

LIVING & LEARNING @ AJANI BROCHURE



DATE: APRIL TO JUNE

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

HULA HOOP DANCE



Ditch that standard workout for some real fun! Become familiar with weighted hoops, learn the art of the changing hands and grips, and how to spin your hoop in time with music. By the end of the course, you will be comfortable lifting your hoop using a lasso grip to raise it above your head, perform simple weaves, tosses and passes.

Tuesdays, 7:45pm – 8:45pm

Starts 30th April (6 sessions)

Cost: \$100.00 Full, \$92 Concession

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 13th May (5 sessions)

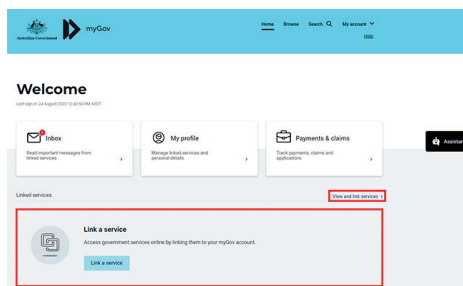
Cost: \$132 Full, \$121 Concession

DONATE YOUR CANS AND BOTTLES TO SUPPORT THE AJANI FOOD PANTRY

Help sustain the Ajani Food Pantry by donating your cans and bottles to the Container Deposit Scheme. There is a brand new reverse vending machine located at the Ted Ajani Reserve where you can recycle your cans and bottles with the 10 cent logo. Remember not to crush your cans so that the machine can read the barcode!

To donate to our Food Pantry download the app **CDS Vic North** to register. Then navigate through the filters, select Community Development and choose **Living and Learning at Ajani**. Swipe the barcode and follow the directions at the reverse vending machine.

Need Help- feel free to ask at the office.



ONLINE FORMS AND PORTALS

Do you struggle to fill in online forms? Can you navigate Services Australia or My Gov? Know how to access your vaccination history or those of your family members on your Medicare card? If not, this course is for you! This five week course will teach you how to fill in online forms, navigate complex government websites and complete an online Exam. Students have the option to complete their Safe Food Handling Certificate for an additional fee of \$40 as part of the course.

Wednesdays 2pm- 5pm.

Starts 29th May

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

\$40 Safe Food Handling Certification, optional.

ACFE eligibility applies

AJANI PLAYGROUP MOVES TO THURSDAYS

Our new low-cost playgroup offers a free play in our truck filled sandpit, loads of indoor toys and craft activities. 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.

Thursdays 10am-12pm

Starts 1st May.

\$45 for the term or \$8 per session

Bookings Essential!

Call 9850 3687 or email

office@livelearnajani.org.au



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.



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DIGITAL LITERACY

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)

Wednesdays

Term 3

6.30pm – 9.00pm

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

ACFE eligibility applies

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)

Tuesdays 9.30am- 12.30pm

Starts 23rd April (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)

Wednesdays 9.30am – 12.30pm

Starts 24th April (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

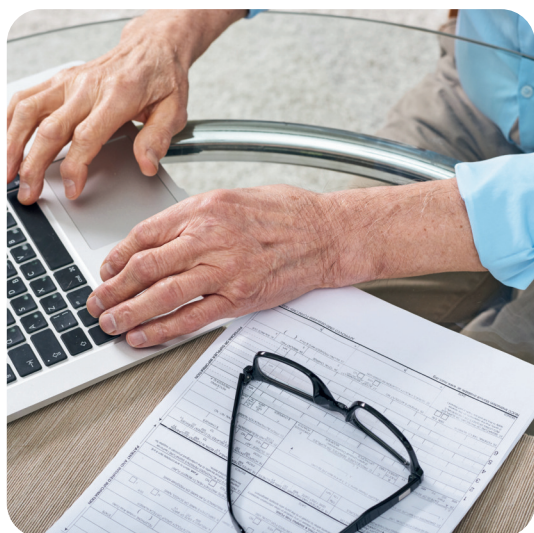
Microsoft Office skills are incredibly useful, for study, work and many other areas of life. This friendly and supportive class is perfect for those who can already navigate the internet and use a laptop or desktop. In this program you will learn a variety of Microsoft Office products, with a focus on 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

Starts 24th April (9 weeks)

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

ACFE eligibility applies



INTRO TO USING CLOUD-BASED SOFTWARE

Go beyond the Microsoft Suite to get office ready! Learn how to use common cloud-based solutions to collaborate with team members and build your skills set. This program introduces the Google Suite, including Calendar, Docs, Forms and Sheets as well as freemium offerings like I Love PDF, Canva and Lucidspark to teach a wide range of skills including collaborative project work, desktop publishing, PDF manipulation and online Whiteboarding. Perfect for those looking to update their skills.

