

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

January to April 2023

NEW COURSES TERM 1

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.**

Monday February 6

6.30pm – 7.30pm (7 weeks)

Cost: \$84.00

No class 13th March Labour Day

NEW French Patisserie

Fraisier is a French traditional classic dessert which is made in summer with fresh strawberries, genoise sponge, diplomat cream and strawberry syrup. Those participants who have previously participated in a workshop with our French pastry chef, Tish, know she has an abundance of knowledge and good tips to impart. Sandwich lunch included.

Only 4 participants – Book early!

Saturday March 18

10.00am – 2.00pm (1 session)

Cost: \$135.00



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

Starts Thursday February 2

9.00am – 12.30pm (8 weeks)

Cost: \$50.00 Concession: \$25.00

NEW 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.

Starts Tuesday January 24

9.30am – 2.30pm (1 session)

Cost: \$25.00 Concession: \$12.50

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

Starts Tuesday January 31

9.00am – 12.30pm (8 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

Thursday 1.00pm – 4.30pm

Starts February 2 (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)

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FOR EMPLOYMENT!



New 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.

Tuesday 9.30am – 2.30pm

Starts January 24 (1 session)

Cost: \$25.00 Concession: \$12.50

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 – 23VOCINTRHOS

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



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.

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



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 January 31 (10 weeks)

Cost: \$50.00 Concession \$25.00



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.

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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 4th Saturday of month. Phone 0417897657 for further details.

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 Feb 9 – 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.

Feb, March & April books – phone us on 9850 3687 for details

Monday – Feb 6, Mar 6 & Apr 3
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

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.

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



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.**

GENERAL INTEREST

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 March 18
9.30am – 4.30pm (1 session)
Cost: \$125.00

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 11.30 pm – 1.30 pm

January 30 (9 weeks)

No class Monday 13th March Labour Day

Cost \$163.00

Evening:

Wednesday 6.30pm – 8.30pm

February 1 (10 weeks)

Cost \$180.00



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
February 1 (10 weeks)
Cost \$218.00

Book early!

Contact us for further details.

*Join anytime during the term.



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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
February 1 (10 weeks) \$110.00

Friday 9.00 am – 10.00 am
February 3 (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
January 31 (10 weeks) **Cost**
\$110.00

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**.

February 1 (10 weeks)
Cost \$110.00

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 January 31 4 (10 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
February 1 (10 weeks)
Cost \$110.00



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
March 1 (6 weeks)
Cost \$66.00

NEW Belly Dancing

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

FREE Come & Try Session

6.30pm-7.30pm

Thursday February 9

Followed by
February 16 (6 weeks)

Cost \$66.00

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

January 30 (9 weeks)

No class Monday 13th March Labour Day

Cost \$108.00

Evening with Shweta:

Thursday 7.00 pm-8.00 pm

February 2 (10 weeks)

Cost \$120.00

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

January 30 (9 weeks)

No class Monday 13th March Labour Day

Cost \$108.00

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

February 6 (7 weeks)

No class Monday 13th March Labour Day

Cost: \$84.00



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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 10.00am – 12.30pm
February 25 (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 10.00am – 12.30pm
March 25 (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 6.30pm – 8.30pm
March 1 (1 session) Cost: \$80.00

NEW 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 1.30pm – 4.30pm
March 11 (1 session) Cost \$110.00

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 April 1
1.30pm – 4.30pm (1 session)
Cost: \$100.00

Only 1 session available in Term 1 with a longer class and only 4 participants – Book early!



NEW French Patisserie

FRASIER is a French traditional classic dessert which is made in summer with fresh strawberries, genoise sponge, diplomat cream and strawberry syrup. Those participants who have previously participated in a workshop with our French pastry chef, Tish, know she has an abundance of delicious knowledge and good tips to impart. Sandwich lunch included.

Only 4 participants – Book early! Saturday March 18
10.00am – 2.00pm
Cost: \$135.00

COOKING

NEW 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 6.30pm – 8.30pm
23rd February (1 session)
Cost: \$36.00

NEW Make your own Fresh Fettuccine Workshop

Join us for a fun, fresh pasta making workshop! We will be making and sampling homemade Fettuccine with an authentic Italian Carbonara sauce. Your freshly made pasta can be taken home to cook for your family. Recipes provided. Bring a container and apron. Thursday 6.30pm – 8.30pm
March 30 (1 session) Cost: \$36.00

Dumpling Workshop

A hands-on workshop teaching you how to make dumplings, folded into 3 different shapes, with the fillings of pork, prawn and vegetables. Please bring an apron and a baking tray to lay the dumplings in to take home to cook. All ingredients are included and you will make approx. 20 dumplings to take home. Friday 7.00pm – 8.30pm
March 24 (1 session) Cost: \$64.00

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.

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