

South Perth Learning Centre

Term 4 2020 Courses 19th Oct - 12th Dec 2020

Telephone 9367 1254 - **Book Online** splc.org.au



ARTS & CREATIVITY

Acrylics for Beginners Ongoing (AC2)

Membership is required

\$190 (includes GST)

Date: Tuesday 20-Oct-2020

8 weeks (Open)

Time 9:30am for 3 hr

Venue: SPLC Room 2

Facilitator: Peta Zeller

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. Ever wanted to pick up a paint brush but not sure how or where to start? This class is an opportunity to use acrylic paint to see the possibilities of this fun and versatile medium. The lessons will start on tone, colour, brushwork, texture and composition, where all subject matter will be provided, leading to your more personal projects as skills progress. Talented artist, Peta Zellar, will begin with how to use painting materials during the 1st week and then move on to colour, tone and brushwork. Eventually, as the weeks progress, she will assist you in working towards a finished masterpiece!

Basket Weaving Workshop: Coiled and Stitched Technique (AC28)

Membership is required

Wednesday 11-Nov-2020, 9:00am

\$95, \$85 for Members (includes GST)

Date: Wednesday 11-Nov-2020

Single session (Open)

Time 9:00am for 3 hr

Venue: SPLC Room 1

Facilitator: Leisa Antonio

The coiled basketry technique is fun to learn and very addictive! These baskets make great functional storage, look great and are easy gifts to make using up fabric, yarns and textile pieces. You will learn about how to select different materials to use for your basket core, how to fabric wrap, the types of stitching used and step by step techniques to create and shape your basket. Your ticket price includes a kit with all materials and written guide instructions plus your in-person workshop.

Basket Weaving Workshop: Plain Weave Technique (AC23)

Membership is required

Wednesday 11-Nov-2020, 1:00pm

\$95, \$85 for Members (includes GST)

Date: Wednesday 11-Nov-2020

Single session (Open)

Time 1:00pm for 3 hr

Venue: SPLC Room 2

Facilitator: Leisa Antonio

During this workshop, you will learn how to create a functional textile, twine, yarn basket and leave with learning a range of basketry skills that can be applied to future projects. We'll be using contemporary plain weaving basketry and coiled and stitched techniques with natural materials to create unique and functional baskets. Your ticket price includes a kit with all materials and written guide instructions plus your in-person workshop.

Christmas Embroidery - Beginners (AC47)

Membership is required

Monday 19-Oct-2020, 9:30am

\$170 (includes GST)

Date: Monday 19-Oct-2020

8 weeks (Open)

Time 9:30am for 2 hr

Venue: SPLC Room 2

Facilitator: Eva Purdy

Be adventurous and unleash your inventive self this Christmas. Join our class and create two Christmas ornaments. First, a sparkly snowflake Christmas tree ornament in cross stitch followed by a Christmas tree worked in festive colours. The kit includes everything needed to make this project into tableware. Your tutor will also show you how to turn the item into a festive apron, wall hanging, or cushion. What a way to get you Christmas spirit roaring and beautifully decorate your home!

Christmas Embroidery - Intermediate (AC48)

Membership is required

Tuesday 20-Oct-2020, 12:30pm

\$170 (includes GST)

Date: Tuesday 20-Oct-2020

8 weeks (Open)

Time 12:30pm for 2 hr

Venue: SPLC Room 4

Facilitator: Eva Purdy

Two Christmas gift ideas! First, the must-have Christmas stocking in crewel work embroidery in wool threads on a cream linen fabric. It is a floral design in festive colours. Our next project is a Christmas inspired embroidery in redwork, which can be used on a cushion, framed or made into a bag that can be used as a gift.

Clouds in the Landscape: Pastels (AC 34)

Membership is required

Friday 23-Oct-2020, 12:00pm

\$165 (includes GST)

Date: Friday 23-Oct-2020

8 weeks (Open)

Time 12:00pm for 2 hr, 30 min

Venue: SPLC Room 2

Facilitator: Fiona Buchanan

Clouds are ethereal and soft and made of mist and air. Learn how to paint these in pastel using layer over layer of soft colour. This course will concentrate on producing soft light effects with pastel pencil, and hard and soft pastels. We will use watercolour wash and pastel wash as underpainting techniques and produce works that are light and lovely. Fiona is a WA artist, who loves the ocean. Her own work is about the environment and its balance.

Creative Christmas Craft - Crochet Paper Chains (AC51)

Membership is required

Sunday 29-Nov-2020, 1:30pm

\$55, \$45 for Members (includes GST)

Date: Sunday 29-Nov-2020

Single session (Open)

Time 1:30pm for 3 hr

Venue: SPLC Room 1

Facilitator: Susan Sands

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 your paper chain. 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 pattern, some christmassy yarn, and a crochet hook. Just come along and enjoy yourself!

