

Term 4 Courses

Orana will be closed on
5th & 6th November

October - December 2018

Full details can be found on our Facebook page or website

All Term 4 enrolments require payment and completed enrolment forms before 21st September, 2018 to secure your place. A 5% discount will apply to Hobby Course payments made before 21st September - 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 12.30pm - 3.00pm
16th October - 11th December (8 weeks)

**No class 6th November*

\$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 9.30am - 12.00pm
16th October - 11th December (8 weeks)

**No class 6th November*

\$50



BASIC COMPUTERS (18COMBASICS)

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

Mondays 12.30pm - 3.00pm
15th October - 10th December (8 weeks)

**No class 5th November*

\$50

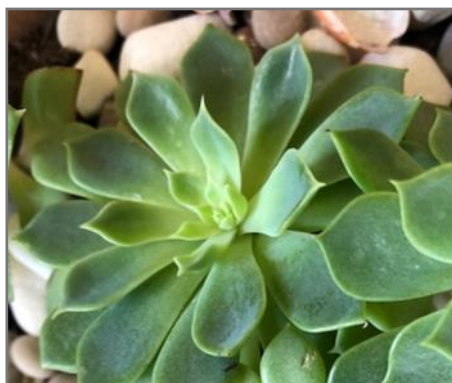


COMMITTEE VOLUNTEERS

Orana Neighbourhood House is looking for volunteers to join the Committee of Management.

If you have administration and marketing skills and are interested in volunteering this may be for you.

Please call for more information.



ORANA AGM

Join us for
The Orana Annual General Meeting.
Refreshments will be served after the meeting.

Wednesday, 17th October
12.00pm - 2.00pm

PROGRESSIVE ITALIAN WITH LUCIANO

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

Mondays 10.00am - 12.00pm

8th October - 3rd December (8 weeks)

\$160

PATCHWORK CLASS CHRISTMAS TREE WALL HANGING

Would you like to learn a few Patchwork skills? This term we are offering a Christmas Tree wall-hanging, decorated with garlands of beads and sparkly decorations, topped with a bright shining star. Add a few gifts under the tree and you'll have your crafting skills admired by all. Come along and have some fun along the way.
All Materials supplied.

Thursdays, 1.00pm - 3.00pm
18th October - 29th November (7 weeks)
\$115 (includes \$30 of materials)

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 9th October
during school terms.
10.00am - 12.00pm

**No session 6th November*

Gold coin donation for tea/coffee
Donations of wool greatly appreciated!

BIKE MAINTENANCE

Do you know how to fix a puncture or test the tyre pressure on your bike? Or how to remove or replace the wheels, or oil the chain?

This summer we are running free workshops to show you how to keep your bike up and running.

Cost: Free. (A bike isn't required to participate)

Saturday, 24th November

1.00pm - 2.30pm

Book online at knox.vic.gov.au/cycling, or for more information, contact our Transport and Traffic team on:

Phone: 9298 8000

Email: sustainabletransport@knox.vic.gov.au



GROW YOUR OWN BUSINESS

We are taking expressions of interest for the following business workshops.

- Future proof your business
- Preparing your business to sell
- Reinventing your business

If you are interested in attending these workshops please call 9801 1895 to register your interest.



CHRISTMAS LUNCH

Come and enjoy Christmas lunch with us.

Thursday, 13th December

12.30pm - 2.30pm

\$5 (\$2 Concession)

Bookings Essential

RSVP by 7th December

TAI CHI WITH JEFF

Tuesdays 10.00am - 11.30am (Advanced) - \$90
Tuesdays 11.30am - 12.30pm (Beginners) - \$85
9th October - 11th December (8 weeks)
**No class 23rd October & 6th November*

Or

Thursdays 6.00pm - 7.00pm (Beginners)
Thursdays 7.00pm - 8.00pm (Intermediate)
11th October - 13th December (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 9.30am - 10.30am
10th October - 12th December (10 weeks)
\$85

GENTLE YOGA

Wednesdays 9.30am - 10.45am
17th October - 12th December (9 weeks)
\$80

Or

Saturdays
9.00am - 10.00am - \$65
10.15am - 11.30am - \$70
6th October - 15th December (7 weeks)
**No class 3rd, 10th, 17th & 24th November*

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
8th October - 10th December (9 weeks)
**No class 5th November*
\$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 12th October - 14th December
(10 weeks)
Beginners - 5.00pm - 6.00pm
Next Step - 6.00pm - 7.00pm
\$85

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
17th October - 12th December (9 weeks)
\$80

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
12th October - 14th December (10 weeks)
\$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
11th October - 13th December (8 weeks)
**No class 8th & 15th November*
\$110

CHRISTMAS BAKING COOKING CLASS WITH KERRI

Come and bake shortbread and mince pies for Christmas in this fun cooking class. Great for Christmas Day or to give your friends and family as gifts. Learn how to make the fruit mince and pastry for the mince pies and make delicious shortbread. All ingredients provided, please bring a container.
Saturday, 27th October
1.00pm - 3.30pm
\$45

KOREAN FOOD COOKING CLASS

Come and learn how to cook Stir Fry Noodles and Spicy Deep Fried Chicken 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, 10th November
10.30am - 1.00pm
\$40

SPANISH FOOD COOKING CLASS

Come and learn how to cook Chicken & Prawn Paella and Chorizo Meatballs 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, 8th December
10.30am - 1.00pm
\$40

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

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 10th October.
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
9.30am - 12.00pm

