



South Perth Learning Centre

Where good things happen!
Lower level of South Perth Community Centre
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TERM 1 2019 COURSES
11 FEB - 12 APRIL

OUR STORY

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!

VISION

The work of the Centre aims to inform, empower and enrich the lives of a growing number of members and users through:

1. Providing opportunities for lifelong learning and skills development
2. Creating opportunities for friendship
3. Encouraging a strong sense of achievement
4. Supporting each other through inherent challenges of living
5. Fostering community spirit and contribution through a strong ethos of volunteering and mutual support

VALUES

The Centre will operate in a way that:

1. Encourages individuals to realise their full potential
2. Respects and values our volunteers
3. Is guided by the needs and aspirations of its members, and endeavours to empower them
4. Encourages a sense of community spirit
5. Creates and maintains an atmosphere where friendships are born and long-lasting
6. Maintains accountability to the members, volunteers and stakeholders

We acknowledge and pay our respect to the traditional custodians of this land, the Whadjuk people of the Noongar nation and their Elders past, present and future.

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 4, 6 and 8 FEB 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 (Ongoing) AC2

Peta Zeller

9.30am-12.30pm \$190

8 Tuesday 12 Feb - 9 April

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, 2019 or those who have had limited access to painting instruction/tutoring and would like to continue building on their skills.

Crochet Beginners AC3

Susan Sands

9.00am-10.30am \$90

8 Mondays 11 Feb - 8 April

(No class on 4 Mar)

Come and learn the fundamentals of this fun and useful craft. We'll cover basic stitches and techniques as well as how to read patterns and charts. Learn all you need to know to get you started on creating fashionable accessories, cosy rugs and useful items for your home. In the first lesson, we'll start from the very beginning with how to hold the yarn and hook, how to make your first stitches and what pitfalls to avoid.

Crochet Beginners Plus AC4

Susan Sands

9.30am-11.00am \$90

8 Mondays 11 Feb - 8 April (No class on 4 Mar)

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 AC5

Susan Sands

11am-1pm \$90

8 Mondays 11 Feb - 8 April (No class on 4 Mar)

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 / Advanced AC6

Susan Sands

1pm-3pm \$100

9 Wednesdays 13 Feb - 10 April

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 \$140

8 Thursdays 14 Feb - 4 April

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 \$140

8 Wednesdays 13 Feb - 3 April

This class is for those people who have previously attended these classes in 2018 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. **Note:** Materials not included.

Intro to Landscape Photography AC10

Cyrus Roussilhes

10am-12pm \$135

5 Tuesdays (12 Feb, 26 Feb, 12 Mar, 26 Mar & 9 April) every 2 weeks

Do you want to improve your general photo taking skills? This course is perfect for beginners, people who have just bought a

camera and those wishing to learn how to shoot better using manual settings. From learning more about your camera's functions to easy ways to take better photos of people and landscapes, professional portrait and landscape photographer Cyrus from Lighthouse Photography, will teach all there is to know about landscape photographer. This will be an interactive course and will involve a mixture of indoor/outdoor sessions.

Topics covered may include:

- How to shoot daytime landscapes.
- Manual settings for portraits, close-ups, and landscapes.
- How to get what you want in focus.
- Rules of shutter speed.
- How to create bokeh (beautiful blurry backgrounds).
- How to make a photo look blue or warm using white balance settings.
- What does ISO do?
- Finding interesting shots from challenging lighting conditions.
- How to create art using creative settings and composition.
- How to identify and capture beauty in a photograph.
- Working with light and backgrounds.
- Nature closeups & interesting patterns.
- How to shoot macro images

WHAT YOU NEED

- Preferably an SLR camera, however, smartphone camera or compact camera is ok.
- Enough battery & memory card space to last more than 1 hour.
- 1-3 lens (if you have an SLR) and a camera bag.
- Bring your widest lens for landscapes, and a macro if you have one.
- A mini notepad and pen (optional).

