Community Hub @ Ajani

TERMS 3 & 4
JUL-DEC 2017
HOW TO ENROL

Enrolments

If you have an enquiry about a course please phone us on 9850 3687.
- Enrolments are taken on a “first come, first served” basis until the class is full.
- Course fees must be paid in full at the time of enrolment. Places will not be held without payment. A copy of our Fees & Charges policy is available on request.
- Payment can be made in person or by phone. We accept cash, cheques, eftpos or credit card (except American Express and Diners)
- Concessions are available for Senior Card holders, Health Care Card holders and Pensioners. Arrangements can be made for you to pay in instalments if necessary. Please speak to the staff.

Refunds

Please check all times, dates and course information carefully before you enrol. Once you have enrolled for a course, refunds will only be given on receipt of an appropriate medical certificate. Courses will be cancelled if there are insufficient enrolments. If a course is cancelled by us, fees will be refunded in full.

Privacy

Personal information provided when you enrol in a course or program is protected by privacy policy. A copy of our Privacy Policy is available on request.

Brochure Availability

If you would like to be put on our electronic mailing list to ensure you get a copy of our brochure, please call us on 9850 3687, or send your email address to office@livelearnajani.org.au. You can also download our brochures from our website at www.livelearnajani.org.au. If you would like a paper copy of our brochure you can pick one up from our office, from Manningham Council, the library or local shopping centres.

PLEASE NOTE: This program was correct at the time of publication however classes or tutors are subject to change. Living & Learning @ Ajani reserves the right to change classes, replace tutors or amend class fees if necessary.

ENROLMENTS – can be made by phone or in person or email office@livelearnajani.org.au to obtain an enrolment form.

New enrolments taken from Monday 26th June 2017
• Term 3 begins Monday 17th July and ends Friday 22nd September
• Term 4 begins Monday 9th October and ends Friday 15th December
• The office will be open for re-enrolments during all school holidays except for Christmas holidays when it is closed from Monday 18th December 2017 and reopens Monday 8th January 2018.
• No Classes Monday 6th November and Tuesday 7th November Cup Day
ACFE Employment Skills

Job Skills with Julie Proe, Professional Careers Counsellor

Our Job skills program will help you to assess your vocational skills, work through your career options, prepare your CV, submit your job application and get ready for the interview. Previous participants have gained employment after completing this course.

Term 3: Thursday 3rd August
10.00am – 1.00pm (7 weeks)

Term 4: Thursday 26th October
10.00am – 1.00pm (7 weeks)

Fee: $50.00
No class Thursday 2nd November

Intermediate Computer Skills for Business with Scott Moran

This course will enable you to learn further computer skills for the workplace environment with Intermediate Word, Excel, Internet, email and Outlook for the workplace and small business. Part of the course includes using the iPad for the workplace. Includes setting out a report, typing up a resume and setting out a business letter, minutes and tables in Word. Creating a budget, costing sheet, table, adding columns and simple formulae in Excel. Advanced internet searches, email and outlook skills.

Course notes will be handed out each week.

Term 3: Wednesday 26th July
9.45am – 12.15pm (8 weeks)

Term 4: Wednesday 25th October
9.45am – 12.15pm (8 weeks)

Fee: $50.00

New Café & Kitchen Skills Level 1

A new course suitable for people looking for employment in the hospitality industry or a step to further studies. The course includes café skills, back of house duties and kitchen skills. Bring along an apron and a tea towel to the weekly sessions.

Tuesday 18th July
9.30am – 12.00pm (10 weeks)

Tuesday 10th October
9.30am – 12.00pm (9 weeks)

Fee: $50.00
No class Tuesday 7th November Cup Day

Adult & Community Further Education (ACFE) funded places can only be offered to learners with one of the following citizen or residency status:

- Australian Citizen
- Australian Permanent Resident (holder of permanent visa)
- Holder of Special Category Visa (sub-class 444, New Zealand Citizen)
- East Timorese Asylum seeker, or
- Holder of Temporary Protection Visa

Vocational & Education Training – Vic State Government Funding

Certificate III in Education Support CHC30213

Interested in a career change that allows you to work in school hours and have school holidays off?? Passionate about children’s learning and education?? Become an integration or teachers aid!!

