



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 3 2019 COURSES
29 July - 27 Sept

OUR STORY

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

Hard to imagine isn't it, but the SPLC was started by a group of young mums more than 30 YEARS AGO, aided by a \$1500 grant from the City of South Perth, with the Centre opening in February 1985 in the Uniting Church Hall, Broome Street, SOUTH PERTH. After an inaugural AGM in 1987, the Centre was incorporated in 1988, and in the following year we moved to temporary premises in the Ernest Johnson Hall and then in 1990 to premises owned by the City of South Perth at 12 Labouchere Road. In late 1998 there was a suggestion that SPLC Inc relocate and merge with the Lady Gowrie Centre in Karawara. This idea did not receive full support of the members, and led to several fruitless stop-gap measures being employed. Membership dropped perilously low – less than 90. Following an emergency meeting, a new Committee was formed and from 1999 there was a re-birth and rapid growth of SPLC Inc. All thanks to the enthusiasm, dedication and advice from members and volunteers and lots of hard work. 2007 saw the Centre thriving – it received the 2007 Premier's Australia Day Active Citizenship Award for an outstanding contribution to the Community. Our Constitution was updated in March 2009, again in 2013 to conform to DOCEP's requirements for an incorporated body and in 2017 to adhere to the Associations Incorporation Act 2015.

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

VISION

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

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

VALUES

The Centre will operate in a way that:

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

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

Online enrolments are now available on our website (www.splc.org.au). All members & non-members are required to pay upfront for their courses, as we do not reserve spots without a payment. Walk-in enrolments are ONLY open on 22, 24 and 26 July from 10am-12pm. There are NO REFUNDS OR COURSE CREDITS and there are no revisions to the course cost (all members & non-members must pay upfront and for the entire course fee).

ARTS AND CREATIVITY

Acrylic Painting (Ongoing) AC2

Peta Zeller
9.30am-12.30pm \$190
8 Tuesday 06 Aug - 24 Sept

This class is an opportunity to continue developing skills with Acrylic Paint, to see the possibilities and a range of outcomes with this fun and versatile medium.

The lessons will continue to develop knowledge in tone, color, brushwork, texture and composition, where the student will be providing their own personal photo material to work with to produce artwork.

This painting course would be ideal for ongoing SPLC students or those who have had limited access to painting instruction/tutoring and would like to continue building on their skills.

Crochet Beginners AC3

Susan Sands
9am-11pm \$100
8 Mondays 05 Aug - 23 Sept

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

Crochet Intermediate AC4

Susan Sands
11am-1pm \$90
8 Mondays 05 Aug - 23 Sept

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

Crochet Beginners Plus AC5

Susan Sands
1pm-3pm \$90
8 Mondays 05 Aug - 23 Sept

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

Crochet Advanced AC6

Susan Sands
1pm-3pm \$90
9 Wednesdays 07 Aug - 25 Sept

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

Drawing for Non-Drawers Beginners & Ongoing AC7

Barbara Arenson
9.30am-12.30pm \$140
8 Wednesdays 31 July - 18 Sept
OR
8 Thursdays 01 Aug - 19 Sept

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

Water Colours Ongoing + Beginners AC12

Verena Marmion
10am-12pm \$150
8 Monday 22 July - 09 Sept

Students will be encouraged to expand their repertoire of skills and techniques. This includes colour mixing, brush control, wet in wet painting and planning a successful composition. Each lesson starts with a warmer and is followed by a main activity. Students can follow their own choice of subject matter, or create an individual interpretation of the theme the teacher introduces with a demonstration at the start of class. Students are encouraged to paint from real objects and personal photos, but also have the option of using the teacher's resources. This course is for both beginning and intermediate students. The beginning students will be recommended simpler exercises than the more experienced students. Note: Materials not included

Water Colours Ongoing + Beginners AC13

Verena Marmion
1pm-3pm \$150
8 Mondays 22 July - 09 Sept

Students will be encouraged to expand their repertoire of skills and techniques. This includes colour mixing, brush control, wet in wet painting and planning a successful composition. Each lesson starts with a warmer and is followed by a main activity. Students can follow their own choice of subject matter, or create an individual interpretation of the theme the teacher introduces with a demonstration at the start of class. Students are encouraged to paint from real objects and personal photos, but also have the option of using the teacher's resources. This course is for both beginning and intermediate students. The beginning students will be recommended simpler exercises than the more experienced students. Note: Materials not included

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

Peta Zeller

1-4pm \$190
8 Thursday 8 Aug - 26 Sept

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 color, 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)

Ikebana Japanese Floral Art AC17

Sivasakthy Sett
10.30am-12.30pm \$50
6 Mondays 02 Sept - 23 Sept

Ikebana is over 500 years old floral art originated 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 closely without any gaps, in Ikebana flowers and branches create space. Harmony and balance in relation to the container and the environment where it is placed are the essential parts of Ikebana.

No floral foam is used in Ikebana. Flowers and stems from one's own garden can be used. There is no particular need to use the most beautiful blossom or more attractive leaves and branches.

Ikebana practitioner learns 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 curriculum. Ichiyo School of Ikebana was 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)

Ikebana Japanese Floral Art (Ongoing)

AC18
Sivasakthy Sett
10.30am-12.30pm \$50
4 Mondays 05 Aug - 26 Aug
Come and learn the fundamentals of this fun and useful craft. In this single session introduction we'll cover the basic stitches and techniques to get you started on making a cosy, fashionable beanie. 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 beanie pattern, a ball of yarn, a crochet hook and a pompom! Just come along and enjoy yourself.

Photography for Beginners AC19

Carlos Arevalo
10am - 12 noon \$110
4 Tuesdays 6 Aug, 20 Aug, 3 Sept, 17 Sept

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 takes you back to the basics as Carlos explains ISO, shutter Speed and Aperture in an easy to understand manner. The course will help you feel more confident in taking photos in Manual mode. Carlos will offer advice on your current gear and how to get the most out of it 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 Wednesday 31 July - 18 Sept
Thought that you were hopeless at drawing? Well think again. Come along and learn how to draw under the guidance of a practising artist. Stephanie has extensive experience in teaching visual arts at tertiary level and also manages her own professional art

practice. She will teach you how to move from drawing the absolute basics to identifying and developing 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 under Stephanie's expert guidance in a relaxed, supportive and friendly environment. Places are limited so please register early to avoid disappointment. Note: Materials not included

Crochet Beginners Beanie Workshop AC21

Susan Sands
1.30pm-4.30pm \$50 (members)/\$60 (non members)
1 Sunday 18 Aug
come and learn the fundamentals of this fun and useful craft. In this single session introduction we'll cover the basic stitches and techniques to get you started on making a cosy, fashionable beanie. 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 beanie pattern, a ball of yarn, a crochet hook and a pompom! Just come along and enjoy yourself.

CLUB ACTIVITIES

Book Club (Friday)

CA1
Catherine Rousett
9.30am-11am \$20
2 Fridays (every 4 wks) 23 Aug, 20 Sept

Calling all bookworms. Do you enjoy discussing with others books that you have read? Having read the book, are there parts that you like, especially or bits that you did not like, or were there any surprises? These are some of the items that can be discussed in the group with the help of the facilitator Catherine. Titles of the books to be read this term are: 23 Aug: A gentleman in Moscow by Amor Towles & 20 Sept: The Tattooist of Auschwitz by Heather Morris

Cryptic Crosswords Club CA2

Self-managed

1pm-3pm \$55

8 Mondays 29 July - 23 Sept

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

Film Club CA3

Self-managed

1pm-2.30pm \$20

3 Thursdays 8 Aug, 5 Sept, 26 Sept

Are you a movie buff who enjoys sharing your thoughts with others? If so, then come along to our friendly club to join in the discussions on the movies we've seen. You will get a chance to voice your opinion and listen to that of others on topics such as the acting, directing, the story, costumes etc. Why not discuss areas that perhaps could have been improved. This is your club so make the most of it. Dates: 8 Aug, 5 Sept, 26 Sept. The titles of the movies to be discussed: Parasite late Night, Long Tan and Balloon (all the films for the 1st session)

International & Current Affairs CA5

Self-Managed

1pm-3pm \$55

9 Tuesdays 30 July - 24 Sept

Our International and Current Affairs Club will continue in the same successful self-managed discussion group format. Participants may volunteer to present a pre-programmed subject during the first hour followed by a casual discussion on current topics for the second hour. A rotating chairperson will facilitate each session and club members may invite

occasional guest speakers, as approved by the group (NO NEW ENROLMENTS)

Lovers of Poetry CA7

Self-Managed

10.30am - 12 noon \$40

4 Tuesday (every 2 weeks - start with week 2)

30 July, 13 Aug, 27 Aug, & 10 Sept

Come along and join our group. We will discuss our favourite poems, poets – Australian, English, American and much, much more. Come and listen or bring your own poem or one of your favourites to share with the group.

Mahjong Tuesday CA8

Self-Managed

9.30am-11.30am \$55

9 Tuesdays 30 July 24 Sept

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

Mahjong Friday - Western CA10

Self-managed

9.15am-11.15am \$7(member)/\$10 (non member) per session

9 Fridays 2 Aug-27 Sept (no class 23 Aug & 20 Sept)

This friendly and popular group is for the more experienced who wish to play this fascinating and ancient game. So come along and get those brain cells working. Notes and sets are provided, but please bring along your own if you wish. Please note that this self-managed course are for Mahjong Western players.

Mahjong for Beginners - Chinese CA11

Marsha Tang

9.40am-11.40am \$110

8 Fridays 2 Aug - 20 Sept

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, acquire the knowledge, skills

and ability for independent / self-managed gameplay.

Mahjong for Beginners - Western CA12

Marsha Tang

10am-12pm \$110

8 Tuesdays 30 July - 17 Sept

This course introduces participants to the fun and fascinating game of Western Mahjong, a derivative of traditional Chinese Mahjong. Players will learn the set up and rules of game in a friendly, social environment and by the course conclusion become familiar with a variety of basic hands, laying the foundation for independent / self-managed gameplay and advancement into Intermediate Western Mahjong. If you're a complete novice, we highly recommend enrolling into Chinese Mahjong for Beginners for one term.

Mahjong Advanced - Chinese CA13

Marsha Tang

2pm-4pm \$110

8 Fridays 2 Aug - 20 Sept

Advanced Chinese Mahjong consolidates the learning and skills acquired in Mahjong Intermediate with a stronger focus on strategic understanding and gameplay. This course is also suitable for those already familiar with the rules of Chinese-style mahjong and comfortable with independent gameplay. Note: The Western game varies somewhat from the old Chinese game, but the principles and scoring are exactly the same, the only difference being the types of hands plus a slight variation in the doubling. The Chinese game is very simple and has no complicated hands as has the Western.

Mahjong Wednesday CA15

Self-managed

10am-12pm \$55.00

9 Wednesdays 31 July - 25 Sept

This friendly and popular Wednesday group is for the more experienced who wish to play this fascinating and ancient game. So come along and get those brain

cells working. Notes and sets are provided, but please bring along your own if you wish.

Thursday Book Club CA17

Petrice Judge
1.30pm-3.00pm \$20
2 Thursdays 15 August 12 Sept

This self-managed Book Club provides a great opportunity for book lovers to discuss what they've been reading. Titles to be read this term are:

15 Aug: The Dark Lake by Sarah Bailey &
12 Sept: Bridge of Clay by Markus Zusak

Craft Club CA18

Self-Managed
1pm-3pm \$50
8 Fridays 2 Aug - 27 Sept
Do you knit or crochet? Why not join us for a chat and some quality time with your needles or hooks and, of course, your yarn. This group is for those who can already knit or crochet and would like to relax and create with other yarn crafters.

COMPUTERS & TECHNOLOGY

How to use your Android/ Tablet CT1

Mike Burns
1pm-3pm \$110
4 Wednesdays 31 July - 21 Aug

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

How to use your iphone/ ipad CT2

Mike Burns
1pm-3pm \$110
4 Thursdays 1 Aug - 22 Aug

Starting with the basics and assuming no prior knowledge of this course will enable you to use your Apple iPhone and Apple/iPad with confidence. You'll learn about apps, what they are, how to get them and which ones are really useful. We will also cover how to set up your iPhone and iPad so all your messages and alerts show up on both. We'll look at photos and how to manage them. Bring your Apple iPhone and iPad along as these courses are very hands on.

If you have a non-Apple phone or tablet please enrol on the Android course

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

Mike Burns
1pm-3pm \$110
4 Wednesdays 28 Aug - 18 Sept

Bring your own laptop along and learn how to use Windows effectively. We'll look at privacy settings, backups, the Windows store, Microsoft Office and a free alternative. We'll also cover the most popular email client software. This course will also cover the best Web browser software and cloud storage options. Learn how to download and install software for use on your computer with devices like printers and how to connect to your other devices.

How to create Digital Art with your own photos CT4

Kim Horne
10am-11.30pm \$110
4 Thursdays 1 Aug - 22 Aug

Mixed Digital Media Art is the ideal medium to explore your true creativity and uncover your inner artist without the pressure of having to be artistic, create a piece of art from your own photos or just create. Learn to. Download free drawing apps Manipulate Images Paint and Draw on screen Create amazing collages

Digital Workshop for Over 50's CT6

Kim Horne
1pm-3pm \$15 (members) / \$20 (non-members)
Thursdays 29 Aug, 5 Sept, 12 Sept or 19 Sept

Thanks to the funding from the Good Things Foundation, we are hosting one-off workshops for seniors in Western Australia. Come along and feel empowered to learn the basics of the internet, setting up emails, making online payments and so much more! This club encourages digital learning and enjoying great company with like-minded people! Our aim is to increase digital literacy for Australians over 50 and support them in their journey.

COOKING

Beginners Fermentation - Kombucha and Kimchi C1

Tessa McGilvray
10am-11.30am \$50
1 Wednesday 31 July

Join sauerkraut enthusiast Tessa for an informative introduction to the art of fermentation. Fermented food and drinks are packed with beneficial bacteria that will aid digestion, boost your immune system, increase energy levels and add a whole new dimension of flavor to your meals. In this class you will learn about the history and health benefits of fermented food and drinks and then there will be an interactive demonstration on brewing kombucha and making mouth watering kimchi. You will receive your own kombucha SCOBY and recipe cards so that you can replicate these delicious ferments. Through-out the class there will be taste testers and samples. You will leave with the knowledge, confidence and excitement to go home and get fermenting.

Fermenting Vegetables - Sauerkraut and Hot Sauce C2

Tessa McGilvray
3pm-4.30pm \$50
1 Saturday 17 August

Fermented vegetables can make a big difference to your digestive health, boost immune system and energy levels, increase nutrient absorption and they are delicious! Once you know the principals, fermenting vegetables is very easy and affordable. In this workshop you will make

your own big jar of sauerkraut to take home and learn how to make a fermented hot sauce. There will be plenty of taste testers throughout the class and loads of information to give you the confidence to continue your fermenting adventures.

For the Love of Gnocchi C3

Fran Boccardo

10am-12pm \$95 (members) / \$105 (non-members)

1 Wednesday 18 September

If you've ever wanted to learn from an ordinary Italian how to make authentic, fresh homemade - Delight in three different gnocchi dough recipes – Ricotta Gnocchi, Roast Pumpkin Gnocchi and Medallions of Porcini Mushroom Gnocchi (Fran promises they are all much simpler than you could ever imagine) – each served with its own delicious complimentary sauce.

Gnocchi will be the focus of this class. Hands on if you want!

A display of different pasta making equipment, some old/nostalgic and some modern.

LANGUAGE

French Intermediate L1

Danielle Desvaux

9am-11am \$150

8 Tuesdays 30 July - 17 Sept

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

French (Beginners) - Ongoing L3

Danielle Desvaux

1.30pm-3.30pm \$150

8 Wednesdays 31 July - 18 Sept

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

French Conversation (Advanced) L4

Danielle Desvaux

1pm-3pm \$150

8 Tuesdays 7 May - 25 June

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

French Conversation (Intermediate) L5

Danielle Desvaux

11am-1pm \$150

8 Tuesdays 30 July - 17 Sept

This course is intended for those who wish to increase and practise their acquired French language skills. The classes will be based mainly on preparation for discussion covering a wide variety of topics. Participants will be encouraged to help each other. Some grammatical areas will be examined from time to time. All who show an interest in keeping their knowledge alive, at this intermediate level, is most welcome.

French Intermediate (Level 1) L6

Danielle Desvaux

9am-11am \$150

8 Wednesdays 31 July - 18 Sept

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

French Intermediate Ongoing L7

Danielle Desvaux

11am-1pm \$150

8 Wednesdays 31 July - 18 Sept

The class is intended for students who have previously studied French at an Intermediate level. It can also accommodate any other student who has

more than a basic knowledge of French grammar and vocabulary. A French-English dictionary will be needed.

