ORANA
NEIGHBOURHOOD HOUSE INC

Activity Guide

What's on Semester 1

January - June 2026

Orana Neighbourhood House
62 Coleman Road, Wantirna South VIC 3152
www.orananh.org.au | info@orananh.org.au
Phone 9801 1895
Office hours: Monday - Friday 9.00am to 3.30pm during school terms

Knox City Council

Learn Local

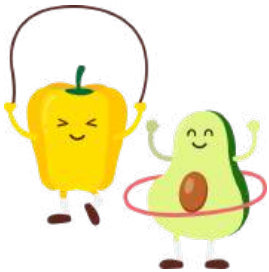
Neighbourhood Houses Victoria™

Summer Holidays

Health & Wellbeing classes

By popular demand, this summer we will keep some of our regular health and fitness classes going so everyone can stay connected, feel good and be active! If you would like to try a class you have not been in before, please check with our office to see if there are spaces available. More details about these classes in the back of the brochure. 3 week courses $42 except the Gardening Group.

Fitness for Over 40s
Monday 5th, 12th, 19th Jan, 11.00am - 12.00pm
Wednesday 7th, 14th, 21st January, 9.30am - 10.30am



Gentle Yoga
Monday 5th, 12th, 19th Jan, 6.15pm - 7.30pm
(*note slightly earlier time to normal term classes),
Friday 9th, 16th, 23rd January, 9.30am - 10.45am

Sound Bathing
Wednesday 7th, 14th, 21st January, 6.00pm - 7.00pm

Meditation
Wednesday 7th, 14th, 21st January, 7.30pm - 8.30pm

Gardening group
Monday 5th, 12th, 19th January, 9.30am - 12.00pm
$20 for new students.

Excursions

Garden Gremlins Go Exploring!
Friday 9th January, 10.00am - 2.00pm, $10 | own transport

Join our horticultarist, Liz, and her lovely garden group for a tour of local owned and run nurseries and botanic gardens in Knox and the Yarra Ranges and stop for a delicious lunch together. Meet at Orana at 10am and receive your map and destination points. Then drive as a convoy and receive great plant advice and meet new friends on an adventure.

Self improvement

Summer Recipes for busy people - 15 minute dinners with only 5 ingredients

Wednesday 14th January, 1.00pm - 3.30pm | $50

Short on time and tired of trying to think up healthy dinner ideas for the family? Join us for this practical, time-saving cooking series where we'll demonstrate four delicious, nutritionally balanced recipes each ready in just 15 minutes and made with no more than five main ingredients. Quick, fresh, and family-friendly, these meals are perfect for busy weeknights and warm summer evenings.

Do it yourself - Summer Detox and Cleansing program

Wednesday 21st January, 1.00pm - 3.00pm | $40

After the festive season, many of us are ready to refresh our habits and begin the new year feeling lighter, clearer, and more energised. If you're looking to get back on track, look good, and feel even better, this workshop is the perfect place to start. Join us as we guide you through a simple, summer detox and cleansing program that anyone can follow. Learn easy strategies, supportive tips, and sample detoxing drinks to help you reset your body and step into the new year with vitality and energy.

Welcome back - meet & greet

Kick Off Your Shoes & Bowl!

Wednesday 25th February, 5.00pm - 7.00pm
Boronia Bowls Club, 5 Marie St, Boronia VIC | $20

It's time to hit the green for our Term 1 Barefoot Bowls Fundraiser! Join us for an afternoon of good vibes, gentle competition, and great company — all in support of Orana Neighbourhood House, **at the Boronia Bowls Club**. No experience needed, BBQ provided, drinks available to purchase from the bar. Raffles & prizes! Fun for all ages! This is a relaxed welcome back event, all invited.

