

Term 3 Courses

Orana will be closed from 26th June
 and will re-open on 13th July
 *Class dates subject to restrictions

July - September 2020

Full details can be found on our Facebook page or website

All Term 3 enrolments require payment and completed enrolment forms before 26th June, 2020 to secure your place.
 A 5% discount will apply to Hobby Course payments made before 26th June - excludes Learn Local Courses.

BASIC IPAD & TABLET TECHNOLOGY
 (20EMPIPADTA)

Enjoy your iPad or Tablet. Explore its many features, learn how to change settings, use the calendar, clock, iBooks and conduct internet searches and bookmarking app folders.

Tuesdays 9.30am - 12.00pm
 21st July - 8th September (8 weeks)


\$50 



IPADS & TABLETS THE NEXT LEVEL
 (20EMPIPAD2)

This class is for those that know the basics of your iPad or Tablet and want to expand on all of its many features.

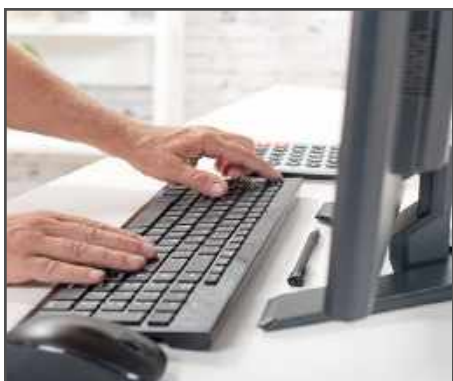
Tuesdays 12.30pm - 3.00pm
 21st July - 8th September (8 weeks)

\$50 

BE CONNECTED GETTING ONLINE

Learn how to get online and thrive in the digital world. In these FREE weekly workshops you will learn the absolute basics of using your device, getting online and being safe while online, connecting with others, data – what is WIFI and mobile networks and more. BYO device (if you prefer) or please advise if you need to use an Orana device.

Mondays 9.30am - 12.00pm
 20th July - 7th September (8 weeks)
 Free



COMPUTERS - THE NEXT STEP
 (20EMPSTUDCHO)

Are you ready to take the next step after Basic Computers?

In this taster class you will learn how to use Word, Excel, Powerpoint and Publisher.

Mondays 12.30pm - 3.00pm
 20th July - 7th September (8 weeks)

\$50 

GARDEN BASICS
 (20VOCINTRHOR)

Would you like to know more about gardening? This course will cover plant identification, pest & disease, propagation, harvesting & lots more. Look at possible pathways to a career in Horticulture. Certificate provided upon completion.

Mondays 9.30am - 12.00pm
 20th July - 14th December (19 weeks)
 *No class 21st & 28th September and 2nd November

\$50 

Your local community house is here for you

 Orana Neighbourhood House
 62 Coleman Rd, Wantirna South
 (03) 9801 1895 | www.orananh.org.au

KITCHENS OF THE WORLD
 (20VOCINTROH1)

Come along to this hands on class making multicultural dishes, learn all the different cooking techniques and skills to work in diverse kitchens. Share and enjoy your dishes.

Tuesdays 9.30am - 12.30pm
 14th July - 15th September (10 weeks)
 \$30

Fridays 9.30am - 12.30pm or 1.00pm - 4.00pm
 17th July - 11th December (20 weeks)
 *No class 25th September & 2nd October

\$60 

EVERYDAY ENGLISH
 (20ALNESLCON)

Improve your English skills, both verbal and written in this English class.

Mondays 6.00pm - 8.00pm
 20th July - 14th September (9 weeks)

\$50 



For the comfort of people with sensitivities and allergies Orana Neighbourhood House is a perfume free Zone.

We ask that people refrain from wearing perfumed products whilst on the premises.


Thank you.

NEW LIFE FOR ME WOMEN'S SUPPORT GROUP

Poor mental health is more common than we think. One in every four people will suffer from a mental disorder at some time during their lives which makes this among the leading causes of ill-health and disability in society worldwide. New life For Me provides support in a safe, non-judgemental and affordable setting where you receive professional guidance and the chance to share your experiences with others going through similar struggles. Come along and join us, you have nothing to lose and so much to gain!

Wednesdays, 1.00pm - 3.00pm
 15th July - 16th September (10 weeks) - \$50

To book please call 9801 1895 and ask for Lisa or Margaret.



