



# South Perth Learning Centre

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

**TERM 4 2019 COURSES**  
**21 October – 19 December**

## OUR STORY

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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!

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## 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](http://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 14, 16 and 18 October 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 Tuesdays 22 Oct – 10 Dec

This class is an opportunity to continue developing skills with acrylic paint, to see 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, students provide own personal photo material to produce their artwork.

Course is ideal for ongoing SPLC students or those with prior instruction/tutoring who would like to build on their skills.

### Crochet Beginners AC3

Susan Sands

1.00pm – 3.00pm

\$100

8 Mondays 21 Oct – 9 Dec

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 items for your home.

In the first lesson, we start from the beginning, how to hold the yarn & hook, how to make first stitches and what pitfalls to avoid.

### Crochet Intermediate AC4

Susan Sands

11.00am - 12.50pm

\$90

8 Mondays 21 Oct – 9 Dec

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 Beginners Plus AC5

Susan Sands

9.00am – 10.50am

\$90

8 Mondays 21 Oct – 9 Dec

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 know the basic stitches and techniques and want to take your crochet further.

### Crochet Advanced AC6

Susan Sands

1.00pm - 3.00pm

\$90

8 Wednesdays 23 Oct – 11 Dec

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 AC7

#### Beginners and Ongoing

Barbara Arenson

9.30am - 12.30pm

\$140

8 Wednesdays 23 Oct – 11 Dec OR

8 Thursdays 24 Oct – 12 Dec

Thought that you were hopeless at drawing? Well think again! Under the expert guidance of Barbara, learn how to draw in a stress free and friendly environment. Barbara has international teaching experience and will teach you how to move from drawing the absolute basics to the developing your own style. Class suitable for previous attendees or those who completed a beginner's class. Places are limited, so please register early to avoid disappointment.

Note: Materials not included.

### Water Colours Ongoing + Beginners (AM) AC12

Verena Marmion

10.00am - 12.00pm

\$150

8 Mondays 21 Oct – 9 Dec

OR

### Water Colours Ongoing + Beginners (PM) AC13

Verena Marmion

1.00pm - 3.00pm

\$150

8 Mondays 21 Oct – 9 Dec

Students will be encouraged to expand their repertoire of skills and techniques; including colour mixing, brush control, wet in wet painting and planning a successful composition. Lessons start

with a warmer 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 can use the teacher's resources. The course is for beginning and intermediate students. Beginning students are offered simpler exercises than more experienced students.

Note: Materials not included

### Crochet String Market Bag Workshop AC15

Susan Sands

1.30pm - 4.30pm

\$50 (members)

\$60 (non members)

1 Sunday 17 Nov

Come and learn the fundamentals of this fun and useful craft. In this single introduction session, we 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 pitfalls to avoid. We'll provide you with a copy of the bag pattern, some cotton yarn and a crochet hook. Just come along and enjoy yourself!

### Oil Painting for Beginners (Solvent Free ONLY) - Ongoing AC16

Peta Zeller

1.00pm - 4.00pm

\$190

8 Thursdays 24 Oct – 12 Dec

This class is a follow on from "Exploring Oils" or suits those with some oil painting experience. You are welcome to come and develop your painting skills in an encouraging and supportive environment with Artist, Peta Zeller. Lessons revolve around color, tone, brushwork, drawing, texture and composition producing artwork from students own personal photos or supplied objects.

(NB CLASS NOT SUITABLE FOR ABSOLUTE BEGINNERS, YOU NEED SOME PRIOR KNOWLEDGE)

**Ikebana Japanese Floral Art (Beginners)** AC17  
Sivasakthy Sett  
10.30am - 12.30pm \$50  
4 Mondays 18 Nov – 9 Dec

Ikebana is over 500 years old, originating in Japan. The word “Ikebana” means living flowers. In Ikebana all parts of plant materials are used such as branches, leaves, dried twigs and flowers. As opposed to conventional floral arrangement where flowers are put together without gaps, in Ikebana flowers and branches create space. Harmony and balance in relation to the container and the environment it is placed in are essential parts of Ikebana. No floral foam is used in Ikebana. Flowers and stems from one’s own garden are used. There is no need to use the most beautiful blossom or more attractive leaves and branches. Ikebana practitioners learn to appreciate the beauty within the nature without discrimination and have a conversation with the soul of the flowers. There are more than 200 schools of Ikebana. In this course we will follow the Ichiyo school of Ikebana, founded in 1937 by brother and sister, Meikof Kasuya and Ichiyo Kasuya.

