

LIVING & LEARNING @ AJANI BROCHURE



DATE: JULY TO SEPTEMBER

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

SIP AND PAINT



Book yourself and your friends in and help us raise money for our community programs whilst painting your own abstract masterpiece. All painting materials and canvas included, as well as some nibbles. BYO drinks. Led by a professional artist and tutor.

Bookings essential.
Wednesday 26th June
7:30pm-9:30pm
Cost: \$55 p/p

TEEN POLYMER CLAY EARRINGS WORKSHOP



Interested in doing a fun and creative activity this school holidays? Teens aged of 10-18 will get creative by making their own colourful polymer earrings. You can take your earrings home at the end of the session and style them with your favourite outfit!
Bookings essential.
Wednesday 9:30am – 12pm
10th of July (1 session)
Cost: \$45 Full

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.

Tuesdays 11am to 12:30pm
Starts 16th of August

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



RAJ YOGA/PILATES

With Karyn

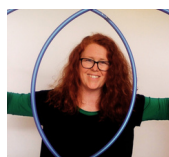
Find inner peace and engage in constructive mind-body work with this unique class. Core-strengthening work will improve your posture and insure you against injury. Gentle stretching will improve your flexibility and also assists with injury prevention.

Bring your own yoga mat.
Mondays 11.00 am – 12.00 pm
15th July -16th September (10 weeks)
Full \$192, Conc \$177

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
Starts 13th August (6 weeks)
Cost: Full \$104, Conc \$95



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.

ARABIC SPEAKING PLAYGROUP

Our new Arabic speaking playgroup offers a free play in our truck filled sandpit, loads of indoor toys and story time. It's the perfect stepping stone to Kinder or long day care, and a great way for parents and carers to meet other adults. Children will need to bring their own snack for morning tea.

No nuts policy applies.
Tuesdays 11:30am-1:30pm
13th August- 17th September (6 weeks)
\$33/family without coffee/term
\$48 with a coffee/term
Bookings Essential!
Call 9850 3687 or
email office@livelearnajani.org.au



LIKE US ON
FACEBOOK AT LIVING
LEARNING@AJANI



FOLLOW US ON
INSTAGRAM:
LIVELEARNAJANI



ONLINE FORMS AND PORTALS

Do you struggle to fill in online forms, or navigate My Gov?

Learn how to fill in online forms, navigate complex government websites. Students have the option to complete their Safe Food Handling Certificate for an additional fee of \$40

Bring your own smartphone.

Thursdays 10am- 1pm.

25th July -22nd August (5 weeks)

ACFE fee \$30.00, Concession \$20.00
(Includes \$10 Admin and \$5 Materials Fee)

\$40 Safe Food Certification, optional.
ACFE eligibility applies.

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 9.30am- 12.30pm

24th July-18th September (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

23rd July-17th September (9 weeks)

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

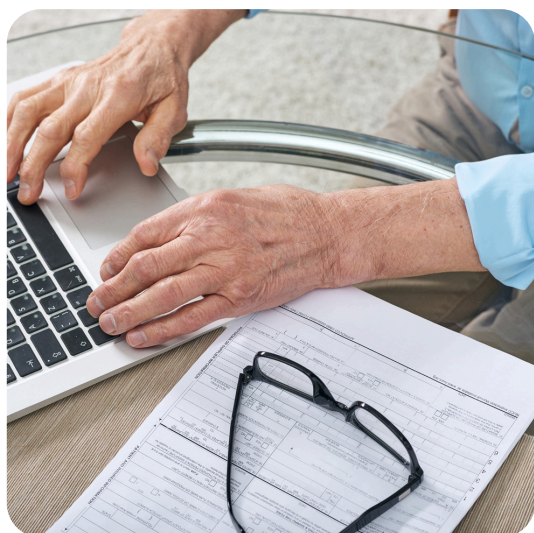
Microsoft Office skills are incredibly useful, for study, work and many other areas of life. This friendly and supportive class is perfect for those who can already navigate the internet and use a laptop or desktop. In this program you will learn a variety of Microsoft Office products, with a focus on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

Wednesdays 1.15pm - 4.15pm

24th July-18th September (9 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)

Fridays 10am-2:30pm

19th July-6th September (8 weeks)

ACFE fee \$55.00 ACFE Concession \$30.00
(Includes \$10 Admin and \$15 Materials Fee)

ACFE eligibility applies



LIKE US ON
FACEBOOK AT LIVING
LEARNING@AJANI



FOLLOW US ON
INSTAGRAM:
LIVELEARNAJANI



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
16th July- 17th September (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
18th July to 19th September
ACFE fee \$52.00 Concession: \$30.00
(Includes \$10 Admin and \$15 Materials Fee)
ACFE eligibility applies



GET YOUR SAFE FOOD HANDLING CERTIFICATE SITXFSA005 USE HYGIENIC PRACTICES FOR FOOD SAFETY THROUGH OUR ONLINE FORMS AND PORTALS PROGRAM.

