

What's on - Terms 3 & 4

Activity Guide 2025

Semester 2

14th July - 19th December



Contact Us

Orana Neighbourhood House | ABN: 91 514 980522
62 Coleman Road, Wantirna South VIC 3152
www.orananh.org.au | info@orananh.org.au | 9801 1895
Office hours: Monday - Friday during school terms

Enrolment Information

Commencement of classes

Most classes run during school terms only. Commencement of classes is subject to sufficient numbers; minimum and maximum numbers apply. 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.



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.

We are proud to partner with:



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9801 1895



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. Thank you for contributing to building a stronger and more inclusive community. Orana is a registered charity with DGR (deductible gift recipient) status. To donate to our centre, please visit <https://www.anhca.org/donate>

Annual General Meeting

Orana AGM & Afternoon Tea

Wednesday 17th September, 2.00pm - 3.00pm

Everyone is invited to come along and hear about achievements from the past 12 months, ideas for the future, and join us in thanking all Orana staff, volunteers & trainers for the hard work they do, with a delicious afternoon tea.

Kids Activities



School Holiday Programs

\$60 per day. Suitable for primary school kids aged 6-12
All materials, snacks and drinks provided!



Monday 14th July & Tuesday 15th July, 10.00am - 2.30pm

Learn print making with nature & salt painting, harvest winter crops, make organic pizzas, decorate cupcakes, and enjoy fast paced yoga inspired dance classes!

WINTER

Monday 29th Sept & Tuesday 30th Sept, 10.00am - 2.30pm

Learn colour resist painting & origami, plant spring crops, make organic lemonade, decorate cookies, and enjoy fast paced yoga inspired dance classes!

SPRING

Kids Craft with Bizzi Art for 6-12 Year Olds

Mondays 4.00pm - 5.00pm

Term 3: 21st July - 15th September | \$117

Term 4: 6th October - 15th December | \$143

Our tutor Isabella from Bizzi Art leads these enjoyable art and craft classes, teaching drawing, painting, collage, and learning origami techniques. Let your children express their individuality through creative projects!



Study & Work Skills



We work with Tertiary Institutions, Employment Agencies and other local organisations to help their participants prepare for work and study. We are taking expressions of interest for the following courses. These can be modified to suit different cohorts, for example, disability employment programs. **Please contact us to discuss ideas and options.**

Read Write Now

2 hours x 8 weeks

This course assists learners who need to develop their literacy, numeracy, digital literacy, employability and language skills for everyday living, studying and working in the community.

Topics include:

- Numeracy, digital literacy and reading, writing, spelling, grammar, speaking, listening, questions, pronunciation, and comprehension relating to formal and informal work and social situations.



Gaining the Edge

4 modules of 20 hours (5 hours x 4 weeks). Participants or teachers can choose which modules to do.

This course is designed to be delivered at a TAFE campus to students enrolled in a TAFE course who are at risk of disengaging or non-completion.

The four skills and knowledge modules will support at risk TAFE students to succeed in their TAFE course:

- Resilience
- Learning to Learn
- Digital Literacy
- Employability & Placement

NEW



Kick Start / Preparing For Work

2.5 hours x 2 or 3 weeks

This is a great, practical short course for all abilities, that covers pre-interview preparation, interview answers and questions, presentation, time management, resume and cover letter writing and how to put your best foot forward in job seeking. Through practical exercises and expert guidance, attendees will gain confidence and tools to successfully navigate the job application process.



English Language Conversation Group

Wednesdays 10.00am - 12.00pm

23rd July - 10th September & 8th October - 3rd December | 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。



Health & Wellbeing

Meditation To Manage Stress

Wednesdays 7.30pm - 8.30pm
27th August - 17th September | \$52
8th October - 17th December | \$143

Guided meditation, suitable for all levels of experience. Participants sit on comfortable chairs.

Fitness For Over 40s

Mondays 11.00am - 12.00pm
21st July - 15th September | \$117
6th October - 15th December | \$117
*No class 3rd & 10th November

Wednesdays 9.30am - 10.30am
23rd July - 17th September | \$117
8th October - 17th December | \$117
*No class 5th & 12th November

Sound Bathing

Wednesdays 6.00pm - 7.00pm
27th August - 17th September | \$52
8th October - 17th December | \$143

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.