Events & Workshops

One-Day Peace Retreat

Saturday 21st February, 10.00am - 2.00pm | $60

If you've never experienced a mini retreat before, here is your opportunity. Immerse yourself in a day of calm, renewal, and inward exploration as our qualified Holistic wellbeing coach guides you through practices designed to cultivate inner peace. Surrounded by like-minded souls, you'll enjoy the warmth of shared energy and a beautifully harmonious group atmosphere.

Throughout the day, you will be invited to experience:

- Sacred Cacao Ceremony – A heart-opening ritual that honors the healing traditions of the cacao bean and deepens your connection with Mother Earth.
- Guided Meditation – A soothing, centring journey to help quiet the mind, nourish and heal the soul.
- Flow Chi – A gentle blend of mindful breathing, body tapping, stretching, and flowing movements to encourage the flow of your chi, resulting in balance, relaxation, and a feeling of overall wellbeing.
- Shamanic Drumming Journey – A rhythmic, meditative experience intended to help you connect with your inner wisdom and spirit animal imagery.

Join us for a day of reflection, rejuvenation, and peaceful connection. Please bring a yoga mat, cushion, and throw blanket if you'd like to lie down during the sessions. We look forward to sharing this rejuvenating experience with you. BYO Lunch, light snacks and herbal tea provided.

Create Your Own Personal Ritual / Ceremonial Candle

2 hour workshop, Saturday 21st March, 10.00am - 12.00pm
$60 includes material costs

Join us for a fun and inspiring workshop where you'll design and craft a ritual candle that's uniquely your own. Each participant will have the opportunity to make a custom candle while we explore meaningful ways to honour life's special moments, Birthdays, Weddings, the Birth of a child, Good Luck, Love, Prosperity, or dedicate a special memorial candle for loved ones who have passed. Come spark your creativity, share ideas, and leave with a beautiful, handcrafted candle infused with your personal intention.

for kids

Create, Build & Give Back! School Holiday Workshop

Tuesday 14th or Wednesday 15th April, 10.00am - 12.00pm | $30

Join Orana Neighbourhood House in partnership with the Knox & District Woodworkers Club Inc for a hands-on holiday workshop that's all about creativity, community and local wildlife. Kids will get to build and paint their very own wooden toy to take home, using a special kit created by the Woodworkers. Together, we'll also build Eastern Rosella nesting boxes! The Woodworkers will guide children in assembling a nesting box, and we'll install one at Orana on the day. Additional nesting boxes may also be donated to the Friends of Koolunga Native Reserve to support their conservation efforts. Families will have the option to purchase additional nesting box kits to take home. Come along to learn new skills, meet great local organisations, and help our native birds thrive.

Understanding Perimenopause & Menopause - Community Information Session

Wednesday 4th March, 7.00pm - 9.00pm | $5

Join us for a supportive and informative evening as we explore what really happens during perimenopause and menopause. Our facilitators, Maria Loupetis, Nurse Practitioner & Clinical Lead at EACH and Larissa Hudson, Senior Reproductive & Sexual Health Nurse and Educator from Sexual Health Victoria, will guide us through the physical and emotional changes that occur before, during, and after menopause.

Through a friendly panel discussion and Q&A, you'll learn about:

- What perimenopause and menopause are
- How symptoms can affect daily life
- Treatment and support options
- Practical ways to feel well and confident through this stage of life

Showbags for all attendees! Each participant will receive a complimentary showbag with resources from local health organisations, including:

- Quick-reference symptom guide
- Myth-busting menopause information
- Details of local services (GPs, pelvic physios, dietitians, counsellors)
- HRT overview
- Symptom tracker sheet
- Plus a few fun and uplifting extras

Every Woman, Every Story – International Women's Day Buffet Lunch

Friday 13th March, 12.00pm - 2.00pm | $5 towards charity

To celebrate International Women's Day, we're inviting you to a shared lunch full of flavour, friendship, and stories. Bring dish that means something to you - maybe it's a family recipe, a cultural dish, or something that represents your journey - and share the story behind it (if you would like to, on A4 paper or in person). Let's honour the women who have shaped us, inspired us, and supported us - one plate at a time. All proceeds will go towards domestic violence against women.

