

Term 2 Courses

Orana will be closed from 7th April and will re-open on 17th April

April - June 2023

Full details can be found on our website

Scan QR code to go to our website



Computer Technology	<h3>INTERMEDIATE DIGITAL SKILLS</h3> <p>Revision of basic digital skills including changing settings, blocking phone calls, text messages and emails, including scanning and signing PDF's, creating emails with attachments, editing photos and downloading and updating apps and operating systems.</p> <p>Mondays 12.30pm - 3.15pm 1st May - 19th June (7 weeks) *No class 12th June \$50</p>  	<h3>NEXT LEVEL DIGITAL SKILLS</h3> <p>Build on your basic digital skills. Learn to use your device's apps including scanning, converting documents to PDF's, editing photos, creating emails and attachments.</p> <p>Mondays 9.15am - 12.00pm 1st May - 19th June (7 weeks) *No class 12th June \$50</p>  
	<h3>IPADS & TABLETS THE NEXT LEVEL</h3> <p>This class is for those that know the basics of your iPad or Tablet and want to expand on all of its many features.</p> <p>Tuesdays 9.15am - 12.00pm or 12.30pm - 3.15pm 2nd May - 20th June (7 weeks) *No class 9th May \$50</p>  	<h3>SOCIAL MEDIA</h3> <p>Online via Zoom</p> <p>Join us in this session as we explore Canva (a free and easy to use graphic design platform) and learn how to use it to make business cards, flyers, social media posts and videos.</p> <p>Saturdays 10.00am - 12.30pm 3rd & 10th June (2 weeks) \$20</p>  
	<h3>ADULT LITERACY</h3> <p>Improve your English skills to gain confidence in a social or business environment.</p> <p>Mondays 6.00pm - 8.00pm 24th April - 19th June (8 weeks) *No class 12th June \$50</p>  	<h3>LIFE WRITING</h3> <p>Start your fun Life Writing journey in this interactive class with an experienced and qualified writer. Learn how to uncover those memories and start compiling your stories. Perfect for those who want to write down their own memories, or the story of a loved one or to turn family history research into a manuscript.</p> <p>Thursdays 10.30am - 12.00pm 4th May - 22nd June (8 weeks) \$50</p>  
	<h3>GARDENING</h3> <h4>GARDEN BASICS</h4> <p>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.</p> <p>Mondays 9.30am - 12.00pm 24th April - 19th June (8 weeks) *No class 12th June \$30</p>  	<h4>KNOX COMMUNITY GARDENS TOUR</h4> <p>Join us for a tour of the Knox Community Gardens run by John Faulkner. John will take you on a tour of the gardens and answer any questions you may have. Please call 9801 1895 to book.</p> <p>Monday, 19th June 10.00am - 11.00am FREE</p>  
<h4>HOW TO CREATE A WELLNESS GARDEN</h4> <p>Nature is a sanctuary where we find the environment we love, yet our home garden often isn't as powerful. Join award winning garden designer, Betsy-Sue Clarke to learn how to bring harmony within your own garden sanctuary.</p> <p>Wednesdays 1.00pm - 3.30pm 17th & 24th May (2 weeks) \$20</p> 	 <p>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.</p>	

Term 2, 2023

Cooking

KITCHENS OF THE WORLD

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.

Tuesdays 1.00pm - 4.00pm
2nd May - 20th June (8 weeks)

\$40



STORIES ON A PLATE

In this exciting class we will create a delicious dish based on themes from classic books. A different literary theme paired with a scrumptious dish each week! Share the dish and discuss the story and characters in a relaxed and fun environment. All ingredients supplied.

