

# 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 Apr (11 wks) | 9.30-11.00 am | \$237 c\$213 | 24T2/CP60 |

### Italian 7

| Day | Date            | Time          | Cost         | Code      |
|-----|-----------------|---------------|--------------|-----------|
| Thu | 18 Apr (10 wks) | 9.30-11.00 am | \$215 c\$194 | 24T2/CP61 |

### Italian Language and Conversation

| Day | Date            | Time              | Cost         | Code      |
|-----|-----------------|-------------------|--------------|-----------|
| Thu | 18 Apr (10 wks) | 11.15 am-12.45 pm | \$215 c\$194 | 24T2/CP62 |

### French Language and Conversation

| Day | Date            | Time         | Cost         | Code      |
|-----|-----------------|--------------|--------------|-----------|
| Thu | 18 Apr (10 wks) | 1.30-3.00 pm | \$215 c\$194 | 24T2/CP63 |

## Talking Café – Living Our Best Life

Returning in Term 2 – weekly from 11 am-12 pm at Indulgence Café (Pines Shopping Centre), from Monday 15 April, 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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think ▶ grow ▶ evolve ▶ relax

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



## Community Programs

Term 2:  
15 April – 29 June

# Welcome to Term 2

No Classes: Thu 25 Apr (ANZAC Day) and Mon 10 Jun (King's Birthday)

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.*

### Power Hour

Brand new class to complement our Strong People Stay Young class, or as a fantastic alternative. Enjoy increasing your strength, bone density, balance and tone, and stay motivated to energising music and the joyful camaraderie of group exercise.

| Day | Date          | Time         | Cost         | Code      |
|-----|---------------|--------------|--------------|-----------|
| Wed | 24 Apr (1 wk) | 8.00-9.00 am | FREE         | 24T2/CP37 |
| Wed | 1 May (9 wks) | 8.00-9.00 am | \$115 c\$104 | 24T2/CP38 |
| Thu | 2 May (1 wk)  | 5.30-6.30 pm | FREE         | 24T2/CP39 |
| Thu | 9 May (8 wks) | 5.30-6.30 pm | \$102 c\$92  | 24T2/CP40 |



### 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!

*\*No class 7/5 14/5*

| Day | Date            | Time         | Cost       | Code      |
|-----|-----------------|--------------|------------|-----------|
| Tue | 16 Apr (1 wk)   | 3.15-4.00 pm | FREE       | 24T2/CP41 |
| Tue | 23 Apr (8 wks)* | 3.15-4.00 pm | \$76 c\$69 | 24T2/CP42 |





# 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  
\* No Class on 22/4

| Day | Date              | Time           | Cost         | Code      |
|-----|-------------------|----------------|--------------|-----------|
| Mon | 15 Apr** (9 wks)* | 4.15-5.15 pm   | \$115 c\$104 | 24T2/CP01 |
| Tue | 16 Apr (11 wks)   | 9.15-10.15 am  | \$141 c\$127 | 24T2/CP02 |
| Tue | 16 Apr (11 wks)   | 10.30-11.30 am | \$141 c\$127 | 24T2/CP03 |
| Fri | 19 Apr (11 wks)   | 9.15-10.15 am  | \$141 c\$127 | 24T2/CP04 |
| Fri | 19 Apr** (11 wks) | 10.30-11.30 am | \$141 c\$127 | 24T2/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 | 15 Apr (10 wks) | 10.30-11.30 am | \$128 c\$115 | 24T2/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 | 15 Apr (10 wks) | 9.15 -10.15 am | \$128 c\$115 | 24T2/CP07 |
| Sat | 20 Apr (11 wks) | 10.30-11.30 am | \$141 c\$127 | 24T2/CP08 |

### 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      |
|-----|-----------------|----------------|--------------|-----------|
| Tue | 16 Apr (11 wks) | 10.30-11.30 am | \$141 c\$127 | 24T2/CP25 |
| Wed | 17 Apr (11 wks) | 9.30-10.30 am  | \$141 c\$127 | 24T2/CP26 |
| Wed | 17 Apr (1 wk)   | 5.45-6.45 pm   | FREE         | 24T2/CP27 |
| Wed | 24 Apr (10 wks) | 5.45-6.45 pm   | \$128 c\$115 | 24T2/CP28 |
| Thu | 18 Apr (10 wks) | 10.15-11.30 am | \$160 c\$144 | 24T2/CP29 |
| Thu | 18 Apr (10 wks) | 7.00-8.00 pm   | \$128 c\$115 | 24T2/CP30 |
| Sat | 20 Apr (11 wks) | 9.15-10.15 am  | 141 c\$127   | 23T4/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 | 15 Apr (10 wks) | 6.15-7.15 pm  | \$128 c\$115 | 24T2/CP17 |
| Tue | 16 Apr (11 wks) | 9.15-10.15 am | \$141 c\$127 | 24T2/CP18 |
| Tue | 16 Apr (11 wks) | 6.30-7.30 pm  | \$141 c\$127 | 24T2/CP19 |
| Thu | 18 Apr (10 wks) | 9.00-10.00 am | \$128 c\$115 | 24T2/CP20 |
| Fri | 19 Apr (11 wks) | 9.15-10.15 am | \$141 c\$127 | 24T2/CP21 |