Watercolours Beginners AC12

Verena Marmion

10am-12pm \$130

8 Monday 11 Feb - 8 April (no class 4 Mar)

OR

16 Feb - 6 April 8 Saturdays

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. **Note:**

Materials not included

Watercolours Ongoing AC13

Verena Marmion

1pm-3pm \$130

8 Mondays 11 Feb - 8 April (no class 4 Mar)

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. **Note: Materials not included.**

Ban the Bag Workshop (Crochet Edition) AC15

Susan Sands

1.30pm-4.30pm \$50 (members) / \$60 (non-members)

Sunday 10 March

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)**

Pottery Hand Building Workshop - Mugs & Bowls AC18

Lucy

10am-12pm \$110 (members) / \$120 (non-members)

Saturday 17 Feb

Come along to Not Yet Perfect's Pottery Hand building Workshop, where you are encouraged to get creative, trying your hand at the beautiful art of Pottery. Pottery hand building workshops are a great time to, relax, unwind and meet other like-minded people. Lucy's welcomes individuals and groups to come and learn a new skill during this two hour creative experience. There are no previous skills required, simply bring your authentic self.

Appropriate for 18+ No experience necessary. (All materials included)

What you will learn : Hand building perhaps for the first time in a fun, relaxed environment

What you will get: Clay and tools. If any work made is kept, a charge is applicable to cover firing & glazing.

*****Please note:** All work will be glazed in white gloss glaze. What to bring: Yourself, apron, ideas .

What to wear: Casual comfortable clothes, short nails. Remove all valuable jewelry.

*****Please note:** All pieces made will be fired and ready for pickup 4-6 weeks after workshop date. All participants will be notified when items are ready for pickup.

Oil Painting for Beginners (Solvent Free ONLY) AC19

Peta Zeller

9.30am-12.30pm \$145

5 Wednesdays 13 Feb - 13 Mar

Have you been painting or drawing for a while and thought you might like to give Oils a try. This course will focus on your continuing creative journey learning how to use oils without solvents. Paint your own subject and Peta will demo during the term with hints, tips and useful skills to build on your painting knowledge. This course is not suitable for students without some background drawing skills. (Materials NOT included)

Appliqué and Stitch AC20

Pauline Franklyn

1pm-4pm \$70 (members) / \$80 (non-members)

Wednesday 20 February

Non-traditional appliqué/stitch using linen, cotton and silk

Linen, threads, needle, Liberty cotton, Japanese silk, backing interface fabric provided

Participants choose fabrics and cut out using a template. Fabric is then pinned to backing linen with running stitch and further "slow stitch" can be added.

Sewing Beginners: Get to know Your Machine AC22

Natalie Williams

9.30am-12pm \$105 (members) / \$115 (non-members)

Monday 25 Feb

Come along and get to know your sewing machine in this beginners sewing workshop. Learn how to thread your machine, make basic stitches, locate the components of your machine and troubleshoot common problems. You'll also make a handy glasses pouch to take home.

What to Bring: Your sewing machine, thread, bobbins, scissors, pins, and seam ripper.

CLUB ACTIVITIES

Book Club (Friday) CA1

Catherine Rousett

9.30am-11am \$20

2 Fridays (every 4 wks) 8 Mar / 8 April

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: 8 Mar - Boy Swallows Universe by Trent Dalton / 5 April - Home Fires by Kamila Shamsie **(NO NEW ENROLMENTS)**

Cryptic Crosswords Club CA2

Self-managed

1pm-3pm \$50

8 Mondays 11 Feb - 8 April (No class on 4 Mar)

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 \$30

3 Thursdays 21 Feb, 21 Mar & 11 April

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: Collete, Vice, The Mule, Green Book & Naked Normandy (Please see at least 2-3 movies)

International & Current Affairs CA5

Self-Managed

1pm-3pm \$55

9 Tuesdays 12 Feb - 9 April

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**)

Lovers of Poetry CA7

Self-Managed

10.30am - 12 noon \$40

Tuesday (every 2 weeks - start with week 2)

19 Feb, 5 Mar, 19 Mar, 2 April

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 OR 12pm-2pm \$55

9 Tuesdays 12 Feb - 9 April

Come along and play this fascinating ancient game. We are always looking for new members to join in and get those brain cells working. Sets are provided.

