

# 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 3

Day	Date	Time	Cost	Code
Tue	28 Jan (10 wks)	9.30-11.00 am	\$225 c\$203	25T1/CP60

### Italian 8

Day	Date	Time	Cost	Code
Tue	28 Jan (10 wks)	11:15 am-12:45 pm	\$225 c\$203	25T1/CP61

### Italian Language and Conversation

Day	Date	Time	Cost	Code
Tue	28 Jan (10 wks)	1:15-2:30 pm	\$190 c\$171	25T1/CP62

### French Language and Conversation

Day	Date	Time	Cost	Code
Tue	28 Jan (10 wks)	2:45-4:00 pm	\$190 c\$171	25T1/CP63

## Talking Café – Living Our Best Life

Returning in Term 1 – weekly from 11 am-12 pm at Indulgence Café (Pines Shopping Centre), from Monday 20 January, 2025.

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

[www.manninghamlearns.com](http://www.manninghamlearns.com)  
Facebook/Manningham-Learns.com



**Pines Learning**

think ▶ grow ▶ evolve ▶ relax

[www.pineslearning.com.au](http://www.pineslearning.com.au)



## Community Programs

**Term 1:**  
28 Jan – 5 April

# Welcome to Term 1

Mon 10 March Labour Day Public Holiday

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.*

### The Thrive Program - FREE

Introducing The Thrive Program - an empowering program of self-discovery and reconnection with community.

"Thrive" will foster a supportive community of like-minded women on the shared path to personal growth and fulfillment, and a life filled with purpose, positivity, and authentic connections.

This FREE 5-session program is designed specifically for women aged 60+ (living in Manningham) who are ready to embrace the next chapter of their lives with confidence, clarity, and purpose.

Our aim is to empower participants to connect with true self, strengthen bonds within the local Manningham community and cultivate a deeper sense of belonging and fulfillment.

We are currently taking expressions of interest and invite eligible participants to apply. Please contact Reception on 9842 6726 or complete the online enquiry form.



Day	Date	Time	Cost	Code
Tue	4 Mar (5 wk)	10.00 am-12.30 pm	FREE	25T1/CP43(mc2)

MC<sup>2</sup>

### Feel Good Dance Fit!

Feel the joy of movement in a lively 1-hour class that blends Latin, Rock 'n Roll, Jive and other dance genres into simple, energizing routines. With easy-to-follow steps, you'll work up a sweat, uplift your mood, and dance your way to fitness! Perfect for all levels, this class is all about having fun while getting fit.

NEW



Day	Date	Time	Cost	Code
Tue	28 Jan (1 wk)	3.15-4.15 pm	FREE	25T1/CP37
Tue	4 Feb (9 wks)	3.15-4.15 pm	\$122 c\$109	25T1/CP38

## 2025 KEEP ACTIVE HOLIDAY PROGRAM

**BOOK NOW!**

Manningham  
Learns





# 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.

**\*\*No floor work \*Occasional (optional) floor work - mat provided**

Day	Date	Time	Cost	Code
Mon	3 Feb** (8 wks)	4.15-5.15 pm	\$108 c\$97	25T1/CP01
Tue	28 Jan* (10 wks)	9.15-10.15 am	\$135 c\$122	25T1/CP02
Tue	28 Jan* (10 wks)	10.30-11.30 am	\$135 c\$122	25T1/CP03
Tue	28 Jan** (10 wks)	4.30-5.30 pm	\$135 c\$122	25T1/CP04
Fri	31 Jan* (10 wks)	9.15-10.15 am	\$135 c\$122	25T1/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	3 Feb (8 wks)	10.30-11.30 am	\$108 c\$97	25T1/CP06

### 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	3 Feb (8 wks)	9.15-10.15 am	\$108 c\$97	25T1/CP07
Thu	30 Jan (1 wk)	1.00-2.00 pm	FREE	25T1/CP08
Thu	6 Feb (9 wks)	1.00-2.00 pm	\$122 c\$109	25T1/CP09
Sat	1 Feb (10 wks)	10.30-11.30 am	\$135 c\$122	25T1/CP10

### Yang Tai Chi

Yang-style Tai Chi is well known for its slow, gentle and expansive movements. This low impact class is designed to help develop strength, balance and improve mobility and flexibility. It will also assist with joint stiffness and pain, improve concentration, and promote relaxation.

NEW

Day	Date	Time	Cost	Code
Mon	3 Feb (1 wk)	12.30-1.30 pm	FREE	25T1/CP12
Mon	10 Feb (7 wks)	12.30-1.30 pm	\$95 c\$85	25T1/CP13

### 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	30 Jan (10 wks)	11.45 am-12.45 pm	\$135 c\$122	25T1/CP11

## 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 on 29/1**

Day	Date	Time	Cost	Code
Tue	28 Jan (10 wks)	2.00-3.00 pm	\$135 c\$122	25T1/CP14
Wed	5 Feb (1 wk)	11.00 am-12.00 pm	FREE	25T1/CP15
Wed	12 Feb (8 wks*)	11.00 am-12.00 pm	\$108 c\$97	25T1/CP16