Neighbourhood House Week

Friday 15th May, 10.00am - 12.00pm

Come and celebrate the joy neighbourhood houses bring and the work they do with a communal morning tea!
Theme for 2026 TBA!

Tasters

Dream, Dot, Do - Mandala Art Taster

Thursday 5th February, 6.30pm - 9.00pm or
Sunday 8th February, 10.00am - 12.30pm | $40 includes all materials and a notebook to take home.

Kick off the new year with creativity and purpose in this taster class for Mandala Basics. Paint a mandala on a notebook cover to capture your goals, inspirations, affirmations, and intentions for 2026. Learn the basics of dotting, symmetry, and flow in a relaxed, beginner-friendly space. No experience needed - just curiosity and a little sparkle of intention!

African Drumming Taster Workshops

Tuesday 3rd February, 6.30pm - 7.30pm or
Sunday 8th February, 3.00pm - 4.00pm | $20

Come and try a feel-good drum circle session!
Easy, inclusive fun - no musical experience needed.
A drum or percussion instrument is provided for everyone.
Friendly guidance from Dave, our expert drummer. Loads of laughter, joy, and connection No prep, no pressure - just come along and feel the rhythm. 30 spots available - all welcome!

Flow Chi - Move Your Chi Taster

Tuesday 3rd February, 1.00pm - 2.00pm | $14

Come and try Flow Chi, a holistic body-mind practice that blends mindful breathing, gentle tapping, stretching, and smooth, flowing movements and gentle meditation to encourage a natural sense of vitality and ease.

Tapping For Everyday Wellbeing Taster

Tuesday 3rd February, 2.30pm - 3.30pm | $14

Learn to calm your own nervous system with a simplified version of EFT (Emotional Freedom Technique) in this easy-to-learn Tapping Solutions class.

Short courses

THE ELEVATED DOT

Mandala Basics - A Calming Creative Journey

Thursdays 6.30pm - 9.00pm, 26th February - 26th March or
Sundays 10.00am - 12.30pm, 22nd February - 29th March (no class 8th March) | $100
Thursdays 6.30pm - 9.00pm, 23rd April - 21st May or
Sundays 3rd May - 31st May | $100

This course introduces students to the foundations of mandala painting. Participants will learn to use dotting tools, create symmetry, and develop their own artistic flow, while creating functional art pieces such as bookmarks, fridge magnets, notebook covers, and decorative plates. The course provides a relaxed, creative environment to unwind, explore, and connect with a sense of calm and mindfulness. No prior experience is required

African Drumming 4 week courses

Tuesdays 6.30pm - 7.30pm, 24th February - 17th March or
Sundays 3.00pm - 4.00pm, 1st March - 29th March
(no class 8th March) | $80
Tuesdays 6.30pm - 7.30pm, 21st April - 12th May or
Sundays 3.00pm - 4.00pm, 3rd May - 24th May | $80

Extend your knowledge of rhythm and beats in this enjoyable 4 week course. Drums and percussion instruments available for everyone, friendly guided facilitation (no musical experience required!). Laughter, connection + a whole lot of rhythm. Try something new!

Writing Your Memoir with Readers in Mind - Memoir Writing Workshop

Mondays 10.30am - 12.30pm, 9th February - 23rd March
(no class 9th March) | $84

Do you have a personal story you want to share but don't know how to tell it? Join award-winning memoirist Edita Mujkić for this memoir writing workshop. Learn how to start writing your memoir and continue a regular writing routine. Workshop how to dig out forgotten details to enrich your story and enliven it for readers! Explore the main editing steps and publishing options.