Creative Christmas Craft - Hand-Drawn Cards (AC50)

Membership is required

Sunday 11-Oct-2020, 10:00am

\$55, \$40 for Members (includes GST)

Date: Sunday 11-Oct-2020

2 weeks (Open)

Time 10:00am for 2 hr

Venue: SPLC Room 2

Facilitator: Migara Ramanayake

A wonderful opportunity to create 2 unique wishing cards under the expert guidance of award-winning local artist Migara Ramanayake. Choose your own theme to personalise these special items. Be proud to show your artistry through your distinctive creations. This course is spread over 2 hours on Sunday 4th. October and 2 hours on Sunday 11th. October. Card, paper and black pencil are supplied. BYO visual reference eg. photos, good quality colour pencils and eraser (Staedtler or Faber-Castell).

Creative Christmas Craft - Hand-embroidered Christmas Tree Ornament (AC49)

Membership is required

Sunday 8-Nov-2020, 10:00am

\$0 (includes GST)

Date: Sunday 8-Nov-2020

Single session (Open)

Time 10:00am for 1 hr, 30 min

Venue: SPLC Room 1

Facilitator: Eva Purdy

Class suitable for beginners through to advanced embroiderers. Join our two our class to make a hand embroidered Christmas tree ornament that you be able to use year after year. There is enough time in class to complete or take home your tree ornament nearly completed. Class includes a kit to make either an embellished felt star or embellished miniature stocking. The stocking can be used as a Christmas tree ornament or to place a small gift inside. Kit includes felt /fabric, needle, threads, and trims/embellishments such as beads or buttons.

Creative Christmas Craft - Indian Hand-stamped Block Printing Napkins (AC42)

Membership is required

Sunday 29-Nov-2020, 10:00am

\$90, \$80 for Members (includes GST)

Date: Sunday 29-Nov-2020

Single session (Open)

Time 10:00am for 2 hr

Venue: SPLC Room 2

Facilitator: Leisa Antonio

A great opportunity to create unique gifts! This 2-hour workshop is a beautiful blend of traditional Indian and contemporary techniques where you will learn whilst creating block printed designs onto a pair of 100% Indian cotton napkins. Using a range of traditional Indian wooden blocks and non toxic fabric paints, your design will be completely unique. Napkins use can be functional or decorative, that's up to you. Please wear art clothing and bring along an apron and gloves as this can get nicely messy. Napkins and practice fabric, paints and blocks are included.

Creative Christmas Crafts - Christmas Tree Decoration (AC44)

Membership is required

Friday 27-Nov-2020, 10:30am

\$55, \$45 for Members (includes GST)

Date: Friday 27-Nov-2020

Single session (Open)

Time 10:30am for 1 hr, 15 min

Venue: SPLC Kitchen Demo

Facilitator: Emmanuelle Kervoelen

A chance to design and dress your house for Christmas with unique flair and fashion. Adorn your tree with three exquisite decorations. Your kit includes 9 beads, 1 merry Christmas charm, 3 designs made with clay, 3 different colours, glitter, varnish, 3 short lengths of string. Come and let your inner child rediscover the magic of Christmas.

Crochet Advanced (AC6)

Membership is required

Wednesday 28-Oct-2020, 1:30pm

\$90 (includes GST)

Date: Wednesday 28-Oct-2020

8 weeks (Open)

Time 1:30pm for 2 hr

Venue: SPLC Room 4

Facilitator: Susan Sands

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.

Digital Photography Beginners Ongoing (AC41)

Membership is required

Wednesday 21-Oct-2020, 3:45pm

\$100 (includes GST)

Date: Wednesday 21-Oct-2020

7 weeks (Open)

Time 3:45pm for 1 hr, 30 min

Venue: SPLC Room 4

Facilitator: Robert Audcent

Eye for detail? Want to change your digital photos into artistic creations? This course is for you! Expand your knowledge and skills by understanding the workings of the camera; the use of special lenses, shutter speeds, aperture, depth of field and composition. The vexed question of night photography and use of flash will be answered. The final class will focus on photo manipulation and processing. All sessions are hands-on, combining indoor and outdoor photography. BYO DSLR or SLR camera and creativity. Suitable for beginners and ongoing students.

