

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, movies, cooking, outings, plus much more. Open to adults 18 years and over. Carers and support workers welcome to attend and may be required to stay.

Date	Weeks	Time	Cost	Code
Wed 28 Jan	10 wks	7.00-9.00 pm	\$166	26T1/CP36

Something for the Kids



FREE

Multicultural Storytime

These FREE (Nawah-Seeds) sessions, designed for 'early years' primary school children (Prep to Grade 3), aim to create a safe, nurturing environment where children and families from diverse backgrounds can come together to share and listen to stories from around the world, embracing diverse cultures, traditions and languages. A creative art activity is also included.

Please Note: An adult will be required to stay. Bookings are advised as places are limited. Please call Pines Learning Reception on 9842 6726 or visit our website.

Date	Weeks	Time	Cost	Code
Tue 24 Feb	1 wk	3.45-5.00 pm	FREE	26T1/CP44
Tue 24 Mar	1 wk	3.45-5.00 pm	FREE	26T1/CP45



Community Programs

Term 1: 27 January - 2 April 2026

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.

Enrol Early & Save!

Enrol before the start of term and enjoy a 10% discount off your second class.

Your FREE Physical Health Check!

Our friends from the Aquarena Active Manningham Street Team are visiting to offer FREE health assessments! Book a 30-minute consultation to check your overall health. During your session, a friendly personal trainer will use optional diagnostic tools to help understand your health and suggest exercises or activities tailored to your individual needs and goals.

FREE

Date	Weeks	Time	Cost	Code
Thu 26 Feb	1 wk	9.30 am-4.00 pm	FREE	26T1/CP39
Thu 26 Mar	1 wk	9.30 am-4.00 pm	FREE	26T1/CP40



FREE

Stroke Safe Session

Join us during Brain Awareness Week for a potentially lifesaving StrokeSafe information session. Our volunteer speaker has lived experienced and while they will present common information about stroke and its prevention, they will also draw on their own personal experiences in a unique and memorable presentation. The session will include:

- What happens when someone is having a stroke
- The different types of stroke
- Learning to recognise the vital F.A.S.T. signs of stroke
- Knowing when to call triple zero
- Understanding and reducing the risk of stroke

Day	Date	Time
Thu 19 Mar	1 wk	2.45-3.45 pm
Cost	Code	
FREE	26T1/CP38	

Talking Café - Living Our Best Life

Monday's from 11 am-12 pm at Moon and Spoon Café (outside Woolworths at The Pines Shopping Centre).

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.



How to Enrol

Option 1. Online via pineslearning.com.au

Option 2. Call us on 9842 6726

Option 3. In-person at The Pines Learning and Activity Centre

Payment is required on enrolment. We accept cash, cheque, Eftpos or credit card (Mastercard and Visa only). Concessions are provided for Health Care Card holders.

Pines Learning Inc has endorsement as a Deductible Gift Recipient.

Contact Us

📞 9842 6726

✉ info@pineslearning.com.au

📍 1/520 Blackburn Road Doncaster East VIC
Office hours: Monday to Friday 9am - 4pm

🌐 www.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.



Diversity Statement

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



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.



NEW

Find Your Inner Calm

Slow down, take time for reflection, and deepen your emotional wellness as you build practical tools for life – one mindful week at a time.

This skills-building workshop will guide you to cultivate greater self-awareness, compassion, and acceptance: calm the mind, ground the body, navigate difficult thoughts, and create internal resilience. Using the practices of breathwork, visualisation, somatic grounding, and reflection exercises you will build a daily practice that supports mindful clarity, focus and equilibrium – a complete set of skills for lasting calm and balance.



Date	Weeks	Time	Cost	Code
Fri 30 Jan	1 wk	11.45 am-12.45 pm	FREE	26T1/CP46
Fri 6 Feb	8 wks	11.45 am-12.45 pm	\$56	26T1/CP47

Health, Fitness and Wellbeing



NEW

Barre Fusion

This medium intensity cardio, core and functional strength training class delivers results and fun in equal measure. Using various light equipment, this option laden class will leave you feeling energised and happy. No experience required and suited to all levels of fitness.

Date	Weeks	Time	Cost	Code
Wed 28 Jan	1 wk	12.15-1.15 pm	FREE	26T1/CP17
Wed 4 Feb	9 wks	12.15-1.15 pm	\$126 c\$113	26T1/CP18

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.

Note: Participants are required to please bring a towel to class.

Date	Weeks	Time	Cost	Code
Tue 27 Jan	10 wks	12.00-1.00 pm	\$140 c\$126	26T1/CP19
Fri 30 Jan	9 wks	10.30-11.30 am	\$126 c\$113	26T1/CP20

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. An energetic class for active participants.

Date	Weeks	Time	Cost	Code
Tue 27 Jan	10 wks	2.00 pm-3.00 pm	\$140 c\$126	26T1/CP14
Wed 28 Jan	1 wk	11.00 am-12.00 pm	FREE	26T1/CP15
Wed 4 Feb	9 wks	11.00 am-12.00 pm	\$126 c\$113	26T1/CP16

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.