Mahjong Friday - Chinese CA9

Self-Managed

9.15am - 11.15am \$55

9 Fridays 15 Feb - 12 April

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.

Please note that this course is for Chinese Mahjong players.

Mahjong Friday - Western CA10

Self-managed

9.15am-11.15am \$55

Friday (8 weeks) 15 Feb - 12 April

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 this self-managed course are for Mahjong Western players.

Mahjong for Beginners - Chinese CA11

Marsha Tang

11.45pm-1.45pm \$110

8 Fridays 15 Feb - 5 April

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. Note: The Western game varies somewhat from the old Chinese game, but the principles and scoring are exactly the same, the only difference being the types of hands plus a slight variation in the doubling. The Chinese game is very simple and has no complicated hands as has the Western.

Mahjong for Beginners - Western CA 12

Cindy Livshitz

9.30am-11.30am or 12pm - 2pm

\$110

8 Tuesdays 12 Feb - 2 April

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. Note: The Western game varies somewhat from the old Chinese game, but the principles and scoring are exactly the same, the only difference being the types of hands plus a slight variation in the doubling. The Chinese game is very simple and has no complicated hands as has the Western.**

Mahjong Intermediate - Chinese CA13

Marsha Tang

2pm-4pm \$110

8 Fridays 15 Feb - 12 April

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 CA14

Self-Managed

10am-12pm \$55

9 Wednesdays 13 Feb - 10 April

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 CA15

Finn Barrett

6pm-8pm \$20

2 Wednesdays (weeks 3 & 7)

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: **TBC**

Thursday Book Club CA16

Petrice Judge

1.30pm-3.00pm \$20

2 Thursdays (weeks 3 & 7) 28 Feb & 28 Mar

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: 28 Feb: *The Secret Scripture* by Sebastian Barry & 28 Mar: *Warlight* by Michael Ondaatje

Craft Club CA17

Self-Managed

1pm-3pm \$50

8 Mondays 11 Feb - 8 April (No class on 4 Mar)

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.

Be. Her. Friend CA19

Rachelli Yaafe-Payne

7pm-9pm \$255

8 Mondays 11 Feb - 8 Apr (No class 4 Mar)

friend HER is all about bringing you together to make new friends and try things you may not have tried before. We look at

personal development as well as fun crafts such as floristry and cake decorating. friend HER encourages new friendships and escaping your comfort zones in safe environment. You may arrive alone but you will leave with friends.

SOS Writing Club CA20

Self-Managed

10am-11.30am \$20

3 Sundays 24 Feb, 31 Mar & 14 April

Have you attended our Write Your Memoir in 30 days workshop or course? Are you keen to meet up with fellow classmates to discuss your progress or any issues you might be facing with writing your memoir? Our SOS writing club will allow you to complete your memoir while being supported by fellow members and like-minded people. Our former SPLC Instructor, Shoma Mittra, has offered to stop by from time to time to offer feedback. Students will be notified if she plans on making an appearance.

COMPUTERS & TECHNOLOGY

How to use your Android/ Tablet CT1

Mike Burns

1pm-3pm \$110

4 Thursdays 14 Feb - 7 Mar

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 \$110

4 Wednesdays 13 Feb - 6 Mar

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 \$110

4 Wednesdays 13 Mar - 3 Apr

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 (Level 2) CT4

Kim Horne

1pm-2pm or 2pm-3pm \$20 (members) / \$25 (non-members)

4 Thursdays 14 Mar - 4 Apr

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.

