

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

French 1

| Day | Date | Time | Cost | Code |
|-----|----------------|---------------|--------------|-----------|
| Tue | 30 Jan (9 wks) | 9.30-11.00 am | \$194 c\$174 | 24T1/CP60 |

Italian 6

| Day | Date | Time | Cost | Code |
|-----|----------------|---------------|--------------|-----------|
| Thu | 1 Feb* (8 wks) | 9.30-11.00 am | \$172 c\$155 | 24T1/CP61 |

*No class 14 Mar

Italian Language and Conversation

| Day | Date | Time | Cost | Code |
|-----|----------------|-------------------|--------------|-----------|
| Thu | 1 Feb* (8 wks) | 11.15 am-12.45 pm | \$172 c\$155 | 24T1/CP62 |

*No class 14 Mar

French 8

| Day | Date | Time | Cost | Code |
|-----|----------------|--------------|--------------|-----------|
| Thu | 1 Feb* (8 wks) | 1.30-3.00 pm | \$172 c\$155 | 24T1/CP63 |

*No class 14 Mar

Talking Café – Living Our Best Life

Returning in Term 1 – weekly from 11 am-12 pm at Indulgence Café (Pines Shopping Centre), from Monday 29 Jan, 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

Our Environment

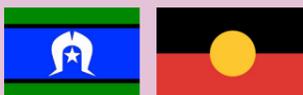
Pines Learning is a Carer Friendly Neighbourhood house. Pines Learning welcomes people with a disability and those facing barriers to participation.



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 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
- Follow us on Facebook and Instagram
- Subscribe to our YouTube channel

www.manninghamlearns.com
Facebook/Manningham-Learns.com



Pines Learning

think ▶ grow ▶ evolve ▶ relax

www.pineslearning.com.au



Community Programs

Term 1:
29 January – 28 March

Welcome to Term 1

No Classes: Mon 11 March (Labour Day)

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.



Self-Care Sunday - Welcome the Day

This Yoga and Pilates class is the perfect way to gently start your Sunday morning! You will focus on core strength, muscle tone and bone density while postures will improve your flexibility, stamina and energy levels. Finish with stretches and relaxation techniques to calm the mind. Refreshments are included for a chance to meet others for a friendly chat.

Note: Enrolment into either Welcome the Day or Invigorate and Charge

| Day | Date | Time | Cost | Code |
|-----|---------------|---------------|------|-----------|
| Sun | 4 Feb (4 wks) | 9.00-10.00 am | FREE | 24T1/CP41 |



Self-Care Sunday - Invigorate and Charge

Get amped, energised and ready for the coming week! Set to feel-good music, this active class will strengthen, tone, improve your cardio, bone density and balance. Refreshments are included for a chance to meet others

| Day | Date | Time | Cost | Code |
|-----|---------------|----------------|------|-----------|
| Sun | 4 Feb (4 wks) | 10.30-11.30 am | FREE | 24T1/CP42 |

Strum and Sing – Learn to Play the Ukulele!

Join our performing arts teacher, Emma, who comes with 25 years teaching experience to learn to play the Ukelele. This small class is all about gathering people together to enjoy the pleasure of making music in a fun, warm and supportive environment. Learn to read lyrics and ukulele chords for songs across all genres including how to look after and tune the instrument. The group will determine the pace of the program and no prior experience is required. Students enrolling in the paid term will be required to bring their own instrument and tuner (an investment of approx. \$60).

No equipment is required for the Free Come and Try Class.

| Day | Date | Time | Cost | Code |
|-----|---------------|---------------|-------|-----------|
| Wed | 31 Jan (1 wk) | 9.30-10.30 am | FREE | 24T1/CP48 |
| Wed | 7 Feb (1 wk) | 9.30-10.30 am | \$116 | 24T1/CP49 |



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 |
|-----|------------------|----------------|--------------|-----------|
| Tue | 30 Jan (9 wks) | 9.15-10.15 am | \$115 c\$104 | 24T1/CP01 |
| Tue | 30 Jan (9 wks) | 10.30-11.30 am | \$115 c\$104 | 24T1/CP02 |
| Wed | 31 Jan** (9 wks) | 4.30-5.30 pm | \$115 c\$104 | 24T1/CP03 |
| Fri | 2 Feb (8 wks) | 9.15-10.15 am | \$102 c\$92 | 24T1/CP04 |
| Fri | 2 Feb** (8 wks) | 10.30-11.30 am | \$102 c\$92 | 24T1/CP05 |



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 | 29 Jan (8 wks) | 10.30-11.30 am | \$102 c\$92 | 24T1/CP06 |

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 | 30 Jan (9 wks) | 12.00-1.00 pm | \$115 c\$104 | 24T1/CP22 |

Yoga

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

| Day | Date | Time | Cost | Code |
|-----|----------------|----------------|--------------|-----------|
| Mon | 29 Jan (1 wk) | 3.15-4.15 pm | FREE | 24T1/CP23 |
| Mon | 5 Feb (7 wks) | 3.15-4.15 pm | \$90 c\$81 | 24T1/CP24 |
| Tue | 30 Jan (9 wks) | 10.30-11.30 am | \$115 c\$104 | 24T1/CP25 |
| Wed | 31 Jan (9 wks) | 9.30-10.30 am | \$115 c\$104 | 24T1/CP26 |
| Wed | 31 Jan (1 wk) | 5.45-6.45 pm | FREE | 24T1/CP27 |
| Wed | 7 Feb (8 wks) | 5.45-6.45 pm | \$102 c\$92 | 24T1/CP28 |
| Thu | 1 Feb (9 wks) | 10.15-11.30 am | \$146 c\$131 | 24T1/CP29 |
| Thu | 1 Feb (9 wks) | 7.00-8.00 pm | \$115 c\$104 | 24T1/CP30 |
| Sat | 3 Feb (1 wk) | 9.15-10.15 am | FREE | 24T1/CP31 |
| Sat | 10 Feb (7 wks) | 9.15-10.15 am | \$90 c\$81 | 24T1/CP32 |

