



Shi-Ba-Shi with U3A **U3A**

Thu 7 September, 11am - 12pm
Realm Library, Ringwood Town Square
179 Maroondah Hwy, Ringwood

Come and try a Shi-Ba-Shi taster class and learn more about what U3A has on offer. Shi-Ba-Shi is a gentle form of "keep fit" exercises and not a martial art. The eighteen movements which are done slowly and smoothly, will stretch muscles, regulate blood circulation and breathing, strengthen joints and improve balance and circulation. **FREE**

BOOK NOW Book at events.yourlibrary.com.au or call the above library on 9800 6430



Be a local news journalist for a day

Fri 8 September, 10:30am - 12:30pm
Mountain District Learning Centre
13-15 The Avenue, Ferntree Gully

Join the team from Ferntree Gully News at the Mountain District Learning Centre where you can help produce a double page spread for the October issue of the paper. In this workshop you will learn how the paper is put together and talk about the photography, the stories, how the paper is edited, the layout process, the advertising and how volunteers are involved. **FREE**

BOOK NOW Book at events.yourlibrary.com.au or call the above library on 9800 6455

Chair yoga with Ramki

Fri 8 September, 9:15am - 10am
Miller's Homestead, Dorriggo Dr & Melrose Ct, Boronia

Join Ramki Subramaniam, qualified yoga instructor from the reputed Svyasa University of Yoga in Bangalore, for a chair yoga session in the parlour at Miller's.

Chair yoga promotes relaxation, reduces stress, is a safe way of exercising for those with mobility challenges and has all the benefits of regular yoga, making it accessible for all to include this life - improving practice to their daily schedule. **FREE**

Wear comfortable clothes and bring a blanket for the session. Help yourself to a free cuppa from the Miller's kitchen afterwards.

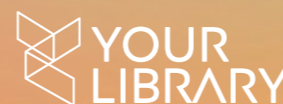
BOOK NOW Book at events.yourlibrary.com.au or call the above library on 0438 284 989

Intro to Origami - workshop

Sat 9 September, 10am - 12pm
Miller's Homestead, Dorriggo Dr & Melrose Ct, Boronia

Join us for this entertaining workshop with Mike Assis (President of the Melbourne Origami Group) as he teaches you some simple models you can fold anywhere. Mike combines his extensive expertise with storytelling to produce some delightful and simple models that are sure to impress! **FREE**

BOOK NOW Book at events.yourlibrary.com.au or call the above library on 0438 284 989



ADULT LEARNERS WEEK | 1-8 SEPT 2023

Adult Learners Week is an international celebration of lifelong and life wide learning. Join us at Your Library to explore new horizons - it's never too late to learn.



It's never too late to learn.

adultlearnersweek.org
@adultlearnerswk
#ALW2023
1300ILEARN



Supported by the Australian Government

Gully Gardeners presents: Knox Environmental Society Tour

Thu 7 September, 11am - 12pm
KES Nursery, 1010 Burwood Hwy, Ferntree Gully

Have you ever wondered what the Knox Environment Society nursery volunteers do?

Join Irene Kelly, a long-time member, and volunteer with KES and other volunteers for a seed separating demonstration, propagation demonstration and a tour of the nursery. **FREE**

BOOK NOW Book at events.yourlibrary.com.au or call the above library on 9800 6455

Intro to Auslan

Thu 7 September, 10am - 11:30am
Healesville Library
110 River St, Healesville

Have you ever wanted to learn Auslan, the language of the Deaf community in Australia? Come down to Healesville Library and give it a go.

Julie has spent many years working in the Deaf community and enjoys teaching the hearing community about Deaf culture, and the basics of Auslan to give you more confidence communicating with the Deaf community. She will share her experiences, answer your questions and teach you a number of basic signs. **FREE**

BOOK NOW Book at events.yourlibrary.com.au or call the above library on 9800 6497



Vietnamese cooking demonstration

Mon 4 September, 10am - 11:30am
Miller's Homestead, Dorrigo Dr & Melrose Ct, Boronia

Join Jean from Jean's Asian Cooking as she demonstrates Vietnamese paper rolls as well as a delicious dipping sauce, perfect for spring. Learn how to make 3 different rolls:

1. Vegetarian - with avocado & edible flowers
2. Traditional - with pork, chicken & prawn
3. Trendy - with roast pork

There will be an opportunity for tastings and you will go home with the recipes as well as some insider tips and tricks on rolling the best rolls. **FREE**

BOOK NOW Book at events.yourlibrary.com.au or call the above library on 0438 284 989

Cookie decorating with royal icing - workshops



Mon 4 September, 6pm - 7pm
Boronia Library
Park Crescent, Boronia

Sat 9 September, 10:30 - 11:30am
Belgrave Library
Reynolds Lane, Belgrave

Discover how to decorate delicious cookies for your loved ones at this hands-on workshop with Michelle from Vintage Cookie Co. Michelle will walk you through the fundamental techniques to decorate your own unique cookies using royal icing including getting the right consistencies.

You will decorate 2 of your own cookies and receive a box so you can take your delicious creations home safely. **FREE**

BOOK NOW Book at events.yourlibrary.com.au or call 1300 737 277

Laptop essentials



Tue 5 September, 10am - 11am
Belgrave Library
Reynolds Lane, Belgrave

This course is for learners with very limited computer skills wanting to learn more, with step-by-step instructions and plenty of time to practice. Bookings not required. **FREE**

Please bring your own laptop.
For enquiries call 9800 6489.

Electric vehicles: how they work and how to buy them

Tue 5 September, 10am - 11am
Miller's Homestead, Dorrigo Dr & Melrose Ct, Boronia

Join us for this informative talk with Bryce Gatton, EV transition consultant and EV writer/commentator, as he explains the basics of EV technologies and charging needs. He will reassure us that they will not 'ruin the long weekend' using examples from his long experience of driving EVs.

He will share information about coming emissions and fuel economy standards; in the near future, these may revolutionise EV buying choices in Australia. Bryce will also talk about current Australian options for buying new and second-hand battery electric vehicles and reliable sources of information. **FREE**

BOOK NOW Book at events.yourlibrary.com.au or call the above library on 0438 284 989



Circular economy



Tue 5 September, 1pm - 2pm
Knox Express, Shop 1001
509 Burwood Highway, Wantirna South

Come along for a talk by Waste Education Officer Anouk, from Knox City Council, about the important concept of a 'circular economy'.

In this session, you will learn about consumption, reusing, repairing, refurbishing and recycling existing materials and products. Find out why a "circular economy" is important and how you can apply the principles in your daily life. **FREE**

BOOK NOW Book at events.yourlibrary.com.au or call the above library on 9800 6470

Zumba taster class



Tue 5 September, 2pm - 3pm
Realm Library, Ringwood Town Square
179 Maroondah Hwy, Ringwood

Come along and give Zumba a go at Realm Library with an instructor from the Goodlife Health Club (located right next door). Your workout will fuse Latin American music and dance rhythms to create a party-like atmosphere!

Zumba classes involve moderate paced aerobic dance that will tone and strengthen your body. They help to burn fat, build your core strength, improve your stamina and, they're lots of fun! **FREE**

Attendees should have a moderate level of fitness and are invited to come dressed for a workout. Please bring along a sweat towel and a water bottle.

BOOK NOW Book at events.yourlibrary.com.au or call the above library on 9800 6430

Cookie decorating with royal icing - demonstration



Tue 5 September, 4:30pm - 5:15pm
Mooroolbark Library
7 Station St, Mooroolbark

In this demonstration, Michelle from Vintage Cookie Co, will show you the fundamental techniques to decorate your own unique cookies using royal icing including how to make the icing and getting the right consistencies. You will even get to sample a mini cookie! **FREE**

BOOK NOW Book at events.yourlibrary.com.au or call the above library on 9800 6480

Sahaja yoga meditation

Tue 5 September, 6:30pm - 7:30pm
Realm Library, Ringwood Town Square
179 Maroondah Hwy, Ringwood

Relax your mind and body, and find balance in these free weekly meditation sessions.

Dr Akshay and his team will introduce you to the meditative practice of sahaja yoga. **FREE**

BOOK NOW Book at events.yourlibrary.com.au or call the above library on 9800 6430



Knox Woodworkers tour and coffee



Wed 6 September, 10am - 11:30am
Knox & District Workers Club
45 Glenfern Road, Ferntree Gully

Come along to the Knox and District Woodworkers club for a tour of their workshop, coffee and chat.

The Knox Woodworkers is a club for men and women over the age of 16 who are interested in learning woodworking and using a wide range of machinery. If you are interested in toy making, carving, furniture, rocking horses, clocks, platters or woodturning, then this is your opportunity to take a look at the club and ask some questions about how a membership can benefit you. **FREE**

BOOK NOW Book at events.yourlibrary.com.au or call the above library on 9800 6455

Sew your own reusable produce bag



Wed 6 September, 10:30am - 12pm
Lilydale Library, Box Hill Institute
Lilydale Campus, Jarlo Drive, Lilydale

Reusable produce bags are the perfect stepping stone to your zero-waste journey; they don't hurt the planet and they keep your produce fresh, too.

Join Sharon at the Yarra Ranges Tech School to learn how to make one of your very own. **FREE**

Basic sewing machine skills are required, but we'll guide you to use these skills to come home with something you'll be proud of. Meet at the library before walking across to the tech school.

BOOK NOW Book at events.yourlibrary.com.au or call the above library on 9800 6457

Uplifting Voices - group singing sessions

Wed 6 September, 1:30pm - 3pm
Miller's Homestead, Dorrigo Dr & Melrose Ct, Boronia

Come together with other singers of all levels, to learn and sing a rich, joyous and simple repertoire of a capella songs from around the world. Barb Shearer-Jones' wealth of experience as a music educator and community singer, enables her to provide a supportive, varied and safe singing environment in which to explore and become more comfortable with your voice and singing in a group. **FREE**

BOOK NOW Book at events.yourlibrary.com.au or call the above library on 0438 284 989

Introduction to Tai Chi



Wed 6 September, 2pm - 3pm
Croydon Library
5 Civic Square, Croydon

Tai Chi is a series of gentle flowing movements suitable for a wide range of abilities.

Join Yarrunga house as they present an introduction to Tai Chi - perfect if you have always wanted to try it out. **FREE**

BOOK NOW Book at events.yourlibrary.com.au or call the above library on 9800 6448

'Words aloud' poetry and spoken word session

Wed 6 September, 6pm - 8pm
Miller's Homestead, Dorrigo Dr & Melrose Ct, Boronia

Calling all wordsmiths, poets, spoken word artists, short story, letter, speech and song lyric writers! Share your words, stories and art with others in the intimate, cosy setting of The Parlour at Miller's Homestead.

Connect with and be inspired by other wordsmiths, and have a chance to perform your works to a respectful and inclusive audience. Not a writer but would love to hear the writing of others? Please join us as an audience member. Help yourself to tea and coffee during the session. **FREE**

BOOK NOW Book at events.yourlibrary.com.au or call the above library on 0438 284 989

Yoga at the library

Fri 1 September, 9:30am - 10:15am

Belgrave Library
Reynolds Lane, Belgrave

Join Jo at the Belgrave Library and practice Yoga and meditation in a friendly and relaxed atmosphere.

Jo is an experienced and passionate yoga teacher who specialises in teaching hatha and vinyasa style to students of all levels.

Entry by donation.
Please bring your own yoga mat.

BOOK NOW Book at events.yourlibrary.com.au or call the above library on 9800 6489.

Healesville's Garden Gossip: Plant, produce and info swap

Mon 4 September, 2pm - 4pm
Healesville Library
110 River Street, Healesville

Come together to share all things garden related in a friendly casual setting.

From 2-3pm we will be inside the comfort of the library with a cuppa, sharing plants, produce, wisdom and experience.

From 3-4pm, we will spend time in our plot in the Healesville Community Garden, producing food for our community meals, and generally enjoying being in the space. **FREE**

BOOK NOW Book at events.yourlibrary.com.au or call the above library on 9800 6497.

Virtual reality experience

Mon 4 September, 2pm - 2:30pm, 2:30pm - 3pm, 3pm - 3:30pm, or 3:30pm - 4pm

Lilydale Library, Box Hill Institute
Lilydale Campus, Jarlo Drive, Lilydale

Come to the Lilydale Library for a virtual reality experience, as we guide you along an amazing nature trek. **FREE**

BOOK NOW Book at events.yourlibrary.com.au or call the above library on 9800 6457