Flow Chi - Move your Chi

4 week program - Tuesdays 2.30pm - 3.30pm
10th February - 3rd March | $56

Enrol in this short course and learn more about how Flow Chi's simple movement/stillness practice helps support balance in the body, calm the mind, and uplift the emotions, promoting an overall sense of well-being. Accessible, simple, nurturing, and suitable for all ages and abilities, Flow Chi offers a peaceful way to clear your energy and enhance your daily happiness.

Tapping for Everyday Wellbeing

4 week program - Tuesdays 2.30pm - 3.30pm, 10th March - 31st March | $56

In this course you will be guided through gentle tapping sequence designed to support mental and emotional balance, reduce stress, and anxiety and promote a greater sense of ease in the body. This guided practice can help you feel more supported, centred and empowered as you navigate daily challenges. No experience needed, just an open mind and the desire to feel better.

Introduction to AI & ChatGPT

Part 1: Sunday 22nd February, 10.00am - 12.00pm
Part 2: Sunday 1st March, 10.00am - 12.00pm | $50 for both

Want to learn how to use AI to get things done quicker? Dive into the world of Artificial Intelligence run over two sessions that will cover the essentials of AI, how systems like ChatGPT function, and their everyday applications. You will gain a foundational understanding and practical skills to create effective AI prompts through hands-on activities and live demonstrations.

Work & study skills

FREE

Why study with us?

Orana is a welcoming and nurturing learning environment. Our Learn Local courses provide an opportunity for learners to gain confidence and skills in small class settings. We help develop a personalised pathway for you to take the next steps into a wide variety of other Learn Local courses, accredited study, volunteering opportunities or work.

Be Study Ready

Learn Local

6 x 3 hour sessions - Tuesdays 6.00pm - 9.00pm, 3rd February - 10th March | FREE

This is a short course designed to introduce key study skills for people who are interested in enrolling in an accredited VET course, typically Cert III level or above.

Topics include:

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

Kick Start Ready for Work

Learn Local

Thursdays 6.00pm - 8.30pm, 5th and 12th February, 2 weeks | FREE

This is a great, practical short course that covers pre-interview preparation, interview answers and questions, presentation, time management, resume writing and how to put your best foot forward in writing your cover letter.

Weekly courses

Mondays

Zumba Gold for older adults

NEW

9.30am - 10.30am
2nd February - 30th March
(no class 9th March) | $112
20th April - 22nd June
(no class 8th June) | $126

Introduction to Horticulture

9.30am - 12.00pm
2nd February - 30th March
(no class 9th March)
20th April - 22nd June
(no class 8th June) | $130 for Semester 1

Introduction to ipads & Tablets

9.30am - 12.00pm
2nd February - 30th March
(no class 9th March) | $65
20th April - 22nd June
(no class 8th June) | $65

NEW

Memoir Writing

10.30am - 12.30pm
9th February - 23rd March
(no class 9th March) | $84
20th April - 18th May | $84

Fitness for Over 40s

11.00am - 12.00pm
2nd February - 30th March
(no class 9th March) | $112
20th April - 22nd June
(no class 8th June) | $126
Class full, waitlist only

Advanced ipads & Tablets

12.30pm - 3.00pm
2nd February - 30th March
(no class 9th March) | $65
20th April - 22nd June
(no class 8th June) | $65

Intermediate Mosaics

1.00pm - 3.00pm
2nd February - 30th March
(no class 9th March) | $144
20th April - 22nd June
(no class 8th June) | $162

Talking Cafe

2.00pm - 3.00pm
Crave Restaurant,
238 Dorset Rd, Boronia | FREE
all welcome, just turn up!

