



PROGRAM

JULY 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

JULY 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](#)



TUESDAYS (WEEKLY)

4:00-5:00PM

Get Creative...Arts and Crafts

Join siblings Roshni and Keishan Hunkar, from Manningham Rotaract, as they teach the basics of knitting and share their latest creative projects.

ZOOM AVAILABLE ON THE 7TH 14TH 21ST 28TH

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 16 & 30 JULY

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 16TH 30TH



THURSDAY 9 & 23 JULY

4:00-4:30PM

Story Time for Young Children

Join Faith for a storytime for ages 4-5 years. With some songs, story books and laughs, we are sure it will keep the kids entertained.

ZOOM AVAILABLE ON THE 9TH 23RD

FRIDAY 10 JULY

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 24 JULY

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 [18TH](#) [25TH](#)

SATURDAY 11 & 25 JULY

2:30-3:30PM

Manningham Women Connect (50+ Program)

Join the female members of Templestowe Rotary for an online afternoon tea and a friendly chat with other local women. Bring along your cuppa and a smile for an hour of sharing stories and fun conversation.

ZOOM AVAILABLE ON THE [11TH](#) [25TH](#)

SUNDAYS (WEEKLY)

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 [19TH](#) [26TH](#)

More info:

facebook.com/groups/connectingmanningham

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

THROUGHOUT JULY

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*





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