Drawing for Non-Drawers (AC7)

Membership is required

\$125 (includes GST)

Date: Wednesday 4-Nov-2020

7 weeks (Call for enrolment info)

Time 9:30am for 3 hr

Venue: SPLC Room 2

Facilitator: Barbara Arenson

Date: Thursday 5-Nov-2020

7 weeks (Full)

Time 9:30am for 3 hr

Venue: SPLC Room 2

Facilitator: Barbara Arenson

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. This class is also for those people who have previously attended or have completed a beginners 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 (Please bring A2 sketchbook, 4B, 6B and 8B pencils, pencil sharpener and eraser.) **Note: 7-week course

Ikebana Japanese Floral Art (AC26)

Membership is required

\$50 (includes GST)

Date: Monday 12-Oct-2020

4 weeks (Open)

Time 10:00am for 2 hr

Venue: SPLC Room 1

Facilitator: Sivasakthy Sett

Date: Tuesday 10-Nov-2020

4 weeks (Open)

Time 10:00am for 2 hr

Venue: SPLC Room 1

Facilitator: Sivasakthy Sett

If you have ever wanted to pick something from your garden, bring it into your home and express yourself, this course is for you! Ikebana is an ancient art originating from Japan more than five hundred years ago. The word Ikebana means living flowers. In this course you will learn about the space, line, balance and harmony between the materials used, the container in which it is held and the space where it is placed. Beginners will learn the fundamentals of Ikebana techniques and forms. Continuing students will learn more advanced techniques and forms. I will be teaching in Ichiyo school style. What to bring: For the first day: 5 stems of one kind of flower, secateurs and an old towel. Branch materials will be provided. For following lessons, please bring your own materials from your garden.

Macrame Pot Hanger Workshop (AC24)

Membership is required

Wednesday 25-Nov-2020, 1:00pm

\$85, \$75 for Members (includes GST)

Date: Wednesday 25-Nov-2020

Single session (Open)

Time 1:00pm for 3 hr

Venue: SPLC Room 2

Facilitator: Leisa Antonio

Have you always wanted to learn to make Macrame designs such as wall hangings, plant pot hangers, Macrame jewellery and more? In this workshop, you will learn a range of Macrame knots and hitches that can be incorporated into plant hangers. What a beautiful gift idea! You'll receive an instructions guide to learn with throughout the workshop plus beautiful soft off white 5mm cotton cord and embellishments to create your design. Your ticket price includes a kit with all materials and written guide instructions plus your in-person workshop.

Macrame Wall Hanging (AC40)

Membership is required

Wednesday 25-Nov-2020, 9:00am

\$115, \$105 for Members (includes GST)

Date: Wednesday 25-Nov-2020

Single session (Open)

Time 9:00am for 3 hr

Venue: SPLC Room 1

Facilitator: Leisa Antonio

Have you always wanted to learn to make Macrame designs such as wall hangings, Macrame jewellery and more? In this workshop, you will learn a range of Macrame knots and hitches that can be incorporated to make wall hangings. You'll receive an instructions guide to learn throughout the workshop plus beautiful soft off white 5mm cotton cord and embellishments to create your design. The picture is a guide of the wall hanging you may create. Your ticket price includes a kit with all materials and written guide instructions plus your in-person workshop.

Ocean Moods in Pastels - Beginners (AC 33)

Membership is required

Monday 19-Oct-2020, 2:30pm

\$165 (includes GST)

Date: Monday 19-Oct-2020

8 weeks (Open)

Time 2:30pm for 2 hr, 30 min

Venue: SPLC Room 2

Facilitator: Fiona Buchanan

Discover your connection to the magic of the ocean in this class. Pastels are a beautiful, expressive medium with a velvet finish. With them you can draw and paint at the same time. With Fiona Buchanan, you will explore the use of watercolour as an underpainting technique and work with soft and hard pastels on sanded paper. Fiona is a WA artist, who loves the ocean. Her own work is about the environment and its balance.

Ocean Moods in Pastels - Intermediate (AC 30)

Membership is required

Thursday 22-Oct-2020, 1:00pm

\$165 (includes GST)

Date: Thursday 22-Oct-2020

8 weeks (Open)

Time 1:00pm for 2 hr, 30 min

Venue: SPLC Room 3

Facilitator: Fiona Buchanan

This class is for those artists who have completed a pastels course previously. In this class you will explore the connection between the ocean and the shore. The in-between where your spirit can be free. You will paint the shoreline at different times of day, exploring the different colour palettes at each end of the day. We will use watercolour wash and pastel wash as underpainting techniques and use pastel pencils, and hard and soft pastels to make beautiful, expressive work that reflects the beauty of the shoreline and of the changing light. Fiona is a WA artist, who loves the ocean. Her own work is about the environment and its balance.

Oil Painting for Beginners Ongoing (AC16)

Membership is required

Thursday 22-Oct-2020, 1:00pm

\$190 (includes GST)

Date: Thursday 22-Oct-2020

8 weeks (Open)

Time 1:00pm for 3 hr

Venue: SPLC Room 2

Facilitator: Peta Zeller

This class is suitable as a follow on from the ""Exploring Oils"" first term, or if you have some oil painting experience, you are also welcome to come along to develop your painting skills in an encouraging and supportive environment with Artist, Peta Zeller. Lessons will revolve around colour, tone, brushwork, drawing, texture and composition producing artwork from students' own personal photos or supplied objects. (PLEASE NOTE THAT THIS CLASS IS NOT SUITABLE FOR ABSOLUTE BEGINNERS, YOU MUST HAVE SOME PREVIOUS KNOWLEDGE)

