

## Term 2 Courses

Orana will be closed from 5th April  
 and will re-open on 23rd April

April - June 2019

*Full details can be found on our Facebook page or website*

All Term 2 enrolments require payment and completed enrolment forms before 5th April, 2019 to secure your place.  
 A 5% discount will apply to Hobby Course payments made before 5th April - 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 12.30pm - 3.15pm  
 23rd April - 4th June (7 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 of its many features.

Tuesdays 9.15am - 12.00pm  
 23rd April - 4th June (7 weeks)  
 \$50



### BASIC COMPUTERS

(19EMPCOMBAS)

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

Mondays 9.00am - 12.00pm  
 29th April - 3rd June (6 weeks)  
 \$50



### PROGRESSIVE ITALIAN WITH LUCIANO

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

Mondays, 10.00am - 12.00pm  
 29th April - 24th June (8 weeks)

*\*No class 10th June*

\$140

### AUSTRALIA'S BIGGEST MORNING TEA

Join us for morning tea to help raise funds for the Cancer Council to support those impacted by cancer.

**'Every cup makes a difference'**

Gold coin donation  
 Tuesday, 21st May  
 10.30am - 12.00pm



### COMPUTERS - THE NEXT STEP

(19EMPSTUDCHO)

Are you ready to take the next step after Basic Computers?

In this taster class you will learn how to use Word, Excel, Powerpoint and Publisher.

Mondays 12.30pm - 3.30pm  
 29th April - 3rd June (6 weeks)

\$50



### 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 23rd April during school terms.  
 10.00am - 12.00pm

Gold coin donation for tea/coffee

*Donations of wool greatly appreciated!*

### NEIGHBOURHOOD HOUSE WEEK MORNING TEA

Come and join us for a delicious morning tea prepared by our resident Chef Oddie.

Oddie will be baking sweet and savoury scones to enjoy with a cup of tea or coffee.

While you are here you could take a tour of our Neighbourhood House to see what we have to offer.

Tuesday, 14th May  
 10.00am - 11.00am  
 Free

### SOCIAL AFTERNOON OUT CLASSIC MOVIE DAY

Join us for a showing of the classic Audrey Hepburn movie Breakfast At Tiffany's.

A light lunch will be provided.

Sunday, 16th June  
 12.00pm - 2.00pm  
 Free

### SOCIAL GARDENING AND FREE LUNCH

Come and join us for our 'hands on' social gardening event to help tidy and beautify our community garden.

A free BBQ lunch will be provided, cooked by our resident chef Oddie.

Please bring your gardening gloves and your appetite.

Sunday, 7th April  
 11.00am - 2.00pm

**Please book for catering purposes by 2nd April**

### 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 23rd April during school terms.  
 8.30am - 9.30am  
 Free

### NEW LIFE FOR ME WOMEN'S SUPPORT GROUP

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 24th April - \$5 per week**  
 To book please call 9801 1895 and ask for Lisa or Margaret.



### TAI CHI WITH JEFF

Tuesdays 10.00am - 11.30am (Advanced) - \$120  
Tuesdays 11.30am - 12.30pm (Beginners) - \$100  
23rd April - 25th June (10 weeks)

Or

Thursdays 6.00pm - 7.00pm (Intermediate)  
Thursdays 7.00pm - 8.00pm (Beginners)  
2nd May - 27th June (9 weeks)  
\$90

### 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  
24th April - 26th June (10 weeks)  
\$100

### GENTLE YOGA

Wednesdays 9.30am - 10.45am  
24th April - 26th June (10 weeks)  
\$100

Or

Saturdays  
8.45am - 10.00am - \$100  
10.15am - 11.30am - \$100  
27th April - 29th June (10 weeks)  
*\*Please bring a yoga mat and blanket*

### 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)  
23rd April - 25th June (10 weeks)  
\$100

Mondays 7.00pm - 8.00pm (Next Step)  
29th April - 24th June (8 weeks)  
*\*No class 10th June*  
\$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 26th April - 28th June (10 weeks)  
Beginners - 5.00pm - 6.00pm  
Next Step - 6.00pm - 7.00pm  
\$100

### 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  
24th April - 26th June (10 weeks)  
\$100  
*\*Please bring a yoga mat and blanket*

### 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  
26th April - 21st June (9 weeks)  
\$110

### CHINESE FOOD COOKING WORKSHOP

Come and learn how to cook Chinese Fried Noodles and Spring Onion Pancakes 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, 4th May  
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  
2nd May - 27th June (9 weeks)  
\$110

### INDIAN FOOD COOKING WORKSHOP

Come and learn how to cook Onion Bhajia, Chicken Biryani and Dal in this fun, interactive cooking demonstration with Ricki. We will show you how easy it is to create your own dishes 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, 18th May  
10.30am - 1.00pm  
\$45

### FRUIT & VEGETABLE CARVING WORKSHOP

Wow your guests at your next party and learn how to present fresh fruit & vegetables like you've never seen before!

In this interactive cooking demonstration Chef Oddie will show you how to carve fruit and vegetables into works of art and create a beautiful presentation platter. Also, learn to cook Thai Style Chicken Salad and prepare Mocktails.

All ingredients provided. Please bring a paring and carving knife, an apron and a container to take left overs home.  
Saturday, 1st June  
10.30am - 1.00pm  
\$45

### ITALIAN FOOD COOKING WORKSHOP

Come and learn how to cook Chicken and Mushroom Risotto and also Bruschetta using a variety of different ingredients 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, 22nd June  
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 3rd May.

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 24th April.

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 26th April.  
9.30am - 12.00pm

