

Activity Guide

What's on Semester 2

July - December 2026



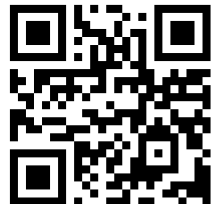
Orana Neighbourhood House

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



Chair Yoga

Wednesdays 1.00pm - 2.00pm

15th July - 9th September | 9 weeks | \$126

7th October - 16th December | 11 weeks | \$154

Spotlight on!

Chair Yoga is a gentle and accessible form of yoga that supports both physical and mental wellbeing through mindful movement and breathing. The practice is performed mainly while seated, with optional standing poses using the chair for added support. It is especially suitable for seniors and individuals managing injuries, mobility limitations, or balance concerns.

Each class follows a thoughtfully structured flow that includes:

- Mindful breathing
- Gentle warm-ups
- Adapted Hatha yoga poses while seated for easier accessibility
- Breathing techniques to help regulate the nervous system
- A calming guided relaxation



Your instructor, Grace — a Chair Yoga advocate and featured guest instructor on the House of Wellness on Channel 7 — is passionate about making yoga accessible to all, especially seniors.

She has thoughtfully developed her Hatha Chair Yoga programme, featuring over 100 traditional poses and breathing techniques, with clear step-by-step guidance on movement, body alignment, breathing and the benefits of each pose.

Fitness For Over 40s

Mondays 11.00am - 12.00pm

13th July - 14th Sept | \$140

5th Oct - 14th Dec | (no class 2nd & 9th Nov) | \$126

Wednesdays 9.30am - 10.30am

15th July - 16th Sept | \$140

7th Oct - 16th Dec (no class 4th & 11th Nov) | \$126

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



Zumba Gold for older adults

Tuesdays 12:30 - 1:30pm

14th July - 11th Aug | \$70

18th Aug - 15th Sep | \$70

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



Change the Vibes- Energetic Feng Shui workshop

Saturday 15th August
10:30-12:30pm | \$40

NEW

Ready to transform the energy of your home, workplace, and life? Join this inspiring two-hour workshop and discover how the ancient principles of Feng Shui can help create environments that feel lighter, clearer, more harmonious, and inviting. Suitable for anyone seeking greater balance, positivity, abundance, and improved relationship dynamics, this practical session will teach you why energetic clearing is important and how to apply simple yet powerful techniques in your everyday spaces.

You'll also learn how these principles can support healthier personal connections and attract positive opportunities into your life. Guided by a qualified Energetic Alchemy practitioner, you'll leave with practical tools and a fresh perspective on creating the energy you want to live in. No prior experience required. Come along and learn how to change the vibes and invite more flow, harmony, and abundance into your world.

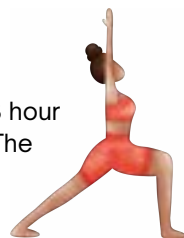
Gentle Restorative Yoga 3 hour Workshop

Saturday 5th September
1.00pm to 4.00pm | \$60

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

- Savasana
- Gentle yoga
- Restorative yoga
- Mindfulness discussion / herbal tea circle
- Pranayama (breathing)
- Guided meditation

Please bring a yoga mat, blankets and cushions or a bolster.



One-Day Peace Retreat

Saturday 1st August
10.30am to 2.30pm | \$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
- Sound Bathing
- 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

... and more! 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.



Beginners Tai Chi

Tuesdays 11.00am - 12.00pm

14th July - 15th Sept | \$140

6th Oct - 8th Dec (no class 3rd Nov) | \$126

Thursdays 5.00pm - 6.00pm

16th July - 17th Sept | \$140

8th Oct - 10th Dec | \$140

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



Sound Bath

Wednesdays 6.00pm - 7.00pm

29th July - 16th Sept | \$112

7th Oct - 16th Dec | \$154

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. 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

28th July - 15th Sept | \$112

6th Oct - 15th Dec (no class 3rd Nov) | \$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.

