



# **PROGRAM OCTOBER 2020**

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

# PROGRAM

## OCTOBER

## 2020

Join us this month for some old favourites and some brand new programs that will help keep spirits high during these odd times. These are the programs run by Rotary Club of Templestowe and Manningham Rotaract

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

### WEDNESDAY 7 OCTOBER

**7:30-9:00PM**

#### ARTS AND CRAFTS (MASK MAKING)

Join Amelia and Keishan for an instructional style session on how to make a DHHS approved face mask. The group will walk through the steps needed to make the mask and the materials needed. You will also leave the session with a copy of the blueprint for the masks to be able to make them in the future

ZOOM AVAILABLE ON THE 7TH



### WEDNESDAY 21 OCTOBER

**7:30-9:00PM**

#### ALL INCLUSIVE GAMES NIGHT SUPPORTED BY REAL

Join a group of people for a games night of what's in the box, Pictionary and some card games. This is an all-inclusive games session run on zoom where everyone is welcome. This program is in collaboration with REAL.

ZOOM AVAILABLE ON THE 21ST

### THURSDAY 15 OCTOBER

**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 15TH



### THURSDAY 22 OCTOBER

**7:30-9:00PM**

#### GAMES NIGHT

Get together with a group of likeminded people to play a variety of different games through the voice channel of discord. There will be different voice channels assigned to different games allowing you to choose your own adventure with a game that suits you and your interests.

ZOOM AVAILABLE ON THE 22ND





**FRIDAY 16 OCTOBER**

**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 30 OCTOBER**

**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 [10TH](#) [17TH](#) [24ND](#) [31ST](#)



**SUNDAY 11 OCTOBER**

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

**CREATIVE WRITING CIRCLE**

Struggling for inspiration or motivation? Want to give creative writing a crack or have an open discussion about your work. Then join Dan as he comes equipped with writing prompts and tasks to get the ideas flowing in a way that's fun and interactive.

ZOOM AVAILABLE ON THE [11TH](#)

More info:

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

or call 1300 521 540.

**SUNDAY 25 OCTOBER**

**1:30-2:30PM**

**BAKING WITH KEISH**

Join Keishan our self taught baker to make some delicious sweet treats to wow your guests when we get out of isolation!

ZOOM AVAILABLE ON THE [11TH](#)

**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

# AROUND MANNINGHAM

These are some of the incredible programs being done by community service organisations in our community. Keep an eye on the Connecting Manningham Facebook Page for updates, program information and links from these services and more.

Click the links to access their websites and find out more:



## MONDAYS (WEEKLY)

**1:00-1:30PM**

**BALANCE, POSTURE & STRETCHING WITH LIZ**

A 30 minute class focussing on balance, correcting posture and lengthy stretches. Suitable for everyone

[LIVING AND LEARNING @ AJANI](#)



## TUESDAYS (WEEKLY)

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

**BARISTA BASICS WITH HAYDEN AND SAFE FOOD HANDLING WITH LIZ**

Would you like to be ready to work as a Barista? Our virtual barista class will teach you the basics and a food handling certificate is required to work with food, so join in our blended delivery program now.

[LIVING AND LEARNING @ AJANI](#)

## THURSDAYS(WEEKLY)

**5:00-5:30PM**

**WEST AFRICAN DRUMMING WITH KATE**

Experience West African drumming and feel mentally recharged using synchronised thought and movement in a creative process. You don't need a drum to take part – any tabletop, plastic washtub or rounded pot will do

[LIVING AND LEARNING @ AJANI](#)



## THURSDAY 8 OCTOBER

**10:00AM-1:00PM**

**JOB SKILLS CAREER COUNSELLING WITH JULIE PROE**

Are you wanting to work through your career options? In one-to-one sessions tailored to your needs, learn skills and apply for jobs. Together we can write your resume and prepare you for interview so that you are successful in gaining the employment you desire.

[LIVING AND LEARNING @ AJANI](#)





# Pines Learning

*think ► grow ► evolve ► relax*

Payment is required on enrolment and a confirmation receipt will be sent to confirm your enrolment.

Enrolments can be made on line at  
[www.pineslearning.com.au](http://www.pineslearning.com.au)



## MONDAYS (WEEKLY)

**12:00-1:00PM**

### TAI CHI FOR WELLBEING

Tai Chi is a low impact exercise class designed to help develop strength, balance, improve mobility and flexibility. Tai Chi can assist with joint stiffness and pain, improve concentration and promote relaxation.

[PINES LEARNING](#)

## TUESDAYS (WEEKLY)

**11:45AM-12:00PM**

### MEDITATION

Unwind, relax and leave the stresses and strains of the day behind. Learn simple, effective ways let go of stress and prevent its accumulation, improve your sleep and general health.

[PINES LEARNING](#)



## FRIDAYS (WEEKLY)

**9:15-10:15AM**

### 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.

[PINES LEARNING](#)



## SATURDAY 17 OCTOBER

**10:00AM-2:00PM**

### ALL ABILITIES – STAYING SAFE USING YOUR MOBILE PHONE AND FACEBOOK

If you have a medium to high functioning intellectual disability we have some great tips and tricks to help you stay safe when using your mobile phone or Facebook.

[PINES LEARNING](#)

**FRIDAY 16 OCTOBER**

**3:00-4:30PM**

**ZOOM BASICS AND DIGITAL CAPACITY BUILDING**

Looking to improve your skills online? Do you want to Zoom with ease and style regardless of the device you are using?

Then U3A are here to help with their comprehensive session about zoom on all your devices. You will work in small breakout rooms with the opportunity to have all of your burning questions answered.

This program is done in partnership with Manningham Rotaract.

[U3A](#)



**SUNDAY 18 OCTOBER**

**6:30-8:00PM**

**MULTICULTURAL TWILIGHT VIRTUAL CONCERT -  
GRAND FINALE**

The Communities Council on Ethnic Issues for the Eastern Region invite you to join in the finale of their twilight music concert series.

Working with community groups this event will include a variety of music, song and dance performances. This is a free online event with a view to keeping our community connected and engaged through COVID-19 restrictions in Victoria and beyond. The young and the young at heart are all encouraged to login on Facebook on Sunday the 18th to enjoy this live concert.

This will all be broadcasted from the CCOEI Victoria Facebook page and will include 90 minutes of the greatest performers and guests from their series.

[CCOEI](#)





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