



Activity Guide

What's on Semester 1

January - June 2026 Updated for Term 2



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



Health & Wellbeing



Chair Yoga

Wednesdays 1.00pm - 2.00pm
22nd April - 24th June | \$140

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
21st April - 23rd June | \$140
Thursdays 5.00pm - 6.00pm
23rd April - 25th June | \$140

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

Intermediate Tai Chi

Thursdays 6.00pm - 7.00pm
23rd April - 25th June | \$140

Advanced Tai Chi

Tuesdays 10.00am - 11.00am
21st April - 23rd June | \$140

Gentle Yoga

Mondays 9.15am - 10.30am
Mondays 6.45pm - 8.00pm
20th April - 22nd June
(no class 8th June) | \$126
Fridays 9.30am - 10.45am
24th April - 26th June | \$140
Saturdays 8.45am - 10.00am
and 10.15am - 11.30am
2nd May - 27th June
(no class 6th June) | \$112

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

Sound Bath

Wednesdays 6.00pm - 7.00pm
22nd April - 24th June | \$140

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 2.00pm - 3.00pm
21st April - 23rd June | \$140

A gentle movement practice combining breathing, stretching, meridian tapping, and flowing movements to support vitality and wellbeing. The class ends with a short relaxing meditation. Please bring a yoga mat. Suitable for all ages and levels of fitness.

Meditation To Manage Stress

Wednesdays 7.30pm - 8.30pm
22nd April - 24th June | \$140

Fully guided by experienced instructor. Learn simple meditation practices to calm the mind, reduce stress, and reconnect with inner peace. Participants will be sitting in chairs.

Fitness For Over 40s

Mondays 11.00am - 12.00pm
20th April - 22nd June
(no class 8th June) | \$126
Wednesdays 9.30am - 10.30am
22nd April - 24th June | \$140

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

Inner Calm & Wellbeing – 4 Week Taster Series

Wednesdays 7.30pm - 8.30pm, 6th May - 27th May | \$56

Join us for a nurturing four-week exploration of Meditation, Sound healing, Flowing gentle movement, and Tapping to support calm, balance, and inner wellbeing. Our qualified therapist Suzie, comes with over 20 years of experience facilitating wellbeing group sessions. Join us for a gentle introduction to informative and practical techniques that support relaxation and calm the nervous system, emotions and mind.



Zumba dance class

We are taking expressions of interest for Term 2.
30th April - 25th June | \$126

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.



Zumba Gold for older adults

Fridays 1.30pm - 2.30pm
1st May - 26th June | \$126

Modified, low-impact version of Zumba dance fitness program, specifically designed for active older adults, beginners, or those new to exercise.

Art & Craft

Intermediate Mosaics

Mondays 1.00pm - 3.00pm
20th April - 22nd June
(no class 8th June) | \$162

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
23rd April - 18th June | \$162

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.

Patchwork Project

Thursdays 1.00pm - 3.00pm
30th April - 18th June | Free - volunteers

Creating patchwork quilts for Ronald McDonald House at Monash Children's Hospital. All materials supplied.

Introduction To Patchworking & Sewing

Thursdays 1.00pm - 3.00pm
30th April - 18th June | \$144

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!

Art Group

Thursdays 10.00am - 12.00pm
23rd April - 18th June | \$162

Develop new skills and techniques.



Mandala Intermediate class

Sundays 10.30am - 1.00pm
26th April - 31st May | \$145 includes materials (6 weeks)

Participants will be creating the *Living Mandala – Dotted Pot Planter*, a beautiful extended project designed to build on their skills while allowing for creativity and personal expression.

Mandala Beginners class

Sundays 10.30am - 1.00pm
7th June - 28th June | \$100 (4 weeks)

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
20th April - 22nd June
(no class 8th June) | \$65

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

Garden Volunteers



Wednesday mornings

Join our welcoming group of garden volunteers and help keep Orana's garden thriving!

Writing & Publishing

Memoir Writing



Taking expressions of interest for Term 3
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.

Writing for Fun!

Thurs 10:30-12:30, 30th April - 25th June
\$5 per session

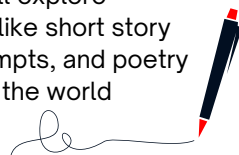
This is a space for everyone, whether you're a seasoned writer or someone who doesn't think they can write at all. Bring along any projects you're working on to share, read aloud, or get friendly feedback. Along the way, we'll explore creative exercises like short story writing, playful prompts, and poetry styles from around the world

Cooking

Introduction to Hospitality

Tuesdays 12.45pm - 3.45pm, 21st April - 23rd June (no class 7th & 14th April) | \$65
Wednesdays 12.45pm - 3.45pm, 22nd April - 24th June (no class 8th & 15th April) | \$65

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
21st April, 19th May, 16th June | FREE
Read any great books recently? Looking for suggestions of what to read next? Bring your lunch & chat about all things books.

Men's Chat Group

Thursdays 10.00am - 11.00am
30th April - 18th June | FREE
A welcoming space for men to come together and chat about life. This group is about connection, conversation, and community - no agenda, just good talk.

English Conversation Group

Wednesdays 10.00am - 12.00pm
29th April - 17th June | FREE
Free conversation group for people who want to improve their English skills. Students need basic spoken English skills.

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

Taking Strides

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

Technology

Be Connected - Computer Skills for Seniors

Every second Friday 12.30pm - 1.30pm
from 24th April - 19th June | FREE
Australian government initiative committed to building confidence, digital skills & safety of older Australians.

Free Tech Support Drop-in

Every second Friday 1.30pm - 2.30pm
from 24th April - 19th June | FREE



Introduction To iPads & Tablets

Mondays 9.30am - 12.00pm
20th April - 22nd June
(no class 8th June) | \$65
Basic iPad skills inc customising settings, using email, maps, camera etc.



Advanced iPads & Tablets

Mondays 12.30pm - 3.00pm
20th April - 22nd June
(no class 8th June) | \$65
Tuesdays 9.30am - 12.00pm
21st April - 16th June | \$65



Introduction To Computers

Thursdays 9.30am - 12.00pm
23rd April - 18th June | \$65
Learn to use Windows 10. Personalising the home screen, creating folders and organising folder structure. Creating, editing and saving files.

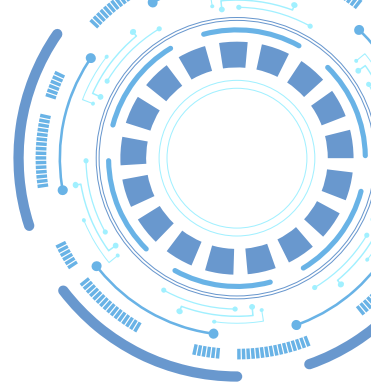


Introduction to AI & ChatGPT

Part 1: Saturday 2nd May 2.00pm - 4.00pm

Part 2: Saturday 9th May 2.00pm - 4.00pm | \$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.



Enhancing your Job Search using AI

Saturday 30th May 2.00pm - 4.00pm | \$25

Join our engaging session to master using AI for your job search! Learn to analyze job ads for key words, tailor your resume and cover letters, and prepare for interviews with AI insights. Enhance your networking strategies with effective online communication techniques. This course will equip you with practical AI skills to elevate your job application process and increase your employability.

Introduction to Prompt Engineering

Saturday 16th May 2.00pm - 4.00pm | \$25

Learn how to get better results from AI tools like ChatGPT by mastering simple prompt engineering techniques. In this practical session, you'll discover how to write clear instructions, ask smarter questions, and guide AI to produce useful answers, ideas, and content. Perfect for learners who want to use AI more confidently for everyday tasks, learning, and work.

Work & Study Skills

Taking expressions of interest - dates to be confirmed based on numbers

Be Work Ready

6 x 3 hour sessions



Ideal for those needing to enter the workforce for the first time, re-enter due to unemployment and/or those who may be looking at changing career paths. This module gives learners practical, hands-on experience.

Kick Start Ready for Work

2 x 2.5 hour sessions



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.

Be Study Ready

20 hour course



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.

One-off workshops & Events



One-Day Peace Retreat

Saturday 23rd May 10.00am to 2.00pm | \$60

Join us for a day of reflection, rejuvenation, and peaceful connection, including:

- 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.

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.



Building Natural Immunity workshop

Saturday 13th June 10.00am - 12.00pm | \$30

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!