ENROL today in a CHC30213 Certificate III in Education Support with Park Orchards Community House & Learning Centre Inc (RTO code 4008). Starting in July. Face to Face classes. Enrol now.

Funded and concession places available to eligible students. Courses delivered with Victorian and Commonwealth Government funding. We have some exemption “funded” places still available for those who are re-skilling. Enquire today on (03) 9876 4381. 100 hour of work placement required. Run over 4 months.

CHC30113 Certificate III in Early Childhood Education and Care also available. Enquire now
Art & Craft

**The Art of Painting** with Vicki McInnes

Build the skills and confidence to develop your ideas, find an individual style and create finished pictures. The fundamentals of composition, colour and tone will be taught as they apply to your work. Vicki is a professional artist with an established reputation for her decorative painting and murals.

**Monday 17th July 11.45am – 1.45pm (10 weeks)**
Fee: $199.00 Concession: $181.00

**Monday 9th October 11.45am – 1.45pm (9 weeks)**
Fee: $179.00 Concession: $163.00

No class Monday 6th November Cup Weekend

**Melt & Pour Soap Making** with Robyn Cribb

Try your hand at Pour Soap Making! A 2 hour, hands on soap making class where everything is supplied – soap base, Mica colour powders, fragrances, essential oils and moulds in which to make the soaps. Bring along a box or Plastic container to take your items home.

**Tuesday 12th September 1.00pm – 3.00pm (1 session)**
Fee: $34.00 Concession: $32.00

**Painting and Drawing Basics** with Vicki McInnes

For students wanting to develop their drawing and painting abilities, whether beginners or more experienced. Vicki will demonstrate and help you with the basics such as materials, composition, tone and colour mixing. You will be encouraged to find your own style and work at your own pace, either from photographs or directly from the subject.

**Monday 17th July 1.45pm – 3.45pm (10 weeks)**
Fee: $199.00 Concession: $181.00

**Monday 9th October 1.45pm – 3.45pm (9 weeks)**
Fee: $179.00 Concession: $163.00

**No class Monday 6th November Cup Weekend**

**Electric Guitar Making Workshop** with Rod Cooper

A workshop that enables participants with no previous experience to put together a complete working instrument. Learn how to solder the electronic parts and assemble, wire-up and finish the instrument while learning how an electric guitar works. All materials are included in the kit. Bring along your lunch, tea and coffee are provided.

**Saturday 2nd September & 9th September 10.00am – 4.00pm (2 weeks)**
Fee: $114.00 Concession: $104.00

**Saturday 18th November & 25th November 10.00am – 4.00pm (2 weeks)**
Fee: $114.00 Concession: $104.00

Plus $306.00 for the cost of the guitar kit

**Soy Candle Making** with Robyn Cribb

Come along and learn how to make your own Soy Candles or Melts (no wicks). A 2 hour, hands on class where everything is supplied for you to make candles - wicks, colour, fragrance, containers and wax. Bring along a box or Plastic container to take your completed items home.

**Tuesday 15th August 1.00pm – 3.00pm (1 session)**
Fee: $34.00 Concession: $32.00
Introduction to Floral Arrangement Workshops
with Jude McGrath

Learn how to produce modern floral arrangements like a professional and create wonderful pieces to take home. Preparation and care of the flowers will be included. All flowers and resources included in the price.

Wednesday 23rd August
1.00pm – 3.00pm (4 weeks)

Wednesday 8th November
1.00pm – 3.00pm (4 weeks)

Fee: $177.00 Concession: $167.00
Community Programs

International Women’s Group
The International Women’s Group meets weekly on a Thursday morning to develop friendships, chat and provide mutual support. This dynamic group of women get involved in a variety of activities including outings, guest speakers and interesting workshops. Come and join us!
Term 3: Thursday 20th July 10.15am – 12.15pm
Term 4: Thursday 12th October 10.15am – 12.15pm
Phone us on 9850 3687 for further details.
Fee: $4.50 per session

Australian Sewing Guild
This group meets once a month to sew, swap ideas and inspiration, help each other with fitting and devote a day to dressmaking. This is a great way to devote time to your sewing while making friends. Bring your sewing machine or overlocker.
Please contact asg.bulleen.vic@aussew.org.au
2nd Saturday of each month
10.00am – 4.00pm (ongoing)
Fee: $7.00 per session

