



South Perth Learning Centre

Where good things happen!
Lower level of South Perth Community Centre
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www.splc.org.au

TERM 3 2018 COURSES
23 JULY - 21 SEPT 2018

We aim to provide a focal point in the South Perth area for the social and educational interaction of all adult members of the community. Our objectives are to create a welcoming environment in which people can develop their personal and community lives in a friendly neighbourhood context. Our courses and activities include arts & creativity, club activities, language, computer & technology, cooking, health & wellness and more!

Hard to imagine isn't it, but the SPLC was started by a group of young mums more than 30 YEARS AGO, aided by a \$1500 grant from the City of South Perth, with the Centre opening in February 1985 in the Uniting Church Hall, Broome Street, SOUTH PERTH. After an inaugural AGM in 1987, the Centre was incorporated in 1988, and in the following year we moved to temporary premises in the Ernest Johnson Hall and then in 1990 to premises owned by the City of South Perth at 12 Labouchere Road.

In late 1998 there was a suggestion that SPLC Inc relocate and merge with the Lady Gowrie Centre in Karawara. This idea did not receive full support of the members, and led to several fruitless stop-gap measures being employed. Membership dropped perilously low – less than 90. Following an emergency meeting, a new Committee was formed and from 1999 there was a re-birth and rapid growth of SPLC Inc. All thanks to the enthusiasm, dedication and advice from members and volunteers and lots of hard work.

2007 saw the Centre thriving – it received the 2007 Premier's Australia Day Active Citizenship Award for an outstanding contribution to the Community. Our Constitution was updated in March 2009, again in 2013 to conform to DOCEP's requirements for an incorporated body and in 2017 to adhere to the Associations Incorporation Act 2015.

Our relocation from Labouchere Road to the City of South Perth facilities, provided a wonderful new premises at Lower Level of the South Perth Civic Centre in South Terrace, South Perth in January 2011 and ensured that 7 years on we continue to be a successful and thriving organisation, with hundreds of members. We continue to welcome new and ongoing members to the wide variety of lifelong learning courses and activities offered in languages, arts, clubs, information technology, health & wellness, cooking demonstrations and talks and lifestyles. Our experienced teachers, dedicated volunteers and 1 full time staff continue to welcome, educate and assist members with enthusiasm and support!

Online enrolments are now available on our website (www.splc.org.au). All members & non-members are required to pay upfront for their courses, as we do not reserve spots without a payment.

Walk-in enrolments are ONLY open on 16, 18 and 20 JULY from 10am-12pm

There are NO REFUNDS OR COURSE CREDITS and there are no revisions to the course cost (all members & non-members must pay upfront and for the entire course fee).

ARTS AND CREATIVITY

Acrylics for Beginners AC1

Peta Zeller

1pm-3pm \$185

8 Wednesdays 25 July - 19 Sept (no class on 22 Aug)

Ever wanted to pick up a paint brush but not sure how or where to start? This class is an opportunity to use Acrylic paint to see the possibilities of this fun and versatile medium. The lessons will start on tone, color, brushwork, texture and composition, where all subject matter will be provided, leading to your more personal projects as skills progress. This painting course would be ideal for beginners or those who have had limited access to painting. Talented artist, Peta Zeller, will begin with how to use painting materials during the 1st week and then move on to colour and tone, brushwork and eventually as the weeks progress she will assist you in working towards a finished masterpiece! **(Contact for material list)**

Acrylics for Beginners (Ongoing) AC2

Peta Zeller

9.30am-12.30pm \$185

8 Tuesday 24 July - 18 Sept (no class on 21 Aug)

This class is an opportunity to continue developing skills with Acrylic Paint, to see the possibilities and a range of outcomes with this fun and versatile medium. The lessons will continue to develop knowledge in tone, color, brushwork, texture and composition, where the student will be providing their own personal photo material to work with to produce artwork. This painting course would be ideal for ongoing students from Term 4, 2017 or those who have had limited access to painting instruction/tutoring and would like to continue building on their skills. **(Contact for material list)**

Crochet Beginners Plus AC4

Susan Sands

10.30am-12.30pm \$85

8 Tuesdays 24 July - 11 Sept

Building on material covered and skills learned in Crochet beginners, this class will take your crochet into 3 dimensions. We will explore more complex stitches, patterns and structures to make bags, baskets, beanies and more. Join us if you already know the basic stitches and techniques and want to take your crochet further.

Crochet Intermediate AC5

Susan Sands

10.30am-12.30pm \$85

8 Mondays 24 July - 11 Sept

This class is intended for those who have already completed ongoing classes at SPLC. Challenge yourself with more advanced stitches and techniques while making your chosen projects.

Crochet Intermediate / Advanced AC6

Susan Sands

1pm-3pm \$85

8 Wednesdays 25 July - 12 Sept

This class is intended for those who have already completed ongoing classes at SPLC. Challenge yourself with more advanced stitches and techniques while making your chosen projects.

Crochet Intermediate / Advanced AC6

Susan Sands

1pm-3pm \$85

8 Wednesdays 25 July - 12 Sept

This class is intended for those who have already completed ongoing classes at SPLC. Challenge yourself with more advanced stitches and techniques while making your chosen projects.

