

# Living and Learning at Ajani Inc.

## NEWS AND ACTIVITIES

Unit 2, 284 Thompsons Road, Lower Templestowe Vic. 3107

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## July to September 2021

### FREE – SPECIAL EVENTS

#### Children's Book Week

Come along to our Playgroup for this special event – all children under 5 years old and their parents/carers are welcome to join the session. Ellie's Dragon is a short-listed entrant as best picture book of the year, and will be read by **Carmen**, our Playgroup Supervisor. **Bailey Sampson**, a local Manningham musician, will entertain the children singing songs with them and playing guitar, followed by a delicious morning tea. **Wednesday August 25, 10am-12pm**

#### Community Lunch

Join us for a community lunch to celebrate community connections, share friendship and food and get to know one another a little better. A local entertainer from within Manningham will provide entertainment while we enjoy a delicious lunch. Local service providers will give a brief talk on their services and answer any questions you may have.

**Wednesday November 8, 12pm – 2pm**

Manningham Council have provided funding for these events through their Arts & Culture Grant.

### JOB SKILLS

#### FREE for Term 3 only

#### Need help finding your dream job?

Take advantage of our **FREE** offer to meet with Careers Counsellor, Julie Proe to create a professional Resume to get your foot in the door, hone your interview skills and get the job you want!

ACFE funded - 21EMPJOBSKIL  
Tuesdays 10.00 am – 1.00 pm  
**Starts Aug 3**

#### Food Pantry & Community Garden @ Ajani

The Ajani community garden grows food for the Food Pantry and we have other long life items donated to the pantry. If you are in need of assistance or have long life food items or fresh vegetables to donate, phone us on 9850 3687 to arrange your visit and select your items.



### Learn to Play Bridge

Instruction workshops with Volunteer Leader, David Kuchmar for new members. No experience necessary. Tuesdays from July 13 - **Join anytime** 1.15pm-3.00pm Cost \$2.00 per session

### International Women's Group

Meets every Thursday from July 15 at Living & Learning @ Ajani. Activities include outings, guest speakers and interesting workshops. Does not meet during school holidays. Thursdays from July 15 – 10.15am - 12.15pm  
Cost \$5.00 per session.  
Agendas are planned for each term so phone us on 9850 3687 for further details.

### Book Group (Face to Face or 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 Book- Where The Crawdads Sing by Delia Owens**  
**August Book – A Man Called Ove by Fredrik Backman**  
**Monday – July 12, August 2 & September 6 - 2.00pm – 3.00pm**  
Cost \$7.00 per session.

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1

## 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 - 21EMPJOBSKIL  
Tuesdays 10.00 am – 1.00 pm  
**Starts Aug 3**  
**Cost: FREE for Term 3 only**

### Café Skills Level 1

Hospitality work skills for job seekers and volunteers. Your tutor, **Liz Giuliani** will lead activities to enable you to work in a café or cook meals at home.  
ACFE funded – 21VOCCAFE1  
Mondays 9.30 am – 12.00 pm  
**Starts July 12 (10 weeks)**  
**Cost \$50.00 Concession \$25.00**

### Café Skills Level 2

Continue developing your hospitality skills with your tutor **Liz Giuliani**. Produce a range of café meals, cakes and pastries.  
ACFE funded – 21VOCCAFE2  
Mondays 9.30 am – 12.00 pm  
**Starts Oct 4 (10 weeks)**  
**Cost \$50.00 Concession \$25.00**



### Gardening and Horticulture Skills

Develop your organic gardening and horticulture skills while working in our Community Garden. Gain knowledge and experience for work or pathways to study. ACFE Funded - 21VOCGARDEN  
Tuesdays 1.00 pm – 4.00 pm  
**Starts July 13 (10 weeks)**  
**Cost \$50.00 Concession \$25.00**



