

Community Activation & Learning

Online Classes April - July 2020

NEW CLASSES AVAILABLE ONLINE – ROUND ONE FROM 4 MAY 2020

<p>5 INGREDIENTS – Quick & Healthy Meals</p>	<p>Running out of great meal ideas.</p> <p>Join local cooking instructor and business owner, Sallie from Miss Sallie's Cuisine to learn how to use what is in your pantry to make simple tasty meals and snacks using only 5 ingredients.</p>	<p>ONLINE CLASS – 5 WEEKLY SESSIONS</p> <p>Date: Mondays 4 May to 1 June Time: 10 – 11am and 3 - 4pm Price: FREE</p>
<p>Yoga for Everyone</p>	<p>Feeling stressed and tense during Covid-19</p> <p>Restore your mind and body with this yoga class designed to calm your body, mind and spirit through exercise, breathing and relaxation. Led by local yoga instructor Kristee, join a familiar face while participating in this weekly online class that will show you how to stretch, unwind, and release tension while strengthening and promoting flexibility in the body.</p>	<p>ONLINE CLASS – 5 WEEKLY SESSIONS</p> <p>Date: Tuesdays 5 May to 2 June Time: 9 – 10am and 6 – 7 pm Price: FREE</p>
<p>Cheese & Bread Making, Pickles & Preserving and Sustainability</p>	<p>Relax and enjoy the company of local celebrity Craig Castree as he takes you on a wonderous journey of food and sustainable gardening. In this five online class series, Melton resident Craig will show you how to make delicious cheese, using his own locally produced rennet, paired with warm homemade bread and pickles. He does all this in a sustainable and environmentally friendly way.</p> <p>Note: for the first 20 registered participants the CA&L team will deliver (observing all social distancing protocols) a package with the required rennet and yeast.</p>	<p>ONLINE CLASS – 5 WEEKLY SESSIONS</p> <p>Date: Wednesdays 6 May to 3 June Time: 9 – 10am and 5 – 6 pm Price: FREE</p>
<p>Drawing & Sketching for Beginners</p>	<p>Looking for ways to fill your time, learn something new and have fun at the same time. Well join local art instructor Lisa to learn how to draw and sketch from the comfort of your home. Lisa is well known to many of our participants as she leads a number of art classes at our community facilities. Lisa will help you to find your inner Leonardo da Vinci as you sketch and draw images from photos taken around the City of Melton.</p>	<p>ONLINE CLASS – 5 WEEKLY SESSIONS</p> <p>Date: Thursdays 7 May to 4 June Time: 11am – 12pm and 7 - 8 pm Price: FREE</p>
<p>Craft & Activities for Kids</p>	<p>Kids bored and looking for things to do. Spend some time with local favourite instructor Lisa as she brings fun and engaging online classes to your home. These classes will give you and your children lots of fun craft projects you can do together at home with readily available products. Enjoy collage, Papier-Mache and recycling items as part of this great online series</p>	<p>ONLINE CLASS – 5 WEEKLY SESSIONS</p> <p>Date: Fridays 7 May to 5 June Time: 10 – 11am and 3 - 4pm Price: FREE</p>

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ONE SESSION ONLINE WORKSHOPS

Master Your Money	Worried about money, mortgage, rent, your financial future, especially in the current climate. Then join this short, but informative online workshop with Melton local financial planner, Dean. Principal Advisor at IG Wealth in Melton Dean has years of experience and will chat to you about budgeting, saving and best utilising your money.	ONLINE CLASS – 1 SESSION Date: Monday 25 May Time: 7pm Price: FREE
How to Balance School at Home	Finding schooling your children at home a challenge. We have asked local Melton Kip McGrath Franchisee to join us in on online workshop to provide some valuable tips to help you support your child and their learning. Kim will also provide links to weekly tutorials that help students and parents to learn.	ONLINE CLASS – 1 SESSION Date: Tuesday 26 May Time: 4pm Price: FREE
Mindfulness Meditation	Guided by our experienced facilitator Karuna, the whole family can join this short online workshop to learn a few techniques of Sahaja Yoga Meditation. Local, Karuna will be a familiar face to many community members as she brings the combination of yoga and meditation to participants in lots of our community centre programs. This workshop will offer many benefits to people from all walks of life.	ONLINE CLASS – 1 SESSION Date: Wednesday 27 May Time: 10am Price: FREE
Hey Dee Ho Concert	Popular kids' music presenter Rachel from Hillside brings her bright bubbly personality to the screen in this online fun concert for kids (and all the family). This engaging concert will brighten your day and bring a smile to your child's face. Find out why children all over the City of Melton keep coming back to Hey Dee Ho. Learn the basics in this educational music experience where children learn the concepts of beat, rhythm, tempo, pitch and dynamics in a play based environment.	ONLINE CLASS – 1 SESSION Date: Thursday 28 May Time: 4pm Price: FREE
Essential Oils	Take some time out of your day to give yourself some love and attention. Join local essential oils expert Doris to experience the benefits of essential oils in this short online workshop. Learn how to how to make your own hand soap, skincare and cleaning products using natural products and essential oils. All products are available in supermarkets and on her online shop.	ONLINE CLASS – 1 SESSION Date: Friday 29 May Time: 7pm Price: FREE

PROGRAM BOOKINGS:

meltonlearning.com.au

MORE INFORMATION:

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ONE SESSION ONLINE WORKSHOPS

Emotional Management	<p>Feeling stressed, overwhelmed and just emotional. Join local Melton resident, Lorraine as she talks about emotional health and provides you with some strategies that will enable you to better manage your own emotions. Lorraine has a passion to change the world with her positive energy. Founder of Healthy People at Work and the winner of Council's Hot House Project 2019.</p>	<p>ONLINE CLASS – 1 SESSION</p> <p>Date: Monday 1 June Time: 7pm Price: FREE</p>
Staying Connected	<p>We know many of you are feeling the impacts of isolation and social distancing. For many of our community, this sense of loneliness is more intense because they don't have the ability to connect online with others. Join Melton City Council's intercultural team members Fran & Essan as they bring various community and cultural group leaders together in an online gathering so that these leaders can learn how to share this information and the technology with their groups to enable them to continue to connect socially and emotionally – online.</p>	<p>ONLINE CLASS – 1 SESSION</p> <p>Date: Tuesday 2 June Time: 10am Price: FREE</p>
Edible Art	<p>Wanting to find a fun and healthy activity to do with the family? Spend some time with local favourite instructor Lisa as she shows us how to create edible art. This online workshop will have you crating art projects that you can then eat. Fruit caterpillars, rainbow and flowers are just a few of the fantastic ideas.</p>	<p>ONLINE CLASS – 1 SESSION</p> <p>Date: Wednesday 3 June Time: 2pm Price: FREE</p>
Sustainability Living & Saving on Water	<p>Join the local Community Engagement Officer for Western Water for a 30min talk on ways to save water, check for leaks and a couple of other hints and tricks that are engaging to both kids and adults to do at home.</p>	<p>ONLINE CLASS – 1 SESSION</p> <p>Date: Thursday 4 June Time: 1pm Price: FREE</p>

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NEW CLASSES AVAILABLE ONLINE – ROUND TWO FROM 8 JUNE 2020

<p>5 Local Chefs – 5 Local Restaurants</p>	<p>Missing dining out?</p> <p>Then join five Chefs from some of the City of Melton's favourite restaurants as they show you how to cook some of their much-loved meals (using easily accessible ingredients). These local Chefs will bring you 5 weeks of online cooking excellence that you can do from home.</p>	<p>ONLINE CLASS – 5 WEEKLY SESSIONS</p> <p>Date: Mondays 8 June to 6 July Time: 10 – 11am and 4 – 5pm Price: FREE</p>
<p>Fun & Fitness for All - 5 Exercise Styles</p>	<p>Losing your fitness groove?</p> <p>Join five local Personal Trainers as they lead you in 5 very different workout sessions. These sessions will cover all people, all fitness levels and will provide a fun way for you to stay fit and healthy at home. Classes include flexibility, cardio, mums n bubs and seniors.</p>	<p>ONLINE CLASS – 5 WEEKLY SESSIONS</p> <p>Date: Tuesdays 9 June to 7 July Time: 9 – 10am and 6 – 7pm Price: FREE</p>
<p>Coding & Robotics - 5 fun projects</p>	<p>Fascinated with robots, drones or games?</p> <p>Then join your kids and teenagers and come along to this five week series that will explore all the fun and learning that can be had with robots and drones. Covering all ages from toddlers with Bee Bots, to Looking for ways to fill your time, learn something new and have fun at the same time.</p>	<p>ONLINE CLASS – 5 WEEKLY SESSIONS</p> <p>Date: Wednesdays 10 June to 8 July Time: 9 – 10am and 3 - 4pm Price: FREE</p>
<p>Recyclable Craft</p>	<p>Wanting to be ecologically sustainable?</p> <p>We'll join local craft extraordinaire and Melton Learning instructor Aml to learn how to turn everyday household items into something awesome, for example recycle your old face washer into an elephant, transform an old pair of pj's into a teddy bear, a hanging planter from a soft drink bottle, etc. I like this one as it will be fun for the whole family.</p>	<p>ONLINE CLASS – 5 WEEKLY SESSIONS</p> <p>Date: Thursdays 11 June to 9 July Time: 11am – 12pm and 7 - 8 pm Price: FREE</p>
<p>Floristry for Fun</p>	<p>Love flower arrangements in your home?</p> <p>Are you looking for ways to fill your home with beautiful arrangements, but too expensive or not available? Then join Local florist Sarah from Eynesbury as she demonstrates how to create 5 different arrangements to brighten up your home using readily available flowers and greenery from your garden and local supermarket. For example, a simple pose, a modern arrangement using greenery and twigs, a special occasion bouquet, a small mason jar arrangement, a native pose/arrangement.</p>	<p>ONLINE CLASS – 5 WEEKLY SESSIONS</p> <p>Date: Fridays 12 June to 10 July Time: 10 – 11am and 6 – 7pm Price: FREE</p>