Drawing for Non-Drawers Beginners AC7

Barbara Arenson

9.30am-12.30pm \$135

8 Wednesdays 26 July - 13 Sept

Thought that you were hopeless at drawing? Well think again. Come along and under the expert guidance of Barbara, you will learn how to draw, in a stress free and friendly environment. Barbara, with her extensive international teaching experience, will teach you all how to move from drawing the absolute basics to the development of your own style. Places are limited, so please register early to avoid disappointment

Drawing for Non-Drawers Ongoing (Level 2) AC8

Barbara Arenson

9.30am-12.30pm \$135

8 Thursdays 25 July - 12 Sept

This class is for those people who have previously attended these classes in 2017 or for those who have completed a beginner's class. You will be able to continue on under Barbara's expert guidance drawing, in a stress free and friendly environment. Places are limited, so please register early to avoid disappointment.

Intro to Photography AC10

Carlos Arevalo

10am-12pm \$100

5 Tuesdays 24 July, 7 Aug, 21 Aug, 4 Sept, 18 Sept

Get the most out of the camera in your iPhone or digital camera. Carlos is a professional photographer and a computer whizz. He'll talk you through composition, aperture, shutter speed, and much more. This course will help you make the transition from shooting in Auto Mode into Manual Mode and capturing some amazing images

Watercolours Beginners AC12

Verena Marmion

10am-12pm \$125

8 Mondays 23 July - 17 Sept

Simple activities are structured to gradually expand students' repertoire of techniques and knowledge of how to manipulate watercolour paint. This includes colour mixing, brush control and planning a composition. Each lesson starts with a warmer and is followed by a main activity based around a theme. Themes include still life, floral and landscape subjects. **No class on 6 Aug. (Request material list)**

Watercolours Ongoing + Beginners AC13

Verena Marmion

1pm-3pm \$125

8 Mondays 23 July - 17 Sept

Students will be encouraged to expand their repertoire of skills and techniques. This includes colour mixing, brush control, wet in wet painting and planning a successful composition. Each lesson starts with a warmer and is followed by a main activity. Students can follow their own choice of subject matter, or create an individual interpretation of the theme the teacher introduces with a demonstration at the start of class. Students are encouraged to paint from real objects and personal photos, but also have the option of using the teacher's resources. This course is for both beginning and intermediate students. The beginning students will be recommended simpler exercises than the more experienced students. **No class on 6 Aug.**

**Ban the Bag Workshop (Crochet Edition)
AC15**

Susan Sands
1.30pm-4.30pm \$50 (members) / \$60 (non-members)
Sunday 26 Aug
Come and learn the fundamentals of this fun and useful craft. In this single session introduction we'll cover the basic stitches and techniques to get you started on making a cool and practical string market bag. Don't worry if you haven't crocheted before - we start at the very beginning with how to hold the yarn and hook, how to make your first stitches and what pitfalls to avoid. We'll provide you with a copy of the bag pattern, a crochet hook and the cotton yarn you need to make the bag. Just come along and enjoy yourself **(All materials included)**

CLUB ACTIVITIES

Book Club (Friday) CA1

Catherine Rousett
9.30am-11am \$15
2 Fridays 17 Aug & 21 Sept
Calling all bookworms. Do you enjoy discussing with others books that you have read? Having read the book are there parts that you liked especially or bits that you did not like, or were there any surprises? These are some of the items that can be discussed in the group with the help of the facilitator Catherine. Titles of the books to be read this term are: 17th August Classic/Biography (your choice) & 21st September : Dustfall Michelle Johnston **(No New Enrolments)**

Cryptic Crosswords Club CA2

Self-managed
1pm-3pm \$50
9 Mondays 23 July - 17 Sept
Cryptic crosswords are crossword puzzles in which each clue is a word puzzle in and of itself. Cryptic crosswords are particularly popular in the United Kingdom where they originated. If you enjoy Cryptic Crosswords and are you looking to extend your knowledge by practicing how to do them then come along to this club. Remember research has shown that by keeping the brain active it will remain healthier, delay any early signs of memory loss and help prevent Alzheimer's.

Film Club CA3

Self-managed
1pm-2.30pm \$25
3 Thursdays 26 July, 16 Aug & 20 Sept
Are you a movie buff who enjoys sharing your thoughts with others? If so, then come along to our friendly club to join in the discussions on the movies we've seen. You will get a chance to voice your opinion and listen to that of others on topics such as the acting, directing, the story, costumes etc. Why not discuss areas that perhaps could have been improved. This is your club so make the most of it. The titles of the movies to be discussed: Two is a Family, Mary Shelley, Back to Burgundy and Mamma Mia **(Please see at least 2-3 movies)**

Friend Her (Original) CA4

Rachelli Yaafe-Payne
7pm-9pm \$180
9 Wednesdays 23 July - 17 Sept
If you have ever wanted to try a bit of everything this is the course for you. Friend Her is a women only course designed to introduce you to many new skills while encouraging you to make new friends. You don't need to feel daunted if you have no one to attend with as these women are all here for the same reason to try something new and make friends.

International & Current Affairs CA5

Self-Managed
1pm-3pm \$50
9 Tuesdays 24 July - 18 Sept
Our International and Current Affairs Club will continue in the same successful self-managed discussion group format. Participants may volunteer to present a pre-programmed subject during the first hour followed by a casual discussion on current topics for the second hour. A rotating chairperson will facilitate each session and club members may invite occasional guest speakers, as approved by the group **(NO NEW ENROLMENTS)**

**International and Current Affairs
Discussion Group CA6**

Judi St. Clair & Finn Barrett
1pm-3pm \$45.00
8 Tuesdays 24 July - 11 Sept
Our International and Current Affairs Club will continue in the same successful self-managed discussion group format. Participants may volunteer to present a pre-programmed subject during the first hour followed by a casual discussion on current topics for the second hour.