Introduction to Chair Yoga



Wednesdays 1.00pm - 2.00pm
23rd July - 10th September | \$104
15th October - 10th December | \$117

Designed for older adults. Participants practice seated yoga poses and stretches, making it ideal for those with limited mobility or balance concerns. The class typically begins with grounding breath work to promote relaxation, followed by a series of gentle movements aimed at improving flexibility, strength, and overall well-being.

Beginners Tai Chi

Tuesdays 11.30am - 12.30pm
22nd July - 16th September | \$117
7th October - 16th December | \$130
*No class 4th November

Thursdays 5.00pm - 6.00pm
24th July - 18th September | \$117
9th October - 18th December | \$143

NEW

Intermediate Tai Chi

Thursdays 6.00pm - 7.00pm
24th July - 18th September | \$117
9th October - 18th December | \$143

Advanced Tai Chi

Tuesdays 10.30am - 11.30am
22nd July - 16th September | \$117
7th October - 16th December | \$130
*No class 4th November

Gentle Yoga

Mondays 7.00pm - 8.15pm
21st July - 15th September | \$117
6th October - 15th December | \$130
*No class 3rd November

Thursdays 7.15pm - 8.30pm
24th July - 18th September | \$117
9th October - 18th December | \$143

Fridays 9.30am - 10.45am
25th July - 19th September | \$117
10th October - 19th December | \$143

Saturdays 8.45am - 10.00am & 10.15am - 11.30am
26th July - 13th September | \$104
11th October - 13th December | \$117
*No class 1st November

Workshops to improve health

Simple Daily Habits for Health and Vitality Talk

Wednesday 13th August 11.00am - 12.30pm | \$10

Create new daily habits to support your health and vitality. The session draws upon the wisdom of Ayurvedic medicine and will include:

- Simple things you can add to your daily routine to improve your health and wellbeing that are quick and easy.
- An awareness of the little things that bring us out of balance.
- How the cycles of the day and the change in seasons impact us, and ways to more easily flow with these changes to optimise wellbeing.
- A guided practice to help you return to balance.

Cara Macri is an Ayurvedic practitioner, yoga and meditation teacher.



Gentle Restorative Yoga - 3 Hour Weekend Special

Saturday 16th August | 1.00pm - 4.00pm | \$60

Join us for this relaxing 3 hour gentle yoga workshop. Please bring a yoga mat, blankets and cushions or a bolster. The program will include:

- Savasana, Gentle yoga, Restorative yoga
- Mindfulness discussion
- Herbal tea circle
- Pranayama breathing
- Guided meditation



Women's Wellness Peace Retreat

Saturday 18th October 1.00pm - 4.00pm | \$60

Come along to this special day where our holistic wellness instructor will guide you through different wellbeing practices to shift your mind and body. Some of the practices and topics covered on the day:

- Guided Meditation
- Ancient Hawaiian forgiveness practice - The Ho'Oponopono
- Soothing Sound Bathing with crystal singing bowls, tuning forks, drums
- Breathing techniques for clarity of mind and balance
- Flow Chi Practice - moving meditation to balance and align your energy



Art & Craft



Beginners Mosaics

Thursdays 1.00pm - 3.00pm
24th July - 18th September | \$135
9th October - 11th December | \$150
*Course fee includes a small 2D project to create your very first mosaic.

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
21st July - 15th September | \$135
6th October - 8th December | \$135
*No class 3rd November.

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

All Abilities Art Group

Mondays 1.00pm - 3.00pm
21st July - 15th September | \$135
6th October - 8th December | \$135
*No class 3rd November.

Unleash creativity through painting, drawing, and mixed-media art projects tailored to all abilities. Participants will explore self-expression, build fine motor skills, and create unique artworks in a relaxed, inclusive setting. No prior experience needed - just a willingness to create!

