



South Perth Learning Centre

Where good things happen!
Lower level of South Perth Community Centre admin@splc.org.au
08 9367 1254 www.splc.org.au.

TERM 1 2020 COURSES
10TH FEBRUARY - 9TH APRIL 2020

OUR STORY:

South Perth Learning Centre aims 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 neighborhood context.

We continue to welcome new and ongoing members to the wide variety of lifelong learning courses and activities. Our experienced teachers, dedicated volunteers, and staff continue to welcome, educate and assist members with enthusiasm and support!

SPLC was started by a group of young mums in 1985, aided by a \$1500 grant from the City of South Perth, opening at 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 moved to the Ernest Johnson Hall, then in 1990 to premises owned by the City of South Perth at 12 Labouchere Rd. The Centre received the 2007 Premier's Australia Day Active Citizenship Award for outstanding contributions to the Community.

In January 2011, SPLC relocated from Labouchere Road to the City of South Perth facilities, which provided wonderful new premises on the Lower Level of the South Perth Civic Centre in South Terrace and ensured that nine years on we continue to be a successful and thriving organisation, with hundreds of members.

Current courses and activities at South Perth Learning Centre include:

- Arts & Creative Courses
- Language Courses
- Computer and Technology Classes
- Cooking Classes and Demonstrations
- Club Activities
- Talks and Lifestyle
- Health and Wellness courses

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 remain 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 3rd, 5th and 7th of February 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 11 Feb – 31st Mar

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, colour, 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

9.00am – 10.50pm \$100

8 Mondays 10 Feb – 6 Apr

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 10 Feb – 6 Apr

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 10 Feb – 6 Apr

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 12 Feb – 8 Apr

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.

Discover the World of Cartooning AC27

Chanthira Suppiah

\$60 (members)

\$70 (non-members)

1.00pm-3.00pm / 9:30am - 11:30am

3 Fridays 20, 27 Mar & 3 Apr

3 Saturdays 7, 14 & 27 Mar

Unleash your inner creativity, banish your self-limiting beliefs, and cartoon your stress away in this fun and interactive workshop. Across three sessions you will have fun developing your very own quirky cartoon characters, caricatures and cartoon strips.

Make Your Own Terrarium AC28

Renee Milne

9:30- 11:00 am \$90 (members)

\$100 (members)

1 Friday 21 February

In this hands-on Terrarium Workshop, you'll learn how to make your own large terrarium. We'll show you how to build a mini ecosystem that will survive without further watering. Using quality materials, Renee from Leaf & Moss will show you, step-by-step, how to layer and create your very own masterpiece that lives for several years to come. Using the skills learned in this workshop, you'll be able to not only make many more from home but also keep them alive! All materials supplied.

Drawing for Non-Drawers Beginners and Ongoing AC7

Barbara Arenson

9.30am - 12.30pm \$140

8 Wednesdays 12 Feb – 1 Apr OR

8 Thursdays 13 Feb – 2 Apr

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

9.30am – 11:30am \$150

8 Mondays 10 Feb – 6 Apr

OR

Water Colours Ongoing + Beginners (PM) AC13

Verena Marmion

12.00pm - 2.00pm \$150

8 Mondays 10 Feb – 6 Apr

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 8 Mar

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 13 Feb – 2 Apr

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) AC26

Sivasakthy Sett
10.30am - 12.30pm \$50
4 Mondays 9 Mar – 30 Mar

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 Materials fee for 1st lesson ONLY (please bring cash), students then utilise natural outdoor landscape for materials, which supports more environmentally friendly art)

Macrame Pot Plant Hanger Workshop AC24

Leisa Antonio
12:30pm – 3:00pm \$45 (Members)
\$55 (Non-Members)
1 Friday 13 Mar

Macrame is an old world craft that has once again become popular. Using soft 5mm cotton cord, we'll learn a range of traditional Macrame hitches and knots that can be combined to create your very own plant pot hanger. You'll leave with a beautiful hanger personalised with a selection of beads and embellishments to display your favourite potted plant. Materials supplied.