Lovers of Poetry CA7

Self-Managed
10.30am-12 noon \$35.00
Tuesday (every 2 weeks - start with week 2)
31 July, 14 Aug, 28 Aug, 11 Sept
Come along and join our group. We will discuss our favourite poems, poets – Australian, English, American and much, much more. Come and listen or bring your own poem or one of your favourites to share with the group.

Mahjong Tuesday CA8

Self-managed
9.30am-11.30am / 12pm-2pm \$50
9 Tuesdays 24 July - 18 Sept
Come along and play this fascinating ancient game. We are always looking for new members to join in and get those brain cells working. Notes and sets are provided.

Mahjong Friday CA9

Self-managed
9.15am-11.15am \$50
9 Fridays 27 July - 21 Sept
OR
9 Fridays 27 July - 21 Sept
This friendly and popular group is for the more experienced who wish to play this fascinating and ancient game. So come along and get those brain cells working. Notes and sets are provided, but please bring along your own if you wish **(Please note that the 2pm course is solely for Chinese Mahjong)**

Mahjong for Beginners - Chinese CA10

Marsha Tang
12pm-2pm \$115
9 Fridays 27 July - 21 Sept
This course introduces participants to the fascinating and ancient game of Mahjong. Players will learn the structure and the rules of game in a friendly, social environment and by the course conclusion, acquire the knowledge, skills and ability for independent / self-managed gameplay.

Mahjong for Beginners - Western CA12

Cindy Livshitz
 9.30am-11.30am OR 12pm-2pm \$105
 8 Tuesdays 24 July - 11 Sept
 This course introduces participants to the fascinating and ancient game of Mahjong. Players will learn the structure and rules of game in a friendly, social environment and by the course conclusion, acquire the knowledge, skills and ability for independent / self-managed gameplay. **If you're a complete novice, we highly recommend enrolling into Chinese Mahjong for Beginners.**

Mahjong Intermediate - Chinese CA13

Marsha Tang
 2.15pm-4.15pm \$115
 9 Fridays 27 July - 21 Sep
 Intermediate Chinese Mahjong consolidates the learning and skills acquired in Mahjong for Beginners with a stronger focus on strategic understanding and gameplay. This course is also suitable for those already familiar with the rules of Chinese-style mahjong and comfortable with independent gameplay.

Mahjong Wednesday CA15

Self-Managed
 10am-12pm \$50
 9 Wednesdays 25 July - 19 Sept
 This friendly and popular Wednesday group is for the more experienced who wish to play this fascinating and ancient game. So come along and get those brain cells working. Notes and sets are provided, but please bring along your own if you wish.

Non- Fiction Book Club CA16

Finn Barrett
 6pm-8pm \$15
 2 Wednesdays (weeks 3 & 7) 8 Aug / 5 Sept
 New Members are welcome to join this discussion group to share their interest in matters of the world. The books we will be reading this term are: August 8- Clive Hamilton, Silent invasion: China's influence in Australia & September 5- Noam Chomsky, Who rules the world.

Thursday Book Club CA17

Petrice Judge
 1.30pm-3.00pm \$15
 2 Thursdays (weeks 3 & 7) 9 Aug / 6 Sept
 This self-managed Book Club provides a great opportunity for book lovers to discuss what they've been reading. Titles to be read this term are:
 9 Aug : City of Light by Dave Warner & 9 Sept : A Long Way From Home by Peter Carey.

Knit and Crochet Club CA18

Self-Managed
 1pm-3pm \$45
 9 Mondays 23 July - 17 Sept
 Do you knit or crochet? Why not join us for a chat and some quality time with your needles or hooks and, of course, your yarn. This group is for those who can already knit or crochet and would like to relax and create with other yarn crafters.

COMPUTERS & TECHNOLOGY**How to use your Android/ Tablet CT1**

Mike Burns
 1pm-3pm \$105
 4 Thursdays 26 July - 16 Aug
 Android phones are made by HTC, Sony, Samsung, Huawei, Xaomi, Motorola and LG. Starting with the basics and assuming no prior knowledge this course will enable you to use your Android Phone and tablet with confidence. You'll learn about apps, what they are, how to get them and which ones are really useful. We'll look at photos and how to manage them. Bring your Android Phone and tablet along as these courses are very hands on. No Apple iPhones on this course please.

How to use your iphone/ ipad CT2

Mike Burns
 1pm-3pm \$105
 4 Wednesdays 25 July - 15 Aug
 Starting with the basics and assuming no prior knowledge this course will enable you to use your Apple iPhone and Apple iPad with confidence. You'll learn about apps, what they are, how to get them and which ones are really useful. We will also cover how to set up your iPhone and iPad so all your messages and alerts show up on both. We'll look at photos and how to manage them. Bring your Apple iPhone and iPad along as these courses are very hands on.
 If you have a non-Apple phone or tablet please enrol on the Android course.

Intro to PC Computers: Windows, Microsoft Office and more! CT3

Mike Burns
 1pm-3pm \$105
 4 Wednesdays 22 Aug - 12 Sept
 Bring your own laptop along and learn how to use Windows effectively. We'll look at privacy settings, backups, the Windows store, Microsoft Office and a free alternative. We'll also cover the most popular email client software. This course will also cover the best Web browser software and cloud storage options. Learn how to download and install software for use on your computer with devices like printers and how to connect to your other devices.

