

Term 1 Program Guide & Newsletter (January - March 2025)



Classes this Term



Hub Cafe

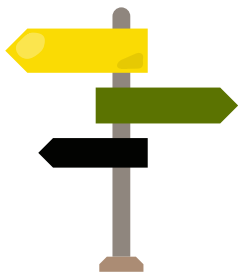


Initiatives & events

Introducing our new name and logo!

As you may have noticed, we have a new name and logo. Living and Learning at Ajani will now be called Ajani Neighbourhood House. It's a name that we think better represents the vibrant and connected community we welcome through our doors each day.

For those who don't know us yet, we love meeting new people so pop in and say hello!

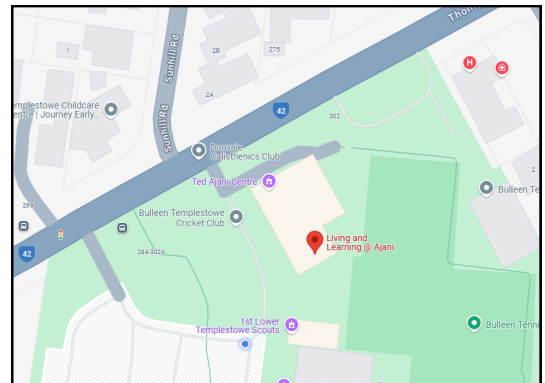


Find us

2/284 Thompsons Road, Templestowe
Lower VIC 3107

Parking available

Bus: Route 905
Thompsons Rd / Sunhill Rd stop



Visit us at Manningham Festival at Finns

Come and visit the Ajani Neighbourhood House stall at Manningham at Finns Festival on **Sunday 16 March**.

Hosted by Rotary Manningham City, the festival will have craft and food stalls, rides and entertainment. The festival runs from 9am - 5pm at Finns Reserve, Templestowe.



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Art, Music & Movement

Art of Painting and Drawing

Day classes start 3 February

Mondays 10am - 12pm

8 sessions | Full \$202 Conc \$188

Work on the basics of composition, colour and tone to find your own style. BYO materials. Easels provided.

Evening classes start 29 January

Wednesdays 6.30pm - 8.30pm

10 sessions | Full \$250 Conc \$232

Art Therapy for All Abilities

Mondays 3pm - 5pm

6 sessions

A beginner art class offering individuals, regardless of physical, emotional, or cognitive challenges, to engage creatively and communicate in non-verbal ways.

Call 9850 3687 to register your interest

Bollywood for Wellbeing

Starts 5 February

Wednesdays 6pm - 7.15pm

9 sessions | \$168

Unique and integrated dance classes combining mindfulness, yoga, qi gong, dance technique, functional movement and expressive dance.

Subsidised by a Manningham City Council Healthy Ageing Grant.



Ukelele for Beginners

Starts 4 February

Tuesdays 5pm - 6pm

9 sessions | \$139

Have a strum and a laugh as you learn the basics of this fun and social instrument. BYO Ukelele.

Life Drawing

One session per month

A foundational drawing class including a live model, allowing artists to observe and capture the human form in various poses.

Call 9850 3687 to register your interest

Home & Garden

Gardening Employability Skills

Starts 28 January

Tuesdays 9.30am - 12.30pm

10 sessions | ACFE \$57 Conc \$31

This garden-based program teaches organic gardening techniques useful for home gardening and careers in permaculture.

Fees include \$22 materials and admin fee. ACFE eligibility applies.



Create your own worm farm

Saturday 1 March 10am - 12pm

1 session | FREE

With a Bunnings expert, learn all about how a worm farm can help you create fertile soil to help your plants thrive.



Kids/Family

Mini Movers (ages 2-5)

Starts 11 February

Tuesdays 11am - 11.45am

8 sessions | \$132

Music and movement for pre-school aged kids with active participation from carers. Enjoy 45 minutes of dancing and moving to music with props.

Playgroup (Facilitated)

Starts 5 February

Wednesdays 10am - 11.30am

9 sessions | \$72 (or \$8 per session)

A facilitator will curate each session with different fun and engaging activities - suitable across a range of pre-school aged groups.

Thursday PlaySpace

Starts 30 January

Thursdays 10am - 12pm FREE

Need to get out of the house? Grab a coffee and have a play in our kids space with toys, books and equipment. Self directed.

Computers & Tech

Microsoft Office Essentials

Starts 29 January

Wednesdays 1.40pm - 5pm

10 sessions | ACFE \$57 Conc \$32

In this program you will learn a variety of Microsoft Office programs with a focus on Word, Excel and PowerPoint.

Fees include \$27 materials and admin fee. ACFE eligibility applies.



Smartphones and Devices - The Basics

Starts 30 January

Wednesdays 1pm - 4pm

10 sessions | ACFE \$57 Conc \$32

Learn and understand the basics of using a Smartphone.

Fees include \$27 materials and admin fee. ACFE eligibility applies.



Smartphones and Computers- Level Up

Starts 28 January

Tuesdays 1.30pm- 4.30pm

10 sessions | ACFE \$57 Conc \$32

Increase your knowledge of Apps, connecting devices and learn the basics of how to use a laptop computer.

Fees include \$27 materials and admin fee. ACFE eligibility applies.



Digital Travel Skills

Starts 28 January

Tuesdays 9.30am - 12.30pm

2 sessions | ACFE \$25 Conc \$15

Learn how travel websites work to help you get the best deals and reduce the burden of travel planning.

Fees include \$10 materials and admin fee. ACFE eligibility applies.



Social & Wellbeing

Bridge Club

Starts 14 January

Tuesdays 1.15pm - 3.30pm

\$3 per session

Ever wanted to learn Bridge? Or perhaps you have experience in playing and would like to join a group. This club is for you.

Coffee and Friendship

Starts 30 January

Thursdays 11am - 12.30pm

\$4.50 per session, includes a coffee

Come and meet new people in a friendly and welcoming environment.

International Women's Group

Starts 30 January

Thursdays 10am - 1pm

usually \$8 but please refer to website for session prices as these may vary depending on the programed activity

Take part in interesting workshops, guest speakers, and fun outings! Followed by a delicious morning tea!

Walking for Pleasure

Starts 28 January

Tuesdays 9.30am - 11.30am

10 sessions | \$3 per session

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



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Health & Fitness

Ajani Active

Starts 29 January

Wednesdays 9am - 9.50am

10 sessions | Full \$145 Conc \$132

A women-only class to improve strength and bone density whilst maintaining fitness.

Starts 31 January

Fridays 9am - 9.50am

10 sessions | Full \$145 Conc \$132

20 sessions (Mon & Wed) | Full \$185 Conc \$169

Balance, Posture and Stretching

Starts 29 January

Wednesdays 10am - 10.50am

10 sessions | Full \$145 Conc \$132

A focus on balance to correct posture through lengthy stretches. Suitable for all age groups

Chair Yoga

NEW!

Starts 3 February

Mondays 12pm - 1pm

8 sessions | Full \$132 Conc \$122

Accessible yoga with poses performed while seated or standing and using a chair for support.

Circuit Exercise

Starts 28 January

Tuesdays 6.15pm - 7.15pm

10 sessions | Full \$145 Conc \$132

Various exercise stations for cardio, strength and core. Designed to provide a full body workout.

Gentle Flow Yoga

Starts 3 February

Mondays 6.15pm - 7.15pm

8 sessions | Full \$140 Conc \$130

A slower-paced, calming style of yoga focusing on fluid, mindful movements and breathwork.

Hatha Yoga

Starts 3 February

Mondays 9.15am - 10.15am

8 sessions | Full \$132 Conc \$122

Create cohesion and harmony through balancing stability with mobility, activity and stillness. For all levels. BYO Yoga mat.

Live Fit for Men

Starts 29 January

Wednesdays 9am - 10am

10 sessions | Full \$145 Conc \$132

For men over 50. Combine strength, fitness and balance training under the supervision of a qualified fitness trainer.

Raj Yoga/Pilates

Starts 3 February

Mondays 10.45am - 11.45am

10 sessions | Full \$195 Conc \$179

Combine gentle stretches of Yoga with core strengthening and postural improvement of Pilates. BYO Yoga mat.

Social Fitness

Starts 20 January

Mon & Wed 5pm - 6pm

10 sessions | Full \$57 Conc \$52

A chair and floor-based gentle exercise group. Small hand weights provided. Doctors certificate of fitness required to attend class.

Tai Chi

NEW!

Starts 3 February

Mon 1.30pm - 2.30pm

8 sessions | Full \$132 Conc \$122

A dedicated Qigong Tai Chi instructor leads this holistic program to help individuals connect with their breath, bodies, and inner balance.

Yoga Restorative

Starts 30 January

Thursdays 7pm - 8pm

10 sessions | Full \$170 Conc \$157

Restorative yoga is a gentle and calming practice designed to promote deep relaxation and healing. Ideal for all levels.

Skills Hub

Empower Ability Social Enterprise Skills

Starts 30 January

Thursdays 9.30am - 12pm

10 sessions | ACFE \$57 Conc \$32

A kitchen skills program run with Onemda teaches adults with an intellectual disability or ABI how to prepare, cook and serve food in a cafe environment using our Class 2 commercial kitchen.

Fees include \$27 materials and admin fee. ACFE eligibility applies.



Office Administration and online programs

Starts 30 January

Thursdays 9.30am - 12pm

10 sessions | ACFE \$57 Conc \$32

Learn general office duties and systems in a friendly and supportive environment. Laptops provided.

Fees include \$27 materials and admin fee. ACFE eligibility applies



Makers & Bakers

Applique Guild of Australia

Fourth Saturday every month

Starts 25 January

9.30am - 3pm

\$5 per session

We welcome patchworkers, quilters and other creatives working with textiles. BYO projects.

Australian Sewing Guild

Third Saturday every month 10am - 4pm

\$9 per session

Talk shop with other dressmakers and tailors, make time for your projects, swap ideas and get help with fittings. BYO sewing machine, overlocker and projects.

Coloured Threads Knitting

Second Saturday every month 10am - 4pm

\$3 per session

We welcome all knitters, regardless of skill level. BYO projects.

SAORI Weaving

NEW!

Saturday 29 March 10am - 1pm

1 session | \$120

Use a loom to create your own uniquely individual hand woven cloth. Equipment provided. No previous weaving experience needed.

Carer Connections

Our Carer Connection program returns in 2025.

Each month we run a free event for carers of all ages to take some much needed time out and connect with other carers in the community.

If you are a carer, please call our office on 9850 3687 to be added to our carer distribution list.



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Hub Cafe



Our Hub Cafe is serving up some delicious treats this Term with produce made by our dedicated Hospitality volunteers.

Menu items include:

- Sandwiches
- Hot food
- Hot drinks
- Smoothies and Milkshakes
- Sweets

New items will continue to be added to the menu.

Open Monday - Thursday
9.30am - 1pm

Present the below voucher to receive a free cookie with your first coffee!



Donate cans & bottles

Help sustain our Food Pantry by donating your cans and bottles to us to recycle at the container deposit vending machine located at the Ted Ajani Reserve.

Proceeds go to re-stocking the pantry for those in need.



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ANH Food Relief Pantry

The Food Relief Pantry at Ajani Neighbourhood House returns in 2025.

Days/hours

- Tuesday 10.30am - 3pm
- Wednesday 12.30pm - 3pm
- Thursday 10.30am - 3pm

Donations

Non perishable food donations for our Food Relief Pantry are warmly welcomed from households, local businesses and schools!



Rice



Noodles/Pasta



Toiletries



Pasta sauce



Canned goods



Longlife Milk

Thanks to our delivery partners.



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