Coloured Threads Knitting Group
Want to knit, learn to knit or love to knit? Share your creative ideas, inspire or be inspired, chat and share a cuppa with others who love this craft in a relaxed and informal monthly group meeting. All knitting abilities welcome. Bring along your knitting project to work on or start your first project with us. For further information and details call Living & Learning @ Ajani on 9850 3687 or group facilitator Vicky Petsinis on 0421966476.
2nd Saturday of each month
2.00pm – 5.00pm (ongoing)
Fee: $2.00 gold coin donation

Handyperson Workshop
with Steve Elocal
A series of 3 workshops each term so that you can learn some basic home maintenance skills for small jobs around the home. Anything from changing a tap washer, repairing a small hole in the plaster wall or re-adjusting those annoying cupboard door hinges so the door will close. Participants gain skills and helpful hints that they can use at home to save on repair bills.
Term 3:
Week 1: Basic tools that are needed and how to use them plus safety information you need to know
Week 2: Fixing taps, showers, blocked drains, waterproofing & fixing grout/silicon
Week 3: Plaster repairs – holes, cracks, gaps and painting
Thursday 31st August 1.00pm – 3.00pm (3 weeks)
Fee: $85.00 Concession: $77.00
Term 4:
Week 1: Fixing doors, windows and locks
Week 2: Exterior repairs – Gates, fences and decking
Week 3: Furniture repairs
Thursday 2nd November 1.00pm – 3.00pm (3 weeks)
Fee: $85.00 Concession: $77.00

Learn to Play Bridge Workshop
We are planning to run a Bridge Workshop in Term 4. Register your interest by phoning us on 9850 3687 or email us on office@livelearnajani.org.au.

Social Group
Would you like to join a group that meets socially once a month for films, lunches, visits to galleries, walks and coffee dates? Register your interest by phoning us on 9850 3687 or email us on office@livelearnajani.org.au.

New English Conversation Classes
with Mattie Bilias
Do you need to improve your English conversation skills? Our classes will enable you to practice your conversation skills with other people to make you confident for job interviews, dealing with Banks, Government Agencies and schools. Classes are planned for Term 3, 2017 and will begin when we have 6 participants.
Friday 21st July 1.00pm – 2.30pm (6 weeks)
Friday 13th October 1.00pm – 2.30pm (6 weeks)
Fee: $62.00 Concession: $56.00

SERVIZIO DI PATRONATO / PATRONATO SERVICE
Patronato ITAL informa che ogni Venerdì dalle 9.30am alle 1.00pm presso il Community Hub at Ajani (Living & Learning @ Ajani) e’ disponibile il servizio di Patronato. Per informazioni o per fissare un appuntamento contattare il numero (03) 9530 4364.
A FREE Patronato Service is available every Friday from 9.30am to 1.00pm at Community Hub at Ajani (Living & Learning @ Ajani). For any information or to make an appointment please call (03) 9530 4364.
Eastern Community Legal Centre

Eastern Community Legal Centre offers free legal advice and assistance. Get free legal advice on important issues including family law, crime and traffic matters, neighborhood disputes and intervention orders? A lawyer will be available at Living & Learning @ Ajani on the 4th Monday of each month. Call 9285 4822 to make an appointment.

FREE use of our Internet Kiosk in our Hub Café @ Ajani!

Bring your own iPad or laptop to connect to our internet service. Café is open Monday – Thursday 9.30am – 2.30pm.

U3A Manningham Programs

Please phone U3A Manningham on (03) 9894 5955 to find out more details and to enrol in U3A courses and activities.

Manningham Toy Library

Visit the Toy Library where you can borrow a large variety of quality educational toys, puzzles and games on a regular basis. The library has over 1000 items available for hire covering all stages of growth and development. Find out more about the Toy Library at www.mannighamtoylibrary.org.au.

Computers & Digital Literacy

Facebook & Twitter with Scott Moran

Social networking is everywhere! These hands-on workshops will show you how to set up and manage your own Facebook and Twitter accounts and how to use the privacy settings to ensure that your information can only be viewed by those you choose. These are interactive sessions; you may already have your own Facebook and Twitter accounts or create them during the class.