Digital Club for Seniors CT4

Kim Horne
 1pm-2pm \$15 (members) / \$20 (non-members)
 4 Thursdays 23 Aug - 13 Sept
 Come along and feel empowered to learn the basics of the internet, setting up emails, making online payments and so much more! This club encourages digital learning and enjoying great company with like-minded people! Our aim is increase digital literacy for Australians over 50 and support them in their journey.

COOKING**Healthy Traditional Korean Kimchi! C2**

Ebony Bae & Ms Lee
 11.30am-1.30pm \$70
 1 Friday 17 August
 Are you interested in making "healthy home made kimchi"? You may have heard that even some native Koreans do not know how to make homemade kimchi because it needs some tips to make healthy kimchi. Ms. Bona Lee, who has got a great passion in Korean cuisine with her Korean chef Grade 1, will show you how to make the kimchi by using local ingredients. Ms. Ebony BAE will assist by telling some history behind of the food. Many locals want to know the secret of this making kimchi and you will be amazed by this one dish as it can be used to make a number of other dishes such as Kimchi Chigae, Tofu kimchi and others.

Hong Kong Dim Sum : Egg Tarts and Coconut Tarts C3

Pamela Stephenson
 10am-12pm \$70
 1 Friday 27 August
 Hong Kong egg tarts were made famous by last British governor, Chris Patten, who was

an egg tart lover. Egg tarts filling are mainly using eggs and evaporated milk.

Egg tarts are one of the most popular dim sum desserts. You can find them everywhere in Hong Kong, but in Perth, you can only find in Dim Sim restaurant or Hong Kong bakery.

Come along and have a great time learning how to make these traditional Hong Kong dishes!

Make your own Persian Fetta Like a Pro C4

Tanya Barrotte

1pm-2.25pm \$90

1 Monday 13 August

Smooth, creamy Persian fetta is loved by all. Marinated delights adorn the best cheese boards, it spreads lavishly on bread, and adds an exotic and special touch to so many dishes. And after this course, you will be able to make your own deliciously smooth Persian fetta at home.

Join Tanya Barretto from The Cheese Maker as she introduces you to the world of home cheese making, sharing the secrets of how to make this incredibly delicious and versatile cheese. You'll learn goat and cow milk variations, and how to turn one cheese into endless variations and twists.

Participants will receive a Take Home Guide and be able to purchase items to take home and start making Persian Fetta right away.

Winter Wellness Food Made Easy with Jessica Lowe C6

Jessica Lower Fitness Nutritionist

10am-1pm \$90

1 Thursday 23-Aug

Learn about why keeping well is so important and the role food can play to keep us well over winter and Jessica's top picks for winter. The cooking will include the following:

- Mini gut health talk about workshop on fermenting
- How to make healthy low GI bread (related health benefits)
- How to make my famous Spiced Carrot and Coconut soup (related health benefits)
- How to fall in love with Kale! By making the best plant based balanced meal with all essential nutrients that actually has people asking for more kale.
- How to make guilt free warming winter desserts- Chickpea Chocolate brownies with coconut chia pudding and raw refined sugar-free chocolate bark (Students will

receive lunch at the end of the workshop and nutritional advice)

LANGUAGE

French (Advanced) L1

Christine Boccaccini

9am-11am \$120

8 Tuesdays 24 July - 11 Sept

This class is for students who have studied French at an Intermediate level and also students who have more than a basic knowledge of French grammar and vocabulary. A French/English dictionary will be needed.

French for Travellers (with basic knowledge) L2

Christine Boccaccini

10am-12pm \$120

8 Mondays 23 July - 10 Sept

For those interested to go to France and learn some basic communication skill. Basic topics such as greetings, numbers, ordering in a restaurant / cafe, buying from a shop/market will be covered.

French (Beginners) - Ongoing L4

Christine Boccaccini

1.30pm-3.30pm / 9am-11am \$120

8 Wednesdays/Thursday 25 July - 12 Sept / 26 July - 13 Sept

These classes are for those who have attended Term 1 or have some prior knowledge of the French language. You will learn practical everyday words and phrases. Materials will be provided, however you will need a French/English dictionary

French Conversation (Advanced) L5

Christine Boccaccini

1.15pm-3.15pm \$120

8 Tuesdays 1.15pm-3.15pm

This course is intended for those who wish to practise their acquired French language skills. The classes will be based mainly on preparation for discussion covering a wide variety of topics. Participants will be encouraged to help each other. All who show any interest in keeping their knowledge alive, irrespective of their advanced levels, will be made most welcome.

French Conversation (Intermediate) L6

Christine Boccaccini

11am-1pm \$120

8 Tuesdays 24 July - 11 Sept

This course is intended for those who wish to increase and practise their acquired French language skills. The classes will be based mainly on preparation for discussion

covering a wide variety of topics.

Participants will be encouraged to help each other. Some grammatical areas will be examined from time to time. All who show an interest in keeping their knowledge alive, at this intermediate level, is most welcome.

French Intermediate (Level 1) L7

Christine Boccaccini

9am-11am \$120

8 Wednesdays 26 July - 12 Sept

This class is intended for mainly students who have recently completed a least one year of 'French for Beginners'. It can also accommodate any other student who has some basic knowledge of French grammar and simple vocabulary. A French-English dictionary will be needed.

