

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 Inc no.AOO 230 13G ABN 58 759 536 503

July to September 2022

NEW COURSES TERM 3

Sour Dough Breadmaking

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 10.00am – 12.30pm

August 6 (1 session)

Cost: \$64.00

Compost Workshop

Our Horticulture tutor, **Alison**, will teach you how to turn your kitchen and garden waste into compost (black gold!) to feed your garden and also help the environment.

Visit our Community Garden and see the improvements our gardening group have made.

Saturday 10.00am – 1.00pm

August 27 (1 session)

Cost \$27.00 (Notes are included)

Exciting News!

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

NEW-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

Thursday 9.30am – 12.00pm

Starts August 18 (8 weeks)

Cost: \$50.00 Concession: \$25.00

SOCIAL ACTIVITIES

NEW - 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 or book via Humanatix.**

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 – 22DLE1131006

Thursday 1.15pm – 4.15pm

Starts July 21 (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 – 22DLE1131007

Tuesday 9.30am – 12.30pm

Starts July 12 (9 weeks)

Cost: \$50.00 Concession: \$25.00



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



FOR EMPLOYMENT!



Office Essentials

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.

Thursday 9.30am – 12.00pm

Starts August 18 (8 weeks)

Cost: \$50.00 Concession: \$25.00

*Learner workbook will be provided

Safe Food Handling & Barista Skills

This individualized training will help you achieve your food handling certificate and teach you how to operate a commercial espresso machine. A good entry into the hospitality industry.

ACFE funded – 22ACL131001

Duration 5 hours (flexible)

Cost: \$100.00 Concession: \$50.00

Fee for Service: \$150.00

To book your place contact Hayden on 9850 3687



Hospitality

This course will provide the skills needed to work in the hospitality industry. It includes:

- Use Hygienic Practices for Food Safety Level 1 (SITXFSA001)
- Responsible Service of Alcohol (SITHFAB002)
- Barista Training
- Customer service & point of sale
- Effective communication

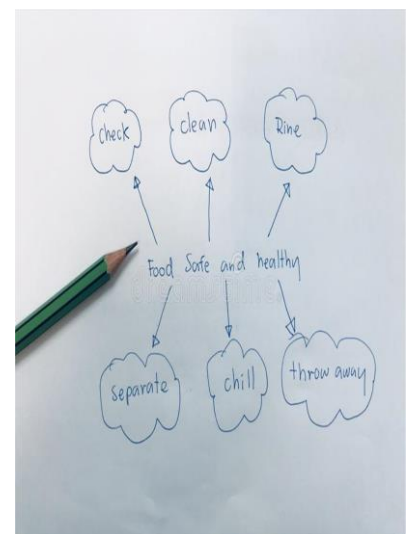
ACFE funded – 22VOC131002

Mondays 9.30 am – 3.00 pm

5 weeks – phone us for further details

Cost: \$250.00 Concession \$150.00

*Learner work book will be provided



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.



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 – 22VOC131004

Tuesdays 9.30am – 12.30pm

Starts July 12 (10 weeks)

Cost: \$50.00 Concession \$25.00

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COMMUNITY ACTIVITIES

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

Australian Sewing Guild

Meets 2nd Saturday each month to sew and swap ideas. Bring your sewing machine or overlocker. asg.bulleen.vic@aussew.org.au
10.00 am-4.00 pm \$8.00/session

Coloured Threads Knitting

Meets 3rd 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

International Women's Group

Meets every Thursday from Feb 3 at Living & Learning @ Ajani. Activities include outings, guest speakers and interesting workshops. The group does not meet during school holidays. Thursdays from July 14 – 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.

July, August and September Books – phone us on 9850 3687 for details

Monday – July 4, Aug 1 & Sept 5
3.00pm – 4.00pm

Cost \$8.00 per session.

