

# TERM 2 BROCHURE

22 APRIL - 4 JULY 2025



**Hub Cafe**



**Classes this Term**

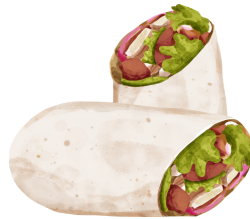


**Initiatives & events**

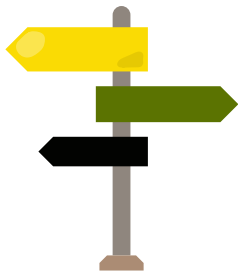
## WHAT'S ON AT THE HUB CAFE

Our Hub Cafe is serving up some delicious treats this Term including some delicious new items.

- Deli wraps
- Muesli cups with home made granola
- Chia pudding with berries



Mark the start of Term 2 and commemorate Anzac Day at the cafe on Wednesday 23 April with homemade Anzac cookies.

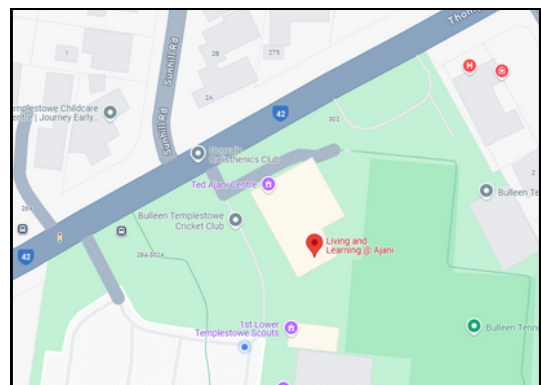


### Find us

2/284 Thompsons Road,  
Templestowe Lower VIC 3107

Parking available

Bus: Route 905  
Thompsons Rd / Sunhill Rd stop



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## Art, Music & Movement

### Art of Painting and Drawing

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

*Mondays 10am - 12pm*

*9 sessions | Full \$226 Conc \$210*

*Wednesdays 6.30pm - 8.30pm*

*10 sessions | Full \$250 Conc \$233*

### Art for all abilities

Call 9850 3687 to register your interest

A beginner art class for individuals, regardless of physical, emotional or cognitive challenges to create art. Carers are encouraged to attend too.

### Bollywood for Wellbeing

*Wednesdays 6.30pm - 7.45pm*

*9 sessions | \$180*

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.*



### Life Drawing

*First Thursday of every month 6.30pm - 8.30pm*

*\$35 per session or 3 classes for \$100*

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

### Ukelele for Beginners

*Tuesdays 5pm - 6pm*

*10 sessions | \$150*

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

## Home & Garden

### Gardening Employability Skills

*Tuesdays 9.30am - 12.30pm*

*10 sessions | ACFE \$57 Conc \$32*

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.



### Preparing for Winter Harvest

FREE



*Saturday 3 May 10am - 11am*

Discover the secrets to a thriving vegetable garden and learn all you need to know to grow fresh produce at home this winter. Attendees receive a free tubestock plant. Presented by Sustainable Gardening Australia and supported by North East Community Fund and Manningham City Council.

### Mastering No Dig Garden Beds

FREE



*Saturday 24 May 10am - 11am*

The workshop covers no dig garden bed design, suitable materials to use, and options like lasagna (or layered) garden beds, raised beds, Hugelkultur and straw bale gardens. Attendees receive a free tubestock plant. Presented by Sustainable Gardening Australia and supported by North East Community Fund and Manningham City Council.

### Create Your Own Worm Farm

FREE



*Saturday 14 June 10am - 12pm*

With a Bunnings expert learn all about how a worm farm can help you create fertile soil to help your plants thrive. Supported by Bunnings and Manningham City Council.



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## Health & Fitness

### Ajani Active

Wednesdays 9am - 9.50am

11 sessions | Full \$162 Conc \$151

A women-only class supervised by a qualified fitness trainer to improve strength and bone density whilst maintaining fitness.

Fridays 9am - 9.50am

10 sessions | Full \$146 Conc \$135

Open to everyone, this class, supervised by a qualified fitness trainer, improves strength and bone density whilst maintaining fitness.

20 sessions (Mon & Wed) | Full \$196 Conc \$182

### Autumn Qigong

NEW!

Mondays 2pm - 3pm

8 sessions | Full \$146 Conc \$136

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

### Balance, Posture and Stretching

Wednesdays 10am - 10.50am

11 sessions | Full \$162 Conc \$151

A focus on balance to correct posture through lengthy stretches. Supervised by a qualified fitness trainer and suitable for all age groups.

### Circuit Exercise

Tuesdays 6.15pm - 7.15pm

11 sessions | Full \$162 Conc \$151

Various exercise stations for cardio, strength and core. Designed to provide a full body workout. Supervised by a qualified fitness trainer.

### Gentle Flow Yoga

Mondays 6.30pm - 7.30pm

9 sessions | Full \$162 Conc \$151

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

### Hatha Yoga

Mondays 9.15am - 10.15am

9 sessions | Full \$155 Conc \$144

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

### Live Fit for Men

Wednesdays 9am - 10am

11 sessions | Full \$162 Conc \$151

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

### Social Fitness

Mon & Wed 5pm - 6pm

20 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.

### Yoga Restorative

Thursdays 7pm - 8pm

11 sessions | Full \$188 Conc \$175

A gentle and calming practice designed to promote deep relaxation and healing. Ideal for all levels.

## Not sure which class to try?

For just \$5, you can experience any of our exciting classes with a trial pass. Whether you're looking to get active, explore creativity, or learn something new, see what works for you!

## Kids/Family

### Playgroup (Facilitated)

Casual Drop in \$8 per session

Wednesdays 10am - 11.30am

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

# Computers & Tech

## Office Essentials (Microsoft)

Wednesdays 1.45pm - 4.45pm

9 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.



## Introduction to using computers (Windows)

Wednesdays 10.15am - 1.15pm

9 sessions | ACFE \$57 Conc \$32

Learn how to use your computer to do everyday tasks. Learn how to access programs, save files and use OneDrive, use email and search the internet, alter images, take video calls and load a new printer. A practical course that will help you use any Windows laptop or desktop.

Fees include \$27 materials and admin fee. ACFE eligibility applies. Laptops supplied or BYO if you have one.



## Smartphones and Devices - Level Up

Tuesdays 1.30pm - 4.30pm

9 sessions | ACFE \$57 Conc \$32

Increase your knowledge of Apps, connecting devices, AI and how to store photos and videos.

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



## Planning an international holiday

Call 9850 3687 to register your interest

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

Tuesdays 1pm - 3pm

\$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

Thursdays 10:30am - 11.30am

\$4.50 per session, includes a coffee

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

## International Women's Group

Thursdays 10am - 1pm

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

Take part in interesting array of workshops, guest speakers, and fun outings! Includes morning tea and coffee!

## Walking for Pleasure

Tuesdays 9.30am - 11.30am

\$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.

## Carer Connections



We run free events for carers of all ages to take some much needed time out and connect with other carers in the community.

View the carer program of events on our website and if you are an unpaid carer, please call our office on 9850 3687 to be added to our mailing list.



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## Skills Hub

### Empower Ability Social Enterprise Skills

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.



### Cooking for a Cafe

Register your interest

Thursdays 1pm - 4pm

4 sessions | Full \$25 Conc \$10

A kitchen-based cooking class where you can learn various cooking techniques whilst preparing and presenting a variety of meals for our social enterprise cafe.



### Office Administration and online programs

Mondays 1pm - 3:30pm

10 sessions | ACFE \$60 Conc \$35

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

9.30am - 3pm

\$5 per session

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

### Australian Sewing Guild

Second 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 2pm - 5pm

\$3 per session

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

## Soup Group



Warm your stomach and join our Soup Group every Tuesday at 12pm. Take turns cooking your favourite soup for the group.

Swap recipes and tips and share your love of cooking with new friends.

Email [marketing@ajaninh.org.au](mailto:marketing@ajaninh.org.au) to join in!

## Financial Literacy for Women Monday 16 June 1pm - 2pm

Delivered by Manningham City Council's Financial Information Service Officer, becoming more financially literate can help with managing debt, reducing time spent worrying about finances, planning for retirement, building up a buffer for emergencies, identifying fraud, and managing superannuation. **Phone 9850 3687 to register your attendance.**



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# Hub Cafe



## Hub Cafe Menu



### WRAPS & TOASTIES

<b>DELI WRAP</b> DELI MEAT WITH CHEESE AND SALAD	<b>\$8.00</b>
<b>BUILD YOUR OWN TOASTIE</b> CHOOSE UP TO THREE FILLINGS	<b>\$3.70</b>
• HAM +\$0.50 • CHEESE +\$0.50 • TOMATO +\$0.50	

### ALL DAY BRUNCH

<b>MUESLI CUP</b> LAYERS OF YOGURT, GRANOLA, AND FRESH BERRIES.	<b>\$4.00</b>
<b>RAISIN TOAST</b> SERVED WITH BUTTER	<b>\$4.00</b>
<b>BANANA BREAD</b> SERVED WITH BUTTER	<b>\$4.50</b>

### FROM THE OVEN

<b>PIE</b> BEEF OR CHICKEN	<b>\$5.00</b>
<b>VEGETABLE PASTIE</b>	<b>\$5.00</b>

### SNACKS & TREATS

<b>HOMEMADE PROTEIN BALLS</b>	<b>\$1.50</b>
<b>APRICOT AND COCONUT BALLS</b>	<b>\$1.20</b>
<b>BISCUITS</b> YOYO (GF) OR OAT BISCUIT	<b>\$2.60</b>

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

Menu items include:

- Wraps
- Hot food/drinks
- Sweets
- Seasonal surprises

**Open Monday - Thursday 9.30am - 1pm**

## 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.

# 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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