



# **PROGRAM**

## **AUGUST**

## **2020**

Connecting Manningham provides opportunities for people of all ages and abilities to participate and enjoy a variety of online activities and workshops to enrich your mind and body.

# PROGRAM

## AUGUST

## 2020

Join us this month for an opportunity to get active, get creative, relax your mind and feed your stomach. All programs are free to join. Register today as space is limited.

Zoom Roomcode - 894 859 9300  
Zoom Password - manningham



### MONDAYS (WEEKLY)

10:00-11:00AM

#### Home Cooked and Delicious

Be inspired to cook at home with and for your family with home chef Debbie. Learn the basics of cooking and grow your culinary skills.

[FACEBOOK VIDEO](#)



### WEDNESDAYS (WEEKLY)

11:00AM-12:00PM

#### Get Fit and Active

Join Leigh Ashmore, qualified personal trainer for a group fitness routine suitable for people of all ages and fitness levels.

[FACEBOOK VIDEO](#)



### THURSDAY 13 & 27 AUGUST

7:30-9:00PM

#### Connecting Manningham Book Club

Join a group of booklovers to discuss your favourites, share recommendations, or have a chat about what you love about literature. Suitable for ages 15+ unless otherwise advertised

ZOOM AVAILABLE ON THE 13TH 27TH



### THURSDAY 20 AUGUST

7:30-8:30PM

#### University Seminar

Join Manningham Rotaractors for an evening of university Q and As, including what to bring on your first day, whether going to lectures is important and how to navigate your first year! We'll be talking about topics big and small - from how to make a good impression with your teaching staff, to what kinds of water bottles don't leak. No silly questions!

ZOOM AVAILABLE ON THE 20TH





**FRIDAY 7 & 21 AUGUST**

**7:30-9:30PM**

**Manningham Rotaract Stream**

Join Manningham Rotaract for goofs and gags as they work their way through various online games. You can join in the audience, or play along for some games.

(Suitable for ages 18+ unless otherwise advertised)

[LIVE ON TWITCH](#)



**FRIDAY 28 AUGUST**

**7:30-9:30PM**

**Manningham Rotaract Stream (Family Friendly)**

Join Manningham Rotaract for their special family friendly edition of the stream! This week we are running a trivia night! Join with the whole family to battle it out against the other teams, or if competitiveness is not in your nature, see what you can learn!

[LIVE ON TWITCH](#)



**SATURDAYS (WEEKLY)**

**11:00AM-12:00PM**

**Personal Training Made Easy**

Join Leigh Ashmore, qualified personal trainer for a specific and guided exercise regime and gain advice on making the most from your work out.

ZOOM AVAILABLE ON THE [1ST](#) [8TH](#) [15TH](#) [22ND](#) [29TH](#)

**SUNDAY 2, 16 & 30 AUGUST**

**10:00-11:00AM**

**Beauty Basics:**

Join Stephanie, our self taught makeup artist, to learn the tips and tricks for the perfect eyeshadow. Bring your makeup bag and your brushes for a follow along tutorial and a question and answer.

ZOOM AVAILABLE ON THE [2ND](#) [16TH](#) [30TH](#)



**More info:**

**[facebook.com/groups/connectingmanningham](https://facebook.com/groups/connectingmanningham)**

**or call 1300 521 540. Register for a program now as space is limited.**

**THROUGHOUT AUGUST**

**Rotary Experts**

Keep an eye on the page for videos created by the Rotary Club of Templestowe. These expert seminars utilise the skills of the club members in fields such as chiropractics, dentistry, website development and self-driving cars. Comment questions and queries and learn about something new.

[FACEBOOK VIDEO](#)

**Terms and Conditions:**

- *The Rotary Club of Templestowe and Manningham Rotaract advise all participants to ensure they are healthy and sufficiently fit to undertake any of the courses offered.*
- *No liability will be taken by any of the two entities for any injury or damage.*
- *Courses may be cancelled for any unforeseen circumstances, and all efforts will be made to inform participants.*
- *All information given or received will comply with privacy and confidentiality regulations*



More info  
[facebook.com/groups/connectingmanningham](https://facebook.com/groups/connectingmanningham)  
or call 1300 521 540. Register now as space is limited.