TAI CHI WITH JEFF

Tuesdays 10.00am - 11.30am (Advanced) - \$120
Tuesdays 11.30am - 12.30pm (Beginners) - \$100
14th July - 15th September (10 weeks)

Thursdays 6.00pm - 7.00pm (Beginners)
Thursdays 7.00pm - 8.00pm (Intermediate)
16th July - 17th September (10 weeks)
\$100

FITNESS FOR THE OVER 40'S WITH MURIEL

A circuit style exercise class using weights, fit ball and mats. Suitable for most fitness levels. Not a fast paced aerobic class but weight bearing with cardio.

All equipment supplied.
Wednesdays 9.30am - 10.30am
15th July - 16th September (10 weeks)
\$100

GENTLE YOGA

Wednesdays 9.30am - 10.45am
15th July - 16th September (10 weeks)
\$100

Saturdays
8.45am - 10.00am - \$100
18th July - 19th September (10 weeks)

10.15am - 11.30am - \$100
18th July - 19th September (10 weeks)
**Please bring a yoga mat and blanket*

BOLLYWOOD DANCING

This class is all about fitness and fun incorporating Bollywood dance moves. Suitable for all ages and fitness levels.

Mondays 7.00pm - 8.00pm (Next Step)
20th July - 14th September (9 weeks)

\$90



WALKING GROUP

Are you looking for a walking group to keep active and meet new people, then this is the group for you.

This informal group will meet at Orana, walk along the bike track and then back to Orana.

Tuesdays from 14th July
during school terms.
8.30am - 9.30am
Free

MOSAICS WITH LEANNE

Learn to Mosaic using ceramic tiles or glass, whichever medium you prefer to use. This is a very relaxed class where you work at your own pace.

Fridays 10.00am - 12.00pm
24th July - 18th September (8 weeks)
**No class 11th September*
\$100

PATCHWORK COMMUNITY PROJECT

Are you interested in learning new sewing skills or updating your current skills? Then this may interest you!

We are looking for volunteers to participate in creating patchwork table runners and decorations to use at the Orana Christmas lunch.

In this program you will learn a variety of sewing techniques whilst utilising repurposed materials. This is a free course and all materials will be supplied.

Thursdays, 1.00pm - 3.00pm
23rd July - 17th September (9 weeks)

ART GROUP WITH TOSHI

Develop new artistic skills and techniques with our local artist, Toshi. There will be opportunities for finding new inspiration and share techniques in an informal setting using a variety of mediums.

Thursdays 10.00am - 12.00pm
16th July - 17th September (10 weeks)
\$110

FRENCH FOOD COOKING WORKSHOP

Come and learn how to cook Chicken with Herbs, Garlic & Mushrooms and Tarte au Soleil with Pesto and also a Hazelnut version in this fun, interactive cooking demonstration with Chef Oddie. We will teach you how easy it is to create your own dishes 'like a pro' to impress your family and friends. All ingredients provided. Please bring a knife for preparing food, an apron and a container to take left overs home.

Saturday, 8th August
10.30am - 1.00pm
\$45

CHINESE FOOD COOKING WORKSHOP

Come and learn how to cook Beef Hor Fun (flat fried noodles) and Prawn & Pork Pancakes in this fun, interactive cooking demonstration with Chef Oddie. We will teach you how easy it is to create your own dishes 'like a pro' to impress your family and friends.

All ingredients provided. Please bring a knife for preparing food, an apron and a container to take left overs home.

Saturday, 29th August
10.30am - 1.00pm
\$45

PORTUGUESE FOOD COOKING WORKSHOP

Come and learn how to cook Nandos Peri Peri Chicken & Salad and Portuguese Chorizo Egg Casserole & Spicy Rice in this fun, interactive cooking demonstration with Chef Oddie. We will teach you how easy it is to create your own dishes 'like a pro' to impress your family and friends. All ingredients provided. Please bring a knife for preparing food, an apron and a container to take left overs home.

Saturday, 19th September
10.30am - 1.00pm
\$45

BOUNCE BACK

This is a self-help social group for women with anxiety and depression.

Meets Wednesdays from 15th July.
1.00pm - 3.00pm
\$5 each week



KNITTING GROUP

This social knitting group meets weekly to knit for the needy around Melbourne but also for ourselves. We are happy to teach beginners to knit or crochet. Come along, meet new friends, knit and natter for fun and therapy! Everyone welcome.

Tuesdays from 14th July
during school terms.
10.00am - 12.00pm

Gold coin donation for tea/coffee
Donations of wool greatly appreciated!

OM:NI MEN'S CHAT GROUP

Meet, talk and enjoy time with other local men your age. Enjoy a morning tea and refreshments during the morning's discussion.

Every 2nd and 4th Friday of the month
starting 24th July
9.30am - 11.30am