French Intermediate Ongoing L8

Christine Boccaccini

11am-1pm \$120

8 Wednesdays 26 July - 12 Sept

The class is intended for students who have previously studied French at an Intermediate level. It can also accommodate any other student who has more than a basic knowledge of French grammar and vocabulary. A French-English dictionary will be needed.

German for Novices L9

Marion Begugels

2.00pm-4pm \$120

8 Thursdays 27 July - 13 Sept

A fun and informative introductory course to the German language and culture. Learn how the German language works, pronunciation, basic conversation, travel, food and traditions. Bis bald - see you soon!

German for Beginners with basic knowledge L10

Marion Beugels

12.15pm-2.15pm \$120

8 Wednesdays 26 July - 12 Sept

Willkommen! A fun and instructive course for those who seek to refresh or broaden their German skills. Get excited as basic communication becomes a chat with your classmates! You will also learn how to navigate German websites and much more.

Indonesian Beginners (Level 1) L11

Kus Sujatna

10.30am-12 noon \$80

8 Fridays 27 July - 14 Sept

If you want to learn an Asian Language, Indonesian is the one for you because it has the same alphabet as English! And, if you've been to Bali and loved the experience, the people, the food and the

culture, come along and learn more about it. Enhance your holiday in Indonesia. Our teacher will show you how easy it is to get started on the basics of the language, while you learn about Indonesian culture.

Indonesian Conversation (Level 2) L12

Kus Sujatna

10.30am-12 noon \$80

8 Thursdays 26 July - 13 Sept

This conversation class is for those who have studied Bahasa Indonesia in the past and would like to come along to practise and improve their language skills. Our Indonesian teacher, Ibu Kus, has extensive experience in teaching Indonesian as she taught for many years at TAFE. Come along and join the fun.

Indonesian Intermediate L13

Kus Sujatna

12pm-1.30pm \$105

8 Fridays 27 July - 14 Sept

If you want to learn an Asian Language, Indonesian is the one for you because it has the same alphabet as English! And, if you've been to Bali and loved the experience, the people, the food and the culture, come along and learn more about it. Enhance your holiday in Indonesia. Our teacher will show you how easy it is to get started on the basics of the language, while you learn about Indonesian culture.

Italian for Beginners (Level 2) L14

Alessandra Luati

6pm-8pm \$120

9 Wednesday / Thursday 25 July - 12 Sept.

This class will expand on the Italian knowledge that students have learned in the Beginners Level 1 class, or for those who know familiar words and very basic phrases, knowing how to ask and answer simple questions on very familiar topics. The course is geared towards those who wish to take their learning of the language just one step further. This class will focus on expressions, socialising, asking questions and various activities to further your speaking, listening and reading development. You will expand and improve your vocabulary related to a wide range of topics.

Grammar will be combined with real-life situations. Every week, we'll learn and practice useful expressions, and work to enhance your vocabulary and pronunciation. You'll be surprised how much you learn in just nine weeks!

Italian Beginners L15

Alessandra Luati

6pm-8pm \$120

9 Mondays 23 July - 17 Sept

The course is designed for those who are ready to learn Italian from the beginning or for those who know a few words or phrases and are keen to learn more. It aims to give students the opportunity to learn basic Italian vocabulary and grammar, to gain confidence in understanding and using the language and to learn more about Italian culture. We will give emphasis to speaking activities, learning how to communicate in a variety of social situations, such as introducing yourself, talking about daily activities, travelling etc.. And grammar will be combined with real-life situations. Every week, we'll learn and practice useful expressions, and work to enhance your vocabulary and pronunciation. You'll be surprised how much you learn in just nine weeks!

Italian Conversation (Thursday) L16

Ambra Marra

10am-12pm \$85

9 Thursdays 26 July - 13 Sept

These classes are intended for those of you who have already studied Italian in the past and who wish to continue to practise and improve your acquired Italian language skills. Based mainly on preparation for discussion, a wide variety of topics will be included. Participants will help each other and some grammatical areas may be examined from time to time. Those interested in keeping their knowledge alive are most welcome. (NO NEW ENROLMENTS)

Italian B1 (Intermediate) L17

Eleonora Duso

9.30am-11.30am \$125

8 Mondays 23 July - 10 Sept

This class is for people who have recently attended Italian Pre- Intermediate classes and already manage to use simple expressions and words to describe their needs, family members, current job, life condition, etc. Upon completion the students will be able to understand familiar topics on work, school, past time and will gain confidence in handling basic matters/situations whilst travelling in Italy.

Students will learn to understand and describe the main points on topical subjects either of personal or professional interest in a clear and slow speech mode.

Italian A2 (Pre-Intermediate) L18

Eleonora Duso

1pm-3pm \$125

8 Mondays 23 July - 10 Sept

This class is for prospective students who have recently attended Italian Beginners classes and who are already able to understand simple words, verbs and easy sentences and manage to reply to simple questions within familiar contexts.

At the end of this course the students will be able to read short and simple texts and seek for specific and predictable information on material for daily use (ads, programmes, menus, timetables).

Every session will include grammar, vocabulary and targeted exercise to ensure understanding and learning scaffolding. Part of the course will also be dedicated to Italian culture and society using audio-visual material. This is a useful course for everyone who wants to improve their Italian language regardless of their needs.

