

## Term 3 Courses

July - September 2018

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

All Term 3 enrolments require payment and completed enrolment forms before 29th June, 2018 to secure your place.

A 5% discount will apply to Hobby Course payments made before 29th June - excludes Learn Local Courses.

### BASIC IPAD & TABLET TECHNOLOGY

(18IPADTABLET)

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

24th July - 11th September (8 weeks)

\$50



### IPADS & TABLETS THE NEXT LEVEL

(18IPADTABLET)

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

24th July - 11th September (8 weeks)

\$50



### BASIC COMPUTERS

(18COMBASICS)

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

Mondays 12.30pm - 3.00pm

23rd July - 10th September (8 weeks)

\$50



### GARDEN BASICS

(18HORTICULTURE)

Would you like to know more about gardening?

This 'hands-on' course will cover plant identification, pest & disease, propagation, harvesting, composting, garden design & lots more. Look at possible pathways to a career in Horticulture.

Certificate provided upon completion.

Mondays 10.00am - 12.00pm

16th July - 10th December (20 weeks)

\*No class 24th Sept & 1st October

\$50



### GARDEN VOLUNTEERS

If you are interested in gardening and thinking about volunteering, Orana Neighbourhood House is looking for volunteers to help in our garden. Please call for more information.

Wednesdays

10.00am - 12.00pm



### STUDENT'S CHOICE

(18STUDENTCH)

Need a little more practice and guidance? You can ask questions and each week Louisa will go through the areas that the group are interested in. Anything from email and internet to Publisher and uploading photos. This class is driven by the group and their needs.

Wednesdays 12.30pm - 3.00pm

25th July - 12th September (8 weeks)

\$50



### CREATE YOUR OWN TERRARIUMS & KOKEDAMAS

Learn how to create your own beautiful terrariums and kokedamas without spending a fortune.

Get your hands dirty and create your own mini eco-system whilst learning about plant selection and care. You will leave with your own terrarium and kokedama and the know how to make more! All materials provided.

Saturday, 8th September

10.30am - 1.00pm

\$40 (\$20 Concession)

### PATCHWORK CLASS FOR BEGINNERS

This patchwork class is suitable for beginners and students at all levels. In this class you will learn the technique of how to create a patchwork piece 'sewing by hand' (sewing machine is not required). A starter kit will be provided, you will need to bring fabric of your choice. For further information please call.

Thursdays, 1.00pm - 3.00pm

2nd August - 6th September (6 weeks)

\$85 (includes starter kit)

### SINGING FOR JOY

If you love to sing and have fun at the same time then this is the group for you. Open to all ages and musical abilities. Come and join a fun-loving bunch of people making beautiful harmonies together.

Tuesdays, 7.00pm - 8.00pm

7th August - 28th August (4 weeks)

\$25

### 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 17th July

during school terms.

10.00am - 12.00pm

Gold coin donation for tea/coffee

Donations of wool greatly appreciated!

### SOCIAL CHAT GROUP

We are starting a new morning chat group.

Come along meet new friends, enjoy morning tea and a chat.

To register your expressions of interest please call 9801 1895.

Friday

3rd August

9.30am - 11.30am

Gold coin donation.



### PROGRESSIVE ITALIAN WITH LUCIANO

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

Mondays 10.00am - 12.00pm

6th August - 17th September (7 weeks)

\$125

### TAI CHI WITH JEFF

Tuesdays 10.00am - 11.30am (Advanced)  
17th July - 18th September (10 weeks)  
\$95

Or

Thursdays 7.00pm - 8.00pm (Beginners)  
19th July - 20th September (10 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 9.45am - 10.45am  
18th July - 19th September (10 weeks)  
\$85

### GENTLE YOGA WITH CLAIRE

Wednesdays 9.30am - 10.45am  
18th July - 19th September (10 weeks)  
\$85

Or

Saturdays 10.00am - 11.15am  
21st July - 22nd September (10 weeks)  
\$85

### BOLLYWOOD DANCING

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

Mondays 7.00pm - 8.00pm  
16th July - 17th September (10 weeks)  
\$150

### 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 20th July - 21st September (10 weeks)  
Beginners - 5.00pm - 6.00pm  
Next Step - 6.00pm - 7.00pm  
\$85

### MINDFULNESS MEDITATION WITH CLAIRE

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.

Wednesday, 18th July - 19th September  
11.00am - 12.00pm (10 weeks)  
\$85

### 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 10.30am - 12.30pm  
20th July - 21st September (8 weeks)  
*\*No class 10th August & 7th September*  
\$110



### 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  
19th July - 20th September (10 weeks)  
\$130

### SAN CHOY BOW & SPRING ROLLS COOKING CLASS

Come and learn how to cook San Choy Bow (Chinese Lettuce Cups) and Pork & Prawn Spring Rolls in this fun, hands on cooking class. 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, 11th August  
10.30am - 1.00pm  
\$40

### ZEST FOR LIFE FLAVOURS OF THE WORLD A TASTE OF INDIA

Come along and learn how to make simple Indian food and learn more about this wonderful culture.

Monday, 17th September  
10.00am - 1.00pm  
\$5

**Book and pay now to secure your spot!**

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### BREAD MAKING

Learn how to bake your own bread at home. In this class we will show you the technique to make no-knead bread dough and turn it into delicious cinnamon rolls, focaccia, bread rolls or a small loaf.

Saturday, 28th July  
1.00pm - 3.30pm  
\$40

### SUSHI ROLLS COOKING CLASS

Come and learn how to make Sushi in this fun, hands on cooking class. In this class you will learn how to make different types of Sushi Rolls, California Rolls and Inside-out Sushi using a variety of ingredients including salmon, tuna, avocado and vegetarian. All ingredients provided.

Saturday, 25th August  
10.30am - 1.00pm  
\$40

### 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  
9.30am - 12.00pm



### BOUNCE BACK

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

Meets Wednesdays from 18th July.  
1.00pm - 3.00pm  
\$5 each week