Wednesday 11th October 9.45am – 12.15pm (2 weeks)
Fee: $67.00 Concession: $62.00

Gum Tree & eBay – Learn how to sell

Gumtree gives you a simple and easy-to-use tool that lets you quickly find the item you are looking for. You can find everything from that unique item at a bargain price to your dream machine car, a job or a flat, a nanny for your kids or a language teacher to help you learn that new language!

Learn how to sell on eBay and turn your unwanted goods from home into cash. Over the 2 weeks you will set up an eBay account and list an item for sale. Some basic knowledge of using a computer is required for this course. In class you will cover creating/using your email account with eBay. You may want to consider opening a separate bank account to use with eBay although this will be covered in Week 1.

Wednesday 11th October 9.45am – 12.15pm (2 weeks)
Fee: $72.00 Concession: $67.00

4 Week Course - iPad for the Workplace & Home with Scott Moran

A comprehensive overview to the features of an iPad including Apps. It is recommended that you bring your iPad to the sessions. If you don’t have one already, we have some here you can try and Scott can advise you on what to buy.

Beginners
Wednesday 26th July 1.00pm – 3.30pm (4 weeks)
Wednesday 25th October 1.00pm – 3.30pm (4 weeks)

Intermediate
Wednesday 23rd August 1.00pm – 3.30pm (4 weeks)
Wednesday 22nd November 1.00pm – 3.00pm (4 weeks)

Fee: $139.00 Concession: $128.00

Includes Manual

Get individual attention with our smaller group classes!
New Cooking Independently
with Chef Tony O’Neill
This course is aimed at participants who are currently in Year 10 and up, to give them skills in food preparation and cooking, with an aim of living an independent life. Specifically for community members with a disability, this is a group where each week you will make a main course and dessert then eat the meal with the group. Participants need to be assessed for capability criteria to ensure safety in the kitchen before starting the course. Please bring an apron, tea towel and a take home food container.
Term 3: Monday 17th July
4.00pm – 6.00pm (10 weeks)
Term 4: Monday 9th October
4.00pm – 6.00pm (10 weeks)
Fee: $306.00 (No Concession)

New Cooking Dinner for One
with Chef Jack Laurence
Living on your own and no idea how to cook a meal? Let our Chef teach you basic cooking skills to prepare meals for yourself. An all abilities group where each week you will make a main course and dessert then eat the meal with the group. Participants need to be assessed for capability criteria to ensure safety in the kitchen before starting the course. Please bring an apron, tea towel and a take home food container.
Term 3: Wednesday 19th July
5.30pm – 7.30pm (10 weeks)
Term 4: Wednesday 11th October
5.30pm – 7.30pm (10 weeks)
Fee: $306.00 (No Concession)

New Food Safety Certificate Level 1
– Online and face-to-face delivery
A practical, 3 hour mixed delivery Food Safety Certificate course with support available if you need it. Phone 9850 3687 to book a time to attend the course.
Fee: $50.00

New Easy Cheesy – Cheese made easy
with Sharon Howard
Ever wanted to have a go at making cheeses? In this hands-on workshop you will learn how to make fetta, camembert and mascarpone cheese. Participants need to bring along:
- a container to place their cheeses in (Décor meat keeper size – tutor can sell you one)
- a glass jar to hold 400 mls
- a clean old bath towel to incubate the cheese vats
- your own lunch
Saturday 5th August or Saturday 16th September or Saturday 2nd December
10.00am – 4.00pm (1 session)
Fee: $96.00 Concession: $90.00
General Interest

**Brain Gym® with Mary Nicholls**
Take the struggle out of life. Get organised, think clearly and switch on your brain for any activity, work, sport, art and study. Brain Gym® movements assist us to reason rather than react. Quick and easy to do and a great technique to use to help your days run more smoothly.

**Thursday 16th November 1.00pm – 4.00pm (1 week)**
Fee: $35.00 Concession: $32.00

**Mindfulness**
with Mary Chandler, Psychologist
“Mindfulness” is the practice of living consciously in the present, rather than worrying about the past or future. Explore various aspects of mindfulness, such as perception, listening, letting go, forgiveness and kindness. Learn some simple techniques from an experienced psychologist, to help you to manage unhelpful thoughts and uncomfortable emotions. Turn down your “inner critic” and engage in life more fully.

