

# Living and Learning at Ajani Inc.

## NEWS AND ACTIVITIES

Unit 2, 284 Thompsons Road, Lower Templestowe Vic. 3107

PHONE: 9850 3687 EMAIL: [office@livelearnajani.org.au](mailto:office@livelearnajani.org.au) Inc No. AOO 230 13G ABN 58 759 536 503

## April to July 2023

### NEW COURSES TERM 2

#### NEW Filmmaking

A hands on course to learn the creative art of filmmaking. From scriptwriting, camera cinematography, sound, lighting, through to post production editing and final publishing, Participants receive a workbook and will create their own productions during the course. Only minimal equipment is required – a mobile phone with video is all that is needed.

Tuesday May 23

6.30pm – 9.00pm (4 sessions)

Cost: \$156.00

#### NEW French Patisserie

##### Mother's Day Cake

The sugar-sweet red velvet heart cake with cream cheese frosting is perfect for mother's day. In this workshop you will learn to make and bake a red velvet cake with cream cheese frosting which you will make then apply to your cake. To finish off, create your own decoration to make that cake extra special.

**Only 4 participants – Book early!**

Saturday May 13

1.30pm – 4.30pm Cost: \$125.00

#### NEW Hospitality Level 2

A cooking course that will develop your basic skills and confidence around the preparation of food. This class runs in a supportive group session and has possible pathways to further study.

**Only 8 participants – Book early!**

ACFE funded – 23VOCHOSPL2

Tuesday May 2

9.30 am – 12.00 pm

Cost: \$50.00 Concession: \$25.00

(8 weeks) \*Notes will be provided

#### NEW Reiki Workshop

Reiki is an energy healing technique that promotes relaxation and reduces stress and anxiety through gentle touch.

This will be an interactive workshop with demonstrations and participants will learn how to apply Reiki to themselves. Bring lunch. A manual is supplied to take home. **Book early! Only 4 participants.**

Saturday June 17

9.30am – 4.30pm (1 session)

Cost: \$125.00

#### Digital Essentials Level 1

Learn and understand the basics of technology, including digital devices, their functionality and how you can use these to connect with others and access services over the Internet.

ACFE funded – 23DLE1

Thursday May 11

1.15pm – 4.15pm (9 weeks)

Cost: \$50.00 Concession: \$25.00

#### Digital Essentials Level 2

Build on the basic skills acquired in level 1. Extend your understanding of technology, the use of digital devices, their functionality and how you can use these to connect with others on a variety of platforms and access services over the internet.

ACFE funded – 23DLE2

Tuesday May 16

9.00am-12.30pm

(8 weeks)

Cost: \$50.00 Concession: \$25.00

**To receive 5% discount off all classes when attending 2 or more classes ring the office. (ACFE classes and workshops not included)**

Like us on Facebook at Living & Learning @ Ajani

1

## FOR EMPLOYMENT!

### Intro to Digital Essentials

A 5 hour Digital Device workshop

- Create & manage contact lists
- Internet
- Social Media
- Email
- Texts
- Personalise your phone

Bring your iPhone, Android device or iPad. Includes a lunch break.

**Phone 9850 3687 to register your interest (1 session)**

**Cost: \$25.00 Concession: \$12.50**

### Office Essentials for Employment

This course will provide the technical knowledge and skills required for work in an office environment. You will build your skills to deliver professional presentations and create portfolios using a variety of Microsoft Office products. \*Learner workbook will be provided.

ACFE funded – 23DSEOFFIESS

Thursday May 11

9.30am – 12.30pm (9 weeks)

**Cost: \$50.00 Concession: \$25.00**

### Safe Food Handling

This individualized training will help you achieve your food handling certificate. A good entry into the hospitality industry.

ACFE funded – 23SHMFOODSAF

Duration 5 hours (flexible)

Cost: \$100.00 Concession: \$50.00

Fee for Service: \$150.00

To book your place contact the office on 9850 3687.

### Gardening and Horticulture Skills

Learn and apply your organic gardening and horticulture skills simultaneously while working in our Community Garden. Gain knowledge and experience for work or pathways to study. ACFE Funded – 23VOCHORTCUL  
Tuesdays

9.30am – 12.30pm

**Starts May 2 (8 weeks)**

**Cost: \$50.00 Concession \$25.00**

### Barista Skills

This individualized training with our Barista will teach you how to operate a commercial espresso machine. A good entry into the hospitality industry.

ACFE funded – 23SHMBARISTA

Duration 5 hours (flexible)

Cost: \$100.00 Concession: \$50.00

Fee for Service: \$150.00

To book your place contact Hayden on 9850 3687



**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 (subclass 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.**



Like us on Facebook at Living & Learning @ Ajani

2

## COMMUNITY ACTIVITIES

Enjoy a coffee in our social enterprise café at Living and Learning at Ajani.

### Coloured Threads Knitting

Meets 2nd Saturday each month. All knitting abilities welcome. For further information contact the group facilitator Vicky Petsinis on 0421966476.  
2.00 pm-5.00 pm \$2.00

### The Applique Guild of Australia

meet at LL@A 4<sup>th</sup> Saturday of month. Phone 0417897657 for further details.