**(NOTE: \$15 Material fee ONLY for 1st lesson (please bring cash), afterward students are to utilise natural outdoor landscape for materials, which supports more environmentally friendly art)**

**Photography for Beginners** AC19  
Carlos Arevalo  
10.00am – 12.00pm \$110  
4 Tuesdays 29 Oct, 12 Nov, 26 Nov and 10 Dec

Get the most out of your digital camera whether it’s from your mobile phone all the way up to your DSLR camera. This beginners course goes back to basics as Carlos explains ISO, shutter speed and aperture in an easy to understand manner. The course will help you feel more confident taking photos in manual mode. Carlos offers advice on how to get the most out of your gear as well camera gear recommendations for the future to help take your photography further.

**Drawing for Beginners** AC20  
Stephanie Reisch  
5.30pm - 7.30pm \$150  
8 Wednesdays 23 Oct – 11 Dec

Thought that you were hopeless at drawing? Well think again! Come along and learn how to draw under the guidance of a practicing artist. Stephanie has extensive experience in teaching visual arts at tertiary level and manages her own professional art practice. She teaches how to move from drawing the absolute basics to identifying and developing your own style. This class is for people who have previously attended, or completed, a beginner’s class. You will be able to continue under Stephanie’s expert guidance in a relaxed, supportive and friendly environment. Places are limited please register early. Note: Materials not included

**Glass Jewellery Making** AC22  
Leisa Antonio  
10.00am - 11.30am \$60  
2 Fridays 22 Nov & 29 Nov

Create beautiful, unique, and handmade jewellery - to keep for yourself, or to give away as gifts! (Christmas is coming, after all!) Using the fusing, slumping and kiln fired techniques, learn the basics to design and make your own fused glass art jewellery. This is a 2-week workshop: in week 1 you will design your jewellery, which will be taken away for kiln firing. In week 2, you create beaded jewellery, and adhere your findings to complete up to 7 pieces of jewellery for you to keep. Your designs may include a combo of pendants, brooches, cufflinks, rings, and earrings. Zero experience necessary - come along and enjoy yourself!

## CLUB ACTIVITIES

**Book Club (Friday)** CA1  
Catherine Rousett  
9.30am - 11.00am \$20  
2 Fridays (every 4 wks) 15 Nov & 13 Dec

This class is currently full but if you are interested please advise Centre Staff so we can consider new classes. See website for class details. (NO NEW ENROLMENTS)

**Cryptic Crosswords Club** CA2  
Self-Managed  
1.00pm - 3.00pm \$55  
8 Mondays 21 Oct – 9 Dec

Cryptic crosswords are crossword puzzles in which each clue is a word puzzle in and of itself. Cryptic crosswords are popular in the UK where they originated. If you enjoy Cryptic Crosswords and are looking to extend your knowledge by practicing 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  
1.00pm - 2.30pm \$25  
3 Thursdays 31 Oct, 21 Nov, 12 Dec

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. Titles of the movies TBC.

**Thursday Book Club** CA17  
Petrice Judge  
1.30pm - 3.00pm \$20  
2 Thursdays 7 Nov & 5 Dec

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:  
7 Nov: The Family Next Door by Sally Hepworth, and  
5 Dec: Boy Swallows Universe by Trent Dalton

**International & Current Affairs** CA5  
Self-Managed  
1.00pm - 3.00pm \$55  
9 Tuesdays 22 Oct – 17 Dec

This class is currently full but if you are interested please advise Centre Staff so we can consider new classes.