Spanish Beginners (Level 2 - Ongoing) L19

Ruperto Nunez

11am-1pm \$120

9 Thursdays 26 July - 13 Sept

"Hola amigo! There are around 406 million native Spanish speakers, 60 million as a second language and 20 million students of Spanish. This class is for students who have studied Spanish in Terms One & 2 and for those people who have a little prior knowledge of the Spanish language. The textbook Pasos 1 Spanish Beginners Coursebook by Rosa Maria Martin & Martyn Ellis (ISBN 9781473610682) will be used. Can be purchased online from the Book Depository.

Spanish for Travellers - Beginners L-1.1 (Ongoing) L22

Alicia Zablah

10am-12pm \$120

9 Wednesdays 25 July - 12 Sept

This course is for the students who completed Beginners Basic L-1 and Beginners L-1.1 ongoing at SPLC / in other institution or having previous knowledge and understanding of rules of the Language. Someone who has travelled and had practiced Spanish before. You will continue learning practical vocabulary and conversation. It is suggested to bring a Spanish Dictionary

Spanish for Travellers - Basic L-2 (Ongoing) L23

Alicia Zablah

10am-12pm \$120

9 Wednesdays 25 July - 12 Sept

This course is for the students who completed Beginners Basic L-1 and Beginners L-1.1 ongoing at SPLC / in other institution or having previous knowledge and understanding of rules of the Language. Someone who has travelled and had practiced Spanish before. You will continue learning practical vocabulary and conversation. It is suggested to bring a Spanish Dictionary

Spanish Intermediate L24

Ruperto Nunez

9.00am-11.00am \$120

9 Thursdays 26 July - 13 Sept

This course is for anyone with some prior elementary knowledge of Spanish. Ruperto will follow on from the Spanish Beginners classes so students can continue to have fun while increasing their fluency, their vocabulary and their knowledge of the Spanish Language. . The textbook Pases 2 Spanish Intermediate Course by Rosa Maria Martin & Martyn Ellis will be used.

Italian Conversation (Monday) L25

Eleonora Duso

11.30am-12.30pm \$55

10 Mondays 23 July - 10 Sept

These classes are intended for those of you who have already studied Italian in the past and who wish to continue to practise and improve your acquired Italian language skills. Based mainly on preparation for discussion, a wide variety of topics will be included. Participants will help each other and some grammatical areas may be examined from time to time. Those interested in keeping their knowledge alive are most welcome. (NO NEW ENROLMENTS)

Spanish Language for Travellers -

Beginners Basic L-1 ongoing L26

Alicia Zablah

5.30pm-7.30pm \$120

9 Tuesdays 24 July - 11 Sept

This course is the first course for those who have not experienced the Spanish Language before but is interested and would like to learn it. The Basic Spanish Language course will give you the first skills, read, write, learn vocabulary, learn grammar and practice your first conversations. It is suggested to have a Spanish Dictionary.

HEALTH & WELLNESS

Ageless Yoga Program: Chair Flow Yoga – for Seniors - Level 1 HW1

Sri Shanthi Bhavana

3.30pm-4.30pm \$115

9 Mondays 23 July - 17 Sept

Gentle, non-invasive, low-impact Yoga-based exercise program specially designed for older people (seniors). Suitable for all age groups, and especially for people suffering limited flexibility and range-of-motion (ROM), injuries and medical conditions.

This exercise program is recommended by medical physicians (GP's), chiropractors, physiotherapists and psychologists, and is practiced sitting in a Chair, and standing with the support of a Chair. The Chair is used as a prop to help support the person, and as an aid in assisting the person to gain strength and balance.

Sri Shanthi Bhavana specialises in Therapeutic Yoga for older populations and is an internationally registered and certified Yoga Teacher with AURA Wellness Center, Massachusetts, USA, and the International Institute for Complementary Therapists (IICT). He brings experience and knowledge in Yoga as therapy from years of study with his mentors in India, Australia and the USA.

Ageless Yoga Program: Chair Flow Yoga – for Seniors - Level 2 HW2

Sri Shanthi Bhavana

5pm-6pm \$115

8 Mondays 23 July - 17 Sept

Gentle, non-invasive, low-impact Yoga-based exercise program specially designed for older people (seniors). Suitable for all age groups, and especially for people suffering limited flexibility and range-of-motion (ROM), injuries and medical conditions.

This exercise program is recommended by medical physicians (GP's), chiropractors, physiotherapists and psychologists, and is practiced sitting in a Chair, and standing with the support of a Chair. The Chair is used as a prop to help support the person, and as an aid in assisting the person to gain strength and balance. Prerequisite: Participants must have completed at least one Term in "Chair Flow Yoga - Level 1"

Pilates for Beginners HW4

Carmel Simojoki

1pm-2pm \$130

7 Saturdays 28 July - 8 Sept

Are you interested in developing your strength, improving your flexibility and strength as well as participating in a cleansing and invigorating form of exercise?

In the Pilates for beginners' class, instructed by Carmel Simojoki, a qualified level IV pilates instructor, you will learn and practice exercises to improve flexibility, build strength and develop control and endurance. The many and varied exercises focus on alignment, breathing, developing a strong core, as well as improving coordination and balance. Muscle tone, posture and well-being can also be improved through regular practice of the exercises.

Pilates is suitable for all ages.

Restorative Yoga HW6

Sri Shanthi Bhavana

3pm-4.15pm \$115

9 Fridays 27 July - 21 Sept

This course is designed for adults of all ages – particularly useful for busy mums and older adults. Restorative yoga can be practised anytime (very useful after a long day and before bed)

It stimulates a peaceful calm feeling, with clarity of mind – transforms tired energy and stress into relaxed productive energy, with increased tranquility for Body, Mind and Spirit.

