

LIVING & LEARNING @ AJANI BROCHURE



DATE: OCTOBER TO DECEMBER

UNIT 2, 284 THOMPSONS RD, TEMPLESTOWE LOWER VIC 3107

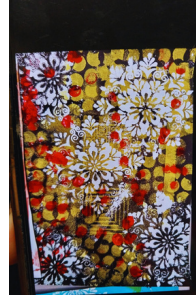
PHONE: 9850 3687 EMAIL: office@livelearnajani.org.au INC NO. AOO 230 13G ABN 58 759 536 503

TAX HELP



Tax help is here until
31st October.
Appointments
available Thursday
afternoons. Book now.
9850 3687

CARD MAKING



Create beautiful, high quality cards ready for the holiday season and help us raise money for our community programs at the same time. All materials included included, as well as some nibbles. Complimentary glass of wine served on arrival. Led by professional artist and tutor, Dot Alcaide. Bookings essential.
Wednesday 7:00pm – 9:00pm
13th November (1 session)
Cost: \$43

COFFEE AND FRIENDSHIP

Looking to meet new people in a friendly and welcoming environment? Perhaps you want to practise your English speaking skills? Need an excuse to get out of the house and enjoy a good coffee? Love a chat?

Our relaunched coffee and friendship sessions are perfect for both long-time residents and more recent arrivals. No matter how long you have been living in the area, our friendly volunteer will greet you and make you feel welcome.

Thursdays 11am to 12:30pm
Starts 17th of October

\$4.50 per session, includes a free coffee.
Bookings essential.



5% discount applies to individuals attending more than 2 classes. Note: phone or in person booking required. Does not apply to Workshops or ACFE classes.



SAVE THE DATE

The Annual General Meeting of Living and Learning at Ajani Inc will be held on Thursday 7 November at 2:00pm
Light refreshments will be provided.
Please RSVP to
office@livelearnajani.org.au

HULA HOOP DANCE

Ditch that standard workout for some real fun! Our class uses large, weighted hoops that spin more slowly to allow you to learn cool moves. Set to music.

Tuesdays 7.30pm – 8.30pm

Start date TBC (6 weeks)

Cost: Full \$104, Conc \$95



PLANNING AN INTERNATIONAL SELF DESIGNED HOLIDAY

This short course will introduce you to the wonders of site aggregators to help you get the best deals, and teach you how to use a spreadsheet to record your research and plans.

(Digital Travel Skills)

Tuesdays 6:30pm-9:00pm
12th & 19th November (2 weeks)

ACFE fee \$15.00 Concession: \$12.00
(Includes \$5 Admin and \$5 Materials Fee)
ACFE eligibility applies



ENGLISH CONVERSATION AND WRITING CIRCLE

This volunteer led group is a great place to practice your English speaking and writing skills, improve your grammar and learn about Australian cultural norms.

Free, bookings required.
Thursdays 10am to 11am



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DIGITAL LITERACY

SMARTPHONES AND DEVICES- BASICS



Learn and understand the basics of how to use your smartphone, how to connect with others, use apps, change your settings and access services over the Internet.

(Digital Essentials Level 1)

Wednesdays 10.15am- 1.15pm

16th October-11th December (9 weeks)

ACFE fee \$55.00, Concession \$30.00

(Includes \$10 Admin and \$15 Materials Fee)

ACFE eligibility applies

SMARTPHONES AND COMPUTERS- NEXT STEPS

Increase your knowledge of using apps, connecting devices and learn the basics of how to use a laptop computer.

Perfect for those looking to prepare for Microsoft Office

(Digital Essentials Level 2)

Tuesdays 9.30am – 12.30pm

8th October-10th December (9 weeks)

No Class Cup Day

ACFE fee \$55.00 Concession: \$30.00

(Includes \$10 Admin and \$15 Materials Fee)

ACFE eligibility applies



ACFE FUNDED PLACES CAN ONLY BE OFFERED TO LEARNERS WITH ONE OF THE FOLLOWING CITIZEN OR RESIDENCY STATUS:

- Australian Citizens
- Australian Permanent Resident (holder of permanent visa)
- Special Category Visa (sub-class 444, New Zealand Citizen)
- East Timorese Asylum Seeker
- Temporary Protection Visa

If you do not meet this criteria the full fee is \$250 per course.