Gardening

Introduction To Horticulture

Mondays 9.30am - 12.00pm
21st July - 15th September & 6th October - 8th December | \$120
*No class 3rd November

Grow plants and vegetables with and for the community and learn skills like seed raising and espalier from our experienced horticulturalist.



Art Group

Thursdays 10.00am - 12.00pm
24th July - 18th September | \$135
9th October - 11th December | \$150

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.

Introduction To Patchworking & Sewing

Thursdays 1.00pm - 3.00pm
31st July - 18th September | \$104
16th October - 4th December | \$104

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!

Patchwork Project

Thursdays 1.00pm - 3.00pm
31st July - 18th September | FREE
16th October - 4th December | 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.

Hospitality & Cooking

Kitchens Of The World

Fridays 9.30am - 12.30pm & 1.00pm - 4.00pm
25th July - 19th September & 10th October - 12th December | \$120
*No class 26th September & 3rd October

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.



Indian Street Food Cooking Workshop

Saturday 23rd August
10.30am - 1.00pm | \$55

Craving a taste of India? Learn how to make crispy samosas, zesty bhel puri (puffed rice salad) and aromatic chai tea with Sangita. Please bring an apron, knife and container. All ingredients supplied.



Barista Training

Taking Expressions of Interest

This course is run by expert coffee trainers from local organisation, Bodacious Coffee. Suitable for aspiring baristas and coffee lovers. Learn Espresso theory, Proper tamping and distribution technique, Milk steaming and pouring, Latte art fundamentals, Understanding the coffee menu, Cleaning and equipment maintenance.

Date TBA | \$150



Writing & Publishing

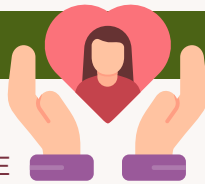
Next Steps To Publishing

Thursdays 10.30am - 12.30pm
31st July - 18th September | \$104
16th October - 4th December | \$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

Tuesday, 16th September & 21st October 1.00pm - 3.00pm | FREE

We welcome local carers of people with disability, mental illness or aged persons. These are special afternoons held once per term and includes self-care activities such as meditation and journaling. We will be celebrating Carer's Week on 21st October. A great way to connect and support each other. Bookings are essential.

Social

Taking Strides

Tuesdays 3.30pm

22nd July - 16th September | FREE

7th October - 16th December | FREE

No walk on 4th November

Relaxed walking group for people with limited mobility. We walk anywhere between 500m-1km.

Men's Chat Group

2nd & 4th Friday of month, 25th July, 8th August, 22nd August, 12th September

10th October, 24th October, 14th November, 28th November, 12th December

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).

Book Chat & Chew

Mondays 12.00pm - 2.00pm

28th July, 18th August, 15th September,

6th October, 10th November, 8th December

| 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.

Talking Cafes

LIVING OUR BEST LIFE

Orana is proud to partner with Living our Best Life Project to host 3 Talking Cafes in Knox. Talking Cafés provide an opportunity for individuals to gather in local cafés for weekly drop-in sessions. These are open to everyone, require no prior booking, and welcome newcomers at any time. Talking Cafes run throughout the year (inc school holidays), except on Public Holidays when cafes are closed.

Mondays, 2.00pm - 3.00pm

Crave Restaurant, 238 Dorset Rd, Boronia

Thursdays, 2.00 - 3.00pm

Eating House, Wellington Village Shopping Centre,
17/1100 Wellington Rd, Rowville

Fridays, 2.00pm - 3.00pm

Table 37 Cafe, 3/538 Mountain Highway, Bayswater

www.livingourbestlife.org.au

LEARN MORE

Special Events

Science Week Special: Exploration of Transpiration!

Saturday 9th August 12.00pm - 2.00pm | FREE

Join our horticulturalist Liz to learn about gardening and science:

- How Transpiration works
- How to make sure we're supplying enough water to our gardens
- Activities to demonstrate how water flows through our plants (using fun things like celery stalks and food dye!)

This is a wonderful workshop for community members of all ages to come together, enjoy the garden and learning about science.



Trivia Night Fundraiser - 1920s theme!