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

COMMUNITY ACTIVITIES

FREE ENGLISH CONVERSATION CLASSES

Improve your English conversation skills in a relaxed setting. Our classes will enable you to practice your conversation skills with other learners. These classes are ongoing and enrolments are welcome at any time.

Tuesdays 1.00pm – 2.30pm
Phone 9850 3687 or email office@livelearnajani.org.au for further information.

TAX HELP is returning from early August. Phone 9850 3687 to book an appointment.

ART & CRAFT

NEW EVENING CLASS

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 11.30 pm – 1.30 pm
Jul 11 (9 weeks)

Cost \$162.00

Evening:

Wednesday 6.30pm – 8.30pm
July 20 (8 weeks)

Cost \$144.00

No class Day 12/9 or Evening 14/9

NEW SATURDAY WORKSHOP

Japanese Ink Art

In this workshop **Junko** will teach you how to make and use different sumi-e ink tones and brush techniques to create traditional Japanese ink paintings on rice paper. **All brushes, ink and paper will be supplied for the workshop.**

Saturday 10.00am – 1.00pm
July 30 (1 session) \$70.00



HEALTH & FITNESS

NEW EVENING CLASS

Ajani Active for Older Adults

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

Daytime:

Wednesday 9.00 am–10.00 am
July 13 (10 weeks) \$110.00

Friday 9.00 am – 10.00 am
July 15 (10 weeks) \$110.00

Wednesday **AND** Friday for \$175.00

Both daytime sessions held in the Scout Hall

Evening: Tuesday 7.30pm – 8.30pm
July 19 (9 weeks) \$99.00

Evening sessions held at Living & Learning @ Ajani

Phone 9850 3687 to book a 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**.

July 13 (10 weeks)

Cost \$110.00

Walking for Pleasure

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

Tuesday July 12 (10 weeks)
9.30am – 11.30 am

Cost \$4.00 per session

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

July 13 (10 weeks) Cost \$110.00

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HEALTH & FITNESS

Hatha Yoga

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

For all levels with **Yvonne Graham**

Bring your own Yoga Mat

Daytime: Monday 9.15 am-10.15 am

July 11 (10 weeks) **Cost** \$120.00

Evening: Thursday 7.00 pm-8.00 pm

July 14 (10 weeks)

Cost \$120.00

Raj Yoga/Pilates

Combine gentle stretches of Yoga with core-strengthening and postural improvement of Pilates with **Karyn Montgomery**. Face to face classes or by live stream.

Bring your own Yoga Mat

Monday 11.00 am – 12.00 pm

July 11 (10 weeks)

Cost \$120.00

NEW EVENING CLASS - BOLLY X

Experience a Bollywood inspired dance fitness program that combines exhilarating choreography and a calorie-burning workout with upbeat music from around the world. All levels welcome!

PHONE 9850 3687 TO BOOK A FREE COME & TRY SESSION

Monday 7.30pm – 8.30pm

July 18

Followed by

Monday 7.30pm – 8.30pm

July 25 (8 weeks)

Cost \$88.00

HEALTH & FITNESS

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.

New venue and day – Living & Learning @ Ajani activity room

Wednesday 10.00am – 11.00am

July 20 (9 weeks) **Cost** \$99.00

Circuit Exercise

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

Tuesday 6.15 pm - 7.15 pm

July 12 (10 weeks) **Cost** \$110.00

Phone 9850 3687 to book free trial

FOR CHILDREN

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

July 20 (8 weeks)

Cost \$168.00

Contact us for further details.

*Join anytime during the term



COOKING

NEW 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.

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).
Wednesday 6.30pm – 8.30pm
September 7 (Level 1 Workshop)
Wednesday 6.30pm – 9.00pm
September 14 (Level 2 Workshop)
Cost: \$87.00 (Total Cost)



NEW 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.

Wednesday 6.30pm – 8.30pm

August 10 (1 session)

Cost: \$48.00

HOW TO ENROL

- Payment is required on enrolment.
- Some concessions for Pensioners, Healthcare Card and Senior Card holders.
- 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

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