

TERM 2 BROCHURE

20 April - 26 June 2026



Events



Classes this Term



Schedule

NEIGHBOURHOOD HOUSE WEEK

11-17 MAY 2026



11 May - 14 May - Bring a Friend Week

We love welcoming new faces. If you have a friend who has yet to explore our centre, invite them along to attend one FREE class.

Registrations are essential. Contact office@ajaninh.org.au to refer a friend!



Tuesday 12 May 11am - 12pm - Presentation by Crime Stoppers

FREE

The Crime Stoppers team will share tips on staying safe at home and in the community. They will also provide an overview of how to spot scams.



Wednesday 13 May - Healthy Ageing Pop Up 10am - 12pm

FREE

The Healthy Ageing Team can connect you and your support networks to access government funded supports and services.



Monday 18 May Navigating Aged Care Legal Considerations

FREE

12pm - 1pm

Join Costanzo Lawyers for an informative session covering aged care matters.



Tuesday 19 May Volunteer Morning Tea

FREE

11.30am - 12.30pm

A well-deserved morning tea to celebrate our amazing volunteers.



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Art, Music & Movement

Art of Painting and Drawing

Returns 20 April

Mondays 10am - 12pm

9 sessions | Full \$226 Conc \$210

With the guidance of tutor Clare Mannion, you'll dive into the basics of composition, colour and tone, all in a supportive environment that helps you grow your own style.

Choir / Singing Group

Returns 21 April

Tuesdays 2.30pm - 3.30pm

FREE

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.

Life Drawing

7 May, 4 June, (no class 2 July)

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.

Watercolour Painting for Beginners

Begins 29 April

Wednesdays 2pm - 3pm

8 sessions | Full \$240 Conc \$210 (includes materials)

Step into the captivating world of watercolours. With a focus on hands-on learning and personalised guidance, learn this beautiful medium's unique techniques and nuances.

NEW

Ukelele Group

Returns 21 April

Tuesdays 4.30pm - 5.30pm

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

Returns 20 April

Mondays 10am - 1pm

9 sessions. ACFE \$57 Conc \$32

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

ACFE eligibility applies.



Gardening

Workshop Series

FREE

Workshop 1 - Wednesday 29 April

10am - 12pm **Composting / Closed Loop**

Why is it important? Why does my compost smell? Why does it take so long? What is closed loop?

Workshop 2 - Wednesday 13 May

10am - 12pm **Soils**

Where do they come from and how is it formed? Can I drought proof my garden? Does the soil I have influence what I can grow?

Workshop 3 - Wednesday 27 May

10am - 12pm **Winter Vegetables**

What can we grow this time of year and what to look out for.



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Health & Fitness



Ajani Active Wednesday

Returns 22 April

Wednesdays 9am - 9.50am

10 sessions | Full \$145 Conc \$135

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

Active Ajani Friday

Returns 24 April

Fridays 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.

All sessions (Wed & Fri) | Full \$197 Conc \$187

Balance, Posture and Stretching

Returns 22 April

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

Returns 21 April

Tuesdays 6.15pm - 7.15pm

10 sessions | Full \$145 Conc \$135

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

Gentle Yoga

Returns 20 April

Mondays 6.30pm - 7.30pm

9 sessions | Full \$146 Conc \$136

This is a traditional yoga class, introducing the fundamentals of yoga through a consistent sequence that develops flexibility, mobility, and strength, all guided by steady, mindful breathing.

Hatha Yoga with Yvonne

Returns 20 April

Monday 9.15am - 10.15am

Monday 10.30am - 11.30am

9 sessions | Full \$146 Conc \$136

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

Live Fit for Men

Returns 22 April

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.

Tai Chi / Qigong

Returns 20 April

Mondays 2pm - 3pm

9 sessions | Full \$126

Join our Tai Chi & Qigong sessions — a gentle, mindful practice to improve balance, flexibility and wellbeing. All levels welcome!

Social Fitness

Returns 20 April

Mon & Wed 5pm - 6pm

All 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.

Meditation Series

NEW

Begins 29 April

Wednesdays 2.30pm - 3.30pm

\$12 per session or full series for \$35

Perfect for beginners and those looking to deepen their practice, this is a welcoming and inclusive space to unwind, restore, and cultivate calm.

Yoga Restorative

Returns 23 April

Thursdays 7pm - 8pm

10 sessions | Full \$160 Conc \$149

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

Computers & Tech

Introduction to using computers (Windows)

Begins 21 April

Tuesdays 9.30am - 12.30pm

9 sessions | ACFE \$57 Conc \$32

New to Windows? 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

Begins 20 April

Mondays 1.30pm- 4.30pm

9 sessions | 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.



Office Essentials

Begins 23 April

Thursday 12.30pm - 3.30pm

9 sessions | ACFE \$57 Conc \$32

Build skills to deliver professional presentations and create portfolios using a variety of Microsoft Office products, including Word, Excel, and PowerPoint.

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



Cooking

Cook with Teta

Begins 8 May

Fridays 10am - 12pm

4 sessions | \$10 per session

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.



Empower Ability Social Enterprise Skills

Returns 23 April

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.



Mediterranean Cooking

Returns 21 April

Tuesdays 9.30am - 11am

8 sessions | \$10 per session or \$80 for full series

Join our beloved nonnas in the kitchen for a warm, vibrant taste of the Mediterranean. Fresh flavours, home-cooking and plenty of laughter awaits!

BYO Apron and container.

Sushi Making Workshop

Tuesday 23 June 10am - 12pm

1 Session | \$15

Discover the art of sushi! Learn how to prepare perfect rice, master rolling techniques, and create your own delicious sushi rolls to take home.

BYO apron and container.



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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.

Carer Connections

Third Saturday every month 2pm - 5pm*

FREE for unpaid carers

Are you a Manningham resident caring for a loved one? Take part in the Carer Connections Group! While connecting with others like you, the group will experience organised activities with some much-needed time out from caring.

*Times may vary depending on scheduled activity.

Coloured Threads Knitting

Second Saturday every month 2pm - 5pm

\$3 per session

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

Children & Family

Playgroup (parent-led)

Returns 4 February

Wednesdays during Term 10am - 11.30am

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

FREE

Social & Wellbeing

Bridge Club

Returns 21 April

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

Returns 23 April

Thursdays 10.15am - 12.15pm

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

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

Memory Circle

Thursdays 1pm - 2.30pm

FREE

Gather, reflect, and share in a gentle weekly circle where we explore different themes from our lives. Whether you're reminiscing or simply listening, this is a space for connection, storytelling, and reflection.

NEW

FREE

Walking Group

Returns 21 April

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. View agenda on our website.

Weekly Schedule

Monday

9.15am Hatha Yoga (Class 1)
10am Art of Painting & Drawing
10am Gardening Group
10.30am Hatha Yoga (Class 2)
1.30pm Smartphones and Devices
2pm Tai Chi / Qigong
5pm Social Fitness
6.30pm Gentle Yoga

Tuesday

9.30am Walking Group
9.30am Introduction to Computers
9.30am Mediterranean Summer Cooking Class
1pm Bridge Club
2.30pm Choir
4.30pm Ukelele
6.15pm Circuit Exercise

Wednesday

9am Ajani Active
9am Live Fit For Men
10am Playgroup
10am Balance, Posture & Stretching
12pm Watercolour Painting for Beginners
2.30pm Meditation
5pm Social Fitness

Thursday

9.30am EmpowerAbility Social Enterprise Skills
10am Onemda Work Skills
10.15am International Women's Group
12.30pm Office Essentials
6.30pm Life Drawing (1st Thursday each month)
7pm Restorative Yoga

Friday

9am Active Ajani
10am Cook with Teta

Saturday

9.30am Applique Guild (4th Saturday each month)
10am Sewing Guild (2nd Saturday each month)
2pm Carer Connections (3rd Saturday each month)
2pm Coloured Threads (2nd Saturday each month)

\$5 trial class

Not sure which class to try?

Our \$5 trial pass lets you try out any of our regular Term classes to see which one suits you best.



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ANH Food Relief Pantry

Donate cans & bottles

Days/hours

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

Donations

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

Christmas can be a particularly challenging time for many families. 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

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.

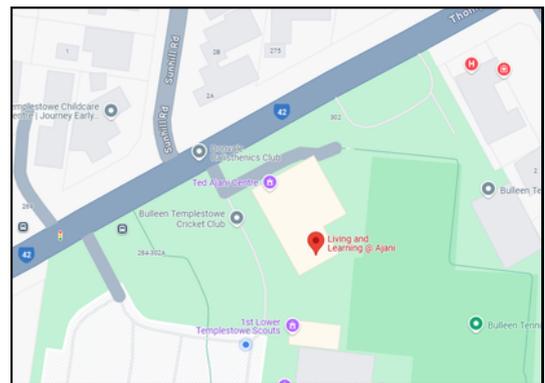
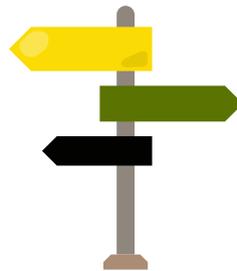
Proceeds go to re-stocking the pantry for those in need.

Find us

2/284 Thompsons Road,
Templestowe Lower VIC 3107

Parking available

Bus: Route 905
Thompsons Rd / Sunhill Rd stop



Thanks to our delivery partners.



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