Drawing: Intermediate to Advanced AC25

Stephanie Reisch
5.30pm - 7.30pm \$160
8 Wednesdays 12 Feb - 8 Apr

This class is for students who have completed a foundational drawing course and are ready to be challenged both technically and conceptually. Stephanie has extensive experience in teaching drawing at tertiary level and also manages her own professional art practice. Students will learn to observe

and develop expression in their work, tackle small and large-scale compositions as well as experiment with a range of dry media. Places are limited so please register early to avoid disappointment.
Note: Materials not included.

Basket Weaving Workshop AC23

Leisa Antonio
10.00am – 12.00 pm \$65 (Members)
\$75 (Non-Members)
2 Fridays 13 Mar & 20 Mar

Over two workshops, create a functional textile basket and leave with a range of basketry skills that can be applied to future projects. We'll be using contemporary coiled and stitched basket weaving techniques, natural fibers, embellishments and adding your choice of re-purposed and new textiles. Your basket will not only be functional but truly unique. Materials supplied.

CLUB ACTIVITIES

Book Club (Friday) CA1

Catherine Roussett
9.30am - 11.00am \$20
2 Fridays (every 4 wks) 6 Mar & 3 Apr

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 10 Feb – 6 Apr

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 20 Feb, 12 Mar, 2 Apr

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 include: Little Women, Cats, Two Popes, Bombshell & the Gentleman.

Thursday Book Club CA17
 Petrice Judge
 1.30pm - 3.00pm \$20
 2 Thursdays 27 Feb & 26 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:

26 Feb: Clive James- "Unreliable Memoirs."

26 Mar: Dodie Smith- "I Capture the Castle" (1948)

International & Current Affairs CA5
 Self-Managed
 1.00pm - 3.00pm \$55
 9 Tuesdays 11 Feb - 7 Apr

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, Fridays and Saturdays.
 Or Self-managed Tues, Wed, and Fridays

Mahjong for Beginners – Western
 Graham McKenzie-Smith CA12
 10.00am – 12.00pm \$110
 8 Fridays 14 Feb – 3 Apr

Western Mahjong is derived from the ancient Chinese game, but with more challenging hands. However it retains the simplicity that makes the game so relaxing. This 8 week course is designed for beginners and assumes no previous experience. By the end of the course you will be ready to join one of the groups playing at South Perth or just among a group of friends over a cuppa.

Mahjong Intermediate – Western
 Self-Managed CA20
 10.00am – 12.00pm \$55
 5 Tuesdays 11 Feb – 7 Apr

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
 Vicky Man CA11
 9.30am – 2.00pm \$110
 8 Fridays 14 Feb – 3 Apr

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 Tuesday CA8
 Self-Managed
 9.30am - 11.30am \$55
 9 Tuesdays 11 Feb – 7 Apr

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 12 Feb – 8 Apr

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 14 Feb – 3 Apr

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
 9.30am - 11.30am \$50
 8 Fridays 14 Feb – 3 Apr

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 (Saturday) CA22
 Vicky Man
 9:30am– 11:30am \$70
 5 Saturdays 7 Mar – 8 Apr

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.

COOKING

Ancient Ales C1

Ben Klenner
10.00am – 12.00pm \$55 (members)
\$65 (non-members)
1 Saturday 22nd February

The art of fermentation is arguably as old as civilisation itself. Ancient Ales were not necessarily made with malt or hops, but from whatever gifts nature had to offer. Come learn the ancient art of creating alcohol from common ingredients and medicinal plants. We will be using fresh harvested herbs to make a boutique batch of ale. In this two hour workshop we will cover a brief history of fermented beverages, easily available ingredients to use and go step by step through the brewing process. You will be able to sample some Ales that are made using this simple process and will take home an Ale Recipe Guide to help you get started brewing your own ancient ale.

Food Carts of Asia C2

Vicky Man
10.00am – 12.30pm \$55 (Members)
\$65 (Non-members)
1 Monday 9th March

Come along and see Vicky create authentic Asian cart food! These dishes can be presented as impressive snacks when entertaining or served individually for more casual style meals. You will learn to prepare dishes from scratch and learn the sense of harmonization and traditional Asian cooking methods. You will taste and take home samples of dishes prepared and receive the easy to follow instructions. Vicky will be making Taiwanese minced pork, pandan chicken and for dessert, mango pomelo sago.