Gentle Yoga

6.15pm - 7.30pm
2nd February - 30th March
(no class 9th March) | $112
20th April - 22nd June
(no class 8th June) | $126

Tuesdays

Advanced ipads & Tablets

9.30am - 12.00pm
3rd February - 31st March | $65
21st April - 16th June | $65

Advanced Tai Chi

10.00am - 11.00am
27th January - 31st March | $140
21st April - 23rd June | $140

Book Chat & Chew

12.00pm - 2.00pm
3rd February, 3rd March, 31st March
21st April, 19th May, 16th June | FREE

Taking Strides

3.30pm
Every Tuesday
Weather permitting

Beginners Tai Chi

11.00am - 12.00pm
27th January - 31st March | $140
21st April - 23rd June | $140

Introduction to Hospitality

12.45pm - 3.45pm
27th January - 31st March
21st April - 23rd June | $130 Semester 1
(No class 7th & 14th April)

Daytime Sound Bath

NEW

1.00pm - 2.00pm
10th February - 31st March | $112
21st April - 23rd June | $140

African Drumming

NEW

6.30pm - 7.30pm
24th February - 17th March | $80
21st April - 12th May | $80

Wednesdays

Fitness for Over 40s

9.30am - 10.30am
28th January - 1st April | $140
22nd April - 24th June | $140
Class full, waitlist only

English Language Conversation Group

10.00am - 12.00pm
4th February - 25th March | FREE
29th April - 17th June | FREE

Chair Yoga

1.00pm - 2.00pm
4th Feb - 1st April | $126
22nd April - 24th June | $140

Introduction to Hospitality

12.45pm - 3.45pm
28th January - 1st April
22nd April - 24th June | $130 Semester 1
(No class 8th & 15th April)

Sound Bathing

6.00pm - 7.00pm
28th January - 1st April | $140
22nd April - 24th June | $140

Meditation To Manage Stress

7.30pm - 8.30pm
28th January - 1st April | $140
22nd April - 24th June | $140

Thursdays

Introduction to Computers

9.30am - 12.00pm
5th February - 2nd April | $65
23rd April - 18th June | $65

Art Group

10.00am - 12.00pm
5th February - 2nd April | $162
23rd April - 18th June | $162

Life Writing

10.30am - 12.30pm
5th February - 26th March | $112
30th April - 18th June | $112
Class full, waitlist only

Relishing your Family History

1.00pm - 2.30pm
5th Feb - 26th March | $65
30th April - 18th June | $65

Talking Cafe

2.00pm - 3.00pm
Eating House, Wellington Village Shopping Centre, Rowville | FREE all welcome, just turn up!

Beginners Mosaics

1.00pm - 3.00pm
5th February - 2nd April | $162
23rd April - 18th June | $162

Introduction to Patchwork & Sewing

1.00pm - 3.00pm
5th February - 26th March | $144
30th April - 18th June | $144

Patchwork Project

1.00pm - 3.00pm
5th February - 26th March | $135 | Volunteer
30th April - 18th June | $135 | Volunteer

Beginners Tai Chi

5.00pm - 6.00pm
29th January - 2nd April | $140
23rd April - 25th June | $140

Intermediate Tai Chi

6.00pm - 7.00pm
29th January - 2nd April | $140
23rd April - 25thbJune | $140

Mandala Basics

NEW

6.30pm - 9.00pm
26th February - 26th March | $100
23rd April - 21st May | $100

Zumba evening dance classes

NEW

7.30pm - 8.30pm
29th January - 2nd April | $140
23rd April - 25th June | $140

Fridays

Gentle Yoga

9.30am - 10.45am
30th January - 27th March | $126
24th April - 26th June | $140

Gather & Talk: Men's Group

NEW

10.00am - 11.30am
6th February - 27th March | FREE
1st May - 19th June | FREE

Be Connected - Computer Skills for Seniors

12.30pm - 1.30pm
6th February - 27th March | FREE
24th April - 19th June | FREE

Drop In Tech Support

1.30pm - 2.30pm
6th February - 27th March | FREE
24th April - 19th June | FREE

Talking Cafe

2.00pm - 3.00pm
Moon and Spoon, Westfield Knox, Level 2 | FREE,
all welcome, just turn up!