### **Mahjong Class Overview (7options)**

Self-Managed or with instructor

Chinese Mahjong or Western Mahjong

Costs vary according to class

With instructor on Tuesdays and Fridays

Or Self-managed Tues, Wed, and Fridays

### **Mahjong for Beginners – Western**

Marsha Tang

**CA12**

10.00am – 12.00pm

**\$110**

8 Fridays 25 Oct – 13 Dec

This course introduces participants to the fun game of Western Mahjong, a derivative of traditional Chinese Mahjong. Players will learn a variety of hands in a warm and welcoming environment that focuses on social interaction rather than competitive play. Class instruction pre-supposes attendees possess knowledge of basic mahjong setup and gameplay and focuses on teaching participants core mahjong hands, laying the foundation for independent gameplay and advancement into Intermediate Western Mahjong. Note: If you're a complete novice, we highly recommend enrolling into Mahjong for Beginners: Chinese for one term.

### **Mahjong Intermediate – Western**

Marsha Tang

**CA20**

10.00am – 12.00pm

**\$70**

5 Tuesdays 22 Oct – 19 Nov

This course consolidates the learning and skills acquired in Mahjong for Beginners: Western and expands players' repertoire of hands in a friendly and fun environment. With a greater focus on strategy and the elements that impact gameplay, these classes are ideal for those who have basic understanding or previous experience playing Western Mahjong and would like to improve their ability to play as well as those interested in learning the principles of scoring in Western Mahjong.

### **Mahjong for Beginners – Chinese**

Marsha Tang

**CA11**

12.00pm – 2.00pm

**\$110**

8 Tuesdays 22 Oct – 10 Dec

8 Fridays 25 Oct – 13 Dec

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, have acquired the knowledge, skills and ability for independent / self-managed gameplay. Note: towards the term end, one class will cover Western Mahjong basics to facilitate participants' transition into Mahjong for Beginners Western.

### **Mahjong Advanced – Chinese**

**CA13**

Marsha Tang

2.00pm – 4.00pm

**\$110**

8 Fridays 25 Oct – 13 Dec

This course consolidates the learning acquired in Chinese Mahjong: Beginners & Intermediate and focuses on strategic gameplay to increase participants' mahjong skills. The classes are also ideal for those already familiar with the rules of Chinese mahjong, are comfortable with independent gameplay and seeking to expand their knowledge and further their ability to play traditional mahjong in a friendly, challenging but non-competitive social environment.

### **Mahjong Tuesday**

**CA8**

Self-Managed

9.30am - 11.30am

**\$55**

9 Tuesdays 22 Oct – 17 Dec

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 Wednesday**

**CA15**

Self-Managed

10.00am – 12.00pm

**\$55.00**

9 Wednesdays 23 Oct – 18 Dec

This friendly and popular Wednesday group is for the more experienced who wish to play this fascinating and ancient game. Come along and get those brain cells working. Notes and sets are provided, feel free to bring your own.

### **Mahjong Friday – Chinese**

**CA9**

Self-Managed

2.00pm – 4.00pm

**\$50**

8 Fridays 25 Oct – 13 Dec

For those who love the cerebral challenge and social aspect of traditional mahjong but lack peers to play with, this is the ideal course to enroll in. Join fellow enthusiasts of the fascinating game of Chinese Mahjong for independent play in a welcoming environment that focuses on friendly social interaction and fun. Please note - this class will be held in the same room as the Mahjong Advanced - Chinese group.

### **Mahjong Friday – Western**

**CA10**

Self-Managed

9.15am - 11.15am

**\$50**

8 Fridays 25 Oct – 13 Dec

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.

### **Craft Club (Friday)**

**CA18**

Self-Managed

1.00pm – 3.00pm

**\$50**

8 Fridays 25 Oct – 13 Dec

Do you knit, crochet or create other crafts? 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.

### **Croquet for Beginners**

**CA19**

Susan Sands

5.30pm – 7.30pm

**\$50**

3 Mondays 4, 11 & 18 Nov

At Como Croquet Club

Como Croquet Club has a friendly and very active membership of over 100 members playing both golf croquet and association croquet codes. The club has experienced coaches who will teach you how to play this interesting game. Come

along and have fun while getting some exercise in a social setting. The club is located on the Corner Reserve with entry from Eric Street.