**Tuesday 17th October 1.00pm – 3.00pm (6 weeks)**
Fee: $138.00 Concession: $126.00

No class Tuesday 7th November Cup Day

Sustainable Gardening

**Community Food Security Garden**
Food security means having access to affordable and nutritious food. Community gardens are a great contribution to both improving food security and raising awareness about nutrition and food safety. Anyone interested in becoming involved in our Community garden please contact Jason on 9850 3687.
Healthy Exercise

Iyengar Yoga with Georgia Kardaras
Iyengar Yoga focuses on correct alignment and postural awareness. It is a practical system of yoga in which everyone, regardless of fitness or flexibility can safely participate. Iyengar yoga helps to develop strength, endurance and suppleness using the support of props as required. Bring along your own yoga mat.

**Thursday 20th July 8.15pm – 9.30pm (10 weeks)**
**Thursday 12th October 8.15pm – 9.30pm (10 weeks)**

Fee: $156.00  Concession: $142.00

New TAI CHI Qigong for Mindfulness with Hong Yan
Tai Chi incorporates Qigong as an integral component. Qigong is an ancient Chinese practice for modern times which coordinates slow fluid movements in a calm mindful state using your breathing. In essence, it is moving meditation. The benefits of practising meditation are to identify and release blockages in the body that cause tension and stress and to enable flow of your qi (energy), freeing your body from physical and emotional bonds.

**Term 3: Monday 17th July 3.00pm – 4.00pm (10 weeks)**
**Term 4: Monday 9th October 3.00pm – 4.00pm (9 weeks)**

Fee: $113.00  Concession: $102.00

New Zumba with Lisa Gribbins
Zumba is a Latin inspired dance fitness program that introduces fun, popular and international music and contagious steps to form a fitness party that is thoroughly addictive. The routines combine all elements of fitness-cardio, muscle conditioning, balance and flexibility, which boost energy levels and leaves you feeling great.

**Free Come & Try Session**
**Tuesday 25th July 6.15pm followed by**
**Term 3: Tuesday 1st August 6.15pm (8 weeks)**

Fee: $95.00  Concession: $86.00

**Free Come & Try Session**
**Tuesday 10th October 6.15pm followed by**
**Term 4: Tuesday 17th October 6.15pm (8 weeks)**

Fee: $95.00  Concession: $86.00

No class Tuesday 7th November Cup Day

Hatha Yoga with Brenda Fisher-Stamp
Hatha Yoga creates cohesion and harmony through balancing stability with mobility, activity with stillness and enhancing the body-mind relationship. This class is suitable for students at all levels, including beginners. Bring along your own yoga mat.

**Beginners & Intermediate**

**Term 3: Monday 17th July 9.15am – 10.15am (10 weeks)**
Fee: $126.00  Concession: $115.00

**Term 4: Monday 9th October 9.15am – 10.15am (9 weeks)**
Fee: $114.00  Concession: $104.00

No class Monday 6th November Cup Weekend

Hatha Yoga with Jennifer Schrader

**Beginners & Intermediate**

**Term 3: Thursday 20th July 7.00pm – 8.00pm (10 weeks)**
Fee: $126.00  Concession: $115.00

**Term 4: Thursday 12th October 7.00pm – 8.00pm (10 weeks)**
Fee: $126.00  Concession: $115.00

Raj Yoga/Pilates Combo with Karyn Montgomery
A balanced approach to exercise, this class combines the gentle, full stretches of yoga with the core-strengthening and postural improvement of Pilates. Learn effective methods to improve strength whilst retaining flexibility. The Conscious Relaxation techniques included allow release of tension, protecting both the body and mind against stress. Bring along your own yoga mat.

(Not suitable for those with neck injuries or during pregnancy).