The Joy of Cartoons and Caricatures (AC27)

Membership is required

Saturday 24-Oct-2020, 10:00am

\$120, \$100 for Members (includes GST)

Date: Saturday 24-Oct-2020

6 weeks (Open)

Time 10:00am for 2 hr

Venue: SPLC Room 1

Facilitator: Chanthira Suppiah

Do you want to learn how to draw funny cartoon characters as well as caricatures of celebrities or someone you know? Come join me in these interactive and fun-filled course sessions. Experience joy and laughter as you cartoon your stress away and improve your immune system. No prior drawing experience is required. All are welcome. Materials required for the sessions : pencil, eraser, sharpener and some A4 white paper to draw on (printing paper or other paper is fine) and colour pencils if participants wanted to do some colouring in after the session ends.

Watercolours Ongoing + Beginners (AC13)

Membership is required

Monday 12-Oct-2020, 12:00pm

Open (3 remaining places)

\$150 (includes GST)

Date: Monday 12-Oct-2020

8 weeks (Open)

Time 12:00pm for 2 hr

Venue: SPLC Room 2

Facilitator: Verena Marmion

3 places remaining

In this course, 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.

CLUB ACTIVITIES

Croquet for Beginners GC (CA19)

Membership is required

Monday 2-Nov-2020, 6:00pm

\$50, \$45 for Members (includes GST)

Date: Monday 2-Nov-2020

3 weeks (Open)

Time 6:00pm for 2 hr

Venue:

Facilitator: Alan Sands

Como Croquet Club has a friendly and very active membership of over 100 members playing both golf croquet and association croquet codes. This course is an introduction to the golf croquet game. Our 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. Venue: Como Croquet Club (located on the Corner Reserve with entry from Eric Street)

Cryptic Crossword Club (CA2)

Membership is required

Monday 19-Oct-2020, 1:00pm

\$55 (includes GST)

Date: Monday 19-Oct-2020

8 weeks (Open)

Time 1:00pm for 2 hr

Venue: SPLC Room 1

Facilitator: Self Managed

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 are an experienced cryptic crosswords sleuth, and you are looking to hone your skills, then come along to this club. Remember: an active brain is a healthier brain. You can delay early signs of memory loss, and help prevent Alzheimers.

Film Club (CA3)

Membership is required

Thursday 29-Oct-2020, 1:00pm

\$25 (includes GST)

Date: Thursday 29-Oct-2020

3 weeks (Open)

Time 1:00pm for 1 hr, 30 min

Venue: SPLC Room 4

Facilitator: Self Managed

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. Dates: October 29, November 12, December 3.

Mahjong Club Friday - Chinese (CA9)

Membership is required

Friday 23-Oct-2020, 2:00pm

\$60 (includes GST)

Date: Friday 23-Oct-2020

9 weeks (Open)

Time 2:00pm for 2 hr

Venue: SPLC Room 1

Facilitator: Self Managed

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 enrol 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.

Mahjong Club Friday - Western (CA10)

Membership is required

Friday 23-Oct-2020, 9:30am

\$60 (includes GST)

Date: Friday 23-Oct-2020

9 weeks (Open)

Time 9:30am for 2 hr

Venue: SPLC Room 1

Facilitator: Self Managed

This course introduces participants to the fascinating and ancient game of Mahjong. Players will learn the structure and the rules of game in a friendly, social environment and by the course conclusion, acquire the knowledge, skills and ability for independent / self-managed gameplay.

Mahjong For Beginners - Chinese (Saturday) (CA22)

Membership is required

Saturday 24-Oct-2020, 9:30am

\$120 (includes GST)

Date: Saturday 24-Oct-2020

8 weeks (Open)

Time 9:30am for 2 hr

Venue: SPLC Room 4

Facilitator: Vicky Man

2 places remaining

This course introduces participants to the fascinating and ancient game of Mahjong. Players will learn the structure and the rules of the game in a friendly, social environment and by the course conclusion, have acquired the knowledge, skills and ability for independent / self-managed gameplay.

COMPUTERS AND TECHNOLOGY**Apple Laptops and Desktops (CT3)**

Membership is required

\$80 (includes GST)

Date: Tuesday 20-Oct-2020

4 weeks (Open)

Time 11:30am for 2 hr

Venue: SPLC Room 5

Facilitator: Carlos Arevalo

Date: Tuesday 17-Nov-2020

4 weeks (Open)

Time 11:30am for 2 hr

Venue: SPLC Room 5

Facilitator:

To some of us, despite the recent proliferation of smartphones and smart tablets, a laptop or a desktop is where we prefer to do the "real" computer tasks. There still is no substitute for having a large screen and access to a keyboard and mouse. If this is you, come along to our Apple laptop/desktop course, delivered by our very own Apple Genius Carlos Arevalo. In this course he will uncover tips and tricks that will make you more productive at your MacBook or iMac.