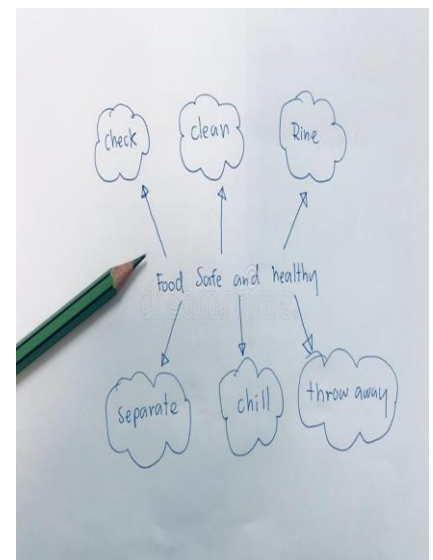
### Safe Food Handling & Barista Skills

Get your food handling certificate and learn how to operate a commercial espresso machine. A good start for employment in the hospitality industry or further study with our Café Coordinator **Hayden Lowe**.  
ACFE funded – ACL21HOSP  
Call 9850 3687 to Book your place.  
**Cost \$100.00 Concession \$50.00**

**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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2

## ART & CRAFT

### The Art of Painting & Drawing

Work on the basics of composition, colour and tone to find your own style with tutor, Gail Shawyer.

Mondays 11.30 pm – 1.30 pm

July 12 (10 weeks)

**Cost** \$188.00



## 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 mornings 10.00am - 11.30am**

Join our Community Gardening/English conversation group in our community garden as they plant and practice English conversation at the same time!

**Tuesday afternoons 1.00pm – 3.00pm**

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

[office@livelearnajani.org.au](mailto:office@livelearnajani.org.au) for further information.

## COMMUNITY ACTIVITIES

**Come to the HUB CAFÉ, 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



## DIGITAL & IT HELP

### Computers, Digital and IT Help

Individual assistance with your phones, tables, ipads, NBN and computers with **Scott Moran**.

Wednesday appointments only

Phone 9850 3687

**Cost** \$80.00 per hour

## HEALTH & FITNESS

### Ajani Active for Older Adults

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

**Wednesday** 9.00 am – 10.00 am

July 14 (10 weeks) \$100.00

**Friday** 9.00 am – 10.00 am

July 16 (10 weeks) \$100.00

Wednesday **AND** Friday for \$150.00

**Both days held in the Scout Hall**

### 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**

**Wed July 14 - 10.00am – 11.00am**

**Phone 9850 3687 to book free trial**

Followed by July 21 (6 weeks)

**Cost** \$60.00

### 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 to 7.15 pm

July 13 (10 weeks)

**Cost** \$100.00

**Phone 9850 3687 to book free trial**

### NEW Nordic Walking

A low impact, total body exercise taught by a qualified Nordic Walking Instructor and using walking poles. Suitable for all ages and fitness levels, even those with balance and mobility challenges.

**FREE trial on Monday 12 July**

**Nordic poles will be supplied for this session. Meet outside the community house near the Café at 9.00am (45 minute session).**

**Book early – limit of 7 participants**

Followed by Monday 9.00am-9.45am

July 19 (6 weeks) **Cost** \$32.00

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3



### 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

July 12 (10 weeks)

**Cost \$106.00**

Thursday 7 pm – 8 pm

July 15 (10 weeks)

**Cost \$106.00**

### Live Fit for Men

For men over 50! Led by **Ben Mason, 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

July 15 (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.**

July 14 (10 weeks)

**Cost \$100.00**

### 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 13

9.30am – 11.30 am

**Cost \$3.00 per session**

### 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**

Jul 12 (10 weeks)

**Cost \$106.00**

### 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

Jul 12 (10 weeks)

**Cost \$100.00**

### NEW Zumba®Gold

A fun, safe workout lead by an experienced, Zumba Gold instructor, **Suzanne.** Enjoy the original moves at a slightly modified pace. **Free Come & Try session Wednesday July 14 7.30pm – 8.30pm**

**Phone 9850 3687 to book your place for the free trial!**

Wednesday July 21

7.30pm – 8.30pm (6 weeks) **Cost \$60.00**



## FOOD & COOKING

### Barista Basics

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

Tuesday 6.00 pm – 8.00 pm

Call 9850 3687 to book your place.

**Cost \$50.00**



## FOR CHILDREN - Playgroups

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

**Tuesday 10.00am – 12.00pm**

July 13 (10 weeks)

**Wednesday 10.00am – 12.00pm**

July 14 (10 weeks)

**Cost \$191.00**

**\*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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4