**Term 3: Monday 17th July 11.00am – 12.00pm (10 weeks)**
Fee: $126.00  Concession: $115.00

Tuesday 18th July 7.20pm – 8.20pm (10 weeks)
Tuesday 18th July 8.25pm – 9.25pm (10 weeks)
Fee: $126.00  Concession: $115.00

**Term 4: Monday 9th October 11.00am – 12.00pm (9 weeks)**
Fee: $114 Concession: $104.00

Tuesday 10th October 7.20pm – 8.20pm (9 weeks)
Tuesday 10th October 8.25pm – 9.25pm (9 weeks)
Fee: $114.00  Concession: $104.00

No class Monday 6th or Tuesday 7th November Cup Weekend

New Hatha Yoga with Jennifer Schrader

**Beginners & Intermediate**

**Term 3: Monday 17th July 9.15am – 10.15am (10 weeks)**
Fee: $126.00  Concession: $115.00

**Term 4: Monday 9th October 9.15am – 10.15am (9 weeks)**
Fee: $114.00  Concession: $104.00

Hatha Yoga with Jennifer Schrader

**Beginners & Intermediate**

**Term 3: Thursday 20th July 7.00pm – 8.00pm (10 weeks)**
Fee: $126.00  Concession: $115.00

**Term 4: Thursday 12th October 7.00pm – 8.00pm (10 weeks)**
Fee: $126.00  Concession: $115.00

Raj Yoga/Pilates Combo with Karyn Montgomery
A balanced approach to exercise, this class combines the gentle, full stretches of yoga with the core-strengthening and postural improvement of Pilates. Learn effective methods to improve strength whilst retaining flexibility. The Conscious Relaxation techniques included allow release of tension, protecting both the body and mind against stress. Bring along your own yoga mat.

(Not suitable for those with neck injuries or during pregnancy).

**Term 3: Monday 17th July 11.00am – 12.00pm (10 weeks)**
Fee: $126.00  Concession: $115.00

Tuesday 18th July 7.20pm – 8.20pm (10 weeks)
Tuesday 18th July 8.25pm – 9.25pm (10 weeks)
Fee: $126.00  Concession: $115.00

**Term 4: Monday 9th October 11.00am – 12.00pm (9 weeks)**
Fee: $114 Concession: $104.00

Tuesday 10th October 7.20pm – 8.20pm (9 weeks)
Tuesday 10th October 8.25pm – 9.25pm (9 weeks)
Fee: $114.00  Concession: $104.00

No class Monday 6th or Tuesday 7th November Cup Weekend
New Zumba Gold with Lisa Gribbins

Zumba Gold introduces easy-to-follow dance fitness moves for the older adult, that focuses on balance, range of motion and coordination at a lower intensity. Come prepared to have fun, laugh and leave empowered and feeling strong. One of the world's most popular programs as it is so easy to follow. Stay independent and stronger for longer. It is suitable to participate in the class either standing or seated.

Free Come & Try Session
Monday 24th July 1.30pm – 2.30pm followed by Term 3: Monday 31st July 1.30pm – 2.30pm (8 weeks)
Fee: $95.00 Concession: $86.00

Monday 9th October 1.30pm – 2.30pm followed by Term 4: Monday 16th October 1.30pm – 2.30pm (8 weeks)
Fee: $95.00 Concession: $86.00
No class Monday 6th November Cup Weekend

New Ajani Active – Easy Older Adults with Kate Tempany

An all-in-one fitness class covering the key area of strength training, cardio, flexibility and balance with a special emphasis on falls prevention. This class is modified to meet the needs of participants wishing to move at a slower pace.

Free Come & Try Session
Wednesday 19th July 10.00am – 11.00am followed by Wednesday 26th July 10.00am – 11.00am (9 weeks)

Free Come & Try Session
Wednesday 11th October 10.00am – 11.00am followed by Wednesday 18th October 10.00am – 11.00am (9 weeks)
Fee: $60.00 (no concessions)

Apni Active – Exercise Gently with Weights with Kate Tempany

Taught by a qualified fitness instructor, this is a safe and easy exercise program. No jumping or jogging, only stretching and balancing and light weights. A fun and enjoyable way to exercise.

Wednesday 19th July 9.00am – 10.00am (10 weeks)
Wednesday 11th October 9.00am – 10.00am (10 weeks)
Fee: $60.00 (no concessions)

Live Fit for Men with Mayur Jivanjee, Physiotherapist

If you'd love to do more in the garden, play with your grandchildren for longer or vary your exercise routine, then join our exercise group for men over 50. Our fun class is led by an experienced physiotherapist and combines strength, fitness and balance training for men. Held in the Community Hall at Ajani Reserve.