Getting The Most Out Of Your Apple Devices (CT2)

Membership is required

\$80 (includes GST)

Date: Tuesday 20-Oct-2020

4 weeks (Open)

Time 9:30am for 2 hr

Venue: SPLC Room 5

Facilitator: Carlos Arevalo

Date: Tuesday 17-Nov-2020

4 weeks (Open)

Time 9:30am for 2 hr

Venue: SPLC Room 5

Facilitator: Carlos Arevalo

You received an iPad/iPhone for Christmas/your birthday... now what? Is your iDevice at risk of becoming an expensive paperweight? Have you ever held your iPad and thought "if only someone could show me how this all works?". Our very own Apple Genius Carlos Arevalo will show you how to get the most out of your iPad, covering apps and features such as email, privacy settings, maps, app management, the control centre, security, spotlight, camera and more! Carlos will show you all the cool things you can do within each application or feature, and give you tips and tricks to get the most out of all your Apple devices.

GARDENING

Bonsai Bonanza for Beginners (GD3)

Membership is required

Thursday 22-Oct-2020, 4:00pm

\$100 (includes GST)

Date: Thursday 22-Oct-2020

5 weeks (Open)

Time 4:00pm for 2 hr

Venue: SPLC Room 5

Facilitator: Alicia Zablah

Delve into the mysterious Japanese art of Bonsai. Alicia will guide you in choosing the type of tree to use and how to style it. You will produce a Bonsai in three different categories; flower, fruit and standard tree. At the end of the course, photos of your creations can be taken and be presented as part of our annual exhibition. You will also learn how to care for your new miniature tree at home.

HEALTH AND WELLNESS

Pilates (HW5)

Membership is required

\$135 (includes GST)

Date: Wednesday 21-Oct-2020

8 weeks (Full)

Time 4:15pm for 1 hr

Venue: SPLC Room 2

Facilitator: Carmel Simojoki

Date: Thursday 22-Oct-2020

8 weeks (Open)

Time 4:15pm for 1 hr

Venue: SPLC Room 2

Facilitator: Carmel Simojoki

Pilates is a gentle form of exercise in line with yoga and eastern traditions. Through the practice of Pilates, you'll experience improvement in physical stability, strength and flexibility. Joseph Pilates, who founded the practice in the years after the second world war, promoted the idea that mental and physical health are interrelated. His method is a safe, inclusive and effective approach to improving your fitness and health. Come and join our small group for this gentle and safe form of exercise. With regular practice, you'll improve body fitness and feel amazing.

Tai Chi For Health and Stability (HW4)

Membership is required

Tuesday 20-Oct-2020, 4:30pm

\$110 (includes GST)

Date: Tuesday 20-Oct-2020

9 weeks (Call for enrolment info)

Time 4:30pm for 1 hr

Venue: SPLC Room 2

Facilitator: Stephen Ho

Tai Chi is a form of martial art developed from Chinese Taoist philosophy. Its gentle flow and graceful movements can also be used as a very good set of exercise. With constant practice, it can promote good health, relaxation, balance and stability. In this course, participants will be introduced to a short form of Wu style Tai Chi, with particular emphasis on movements promoting a stable body. It should be suitable for both young and seniors and no prior experience is assumed. The details of each movement will be explained. Then participants will learn with the instructor and practise together. The course is also suitable for those who have some prior Tai Chi experience and might like to extend their knowledge. The instructor is Stephen Ho, a retired engineer/academic, and he has over 50 years of experience as a Tai Chi practitioner and a qualified teacher.

Vinyasa Yoga (HW13)

Wednesday 21-Oct-2020, 6:00pm

Membership is required

\$110 (includes GST)

Date: Wednesday 21-Oct-2020

8 weeks (Open)

Time 6:00pm for 1 hr

Venue: SPLC Room 3

Facilitator: Manuela Mangiacavalli

Quiet your mind and free your body. If you want to destress from your busy routine, recharge yourself, stretch and tone your body this class is for you! Lock in a weekly hour for yourself. Coordinate your movements with your breath, flowing from one pose to the next. Vinyasa classes involve building strength, coupled with flexibility and increasing body heat. Each class also includes meditation and pranayama (breathing techniques). Suitable for all levels. Beginners welcome! Manuela is a Certified Yoga Alliance instructor.

LANGUAGE**English Fluency (L36)**

Membership is required

Monday 19-Oct-2020, 10:30am

\$80 (includes GST)

Date: Monday 19-Oct-2020

8 weeks (Open)

Time 10:30am for 1 hr

Venue: SPLC Room 5

Facilitator: Valmy Graham

Need help to improve your fluency in spoken English? Want to understand the Australian accent and idioms? Join this class and Valmy will build your confidence and speaking skills with her friendly advice and interesting conversations.