Tuesdays 6.30pm - 8.00pm
2nd May - 20th June (8 weeks)

\$50



CHINESE FOOD COOKING WORKSHOP

Come and learn how to cook Pork and Cabbage Dumplings (crispy pan fried, steam and soup with egg noodles), 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, 27th May
10.30am - 1.00pm
\$50



VIETNAMESE FOOD COOKING WORKSHOP

Come and learn how to cook Beef Vermicelli Noodle Salad and Pork Spring Rolls, 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, 10th June
10.30am - 1.00pm
\$50



SOUR DOUGH BREAD MAKING WORKSHOP

In this class you will learn about sour dough starter culture and how to make and ferment your very own, which is the basis of sour dough bread and all sour dough recipes. If you don't want to grow your own culture our trainer will give you an already active starter. She will teach you how to maintain your starter which you can continue to develop and use in your own baking immediately. You will learn how to develop the bread structure and flavour and achieve that perfect classic sour dough crust and how to use different types of flour to achieve different taste and texture. You will also learn how to make specialised loaves, including fruit loaf and garlic and herb sour dough bread.

Monday, 22nd May
10.00am - 2.00pm - \$60



Art & Craft

ART GROUP

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
27th April - 22nd June (9 weeks)

\$100



PATCHWORK COMMUNITY PROJECT

Are you interested in learning new sewing skills or updating your current skills? Then this may interest you! We are looking for volunteers to participate in creating patchwork quilts for The Monash Children's Hospital.

In this program you will learn a variety of sewing techniques whilst utilising repurposed materials.

This is a free course and all materials will be supplied.

Thursdays 1.00pm - 3.00pm
27th April - 22nd June (9 weeks)

FREE



MOSAICS

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
28th April - 23rd June (9 weeks)

\$110



BEADING CLASS

Make yourself a lovely sparkly pair of earrings.

A crystal surrounded by small beads woven to surround the sparkle.

Are you happy to have a go?

Beading kits will be supplied at a cost of \$20 paid to the trainer on the first day of class.

Mondays 1.00pm - 3.00pm
8th May - 29th May (4 weeks)

\$50



Social Chat Groups

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 28th April
9.30am - 11.30am



Orana Neighbourhood House provides courses with Learn Local funding. This funding is available to all those with Australian citizenship or permanent residency. Please see website for full details.

Term 2, 2023

Health and Wellbeing

TAI CHI

Tuesdays 10.00am - 11.30am (Advanced) - \$110
Tuesdays 11.30am - 12.30pm (Beginners) - \$90
2nd May - 20th June (8 weeks)

Thursdays 5.30pm - 6.30pm (Beginners)
Thursdays 6.30pm - 7.30pm (Intermediate)
27th April - 22nd June (9 weeks)
\$100



BETTER BREATHING WORKSHOP

Everyone does it, but most people only use about one third of their lung capacity. If you can take in more oxygen, your body will function better. Learn how to breathe more deeply with simple exercises to create awareness and improve your overall wellbeing.

(Tutor Jeff Davis has been teaching Tai Chi for over 30 years)

Thursday, 25th May or 22nd June
4.00pm - 5.00pm
\$20



GENTLE YOGA

Mondays, 7.00pm - 8.15pm
24th April - 19th June (8 weeks) - \$90
*No class 12th June

Wednesdays 9.30am - 10.45am or 11.00am - 12.15pm
26th April - 21st June (9 weeks) - \$100

Thursdays 7.00pm - 8.15pm
27th April - 22nd June (9 weeks) - \$100

Saturdays 8.45am - 10.00am or 10.15am - 11.30am
29th April - 17th June (8 weeks) - \$90

**Please bring a yoga mat and blanket*



3 HOUR GENTLE RESTORATIVE YOGA WORKSHOP

Join us for this relaxing 3 hour gentle yoga workshop.

The program for the afternoon will be:

- *Savasana
- *Gentle Yoga
- *Restorative Yoga
- *Mindfulness discussion/Herbal tea circle
- *Pranayama (breathing)
- *Guided Meditation

**Please bring a yoga mat, blankets and cushions or a bolster*

Saturday, 20th May or 17th June
1.00pm - 4.00pm
\$75



FITNESS FOR OVER 40'S

An exercise class using weights, fit ball and mats.
Suitable for most fitness levels.

Not a fast paced aerobic class but weight bearing with cardio.