A Taste of India 2- Vegetarian C3

Heena Hussian
9.30 -11.30 am \$60 (Members)
\$70 (Non-Members)
1 Monday 25 Mar

Come to feast and learn to cook an absolute Indian Vegetarian Meal. A class to explore the Indian delicacies which includes a sumptuous vegetarian three course Indian meal cooking demonstration; Starter - Spinach Pakoda (thinly sliced spinach with flour and aromatic spices) Main Course - Basmati Rice and Vegetable Curry. Salad - Raita (Indian salad with yogurt, cucumber and onions) Dessert - Carrot Halwa (warm pudding with carrots, milk and sugar along with Indian spice).

COMPUTERS & TECHNOLOGY

Computer & Technology Help Desk Drop-In CT1

Free for Members!

Carlos Arevalo
12.30pm – 3.30pm
1 Tue 25 February

The Computer & Technology Help Desk, run by ex-Apple Genius and all-round tech guru Carlos, is on for one last time! 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. Advanced registration is not necessary but will help to reserve your place.

Getting the Most of Out of Your Apple Devices CT2

Carlos Arevalo
9.30am – 11.30am \$60
3 Tuesdays 3rd, 17th, 31st Mar
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This workshop will help you become more confident with using your Apple devices and answer any questions on issues you may have. Every session Carlos will cover some of the most used apps and features such as email, privacy settings, maps, app management, the

control centre, security, spotlight, camera and more! Carlos will go more in depth and 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. Those with android devices may also attend, Carlos will offer some alternatives where possible.

LANGUAGE

French Intermediate L1

Danielle Desvaux
9.00am – 11.00am \$150
8 Tuesdays 11 Feb – 31st Mar

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

French for Beginners L2

Melissa Baron
12:30pm- 2.30pm
8 Tuesday 11 Feb- 31 Mar

This class is for those who are ready to learn French from the beginning or for those who know a few words or phrases and are keen to learn more and would like to learn some conversation and communication skills. Basic topics such as greetings, numbers, ordering in a restaurant /cafe, buying from a shop/market will be covered.

French (Beginners) – Ongoing L3

Melissa Baron
1.30pm - 3.30pm \$150
8 Wednesdays 12 Feb – 1 Apr

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 11 Feb – 31st Mar

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)

Danielle Desvaux **L5**
11.00am – 1.00pm \$150
8 Tuesdays 11 Feb – 31st Mar

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 12 Feb – 1 Apr

This class is intended mainly for students who have recently completed at 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 12 Feb – 1 Apr

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 14 Feb – 3 Apr

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

Indonesian Conversation L12

Kus Sujatna
10.30am - 12.00pm \$85
8 Thursdays 13 Feb – 2 Apr

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 14 Feb – 3 Apr

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 -Ongoing Evening (Level 1) L25

Morena Lanzilotti
6.00pm – 8.00pm \$150
8 Wednesdays 12 Feb – 1 Apr

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.

We learn and practice useful expressions weekly enhancing vocab/pronunciation.

Italian Pre-Intermediate L15

Morena Lanzilotti (Mondays)
6.00pm – 8.00pm \$150
8 Mondays 10 Feb – 6 Apr

This course is designed for those who have completed an Italian for Beginners Ongoing class at the centre. 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 and travelling. 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. New Students: Please contact the centre before enrolling so we can introduce you to the instructor who will assess your proficiency.

Italian Conversation (Thursday) L17

Ambra Marra
10.00am – 12.00pm \$80
8 Thursdays 13 Feb – 2 Apr

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. (NEW ENROLMENTS – please call)

Italian A2 (Intermediate) L19

Paola Gallinaro
6.00pm – 8.00pm \$150
8 Thursdays 13 Feb – 2 Apr

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. The course is in part 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
 11.30- 1.30pm \$150
 8 Mondays 10 Feb – 6 Apr

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 Pre-Intermediate L29
 Elena Cotza
 9.30 am – 11.30 am \$150

8 Fridays 14 Feb- 3 Apr
 The course is designed for those who have completed an Italian for Beginners Ongoing class and are already able to understand simple words, verbs and easy sentences and manage to reply to simple questions within familiar contexts. Students learn 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 situation
 New Students: Please contact us so we can introduce you to the instructor who will assess your proficiency