Tai Chi Chuan for Beginners HW7

Stephen Ho

4.30pm-5.30pm \$110

8 Tuesdays 24 July - 11 Sept

Tai Chi Kung Fu is a complete system of Chinese martial art developed many centuries ago based on Taoist philosophy. Although each movement had been designed for hand fighting, its gentle flow and gracefulness are now also recognised as a good form of exercise. With constant practice, Tai Chi can promote good health and relaxation. The original form of Tai Chi was first developed by Master Chan. Since then, various styles had emerged, each with some variations and characteristics. The form of Tai Chi to be covered in this course is the Wu Style which consists of 108 movements. This introductory beginner's class will cover the first 30 movements of Wu Style Tai Chi Chuan.

INSTRUCTOR: Stephen Ho. Stephen is a retired academic in engineering. He learned Tai Chi Chuan in Hong Kong when he was a teenager. He continues to practise Tai Chi and Chi Kung over the years. In Australia, he followed Master Michael Yung for a few years and improved and perfected his forms under Michael's supervision. He has been

running Tai Chi classes at various venues in Perth for over 20 years.

DIY Essentials Home Care HW9

Samantha Grant

10am-11.30am \$30 (members) / \$40 (non-members)

1 Tuesday 14th August

Returning due to demand, Samm will walk you through some simple and easy recipes, using natural ingredients to rid your home of harsh chemicals and toxic perfumes.

Samm will demonstrate how to make a variety of everyday household items, such as hand wash, multi purpose cleaning spray and personal care products such as magnesium spray, super salve, pit preparation paste & deodorant*.

Samm's enthusiasm and passion for natural living is contagious and makes this a fun and interactive class.

Recipe booklets will be available for purchase and options will be discussed for sourcing your own DIY ingredients to make at home.

* Items made will be dependent on sourcing the best available ingredients at the time.

TALKS & LIFESTYLE

Victim vs Victor Mindset T1

Sanja Tesic

12.30pm-2.00pm \$15 (member) / \$20 (non-member)

1 Friday 7 Sept

It is not what happens to us, it is how we react to it. So we are on this journey, called life. Along the journey we come across various different experiences and situations. Then we make a judgment of the experience by concluding that it was a good one or a bad one.

When Sanja was eight years old she found herself in the experience called the civil war in former Yugoslavia. Then her family became refugees and sought refuge in various republics within the former Yugoslavia for five years. Eventually, when Sanja was thirteen years young, the family immigrated to Australia.

The fact is, statistically she was a victim of war as were many other people in former Yugoslavia at that time. The other fact is that from Sanja's perspective she was a victor. She is very grateful that she didn't

lose anyone in the war, and that her parents managed to get her into schools anywhere they went, she had food and clean water, a clean bed or floor to sleep on and most importantly good health and was always surrounded by love. Join Sanja as she shares her story and talks about the power of mindset.

Greek Mythology T2

Ruperto Nunez

10am-12pm \$70

5 Wednesdays 25 July - 22 Aug

In this third term of stories of deceit and lust, divine revenge and human inescapable fate, we will continue exploring some famous Olympian divinities: Apollo, Hermes, the savage Dionysus, and Demeter and the Eleusinian Mysteries. Finally, we'll have a closer look at the Greeks' conception of the Underworld. As usual, we'll read excerpts from ancient sources like Homer, Hesiod and Ovid. It is not necessary to have attended the previous terms to enjoy this one. Each goddess or god is presented and discussed independently.

Magic Realism and Latin American

Modern Literature T3

Ruperto Nunez

1.30pm-3pm \$70

5 Thursdays 26 July - 23 Aug

One Hundred Years of Solitude by Gabriel García Márquez is one of the best and most famous examples of Magic Realism. As the name suggests, Magic Realism describes events which, in any other context, would appear as fantastic and incredible; within the novel, however, they appear as mundane and normal events. In this course, we will look at two or three novels (I suggest One Hundred Years of Solitude and The House of the Spirits, by Isabel Allende). The story, the fantastic elements and the historical contexts in which they are inserted will be discussed. If you have another favourite one, let's look at it!"

Qigong T4

Toni Waston

12.30pm-2pm \$15 (member) / \$20 (non-member)

1 Friday 10 August

Toni has been dedicated to the practice of Qigong for the last 15 years, and the more she practises it, the more she appreciates its depth and mystery.

In her classes she generally start with teaching an ancient classical form the

"Eight Pieces of Silk". This form gently cultivates the body's life force to calm the mind, helps nourish the blood and improve the circulation, revitalises organ function, strengthens bones and much more. Learn more about the art of Qigong and how you can implement it into your life.

The Art of Mindful Living T6

Liliana Vanasco

Mentor & Life Coach | Speaker | Author

12.30pm-2pm \$20 (member) / \$30 (non-member)

1 Friday 24 August

In this talk Liliana will explain the basic concepts of living mindfully, the benefits it provides and share how to integrate mindfulness into your life in practical ways to create a state of joy, inner calm and flow.

Towards an environmentally, economically and socially sustainable Australia T7

Peter Strachan

12.30pm-2pm \$15 (member) / \$20 (non-member)

1 Friday 17 Aug

Through his life, working in Africa, PNG, Europe and Australia as a metallurgist and then as an analyst and stock broker in capital markets, Peter has watched with alarm as the natural environment is destroyed by a rising tide of humanity.