**NEXT DATE: THURSDAY 22ND AUGUST
10AM-3PM**



COMMUNITY ACTIVITIES

COLOURED THREADS KNITTING

This congenial groups 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
18th July -19th September (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

20th July Nutrition and Healthy Eating Workshop Free

17th August Winery Visit, \$10 per person (subsidised)

21st September Walk and Chat, Free
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 17th September
1.15pm - 3.30pm
Cost \$3.00 per session



LIKE US ON
FACEBOOK AT LIVING
LEARNING@AJANI



FOLLOW US ON
INSTAGRAM:
LIVELEARNAJANI



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
15th July- 16th September
(10 weeks)

Full \$246, Conc \$230

Evening:

Wednesdays 6.30pm – 8.30pm
17th July-18th September (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 29th July (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)

17th July- 18th September(10 weeks)

Full \$142, Con \$130

Fridays 9.00 am – 9.50 am

19th July- 20th September (10 weeks)

Full Fee \$142, Con \$130

Wednesdays AND Fridays

Full \$211, Con \$198

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

17th July - 18th September (11 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

15th July - 18th September (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

16th July -24th September (11 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

16th July- 17th September(10 weeks)

Full \$142, Conc \$130

\$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

15th July-16th September (10 weeks)

Full \$159, Conc \$147

Evening with Ali:

Thursdays 7.00 pm-8.00 pm

18th July -19th September (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.

Fridays 10.00am – 10.50am in the Scout Hall.

17th July- 18th September (10 weeks)

Full \$142, Conc \$130



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

15th July -16th September (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

15th July-16th September (10 weeks)

Full \$169, Conc \$155



LIKE US ON
FACEBOOK AT LIVING
LEARNING@AJANI



FOLLOW US ON
INSTAGRAM:
LIVELEARNAJANI



MINDFULNESS AND MEDITATION

Learn simple yet effective mindfulness techniques to help you manage stress, reduce anxiety, and be in the present moment. You'll learn various techniques using touch, taste, and sound, so you can confidently practice mindfulness in your daily life. Enjoy weekly guided meditations in a welcoming and friendly class atmosphere that's suitable for all ages and experience levels.

Bring Pen and Paper, and something to make you comfortable, eg. blanket or a pillow.

Thursdays, 7:00pm-8:00pm

starts 8th August (6 weeks)

Full \$105, Conc \$95

VOLUNTEERS NEEDED!

We have a number of volunteering opportunities available, including program facilitators, office work, café assistance, food relief, maintenance and our community garden. Its a great way to give back or build your skill set.

Contact us on 9850 3687 if you are interested in volunteering at Living & Learning @ Ajani Inc.



COOKING CLASSES

French Patisserie

Croquembouche

Learn the art of making Croquembouche with Tish, a professional French patisserie chef. This incredible course covers all the steps you need to know, from making choux pastry and the crème patisserie to how to cook toffee and building the Croquembouche. Bring an apron and a container to put extra profiteroles in and something to carry the croquembouche (base of a container at least 20cm or 7.5")

Book early as only 4 participants

Saturday 15th June (1 session)

10am-1.30pm

Cost: \$137, Conc \$128



Organic Dumplings Masterclass

Learn how to make these special Chinese delicacies using all organic ingredients and then enjoy your delicious dumpling feast. Led by an experienced Chinese Cook. Bring an apron. This program requires a minimum number of students to run.

Saturday 3rd August (1 session)

10.00am - 12.00pm

Full \$136, Conc \$125

French Patisserie

Cake Decorating

This workshop will teach you how to make different decorations, from piping to chocolate rolls.

Perfect for beginners or intermediate cooks alike.

Saturday 7th September

2:00pm-5:00pm

Cost: \$137, \$128 Conc



Bulleen Heights Cooking Class

Returning term 4

Let our Chef teach you basic cooking skills to prepare meals for yourself. An all-abilities group for teens where you will learn to make a main course each week. Participants need to be assessed for capability criteria to ensure safety in the kitchen before starting the course. Please bring an apron and tea towel. Run in partnership with Bulleen Heights School.

Wednesdays 11.15am - 12.45pm

16th October -27th November (10 sessions)

Full \$240, Conc \$222

HOW TO ENROL

- Payment is required on enrolment. Booking is available online on our website.
- Cash, Eftpos or credit card (Mastercard and Visa only)
- Refunds provided on presentation of a medical certificate or if we have to cancel a course.

Manningham Learns



LIKE US ON
FACEBOOK AT LIVING
LEARNING@AJANI



FOLLOW US ON
INSTAGRAM:
LIVELEARNAJANI