### 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	28 Jan (10 wks)	12.00-1.00 pm	\$135 c\$122	25T1/CP17
Fri	31 Jan (1 wk)	10.30-11.30 am	FREE	25T1/CP18
Fri	7 Feb (9 wks)	10.30-11.30 am	\$122 c\$109	25T1/CP19

### 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	3 Feb (8 wks)	6.15-7.15 pm	\$108 c\$97	25T1/CP20
Tue	28 Jan (10 wks)	9.15-10.15 am	\$135 c\$122	25T1/CP21
Tue	28 Jan (10 wks)	6.30-7.30 pm	\$135 c\$122	25T1/CP22
Thu	30 Jan (10 wks)	9.00-10.00 am	\$135 c\$122	25T1/CP23
Fri	31 Jan (10 wks)	9.15-10.15 am	\$135 c\$122	25T1/CP24

### 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	28 Jan (10 wks)	10.30-11.30 am	\$135 c\$122	25T1/CP25
Wed	29 Jan (10 wks)	9.30-10.30 am	\$135 c\$122	25T1/CP26
Wed	29 Jan (1 wk)	6.00-7.00 pm	FREE	25T1/CP27
Wed	5 Feb (9 wks)	6.00-7.00 pm	\$122 c\$109	25T1/CP28
Thu	30 Jan (10 wks)	10.15-11.30 am	\$175 c\$150	25T1/CP29
Thu	30 Jan (10 wks)	7.00-8.00 pm	\$135 c\$122	25T1/CP30
Sat	1 Feb (10 wks)	9.15-10.15 am	\$135 c\$122	25T1/CP31

### 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 on 29/1**

Day	Date	Time	Cost	Code
Wed	5 Feb (9 wks)	12.15 am-1.15 pm	\$122 c\$109	25T1/CP32

## Health, Fitness and Wellbeing

### 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	3 Feb (8 wks)	3.00-4.00 pm	\$108 c\$97	25T1/CP33

### 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
Tue	28 Jan (1 wk)	12.00-1.00 pm	FREE	25T1/CP34
Tue	4 Feb (9 wks)	12.00-1.00 pm	\$122 c\$109	25T1/CP35
Fri	31 Jan (10 wks)	10.30-11.30 am	\$135 c\$122	25T1/CP36

## Keep Active Holiday Program

We're pleased to announce the return of our Keep Active Holiday Program to stay engaged and keep fit and healthy over the January Holiday Break. Join us for **Introduction to Illustration, Yoga, Yoga and Pilates, Pilates, Chair Yoga, Strong People Stay Young and Tai Chi / Qi Gong Combo.**



## Lifestyle

### 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. With a focus on Australian plants, birds and invertebrates, this course will teach you skills and 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 to sketch, create shape, and convey depth. For new students, our Introduction to Illustration 'taster' is the perfect pathway into this class.

Day	Date	Time	Cost	Code
Fri	31 Jan (10 wks)	9.30-11.00 am	\$202 c\$182	25T1/CP40
Fri	31 Jan (1 wk)	11.00 am -12.30 pm	FREE	25T1/CP41
Fri	7 Feb (9 wks)	11.00 am -12.30 pm	\$181 c\$163	25T1/CP42

## 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	29 Jan (10 wks)	7.00-9.00 pm	\$160	25T1/CP49

### Understanding Heart Health and Cardiovascular Disease

Back by popular demand, this session is a must attend! Cardiologist Dr Paul Kertes, will explain in lay terms exactly what 'heart disease' and 'heart attack' means, how and why they happen, what the main risk factors are and, most importantly, healthy behaviours to best minimize risks.

Day	Date	Time	Cost	Code
Thu	6 Mar (1 wk)	2.30-4.30 pm	\$10	25T1/CP39



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.

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### Walks for Carers: Neighbourhood Carers Club

Join our energising walking group and enjoy good company and fresh air, in a brisk 50-minute local walk plus guest speakers will be invited to some Walks.

Day	Date	Time	Cost	Code
Wed	5 Feb (1 wk)	2.00-3.00 pm	FREE	25T1/CP46
Wed	5 Mar (1 wk)	2.00-3.00 pm	FREE	25T1/CP47
Wed	2 Apr (1 wk)	2.00-3.00 pm	FREE	25T1/CP48

### Modern Qi Gong for Carers

This calming class for Caregivers is all about slow stretches, gentle flowing movements, restoration, breath-work, attention to the body, mindfulness, visualisation and the sensation of Qi - the feeling of aliveness within. This practice will support the body, uplift the mind, and elevate the spirit.

Day	Date	Time	Cost	Code
Fri	31 Jan (10 wks)	11.45 am-12.45 pm	FREE	25T1/CP44

### Voice Play for Carers

Voice Play offers a fun and gentle way to explore voice to improve health, develop resilience, and sustain deep wellbeing. Join Deb, Singer and Holistic Voice Practitioner in this playful session to explore how to use voice and sound in a therapeutic way to expand energy, achieve deep relaxation and improve emotional and physical health.

Day	Date	Time	Cost	Code
Thu	13 Feb (1 wk)	2.30-3.30 pm	FREE	25T1/CP45

