TERM 4 BROCHURE

5 October - 12 December 2026

Ajani Neighbourhood House

What's On

Classes this Term

Initiatives



2026 Seniors Festival

Free

Monday 5 October
Hatha Yoga

Monday 5 October
Tai Chi / Qigong

Tuesday 6 October
Choir

Canvas of Hope

Free

Free Painting Sessions for Seniors
Friday 9 OR 23 October |10am - 12pm
Join one of two free acrylic painting sessions designed for seniors of all abilities. Guided instruction and all materials provided.
Limited capacity so bookings are essential.
Call 9850 3687 to book your place

Visit us at the Manningham Festival

25 October - Ruffey Lake Park, Doncaster
Come and cheer on our Ukelele group who will be performing at 3pm on stage!

NEW

Christmas Cookie Class

Create and decorate fabulous Christmas Cookies! A perfect present or a fun activity to do with your kids or grandkids...or for yourself!
Saturday 12 December 10am - 12pm
$10 per adult
$5 per child
Call 9850 3687 to book your place

This class is proudly supported by Manningham Neighbourhood House Grant

2026 This Girl Can!

New participants can come and try a free health and fitness class at Ajani Neighbourhood house between Monday 23 November and Friday 27 November.

Free

Choose from:

- Hatha Yoga
- Walking group
- Circuit exercise
- Ajani Active (Wed or Fri)
- Balance, Posture and Stretching

Call 9850 3687 to book your place

Supported by Manningham Council

MANNINGHAM

www.facebook.com/ajaninh

@AjaniNhouse

office@ajaninh.org.au

9850 3687

www.ajaninh.org.au

Art, Music & Movement

This program is proudly supported by Manningham Council's Healthy Ageing Grant

Choir / Singalong Group

13 October - 8 December

*Tuesdays 2.30pm - 3.30pm**

**No class on 3 November & venue change for 17 November*

Gold coin donation

Experience the joy of music with our choir group! We welcome all voices to come together in harmony. Make new friends, grow your vocal skills and join the fun.

These programs are proudly supported by Manningham Council's Neighbourhood House Grant

Art of Painting and Drawing

5 October - 7 December

*Mondays 10am - 12pm**

**No class on 2 November*

9 sessions | Full $226 Conc $210

Discover the joy of colour and tone in a relaxed, supportive environment. With friendly guidance uncover your own unique creative style.

Life Drawing

5 November, 3 December

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 Group

6 October - 8 December

Tuesdays 4pm - 5pm

**No class on 27 Oct, 3 November & venue change for 17 November*

8 sessions | $140

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

Cooking

These programs are proudly supported by Manningham Council's Community Grant Program

Cook with Nonna

6 October - 8 December

Tuesdays 9.30am - 11am

**No class on 2 November or 17 November*

8 sessions | $12 per session or $80 for full series

Join our beloved nonnas in the kitchen for a warm, vibrant taste of the Mediterranean. BYO Apron and container.

Cook with Teta

9 October - 27 November

Fridays 10am - 12pm

8 sessions | $12 per session or $80 for full series

Discover the vibrant flavours of Lebanese cuisine in this relaxed, hands-on class. Learn how to prepare traditional dishes using fresh ingredients and spices. BYO apron and container.

A Taste of England

NEW

Monday 23 November

1pm - 3pm

1 session | $12

Join us for a hands-on baking class where you'll learn to make a traditional English Parkin Loaf — a wonderfully moist and comforting bake made with oats, rhubarb and ginger.

Crostoli Masterclass

NEW

Saturday 28 November

10am - 1pm | $20pp

Join our wonderful Nonnas for a hands-on Saturday Crostoli Masterclass and learn the secrets behind this much-loved Italian treat.

This program is proudly supported by Manningham Council's Healthy Ageing Grant

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Health & Fitness

These programs are proudly supported by Manningham Council's Neighbourhood House Grant

Ajani Active Wednesday
7 October - 9 December
Wednesdays 9am - 9.50am
10 sessions | Full $145 Conc $135
Open to everyone, this class, supervised by a qualified fitness trainer, improves strength and bone density whilst maintaining fitness.

Active Ajani Friday
9 October - 11 December
Fridays 9am - 9.50am
10 sessions | Full $145 Conc $135

All sessions (Wed & Fri) | Full $197 Conc $183

Balance, Posture and Stretching
7 October - 9 December
Wednesdays 10am - 10.50am
10 sessions | Full $145 Conc $135
A focus on balance to correct posture through lengthy stretches. Supervised by a qualified fitness trainer and suitable for all age groups.

Circuit Exercise
6 October - 8 December
Tuesdays 6.15pm - 7.15pm
**No class on 3 November*
9 sessions | Full $130 Conc $120
Enjoy exercise stations for cardio, strength and conditioning. Designed to provide a full body workout. Supervised by a qualified fitness trainer.

Gentle Ashtanga Yoga
6 October - 8 December
*Mondays 6.30pm - 7.30pm | *No class on 2 November*
9 sessions | Full $145 Conc $135
This is a traditional Ashtanga yoga class, introducing the fundamentals of yoga that develops flexibility, mobility, and strength, all guided by steady, mindful breathing.

Hatha Yoga
5 October - 7 December
Monday 9.15am - 10.15am
OR
Monday 10.30am - 11.30am
**No classes on 2 November*
9 sessions | Full $145 Conc $135
Create cohesion and harmony through balancing stability with mobility, activity and stillness. For all levels. BYO Yoga mat.

Live Fit for Men
7 October - 9 December
Wednesdays 9am - 10am
10 sessions | Full $145 Conc $135
For men over 50. Combine strength, fitness and balance training under the supervision of a qualified fitness trainer.

Social Fitness
Returns 5 October
*Mon & Wed 5pm - 6pm | *No class on 2 November*
19 sessions | Full $57 Conc $52
A volunteer-led chair and floor-based gentle exercise group. Doctors certificate of fitness and medical form required to attend class.

Tai Chi / Qigong
5 October - 23 November
*Mondays 2pm | *No class on 2 November*
6 sessions | $90 (One free session on 5 Oct)
This welcoming 6-week program combines the best of two ancient practices: Tai Chi for improving balance, strength, and coordination, and Qigong for gentle movement, deep breathing, and stress reduction.

Yoga Restorative
8 October - 10 December
Thursdays 7pm - 8pm
10 sessions | Full $160 Conc $149
A gentle and calming practice designed to promote deep relaxation and healing. Ideal for those who sit for long periods, or looking for a relaxing practice.

Minimum Class Numbers at ANH
REMINDER
To ensure our classes are financially sustainable, classes needs a minimum number of enrolments to proceed.
Please enrol early to help us confirm classes and avoid cancellation.

Computers & Tech

Introduction to using computers (Windows)

6 October - 8 December

Tuesdays 9.30am - 12.30pm

8 sessions (no class 3 November, 17 November)

ACFE $57 Conc $32

New to Windows? Or need to know how to use new AI features? This hands-on course will build your confidence step by step. Learn how to stay secure, print with ease, connect your devices and keep everything up to date.

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

Smartphones and Devices

5 October - 7 December

Mondays 1.30pm- 4.30pm

9 sessions (no class 2 November)

ACFE $57 Conc $32

Extend your understanding of technology, the use of digital devices, their functionality, and the ways you can use these devices to connect with others.

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

Microsoft Office

8 October - 3 December

Thursday 12.30pm - 3.30pm

9 sessions | ACFE $57 Conc $32

Build skills you need to use the most essential Microsoft Office products: Word, Excel, Powerpoint and OneNote. Regulary updated to teach you the latest AI integrations.

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

Skills Hub

Cooking and Food Hygiene for MIDS

8 October - 3 December

Thursdays 9.30am - 12pm

9 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.

Numeracy for Community Gardening

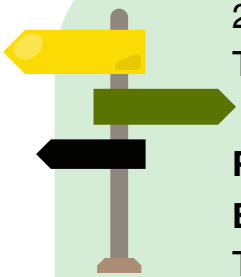
6 October - 8 December

Tuesdays 9.30am - 12.30pm

8 sessions (no class on 2 November, 17 November)

ACFE $57 Conc $32

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



Find us

2/284 Thompsons Road,
Templestowe Lower VIC 3107

Parking: available

Bus: Route 905
Thompsons Rd / Sunhill Rd stop



BOOKINGS

www.facebook.com/ajanineighbourhoodhouse

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Monthly Groups

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

Meet other dressmakers and tailors, work on 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.

Carer Connections

Third Saturday every month (not during school holidays) 2pm - 5pm

Free for unpaid carers in Manningham

Various activities and afternoon tea for unpaid carers (those looking after a relative, loved one or friend). Contact our office for more information.

Children & Family

Playgroup (parent/carer-led)

7 October - 2 December

10 sessions I FREE

Wednesdays during Term 10am - 11.30am

Have a coffee while the kids have fun with different and engaging indoor or outdoor activities - suitable across a range of pre-school aged groups.

Social & Wellbeing

Bridge Club

Ongoing (until 8 December)

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. Some experience with card games is recommended.

International Women's Group

8 October - 10 December

Thursdays 11am - 1pm

10 sessions

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

Usually $7 but please refer to website for session prices as these may vary.

This program is proudly supported by Manningham Council's Healthy Ageing Grant

Walking Group

6 October - 8 December

Tuesdays 9.30am - 11.30am

9 sessions I *(no class on 2 November)* I $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. View agenda on our website.

These programs are proudly supported by Manningham Council's Neighbourhood House Grant

Flow and Connect

8 October - 3 December

9.30am - 11am

9 sessions I FREE (by referral)

Gather, reflect, and share in a gentle weekly circle where we explore meditation followed by a chat in the cafe. Contact our office for information on eligibilty.

Language Club

9 October - 4 December

Fridays in Term Time 10am - 11am

9 sessions I $8 per session

Love languages? Whether you speak French, Italian, Arabic — or just enjoy learning a few new phrases — our guided language club is a fun, welcoming space to connect. Beginners, fluent speakers, and the simply curious are all welcome!

Donations

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

Please consider donating what you can to our food pantry and help make the season a little brighter.



Rice



Noodles/Pasta



Toiletries



Pasta sauce



Canned goods



Longlife Milk

Thanks to our delivery partners

MANNINGHAM

CARENET

Rotary Manningham City

Community Bank
Doncaster East and Templestowe Village

Bendigo Bank

NORTH EAST LINK

VICTORIA State Government

Viva La Fruit

PETS OF THE HOMELESS
Keeping best friends together

sharethedignity

ANH Food Relief Pantry

Days/hours

- Tuesday 10.15am - 3pm
- Wednesday 12.30pm - 3pm
- Thursday 10.15am - 3pm

ANH now uses an online appointment system for the Food Pantry on Wednesdays and Thursdays. If you have not registered for online appointments, please see our office staff.

Fresh food will only be available on Wednesday and Thursdays.

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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