### 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 Apr (11 wks) | 12.00-1.00 pm | \$141 c\$127 | 24T2/CP22 |

### Latin Mix Dance

Join our fun exercise dance class to Latin Music using a combination of Latin Steps. Concentrating on direction, balance, co-ordination and movement, you'll be amazed at your dance style! Beginners welcome.

\* No Class on 23/4

| Day | Date            | Time         | Cost         | Code      |
|-----|-----------------|--------------|--------------|-----------|
| Tue | 16 Apr (1 wk)   | 4.30-5.30 pm | FREE         | 24T2/CP43 |
| Tue | 30 Apr (9 wks)* | 4.30-5.30 pm | \$115 c\$104 | 24T2/CP44 |



RETURNING

### 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.

\* No Class on 22/4

| Day | Date            | Time           | Cost         | Code      |
|-----|-----------------|----------------|--------------|-----------|
| Mon | 15 Apr (1 wk)   | 3.00-4.00 pm   | FREE         | 24T2/CP34 |
| Mon | 29 Apr (8 wks)* | 3.00-4.00 pm   | \$102 c\$92  | 24T2/CP35 |
| Fri | 19 Apr (11 wks) | 11.45-12.45 pm | \$141 c\$127 | 24T2/CP36 |

## 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 Apr (11 wks) | 2.00-3.00 pm      | \$141 c\$127 | 24T2/CP15 |
| Wed | 17 Apr (11 wks) | 11.00 am-12.00 pm | \$141 c\$127 | 24T2/CP16 |

### 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 Apr (1 wk)   | 12.15-1.15 pm | FREE         | 24T2/CP23 |
| Wed | 24 Apr (10 wks) | 12.15-1.15 pm | \$128 c\$115 | 24T2/CP24 |

### 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 Apr (11 wks) | 10.30-11.30 am | \$141 c\$127 | 24T2/CP33 |

### 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 Apr (10 wks) | 12.15-1.15 pm | \$128 c\$115 | 24T2/CP10 |

### Tai Chi (Beginners) 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.

\*No class 9/5 16/5 23/5

| Day | Date           | Time              | Cost       | Code      |
|-----|----------------|-------------------|------------|-----------|
| Thu | 18 Apr (1 wk)  | 11.45 am-12.45 pm | FREE       | 24T2/CP11 |
| Thu | 2 May (6 wks*) | 11.45 am-12.45 pm | \$77 c\$69 | 24T2/CP12 |



## 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 Apr (11 wks) | 7.00-9.00 pm | \$165 | 24T2/CP47 |

### Yellow Curry Fried Rice – Cooking Class

This tasty and satisfying curry fried rice is made with fragrant yellow curry powder, fresh vegetables, tender chicken, and jasmine rice. It's bold, aromatic, full of flavour, and tastes so delicious. Join us for this joyful cooking class. Places are limited, so don't miss out!

| Day | Date          | Time           | Cost | Code      |
|-----|---------------|----------------|------|-----------|
| Tue | 11 Jun (1 wk) | 10.00-11.30 am | \$28 | 24T2/CP46 |



NEW

### Understanding Dementia

Almost 1 in 12 people over 65 have dementia in Australia and as we age this number increases substantially. It's important to remember dementia is not a normal part of ageing, and lifestyle changes like physical activity, mental stimulation, a healthy diet, and good social connections can all help reduce risk and improve outcomes. This session explains what dementia is, its causes, signs and symptoms as well as how to reduce the risks.

Free hearing tests will be available from 1.30-2.30 pm & from 3.30-4.00 pm. Contact reception to book.

Supported by Bolton Clarke and Hearing Australia



FREE

| Day | Date           | Time         | Cost | Code      |
|-----|----------------|--------------|------|-----------|
| Thu | 20 Jun (1 wks) | 2.30-3.30 pm | FREE | 24T2/CP48 |