MICROSOFT OFFICE ESSENTIALS

Microsoft Office skills are incredibly useful, for study, work and many other areas of life. This friendly and supportive class is perfect for those who can already navigate the internet and use a laptop or desktop. In this program you will learn a variety of Microsoft Office products, with a focus on Word, Excel and PowerPoint. A full Learner Workbook will be provided, so you can keep your notes for after the course has finished.

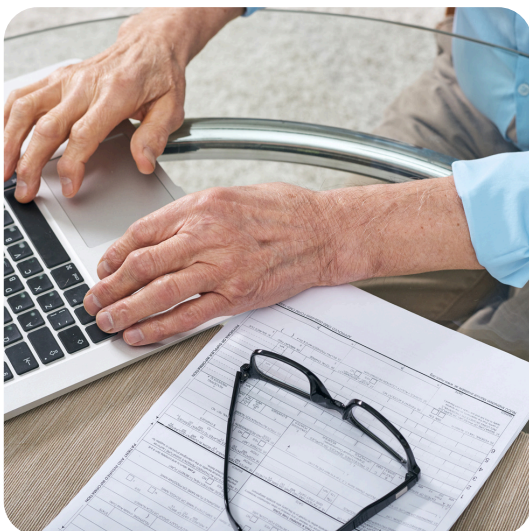
Wednesdays 1.40pm – 5.00pm

30th October-18th December (8 weeks)

ACFE fee: \$55.00 Concession: \$30.00

(Includes \$10 Admin and \$15 Materials Fee)

ACFE eligibility applies



INTRO TO GOOGLE SUITE

Get office ready and learn how to work in the cloud with this intermediate computer course! This program introduces the Google Calendar, Docs, Forms and Sheets as well as freemium offerings like I Love PDF and Canva to teach you how to manipulate PDFs and create simple posters. Perfect for those looking for the next step after learning Microsoft Office.

(Cloud and Web Skills for the Office)

Thursdays 2:00pm-4:30pm

10th October- 12th November (9 weeks - no class 7th November)

ACFE fee \$55.00 ACFE Concession \$30.00

(Includes \$10 Admin and \$15 Materials Fee)

ACFE eligibility applies



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FOR EMPLOYMENT!

GARDENING EMPLOYABILITY SKILLS

Learn employability skills whilst working in our community garden. The program teaches Australian classroom skills like teamwork and scenario based learning as well as organic gardening techniques useful for home gardening and careers in permaculture.

Tuesdays 9.30am – 12.30pm
8th October- 10th December (10 weeks)
ACFE fee \$50.00 Concession \$25.00
Includes \$10 Admin and \$10 Materials Fee
ACFE eligibility applies

EMPOWER ABILITY SOCIAL ENTERPRISE SKILLS

This kitchen skills program runs in partnership with Onemda and teaches adults with an intellectual disability or ABI how to prepare, cook and serve food in a cafe environment using our Class 2 commercial kitchen

Thursdays 9:30am-12:00pm
10th October to 12th December
ACFE fee \$52.00 Concession: \$30.00
(Includes \$10 Admin and \$15 Materials Fee)
ACFE eligibility applies



COMMUNITY ACTIVITIES

COLOURED THREADS KNITTING

This congenial group welcomes all knitters- no matter what your skill level.

For further information contact the group facilitator Vicky on 0421966476.

Meets 2nd Saturday each month.

2.00 pm-5.00 pm

\$3.00 per session

THE APPLIQUE GUILD OF AUSTRALIA

We welcome patchworkers, quilters and other creatives working with textiles.

BYO projects.

New members welcome, no previous experience required.

Phone 0417897657 for further details.

Meet 4th Saturday each month.

9.30am to 3.00pm

\$5.00 per session



AUSTRALIAN SEWING GUILD

Talk shop with other dressmakers and tailors, make time for your projects, swap ideas and get help with fitting. Bring your sewing machine or overlocker and BYO projects.

asg.bulleen.vic@aussew.org.au

Meets 2nd Saturday each month

10.00 am - 4.00 pm

\$9.00/session



INTERNATIONAL WOMEN'S GROUP

Activities include outings, guest speakers and interesting workshops. New and returning members welcome. The group does not meet during school holidays.

Agendas are planned for each term so phone us on 9850 3687 for details.

Thursdays 10.15am -12.15pm

10th October -12th December (10 weeks)

Cost \$7.00 per session.

CARER'S WALKING GROUP

Are you a Carer or do you have caring responsibilities?