Health, Fitness and Wellbeing

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 | 29 Jan (8 wks) | 6.15-7.15 pm | \$102 c\$92 | 24T1/CP17 |
| Tue | 30 Jan (9 wks) | 9.15-10.15 am | \$115 c\$104 | 24T1/CP18 |
| Tue | 30 Jan (9 wks) | 6.30-7.30 pm | \$115 c\$104 | 24T1/CP19 |
| Thu | 1 Feb (9 wks) | 9.00-10.00 am | \$115 c\$104 | 24T1/CP20 |
| Fri | 2 Feb (8 wks) | 9.15-10.15 am | \$102 c\$92 | 24T1/CP21 |

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 | 29 Jan (1 wk) | 9.15 -10.15 am | FREE | 24T1/CP07 |
| Mon | 5 Feb (7 wks) | 9.15 -10.15 am | \$90 c\$81 | 24T1/CP08 |
| Sat | 3 Feb (8 wk) | 10.30-11.30 am | \$102 c\$92 | 24T1/CP09 |

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 |
|-----|----------------|----------------|--------------|-----------|
| Wed | 31 Jan (9 wks) | 3.15-4.15 pm | \$115 c\$104 | 24T1/CP37 |
| Fri | 2 Feb (1 wk) | 11.45-12.45 pm | FREE | 24T1/CP38 |
| Fri | 9 Feb (7 wks) | 11.45-12.45 pm | \$90 c\$81 | 24T1/CP39 |

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 | 29 Jan (1 wk) | 12.15-1.15 pm | FREE | 24T1/CP10 |
| Mon | 5 Feb (7 wks) | 12.15-1.15 pm | \$90 c\$81 | 24T1/CP11 |

Tai Chi and Qi Gong Combo

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 | 1 Feb (1 wk) | 11.45 am-12.45 pm | FREE | 24T1/CP12 |
| Thu | 8 Feb (8 wks) | 11.45 am-12.45 pm | \$102 c\$92 | 24T1/CP13 |

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

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

***No class Wednesday 31 Jan**

| Day | Date | Time | Cost | Code |
|-----|----------------|-------------------|--------------|-----------|
| Tue | 30 Jan (9 wks) | 2.00-3.00 pm | \$115 c\$104 | 24T1/CP14 |
| Wed | 7 Feb* (8 wks) | 11.00 am-12.00 pm | \$102 c\$92 | 24T1/CP15 |

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.

***No class Wednesday 31 Jan**

| Day | Date | Time | Cost | Code |
|-----|----------------|---------------|-------------|-----------|
| Wed | 7 Feb* (8 wks) | 12.15-1.15 pm | \$102 c\$92 | 24T1/CP36 |

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 | 2 Feb (1 wk) | 10.30-11.30 am | FREE | 24T1/CP33 |
| Fri | 9 Feb (7 wks) | 10.30-11.30 am | \$90 c\$81 | 24T1/CP34 |

Lifestyle

Art Therapy for Wellbeing – Workshop for Men (25 to 50 years-old)

Art as a therapy offers an opportunity enabling men to forge a deeper connection within themselves and acquire essential coping mechanisms to navigate life's challenges. This hour long, 4-session course will explore art to access thoughts and emotions, support and calm the nervous system, promote self-expression and deal with painful memories - all in a welcoming, relaxing, and non-confrontational class.

Taking Expressions of Interest. Please contact Reception to go on our waitlist.



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 | 7 Feb (8 wks) | 7.00-9.00 pm | \$120 | 24T1/CP46 |

Thai Chicken Larb Salad – Cooking Class

Thai Chicken Larb Salad is a celebration of fresh flavours and textures. The perfect balance of sweet, savoury, sour and spiciness with aromatic herbs and the fresh crunch from lettuce. Utterly addictive!

| Day | Date | Time | Cost | Code |
|-----|---------------|----------------|------|-----------|
| Tue | 19 Mar (1 wk) | 10.00-11.30 am | \$28 | 24T1/CP45 |



Is it True? How to Assess the Veracity of Information You Hear or Read

Come and share two thought provoking and topical afternoons as Dr Paul Kertes outlines his 6-point approach to assessing information available in the public sphere for its accuracy and bias.

The talk, over two sessions, will cover:

- A summary of the problem
- Definitions and types of 'truth'
- Opinion versus belief versus argument
- Related topics such as spin, polls and surveys, conspiracy thinking and the problematic 'do your own research' trend
- Quantifying facts and evidence

This keynote is the result of experience and research borne from three decades in medicine and medical research, training in critical thinking, and an interest in philosophy of mind.

| Day | Date | Time | Cost | Code |
|-----|--------------------------|--------------|------|-----------|
| Thu | 28 Feb and 6 Mar (2 wks) | 2.00-3.00 pm | FREE | 24T1/CP47 |