Italian B2 (Intermediate) L18
 Elena Cotza
 9.30am - 11.30am \$150

8 Mondays 10 Feb – 6 Apr

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 14 Feb – 3 Apr
 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 13 Feb – 9 Apr

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 which course suites your level, 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 13 Feb – 9 Apr

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 L32 (Level 1-Evening)

Alicia Zablah
 6.00pm – 8.00pm \$115
 8 Tuesdays 11 Feb – 31 Mar

A fun and informative introductory course to the Spanish language for those who have not been to any Spanish language classes previously. Learn how the Spanish language works, pronunciation, basic conversation, travel, food and traditions. The basics will be covered in this course.

Spanish for Beginners L23 (Level 2 Ongoing)

Alicia Zablah
 10.00am – 12.00pm \$115
 8 Wednesdays 12 Feb – 1 Apr

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

Improving Your Memory HW6
 Sharon
 1.30pm – 3.00pm Free for Members!
 1 Wednesday 1st April

This free session provides information on memory and common changes that may occur with ageing. It provides strategies for improving memory and

when and where to seek help about your concerns. Free for members.

Drumbeat Introduction **HW1**

Ev Taylor Holyoake

10.00am – 11.30 am \$40 (Members)
\$50 (Non-members)

1 Thursday 9th April

DRUMBEAT facilitates the social and emotional skills for healthy relationships and values using small drums. This process of re-connection with self and interconnection with others enables profound social and behavioural change. The name Drumbeat is an acronym for Discovering Relationships Using music, Beliefs, Emotions, Attitudes Thoughts. Holyoake's Drumbeat is the world's first structured learning program using music, psychology and neurobiology to reconnect with ourselves and others. Come along and give this workshop a go!

Healing your Life with **HW2**

Louise Hay Teachings

Alicia Zablah

9.30 am – 11.30 am \$60 (Member)
\$70 (Non-Member)

3 Thursdays 26 Mar, 2 Apr, 9 Apr

This workshop will teach you to believe in yourself, learn to love yourself, improve your life and fill your body, spirit and soul with positive ideas to clear your path of negativity. Louise Hay is well known in the world as the teacher sent to us to share her ideas of love, she made us understand 'life is great' and helps us to reveal our true path. Spread over three sessions, we will learn and use Louise Hay teachings to bring a sense of calm and peace to your life.

Hatha Yoga **HW3**

Sue Barbour

4.00pm - 5.00pm \$110

9 Wednesdays 12 Feb – 8 Apr

Hatha Yoga gives you tools to overcome one of biggest factors undermining health and wellbeing in the modern world; our balance stress response system. The class will include asana (postures), pranayama (breath control) and meditation. Postures are held

longer, using the breath to become steady and comfortable in the posture, including relaxation and unlocking tightness in the body. Suitable for all levels.

Tai Chi For Good Health **HW4**

Stephen Ho

4.30pm - 5.30pm \$115

7 Tuesdays 25 Feb – 7 Apr

Tai Chi is a form of martial art developed from Taoist Chinese 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 and relaxation. Participants will be introduced to a short form of Wu style Tai Chi. The details of each movement will be explained and the group will practise together. Instructor Stephen Ho, a retired engineer/academic, has over 50 years of experience as a Tai Chi practitioner.

TALKS & LIFESTYLE

Greek Mythology: The Beginning **T2**

Ruperto Nunez

3.00pm – 5.00pm \$70 (Members)
\$80 (Non-Members)

5 Wednesdays 4 Mar – 1 Apr

"First came the Chasm; and then broad-breasted Earth...". Thus starts Hesiod's account of the beginning of the universe, with its gods and goddesses, its titans and giants with a hundred hands. This is an invitation to visit the world of Greek Mythology. We'll encounter wars, incest and heroes, murder and cheating. We'll find out why Odysseus took twenty years to return home, and why Penelope waited for him all this time! We'll also learn why Athena considered a father more important than a mother, and why Orestes was so relieved when he heard of this! This is the first course in a series that will take us from Athens to the Black Sea and then back to Corinth

Persian Architectural Treasure **T3**

Saleh Kafami

1.00 pm – 2.30pm \$30 (Members)
\$40 (Non Members)

1 Thursday 5 Mar

Saleh's Persian forebears employed their passion and skills to design and built environmental friendly buildings with natural air conditioning System - and they're still doing it; so it obviously works a treat. They look fabulous too, as you'll see from Saleh's films and photos from this, his most recent trip home with group of friends from South Perth WA . It's a wonderland of clever architecture.

