

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 2022

SOCIAL ACTIVITIES

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 3 – 10.15am -

12.15pm - Cost \$5.00 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.

February, March & April Books – phone us on 9850 3687 for details

Monday – Feb 7, Mar 7, April 4

3.00pm – 4.00pm

Cost \$7.00 per session.

Learn to Play Bridge

Instruction workshops with Volunteer Leader, David Kuchmar for new members. No experience necessary. Tuesdays from Jan 18 - Join anytime

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.

Tuesday 1st Feb 1.00pm – 2.30pm

Join our English conversation group while working in our community garden. A great way to plant and practice English conversation at the same time!

Tuesday 1st Feb 9.30am – 12.30pm

Visit us in the office to let us know you are interested or phone 9850 3687 or email

office@livelearnajani.org.au for further information.



NEW 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 9.30am – 12.30pm

Starts Feb 10 (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

Thursday 9.30am – 12.30pm

Starts May 12 (9 weeks)

Cost: \$50.00 Concession: \$25.00



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FOR EMPLOYMENT!



Job Skills

Individual career counselling and employment skills workshops with our **Careers Counsellor Julie Proe**. Improve your employment skills and get ready for work!
ACFE funded – 22EMP131005
Tuesdays 10.00 am – 1.00 pm
Starts February 15 (7 weeks)
Cost: \$50.00 Concession \$25.00

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
Starts 7 Feb (4 weeks)
Cost: \$250 Concession \$150
*Learner work book will be provided

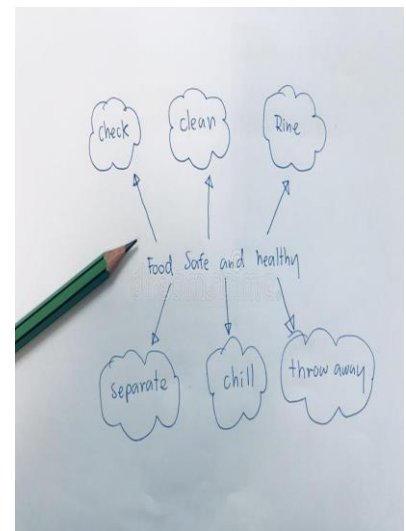


Gardening and Horticulture Skills

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 12.30pm – 3.30pm
Starts Feb 1 (10 weeks)
Cost: \$50.00 Concession \$25.00

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



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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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
Mondays 11.30 pm – 1.30 pm
Jan 31 (9 weeks)
(No class Mon Mar 14 Labour Day)
Cost \$146.00



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



HEALTH & FITNESS

Live Fit for Men

For men over 50! Facilitated by a local physiotherapist. Combine strength, fitness and balance training while making friends and having fun.
Held at the Ted Ajani Community Hall.
Thursday 8.20 am – 9.20 am
Feb 3 (10 weeks)
Cost \$100.00



Balance, Posture & Stretching

A 1 hour class focusing on balance, correcting posture and lengthy stretch. Suitable for everyone.
Wednesday 10.00am – 11.00am in the **Scout Hall**.
Feb 2 (10 weeks)
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HEALTH & FITNESS

Ajani Active for Older Adults

For those who want to improve their strength and bone density with **Liz Giuliani**.
Wednesday 9.00 am – 10.00 am
Feb 2 (10 weeks) \$100.00
Friday 9.00 am – 10.00 am
Feb 4 (10 weeks) \$100.00
Wednesday **AND** Friday for \$150.00
Both days held in the Scout Hall



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 to 7.15 pm
Feb 1 (10 weeks)
Cost \$100.00
Phone 9850 3687 to book free trial

Walking for Pleasure

For all ages, come and explore different walks in Manningham. Wear comfortable clothing, walking shoes, and bring sunscreen and water.
Tuesday Feb 1
9.30am – 11.30 am
Cost \$3.00 per session



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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
 Monday 9.15 am – 10.15 am
 Jan 31 (9 weeks)
 (No class Monday Mar 14 Labour Day)
Cost \$96.00
 Thursday 7 pm – 8 pm
 Feb 3 (10 weeks)
Cost \$106.00

NEW Zumba®Gold

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

Wednesday 7.30pm – 8.30pm
 Feb 2 (10 weeks)
Cost \$100.00



HEALTH & FITNESS

Raj Yoga/Pilates

Combine gentle stretches of Yoga with core-strengthening and postural improvement of Pilates with **Karyn Montgomery**.
Bring your own Yoga Mat
 Monday 11.00 am – 12.00 pm
 Jan 31 (9 weeks)
 (No class Monday Mar 14 Labour Day)
Cost \$96.00



Tai Chi

Low impact exercise to help improve muscle strength and assist with the relief of joint stiffness with **Sara**.

Monday 10.00 am – 11.00 am
 Feb 7 (9 weeks)
 Thursday 6.00pm – 7.00pm
 Feb 10 (9 weeks)
 (No class Monday Mar 14 Labour Day)
Cost \$90.00



FOOD & COOKING

Barista Basics

Individual instruction on operating our Café's espresso machine. Learn about milk texturing, coffee making and equipment care with **Hayden Lowe**.

To book your place contact Hayden on 9850 3687

Cost \$50.00



FOR CHILDREN - Playgroups

Coordinated playgroups for 1-4 year olds with structured activities and a Playgroup coordinator. Indoor and outdoor activities, sensory play, sand pit, cubby house, toys, craft materials, dress ups etc. Café on site.

Wednesday 10.00am – 12.00pm
 Feb 9 (9 weeks)
Cost \$171

Contact us for further details.

*Join anytime during the term



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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