Friday 5th September 5.00pm - 8.00pm | \$20 includes dinner

Boronia Bowls Club, 5 Marie St, Boronia VIC

Join us for a Roaring 1920s-themed trivia night to celebrate Adult Learners Week! Hosted by our beloved Orana Manager, Emily Harnett and President Gary Cantwell at the local Boronia Bowls Club.

A wonderful interactive night where participants answer (very simple!) questions on a range of themes. BYO nibbles, drinks can be purchased at the bar, pizza for dinner is provided! Bookings essential. Costumes optional but recommended!



Seniors Week Stretch & Sip

Wednesday 8th October 1.00pm - 2.00pm | FREE

Come and try a relaxing chair yoga session with a lovely afternoon tea to celebrate Seniors Week!



We Survived 2025!

End of Year Community Party

Friday 5th December, 4.00pm - 7.00pm

Join us for a wonderful Festive celebration, partnering with students from The Knox School to plan an afternoon of live music, great food, drinks and plenty of fun and games! Everyone is welcome. Bookings essential!



Technology



Australian Government

Be Connected

Every Australian online.

Be Connected

Fridays 12.30pm - 1.30pm

25th July - 19th September | FREE

10th October - 5th December | FREE

Be Connected is an Australian government initiative committed to building the confidence, digital skills and online safety of older Australians. We offer free Friday digital classes using Be Connected resources. We will explore different topics each week, including:

- Android/Apple phones
- Connecting to others
- Health, wellbeing, technology and you

Free Tech Support Drop-in

Fridays 1.30pm - 2.30pm

25th July - 19th September | FREE

10th October - 5th December | FREE

Get one-to-one help with a Tech Support Officer.



Introduction To iPads & Tablets

Mondays 9.30am - 12.00pm

21st July - 15th September | \$60

6th October - 8th December | \$60

*No class 3rd November

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



Introduction To Computers

Thursdays 9.30am - 12.00pm

24th July - 18th September | \$60

9th October - 4th December | \$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.



Advanced iPads & Tablets

Mondays 12.30pm - 3.00pm

21st July - 15th September | \$60

Term 4 - TBC

Tuesdays 9.30am - 12.00pm

22nd July - 16th September | \$60

Term 4 - TBC



Get Online Week: Scams & Scones

Monday 20th October

1.00pm - 3.00pm | FREE

Come along for an afternoon tea and information session on scams & passwords.

- 1.00pm- 2.00pm - how to identify and avoid scams.
- 2.00pm - 3.00pm - Password protection, learn common mistakes people make when creating passwords & learn how to create strong passwords to protect your data.

Bring your own device and feel free to share and ask questions.



Room Hire

Looking for a venue for your next meeting, conference, or training session?

We have spacious multi-purpose rooms equipped with kitchen facilities, projector, TV and DVD, Smartboard – everything you need for a successful event! No room hire currently available for social occasions.

Prices negotiable for ongoing room hire.

Large Training Room / Kitchen



This room has a full kitchen, interactive smart board, TV, music dock, chairs (50 maximum) and 6 tables on wheels and a further 6 pull out tables on a trolley. Room has air conditioning and gas heating. There are two doors that exit out to an undercover area that has a large BBQ and sink along with an attractive garden setting. WIFI is available. Price: General hire rate is \$70.00 p/h plus GST Not for Profit rate \$35.00 p/h plus GST.

Small Training Room / Kitchen



This room has a full kitchen, TV, chairs (12 maximum) and 3 tables. Room has air conditioning/heating. WI FI is available. Price: General hire rate is \$40.00 p/h plus GST Not for Profit rate \$20.00 p/h plus GST

Portable Building / Kitchenette



This room has a kitchenette with dishwasher, 8 tables on wheels, 15 chairs (access to additional chairs available) smart board, TV and whiteboard/printer. Room has air conditioning/heating. WIFI is available. Price: General hire rate is \$70 p/h plus GST Not for Profit rate \$35 p/h plus GST

Computer Lab



This room has 8 computers plus one for trainer, two tables and computer chairs. Room has air conditioning/heating. WIFI is available.

Price: General hire rate is \$40.00 p/h plus GST Not for Profit rate is \$20.00 p/h plus GST