Connect with others like you and enjoy some much needed time out from caring. Guest speakers, tea and coffee will be provided.

Note these are carers only sessions
Saturdays 3pm -5pm

Bookings are essential.



BRIDGE LESSONS -POST BEGINNERS

Instruction workshops with Volunteer Leader, David Kuchmar. Suitable for players with some experience or beginners willing to learn. Join anytime.

Tuesdays ongoing until 10 December

1.15pm - 3.30pm

Cost \$3.00 per session



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THE ART OF PAINTING AND DRAWING

Work on the basics of composition, colour and tone to find your own style, with tutor Clare Mannion. BYO Equipment and Materials, Easels provided.

Daytime:

Mondays 10.00am – 12.00pm
7th October- 9th December
(10 weeks)

Full \$246, Conc \$230

Evening:

Wednesdays 6.30pm – 8.30pm
9th October-11th December (10 weeks)
Full \$246, Conc \$230



ARTS & CRAFT

PAINTING AND DRAWING FOR ALL ABILITIES

A slower paced, inclusive class perfect for those with intellectual disabilities, acquired brain injury or who are neurodiverse. People without disabilities are also welcome to attend. This class focuses on self expression and teaches basic practices including drawing with grey lead and colour pencils, as well as acrylic paints. All materials supplied. Led by experienced support worker and tutor, Megan.

Participants who are not independent will need to bring a support worker (support workers are not charged fees)

Mondays, 12:30pm-2:30pm

starts 21st October (5 sessions)

Cost: \$132 Full, \$121 Concession

Ajani Active

With Liz

For adults who want to improve their strength and bone density and maintain their fitness.

Wednesdays 9.00 am–9.50 am
in the scout hall

9th October- 11th December(10 weeks)

Full \$142, Con \$130

Fridays 9.00 am – 9.50 am

11th October- 13th December (8 weeks -
no classes 18th & 25th October)

Full Fee \$116, Con \$106

Wednesdays AND Fridays

Full \$171, Con \$160

Live Fit For Men

For men over 50! Facilitated by Kate, our qualified Fitness Trainer. Combine strength, fitness and balance training while making friends and having fun.

Wednesdays 9.00am – 10.00am

9th October - 11th December (10 weeks)

Full Fee \$142, Conc \$130



Social Fitness

A chair and floor-based gentle exercise group. Small hand weights provided.

Doctors certificate of fitness required to attend class for new enrolments.

Mon & Wed 5:00pm to 6:15pm

7th October- 9th December (10 weeks)

Full Fee-\$57, Con-\$52

Walking For Pleasure

For all ages, come and explore different walks in Manningham. Wear comfortable clothing, walking shoes, and bring sunscreen and water.

Tuesdays 9.30am – 11.30 am

8th October-10th December (10 weeks)

Cost \$3.00 per session

HEALTH & FITNESS



Circuit Exercise

With Liz

Try out separate exercise stations for cardio, strength and core and designed to provide a full body workout.

Tuesdays 6.15 pm - 7.15 pm

8th October- 10th December(9 weeks -
no class 5th November)

Full \$128, Conc \$117

\$5 for a trial class



Hatha Yoga

Create cohesion and harmony through balancing stability with mobility, activity with stillness, enhancing the body-mind relationship. For all levels. Bring your own yoga mat

Daytime with Yvonne:

Mondays 9.15 am-10.15 am

7th October-9th December (10
weeks)

Full \$159, Conc \$147

Evening with Ali:

Thursdays 7.00 pm-8.00 pm

10th October -12th December (10
weeks)

Full \$166, Conc \$154

Balance, Posture & Stretching

With Liz

A class that focuses on balance, correcting posture and lengthy stretches. Suitable for everyone.

Wednesday 10:00am – 10:50am in the
Scout Hall.

Wednesday 9th October- 11th

December (10 weeks)

Full \$140, Conc \$127



Raj Yoga/Pilates

With Karyn

Combine gentle stretches of Yoga with core-strengthening and postural improvement of Pilates. Bring your own yoga mat.

Mondays 11.00 am – 12.00 pm

7th October - 9th December (10 weeks)

Full \$192, Conc \$177

Gentle Flow Yoga

With Anna

A mat-based gentle yoga class incorporating asana and breathing to balance and restore the body, mind and spirit. Bring your own yoga mat.

Mondays 6.30pm – 7.30pm

7th October-9th December (10 weeks)

Full \$169, Conc \$155



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