Content will include the following:

WEEK 1: All devices

- Using Google Google resources and tools.
- Online privacy tips
- Connecting with friends and family

WEEK 2: All devices

- Connecting to devices using Bluetooth and wifi
- Using apps on your devices
- Working between programmes and apps on your device

WEEK 3 : All devices

- iPhone, smart-phone and iPad setup tips
- Advanced Email

WEEK 4: All devices

- Keeping your device running properly

COOKING

Street Food : A journey of flavours from Palestine and Jordan C1

Sandra Bahbah

10am-12.30pm \$65 (members)/ \$75 (non-members)

Wednesday 13 Mar

Embark on a journey for the tastebuds with Meast food truck owner Sandra Bahbah as she showcases the best of Middle Eastern street food. Specialising in the regions of Jordan and Palestine, Sandra will show you how to make the tastiest hummus and baba ghanoush, beef and lamb kofta kebabs, tabouli salad, lentil rice and the quickest show-stopping cake affectionately known by Arabs as 'Lazy Cake'. Come see why this cuisine is touted as one of the freshest and flavoursome in the world. Did we mention it's also great for a quick feast for any hungry dinner guests? You'll receive all the recipes and some take home spices at the end of the session and of course, the food for you to enjoy! .

Wholefood Snacks (For Parents & Grandparents) C2

Sammantha Grant

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

19 Feb

Are you looking for new ideas for a tasty snack, something to complement the kids lunch box or a coffee, a great arvo treat after school or running errands or just wanting to find some new inspiration in the kitchen?

Then this class is for you. Come and join Samm, a busy wife, mum and passionate wholefood advocate with a keen eye for trying new things that are health giving without compromising on taste!

In this class Samm will demonstrate how to quickly and easily make a few family favourites, that have been requested over and over again.

Recipes will be provided and samples to taste. Bring your enthusiasm and share with the group your own ideas too, as the discussions around food are always fun among like minded people.

How to Make Kombucha! C3

Sammantha Grant

7pm-8.30pm \$35 (member) / \$45 (non-member)

12 Feb

Come and learn how to make your own gut healing brew of booch 🍷🍷

Never heard of it.... don't worry. I'll talk you through what it is and WHY its all the rave.

I will demonstrate for you how to ferment, look after your SCOBY, share my hints and tips for a successful brew & how to store

your resting SCOBIES whilst away or taking a break.

We will then have tasters to sample and I'll show you how to flavour your booch through secondary fermentation, or cheating using an alternative method that has been tried and tested in many of my workshops!

Come with a sterile glass jar with a screw top lid if you'd like to take a SCOBY and starter tea home or for just an additional \$10 you can purchase a fermenting jar, with SCOBY, starter tea and brewing liquid ready to ferment at home.

Kombucha fermenting jars ready to go must be reserved in advance 2 DAYS PRIOR TO THE WORKSHOP so they can be prepared.

For the Love of Cacao C4

Vanessa Jean
11am-1pm \$55 (member) / \$60 (non-member)
Thursday 14 Feb

Join the queen of cacao for a sumptuous class of tantalising raw treats made with cacao and other superfoods... infused with loads of giggles and essential oils.

Dance in cacao land with Vanessa Jean, inspiring and delighting you with creations the gods would come to earth to taste!

Interested In Raw Foods And The Amazing Health Benefits? C5

Raya Higgs \$80 (member)/ \$90 (non-member)
10am-12.30pm
Thursday 21 Mar

Join Ayarah for this fun workshop where you will not only learn some incredible health benefits of raw foods. But you will also learn how to make the following foods:

- Nut Milks – Cashews – Brazil – Hemp
- How to flavour your milk for the kids and family
- Making your own flour – the art of dehydration
- Create your own vegan yogurt – flavouring ideas
- Basic cream cheese spread – great for entertaining and switching from dairy

- Vegan Ice-cream – Once you learn these recipes you won't ever buy it again

Class includes all recipes and tasting of foods on the day

LANGUAGE

French (Advanced) L1

Melanie Brandenburg
9am-11am \$125
8 Tuesdays 12 Feb - 2 April
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 (Beginners)-Ongoing L4

