

Community Programs Timetable

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 language. Students are required to purchase a textbook (Approx \$40)

French 3

Day	Date	Time	Cost	Code
Tue	22 April (11 wks)	9.30-11.00 am	\$247 c\$222	25T2/CP60

Italian 8

Day	Date	Time	Cost	Code
Tue	22 April (11 wks)	11:15 am-12:45 pm	\$247 c\$222	25T2/CP61

Italian Language and Conversation

Day	Date	Time	Cost	Code
Tue	22 April (11 wks)	1:15-2:30 pm	\$209 c\$188	25T2/CP62

French Language and Conversation

Day	Date	Time	Cost	Code
Tue	22 April (11 wks)	2:45-4:00 pm	\$209 c\$188	25T2/CP63



Talking Café – Living Our Best Life

Returning in Term 2 – weekly on 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.



Important Information

Office Hours and Term Dates

Our office hours are: 9.00 am–4.00 pm, Monday to Friday. For term dates and course information, please visit our website at 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.



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.



Diversity Statement

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



How to Enrol

Enrolments can be made online at pineslearning.com.au or by phone on 9842 6726 or in person at the Centre.

After enrolment is confirmed payment is required. We accept cash, cheque, Eftpos or credit card (Mastercard and Visa only). Concessions are provided for holders of a Health Care Card.

Pines Learning Inc has endorsement as a Deductable Gift Recipient.

Contact Us



9842 6726



1/520 Blackburn Road Doncaster East VIC 3109 Next to the Pines Shopping Centre



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Pines Learning

think ▶ grow ▶ evolve ▶ relax

www.pineslearning.com.au



Community Programs

Term 2:
22 Apr – Sat 5 Jul

Welcome to Term 2

Public Holidays : Mon 21 April, Friday 25 April and Mon 9 June

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.

Correct footwear is required for all fitness classes. Please bring a towel or blanket and water bottle.

Digital Photos in Order

Are you a member of the ‘Help! - My Digital Photos are Out of Control’ Club? We see you! Enjoy a visit from Chantal from Photos in Order, as she shares her 5 Golden Rules to turn your storage of digital photos from staggeringly large and chaotic, to thoughtfully selected, organised and safely stored. “I believe sharing photographs, and the stories that go with them, has the power to connect people through a celebration of legacy, history, and of course stories” – Chantal Imbach

NEW



Day	Date	Time	Cost	Code
Mon	12 May (1 wk)	1.30-2.30 pm	\$10	25T2/CP53

Sing for Fun!

Come and join our ‘Sing for Fun!’ group - a relaxed gathering where all are welcome, no matter your musical background or singing experience. Singing in a group, harmonising, is not only fun, but a deeply magical experience that uplifts spirits and nurtures both mind and body. All you need is an open heart, a desire to have fun, and a willingness to discover the wonderful benefits of shared voice and camaraderie found in community. **We are launching this new activity with a 2-week FREE taster.**

NEW



Day	Date	Time	Cost	Code
Thu	24 Apr & 1 May (2 wks)	5.00 – 6.30 pm	FREE	25T2/CP41
Thu	8 May (9 wks)	5.00 – 6.30 pm	\$181 c\$163	25T2/CP42

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pineslearning.com.au



Ph: 9842 6726

1/520 Blackburn Road Doncaster East 3109



(next to The Pines Shopping Centre)

Community Programs Timetable

Health, Fitness and Wellbeing

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.

****No floor work *Occasional (optional) floor work - mat provided**

Day	Date	Time	Cost	Code
Mon	28 Apr ** (9 wks)	4.15-5.15 pm	\$122 c\$109	25T2/CP01
Tue	22 Apr* (11 wks)	9.15-10.15 am	\$149 c\$134	25T2/CP02
Tue	22 Apr* (11 wks)	10.30-11.30 am	\$149 c\$134	25T2/CP03
Tue	22 Apr** (11 wks)	4.30-5.30 pm	\$149 c\$134	25T2/CP04
Fri	2 May* (10 wks)	9.15-10.15 am	\$135 c\$122	25T2/CP05

Belly Dance

There are no rules for enjoying Belly Dance. Age, weight, height have no bearing on the fact that you can exercise your whole body, within your own limitations and greatly improve all your muscles while strengthening your core and having great fun.

