.00pm
 13th February - 3rd April (8 weeks)
 \$140

KNITTING GROUP

This social knitting group meets weekly to knit for the needy around Melbourne but also for ourselves. We are happy to teach beginners to knit or crochet. Come along, meet new friends, knit and natter for fun and therapy! Everyone welcome.

Tuesdays from 5th February during school terms.
 10.00am - 12.00pm
 Gold coin donation for tea/coffee
 Donations of wool greatly appreciated!

KIDS IN THE KITCHEN SCHOOL HOLIDAY ACTIVITY

Chef Oddie will share his joy for food in this fun, hands on cooking class. The kids will learn how to make Potato and Pumpkin Gnocchi from scratch, Parmesan Chips, a variety of Pasta Sauces and Garlic Bread whilst also learning safe cooking techniques. All equipment supplied. Ages 8 - 12.

Saturday, 13th April
 10.30am - 1.00pm
 \$45

NEW LIFE FOR ME WOMEN'S SUPPORT GROUP

Have you been feeling a bit down lately? Energy, enthusiasm and motivation desert you? Well, you are not alone!
 Many people unfortunately experience the impact of anxiety, depression, addiction and grief as life throws all sorts of challenges and losses our way. In this group, we will work together to understand why we are feeling the way we are and discover the ways in which these feelings can be improved to allow you to get on and live the life that you wish for.
 Under the guidance of Heather, an Accredited Mental Health Social Worker.
Wednesdays, 1.00pm - 3.00pm
Starting on 6th February - \$5 per week
 Please call for more information or to book.

WALKING GROUP

Are you looking for a walking group to keep active and meet new people then this is the group for you.

This informal group will meet at Orana, walk along the bike track and then back to Orana.
 Tuesdays from 5th February during school terms.
 8.30am - 9.30am
 Free

PATCHWORK CLASS

Would you like to learn how to create your own unique tote bag? In classes spread over two terms you will learn to patchwork using a sewing machine. The designs you choose will feature on the front and back of your bag. Come along and have some fun with us while learning a new skill.

Please call for materials list.
 Thursdays, 1.00pm - 3.00pm
 7th February - 28th February (4 weeks)
 \$60



TAI CHI WITH JEFF

Tuesdays 10.00am - 11.30am (Advanced) - \$120
Tuesdays 11.30am - 12.30pm (Beginners) - \$100
29th January - 2nd April (10 weeks)

Or

Thursdays 6.00pm - 7.00pm (Beginners)
Thursdays 7.00pm - 8.00pm (Intermediate)
31st January - 4th April (10 weeks)
\$100

FITNESS FOR THE OVER 40'S WITH MURIEL

A circuit style exercise class using weights, fit ball and mats. Suitable for most fitness levels. Not a fast paced aerobic class but weight bearing with cardio. All equipment supplied.

Wednesdays 9.30am - 10.30am
23rd January - 3rd April (11 weeks)
\$110

GENTLE YOGA

Wednesdays 9.30am - 10.45am
30th January - 3rd April (10 weeks)
\$100

Or

Saturdays
8.45am - 10.00am - \$90
10.15am - 11.30am - \$90
9th February - 6th April (9 weeks)

BOLLYWOOD DANCING

This class is all about fitness and fun incorporating Bollywood dance moves. Suitable for all ages and fitness levels.

Tuesdays 7.00pm - 8.00pm (Beginners)
5th February - 2nd April (9 weeks)
\$90

Mondays 7.00pm - 8.00pm (Next Step)
4th February - 1st April (8 weeks)
**No class 11th March*
\$80

LATIN DANCING WITH CONNIE

No matter your dance ability or skill level, get your feet moving and your hips grooving to make learning Latin Dance one of the most fun filled experiences you will ever have.

Fridays 8th February - 5th April (9 weeks)
Beginners - 5.00pm - 6.00pm
Next Step - 6.00pm - 7.00pm
\$90

MINDFULNESS MEDITATION

Do you need to relax and unwind? Then this is the class for you. Mindfulness meditation can reduce stress to create more peace and well-being in your body, heart and mind.

Wednesdays 11.00am - 12.00pm
30th January - 3rd April (10 weeks)
\$100

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.

Fridays 10.00am - 12.00pm
15th February - 5th April (8 weeks)
\$100

SRI LANKAN FOOD COOKING CLASS

Come and learn how to cook Sri Lankan food in this fun, hands on cooking class with Nalinie. 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 contact reception for menu.

Saturday, 16th February
10.30am - 1.00pm
\$45

ART GROUP WITH TOSHI

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
7th February - 4th April (9 weeks)
\$110

INDIAN FOOD COOKING CLASS

Come and learn how to cook Butter Chicken & Vegetable Korma in this fun, hands on cooking class with Ricki.

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.

Saturday, 9th February
10.30am - 1.00pm
\$45

THAI FOOD COOKING CLASS

Come and learn how to cook Thai Chicken Massaman Curry, Coconut Rice, Roti Bread, & Cucumber Ajard. Also, Grilled Eggplant Salads (vegetarian and mince chicken) in this fun, hands on cooking class 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.

Saturday, 23rd March
10.30am - 1.00pm
\$45

VIETNAMESE FOOD COOKING CLASS

Come and learn how to cook Vietnamese Pork and Prawn Savoury Crepes (Banh Xeo), Salads and Nouc Cham Dressing. Also, Vietnamese Style Char Grilled Lemongrass and Ginger Chicken, Vermicelli Noodle and Salads in this fun, hands on cooking class 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.

Saturday, 23rd February
10.30am - 1.00pm
\$45

SOCIAL CHAT GROUP

Come along meet new friends, enjoy morning tea and a chat or play board games.

Every 1st and 3rd Friday of the month starting 15th February.

9.30am - 11.30am
Gold coin donation.



BOUNCE BACK

This is a self-help social group for women with anxiety and depression.

Meets Wednesdays from 6th February.
1.00pm - 3.00pm
\$5 each week



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 8th February.
9.30am - 12.00pm

