



# **PROGRAM**

# **JUNE 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

## JUNE 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.

Click the Location Link to be taken to the appropriate Eventbrite and receive your Zoom Codes



### MONDAYS (WEEKLY) 10:00-11:00AM

#### Elevate Life (Slow Flow Yoga)

Join Hannah Savige, health, fitness, and life coach for a dynamic style of yoga that synchronises movement and breath. This program flows through poses in a continuous movement, providing therapeutic meditation. Suitable for all ages and abilities

LOCATION: [ZOOM](#)



### TUESDAYS (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.

LOCATION: [FACEBOOK LIVE](#)

### TUESDAYS (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.

LOCATION: [FACEBOOK](#)

### 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. Tune in if you'd like to learn something new, need help untangling a particularly tricky knot, or if you'd just like to knit along!

LOCATION: [ZOOM](#)

### WEDNESDAYS (WEEKLY) 12:00-1:00PM

#### Elevate Life (Hatha Yoga)

Join Hannah Savige, health, fitness, and life coach for a traditional style of yoga that focuses on strength and flexibility. The class also includes breath work and meditation.

LOCATION: [ZOOM](#)

### WEDNESDAYS (WEEKLY) 5:00-6:00PM

#### Elevate Life (Yin and Pranayama)

Join Hannah Savige, health, fitness, and life coach for a slow-paced and passive style of yoga originating from traditional Chinese medicine. The class also includes breath work and meditation.

LOCATION: [ZOOM](#)

### THURSDAY 18 & 25 JUNE 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

LOCATION: [ZOOM](#)





## FRIDAYS (WEEKLY) 9:00-10:00AM

### Elevate Life (Yin Yoga)

Join Hannah Savige, health, fitness, and life coach for a slow-paced and passive style of yoga originating from traditional Chinese medicine. The class also includes breath work and meditation.

LOCATION: [ZOOM](#)



## SATURDAY 6 & 20 JUNE

2:30-3:30PM

### Online Homework Club (Primary and Secondary)

Join a team of passionate tutors and teachers-in-training to help out with homework and study at primary and secondary level. Options for individual breakouts and group support.

LOCATION: [ZOOM](#)

## 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.

LOCATION: [ZOOM](#)



## SATURDAY 13 & 27 JUNE

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.

LOCATION: [ZOOM](#)

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.



### 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  
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