Day	Date	Time	Cost	Code
Mon	28 Apr (9 wks)	11.00 am-12.00 pm	\$122 c\$109	25T2/CP06

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.

Day	Date	Time	Cost	Code
Mon	28 Apr (9 wks)	9.15-10.15 am	\$122 c\$109	25T2/CP07
Sat	26 Apr (11 wks)	10.30-11.30 am	\$149 c\$134	25T2/CP10

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.

Day	Date	Time	Cost	Code
Thu	24 Apr (11 wks)	11.45 am-12.45 pm	\$149 c\$134	25T2/CP11

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. This energetic class is suited to active participants.

Day	Date	Time	Cost	Code
Tue	22 Apr (11 wks)	2.00-3.00 pm	\$149 c\$134	25T2/CP14
Wed	23 Apr (11 wks)	11.00 am-12.00 pm	\$149 c\$134	25T2/CP16

Health, Fitness and Wellbeing

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.

Day	Date	Time	Cost	Code
Tue	22 Apr (11 wks)	12.00-1.00 pm	\$149 c\$134	25T2/CP17
Fri	2 May (10 wks)	10.30-11.30 am	\$135 c\$122	25T2/CP19

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.

Day	Date	Time	Cost	Code
Mon	28 Apr (9 wks)	6.15-7.15 pm	\$122 c\$109	25T2/CP20
Tue	22 Apr (11 wks)	9.15-10.15 am	\$149 c\$134	25T2/CP21
Tue	22 Apr (11 wks)	6.30-7.30 pm	\$149 c\$134	25T2/CP22
Thu	24 Apr (11 wks)	9.00-10.00 am	\$149 c\$134	25T2/CP23
Fri	2 May (10 wks)	9.15-10.15 am	\$135 c\$122	25T2/CP24

Yoga

Yoga is a holistic approach to health and wellbeing. Working with postures, stretches, breathing and relaxation techniques, learn to gain control of your life, become calm and improve your physical and emotional health. Suitable for all age groups and fitness levels.

Day	Date	Time	Cost	Code
Tue	22 Apr (11 wks)	10.30-11.30 am	\$149 c\$134	25T2/CP25
Wed	23 Apr (11 wks)	9.30-10.30 am	\$149 c\$134	25T2/CP26
Thu	24 Apr (11 wks)	10.15-11.30 am	\$186 c\$167	25T2/CP29
Thu	24 Apr (11 wks)	7.00-8.00 pm	\$149 c\$134	25T2/CP30
Sat	26 Apr (11 wks)	9.15-10.15 am	\$149 c\$134	25T2/CP31

Barre Class

Barre is a low impact, toning and functional training session that whispers exercise and shouts fun. Using chairs, Pilates balls and light weights this option laden class will leave you feeling energised and happy. No experience required and suited to all levels of fitness.

Day	Date	Time	Cost	Code
Wed	23 Apr (11 wks)	12.15 -1.15 pm	\$149 c\$134	25T2/CP32

Prevention of Breast, Bowel and Gynaecological Cancer - Women’s Health Information Session

Presented by **The Water Well Project**, this important session will focus on the cancers that most commonly impact women, including breast cancer, bowel cancer, and gynaecological cancers. Prevention is emphasised through healthy lifestyles and free screening programs that can be accessed. Common risk factors, symptoms and treatment are also explored.

Day	Date	Time	Cost	Code
Thu	24 Apr(1 wk)	2.00-3.00 pm	FREE	25T2/CP52

Health, Fitness and Wellbeing

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.