Melissa Baron
1.30pm-3.30pm \$125
8 Wednesdays 13 Feb - 3 April
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

Melanie Brandenburg
1.15pm-3.15pm \$125
8 Tuesdays 12 Feb - 2 April
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

Melanie Brandenburg
11am-1pm \$125
8 Tuesdays 12 Feb - 2 April
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

Melissa Baron
9am-11am \$125
8 Wednesdays 13 Feb - 3 April
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

Melissa Baron
11am-1pm \$125
8 Wednesdays 13 Feb - 3 April
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 Beugels
9.30am-11.30pm \$125
8 Thursdays 14 Feb - 4 April
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
12.00pm-2pm \$125
8 Thursdays 14 Feb - 4 April
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 \$85
8 Fridays 15 Feb - 5 April
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 \$85

8 Thursdays 14 Feb - 4 April

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 \$110

8 Fridays 15 Feb - 5 April

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

Paola Gallinaro

6pm-8pm \$150

9 Tuesday 12 Feb - 9 April

OR

Maddalena Nicolao

9 Wednesday 13 Feb - 10 April

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

Maddalena Nicolao

6pm-8pm \$150

9 Mondays 11 Feb - 15 April (no class 4 Mar)

OR

Fernando Desiati

10am-12pm \$150

9 Fridays 15 Feb - 12 April

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 will 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 \$90

9 Thursdays 14 Feb - 11 April

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 Conversation (Monday) L25

Elena Cotza

11.40am-12.40pm \$90

9 Mondays 11 Feb - 8 April (no class 4 Mar)

This class is organized around the oral practice of a specific grammar topic (e.g: a tense and its use, superlatives, adverbs, etc) and is divided into two main activities of controlled or free practice which range from board games, stand up conversation, mingling, cards, role play, etc

Students are given the chance to practice a grammar item within a specific context (holiday, everyday life, future plans, etc) and revise/learn new useful lexis. Please note this class is meant for people who already have some knowledge of Italian language and want to consolidate/revise their grammar and vocabulary through engaging speaking activities.

Italian B1/B2 (Intermediate) L17

Elena Cotza

9.30am-11.30am \$150

8 Mondays 11 Feb - 8 April (no class on 4 Mar)

This class is for people who have a good knowledge of Italian grammar and are able to use the basic tenses (*presente*, *passato prossimo* and *futuro*) to express themselves and are able to formulate simple expressions about their life, interests and needs. Revision or extra homework handouts will be provided for new students joining the class in term 1.

Every class is organized around the introduction/revision of a specific grammar topic, followed by written or oral practice for learning consolidation. The oral/written practice encompasses the use of some new lexis which the students are encouraged to use and learn to widen their vocabulary.

Upon completion the students will gain knowledge on new tenses to talk about the present, the past, the future and will be able to practice them in the appropriate context.

Italian A2 (Pre-Intermediate) L18

Elena Cotza

2pm-4pm \$150

9 Mondays 11 Feb - 8 April (no class 4 Mar)

OR

Paola Gallinaro

6pm-8pm

9 Thursdays 14 Feb - 11 April

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 \$125

9 Thursdays 14 Feb - 11 April

"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
3pm-5pm \$112
8 Tuesdays 12 Feb - 2 April
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 \$112
8 Wednesdays 13 Feb - 10 April
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 \$125
9 Thursdays 14 Feb - 11 April
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 Pasos 2 Spanish Intermediate Course by Rosa Maria Martin & Martyn Ellis will be used.

Spanish Language for Travellers - Beginners Basic L-1 ongoing L26

Alicia Zablah
5.30pm-7.30pm \$112
8 Tuesdays 12 Feb - 2 April
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 Chair Flow Yoga HW1

Eileen Banks
3.30pm-4.30pm \$110
8 Mondays 11 Feb - 8 April (no class 4 Mar)
The yogini uses a chair to support the asanas or postures that are practiced in the class. Do not let the word chair fool you! Chair yoga can be gentle, dynamic and strong! Postures such as downward facing dog, forward folds, balance poses are more accessible and fun to do using a chair. Your body feels supported and safe. The class is a flowing class using breath to move the body through postures, using the chair for support. It is suitable for all ages, all body types, all levels of fitness even those that feel they have no fitness should come along to this class and enjoy the space movement and breath create in your body!