French A1 Beginners (L37)

Membership is required

Tuesday 20-Oct-2020, 10:00am

\$150 (includes GST)

Date: Tuesday 20-Oct-2020

8 weeks (Open)

Time 10:00am for 2 hr

Venue: SPLC Room 3

Facilitator: Arielle Fernandes

This course is an introduction to basic French language. The learners begin to understand and express common needs and ideas. They learn to introduce themselves and ask questions about personal details. They interact simply while speaking slowly and clearly.

French A1 Beginners Ongoing (L2)

Membership is required

Tuesday 20-Oct-2020, 12:30pm

\$150 (includes GST)

Date: Tuesday 20-Oct-2020

8 weeks (Open)

Time 12:30pm for 2 hr

Venue: SPLC Room 3

Facilitator: Arielle Fernandes

This course is a further introduction to basic French language. The learners understand and express common needs and ideas. They introduce themselves and ask questions about personal details with some confidence. They interact simply while speaking slowly and clearly.

French A2 Beginners Ongoing (L3)

Membership is required

Wednesday 21-Oct-2020, 1:30pm

\$150 (includes GST)

Date: Wednesday 21-Oct-2020

8 weeks (Open)

Time 1:30pm for 2 hr

Venue: SPLC Room 3

Facilitator: Arielle Fernandes

This course adds to the learner's knowledge of basic French expressions. The learner understands frequently used language in areas such as shopping, family and employment. Communication involves a direct exchange of information, describing immediate matters in simple terms.

French B1 Intermediate (L6)

Membership is required

Wednesday 21-Oct-2020, 9:00am

\$150 (includes GST)

Date: Wednesday 21-Oct-2020

8 weeks (Full)

Time 9:00am for 2 hr

Venue: SPLC Room 3

Facilitator: Arielle Fernandes

This course offers the opportunity to develop further understanding and sharing of information regarding family, work, school, leisure-related topics or personal interests. Learners are exposed to travel situations in areas where the language is spoken. They create simple texts on topics of personal interests and experiences, events, dreams, and ambitions, opinions or plans in brief.

French B2 Intermediate Conversation (L5)

Membership is required

Tuesday 20-Oct-2020, 11:00aM

\$150 (includes GST)

Date: Tuesday 20-Oct-2020

8 weeks (Open)

Time 11:00am for 2 hr

Venue: SPLC Room 1

Facilitator: Danielle Desvaux

2 places remaining

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, are most welcome.

French B2 Intermediate Ongoing (L7)

Membership is required

Wednesday 21-Oct-2020, 11:00am

\$150 (includes GST)

Date: Wednesday 21-Oct-2020

8 weeks (Open)

Time 11:00am for 2 hr

Venue: SPLC Room 3

Facilitator: Arielle Fernandes

During this course, learners show understanding of the main ideas of a complex text. They spontaneously interact without too much strain for either the speaker or the listener. They are able to produce a detailed text on a wide range of subjects and special interests.

French C1 Advanced Conversation (L4)

Membership is required

Tuesday 20-Oct-2020, 1:00pm

\$150 (includes GST)

Date: Tuesday 20-Oct-2020

8 weeks (Call for enrolment info)

Time 1:00pm for 2 hr

Venue: SPLC Room 1

Facilitator: Danielle Desvaux

This course is intended for those with confident speaking skills, who wish to maintain and extend their fluency, while discussing topics of personal interest, cultural events, travel experiences, international and current affairs. Participants are encouraged to help each other, using individual knowledge, dictionaries and anecdotes. It provides the opportunity for real conversations in everyday life.

German A1 Beginners (L38)

Membership is required

Thursday 22-Oct-2020, 9:30am

\$150 (includes GST)

Date: Thursday 22-Oct-2020

8 weeks (Open)

Time 9:30am for 2 hr

Venue: SPLC Room 5

Facilitator: Harald Arnold

In this course you will learn familiar, everyday expressions and very simple sentences, to introduce yourself and others as well as ask others about themselves - e.g. where they live, who they know and what they own. You will begin to communicate in a simple manner if the person you are speaking to speaks slowly and clearly and is willing to help.

German B1 Intermediate (L39)

Membership is required

Thursday 22-Oct-2020, 12:00pm

\$150 (includes GST)

Date: Thursday 22-Oct-2020

8 weeks (Open)

Time 12:00pm for 2 hr

Venue: SPLC Room 5

Facilitator: Harald Arnold

During this course, you will develop an understanding of the main points on familiar topics associated with work, school and leisure time. You will learn to deal with most situations typically encountered when travelling in the region. You will be able to express yourself simply on areas of personal interest, such as your dreams, hopes and goals, views and plans.