Saturdays

Gentle Yoga

8.45am - 10.00am & 10.15am - 11.30am
31st January - 28th March (no class 7th March) | $112
2nd May - 27th June (no class 6th June) | $112

Sundays

Mandala Basics

NEW

10.00am - 12.30pm
22nd February - 29th March
(no class 8th March) | $100
3rd May - 31st May | $100

African Drumming

NEW

3.00pm - 4.00pm
1st March - 29th March
(no class on 8th March) | $80
3rd May - 24th May | $80

Course information

Health & Wellbeing

Zumba Gold - For Older Adults

Mondays 9.30am - 10.30am

Modified, low-impact version of the popular Zumba dance fitness program, specifically designed for active older adults, beginners, or those new to exercise. It uses easy-to-follow, Latin-inspired choreography that is slower-paced and less strenuous, helping to improve balance, coordination, and motion.

Zumba Evening Dance

Thursdays 7.30pm - 8.30pm

These Zumba sessions take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

Chair Yoga

Wednesdays 1.00pm - 2.00pm

Designed for older adults. Participants practice seated yoga poses and stretches, making it ideal for those with limited mobility or balance concerns.

Beginners Tai Chi

Tuesdays 11.00am - 12.00pm
Thursdays 5.00pm - 6.00pm

Gentle exercise that combines slow, flowing movements, controlled breathing, and a meditative state.

Intermediate Tai Chi

Thursdays 6.00pm - 7.00pm

Advanced Tai Chi

Tuesdays 10.00am - 11.00am

Sound Bath

Tuesdays 1.00pm - 2.00pm and
Wednesdays 6.00pm -7.00pm

One of the most effective ways to relax and manage stress is by listening to specific frequency sounds. Join us for a deeply soothing experience with sound therapy. Crystal singing bowls can transform our brainwave patterns through their resonant tones, guiding us into a state of profound relaxation. For added comfort, please bring a yoga mat, cushion, and throw blanket if you wish to lie down during the session.

Flow Chi

Tuesdays 2.30pm - 3.30pm
(first 4 weeks of term)

Simple movement/stillness practice to support balance in the body, calm the mind, and uplift.

Tapping for Everyday Wellbeing

Tuesdays 2.30pm - 3.30pm
(last 4 weeks of term)

Gentle tapping sequences designed to support mental and emotional balance.

Gentle Yoga

Mondays 6.15pm - 7.30pm
Fridays 9.30am - 10.45am
Saturdays 8.45am - 10.00am and 10.15am - 11.30am

Relax both your body and mind with gentle, flowing yoga sequences whilst incorporating awareness of breath.

Meditation To Manage Stress

Wednesdays 7.30pm - 8.30pm

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

Fitness For Over 40s

Mondays 11.00 - 12.00pm
Wednesdays 9.30am - 10.30am

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

Art & Craft

Intermediate Mosaics

Mondays 1.00pm - 3.00pm

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

Beginners Mosaics

Thursdays 1.00pm - 3.00pm

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.
*For new students the course includes a small 2D project to create your very first mosaic. There will be an extra $25 cost for materials.

Art Group

Thursdays 10.00am - 12.00pm

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.

Patchwork Project

Thursdays 1.00pm - 3.00pm

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.

Introduction To Patchworking & Sewing

Thursdays 1.00pm - 3.00pm

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!

Mandala Basics

Thursdays 6.30pm - 9.00pm
Sundays 10.00am - 12.30pm

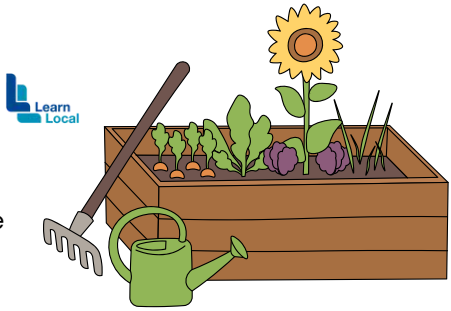
Participants will learn to use dotting tools, create symmetry, and develop their own artistic flow, creating functional art pieces such as bookmarks, notebook covers, and decorative plates.