Thursday 20th July 8.20am – 9.20am (10 weeks)
Thursday 12th October 8.20am – 9.20am (10 weeks)
Fee: $60.00 (no concessions)
Health & Wellbeing

**Ballroom Dancing**
with Veronica Reichelt
Classes designed especially for couples. The resurgence in popularity of ballroom dancing has led to couples discovering the elegance and joy of social ballroom dancing as they learn the techniques and step executions at their own pace. The dance styles covered are Waltz, Foxtrot, Tango, Quickstep, Samba, Rumba, Cha Cha, Swing and Mambo. Classes are conducted by a professional ballroom dance teacher and give couples a fun, lifelong hobby to share.

**Wednesday 19th July 7.30pm – 9.00pm (10 weeks)**
**Wednesday 11th October 7.30pm – 9.00pm (10 weeks)**

Fee: $163.00 Concession: $149.00
*Bring along your partner and they pay ½ price.
**This class is held at Heimat Centre, 125 George Street, East Doncaster.

**Walking for Pleasure**
with Agnes Zordan
Do you enjoy walking in natural surroundings and meeting people? Come and explore different walks with our walking group. This group is open to men and woman of all ages. Don’t forget to wear comfortable clothing, a sun hat and walking shoes. Bring water!

**Tuesday 18th July 9.30am – 11.30am (ongoing)**
**Tuesday 10th October 9.30am – 11.30am (ongoing)**

Fee: $3.00 per walk
*No walks Tuesday 7th November Cup Day

Young People with a Disability

**Afternoon Social Program is continuing during 2018!**
Participate in social and recreational activities at Bulleen Heights School in a friendly atmosphere with high support attention. Contact us for further information on 9850 3687. This program is funded by the Department of Health and Human Services.

**Mondays, Tuesdays, Wednesdays and Thursdays 3.10pm – 6.10pm**
This program operates during school term only.
Fees: $30.00 per term (for 1 session per week).

**Welcome to Movement and Dance**
with Kate Tempany
A fun approach to strength training, ball games, dancing to music, yoga and more! Encourages social interaction and develops physical skills for participants with a disability.

**Term 3: Tuesday 18th July 4.00pm – 5.00pm (10 weeks)**
Fees: $16.00 per session
**Term 4: Tuesday 10th October 4.00pm – 5.00pm (9 weeks)**
Fees: $16.00 per session
*No class Tuesday 7th November Cup Day

**Shake your Bon Bon**
with Kate Tempany
A fun and social dance class for young people with a disability to develop co-ordination, recognise beat and rhythm, increase self-confidence and control of movement. Set to contemporary music, create and learn new routines and exercise while having fun.

**Term 3: Tuesday 18th July 5.00pm – 6.00pm (10 weeks)**
**Term 4: Tuesday 10th October 5.00pm – 6.00pm (9 weeks)**
Fee: $5.50 per session
*No class Tuesday 7th November Cup Day
Parents & Children

Children’s room (with adjacent full kitchen facilities) is available for community use for young children’s parties and playgroup workshops. For more information and to book call 9850 3687.

Playgroups

Our well-equipped, sunny playgroup room is available for new mums groups and playgroups to meet on a weekly basis. Facilities include an outdoor play area, large sand pit and cubby house, toys, paints, craft equipment, play doh, dress ups, as well as tea/coffee making facilities for the parents. This is a great, hassle free way to get together with other parents while your children play. Please call to enquire about availability.

Term 3 begins Tuesday 18th July
Term 4 begins Tuesday 10th October
Fees: $45.00 per term

Structured Playgroup – Tuesday Morning with Marta Eppel

A Tuesday playgroup for those wanting fun, structured activities for 1-4 year old children who attend with their parents, grandparents or carers. Each weekly session has a fun and engaging theme including interactive story time, an art/craft activity to work on together and time for imaginative play. This is a great opportunity to socialise with other parents, grandparents and children in a relaxed and supported environment. Siblings are welcome.

Tuesday 18th July 9.30am – 11.30am (10 weeks)
Fee: $119.00 Concession: $108.00

Tuesday 10th October 9.30am – 11.30am (9 weeks)
Fee: $107.00 Concession: $97.00
No class Tuesday 7th November Cup Day

Structured Playgroup – Wednesday Morning with Joy Rentz

A new Wednesday playgroup for those wanting fun, structured activities for 1-4 year old children who attend with their parents, grandparents or carers. Each weekly session has a fun and engaging theme including interactive story time, an art/craft activity to work on together and time for imaginative play. This is a great opportunity to socialise with other parents, grandparents and children in a relaxed and supported environment. Siblings are welcome.