Wednesdays 9.30am - 10.30am
26th April - 21st June (9 weeks)

\$90



MEDITATION

Face To Face or Online via Zoom

Joining a weekly virtual meditation group can help motivate you to start or continue with meditation practice in the warmth and comfort of your own home.

Suzie will gently guide you through many different forms and styles of meditation, as well as give you some practical information about the type of practice and its benefits prior to each meditation session.

This course will be offered face to face at Orana and online via Zoom will also be available.

Wednesdays, 7.00pm - 8.00pm
26th April - 21st June (9 weeks)
\$100



TAKING STRIDES CASUAL WALKING GROUP FOR PEOPLE WITH LIMITED MOBILITY

This is a walking group with a difference. It is for people who can only walk for about 500 metres to maybe a bit over a 1km, unaided or with the aid of a walking stick, nordic poles or mate.

You can also join as a 'Mate' to assist those who may need help.

Leaving Orana Neighbourhood House at 3.30pm
on Tuesdays from 2nd May during school terms.
To book please call 9801 1895 or
email onh@netspace.net.au



Special Events

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
Bookings essential.

Thursday, 25th May
10.30am



NEIGHBOURHOOD HOUSE WEEK COOKING DEMONSTRATION

Come along and immerse yourself in this entertaining cooking demonstration. Our chef will be preparing Traditional Beef, Vegetable and Barley Soup and Carrot and walnut cake. Tastings included.

Bookings essential.

Monday, 8th May
10.30am - 1.30pm

FREE



Meet new
people and
make good
friends

BOOK CLUB

Do you love reading and would like to join a book club, then join us once a month to share and discuss new and interesting titles, express your opinions, likes, dislikes etc. Books supplied.

Mondays 12.30pm - 2.00pm
1st May, 22nd May, & 19th June



FREE



RESEARCH YOUR FAMILY HISTORY

Advanced Topics

Learn how to research your family history online. With tips and tricks on how to get the most out of the internet, step-by-step guides on starting to build your own family tree. You'll be your family's ancestry champion in next to no time!

12/5 - Legacy Family Tree & Mastering Familysearch.org
19/5 - Mastering TROVE & Using online resources for Australian research
26/5 - Mastering Ancestry.com & FindMyPast

Fridays 1.00pm - 3.00pm
12th - 26th May (3 weeks)
\$60



STITCH IT, DON'T DITCH IT

Do you have a favourite piece of clothing that is looking the worst for wear? In this workshop you will learn how to make the clothes you love last. You will learn to repair and embellish your clothing making them a delight to wear again.

Stitching is a great life skill which can save you money, save your clothes and reduce your impact on the environment! You will learn some hand stitching techniques that offer lots of creative possibilities for repairing & enhancing your clothes and household textiles.

Places are limited so please book to attend.

Bookings are essential.

Wednesday, 10th May
1.00pm - 3.00pm - FREE



WASTE EDUCATION TALK

Find out what can/cannot go into your bins. Do you want to know where it all ends up? Do you have a question you wish to trouble-shoot about the new food & garden bin service that's being rolled out now in Knox? Come and have all your questions and more answered by a Knox Waste Education Officer at this free, informative session. This is a great opportunity to learn more about how to reduce waste and recycle properly.

Places are limited so please book to attend.

Bookings are essential.

Tuesday, 20th June
1.00pm - 2.30pm
FREE



SAFE SEATS, SAFE KIDS

FREE CHILD CAR RESTRAINT FITTINGS & SAFETY CHECKS

Local parents and carers are invited to book in for a free child car restraint fitting or safety check! The events are hosted by Kidsafe Victoria in partnership with Neighbourhood Houses Victoria, with support by the Victorian State Government.

Fittings are available at Orana on
Wednesdays 10.00am - 2.00pm.



Book online at safeseatssafekids.com.au

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 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.

Missed Classes: Make up classes or a refund for missing a class will not be issued.

Please attend your class unless you are otherwise notified.