### International Women's Group

Meets every Thursday at Living & Learning @ Ajani. Activities include outings, guest speakers and interesting workshops. The group does not meet during school holidays.  
Thursdays from April 27 – 10.15am -12.15pm - Cost \$7.00 per session. Agendas are planned for each term so phone us on 9850 3687 for details.

### Book Group (Face to Face/Zoom)

Join our Book Group, connect with other like-minded book lovers and discuss the books we enjoy reading. Zoom link can be sent to your email.  
**Monday July 3 – 3.00pm – 4.00pm**  
Cost \$8.00 per session

### Australian Sewing Guild

Meets 2<sup>nd</sup> Saturday each month to sew and swap ideas. Bring your sewing machine or overlocker.  
[asg.bulleen.vic@aussew.org.au](mailto:asg.bulleen.vic@aussew.org.au)  
10.00 am-4.00 pm \$8.00/session

## COMMUNITY ACTIVITIES

**WALKERS NEEDED!** Need a reason to take a walk? We are currently seeking walkers to deliver our printed Program Brochures within the local area. Contact us on 9850 3687 if you are interested in spreading the news about Living & Learning @ Ajani Inc.

### Chatty Café



Come along to our new Chatty Café! The Chatty Café Scheme aims to get people chatting to build and encourage social connections within the local community, and to help reduce social isolation and loneliness. Meet our volunteer and enjoy a hot or cold drink and a muffin baked on the premises for \$3.50 and chat away the morning! **Tuesdays 10.00am – 12.00pm. To book phone 9850 3687 or email us at [office@livelearnajani.org.au](mailto:office@livelearnajani.org.au) or book via Humanatix.**

### Learn to Play Bridge

Instruction workshops with Volunteer Leader, David Kuchmar for new members. No experience necessary. Tuesdays ongoing 1.15pm - 3.30pm **Join anytime**  
Cost \$2.00 per session

## GENERAL INTEREST

### NEW Bonsai Workshop

Learn how to grow, care for and maintain your own Bonsai. A Bonsai starter kit is provided which includes everything you will need for the workshop. Instruction sheet is also included. Please bring a pair of gardening gloves.  
Saturday July 1<sup>st</sup> 1.30pm – 3.00pm (1 session)  
Cost: \$101.00

## ART & CRAFT

### The Art of Painting & Drawing

Work on the basics of composition, colour and tone to find your own style with tutor, Clare Mannion

#### Daytime:

Monday 10.00am – 12.00pm

April 24 (8 weeks)

No class Monday June 12 King's Birthday

Cost \$146.00

#### Evening:

Wednesday 6.30pm – 8.30pm

April 26 (9 weeks)

Cost \$163.00



## FOR CHILDREN Structured Playgroup

Coordinated playgroup for 1-4 year olds with structured activities led by a Playgroup coordinator. Indoor and outdoor activities, sensory play, sand pit, cubby house, toys, craft materials, dress ups etc. Parents, Carers and Grandparents are welcome! Café on site.  
Wednesday 10.00am – 12.00pm  
May 3 (8 weeks)  
Cost \$176.00

#### Book early!

Contact us for further details.

\*Join anytime during the term.



Like us on Facebook at Living & Learning @ Ajani

3

Living & Learning @ Ajani Inc. is supported by Victorian Government and Manningham City Council



## HEALTH & FITNESS

### Ajani Active for Older Adults

For those who want to improve their strength and bone density .

**Wednesday** 9.00 am–10.00 am  
April 26 (9 weeks) \$99.00

**Friday** 9.00 am – 10.00 am  
April 28 (9 weeks) \$99.00

Wednesday **AND** Friday for  
\$166.00

**Both sessions held in the Scout Hall. Phone 9850 3687 to book a free trial session.**

### Circuit Exercise

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

Tuesday 6.15 pm - 7.15 pm

May 2 (8 weeks) **Cost** \$88.00

**Phone 9850 3687 to book free trial session.**

### Balance, Posture & Stretching

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

Wednesday 10.00am – 11.00am in the **Scout Hall**.

April 26 (9 weeks)

**Cost** \$99.00

## NEW - FREE

### Self Defence for Women Workshop

Living & Learning @ Ajani in partnership with GKR Karate are offering a free Self Defence for Women Workshop. This is a great opportunity to learn some self defence techniques for free!

Tuesday June 20

7.30pm – 8.30pm (1 session)

Cost: FREE (limited numbers)

**Book early to get your place!**

Go to [livelearnajani.org.au](http://livelearnajani.org.au) to book.

## HEALTH & FITNESS

### Walking for Pleasure

For all ages, come and explore different walks in Manningham.

Wear comfortable clothing, walking shoes, and bring sunscreen and water.

Tuesday May 2 (8 weeks)

9.30am – 11.30 am

Cost \$4.00 per session

### 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.

Wednesday 9.00am – 10.00am

April 26 (9 weeks)

**Cost** \$99.00



### Zumba®Gold

A fun, safe workout lead by an experienced, Zumba Gold instructor, **Susanne**. Enjoy the original moves at a slightly modified pace.