Day	Date	Time	Cost	Code
Tue	22 Apr (1 wk)	11.45 am-12.45 pm	FREE	25T2/CP34
Tue	29 Apr (10 wks)	11.45 am-12.45 pm	\$135 c\$122	25T2/CP35
Fri	2 May (10 wks)	10.30-11.30 am	\$135 c\$122	25T2/CP36

Feel Good Dance Fit!

Feel the joy of movement in a lively 1-hour class that blends Latin, Rock ‘n Roll, Jive and other dance genres into simple, energizing routines. With easy-to-follow steps, you’ll work up a sweat, uplift your mood, and dance your way to fitness! Perfect for all levels, this class is all about having fun while getting fit.

Day	Date	Time	Cost	Code
Tue	22 Apr (1 wk)	3.15-4.15 pm	FREE	25T2/CP37
Tue	29 Apr (10 wks)	3.15-4.15 pm	\$135 c\$122	25T2/CP38

Seated Strength Training

Led by our experienced Exercise Trainer/Myotherapist and 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.

Day	Date	Time	Cost	Code
Mon	28 Apr (9 wks)	3.00-4.00 pm	\$122 c\$109	25T2/CP33

Momentum Circuit for Women

Discover our energising whole-body workout, exercising to fantastic multicultural music which will uplift, motivate and inspire. 20 minutes of floor and core. 20 minutes of aerobic/cardio. 20 minutes of strength and tone. Get ready to feel amazing!



Day	Date	Time	Cost	Code
Sat	26 Apr (1 wk)	2.15 – 3.15 pm	FREE	25T2/CP64
Sat	3 May (10 wks)	2.15 – 3.15 pm	\$104 c\$88	25T2/CP65



An Australian Government Initiative

play our way

Body Balance for Women

This uplifting, high intensity, women’s only Body Balance class will use equipment such as balls and bands and is designed to improve balance, cardio fitness, endurance, and strength.



Day	Date	Time	Cost	Code
Sat	26 Apr (1 wk)	3.30 – 4.30 pm	FREE	25T2/CP66
Sat	3 May (10 wks)	3.30 – 4.30 pm	\$104 c\$88	25T2/CP67

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

Day	Date	Time	Cost	Code
Wed	23 Apr (11 wks)	7.00-9.00 pm	\$176	25T2/CP49

Illustrating Nature

Designed for beginners and intermediate students, with a focus on native flora and fauna, develop skills and techniques to create beautiful and accurate drawings using graphite, ink and coloured pencil. **Introduction to Illustration is a prerequisite for this class.**

Day	Date	Time	Cost	Code
Fri	2 May (10 wks)	9.15-11.15 am	\$270 c\$243	25T2/CP40



We are pleased to offer a range of FREE activities and events to engage and support our local Carers. Speak to reception or visit our website for details.



Walks for Carers: Neighbourhood Carers Club

Join our energising walking group and enjoy good company and fresh air in a brisk 50-minute walk – starting and finishing at Pines Learning.

Day	Date	Time	Cost	Code
Wed	30 Apr (1 wk)	2.00-3.00 pm	FREE	25T2/CP46
Wed	28 May (1 wk)	2.00-3.00 pm	FREE	25T2/CP47
Wed	25 Jun (1 wk)	2.00-3.00 pm	FREE	25T2/CP48

Mat Pilates for Carers

This gentle yet effective class offers a friendly place for caregivers to take care of their own wellbeing to de-stress or re-energise. Focusing on posture, mobility, and relaxation, Pilates helps to relieve tension, improve flexibility, and strengthen core muscles.

Day	Date	Time	Cost	Code
Fri	2 May (10 wks)	11.45 am-12.45 pm	FREE	25T2/CP44

Polymer Earring Workshop for Carers

Relax and enjoy learning how to use polymer clay to make earrings with Kelly from ‘Gorgeous You’. Handle the clay, learn about conditioning and spend a fun afternoon creating unique sets, individual to you. Choose from a vast array of colours and cutters and take home two handmade pairs including the option of studs, hook or even clip-ons.

Day	Date	Time	Cost	Code
Thu	26 Jun (1 wk)	1.30-4.00 pm	FREE	25T2/CP43