This class is evidenced based, builds flexibility and strength and is suitable for everyone including those of us that suffer from some type of chronic disease, pain. Come and have some fun- give yourself a gift of a body that feels flexible, strong and alive!

Ageless Gentle Flow Yoga HW2

Eileen Banks
2.30-3.30pm \$110
8 Wednesdays 13 Feb - 3 April
This is an accessible yoga class for all regardless of your experience. A sequence is developed for each based on a theme for example, back care and each client is guided by a trained yoga teacher and yoga therapist in adapting the sequence to meet their range of motion and their goals for their practice. Blocks, straps, bolsters, chair and the wall are used to modify postures to ensure the client practices with strength within their range of motion.
The aim of the class is to be evidence based and accessible for all levels while building strength and flexibility; and to assist an individual to sustain functional movement. It is well suited for people with chronic pain, arthritis, chronic disease or those that haven't done any movement type exercise for a while.
The flows are gentle and allow you to reconnect with your body through movement and breath. The class is structured with 15 minutes relaxation and

breathwork, 35 minutes gentle flow, 10 minutes relaxation/guided meditation. So come along and enjoy a gentle flow that leaves you feeling fully present, strong and completely relaxed!

Restorative Yoga HW3

Capri Le Maistre,
3pm-4.15pm \$110
8 Fridays 15 Feb - 5 April
What I love about yoga is how it allows me to keep my life in balance. Not only physically, but mentally too.

Yoga allows you to connect your body to your mind, explore and appreciate your movements, become more bodyaware, whilst at the same time, allows you to create peace and stillness of the mind. I started my yoga teacher journey in 2017, learning from the best at Santosha Yoga Institute in Nusa Lembongan. I fell in love with the practice, the place and the people, and knew I wanted to bring that magic back to Perth WA.

I teach a more traditional style of yoga, focusing on alignment, strength and connection.

My classes and ways of teaching are suited to anyone who is looking to start Yoga for the first time, are looking to learn safe ways to stretch and lengthen their bodies, or anyone who is looking for some balance.

My aim is to provide you with a safe practice, that is both enjoyable and accessible for all levels, so everyone can benefit from their Asana.

Tai Chi Chuan for Beginners HW4

Stephen Ho
4.30pm-5.30pm \$110
8 Tuesdays 19 Feb - 9 April
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 - Simple Solutions

HW6

Sammantha Grant
10am-11.30am \$35 (members) / \$45 (non-members)
Tuesday, 2 April

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 low tox everyday home cleaning items, with minimal ingredients, no fuss and an amazing aroma that will uplift your spirits, motivate you and get your sassy on whilst you do house work! Items include laundry powder, fabric softener, soft scrub (for grout/bathrooms) toilet bowl cleaner, bed freshener, wooden chopping board spray.

Samm's enthusiasm and passion for natural living is contagious and makes this a fun and interactive class not to be missed!

At the popular mini market afterwards recipe booklets will be available for purchase, along with spray bottles & roller ball bottles to get you started on your DIY creating & an opportunity to purchase essential oils.

Pilates HW7

Carmen Simojoki
1pm-2pm \$135
8 Saturdays 16 Feb - 6 April
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 (18+)

Essential Oils for Emotional Harmony HW 8

Vanessa Jean
10.30am-12pm \$30 (members) / \$40 (non-members)
Tuesday 19 Mar
Delve into the magic of essential oils and how they can be used to create harmony and more joy in your life. Learn the art of blending for moods and emotions, deep rest and balance for you and your entire family. (Cost includes includes your own personalised blend).

Zumba with Janel! HW9

Janel McNary
10.30am-11.30am \$7 per person/ per session (member) / \$8 per person/ per session (non-member)
Saturdays 16 Feb, 2 Mar, 16 Mar, 30 Mar, 13 April
This cardio class encompasses Latin rhythms, dance routines and good vibes! Come down and enjoy an amazing workout, without all the stress, with Janel! All levels of experience welcome!

TALKS & LIFESTYLE

Conscientious Objectors, Cowards, Draft Dodgers or War Resisters? The young Australians who took a stand against going to war T1

Associate Professor Bobbie Oliver
12.30pm-2pm \$15 (member) / \$20 (non-member)
Friday 29 Mar
In recent years, there has been an upsurge of fervour surrounding the sacrifice of young men who have laid down their lives for their country in the overseas wars in which Australia has been involved for over a century. As we commemorated the centenary of World War I and governments spent large sums on new war memorials, another story has been largely forgotten — the story of those young men whose conscience dictated that they could not take up arms and kill their fellow human beings. In this talk, Associate Professor Bobbie Oliver will outline the history of conscientious objectors and war resisters in three wars, World Wars I and II and the Vietnam war, and discuss how the profile of 'objectors' and their reasons for not enlisting changed over the years. While their principled stand did not cost them their lives, they endured charges of cowardice, loss of jobs and friends, police brutality and

sometimes long periods in prison for their beliefs.

Associate Professor Bobbie Oliver is an Honorary Researcher in the History Department at The University of Western Australia. Prior to her retirement this year, she taught History at Curtin University for 21 years. Bobbie has published several works on conscientious objectors to military service, including *Peacemongers* (Fremantle Press, 1997), and chapters in *Lest we Forget*, co-edited with Sue Summers (Black Swan Press, 2014) and *Fighting Against War*, ed. Philip Deery and Julie Kimber (Left Bank Press, 2015).

Greek Mythology T2

Ruperto Nunez
10am-12pm \$70
5 Wednesdays 20 Mar - 17 April
In this 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

Introduction to Organic Gardening T3

Leesa Caldwell
1pm-2.30pm \$70 (Members) / \$80 (non-members)
Thursday 4 Apr
Want to grow your own healthy vegetables, herbs and fruits but don't know where to start. Learn how to adopt organic principles to grow your own organic herbs, fruit and vegetables and combat pests and diseases. Find out about crop rotation, companion planting, soil building and learn how to reduce the incidence of weeds and eliminate the use of chemical fertilisers and pesticides.

What we will cover in the "Organic

- Gardening" Workshop
- Soil Preparation and soil Health
- Propagation
- Companion Planting tips
- Organic Pest Control
- Organic Fertilizers
- Crop Rotation
- Growing in season
- Vegetables you can regrow from scraps
- Seed Saving

Caravaggio and the Baroque (Italian History) T4

Arvi Wattel (Prof.)

12.30pm-1.30pm \$20 (members) / \$30 (non-members)

Friday 21 Feb

Caravaggio was the 'wild child' of Italian art of the early seventeenth century. His brawling, sword-swaggering demeanor, his early and tragic death, and his dramatically staged paintings have made him the subject of a number of novels, films, and televised documentaries. In this lecture, we shall explore how the dirty peasants and unholy Madonnas fit into the larger context of an Italian art scene trying to reinvent itself in the decades following the mannered tail-end of the Renaissance.

Searching for Happiness vs. Choosing to Be Happy T5

Liliana Vanasco

11.30am-1pm \$20 (members) / \$30 (non-members)

Saturday 16 Mar

Happiness is relevant every day of our lives because it's our nature to want to be happy and seek happiness in all sorts of ways.

In this talk Liliana will touch on the concept of happiness, how we may be in the way of our own happiness and explain the difference between searching for happiness and choosing happiness. Find the reasons why chasing happiness is going about life the hard way, while choosing happiness is easier and simpler to do. Understanding this difference can turn around the way you experience life!

