

What's on in Term 2

Activity Guide 2025

22nd April - 4th July



62 Coleman Road,
Wantirna South VIC 3152
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info@orananh.org.au
9801 1895

Contact Us

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Terms & Conditions

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 or credit 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. Make up classes or a refund for missing a class will not be issued.

Payments

Card transactions incur a surcharge fee: Visa: 1.5%, Mastercard: 1.5%, Eftpos Debit: 0.16%. To avoid these fees, you can pay cash or direct deposit to Orana Neighbourhood House. Please contact us for details.

About Us

Orana is a place where people can come together to offer each other friendship, encouragement and support. Orana offers a range of programs including adult education classes, hobby & leisure courses, exercise classes, social and self-development groups for people living in our community. Our program offers opportunities for enjoyment, learning and to develop new interests and skills.



Orana Neighbourhood House provides courses with Learn Local funding. Learn Local courses are government subsidised and are offered at low or no cost to eligible Victorian adults. The course fees you will pay depend on the fees set by your Learn Local provider. Contact your Learn Local provider at: <https://learnlocal.org.au/course-provider>.

We acknowledge the Wurundjeri and Bunurong people as the Traditional Owners of the Country on which Orana Neighbourhood House is located, we pay our respects to Elders past, present and future, and extend respect to all First Nations People.



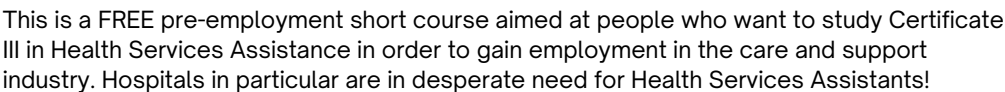
Orana Neighbourhood House is an inclusive place that offers opportunities for connection to all members of the community. We have accessible facilities and all people are welcome.

School Holidays

Tuesday 15th April, 10.00am - 3.00pm
\$50 includes materials & lunch



Pathway Program



- Overview of Health Services Sector, including the various roles and opportunities available in this industry (food services, personal care, patient services, ward assistant, health services assistant)
- Communication skills to work effectively with others
- A basic understanding of medical terminology, healthy body systems, infection control & workplace health and safety procedures



Back to Work

Read Write Now Be Study Ready

- Reading, writing, spelling, grammar, speaking, listening, questions, pronunciation, and comprehension relating to formal and informal work and social situations.
- Numeracy encompasses the ability to interpret, calculate and communicate numerical/mathematical information such as weights, measures, money, time, fractions, percentages and decimals.
- Digital literacy skills will be developed using the Zoom online communication platform, Padlet for publishing of learner activities/work and WhatsApp for learner/teacher communication.

Be Study Ready

- The Adult Learning Environment including a campus tour
- How to be an Active Learner
- Strategies to Succeed at Study
- Writing approaches for Assessments & Assignments.



Kick Start Ready For Work



This FREE short course is suitable for all abilities, and is taught over 3 x 2.5 hour sessions. Through practical exercises and expert guidance, attendees will gain confidence and tools to successfully navigate the job application process. Can be modified to suit different cohorts (disability employment programs).

Health & Wellbeing

Meditation To Manage Stress

Wednesdays 7.30pm - 8.30pm
23rd April - 2nd July
11 weeks | \$143

An experienced instructor will guide you through many different styles and forms of meditation and mindfulness practice. Every class is different and comprises of a short explanation of the particular meditation practice followed by a guided meditation.

Suitable for all levels of experience from beginners to advanced. Participants sit on comfortable chairs. Bring a cushion or blanket for extra comfort!

Fitness For Over 40s

Mondays 11.00am - 12.00pm
28th April - 30th June
9 weeks | \$117
*No class 9th June
Wednesdays 9.30am - 10.30am
23rd April - 2nd July
11 weeks | \$143

Beginners Tai Chi

Tuesdays 11.30am - 12.30pm
22nd April - 1st July
11 weeks | \$143

Advanced Tai Chi

Tuesdays 10.30am - 11.30am
22nd April - 1st July
11 weeks | \$143
Thursdays 6.00pm - 7.00pm
24th April - 3rd July
11 weeks | \$143

Gentle Yoga

Mondays 7.00pm - 8.15pm
28th April - 30th June
9 weeks | \$117
*No class 9th June
Thursdays 7.00pm - 8.15pm
24th April - 3rd July
11 weeks | \$143
Fridays 9.30am - 10.45am
2nd May - 4th July
9 weeks | \$117
*No class 9th May
Saturdays 8.45am - 10.00am &
10.15am - 11.30am
3rd May - 28th June
9 weeks | \$117

Sound Bathing

Wednesdays 6.00pm - 7.00pm
23rd April - 2nd July
11 weeks | \$143

Enjoy a deeply relaxing experience every week with sound therapy.

