

## 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>.



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.

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 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:



# What's on - Terms 3 & 4

## Activity Guide 2025

### Semester 2

### 14th July - 19th December



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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>

DONATE ♥

## 'Living at Home for Longer' FREE talk



**Monday 10th November**  
**12:30-1:30pm**

Living at Home for Longer is a free seminar that provides advice, tips and insights on how to continue living in your own home well into your senior years. The seminar is tailored for those aged over 65 years who want to know how to access government-funded subsidies to help them live happily at home for longer. The seminar also provides advice on navigating the 'My Aged Care' system.

### ☀ Program Highlights

- Clear, engaging presentation from a guest speaker
- PowerPoint overview
- Take-home information packs for attendees



### 📖 Topics We Cover

- Understanding My Aged Care and how to get started
- Eligibility criteria and who qualifies for support
- Navigating the system: registration and what to expect
- Updates to the Commonwealth Home Support Program
- The new Support at Home Program: key changes and choosing the right provider
- Other resources available for older Australians



*Bookings are essential - please email  
[info@orananh.org](mailto:info@orananh.org) or call 9801 1895*

## 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. WIFI 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

# 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  
13th 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  
13th October - 8th December | \$60  
\*No class 3rd November

Tuesdays 9.30am - 12.00pm  
22nd July - 16th September | \$60  
14th October - 9th December | \$60  
\*No class 4th November



### 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.



# 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



### 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

NEW

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 - 11th December | \$130

NEW

### Intermediate Tai Chi

Thursdays 6.00pm - 7.00pm  
24th July - 18th September | \$117  
9th October - 11th December | \$130

### 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

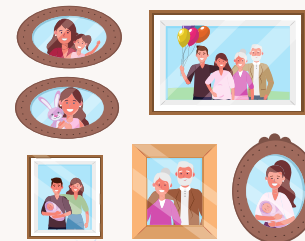
## Writing & Publishing

### Relishing your Family History

Thursdays 1- 2.30pm  
30th October - 4th December | \$60

You've done the family research but what next?! Simple, tell the story! This six-week course will help you shape your research into a narrative that will suit your audience (written, pictorial or oral). We'll focus on a family history project, discuss various delivery techniques, what information to include, touch on permissions and copyright, and how to reference your sources. The course aims to give you the tools and confidence to get started - all within a supportive group setting.

NEW



## Special Events

### Seniors Week Stretch & Sip

Wednesday 8th October 1.00pm - 3.00pm | 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!



**SPECIAL! From 5:30-6:30 we will have a FREE African drumming workshop with an experienced drumming teacher! (outdoors in our garden if the weather is nice, or in our art studio) Open to the first 40 RSVPs!**

**Wear your most festive gear & end the year in rhythm & cheer!**



Bookings are essential - please email [info@oranh.org](mailto:info@oranh.org) or call 9801 1895

## 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 21<sup>st</sup> 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).

### 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, 2.00pm - 3.00pm**

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

**Fridays, 2.00pm - 3.00pm**

Moon and Spoon, Westfield Knox, Level 2 (opposite Macpac)

### Book Chat & Chew

Tuesdays 12.00pm - 2.00pm

7th October, 18th November, 16th 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.



## FREE talk - who are the SES & when can we call them?!

**Monday 27th October 12:30-1:30pm**

Who's sick of this wind?! Come along, share a cuppa and find out who are VIC SES? What areas of Emergency Services are they responsible for? How can we be more resilient as a community to weather incidents/ disasters?

Do you know about or have a Home Emergency Kit? This talk will show you what to include in your kit, using live demos as well as talking about Home Emergency Plans. They will also bring along the following items to give out to people who attend:

- Fridge Magnets
- VICSES Stickers
- VICSES Pens
- Storm and Flood - When to Call VICSES Brochures
- Storm and Flood Fridge Poster
- Various VICSES Brochures
- Home Emergency Plan documents



For iPad & mobile phone users, they can cover installing/ using apps:

- Vic Emergency App
- Get Prepared (Red Cross) App for home emergency plans

*Bookings are essential - please email [info@orananh.org](mailto:info@orananh.org) or call 9801 1895*

## Workshops to improve health



### 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 HoOponopono
- 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



[www.livingourbestlife.org.au](http://www.livingourbestlife.org.au)  
LEARN MORE →

## Art & Craft



### Beginners Mosaics

Thursdays 1.00pm - 3.00pm  
24th July - 18th September | \$135  
9th October - 11th December | \$150  
\*Course includes a small 2D project to create your very first mosaic. There will be a \$25 cost for materials.

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.

### 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.



### 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 - 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!

## 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.



## 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.



### East Indian Food Cooking Workshop

Saturday 22nd November  
10.30am - 1.00pm | \$55

Embark on a delightful adventure through the vibrant tastes of Bengal enhanced with a local twist. Learn how to make steamed fish delight, mutton regal curry & jeera rice with Sangita. Please bring an apron, knife and container. All ingredients supplied.

### Introduction to Hospitality

Tuesdays 12.45pm - 3.45pm  
22nd July - 16th September & 7th October - 9th December | \$120  
\*No class 9th & 16th Sept, 4th Nov

Wednesdays 12.45pm - 3.45pm  
23rd July - 17th September & 8th October - 10th December | \$120  
\*No class 10th & 17th September

Learn aspects of working in the Hospitality industry including kitchen hygiene, food safety and other skills needed in the hospitality industry as well as food preparation techniques.



### 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