Intermediate Tai Chi

Thursdays 6.00pm - 7.00pm

16th July - 17th Sept | \$140

8th Oct - 10th Dec | \$140



Advanced Tai Chi

Tuesdays 10.00am - 11.00am

14th July - 15th Sept | \$140

6th Oct - 8th Dec (no class 3rd Nov) | \$126

Gentle Yoga

Mondays 9.15am - 10.30am

Mondays 6.45pm - 8.00pm

13th July - 14th Sept | \$140

5th Oct - 14th Dec (no class 2nd Nov) | \$140

Fridays 9.30am - 10.45am

17th July - 18th Sept | \$140

9th Oct - 18th Dec | \$154

Saturdays 8.45am - 10.00am

and 10.15am - 11.30am

18th July - 19th Sept | \$140

10th Oct - 12th Dec (no class 31st Oct) | \$126

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



Inner Calm & Wellbeing Series

Wednesdays 7.30pm - 8.30pm

29th July - 19th August | \$56

26th August - 16th September | \$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.

Art & Craft

What is Mandala Art?

Discover the relaxing and creative world of Mandala Art with Belinda from The Elevated Dot. Mandalas are intricate dot-art designs inspired by patterns found in nature and cultures around the world, offering a mindful and enjoyable way to express creativity.



This semester, our intermediate group will be taking their skills to the next level with more advanced techniques and exciting new projects. If you're new to mandala art or keen to join in, keep an eye out for upcoming workshops as Belinda combines mandala art with cultural themes that will take you on a creative journey around the globe.

Mandala Intermediate class

Sundays 10.30am - 1.00pm

19th July - 13th Sept | \$180 + materials

11th Oct - 13th Dec

(no class 1st Nov) | \$180 + materials

Discover how a mandala is constructed as you create your own unique design on a 30cm round board.

Learn to develop a colour palette, choose shapes and stencils, and build beautiful repeating patterns, with step-by-step guidance from Belinda throughout the process.

Art Group

Thursdays 10.00am - 12.00pm

16th July - 17th Sept | \$180

8th Oct - 19th Nov | \$126

Develop new skills and techniques with our local artist.



Knit and Natter Circle

NEW

1st Tuesday of every month

4th August, 1st Sept, 6th Oct,
(no meeting Melb Cup), 1st Dec
12.00-2.00pm | FREE

Join Dianne for a relaxed monthly knitting and crafting session where you can learn to make warm beanies, blankets, ponchos and other handmade items for yourself, family, friends, or community members in need. Bring along your current project, swap wool and ideas, enjoy a cuppa, and connect with fellow crafters.

Donations of completed items for those in need are gratefully accepted.



Intermediate Mosaics

Mondays 1.00pm - 3.00pm

13th July - 7th Sept

(no class 14th Sept) | \$162

5th - 7th Dec (no class 2nd Nov) | \$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

16th July - 10th Sept

(no class 17th Sept) | \$162

8th Oct - 10th Dec | \$180

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 & Craft



Patchwork Project

Thursdays 1.00pm - 3.00pm

23rd July - 10th Sept | Free - volunteers

15th Oct - 3rd Dec | 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

23rd July - 10th Sept | \$144

15th Oct - 3rd Dec | \$144

Learn new sewing skills or update your current skills. All sewing machines and materials supplied.

Writing & Conversation

Writing for Fun!

Thursdays 10:30 - 12:30

23rd July - 10th Sept | \$5 per session

15th Oct - 3rd Dec | \$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.

English Conversation Group



Wednesdays 10.00am - 12.00pm

15th July - 9th Sept | Free

7th Oct - 2nd Dec | Free

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。

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



Basic English Skills

Tuesdays 1.00pm - 3.00pm, 21st July - 15th Sept | Free

6th Oct - 8th Dec | Free

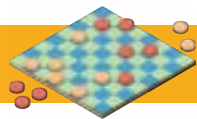


Learn English in a friendly and welcoming class with Jeni. Practice speaking, listening, reading and writing in English. Learn new words, build your vocabulary, and improve your confidence using English every day.

This class is for people who are new to English or would like extra help with basic English skills. Learn at your own pace in a supportive environment and meet new people in your community.



Social Groups



Book Chat & Chew

Tuesdays 12.00pm - 2.00pm

21st July, 18th August, 15th Sept | Free
20th Oct, 17th Nov, 15th Dec | 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 - 11.30am

16th July - 17th Sept | Free
8th Oct - 10th Dec | 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.

Taking Strides

Every Tuesday 3.30pm (weather permitting)

Relaxed walking group for people for those that can't walk too far or fast (no one is left behind). Depending who is there, we walk a maximum of 40 minutes. All welcome and we have great chats.

Are You Game?