12 Superfoods for Healthy Mind & Longevity workshop

Thursday 14th May 10.00am - 12.00pm | \$30

Come & celebrate Neighbourhood House Week with us and connect with other community members to learn about 12 brain-boosting health foods. These, when incorporated into your diet, can improve brain health. They provide protection against free radicals, have anti-inflammatory effects, and increase blood flow for optimal brain cell function. These foods have been found to improve mental health and lower the risk of age-related cognitive decline. Participants will have the opportunity to taste some of the food and drink demonstrated in the session.



NEIGHBOURHOOD

HOUSE WEEK

11-17 MAY 2026

your place to
connect

Friday 15th May

Neighbourhood House Week FREE Community Lunch!

Friday 15th May 11.00 - 1.00pm | FREE

Join us for a free community pizza lunch as part of Neighbourhood House Week! Enjoy fresh pizza from our new oven - kindly gifted by students at The Knox School. Be part of Australia's attempt at the Largest Community-Led Lunch - every meal counts! Come along, connect, and share in the community spirit.



Community Information

Understanding Perimenopause & Menopause

Wednesday 20th May 7.00pm - 9.00pm | Gold coin donation



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

Each participant will receive a complimentary showbag with resources.

Excursions



Garden Gremlins Go Exploring!

Friday 10th April 10.00am - 2.00pm | \$10 | own transport

Join our horticulturist, 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.

Weekly Timetable

Mondays

Gentle Yoga

9.15am - 10.30am

6.45pm - 8.00pm

Introduction to Horticulture



9.30am - 12.00pm

Introduction to ipads & Tablets



9.30am - 12.00pm

Fitness for Over 40s

11.00am - 12.00pm

Advanced ipads & Tablets



12.30pm - 3.00pm

Memoir Writing



12.30 - 2:30pm

Intermediate Mosaics

1.00pm - 3.00pm

Talking Cafe - Crave

2.00pm - 3.00pm

Tuesdays

Advanced ipads & Tablets



9.30am - 12.00pm

Advanced Tai Chi

10.00am - 11.00am

Book Chat & Chew

12.00pm - 2.00pm

Flow Chi

2.00pm - 3.00pm

Beginners Tai Chi

11.00am - 12.00pm

Introduction to Hospitality



12.45pm - 3.45pm

Taking Strides

3.30pm

Wednesdays

Fitness for Over 40s

9.30am - 10.30am

English Language Conversation Group



10.00am - 12.00pm

Chair Yoga

1.00pm - 2.00pm

Introduction to Hospitality



12.45pm - 3.45pm

Sound Bathing

6.00pm - 7.00pm

Meditation To Manage Stress

7.30pm - 8.30pm

Thursdays

Introduction to Computers

9.30am - 12.00pm



Art Group

10.00am - 12.00pm

Men's Chat Group

10.00am - 11.00am

Beginners Tai Chi

5.00pm - 6.00pm

Beginners Mosaics

1.00pm - 3.00pm

Introduction to Patchwork & Sewing

1.00pm - 3.00pm

Patchwork Project

1.00pm - 3.00pm

Intermediate Tai Chi

6.00pm - 7.00pm

Talking Cafe - Eating House

2.00pm - 3.00pm

Fridays

Gentle Yoga

9.30am - 10.45am

Talking Cafe - Moon & Spoon

2.00pm - 3.00pm

Be Connected - Computer Skills for Seniors *(fortnightly)*

12.30pm - 1.30pm

Drop In Tech Support *(fortnightly)*

1.30pm - 2.30pm

Saturdays

Gentle Yoga

8.45am - 10.00am & 10.15am - 11.30am

Sundays

Mandala art classes

10.30am - 1.00pm

Room Hire 2026

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.

Portable Building / Kitchenette



\$90 p/h (+GST)
Not for Profit rate
\$50 p/h (+GST)

Large Training Room / Kitchen



\$90 p/h (+GST)
Not for Profit rate
\$50 p/h (+GST)

Computer Room



\$50 p/h (+GST)
Not for Profit rate
\$30 p/h (+GST)

Small Training Room / Kitchen



\$60 p/h (+GST)
Not for Profit rate
\$35 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!



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.
- Refunds will be by bank transfer or credited back to the credit card used for course payment.
- Notice of 2 days prior to commencement of a course must be given or a \$15 cancellation fee will apply to participants to cover Orana's administration costs.
- Once classes begin refunds cannot be given.

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.



We are proud to partner with:

