

# Community Programs Timetable

## Languages

Are you interested to learn a new language, or would you like to refresh your existing French and/or Italian language skills? We invite new students with previous experience to ring us and our Languages Teacher will be in touch for a friendly chat to establish a suitable class. We regularly launch 'Beginners' French and Italian classes – a great foundation for anyone with plans to travel, or for those who enjoy learning something new and are interested in language. Students are required to purchase a textbook (Approx \$40)

### French 2

Day	Date	Time	Cost	Code
Tue	16 July (9 wks*)	9.30-11.00 am	\$194 c\$174	24T3/CP60

\*No class 17/9

### Italian 7

Day	Date	Time	Cost	Code
Thu	18 July (9 wks*)	9.30-11.00 am	\$194 c\$174	24T3/CP61

\*No class 19/9

### Italian Language and Conversation

Day	Date	Time	Cost	Code
Thu	18 July (9 wks*)	11.15 am-12.45 pm	\$194 c\$174	24T3/CP62

\*No class 19/9

### French Language and Conversation

Day	Date	Time	Cost	Code
Thu	18 July (9 wks*)	1.30-3.00 pm	\$194 c\$174	24T3/CP63

\*No class 19/9

## Talking Café – Living Our Best Life

Returning in Term 3 – weekly from 11 am-12 pm at Indulgence Café (Pines Shopping Centre), from Monday 15 July, 2024.

We welcome 60+ year olds who would like to meet for a social chat and good company to join our weekly Talking Café. Simply drop in when you feel like some friendly conversation or to hear about what's happening in our local community. Find us at the table with the Talking Café sign.



**Note: Will not run on Public Holidays and during Term breaks.**

## Important Information

### Office Hours and Term Dates

Our office hours are: 9.00 am–4.00 pm, Monday to Friday. For term dates and course information, please visit our website at [pineslearning.com.au](http://pineslearning.com.au)

### Our Environment

Pines Learning is a Carer Friendly Neighbourhood house. Pines Learning welcomes people with a disability and those facing barriers to participation.



During enrolment, please share if there is anything which would impact on your participation so that we can put support in place.

### Acknowledgement of Country

Pines Learning acknowledges the Wurundjeri people of the Kulin Nations as the traditional custodians of the land on which we work and learn. We pay respect to their elders past, present and emerging.



### Diversity Statement

We respect, value and welcome people of all backgrounds, genders, sexualities, abilities and cultures.



### How to Enrol

Enrolments can be made online at [pineslearning.com.au](http://pineslearning.com.au) or by phone on 9842 6726 or in person at the Centre.

After enrolment is confirmed payment is required. We accept cash, cheque, Eftpos or credit card (Mastercard and Visa only). Concessions are provided for holders of a Health Care Card.

Pines Learning Inc has endorsement as a Deductible Gift Recipient.

## Contact Us



9842 6726



1/520 Blackburn Road Doncaster East VIC 3109 Next to the Pines Shopping Centre



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Pines Learning

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## Community Programs

Term 3:  
15 July – 21 September

# Welcome to Term 3

We offer a range of health, fitness, wellbeing, language and personal development classes. Our classes are offered in an inclusive, modern and comfortable environment by qualified and experienced trainers. We have day and evening classes Monday to Saturday. Bookings are essential for ALL classes as minimum and maximum numbers apply.

Correct footwear is required for all fitness classes. Please bring a towel or blanket and water bottle.

### Illustrating Nature

This class is a wonderful way to learn the art of illustration through the observation and capture of intricate details, patterns, shapes, and colours found in natural objects. A tiny insect, a curled leaf, a colourful flower.

Designed for beginners and intermediate students, and with a focus on Australian plants and invertebrates, this course will teach you skills and develop techniques to create beautiful and accurate drawings using graphite, ink and coloured pencil.

Lessons will include practical demonstrations, step by step methods and group practice time as you are guided through the process of sketching, creating shape, and conveying depth.

Day	Date	Time	Cost	Code
Fri	19 July (1wk)	9.30-11.00 am	FREE	24T3/CP39
Fri	26 July (9 wks)	9.30-11.00 am	\$194 c\$174	24T3/CP40



NEW

### Fundamentals of Digital Photography

This 6-week course run in collaboration with **pkphotography**, is designed to teach you the fundamentals of digital photography with the aim of producing better quality pictures.

Topics include: how a camera sees the world differently to the human eye, basics of camera type and lenses, how to correctly expose an image, working with differing light and how to plan and compose your image.

The course is suitable for beginners or enthusiasts who already have a little knowledge of photography. It doesn't matter what model or type of camera you use, including smartphones, but we ask that you bring your camera to the first session.

Day	Date	Time	Cost	Code
Wed	31 July (6 wks)	7.00-8.30 pm	\$129 c\$116	24T3/CP37



NEW



# Community Programs Timetable

## Health, Fitness and Wellbeing

### Strong People Stay Young

Build strength, tone your muscles, and improve your cardio and balance with this low impact class. Keep fit and healthy working with light arm and leg weights and resistance bands – suitable for all fitness levels.

*\*\*Chair based, no floor work*

Day	Date	Time	Cost	Code
Mon	15 July** (10 wks)	4.15-5.15 pm	\$128 c\$115	24T3/CP01
Tue	16 July (10 wks)	9.15-10.15 am	\$128 c\$115	24T3/CP02
Tue	16 July (10 wks)	10.30-11.30 am	\$128 c\$115	24T3/CP03
Tue	16 July (1 wk)	4.15-5.15 pm	FREE	24T3/CP04
Tue	23 July (9 wks)	4.15-5.15 pm	\$115 c\$104	24T3/CP05
Fri	19 July (10 wks)	9.15-10.15 am	\$128 c\$115	24T3/CP06

### Belly Dance

There are no rules for enjoying Belly Dance. Age, weight, height have no bearing on the fact that you can exercise your whole body, within your own limitations and greatly improve all your muscles while strengthening your core and having great fun.

Day	Date	Time	Cost	Code
Mon	15 July (10 wks)	10.30-11.30 am	\$128 c\$115	24T3/CP07

### Pilates

Strengthen your lower back and deep abdominal muscles to provide support to the spine. As core stability improves, smaller muscles become better able to support tendons and joints. Bands, mini balls and sometimes light hand weights are used. All accessories are optional and your instructor will advise if and when needed.

Day	Date	Time	Cost	Code
Mon	15 July (10 wks)	9.15 -10.15 am	\$128 c\$115	24T3/CP08
Sat	20 July (10 wks)	10.30-11.30 am	\$128 c\$115	24T3/CP09

### Tai Chi for Wellbeing

Tai Chi is a low impact exercise class designed to help develop strength, balance and improve mobility and flexibility. Tai Chi can assist with joint stiffness and pain, improve concentration, and promote relaxation.

Day	Date	Time	Cost	Code
Mon	15 July (1 wk)	12.15-1.15 pm	FREE	24T3/CP10
Mon	22 July (9 wks)	12.15-1.15 pm	\$115 c\$104	24T3/CP11

### Tai Chi and Qi Gong Combo

Yang Tai Chi and Qi Gong are gentle forms of exercise, suitable for all ages. They work in harmony as a 'moving meditation' to harmonise, strengthen and have healing effects on the function of internal organs and bodily systems. Great for the management of joint stiffness/pain, blood pressure, increased flexibility and improved balance and posture.

Day	Date	Time	Cost	Code
Thu	18 July (10 wks)	11.45 am-12.45 pm	\$128 c\$115	24T3/CP12

## Health, Fitness and Wellbeing

### Get Fit and Tone

This invigorating and uplifting class will have you moving to tone, strengthen and engage your whole body. Cardio, Pilates and low impact exercises with weights and fit balls will increase your endurance and fitness level. This energetic class is suited to active participants.

Day	Date	Time	Cost	Code
Tue	16 July (10 wks)	2.00-3.00 pm	\$128 c\$115	24T3/CP13
Wed	17 July (1 wk)	11.00 am-12.00 pm	FREE	24T3/CP14
Wed	24 July (9 wks)	11.00 am-12.00 pm	\$115 c\$104	24T3/CP15

### Yoga and Pilates

Pilates combined with Yoga postures will improve your strength, flexibility and energy levels. Strengthening your core will improve your posture, self-confidence, muscle tone and bone density.

Day	Date	Time	Cost	Code
Mon	15 July (10 wks)	6.15-7.15 pm	\$128 c\$115	24T3/CP16
Tue	16 July (10 wks)	9.15-10.15 am	\$128 c\$115	24T3/CP17
Tue	16 July (1 wk)	6.30-7.30 pm	FREE	24T3/CP18
Tue	23 July (9 wks)	6.30-7.30 pm	\$115 c\$104	24T3/CP19
Thu	18 July (10 wks)	9.00-10.00 am	\$128 c\$115	24T3/CP20
Fri	19 July (10 wks)	9.15-10.15 am	\$128 c\$115	24T3/CP21



## PEACHES

### Program for Carers

*We are pleased to offer a range of FREE activities and events to engage and support our local Carers. Speak to reception or visit our website for details.*

### Yoga

Yoga is a holistic approach to health and wellbeing. Working with postures, stretches, breathing and relaxation techniques, learn to gain control of your life, become calm and improve your physical and emotional health. Suitable for all age groups and fitness levels.

Day	Date	Time	Cost	Code
Tue	16 July (10 wks)	10.30-11.30 am	\$128 c\$115	24T3/CP24
Wed	17 July (10 wks)	9.30-10.30 am	\$128 c\$115	24T3/CP25
Wed	17 July (1 wk)	6.00-7.00 pm	FREE	24T3/CP26
Wed	24 July (9 wks)	6.00-7.00 pm	\$115 c\$104	24T3/CP27
Thu	18 July (10 wks)	10.15-11.30 am	\$160 c\$144	24T3/CP28
Thu	18 July (10 wks)	7.00-8.00 pm	\$128 c\$115	24T3/CP29
Sat	20 July (10 wks)	9.15-10.15 am	\$128 c\$115	24T3/CP30

### Seated Strength Training

Led by our experienced Exercise Trainer/Myotherapist and using hand weights, resistance bands and light Pilates balls, this seated class promotes stronger bones, improves range of motion, enhances heart health, and greater balance, mobility, flexibility, confidence and vitality. Great for those recovering from injury, have limited mobility, or as a gentle but effective return to exercise.

Day	Date	Time	Cost	Code
Mon	15 July (10 wks)	3.00-4.00 pm	\$128 c\$115	24T3/CP32

## Health, Fitness and Wellbeing

### Chair Yoga

Experience the benefits of yoga from the comfort of your chair and improve mobility in a way that is gentle and supportive. Activate muscles and find length through your spine for better posture and energy flow. Great for injury recovery or as a safe return to exercise.

Day	Date	Time	Cost	Code
Tue	16 July (10 wks)	12.00-1.00 pm	\$128 c\$115	24T3/CP22

### Barre Class

Barre is a low impact, toning and functional training session that whispers exercise and shouts fun. Using chairs, Pilates balls and light weights this option laden class will leave you feeling energised and happy. No experience required and suited to all levels of fitness.

Day	Date	Time	Cost	Code
Wed	17 July (10 wks)	12.15-1.15 pm	\$128 c\$115	24T3/CP23

### Zumba Gold®

Unleash the joy of movement and boost your stamina! Our invigorating class is designed for the active older adult, true beginner, or people who have not exercised for a while. Zumba Gold is low intensity, moderately paced and lots of fun.

Day	Date	Time	Cost	Code
Fri	19 July (10 wks)	10.30-11.30 am	\$128 c\$115	24T3/CP31

### Ageless Grace

In this 100% seated class, enjoy 45-minutes of fun, laughter and music. Ageless Grace is a brain health fitness program that keeps you moving and thinking through the power of play. Simple and fun movements allows the opportunity to engage at your own pace and ability while exercising the 5 primary functions of the brain. Laughter and joy guaranteed!

Day	Date	Time	Cost	Code
Tue	16 July (1 wk)	3.15-4.00 pm	FREE	24T3/CP33
Tue	23 July (9wks)	3.15-4.00 pm	\$85 c\$77	24T3/CP34

### Nutrition for Wellness in Perimenopause and Menopause - Put Yourself in the Driver's Seat!

FREE

Aligning with Women's Health Week 2024, this informative wellbeing event will explore essential dietary strategies and nutritional tips to support women through these significant life stages. Whether you are currently experiencing perimenopause or menopause, or simply want to be prepared for the future, this session will provide valuable insights and practical advice.

This session will cover: Understanding Perimenopause and Menopause, Key Nutrients for Hormonal Balance, Dietary Strategies, Managing Symptoms Through Nutrition, Bone Health, Healthy Eating Habits and an Interactive Q&A session.

Don't miss this opportunity to enhance your knowledge and take proactive steps toward better health and wellness during perimenopause and menopause.

## Lifestyle

### Social Connections for Adults (18+)

This is a fun, weekly get-together for people with medium-high intellectual disabilities to enjoy each other's company whilst developing communication and interpersonal skills in a relaxed and welcoming environment. The activities include board games, discussions, movies, cooking, plus much more. Open to adults 18 years and over. Carers and support workers welcome to attend and may be required to stay.

Day	Date	Time	Cost	Code
Wed	17 July (10 wks)	7.00-9.00 pm	\$150	24T3/CP36

### Critical Thinking Skills – Cognitive Biases and Logical Fallacies

The ability to think and reason logically is a uniquely human trait, yet we don't always apply these skills to their greatest advantage. This session will help you recognise two of the most common hurdles in critical thinking, and having an awareness will empower you with the first important steps to improving your critical thinking skills.

This session is the result of extensive research conducted by Dr Paul Kertes and follows 'Is it True?' delivered in Term 1 (Attendance at 'Is it True?' is not a prerequisite).



Day	Date	Time	Cost	Code
Thu	1 Aug (1 wk)	2.30-3.30 pm	\$12	24T3/CP41



Day	Date	Time	Cost	Code
Thu	5 Sep (1 wk)	2.30-3.30 pm	FREE	24T3/CP38

