

# 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

## October to December 2022

### NEW COURSES TERM 4

#### NEW 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.  
Wednesday 6.30pm – 8.30pm  
October 12 (1 session)  
Cost: \$60.00



#### 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  
**Evening:**  
Wednesday 6.30pm – 8.30pm  
October 5 (10 weeks)  
Cost \$180.00

### 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** October 20 (8 weeks)  
**Cost: \$50.00 Concession: \$25.00**

#### NEW Vinyasa Yoga (Beginner)

Vinyasa yoga offers options for movements to suit your body's needs. A great class for those who want to feel more at home in the body and learn to nurture and release stress and tension from their life.  
Wednesday 11.15am – 12.15pm  
October 19 (5 weeks)  
Cost: \$60.00

#### Exciting News!

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

### 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** October 13 (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** October 4 (9 weeks)  
No class Tuesday 1<sup>st</sup> Nov Cup Day  
**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 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.

Thursday 9.30am – 12.00pm

**Starts** October 20 (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

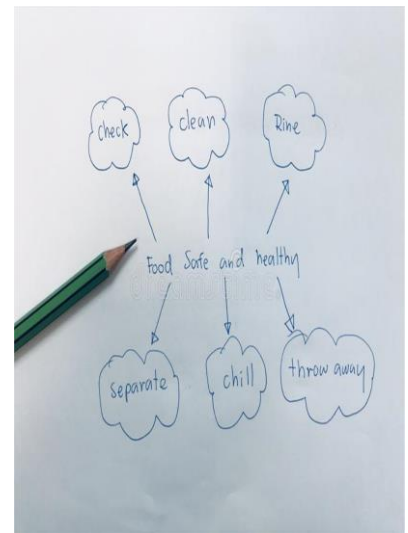
ACFE funded – 22VOC131002

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



### 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** October 4 (10 weeks)

No class Tues November 1 Cup Day

**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.

### 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

### Coloured Threads Knitting

Meets 3<sup>rd</sup> 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 Oct 6 – 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.

**Oct, Nove and Dec books – phone us on 9850 3687 for details**

**Monday** – Oct 3, Nov 7 & Dec 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

**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.

**TAX HELP** is continuing till the end of October. Phone 9850 3687 to book an appointment.



### 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](mailto:office@livelearnajani.org.au) or book via Humanatix.**

## 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  
October 5 (10 weeks) Cost \$218.00  
Contact us for further details.  
\*Join anytime during the term.



## 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  
October 3 (10 weeks)

Cost \$180.00

#### Evening:

Wednesday 6.30pm – 8.30pm  
October 5 (10 weeks)  
Cost \$180.00

### NEW EVENING 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.**  
Tuesday 6.30pm-8.30pm  
October 18 (1 session)  
Cost: \$80.00



## HEALTH & FITNESS

### 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  
October 5 (10 weeks)  
Cost \$110.00



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## 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  
October 5 (10 weeks) \$110.00

**Friday** 9.00 am – 10.00 am  
October 7 (10 weeks) \$110.00  
Wednesday **AND** Friday for  
\$175.00

**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 Giuliani**.

Tuesday 6.15 pm - 7.15 pm  
October 4 (9 weeks) **Cost** \$99.00  
No class Tuesday 1<sup>st</sup> Nov Cup Day  
**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**.

October 5 (10 weeks)  
**Cost** \$110.00

## HEALTH & FITNESS

### 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!

### FREE COME & TRY SESSION

**Monday 7.15pm – 8.15pm  
October 10**

Followed by  
**Monday 7.15pm – 8.15pm  
October 17 (6 weeks)  
Cost** \$66.00



### Walking for Pleasure

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

Tuesday October 4 (9 weeks)  
No class Tuesday 1<sup>st</sup> Nov Cup Day  
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.

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

Wednesday 10.00am – 11.00am  
Oct 5 (10 weeks) **Cost** \$110.00



## 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  
October 3 (10 weeks)

**Cost** \$120.00

#### Evening with Shweta:

Thursday 7.00 pm-8.00 pm  
October 6 (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  
October 3 (10 weeks)  
**Cost** \$120.00

### NEW Vinyasa Yoga (Beginner)

Vinyasa yoga offers options for movements to suit your body's needs. A great class for those who want to feel more at home in the body and learn to nurture and release stress and tension from their life. **Bring your own Yoga Mat**  
Wednesday 11.15am – 12.15pm  
October 19 (5 weeks)  
**Cost:** \$60.00



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## COOKING

### 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

October 22 (1 session)

Cost: \$64.00

### NEW French Patisserie

#### Macarons

An intimate workshop with only 4 participants. Tish, our French Pastry Chef will pass on her technique for making Macarons. Bring an apron.

Wednesday 6.30pm – 8.30pm

October 19 (1 session)

Cost: \$80.00

### NEW 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.

Wednesday 6.30pm – 8.30pm

October 12 (1 session)

Cost: \$60.00



## COOKING

### 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. Bring an apron.

Saturday 10.00am – 12.00pm

September 24 (1 session)

Cost: \$48.00 **Session is FULL**

#### NEW SESSION

Wednesday 6.30pm – 8.30pm

November 9 (1 session)

Cost: \$48.00



### NEW French Patisserie

#### Gingerbread House

Christmas is coming! Build your own Gingerbread House as a centerpiece for the table. Using the freshly baked panels, Tish will instruct you how to build, ice and decorate the house with lollies and take home the finished product.

Wednesday 6.30pm – 8.00pm

November 16 (1 session)

Cost \$40.00



## 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. Bring an apron & container.

#### 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.

Wednesday 6.30pm – 8.30pm

(Level 1 Workshop)

Wednesday 6.30pm – 9.00pm

(Level 2 Workshop)

**TERM 3 WAS BOOKED OUT**

**NEW DATES TO COME**



**Look out for more new dates for French Patisserie workshops and also a new pasta making workshop!**

#### HOW TO ENROL

- Payment is required on enrolment.
- 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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