(Cloud and Web Skills for the Office)

Mondays & Tuesdays 2.30 pm-4.30 pm

Starts 22nd April

ACFE fee \$60.00 ACFE Concession \$35.00
(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

16th April (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 April

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



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

LEARN TO PLAY BRIDGE

Instruction workshops with Volunteer Leader, David Kuchmar. Suitable for new and returning members. No experience necessary. Join anytime.

Tuesdays ongoing until 25th June

1.15pm - 3.30pm

Cost \$2.00 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 April -27th June (10 weeks)

No session 25th April (ANZAC Day)

Cost \$7.00 per session.

BOOK GROUP (FACE TO FACE/TEAMS)

Join our Book Group, connect with other like-minded book lovers and discuss the books we enjoy reading. Teams link can be sent to your email.

See our website for

Mondays 1st of each month

2.00pm – 3.00pm

6th May - 2nd December 2024

Cost \$8.00 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 events
Saturdays 20th April, 18th May, 15th June

3pm -5pm

Free, but booking is essential.



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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

22nd April- 24th June (9 weeks)

No class 10th June (King's Birthday)

Full \$214, Conc \$200

Evening:

Wednesdays 6.30pm – 8.30pm

24th April-26th June (10 weeks)

Full \$236, Conc \$221



ARTS & CRAFT

SIP AND PAINT

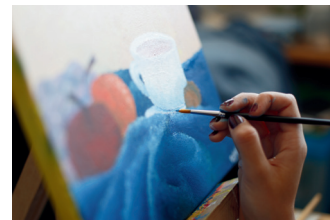
Book yourself and your friends in and help us raise money for our community programs whilst painting your own masterpiece. All painting materials and canvas included, as well some nibbles.

BYO drinks. Led by a professional artist and tutor

Wednesday 22nd May

7:30pm-9:30pm

Cost: \$55 p/p



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 April- 26th Jun (11 weeks)

Full \$145, Con \$132

Fridays 9.00 am – 9.50 am

26th April-27th Jun (11 weeks)

Full Fee \$145, Con \$132

Wednesdays AND Fridays

Full \$215, Con \$201

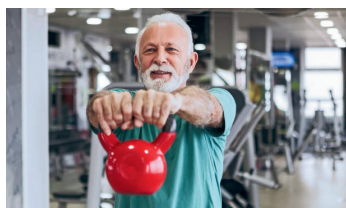
Live Fit For Men

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 April- 26th Jun (11 weeks)

Full Fee \$145, Conc \$132



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 April - 26th June

Full Fee-\$54.00, Con-\$50.00

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

15th April -24th June (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 April-18th June (10 weeks)

Full \$138, Conc \$126

\$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 April-24th June (10 weeks)

No class 10th June (King's Birthday)

Full \$150, Conc \$138

Evening with Ali:

Thursdays 7.00 pm-8.00 pm

18th April -27th June (10 weeks)

No class 25th April (ANZAC Day)

Full \$159, Conc \$145

Balance, Posture & Stretching

With Liz

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

Wednesdays 10.00am – 10.50am in the Scout Hall.

17th April- 26th Jun (11 weeks)

Full \$145, Conc \$132



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 April -3rd June (8 weeks)

Full \$146, Conc \$135

Gentle Flow Yoga

With Ana

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 April-24th June (10 weeks)

No class 10th June (King's Birthday)

Full \$159, Conc \$145



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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 16th May (6 weeks)

Full \$100, Conc \$90

VOLUNTEERS NEEDED!

We have a number of volunteering opportunities available, including program facilitators, office work, café assistance, food relief, maintenance and our community garden. It's 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 20th April (1 session)

1.30pm-5.30pm

Cost: \$137, Conc \$128



French Patisserie

Macarons

Learn how to make one of France's most iconic treats in this intimate workshop. These biscuits can be tricky to perfect, but Tish, our French Pastry Chef, will pass on her special techniques for making successful Macarons. Bring an apron.

Saturday 4th May (1 session) 2.00pm – 4.00pm

Full \$102, Conc \$95

French Patisserie

Financier

This workshop will teach you how to make this iconic French tea-time treat. Financier's are light, moist tea cakes made with just six ingredients, but can be tricky to perfect. This session will teach you how to brown your butter, and tips and tricks to ensure your cakes are light and flavourful.

Perfect for beginners or intermediate cooks alike.

Saturday 1st June (1 session)

2:00pm-5:00pm

Cost: \$120, \$113 Conc



Bulleen Heights Cooking Class

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

1st May -5th June

Full \$147, Conc \$137

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



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