## COOKING

### A Taste of India C2

Heena Hussain

10.00am – 12.30pm \$60 (members)  
\$70 (non-members)

1 Thursday 14<sup>th</sup> November

Come along and explore Indian delicacies in this sumptuous three course Indian meal cooking demonstration. Heena will create an onion pakoda, chicken curry with cumin rice, raita (indian salad of yogurt, cucumber and onion) and payasam (a milk style dessert with vermicilli). Everybody gets to take some home!

### Introduction to Cheese Making C1

Tanya Barretto

10.00am – 12.00pm \$55 (members)  
\$65 (non-members)

1 Wednesday 30th October

In this introduction to home cheese making, Tanya Barretto from The Cheese Maker demonstrates how to make ricotta and yoghurt quickly and easily from home. You'll be surprised how simple and cost effective it is.

Learn the advantages that homemade ricotta and yoghurt provide for your sweet and savoury creations and taste your way through variations from hot, fresh ricotta to pot set and greek-style yoghurts. You can purchase items to start making delicious ricotta and yoghurt. You learn how to make ricotta faster than a trip to the shops, and how to make yoghurt (with no added sugars, thickeners or preservatives).

You get: 1. Take home easy to follow instructions 2. Lots of recipe ideas for homemade ricotta and yoghurt.

## COMPUTERS & TECHNOLOGY

### Computer & Technology Help Desk Drop-In CT1

Free for Members!

Carlos Arevalo

12.30pm – 2.30pm

4 Tuesdays 29th Oct, 12 Nov, 26 Nov and 10 Dec

Welcome to the brand new SPLC drop-in Help Desk, run by ex-Apple Genius and all-round tech guru, Carlos! He can assist you with anything from sending an e-mail to setting up online banking to trouble-shooting your device or advice on your next tech purchase. Carlos is happy to answer all your IT related questions, no matter how big or small! This drop-in is made possible by Good Things Foundation funding and is open to members only (full-year membership is \$40, or term membership is \$15). Advanced registration is not necessary - drop in to see Carlos on 29th October, 12th November, 26th November or 10th December from 12:30 to 2:30pm.

## LANGUAGE

### French Intermediate L1

Danielle Desvaux

9.00am – 11.00am \$150  
8 Tuesdays 22 Oct – 10 Dec

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 teachers - Danielle Tuesdays and Melissa Wednesdays

### French (Beginners) – Ongoing L3

Melissa Baron

1.30pm - 3.30pm \$150  
8 Wednesdays 23 Oct – 11 Dec

These classes are for those who have attended previous classes or have some prior knowledge of the French language. You will learn practical everyday words and phrases. Materials are provided, just bring along a French/English dictionary.

### French Conversation (Advanced) L4

Danielle Desvaux

1.00pm – 3.00pm \$150  
8 Tuesdays 22 Oct – 10 Dec

This course is intended for those who wish to practice 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) L5

Danielle Desvaux

11.00am – 1.00pm \$150  
8 Tuesdays 22 Oct – 10 Dec

This course is intended for those wishing to increase and practice their acquired French language skills. The classes are based mainly on discussion of a wide variety of topics. Participants are encouraged to help each other. Grammar is examined. All welcome if interested in keeping their knowledge alive, at this intermediate level.

### French Intermediate (Level 1) L6

Melissa Baron

9.00am – 11.00am \$150  
8 Wednesdays 23 Oct – 11 Dec

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 L7

Melissa Baron

11.00am – 1.00pm \$150  
8 Wednesdays 23 Oct – 11 Dec

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.

**Indonesian Beginners (Level 1) L11**

Kus Sujatna

10.30am – 12.00pm

\$85

8 Fridays 25 Oct – 13 Dec

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 L12**

Kus Sujatna

10.30am - 12.00pm

\$85

8 Thursdays 24 Oct – 12 Dec

This conversation class is for those who have studied Bahasa Indonesian in the past and would like to come along to practice 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

12.00pm - 1.30pm

\$110

8 Fridays 25 Oct – 13 Dec

If you want to learn an Asian language, Indonesian is the one for you; it has the same alphabet as English! And if you've been to Bali and loved the food, the people and the culture, come and learn more. Our teacher will show you the easy basics of the language, while you learn more about Indonesia.