Every Friday 12:30pm - 2:30pm

24th July - 11th Sept | Free
16th Oct - 4th Dec | Free

NEW

Looking for a fun and social way to spend your afternoon? Join us for these relaxed sessions where you can meet new people, enjoy a friendly game, and share a few laughs. Choose from a selection of classic and modern board games, or bring along a favourite to share. Drop in for a game, a chat, and a cuppa—stay for as little or as long as you like.

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

NEW

AI for Everyday life

Tuesday 18th August
6-8pm | \$25

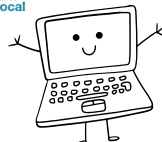


Discover how artificial intelligence can help you save time, stay organised, and make everyday tasks easier. Learn practical ways to use tools like ChatGPT for writing, planning, learning, problem-solving, and more. Perfect for beginners—no technical experience required.

Introduction To Computers

Thursdays 9.30am - 12.00pm

16th July - 10th Sept | \$65
8th Oct - 3rd Dec | \$65



Learn to use Windows, personalising the home screen, creating folders and organising folder structure. Create, edit and save files with confidence.

Technology

Be Connected - Computer Skills for Seniors



Fridays 12.30pm - 1.30pm

24th July - 11th Sept | Free

16th Oct - 4th Dec | Free

Australian government initiative committed to building confidence, digital skills & safety of older Australians.

Free Tech Support Drop-in



Fridays 1.30pm - 2.30pm

24th July - 11th Sept | Free

16th Oct - 4th Dec | Free

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



Advanced iPads & Tablets



Mondays 12.30pm - 3.00pm

13th July - 7th Sept | \$65

5th Oct - 7th Dec (no class 2nd Nov) | \$65

Tuesdays 9.30am - 12.00pm

14th July - 8th Sept | \$65

6th Oct - 8th Dec (no class 3rd Nov) | \$65

Introduction To iPads & Tablets



Mondays 9.30am - 12.00pm

13th July - 7th Sept | \$65

5th Oct - 7th Dec (no class 2nd Nov) | \$65

Basic iPad skills inc customising settings, using email, maps, camera etc.



Work & Study Skills

Get Ready for Work



Wednesdays 1.00pm - 3.30pm

5th Aug - 2nd Sept | \$50

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 Job Search Skills

Friday 10.00am - 3.00pm

31st July | \$50

Practical short course that covers writing a cover letter and resume, pre-interview preparation, how to put your best foot forward in an interview, presentation and time management skills.



Be Study Ready



Wednesdays 1.00pm - 3.30pm

7th Oct - 4th Nov | \$50

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.



Cooking

NEW

Indian Chutneys & Condiments

Saturday 8th August
2.00pm - 4.00pm | \$50

Discover the colourful world of Indian chutneys and condiments in this engaging two-hour session. Learn about their history, ingredients, regional varieties, and how they complement Indian cuisine. Includes demonstrations, tasting opportunities, practical tips, and recipes you can easily recreate at home.

Introduction to Hospitality

Tuesdays 12.45pm - 3.45pm

14th July - 8th Sept and 6th Oct - 8th Dec
(no class 3rd Nov) \$150 for the Semester

Fridays 12.30pm - 3.30pm

17th July - 11th September & 9th Oct - 4th Dec
\$150 for the Semester

Learn aspects of working in the Hospitality industry including kitchen hygiene, food safety and other skills. Each week participants will prepare and serve delicious courses.



Gardening

Introduction To Horticulture



Mondays 9.30am - 12.00pm

13th July - 14th Sept
5th Oct - 14th Dec (no class 2nd Nov)
\$130 for the Semester

Grow plants and vegetables with and for the community and learn new skills.

Garden Volunteers

Wednesday 10.00am - 12.00pm

If you have a passion for gardening and are thinking about volunteering, Orana Neighbourhood House is looking for volunteers to help in our garden. Please call 9801 1895 for details.

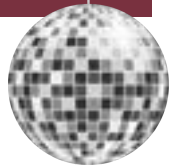
Special Events

“Orana Disco Fever” Trivia Night, Disco-themed Fundraiser!

Friday 4th September

6.00 - 9.00pm | \$35 (includes dinner & trivia)
Boronia Bowls Club

We're excited to announce that Orana Neighbourhood House will be holding a Disco Trivia Fundraising Night in Term 3 at Boronia Bowls Club! Gather your friends, dust off your disco outfits, and get ready for a fun night of trivia, music, and fundraising for a great cause!