Learn simple ways in which you can start 'being happy'. You will see and experience a positive difference in your life when you put them into practice.

Liliana is an empowerment mentor, speaker and author of spiritual growth book 'Freedom of the Soul' with over 10 years' experience guiding, supporting and inspiring people to transform their lives in positive ways, live intentionally and in alignment with their authentic self.

Introduction to Metaphysics T6

Alicia Zablah

12.30pm-1.30pm \$15 (members) / \$20 (non-members)

Friday, 1 Mar

This talk is the first step for those who would like to examine the branch of the philosophy regarding fundamental nature of

reality. The relationship between mind and matter, conscious and subconscious mind, possibility and actuality. The word "Metaphysics" comes from two Greek words meaning "after or behind, among the natural" or going beyond the natural believes.

Zero Waste Your Future T7

Tamara Brown

12pm-1.30pm \$55 (members) / \$65 (non-members)

Friday, 15 Mar

Have you ever wondered what happens to your garbage after you 'throw it away?' I mean, where is 'away', exactly?

Away = landfill, and in our oceans.

If you could see all the waste you produce, would it change the way you consume? The average Australian produces 1.5 tonnes of waste in a year - and as a nation, we throw 8 billion dollars worth of food away each year.

The Zero Waste Your Life workshop is about how to simplify your life using sustainable living practices that won't break your bank account. You'll learn how to Refuse, Reduce, Reuse, Recycle and Rot - and create a toxic-free home for your family.

Workshop Outline

- The 5 'R's of a Zero Waste Lifestyle
- Where Does Your Garbage Go?
- Safe Cleaning Practices and Recipes
- Sustainable Shopping and How To Save \$\$\$
- Food Prep Using Zero Waste Principles

On the menu:

- Salted Peanut Bliss Balls
- Infused Water

Food & Fun Club

Dear Epicureans,

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.

A Note from the Chairman

Hello all; I hope you had an enjoyable Christmas and New Year Celebration.

For the Learning Centre, the new year has started in earnest and Valerie, the Centre Manager, has been occupied putting together the programmes for the first part of 2019.

Our Committee has been quite busy over the past year. However much of what occupied our time would not be noticed by members. We've applied for several grants, one of them a big one that would have allowed us to expand our activities significantly. Unfortunately that was not successful and we must wait anxiously for the results of applications for some of the smaller grants. One of them, if successful will allow us to update our First Aid kits and to purchase a defibrillator that will be available for all to use. We've also applied for a grant that will allow the Centre to replace our chairs and tables. Fingers crossed on that one.

Committee is currently reviewing our insurance policies to ensure we are adequately covered. Hand in hand with that has been a complete review of all our policy documents including our Occupational and Health Policy and risk Management policy.

2018 saw a big improvement in the appearance of the alfresco area. The facelift included replanting the planter box gardens and potted plants now line the far walls. Reticulation has been installed and the rubbish bins, brooms and rake storage area has been screened off. We were very fortunate to secure at no cost, a large item of wall art that enhances the whole area. Observant members will also notice that rooms 1, 2 and 3 have been repainted and more picture hanging rails have been added to the wall of the passageway opposite the lunch room.

Recently the art teachers and students held a very successful evening at the Centre. My rough estimate was that 50 - 60 people attended, enjoyed the supper provided by members and the Centre and most certainly admired the work on display. Some of those who exhibited had never put a pencil of paint brush to paper before.

Thanks to a small group of Vollies, the Centre also held a members Christmas

Lunch on December 14. I wasn't able to be there, but I'm told it was a successful event with approximately 60 members attending. The kitchen, lunch and coffee room and alfresco area was put to good use. I did hear that several members were completely unaware of the existence of the alfresco area. We need to change that don't we.

Before I sign off, I need to add that our Treasurer, Brian Adams has resigned from Committee, effective from January 31 and we are looking for a replacement with accounting experience. If you know of anyone that has that experience and a little time on their hands, let Valerie, the Centre Manager, know.

Cheers!