Crystal singing bowls transform our brainwave patterns through tonal sound. As we practice stillness, surrender and allow the sound to permeate at all levels, we shift into a state of deep relaxation and calm body and mind.



Workshop: Winter Is Coming - Are You Ready?

Tuesday 6th May, 1.00pm - 3.00pm | \$20

As the colder months approach, it's time to think about how we can build a strong, natural defence against the colds and flu that tend to pop up. Join us for an empowering workshop where you'll learn how to harness the power of plant-based medicine and essential oils to support your immune health and wellness!



In This Workshop, You'll Discover:

- Natural Ways to Build Immunity: How to strengthen your body's defenses before winter sets in.
- A Powerful Home Remedy Tea: A tried-and-true recipe to help knock out a cold and support your recovery.
- The Ultimate Natural Antibiotic Drink: Learn how to make a daily tonic that nourishes your cells, boosts your immune system to combat winter illnesses.
- Powerful essential oils that cleanses germs toxins from your home.
- DIY Natural Medicine Cabinet: Tips for creating your own holistic toolkit to fight off illness naturally using plant-based solutions.
- Prepare Your Body & Family: It's never too early to take charge of your health! Let's get ready for the season ahead with the healing power of nature.

Gentle Restorative Yoga (3 hour workshop)

Saturday, 17th May | 1.00pm - 4.00pm | \$60

Join us for this relaxing 3 hour gentle yoga workshop. The program 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.



Art & Craft

KIDS Art Classes 9-12 Year Olds

(Taking Expressions of Interest for 6-8 year olds)

Thursdays 4.00pm - 5.30pm

24th April - 3rd July | 11 weeks | \$165 (all materials included)

A perfect creative class designed for primary school aged children 9-12 years old to develop new skills and techniques with our local artist. There will be opportunities for finding inspiration and sharing techniques in an informal setting using a variety of mediums.



KIDS Origami Classes 6-12 Year Olds

Mondays 4.00pm - 5.00pm

28th April - 30th June

9 weeks | \$117

no class - 9th June

(all materials included)

Origami engages many areas of your brain – visual skills, problem solving, trial and error, mathematics, engaging your dexterity and fine motor skills. It's also great for mindfulness, being able to slow down and enjoy the moment, unwind, and change your focus. Our origami classes are warm, friendly, calm and relaxing.

Art Group

Thursdays 10.00am - 12.00pm

24th April - 3rd July

11 weeks | \$165

Develop new skills and techniques with our local artist. There will be opportunities for finding new inspiration and share techniques in an informal setting using a variety of mediums.

Beginners Mosaics

Thursdays 1.00pm - 3.00pm

1st May - 3rd July | 10 weeks | \$170*

*Course fee includes a small

2D project to create your very first mosaic. After that, you can discuss with the teacher possible next projects that you are interested in.

Join our expert, Elke to learn the basics of mosaics using ceramic tiles or glass! This is a relaxed class where you work at your own pace.

Intermediate Mosaics

Mondays 1.00pm - 3.00pm

5th May - 30th June

8 weeks | \$120

*No class 9th June

This class is for those with previous experience. A relaxed class where you work at your own pace on projects of your choice.

Art & Craft cont'd.

Introduction To Patchworking & Sewing

Thursdays 1.30pm - 3.00pm

1st May - 26th June

9 weeks | \$117

Are you interested in learning new sewing skills or updating your current skills? All sewing machines and materials will be supplied, unless you have a specific project in mind! Otherwise, come along and you will have the chance to make and take home your own beautiful quilt. A lovely, relaxed atmosphere with an experienced facilitator.

Patchwork Project

Thursdays 1.30pm - 3.00pm, 1st May - 26th June | 9 weeks | FREE

Our Patchwork volunteers meet on Thursdays to participate in creating patchwork quilts for Ronald McDonald House at the Monash Children's Hospital. All materials are supplied.

Connecting Through Craft

Thursdays 11.30am - 1.00pm

1st May - 26th June | 9 weeks

Gold coin donation

Do you have a craft project you would like to start or finish? Would you like to connect with other crafters?

Bring your own project and join our experienced tutor who will be happy to guide you in any way you would like. Wonderfully relaxed environment with tea, coffee and biscuits provided.

Language & Literacy

Life Writing

Thursdays 1.00pm - 2.30pm

1st May - 19th June

8 weeks | \$60

Learn how to uncover the past and compile family history. This is an interactive class with an experienced and qualified writer.

Next Steps To Publishing

Thursdays 10.30am - 12.30pm

1st May - 19th June

8 weeks | \$104

Take your life writing skills to the next level and learn how to compile a book about your history and the steps involved in having it published.



Especially for Carers

Orana Carer Afternoons

Every third Tuesday of the month, 20th May & 17th June
1.00pm - 3.00pm | FREE

We welcome local carers of people with disability, mental illness or aged persons. These are special afternoons held on the third Tuesday of every month, alternating between self-care activities such as meditation and creative journaling, and informative talks on a range of topics from a variety of organisations. A great way to connect and support each other.