Date	Weeks	Time	Cost	Code
Mon 2 Feb	8 wks	9.15-10.15 am	\$112 c\$101	26T1/CP04
Thu 29 Jan	1 wk	5.45-6.45 pm	FREE	26T1/CP05
Thu 5 Feb	9 wks	5.45-6.45 pm	\$126 c\$113	26T1/CP06
Sat 31 Jan	9 wks	10.30-11.30 am	\$126 c\$113	26T1/CP07

Health, Fitness and Wellbeing



NEW

Powered by Her

A NEW program for women aged 40+ who want to feel stronger, more confident, and better supported through the physical and hormonal changes of midlife and beyond. This 9-week mat Pilates based class is designed to support functional strength, mobility, pelvic wellbeing, and nervous-system balance, helping women to build skills for daily life. The program follows a progressive, weekly theme and structure around movement, education and meditation - to ensure participants develop greater physical strength, confidence and sustained energy, week after week.

Date	Weeks	Time	Cost	Code
Fri 30 Jan	9 wks	11.45 am-12.45 pm	\$63	26T1/CP11

Seated Strength Training

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.

Note: Participants are required to please bring a towel to class

Date	Weeks	Time	Cost	Code
Mon 2 Feb	8 wks	3.00-4.00 pm	\$112 c\$101	26T1/CP32

Seated Qi Gong

Seated Qi Gong exercises are gentle, adaptable and low impact, making them safe but highly effective for those with coordination/balance issues, or other physical challenges. It's also the perfect general foundation or re-entry to exercise, with benefits including improved joint mobility, muscle conditioning, easing pain and tension, improved circulation, general bodily comfort, and a calm, focussed mind.

Note: Participants are required to please bring a towel to class.

Date	Weeks	Time	Cost	Code
Thu 29 Jan	1 wk	1.00-2.00 pm	FREE	26T1/CP12
Thu 5 Feb	9 wks	1.00-2.00 pm	\$126 c\$113	25T4/CP13

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.

Date	Weeks	Time	Cost	Code
Mon 2 Feb	1 wk	10.30-11.30 am	FREE	26T1/CP42
Mon 9 Feb	7 wks	10.30-11.30 am	\$98 c\$88	26T1/CP43
Tue 27 Jan	10 wks	9.15-10.15 am	\$140 c\$126	26T1/CP01
Tue 27 Jan	10 wks	10.30-11.30 am	\$140 c\$126	26T1/CP02
Fri 30 Jan	9 wks	9.15-10.15 am	\$126 c\$113	26T1/CP03

Health, Fitness and Wellbeing

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.

Date	Weeks	Time	Cost	Code
Mon 2 Feb	1 wk	12.15-1.15 pm	FREE	26T1/CP08
Mon 9 Feb	7 wks	12.15-1.15 pm	\$98 c\$88	26T1/CP09
Thu 29 Jan	10 wks	11.45-12.45 pm	\$140 c\$126	26T1/CP10



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.

Date	Weeks	Time	Cost	Code
Tue 27 Jan	10 wks	10.30-11.30 am	\$140 c\$126	26T1/CP26
Wed 28 Jan	10 wks	9.30-10.30 am	\$140 c\$126	26T1/CP27
Thu 29 Jan	10 wks	10.15-11.30 am	\$175 c\$163	26T1/CP28
Thu 29 Jan	10 wks	7.00-8.00 pm	\$140 c\$126	26T1/CP29
Sat 31 Jan	1 wk	9.15-10.15 am	FREE	26T1/CP30
Sat 7 Feb	8 wks	9.15-10.15 am	\$112 c\$101	26T1/CP31

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.

Date	Weeks	Time	Cost	Code
Mon 2 Feb	8 wks	6.15-7.15 pm	\$112 c\$101	26T1/CP21
Tue 27 Jan	10 wks	9.15-10.15 am	\$140 c\$126	26T1/CP22
Tue 27 Jan	10 wks	6.30 -7.30 pm	\$140 c\$126	26T1/CP23
Thu 29 Jan	10 wks	9.00-10.00 am	\$140 c\$126	26T1/CP24
Fri 30 Jan	9 wks	9.15-10.15 am	\$126 c\$113	26T1/CP25

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.

Date	Weeks	Time	Cost	Code
Tue 27 Jan	10 wks	11.45-12.45 pm	\$140 c\$126	26T1/CP33
Fri 30 Jan	9 wks	10.30-11.30 am	\$126 c\$113	26T1/CP34

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 languages.

Note: Students are required to purchase a textbook (Approx \$40)

French 4 – 3+ Years Study Experience

Date	Weeks	Time	Cost	Code
Tue 27 Jan	10 wks	9:30-11:00 am	\$240 c\$216	26T1/CP60

Italian Language and Conversation – Advanced

Date	Weeks	Time	Cost	Code
Tue 27 Jan	10 wks	11:15 am-12:45 pm	\$240 c\$216	26T1/CP61

French Language and Conversation – Advanced

Date	Weeks	Time	Cost	Code
Tue 27 Jan	10 wks	1:30-3:00 pm	\$240 c\$216	26T1/CP62

Art



Illustrating Nature

Designed for beginners and intermediate students, and with a focus on Australian plants, birds 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. Introduction to Illustration is a prerequisite for this class.

Date	Weeks	Time	Cost	Code
Fri 30 Jan	9 wks	9.15-11.15 am	\$252 c\$227	26T1/CP37