SPLC Young Professional Network **T4**

Annette Crabbe

4.00pm – 6.00pm Free for Members
(Membership \$15/term or \$40/year)

2 Saturdays 7 Mar & 4 Apr

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).

Waterbirds of South Perth **T5**

Lorraine Marshall

9.00am – 10.30am \$15 (Members)
\$20 (Non-Members)

1 Thursday 19 Mar

Interested in finding out more about our South Perth Waterbirds? Like to be able to tell one duck from another and more? If so, join a BirdLife WA expert for a talk and walk around the three beautiful South Perth foreshore lakes. Meet at the Wesley boat shed near the children's playground adjacent to James Mitchell parkland at 9:00am for 1.5 hours. Binoculars will be provided.

A Day in the National Park T6

Paul Udinga

10.00am – 11.00am \$15 (Members)
\$20 (Non-Members)

1 Friday 28 Mar

Paul Udinga, a Senior Ranger in National Parks, gives us an insight into the work the park rangers do. It is more than what you could be led to believe in watching the Hammond family in the old TV series “Skippy the Bush Kangaroo”. West Australia is a world leader in its National Parks, with very few in the world that can match what Kings Park has to offer. Come along to this interesting and informative talk.

The Role and Use of Prescribed Fire T7

Rick Sneewujagt

12:30pm – 2.00pm \$15 (Members)
\$20 (Non-members)

1 Friday 28 Feb

Rick has more than 50 years’ experience as a participant and leader in WA State, National and International forest and bushfire management programs, specialising in policy, operations, research, prescribed burning, management plans, training and emergency management.

Awarded the Australian Fire Service Medal (AFSM) in 2009, Rick is now a private bushfire consultant throughout the world.

Rick will be delivering a presentation on the role and effectiveness of prescribed fire in WA forest fire management and community protection programs. Rick’s presentation will address the historic/traditional and contemporary application of prescribed fire.

Several Western Australian bushfire case studies will be presented to demonstrate the effectiveness of the current WA forest prescribed burning programs in controlling large and intense forest fires of the scale and intensity that have been prevalent this summer in eastern Australia.

Change Your Thoughts:

Transform your Life T9

Liliana Vanesco

11.00am- 1.00pm \$30 (Members)
\$40 (Non-members)

1 Saturday 28 Mar

There is no amount of physical action that beats a positive mindset and an empowered sense of self. When you learn how powerful your thoughts are, you will be compelled to change what you think if you want to transform your life! In this mind-opening talk, Liliana shows you how you can come out of the autopilot way of living and embrace a mindset that puts you in the driver seat. If you’d like to experience more happiness, abundance, wellbeing, and inner peace by taking charge of your thoughts, then this talk is for you. Once you understand that your mindset directly impacts the quality of your life, you’ll discover you are more powerful than you ever imagined!

Girls for Girls

Girls for Girls is a community organisation with a strong passion for developing women to succeed, providing opportunities for girls aged 14-25. Monthly gatherings are held at SPLC where they workshop life skills such as productivity, leadership, managing finances, transitioning through various stages of life, and habits for success. They also feature themes like nutrition, calligraphy, fashion, and DIYs. Profits from their annual fundraiser are donated to local and international women’s organisations.

facebook.com/becauseiamagirlperth
info.girlsforgirls@gmail.com

GROUPS

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.

Grow South Perth @ SPLC

Grow is a unique peer support program to help improve and maintain mental well-being. They have helped thousands of Australians through a program of mutual support and personal development in a safe and confidential environment. Grow meets weekly across venues in Perth and Australia, there are two weekly meetings held at SPLC: Fri 10 am to 12 pm and Mon night 6.30 to 8.30 pm.

grow.org.au
(08) 9228 1411

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 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 provide

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 – Centre premises
 Lottery West - equipment and furnishings
 The Good Things Foundation - Digital Workshops for Seniors

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