Gardening

Introduction To Horticulture

Mondays 9.30am - 12.00pm

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



Writing & Publishing

Life Writing

Thursdays 10.30am - 12.30pm

Do people say to you, "I didn't know that about you?" If so, then now is the time to come and learn how to record your life story! Whether it's the ups and downs, or perhaps the mischievous times, it's never too early or late to archive those moments. This class aims to help you record your life experiences so that you can share them with family and friends. There may be laughter and at times tears, but most of all there's respect and joy within this supportive group.

Memoir Writing

Mondays 10.30am - 12.30pm

Do you have a personal story you want to share but don't know how to tell it? Join award-winning memoirist Edita Mujkić for this memoir writing workshop. Learn how to start writing your memoir and continue a regular writing routine. Workshop how to dig out forgotten details to enrich your story and enliven it for readers! Explore the main editing steps and publishing options.

Relishing your Family History

Thursdays 1.00pm - 2.30pm

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.

Hospitality & Cooking

Introduction to Hospitality

Tuesdays 12.45pm - 3.45pm
Wednesdays 12.45pm - 3.45pm

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.

Social Groups

Book Chat & Chew

Tuesdays 12.00pm - 2.00pm

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.

Gather & Talk: Men's Group

Fridays 10.30am - 11.30am

A welcoming space for men to come together, share ideas, swap stories or recipes, and chat about life. Gather and Talk is about connection, conversation, and community - no agenda, just good talk.

English Conversation Group

Wednesdays 10.00am - 12.00pm
Free conversation group for people who want to improve their English skills. Students need basic spoken English skills.

Taking Strides

Every Tuesday 3.30pm
weather permitting
Relaxed walking group for people with limited mobility. We walk anywhere between 500m-1km.

African Drumming

Tuesdays 6.30pm - 7.30pm
Sundays 3.00pm - 4.00pm
Friendly guided facilitation feel-good drum circle. Percussion instruments provided.

Talking Cafes

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.

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

Technology

Be Connected - Computer Skills for Seniors

Fridays 12.30pm - 1.30pm

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.

Free Tech Support Drop-in

Fridays 1.30pm - 2.30pm

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

Advanced iPads & Tablets

Mondays 12.30pm - 3.00pm and
Tuesdays 9.30am - 12.00pm
For those that know the basics of your iPad or Tablet and want to expand on all of its many features.

Introduction To Computers

Thursdays 9.30am - 12.00pm

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.

Introduction To iPads & Tablets

Mondays 9.30am - 12.00pm

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

Orana has a number of rooms available for room hire for training or corporate meetings only. No room hire is available for social occasions. Prices are marked accordingly. Prices can be negotiated for ongoing hire.

Large Training Room / Kitchen

$90.00 p/h (+GST)
Not for Profit rate
$50.00 p/h (+GST)

Small Training Room / Kitchen

$60.00 p/h (+GST)
Not for Profit rate
$35.00 p/h (+GST)

Room Hire 2026

Portable Building / Kitchenette

$90.00 p/h (+GST)
Not for Profit rate
$50.00 p/h (+GST)

Computer Room

$50.00 p/h (+GST)
Not for Profit rate
$30.00 p/h (+GST)

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.

Donations

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 scan the QR code or visit www.anhca.org/donate**

please donate!

SCAN HERE

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. Notice of 2 days prior to commencement of a course must be given or a $15 cancellation fee will apply to cover administration costs. Once classes begin refunds cannot be given. Courses with low enrolments will be cancelled. In the event of this happening a full refund will be issued. 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.

Learn Local

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.

FRAGRANCE FREE

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.

We are proud to partner with:

CVGT employment

The Knox School

Community Housing Ltd

Swinburne University of Technology

Burke & Beyond