Indonesian Beginners (Level 1) (L11)

Membership is required

Friday 23-Oct-2020, 10:30am

\$90 (includes GST)

Date: Friday 23-Oct-2020

8 weeks (Open)

Time 10:30am for 1 hr, 30 min

Venue: SPLC Room 4

Facilitator: Kus Sujatna

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 3) (L12)

Membership is required

Thursday 22-Oct-2020, 10:30am

\$90 (includes GST)

Date: Thursday 22-Oct-2020

8 weeks (Open)

Time 10:30am for 1 hr, 30 min

Venue: SPLC Room 4

Facilitator: Kus Sujatna

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. This course is most suitable for students who have taken an Indonesian Intermediate course at SPLC or similar organisations. Come along and join the fun.

Indonesian Intermediate (Level 2) (L13)

Membership is required

Friday 23-Oct-2020, 12:00pm

\$90 (includes GST)

Date: Friday 23-Oct-2020

8 weeks (Open)

Time 12:00pm for 1 hr, 30 min

Venue: SPLC Room 4

Facilitator: Kus Sujatna

If you have 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 give you the opportunity to improve your language skills, while you learn about Indonesia. 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.

Italian A1 Beginners (L25)

Membership is required

Wednesday 21-Oct-2020, 6:00pm

\$150 (includes GST)

Date: Wednesday 21-Oct-2020

8 weeks (Open)

Time 6:00pm for 2 hr

Venue: SPLC Room 1

Facilitator: Morena Lanzilotti

This course is an introduction to basic Italian language. The learners begin to understand and express common needs and ideas. They learn to introduce themselves and ask questions about personal details. They interact simply while speaking slowly and clearly.

Italian B1 Intermediate Ongoing (L15)

Membership is required

Monday 19-Oct-2020, 6:00pm

\$150 (includes GST)

Date: Monday 19-Oct-2020

8 weeks (Open)

Time 6:00pm for 2 hr

Venue: SPLC Room 3

Facilitator: Morena Lanzilotti

This course adds to the learner's knowledge of basic Italian expressions. The learner understands frequently used language in areas such as shopping, family and employment. Communication involves a direct exchange of information, describing immediate matters in simple terms.

Italian B2 Intermediate Conversation (L8)

Membership is required

Wednesday 21-Oct-2020, 4:00pm

\$150 (includes GST)

Date: Wednesday 21-Oct-2020

8 weeks (Open)

Time 4:00pm for 2 hr

Venue: SPLC Room 5

Facilitator: Morena Lanzilotti

During this course, learners show understanding of the main ideas of a complex text. They spontaneously interact without too much strain for either the speaker or the listener. They are able to produce a detailed text on a wide range of subjects and special interests. Extra focus is given to conversational skills.

Spanish A1 Beginners (L40)

Membership is required

\$125 (includes GST)

Date: Monday 19-Oct-2020

8 weeks (Open)

Time 4:30pm for 2 hr

Venue: SPLC Room 1

Facilitator: Alicia Zablah

Date: Thursday 22-Oct-2020

8 weeks (Open)

Time 1:30pm for 2 hr

Venue: SPLC Room 1

Facilitator: Ruperto Nunez

A fun introductory course to the Spanish language for those who have no previous experience. Learn how the Spanish language works, pronunciation, basic conversation. Learn to introduce yourself and ask questions about personal details.

Spanish A1 Beginners Ongoing (L32)

Membership is required

Tuesday 20-Oct-2020, 2:00pm

\$125 (includes GST)

Date: Tuesday 20-Oct-2020

8 weeks (Open)

Time 2:00pm for 2 hr

Venue: SPLC Room 5

Facilitator: Alicia Zablah

This course is an introduction to basic Spanish language. The learners begin to understand and express common needs and ideas. They learn to introduce themselves and ask questions about personal details. They interact simply while speaking slowly and clearly.

Spanish A2 Beginners Ongoing (L20)

Membership is required

Thursday 22-Oct-2020, 11:00am

\$125 (includes GST)

Date: Thursday 22-Oct-2020

9 weeks (Open)

Time 11:00am for 2 hr

Venue: SPLC Room 1

Facilitator: Ruperto Nunez

This course adds to the learner's knowledge of basic Spanish expressions. The learner understands frequently used language in areas such as shopping, family and employment. Communication involves a direct exchange of information, describing immediate matters in simple terms. The textbook "Vente (A1/A2)" will be used.

Spanish B1 Intermediate (L24)

Membership is required

Thursday 22-Oct-2020, 9:00am

\$125 (includes GST)

Date: Thursday 22-Oct-2020

9 weeks (Call for enrolment info)

Time 9:00am for 2 hr

Venue: SPLC Room 1

Facilitator: Ruperto Nunez

Hola amigo! This course offers the opportunity to develop further understanding and sharing of information regarding family, work, school, leisure-related topics or personal interests. Learners are exposed to travel situations in areas where the language is spoken. They create simple texts on topics of personal interests, describe experiences, events, dreams and ambitions, opinions or plans in brief. The textbook "Tema a tema B1" will be used.

Spanish C1 Advanced (L30)

Membership is required

Wednesday 21-Oct-2020, 10:00am

\$125 (includes GST)

Date: Wednesday 21-Oct-2020

8 weeks (Open)

Time 10:00am for 2 hr

Venue: SPLC Room 5

Facilitator: Alicia Zablah

This course is for participants who understand a wide range of longer and more demanding texts or conversations. They express ideas without too much searching. They effectively use the language for social, academic or professional situations, creating well-structured and detailed texts on complex topics.

Spanish Conversation (L41)

Membership is required

Wednesday 21-Oct-2020, 4:00pm

\$125 (includes GST)

Date: Wednesday 21-Oct-2020

8 weeks (Open)

Time 4:00pm for 2 hr

Venue: SPLC Room 1

Facilitator: Alicia Zablah

This course is ideal for anyone who has travelled to or lived in Latin America and Spain or has learnt the language. This is a practical course focussing on refreshing your conversational skills and expanding your knowledge through a range of different topics each session. Learn more expressions and increase your vocabulary, sharpen your use of correct grammar to converse and write more fluently and confidently. A notebook and a dictionary are required.

TALKS AND LIFESTYLE**Blissful Soles - Understanding Reflexology (T15)**

Wednesday 21-Oct-2020, 10:00am

\$35, \$25 for Members (includes GST)

Date: Wednesday 21-Oct-2020

Single session (Open)

Time 10:00am for 1 hr

Venue: SPLC Room 2

Facilitator: Sarah Pieters

Sarah is a clinical reflexologist who will demystify for you the origins and benefits of reflexology. Find out how it works and what ailments or conditions can be improved. A reflexology treatment will be demonstrated. You will be introduced to other forms of reflexology - hand, face, ear and receive practical tips on how to do some hand reflexology on yourself. Strict hygiene protocols will be in place.

Greek Mythology: The Greek Gods and Goddesses (T2)

Wednesday 21-Oct-2020, 1:30pm

\$90, \$80 for Members (includes GST)

Date: Wednesday 21-Oct-2020

5 weeks (Open)

Time 1:30pm for 2 hr

Venue: SPLC Room 1

Facilitator: Ruperto Nunez

This journey meanders through the myths that populate the Greek imagination. Among We shall look at stories about Apollo, Hermes, Dionysus, Pan and Demeter and others. A sojourn in the Underworld and a visit to Hades and Persephone is called for to better understand the Greeks' view of the afterlife. No previous knowledge is required. Just turn up and enjoy!

Irish History the last 200 years (T10)

Membership is required

Wednesday 4-Nov-2020, 1:00pm

\$50 (includes GST)

Date: Wednesday 4-Nov-2020

4 weeks (Open)

Time 1:00pm for 2 hr

Venue: SPLC Room 5

Facilitator: Elton Brown

Discover the significant events of this era such as the famine, the quest for home rule, independence & the role of the Irish in the history of Australia & North America. A notebook for course participants to make their own notes is advised as handouts are not provided.

Meet the Author - Never Too Old to Make a Difference (T14)

Friday 23-Oct-2020, 10:00am

\$30, \$20 for Members (includes GST)

Date: Friday 23-Oct-2020

Single session (Open)

Time 10:00am for 2 hr

Venue: SPLC Room 2

Facilitator: Moira Yeldon

Being a yoga teacher, Moira's dream was to visit India. Despite various health issues she set out on a life-affirming journey that inspired her to write an honest and perceptive memoir. Join her as she recalls events that tested her faith and shares candid thoughts in a witty manner that will resonate with those who have been to India and inspire those who are yet to go. Her book "Chasing Marigolds" is an inspirational journey of healing and wisdom, fun and food blended with the sensuality and vibrancy of India. It is a reminder to cherish every moment in life with all its uncertainties and to embrace the wonderful people who make them possible. This story is about hope and the future - you are never too old to make a difference, to discover the answers to life or to inspire others.

The Art of Mindful Living (T13)

Saturday 7-Nov-2020, 11:00am

\$40, \$30 for Members (includes GST)

Date: Saturday 7-Nov-2020

Single session (Open)

Time 11:00am for 1 hr, 30 min

Venue: SPLC Room 3

Facilitator: Liliana Vanasco

If you'd like to know how living mindfully can transform the way you experience life and the steps to embrace this way of living this is an event for you. During this talk Liliana explains the basic concepts of mindfulness and shares how you can use these principles to create a state of joy, inner calm and flow. She also shows how to discover the right mindset to live mindfully and the benefits of embracing this way of living life. You will learn how to integrate the principles of mindfulness into your life in practical ways and discover eight+ simple practices that can be used every day to help you live mindfully. Come and learn how by changing your mindset you can transform your life and experience guided meditations to help you live with more presence. Liliana Vanasco is a Mentor & Life Coach, Speaker and Author.