The session on 20th May will be facilitated by our health and wellbeing expert, Suzie. Afternoon tea provided. On 17th June, there will be a talk by Headspace, an organisation that offers young people aged 12-25 a welcoming environment where they can access confidential and free mental health support, health advice, and general information. Bookings are essential via our website or the office.

Social

Taking Strides

Tuesdays 3.30pm
22nd April - 1st July
11 weeks | FREE

Relaxed walking group for people with limited mobility. We walk anywhere between 500m-1km. Everyone welcome to join, unaided, with a walking stick, nordic poles or a mate.



Book Chat & Chew

Mondays 12.00pm - 2.00pm
28th April, 26th May, 23rd June
FREE

Read any great books recently? Looking for suggestions of what to read next? Bring your lunch & join our informal book chat group where we will choose what to read and discuss.

Men's Chat Group

2nd & 4th Friday of month
9th May, 23rd May, 13th June, 27th June
9.30am - 11.30am | \$5 per meeting

Meet, talk and enjoy time with other men in your local area. Enjoy a morning tea & refreshments during the morning's discussion. Facilitated by OM:NI (Older Men, New Ideas).

FREE

FREE

English Language Conversation Group

Wednesdays 10.00am - 12.00pm
30th April - 18th June
8 Weeks | FREE

Free conversation group for people who want to improve their English skills. Students need basic spoken English skills.

为想要提高英语技能的人提供的免费对话小组。
学生需要基本的英语口语技能。

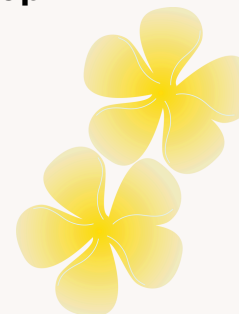


Cooking

Thai Cooking Workshop

Saturday 14th June
10.30 - 1.00pm | \$55

Learn how to make Thai Basil Chicken Stir-fry (Pad Kra Pao) with Steamed Jasmine Rice and Egg and also Spicy Thai Grilled Pork Salad (Moo Mam Tok) with our resident chef Oddie. Please bring an apron, knife to prepare food and a container to take leftovers home. All ingredients provided.



Kitchens Of The World

Tuesdays 12.30pm - 3.30pm
29th April - 1st July
10 weeks | \$60

Fridays 9.30am - 12.30pm &
1.00pm - 4.00pm
2nd May - 4th July
10 weeks | \$60

Learn how to make different multicultural dishes and cooking techniques and skills to work in diverse kitchens. Share and enjoy your dishes with a group each week.



Technology

Free Tech Support Drop-in

Fridays 12.30pm - 2.30pm
2nd May - 4th July
10 weeks | FREE

Get one-to-one help with a Tech Support Officer from Knox Library, who can help you:

- Understand social media, including Facebook and WhatsApp
- Set up and manage an email account
- Grasp the basics of your mobile phone, iPad/Android device, or laptop
- Navigate government services on MyGov
- Get answers to basic tech support questions, and help you understand next steps



Advanced iPads & Tablets

Mondays 12.30pm - 3.00pm
28th April - 30th June
8 weeks | \$60
No class 9th June & 23rd June

Tuesdays 9.30am - 12.00pm
29th April - 1st July
9 weeks | \$60
*No class 24th June



Introduction To Computers

Thursdays 9.30am - 12.00pm
1st May to 3rd July
10 weeks | \$60

Learn to use Windows 10. Personalising the home screen, creating folders and organising folder structure. Creating, editing and saving files. Creating emails, attaching a file, using reply and forward as well as learning about cc and bcc functions. Searching the internet, creating a favourites' list, clearing history and learning the difference between internet browsers and search engines. Laptops will be available for these classes at Orana.



Introduction To iPads & Tablets

Mondays 9.30am - 12.00pm
28th April - 30th June
8 weeks | \$60
*No class 9th June & 23rd June

Basic iPad skills including customising settings, installing and using email, using maps, camera and other apps.



Be Connected

Fridays 12.30pm - 2.30pm | 2nd May - 4th July | 10 weeks | FREE

Computer training course for people with additional needs. Working on each participant's individual interests to empower them and improve their skills and independence through technology.



Be Connected

Every Australian online.

Gardening



Introduction To Horticulture

Mondays 9.30am - 12.00pm
28th April - 30th June | 9 weeks | \$60
*No class 9th June

Ideal for people who are interested in hands-on gardening experience. Grow plants and vegetables with and for the community and learn skills like seed raising and espalier from our experienced horticulturalist.



Neighbourhood House Week Morning Tea

Thursday 15th May
10.00am - 11.30am
FREE

Join us for a free morning tea and to celebrate Neighbourhood House Week 2025 and the theme **'Ripples of Change'**.

neighbourhood
HOUSE WEEK 12 - 18 MAY '25