Wednesday 6.30pm – 7.30pm

April 26 (9 weeks)

Cost \$99.00

### Belly Dancing

Gracefully Belly dance your way to fitness and have fun with both choreographed and freestyle steps with **Zabelle**. Suitable for ALL levels!

Thursday 6.30pm – 7.30pm

April 27 (9 weeks)

**Cost** \$99.00

## HEALTH & FITNESS

### Hatha Yoga

Create cohesion and harmony through balancing stability with mobility, activity with stillness, enhancing body-mind relationship. For all levels.

**Bring your own Yoga Mat**

**Daytime with Yvonne:**

Monday 9.15 am-10.15 am

April 24 (8 weeks)

No class Monday June 12 King's Birthday

**Cost** \$96.00

**Evening with Shweta:**

Thursday 7.00 pm-8.00 pm

April 27 (9 weeks)

Cost \$108.00

### Raj Yoga/Pilates

Combine gentle stretches of Yoga with core-strengthening and postural improvement of Pilates with **Karyn**.

Face to face classes or by live stream.

**Bring your own Yoga Mat**

**Monday** 11.00 am – 12.00 pm

April 24 (8 weeks)

No class Monday June 12 King's Birthday

Cost \$96.00

### NEW Gentle Flow Yoga

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

**Evening class with Anna**

**Monday** 6.30pm – 7.30pm

April 24 (8 weeks)

No class Monday June 12 King's Birthday

Cost: \$96.00



Like us on Facebook at Living & Learning @ Ajani

4

Living & Learning @ Ajani Inc. is supported by Victorian Government and Manningham City Council



## COOKING

### Sour Dough Breadmaking Level 1

Learn to make your own delicious sourdough at home with this simple recipe. You will learn all the steps to making a great loaf and take-home dough to bake. Includes sourdough starter and bread tasting. Bring a 2 litre container with a lid and an apron to the workshop. Saturday May 6 10.00am – 12.30pm (1 session) Cost: \$64.00

### NEW Sour Dough Breadmaking Level 2

Once you have completed Level 1, Nadine will help to expand your knowledge to add fruit, seeds or olives and parmesan to your loaves and teach you how to make different shapes, focaccia and ciabatta. Bring a 2 litre container with a lid and an apron to the workshop. Saturday June 3 10.00am – 12.30pm (1 session) Cost: \$70.00

### French Patisserie Macarons Level 1

An intimate workshop with only 4 participants so book early! Tish, our French Pastry Chef will pass on her technique for making Macarons. Bring an apron and a container. Wednesday May 17 6.30pm-8.30pm (1 session) Cost: \$85.00

### Macarons Level 2

Extending your macaron making skills to make two fillings and different shapes and bi-colour macarons. Bring an apron and a container. Only 4 participants – **New 3 hour class - Book early!** Saturday May 27 1.30pm – 4.30pm (1 session) Cost \$115.00

## COOKING

### French Patisserie Croquembouche

Tish will teach you the art of making Croquembouche. Starting with how to make the choux pastry and the crème patisserie and then how to cook toffee and build the Croquembouche. Bring an apron. bring a container to put extra profiteroles in and something to carry the croquembouche (base of a container at least 20cm or 7.5") Saturday June 24 1.30pm – 4.30pm (1 session) Cost: \$105.00

**Book early as only 4 participants**



### NEW How to make Fresh Ravioli Workshop

Make fresh spinach and ricotta ravioli and a delicious sauce. Step by step instruction in this fun class. Enjoy tasting the dishes then take some fresh ravioli home to cook for the family. Bring a container and an apron. Recipes given out. Thursday May 18 6.00pm – 8.30pm (1 session) Cost: \$49.00



## COOKING

### French Patisserie

#### 2 Workshops

Two workshops demonstrating how to make traditional French croissants and pastries in our commercial kitchen.

#### Level 1 - Workshop – Croissants:

Learning how to make the dough, the art of the fold, rolling the perfect croissant and how to prove and cook your 8 croissants at home. Bring an apron & container. Saturday July 1, 1.30pm – 4.00pm (1 session) Cost: \$60.00

#### Level 2 – Workshop – French Pastries

Extending on the techniques you were taught in the Level 1 Workshop you will learn how to make escargot, Danishes, and pain au chocolate (chocolate croissant) Bring an apron & a container. Saturday July 8, 1.30pm – 4.30pm (1 session) Cost: \$70.00



#### How to make Fresh Gnocchi Workshop

A fun gnocchi making and sampling workshop making gnocchi from scratch the Italian way, using basic pantry ingredients coupled with 2 delicious sauces. Enjoy tasting the dishes with the other participants. Your freshly made gnocchi can be taken home to cook for your family. Recipes given out. Bring a container and apron. Thursday June 15 6.30pm – 8.30pm (1 session) Cost: \$36.00

#### HOW TO ENROL

- Payment is required on enrolment. Booking is available online via Humanatix
- Cash, cheque, Eftpos or credit card (Mastercard and Visa only)
- Refunds if you have a medical certificate or if we have to cancel a course.

Member of the Alliance

Manningham  
Learns

Like us on Facebook at Living & Learning @ Ajani

5