

Caring for Carers



Pines Learning

think ▶ grow ▶ evolve ▶ relax



COMING SOON!

MICH and **Pines Learning** are excited to announce a new program, just for you, our community of wonderful **Carers**.

We have partnered to offer a range of fun, social, entertaining and supportive events to provide relaxation, interest, enjoyment and well deserved down time.

Your health and happiness will be front and centre as we invite you to partake in some 'me time'.

See overleaf for a sneak peek at the Smorgasbord of Events we will select from, to deliver to you throughout 2022.

We will launch with a Christmas Decoration and Card Making session later this year, (should restrictions allow). As places will be limited, please communicate your Expression of Interest to **Jan Hanos (janhanos@hotmail.com or 0488 998 240)**



Families,
Fairness
and Housing

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Excellence in Adult Community Education
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CARING FOR CARERS

SMORGASBORD OF EVENTS

**FIRST
EVENT**

<p>Christmas Decoration and Card Making: enjoyed with The Four C's (chrissey-pud, custard, cream and coffee)</p>	<p>Zumba Gold Class: followed by a delicious and nutritious smoothie chaser and chat time.</p>	<p>Cupcake Decorating: the spoils to be enjoyed together with High Tea</p>
<p>Handmade Soap: an informal 'how to' chat and a relaxing 'decorate and take one home' class. Coffee and cookie assortment guaranteed</p>	<p>Wine Appreciation Talk: enjoyed with cheese plate and beverage</p>	<p>Latin Mix Dance Lesson: then refuel and refresh with a bowl of Paella and a virgin Sangria</p>
<p>Belly Dance Performance: then a fun give it a go. Spiced hot chocolate, Baklava and Turkish Delight to sweeten the deal</p>	<p>Women's and Men's Health Speakers: with finger food and beverage</p>	<p>Make a Photo Book: featuring a favourite holiday, event or occasion. Mixed sandwiches and tea and coffee</p>
<p>Natural Therapy Speaker: Tea, coffee and cake</p>	<p>Tai Chi/Qigong Lesson: ending with a mini banquet of rice paper rolls and spring rolls</p>	<p>Yoga/Pilates/Meditation Class: then 'float' across to Indulgence Café for coffee and cake</p>
<p>Sushi Making Technique: and (the best bit) tasting, with a traditional Japanese Kalpis beverage</p>	<p>Tame Your Technology: general device, phone, app assistance with an IT 'genius'. Snack on an assortment of sandwiches and have a chat</p>	<p>Voiceplay Session: laughter guaranteed. Tea, coffee, chocolate, chat</p>
<p>Bee Keeping Info Session: enjoyed with honey, scones & cream and a cuppa</p>	<p>Indoor Plants and How Not to Kill Them!: with a seasonal fruit platter and tropical punch</p>	<p>Vegetable/Herb Garden Advice: enjoyed with vegetable crudité and dips and chips</p>

We would be grateful for your feedback to indicate which of these events/activities you would most **enjoy** and we will endeavour to **prioritise** those which have received the **greatest interest**.

Activities will run between 1-1 ½ hours on a weekday. Times TBA. Please send your thoughts to **Jan Hanos (janhanos@hotmail.com or 0488 998 240)**. Thank you.