Wednesday 19th July 10.00am – 12.00pm (10 weeks)
Fee: $119.00 Concession: $108.00

Wednesday 11th October 10.00am – 12.00pm (10 weeks)
Fee: $119.00 Concession: $108.00
(for all participating children & siblings)

Creative Capers for Kids – Thursday, NEW TIME & NEW COORDINATOR with Joy Rentz

This is a supported playgroup for 1-4 year olds, together with their parent, grandparent or carer and younger siblings are welcome. Our playgroup is designed with the child in mind, with music, craft, story time and free play. Our qualified playgroup leader will provide the ideas and guide the activities at the playgroup. Your active participation is required but our leader is there to offer support. Come and join us!

Term 3 begins Thursday 20th July 10.00am – 12.00pm (10 weeks)
Fee: $119.00 Concession: $108.00

Term 4 begins Thursday 12th October 10.00am – 12.00pm (10 weeks)
Fee: $119.00 Concession: $108.00
(for all participating children & siblings)
Special Events

AGM Thursday 31st August  
10.30am – 11.30am
Join us as we reflect on the past year and celebrate Living & Learning @ Ajani Inc. achievements. We will be electing members for the Committee of Management for 2017/18. If you are interested in becoming a member of the Committee, please contact us for nomination forms and further details. Morning tea will be supplied. RSVP required by Monday 28th August. Phone 9850 3687.

Ajani Community Festival  
Saturday 26th August, 1.00pm – 5.00pm
Ted Ajani Reserve and Living & Learning @ Ajani, 284 Thompsons Road, Templestowe Lower
Join us for a fun day of
• Giant Games (think giant chess)
• Back yard games
• Face Painting
• Badge Making
• Animal Farm
• Devonshire teas and Barrista Coffee for $2.00
• Other activities and attractions
Phone us on 9850 3687 if you would like to participate.

Eat & Greet Program
Eat and Greet @ Ajani is a free meal distribution program for low income, unemployed and disadvantaged families in Manningham. Volunteers are needed for food preparation, cooking and packing of meals on Mondays with our Chef, Claudio.

If you would like to assist us with our Café Skills training sessions by becoming our guests for afternoon tea, please contact us on 9850 3687. We will provide coffee, tea or hot chocolate, soup, hot pastries and cake served by our students in training.
Special Events

Let’s Talk Life
– Diabetes Australia sessions
Over 45? Expanding waistline? Need professional help to lose weight? You could be at high risk of Heart Disease, Diabetes and Stroke. Take action and prevent!
Enrol in a free Government funded life program!
For further information phone Kim Welch on 0413388783 or email info@letstalklife.net.au. Website: www.letstalklife.net.au

Community Hub and Hub Café @ Ajani
The Community Hub at Ajani brings together a range of services available within Manningham in one central location at Living and Learning at Ajani. Located closer to residents in Bulleen and Lower Templestowe, community members will be able to access information and services provided by Doncare, Access Health & Community, Whitehorse and Manningham Libraries, Onemda and Manningham City Council. Additional services and activities are provided by Eastern Community Legal Centre, Tax Help, Maternal and Child Health and Patronato Service.

Come along on Monday to Thursday between 9.30am and 2.30pm and enjoy a coffee and snack at the Hub Café @ Ajani. Our volunteers and trainees provide excellent service to customers in the cafe while they continue to develop hospitality skills.

Use the TWO for ONE voucher below to share a coffee or tea at the Café

Community Hub and Hub Café @ Ajani

Ted Ajani Reserve 2/284 Thompsons Road, Lower Templestowe VIC 3107
Phone: 9850 3687  Fax: 9850 3030

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Living & Learning @ Ajani Inc. (formerly Bulleen & Templestowe Community House) is grateful for the support and funding from Manningham City Council (MCC), the Department of Health, the Department of Human Services and the Department of Education and Early Childhood Development.

As a registered ACFE provider, some funding is received from the State Government of Victoria to conduct specified programs as a Learn Local education provider.