Annual General Meeting

Thursday 17th September
2.00 - 3.00pm | Free



Join us for afternoon tea and hear from guest speaker Anne Bowkett, Emergency Relief Coordinator at Knox Infoclink. Anne will share insights into the vital work Knox Infoclink is doing to support the community through the current economic challenges, and how Orana's own projects can complement and strengthen this important work.

Special Events



Seniors Week - Movie & Afternoon Tea

Friday 16th October, 2-5pm | \$10

Join us for afternoon tea and a movie at Orana. Put your votes in for any of these film options when you book, and we will run with the most popular. Bookings essential for catering purposes!

- **The Penguin Lessons** (1976 Argentina, an English teacher's life is unexpectedly transformed after rescuing a penguin while working at a troubled boarding school)
- **Juliette in Spring** (Men and women navigating family, identity, love and personal change through unexpected relationships and emotional turning points)
- **A Friend of Dorothy** (A lonely widow and a teenage boy form an unexpected friendship that changes both of their lives in meaningful ways)
- **The Book Club** (four lifelong friends played by Diane Keaton, Candice Bergen, Jane Fonda, and Mary Steenburgen have their lives forever changed after reading Fifty Shades of Grey in their monthly book club)

Get Online Week - Cupcakes, Clicks and Confidence

Friday 23rd October, 12:30-2:30pm | Free

Join us for a relaxed and friendly session designed to help build confidence using technology in everyday life. Enjoy a cupcake and a chat while learning helpful online skills, asking questions, and connecting with others in a supportive environment. No experience needed!



Get Online Week - Identity Data & Identity Theft Info session

Saturday 24th October, 10-12pm | Free

Protect yourself from identity theft in this practical and easy-to-understand session. Learn what identity data is, how criminals steal personal information, common warning signs, and simple steps you can take to safeguard your identity both online and offline.

Hooray for the Holidays!

Thursday 3rd December, 4.00 - 7.00pm

Join us for a wonderful Festive end of year 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!



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

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

Garden Volunteers

10.00am - 12.00pm

Get Ready for Work / Study



1.00pm - 3.30pm

Chair Yoga

1.00pm - 2.00pm

Sound Bathing

6.00pm - 7.00pm

Inner calm and wellbeing series 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 - 11.30am

Writing for Fun

10.30am - 12.30pm

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

12.30pm - 1.30pm

Drop In Tech Support

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

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)



training or corporate meetings only. No room hire is available for social occasions. Prices are marked accordingly. Prices can be negotiated for ongoing hire.

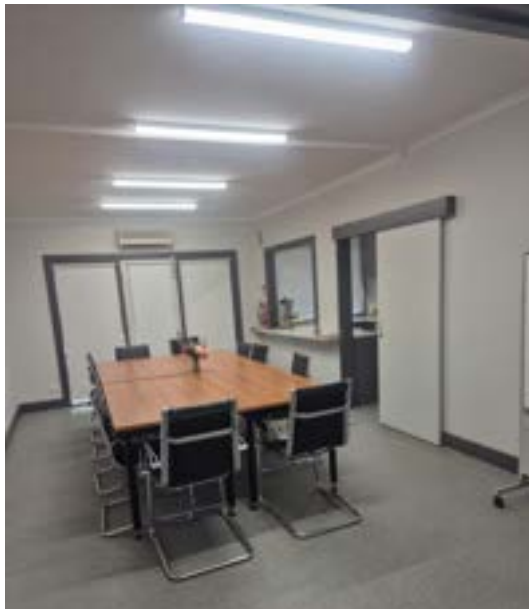
**Large Training
Room / Kitchen**

\$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)



GET YOUR
TEAM TOGETHER!

PRIZES! LAUGHS!
DISCO VIBES!

ORANA

Disco Fever

TRIVIA
DISCO
NIGHT
FUNDRAISER!

TEST YOUR
KNOWLEDGE
SUPPORT OUR
COMMUNITY!

BOOK NOW



★ RAFFLES ★ PRIZES ★ GAMES ★ TRIVIA ★



6PM - 9PM



FRIDAY
4TH
SEPTEMBER



BORONIA
BOWLS CLUB
5 MARIE ST,
BORONIA VIC 3155



TICKETS
\$35
PER PERSON



BOOK A TABLE
OF 8-10!
GREAT FOR GROUPS,
FAMILIES & FRIENDS!

R.S.V.P DATE: 21ST AUGUST

Get Your Groove On for a Great Cause!

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:

