

Program Term 3 2013

ORANA

NEIGHBOURHOOD HOUSE



Neighbourhood House
The heart of our community

62 Coleman Road, Wantirna South 3152
Telephone: 9801 1895 Fax: 9800 3192

Email: onh@netspace.net.au

www.orananh.org.au

www.facebook.com/orananeighbourhoodhouse

ABN: 91514980522

House Manager—Karin Absolom

Orana Community Bus Trip

Join us for a day in the Yarra Valley. We will be visiting Yarra Glen Chocolatier & Ice Creamery. We will then visit the Gerbera farm followed by a beautiful lunch at Wild Cattle Creek Winery. Two course meal with coffee & glass of wine included. Morning tea at Chocolate factory & Gerbera farm is optional.

Date: Wednesday 4th September
Departing Orana at 8.45am sharp returning approx 4pm
Cost: \$45/Concession \$40
Book Now!

Cryptic Crosswords

Learn how to crack the cryptic in this workshop aimed at beginners. You'll enjoy lots of 'aha' moments as we unravel the secrets of cryptic language and solve cryptic clues. Bring a pen and a slightly quirky sense of humour!

Date: Tuesday 6th August
Time: 11.00am to 12.30pm
Cost: \$10



LOOK INSIDE FOR MORE!!!

- **Computer Classes**
 - **Art & drawing classes**
 - **Mosaics**
 - **Calligraphy**
 - **Jewellery Making**
 - **Strength Training for Seniors**
 - **Walking Group**
 - **Belly Dancing**
 - **Self Defence for Women & Teenage Girls**
 - **Thai Cooking**
 - **Indian Cooking**
 - **Digital Photography**
 - **Community Talks**
 - **Yoga**
 - **Tai Chi**
 - **Family History**
- And Much More!!!!**

Coming up in term 4

- **Ebay class**
- **Seniors Day October 9th**
- **Christmas Cooking**
- **Bollywood Dancing**
- **AGM—October 16th**
- **Community Talks**
- **Friday night social night**
- **60's & 70's trivia night**
- **November 21st**

Soup Day At Orana

Join us for lunch!
Come along and enjoy some homemade soup made with fresh produce from our Community garden.

Every 2nd Friday of the month

12.00-1.00pm

Cost \$5.00

Bookings Essential!



Community Kitchen Garden Group

Come & meet like minded people in this fun and informal gardening group. Our kitchen garden has edible plants that Orana will be using in our cooking classes. You will learn various tips for each season.

Check our website for upcoming events.
Meet every Friday during school terms
10am-12pm

Proudly sponsored by Bendigo Bank, Wantirna



Find us on
Facebook

WIN A PRIZE

Like us on Facebook and you will go into a draw for \$20 discount to a course of your choice. Keep checking Facebook for more competitions and news at Orana!


Office Hours:
Monday to Thursday
9.00am—3.30pm



For more information about Learn Local in Knox visit

www.shortcoursesinknox.org

Computers & Business

 Learn local Organisations receive funding for quality pre-accredited training courses through ACFE (Adult, Community & Further Education). Proof of residency or citizenship is required.

Introduction to Computers including Email & Internet



Need to know the basics? This course is designed for absolute beginners to get you started.

Date: Mondays with David (13InComN1234)
22nd July - 9th Sept (8 wks)
Time: 7.00 - 9.30pm
Cost: \$55

OR

Date: Thursdays with Louisa (13IntCom1234)
25th July - 12th Sept (8 wks)
Time: 9.30am - 12.00 noon
Cost: \$55 (includes fees, amenities & materials)

Back to Office Skills

With Linda (13BacOff1234)



Need to brush up on your office skills? Want to change track to Admin/Office support roles? This course is designed with you in mind. Microsoft Word, Excel, Outlook and File Management in one package.

Date: Wednesdays
24th July - 11th Sept (8 weeks)
Time: 7.00-9.30pm
Cost: \$55 (includes fees, amenities & materials)

Intermediate Computers

(13IntMed1234)



This class is the next step after Introduction to Computers. You will expand your knowledge more on Word and Excel.

Date: Mondays with David
22nd July - 9th September (8 wks)
Time: 1.00-3.30pm
Cost: \$55

OR

Date: Thursdays with Louisa
25th July - 12th September (8 wks)
Time: 12.30pm-3.00pm
Cost: \$55

MYOB with Linda

(13MYOBPA0300)



Learn how to create and manage accounts with MYOB V19 software. Ideal for those returning to work or upskilling. A session on payroll is included. Basic computer skills essential.

Date: Tuesdays
23rd July - 17th Sept (9 weeks)
Time: 7.00-9.30pm
Cost: \$100 includes MYOB manual & CD

Getting to know your IPAD

With Linda

Find out the tips and tricks to your new IPAD or tablet. Or try one out at this workshop before you buy one!

Date: Saturday 24th August
Time: 10am—1.00pm
Cost: \$30

Digital Photography

With Peter

Get the most out of your digital camera! This course will cover the following elements:

- The basics of photography
- The key camera settings and controls
- When and how to use those controls
- The basics of using flash

Please bring camera fully charged and instruction manual

Date: Tuesdays 6th August-3rd Sept
Time: 7.30pm-9.30pm
Cost: \$100 (5 weeks)

Languages

Essential Italian for the Traveller

With Luciano

Are you planning a trip to Italy? In these classes you will learn the common words and phrases to make your next trip to Italy so much more enjoyable.

Date: Mondays 5th August-9th Sept
Time: 10am-12pm
Cost: \$70

Italian Level 2 With Luciano

Now that you have mastered the basics, take the next step as you learn more phrases and conversation of this wonderful language.

Date: Wednesdays 31st July-18th Sept
Time: 10am-12pm
Cost: \$120

Arts & Crafts

Mosaics with Leanne

This is a very relaxed class where you will work at your own pace. There is no set project so just bring a piece you would like to mosaic and the materials you wish to use—shells, beads, glass etc. Material list provided on enrolment.

Date: Mondays 22nd July—9th September
Time: 10am-12pm
Cost: \$110 (8 weeks)

Mosaic Clay workshop

with Leanne

Learn how to make clay flowers and pieces to incorporate into your mosaic creations. In this two week class you will create shapes with clay, learn how to use glazes and also the firing process.

Date: Saturday 14th & 21st September
Time: 10.00am to 12.30pm
Cost: \$120

Art Group with Claire

Develop new artistic skills and techniques with our local artist, Claire. Share techniques in an informal setting using a variety of mediums. This class is for intermediate to advanced painters.

Date: Thursdays 25th July-12th Sept (8wks)
Time: 10am-12pm
Cost: \$115

Creative Drawing with Claire

Claire is a professional local artist with 25 years experience who will guide you and help you find your inner artist!

Date: Thursdays 25th July-12th Sept (8wks)
Time: 12.30pm-2.30pm
Cost: \$115

Jewellery Making with Rene

Have fun creating formal and fun casual jewellery. Learn to make fashionable drop earrings, necklaces and beautiful bracelets.

Date: Tuesdays 23rd July-13th August (4 weeks)
Time: 12.45pm-2.45pm
Cost: \$50 plus \$40 for beads payable at the first class to the tutor. Additional \$18 for tool kits.

Calligraphy with Lyne

In this fun and relaxed class, learn the art of beautiful writing explored via the media of pencil and broad pen. Practical applications include invitations, greeting cards, broadsheets and the like. Please bring a pencil, rubber & ruler.

Date: Friday 6th September
Time: 9.00am—3.00pm
Cost: \$65



Researching ANZACS with Jenny

Learn about the Australian World War I soldiers in your family. This workshop will guide you through the research steps to help you find service records, unit histories and lots more. Notes are included.

Date: Tuesday 30th July
Time: 11.00-12.30pm
Cost: \$20

Cooking

Thai Cooking with Somchit

Discover the basic concepts of Thai cooking and the delicate art of balancing flavours. We will be making three dishes, spring rolls, marinated chicken and Pad Thai. Please bring a container for any leftovers if we have any!

Date: Saturday 3rd August
Time: 10am-1pm
Cost: \$50 includes all ingredients

Indian Cooking with Poornima

In this cooking workshop you will learn to make Chicken Tikka, Sago crispy balls and a delicious prawn curry. Please bring a container for any leftovers if we have any!

Date: Sunday 25th August
Time: 10am-1pm
Cost: \$50 includes all ingredients

Fun, Fitness & Wellbeing

Tai Chi With Jeff

Tai Chi improves health, relaxation and energy levels through gentle movements. Fun and easy to learn and suitable for all ages!

Wear comfortable clothes and sports shoes.

Date: Tuesdays
23rd July – 10th Sept

Time: 9.30am-10.30am

Cost: \$95 (8 weeks)

Self Defence for Women & Teenage Girls

With Maree

Maree is a highly experienced Martial Arts instructor who focuses on simple but effective techniques that improve self awareness, confidence and assertiveness. Suitable for women of any age or fitness level to learn, retain and utilise.

Date: Thursdays 25th July-12th Sept

Time: 6.30pm-7.30pm

Cost: \$140 (8 weeks)

Tickled Pink Workshop

With Jane

Colours are such an important part of our life and they even figure in our language. In this workshop we explore the effect different colours have on our well being and how we can use them effectively to improve our day.

Date: Saturday 7th September

Time: 1.00-3.00pm

Cost: \$25

Strength Training for Seniors (55+YO)

With Jess

The first half of this class strengthens muscles and bones using weights, resistance bands and own body weight. The second half aims to improve balance and flexibility for an increased quality of life.

Date: Wednesdays 24th July-11th Sept

Time: 10am-11am

Cost: \$95 (8 weeks)

Raj Yoga/Pilates Combo

With Karyn

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. Please bring a yoga mat.

Date: Mondays 22nd July-9th Sept

Time: 1pm-2pm

Cost: \$85 (8 weeks)

Belly Dancing

With Jenny

Enjoy coming together as women to learn the ancient art of belly dancing. Feel good, have fun and gain fitness.

Date: Mondays

22nd July-9th September

Time: 7.30-8.30pm

Cost: \$85 (8 weeks)

Essential Oils for Winter

With Doris

This workshop explains the use of essential oils to help with cold and flu symptoms and their amazing abilities to kill airborne viruses and bacteria.

Date: Tuesday 6th August

Time: 7pm-9pm

Cost: \$25

Essential Oils for skin care

With Doris

Covering a range of skin conditions from a holistic perspective, including what we can do from a nutritional aspect, what we can avoid and which essential oils can be used to improve our skin.

Date: Tuesday 13th August

Time: 7pm-9pm

Cost: \$25

Absolute Wellness Program

With Bec

Feel off track? Explore your wellness from a holistic view through a series of workshops with Bec Hutchinson, an experienced complementary medicine therapist. Each workshop will include guided meditations; reflections of behaviours and attitudes to embrace, change and let go of; and how to incorporate new behaviours into everyday life. Contact reception for details on topics addressed.

Date: Thursdays 7th August-18th Sept

Time: 7pm-9pm

Cost: \$120 (6 wks..no class 21st August)

Community

Retirement Presentation Community Talk

Andrea Perkins, a local financial advisor will provide you with invaluable advice to assist you in preparing for retirement.

Topics covered include tax maximization strategies, government support and how to increase your savings to support your retirement.

Date: Friday 16th August

Time: 10am

Cost: \$2

Health & Nutrition for Menopause

A dietitian from Nutrition Plus will offer nutrition advice for women regarding menopause and osteoporosis. This 30 minute presentation will be followed by an opportunity to ask questions and have a free health assessment.

Date: Friday 30th August

Time: 10.00am-11.30am

Cost: \$2

Arthritis Talk

A speaker from Arthritis Australia will discuss management of Arthritis and answer your questions.

Date: Friday 6th September

Time: 10.00 - 11.30am

Cost: \$2

Footy Fever Community Lunch!

Come and celebrate the footy finals with a hot dogs & pies for lunch. Wear your favourite team colours!

Date: Friday 20th September

Time: 12pm

Cost: \$5



Walking Group

Start the day with a brisk walk! Meet at Orana and join this friendly group as they walk the bike track of Knox and back for a coffee and morning tea.

Date: Tuesdays from 23rd July

Time: 9.15am

Cost: \$6 per term



Knox Seniors Day at Orana

Come and learn from a local chef the art of savoury bread and scone making using fresh herbs from our Community Kitchen Garden. Afterwards indulge in morning tea and a cuppa with new friends.

Date: Tuesday 9th October

Time: 10.00 - 1pm

Cost: \$3

Proudly supported by
Knox Council



Orana AGM & Open Afternoon

Come and help us celebrate our achievements for the past year and join us for afternoon tea!

Date: Tuesday 16th October

Time: 1.30pm-3.00pm

Room for Hire

We have a large multi purpose room available for hire for your next meeting, conference or training session.

- Seating for up to 25 people
- Kitchen facilities
- Laptops, projector, TV/DVD, Smartboard available
- Competitive rates

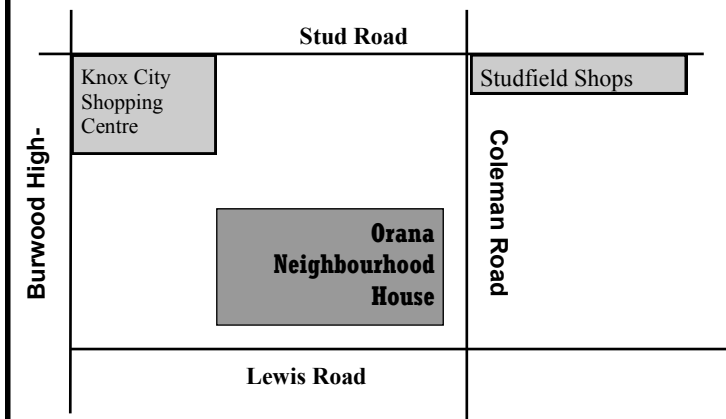
Please contact
reception on 9801 1895
for more details

Vale
Maree Hannan

*Orana sadly farewells
Maree Hannan who
passed away on 29th
May . Maree was a
valued Committee
Member and friend of
Orana for many years.
She will be sadly missed*



Where to find us.....



Ventura Bus 737 bus stop on Coleman Road outside Orana.
Melways Map 64B9

*Thank you to the
Knoxbrooke
Garden Group
for keeping Orana's
grounds
looking great.*



Orana acknowledges the support of the following organizations



JOIN OUR COMMITTEE

Orana is run by a voluntary Committee of Management, who are community members and other House users. Please ask the Manager for more information if you are interested in becoming involved.

TUTORS

We are interested to hear from tutors of new and interesting subjects. Send a resume and course proposal to:
Karin Absolom, House Manager,
Orana Neighbourhood House Inc.
62 Coleman Road,
Wantirna South. 3152

HOW TO ENROL:

In person by calling into Orana with your payment during Office hours, during school terms.

By electronic transfer: Please look at our website for enrolment form and EFT details. Telephone enquiries are welcome at anytime but enrolments are not confirmed until payment is made. Please confirm your booking with a payment promptly.

Courses with low enrolments will be cancelled. In the event of this happening, a full refund will be issued.

GROUPS THAT MEET AT ORANA

OVEREATERS ANONYMOUS

A self-help group offering shared experience and mutual support to encourage recovery from compulsive eating
Monday weekly meetings at 8.00pm
Contact Dorothy on 9700 3921

CHILD REVIVE

Gain confidence and skills to attend to your child in an emergency through these unique practical courses
Ph: 0417 348 915 for more information

VILLA MARIA

Villa Maria provides quality services and opportunities for seniors, adults and children with disabilities and their families.
Ph: 9800 7220