Concern is mounting about the future of humanity after its rise to modern civilisation over the past few centuries. How should we deal with ongoing environmental sustainability, social cohesion and resilience and economic stability in the face of a debt driven drive for jobs and growth at all cost? Peter runs a business as an independent corporate analyst, publishing a weekly analyst brief called Stock Analysis under his Australian Financial Services License, focusing on finding value amongst ASX listed companies.

In 2013 and the '14 rerun, I stood for the Senate representing the Sustainable Australia Party, then called Stable Population Party, which was endorsed by Dick Smith, who has since become a member of the party.

Peter worked as a metallurgist in Zambia, PNG and Australia before moving into the finance world. His interest in true sustainability has been a lifelong concern.

Meet King Arthur T8

Professor Andrew Lynch (UWA)

12.30pm-2pm \$15 (member) / \$20
(non-member)

1 Friday 24 Aug

The legend of King Arthur grew up in the middle ages, as stories of war, love and power attached themselves to a shadowy name from the British past. It remains one of the core narratives of European and world culture, attracting writers and artists across many centuries. Explore the history and riches of the Arthurian tradition with Professor Andrew Lynch (UWA), Director of the Australian Research Centre for the History of Emotions.

Superannuation : The Best Option for You T9

Chris Baillie

12.30pm-2.00pm \$15 (member) / \$20
(non-member)

1 Friday 10 Aug

Come along and listen to Certified Financial Planner, Chris Baillie, share advice on Superannuation! His talk will include the following:

- Retirement Income Streams
- The \$1.6m transfer balance caps
- Transition to retirement income streams
- Non-concessional contribution limits
- Concessional contribution limits
- Spouse contributions and Government Co-contributions
- Superannuation and how it relates to the Age Pension

Herbal Garden Design (Workshop) T10

Leesa Caldwell

1.30pm-3pm \$40 (members) / \$50
(non-members)

1 Thursday 9 Aug

Learn how to construct a herb garden. Size doesn't matter when it comes to a herb garden. If only a few different types of herbs are required for cooking, these can be grown in any corner of your garden.

While herbs can be grown alongside any other plants in your garden, they provide their best display when given their own section.

You will learn the different types of herb gardens and how to use herbs in your existing landscape.

Write your Memoir in 30 Days T11

Shoma Mitra

12.30pm-2.30pm \$70

4 Thursdays 27 July, 3 Aug, 17 Aug & 31 Aug

This 4 week course will show you how to stay on track and finish your memoir in 30

days. Yes – It can be done! All it takes is desire, focus and a structured plan. At the end of the 4 week course you will be ready to publish a well written manuscript. The course will teach you how to write and edit to perfection. It will teach you strategies that are easy to implement and classes which are fun to be in.

So if you are ready to dive in and have some fun, join in this 4 week intensive course to write the book you have always dreamed of writing.

Food & Fun Club

Dear Epicureans, we will meet at the Bentley Hotel for our August outing (lunch), Coco's for our Oct outing (breakfast) and the Pines Restaurant for our Nov Outing (Xmas lunch). All members will receive private invitations. Interested in becoming a member? Please contact Lorraine at 9470 1546 during business hours. Bon Appetit!

Wednesday Walkers

The Wednesday Walkers are continuing to feel the joy of the outdoors and welcome anyone who'd like to join us. We meet at the end of Coode St at the pavilion to the west of the Boatshed Café at 8am sharp. We walk for an hour along the South Perth foreshore, and then have coffee at the Café.

MEMBERSHIP

Annual membership is \$40 and term membership is \$15

Membership is not required if you enrol in a 1-day activity, but you will have to pay the non-member fee.

You don't have to be a South Perth resident to become a member – everyone is welcome!

ENROLMENTS

Online enrolments are now available for Term 3 2018 courses and one-off events, head to www.splc.org.au for more information. EFT is accepted, but please contact the centre to confirm that there are available spots in your requested course/class. Below is our bank information - Account Name: South Perth Learning Centre Inc | BSB 066124 | Account No. 00910855

Postal enrolments are **ONLY** accepted for **cheque payments** and will be processed as received. Please post enrolments to **PO BOX 254, COMO 6952**, do not post to our South Terrace address. We highly recommend coming to the centre or having someone come on your behalf to ensure your slot in a course. If you post it in and require a receipt, please be sure to include a self-addressed stamped envelope.

If a course happens to be full, please put your name on the waiting list (with the volunteer at the reception desk), so that we can contact you if a student decides to withdraw. **Credit/Debit Card enrolments available via phone enrolments - PLEASE DO NOT SHARE YOUR DEBIT/CREDIT CARD INFORMATION ON THIS FORM OR VIA EMAIL.** There are **NO REFUNDS OR COURSE CREDITS unless a course/event is cancelled by the centre and there are no revisions to the course cost (all members & non-members must pay upfront and for the entire course fee)**. Postponed classes due to an instructor's illness or unexpected emergency will result in alternative class being provided.

Title		First Name		Last Name	
Phone		Mobile		Emergency No.	
Address					
Suburb					
Email					

TERM MEMBERSHIP \$15

ANNUAL MEMBERSHIP \$40

Code No.	COURSE / TALK / EVENT			Amount
				\$
				\$
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				\$
				\$
				\$
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Membership Fee				
PAYMENT	Cash	Cheque	EFT	TOTAL

The Centre is extremely grateful for the support and generosity of:

The City of South Perth - the Centre
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 Royal Perth Golf Club - the reception area furnishings, computers & iPads

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