**Italian for Beginners (Level 1) L25**

Morena Lanzilotti

6.00pm – 8.00pm

\$150

8 Wednesdays 23 Oct – 11 Dec

The course is designed for those ready to learn Italian or for those with a few words or phrases but keen to learn more. Students learn basic Italian vocabulary and grammar, gain confidence in understanding and using the language and learn about Italian

culture. We emphasize speaking activities, communicating in a variety of situations, such as introducing yourself, talking about daily activities and travelling. Grammar is combined with real-life situations.

Each week we learn and practice useful expressions and enhance your vocabulary and pronunciation.

**Italian for Beginners (Ongoing) L15**

Morena Lanzilotti (Mondays)

Elena Cotza (Fridays)

\$150

8 Mondays, 6pm – 8pm, 21 Oct – 9 Dec

8 Fridays, 9.30am - 11.30am,

18 Oct – 6 Dec

The course is designed for those who have completed an Italian for Beginners class. Students learn basic Italian vocabulary and grammar, gain confidence in understanding and using the language and 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 and travelling. Grammar will be combined with real-life situations.

**Italian Conversation (Monday) L16**

Elena Cotza

11.40am - 12.40pm

\$90

8 Mondays 14 Oct – 2 Dec

This class is organised around the oral practice of a specific grammar topic (e.g: a tense and its use, superlatives, adverbs) and is divided into two main activities of controlled or free practice which range from board games, stand up conversation, mingling, cards and role play. Students are given the chance to practice a grammar item within a specific context (holiday, everyday life, future plans) 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 Conversation (Thursday) L17**

Ambra Marra

10.00am – 12.00pm

\$80

8 Thursdays 24 Oct – 12 Dec

This class is currently full but if you are interested in this class please advise Centre Staff so we can consider new classes.

See website for class details.

(NO NEW ENROLMENTS)

**Italian A2 (Pre-Intermediate) L19**

Paola Gallinaro

6.00pm – 8.00pm

\$150

8 Thursdays 24 Oct – 12 Dec

This class is for students who have recently attended Italian Beginners and who are 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 can read short and texts and search information (ads, menus, timetables). Session include grammar, vocabulary and targeted exercise to ensure understanding. Part of the course is dedicated to Italian culture and society using audio-visual material. This course is for everyone who wants to improve their Italian language regardless of their needs.

**Italian B1 (Intermediate) L27**

Elena Cotza

1.45pm – 3.45pm

\$150

8 Mondays 14 Oct – 2 Dec

This class is for prospective students who have recently attended Italian A2 Pre-Intermediate classes and who are able to understand simple words, verbs and easy sentences and manage to reply to simple questions within familiar contexts. Sessions include grammar, vocabulary and targeted exercises. Part of the course looks at Italian culture and society using audio-visual material. This course is useful to improve your Italian language regardless of needs.

**Italian B2 (Intermediate) L18**

Elena Cotza

9.30am - 11.30am

\$150

8 Mondays 14 Oct – 2 Dec

This class is for people who have recently attended Italian Pre-Intermediate classes and already use simple expressions and words to

describe their needs, family, current job, life -condition. Upon completion the students will be able to understand familiar topics on work, school, pastimes and will gain confidence in basic matters/situations whilst travelling in Italy. Students will learn to understand and describe the main points on personal or professional topics of interest in clear and slow speech mode.

### **Italian B2/C1 (Advanced) L26**

Elena Cotza  
12.15pm – 2.15pm \$150  
8 Fridays 18 Oct – 6 Dec

For those who have completed Italian B2 (Intermediate). Instructor will assess proficiency in lesson 1.

### **Spanish Beginners (Level 2 - Ongoing) L20**

Ruperto Nunez  
11.00am – 1.00pm \$125  
9 Thursdays 24 Oct – 19 Dec

This course is for students having studied a couple of years, 2 hrs/week. This group has covered basic grammar (present tense, imperfect, future, and simple past, of regular and irregular verbs), comparatives, prepositions, ser/estar, and so on. Also, the students have acquired the vocabulary necessary to talk about everyday situations, like family, holidays, plans for the future and past events.

The teacher advises, if you are unsure if this or the intermediate course is suitable please talk to him and, by all means, try a couple of classes.

### **Spanish Intermediate L24**

Ruperto Nunez  
9.00am - 11.00am \$125  
9 Thursdays 24 Oct – 19 Dec

This course is for people who already have a good grasp of most of the grammatical features of the language, that is, who know most tenses (including the present subjunctive), possess a wide vocabulary and feel confident having a simple, relaxed conversation in Spanish. The teacher would like to stress, however, that anybody who feels unsure as to whether this course is suitable to

them should talk to him and, by all means, at least try a couple of classes.

### **Spanish for Beginners (Level 1) L21**

Alici Zablah  
3.30pm - 5.30pm \$115  
8 Tuesdays 22 Oct – 10 Dec

Spanish for Beginners (Level 1) is for people who have never learnt Spanish before but are keen to learn.

The session begins with a brief story of the language and countries where Spanish is spoken. Topics include study of the basic language rules, grammar, phonetics, short readings, singular and plural, feminine and masculine forms, difference between Latin American and Spaniard accents. Students practice introductions, days of the week, months of the year, numbers, colours, greetings, professions, countries and nationalities, family, and other useful expressions. We will use Pasos1 and other resources. Material needed: Spanish dictionary. (Participation in class is important)

### **Spanish for Beginners (Level 1 Ongoing) L22**

Alicia Zablah  
1.00pm – 3.00pm \$115  
8 Tuesdays 22 Oct – 10 Dec

This course is for students who have completed Spanish for Beginners, or who have basic knowledge.

Topics include food and drinks, dining vocabulary, ordering in a restaurant, making friends, verb usage, understand ads, directions, and more.

Students will learn how to use definite and indefinite articles and negatives, to explain where places are, and use of prepositions. The course teaches the ability to hold conversations. A Spanish dictionary and class participation is important.

### **Spanish for Beginners (Level 2 Ongoing) L23**

Alicia Zablah  
10.00am – 12.00pm \$115  
8 Wednesdays 23 Oct – 11 Dec

This course is for students who have completed Spanish for Beginners, or who have basic knowledge. If you have

travelled to a Spanish speaking country, this course provides practice you need and refreshes your memory. Students learn vocab and practice conversations. Topics include, shopping, numbers, money, destinations, describing clothing and people. We continue with the use of reflexive verbs and pronouns. A Spanish dictionary and class participation is important.

## **HEALTH & WELLNESS**

### **Chair Yoga HW1**

Eileen Banks  
3.30pm - 4.30pm \$110  
8 Mondays 21 Oct – 9 Dec

The yogini uses a chair to support asanas or postures 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 using a chair. The class is a flowing class using breath to move the body through postures, using the chair for support. Suitable for all ages, body types, levels of fitness. This class is evidenced based, builds flexibility and strength and is suitable for anyone with chronic disease or pain. Come and enjoy the space movement and breath created in your body!

### **Gentle Flow Yoga HW2**

Eileen Banks  
3.30pm - 4.30pm \$110  
8 Wednesdays 23 Oct – 11 Dec

This is an accessible yoga class for all. A sequence is developed for each based on a theme such as, back care. Each client is guided by a trained yoga teacher/ therapist in adapting the sequence to meet their range of motion and their goals for practice. Blocks, straps, bolsters, chair and the wall are used to modify postures so the client practices within their range of motion. The class is evidence based, building strength and flexibility; assisting you to sustain functional movement. Suitable for people with chronic pain, arthritis, chronic disease or those who haven't done any movement type exercise for a while.

The class is 15 minutes relaxation and breathwork, 35 minutes gentle flow, 10 minutes relaxation/guided meditation. Enjoy a gentle flow that leaves you feeling fully present, strong and completely relaxed!

### **Hatha Yoga** **HW3**

Sue Barbour  
3.00pm - 4.00pm \$110  
8 Fridays 25 Oct – 13 Dec

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

### **Tai Chi Intermediate Level** **HW4**

Stephen Ho  
4.30pm - 5.30pm \$115  
8 Tuesdays 22 Oct – 10 Dec

Tai Chi Kung Fu is a form of Chinese martial art. Initially developed for hand combat. However, because of its gentle flow and graceful movements, it is now recognised as a good form of exercise. In this course, we follow the Wu Style Tai Chi Chuan which consists of 108 movements and can be divided into three stages. In the beginner's course, the first 35 movements form the basic set. At the intermediate level, we cover the middle 30 movements involving the use of both hands and feet.

This course is suitable for participants who have learned the first level. However, even for beginners, exercises should be beneficial. The participants' background is taken into consideration in the delivery of this course.

### **Pilates for Beginners** **(40+ age group)** **HW5**

Carmel Simojoki  
4.30pm - 5.30pm \$135  
8 Wednesdays 23 Oct – 11 Dec

Are you interested in developing strength, improving flexibility as well as participating in a cleansing and invigorating form of exercise? Carmel Simojoki, is a qualified level IV pilates instructor, in her class you will learn and practice exercises to improve flexibility, build strength and develop control and

endurance. The exercises focus on alignment, breathing, developing a strong core, as well as improving coordination and balance. Muscle tone, posture and well-being can be improved through regular practice of the exercises. This Pilates course is suitable for men and women over 40.

### **Mindful Meditation** **HW 7**

Eileen Banks  
5.00pm – 6.00pm \$55  
4 Wednesdays 23 Oct – 13 Nov

The word “mindfulness” comes from the Sanskrit word smrti or the Pali word sati or the Tibetan word drenpa, and it has a quality of remembering. That is, remembering to return to this present moment or come back to an object of meditation. It refers to a meditation method.

Research demonstrates that mindfulness meditation reduces the effects of a variety of health conditions. Practitioners of mindfulness meditation report an increased sense of wellbeing. This program teaches mindfulness through body awareness exercises, sitting and walking meditation and very gentle yoga tailored to individual needs. The course consists of 4 one hour sessions over a four week period.

### **Meditation with Joanna** **HW10**

Joanna Wakefield  
9.00am - 9.45am \$80  
8 Thursdays 24 Oct – 12 Dec

This course will teach how to meditate through using our breath, and thus, among other benefits, learning how to find more inner peace and calm in life.

## **TALKS & LIFESTYLE**

### **Buddhism, An Exploration** **T1**

Ruperto Nunez  
10.00am – 12.00pm \$70 (Members)  
\$80 (Non Members)  
5 Wednesdays 23 Oct – 20 Nov

Buddhism and other related concepts like meditation, karma and rebirth have become part of our everyday language. Familiarity, however, does not mean real or accurate understanding. This is an

invitation to explore a practice, philosophy and way of looking at reality which has spread over many countries, starting from the Orient and finally reaching and influencing our own Western culture. Perhaps the time is ripe to create a long-haired, jeans-clad, Western style of Buddhism.

### **Carl Jung: In Search of the Human Soul** **T2**

Ruperto Nunez  
1.15pm – 3.15pm \$70 (Members)  
\$80 (Non Members)  
5 Thursdays 24 Oct – 21 Nov

Carl Gustav Jung was famous as a disciple of Freud. However, with his personal psychology (commonly referred to as Analytical Psychology) he achieved a much broader view of the human mind and culture than his mentor. In this course we will try to cast some light on several concepts of Jungian psychology like the shadow, animus/anima, archetypes and the collective unconscious. We will also examine how his views can be applied to the study of myth, religion and the development of the self.

### **Downsizing Your Home** **T3**

Janet Renner  
12.30pm – 2.00pm \$15 (Members)  
\$20 (Non Members)  
1 Friday 1 Nov

Do you need to downsize but can't get started? Have you recently become an empty-nester or do you simply wish to live a more minimalist lifestyle? Have you downsized or helped someone else with their downsizing and now have valuable insight to share? Come along and discuss the benefits and challenges of downsizing your home!

### **SPLC Young Professional Network** **T4**

Annette Crabbe  
4.00pm – 6.00pm Free for Members  
(Membership \$15/term or \$40/year)  
2 Saturdays 2 Nov & 7 Dec

Have all your friends paired off and you're at a loose end? Would you like to connect with other young professionals to discuss your career and personal



aspirations? Come along and meet other young professionals in a friendly and relaxed environment! Use the opportunity to network both socially and professionally with like-minded individuals. We're establishing this new group for people aged approximately 25 to 35 and will be meeting on the first Saturday of the month, starting 2nd November. Feel free to bring a friend - the first term will be free (membership only required - \$15).

### **Ageing Disgracefully T5**

Janet Renner

1.30pm – 2.30pm \$15 (Members)  
\$20 (Non Members)

1 Wednesday 30 Oct

Come along to discuss the challenges and tribulations of life in the third stage: what to do when the years roll by, how to grab life by the reins and hang on, how to manage health issues with grace, and why you should approach death anxiety with open arms! It'll be a fun hour with Jozay and Janet...you'll leave ready to live life to the fullest while acknowledging the ultimate.

### **The Art of Mindful Living T6**

Liliana Vanasco

11.00am – 1.00pm \$20 (Members)  
\$30 (Non Members)

1 Saturday 23 Nov

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

### **MummyMania! T7**

Dr Jasmine Day

12.30pm – 2.00pm \$15 (Members)  
\$20 (Non Members)

1 Friday 8 Nov

In her book "The Mummy's Curse: Mummymania in the English-speaking World", Dr Jasmine Day considers the changing meanings of mummies in Western popular culture and their implications for our relations with the Middle East. She takes a novel, anthropological approach to the legend of the "mummy's curse", finally solving this age-old mystery. Exploring Victorian horror and romance fiction, classic mummy movies and children's toys and jokes in this richly illustrated lecture, Dr Day reveals the political agendas hidden in Western popular culture and demonstrates the impact of media stereotypes of mummies on museum visitors.

### **Western Australian Wildflowers T8**

Dr Eddy Wajon

12.30pm – 2.00pm \$15 (Members)  
\$20 (Non Members)

1 Friday 29 Nov

Eddy Wajon is an expert in, and grows, protects and promotes the value and beauty of the Western Australia bushland. He has been described as "A Natural treasure" by the Wildflower Society of Western Australia. Between 2011 and 2014 he was the State President of the Society, also the President of the Murdoch Branch of the Society. He has written and/or published 5 wildflower guide books covering the Southwest of Western Australia. He leads wildflower tours and bush walks around Perth and WA tourist, community groups and educational institutions. Join Dr Wajon for a fascinating exploration of WA's beautiful and unique flora.

### **The Birds of South Perth T9**

BirdLifeWA

12.30pm – 2.00pm \$15 (Members)  
\$20 (Non Members)

1 Friday 22 Nov

Join BirdLife Western Australia for a presentation on the birds of South Perth; come and learn about your local feathered friends who live in, and visit, the South Perth area. The Swan River supports an amazing array of waterbirds as well as cockatoos, parrots, honeyeaters and other species along its

foreshore. Our talk will include photographs and bird calls to help you learn to identify the birds you commonly see in the area. BirdLife Western Australia is part of Australia's oldest bird conservation group and is dedicated to creating a bright future for Australia's birds.

### **"Girls for Girls"**

**SPLC welcomes the not for profit organisation "Girls for Girls"!**

Girls for Girls is coordinated by two Perth sisters, Dana and Alisha, striving to create change and enhance community connections. With a strong passion for developing women to succeed in their unique areas, Girls for Girls provides many opportunities for girls aged 14-25.

They hold monthly themed gatherings at the South Perth Learning Centre where they hang out together and workshop different skills; including productivity, leadership, managing finances, transitioning through various stages of life, and habits for success. They also mix it up with themes like nutrition, calligraphy, fashion, and DIYs!

Profits made from their annual fundraiser goes towards helping local and international women's organisations in need of support

For more info, head to their Facebook page "Girls for Girls Perth"

**OR** email [info.girlsforgirls@gmail.com](mailto:info.girlsforgirls@gmail.com)

### **Food & Fun Club**

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, head to [www.splc.org.au](http://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).** Please refer to the Terms & Conditions on our website for our full refund policy. 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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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  
Lottery West - equipment and furnishings  
Royal Perth Golf Club - the reception area furnishings, computers & iPads  
The Good Things Foundation - Digital Workshop Seniors

WHERE GOOD THINGS HAPPEN!

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