German for Beginners with Basic Knowledge L9

Marion Beugels

12pm-2pm \$125

8 Thursdays 1 Aug - 19 Sept

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

Indonesian Beginners (Level 1) L11

Kus Sujatna

10.30am-12 noon \$85

8 Fridays 2 Aug - 20 Sept

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

Indonesian Conversation L12

Kus Sujatna

10.30am-12 noon \$85

8 Thursdays 1 Aug - 19 Sept

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

Indonesian Intermediate L13

Kus Sujatna

12pm-1.30pm \$110

8 Thursdays 2 Aug - 20 Sept

If you want to learn an Asian Language, Indonesian is the one for you, because it

has the same alphabet as English! And if you've been to Bali and loved the experience, the people, the food and the culture, come along and learn more about it. Enhance your holiday in Indonesia. Our teacher will show you how easy it is to get started on the basics of the language, while you learn about 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 for Beginners (Ongoing) L15

Paola Gallinaro (Mondays) / Elena Cotza (Friday)
6pm-8pm / 9.30am-11.30am \$150
8 Monday's/Friday's 29 July - 16 Sept / 30 July - 20 Sept

The course is designed for those who are completed a Italian for Beginners class at the centre and externally. It aims to give students the opportunity to learn basic Italian vocabulary and grammar, to gain confidence in understanding and using the language and to learn more about Italian culture. We will give emphasis to speaking activities, learning how to communicate in a variety of social situations, such as introducing yourself, talking about daily activities, travelling etc.. And grammar will be combined with real-life situations. Every week, we'll learn and practice useful expressions, and work to enhance eight weeks!

Italian Conversation (Monday) L16

Elena Cotza
11.40am-12.40pm \$90
8 Mondays 29 July - 16 Sept

This class is organized around the oral practice of a specific grammar topic (e.g: a tense and its use, superlatives, adverbs, etc) and is divided into two main activities of controlled or free practice which range from board games, stand up conversation, mingling, cards, role play, etc Students are given the chance to practice a grammar item within a specific context (holiday, everyday life, future plans, etc) and revise/learn new useful lexis. Please note this class is meant for people who already have some knowledge of Italian language and want to consolidate/revise their

grammar and vocabulary through engaging speaking activities.

Italian Conversation (Thursday) L17

Ambra Marra
10am-12pm \$90
9 Thursdays 1 Aug - 27 Sept

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

Italian B1/B2 (Intermediate) L18

Elena Cotza
9.30am-11.30am \$150
8 Mondays 29 July - 16 Sept

This class is for people who have recently attended Italian Pre- Intermediate classes and already manage to use simple expressions and words to describe their needs, family members, current job, life -condition, etc. Upon completion the students will be able to understand familiar topics on work, school, past time and will gain confidence in handling basic matters/situations whilst travelling in Italy. Students will learn to understand and describe the main points on topical subjects either of personal or professional interest in a clear and slow speech mode.

Italian A2 (Pre-Intermediate) L19

Elena Cotza (Monday) / Elisa Da Tos (Thursday)
1pm-3pm / 6pm-8pm \$150
8 (Mondays) / 8 (Thursdays) 29 July - 16 Sept / 1 Aug - 19 Sept

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

end of this course the students will be able to read short and simple texts and seek for specific and predictable information on material for daily use (ads, programmes, menus, timetables). Every session will include grammar, vocabulary and targeted exercise to ensure understanding and learning scaffolding. Part of the course will also be dedicated to Italian culture and society using audio-visual material. This is a useful course for everyone who wants to improve their Italian language regardless of their needs.

Spanish Beginners (Level 2 - Ongoing) L20

Ruperto Nunez
11am-1pm \$125
9 Thursdays 1 Aug - 26 Sept

This course is for people who have done at least a couple of years, 2 hours per week (or equivalent). 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, past events, etc. 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

Alicia Zablah
3.30pm-5.30pm \$115
8 Tuesdays 30 July - 17 Sept

This course is the Spanish for Beginners (Level 1) course for people who have never learnt Spanish before but they're interested in learning it. The Spanish for Beginners (Level 1) will provide students with the skills to commence with the language.

The session will begin with a brief story of the language and countries where Spanish is spoken. The topics include study of the basic rules for the language, language grammar, phonetics, short readings, singular and plural, feminine and

masculine forms, difference between Latin American and Spaniard accents, use question words, and short dialogues using the first verbs. Each student will practice learning how to introduce themselves, days of the week, months of the year, numbers, colours, meeting and greeting, jobs and professions, countries and nationalities, family, spelling, numbers and useful expressions. Theory goes along with practice.

We will use Pasos1 and other resources. Material needed: bring a Spanish dictionary. (Participation in class is important)

Spanish for Beginners (Level 1 - Ongoing)

L22

Alicia Zablah

1pm-3pm \$115

9 Tuesdays 31 July - 25 Sept

This course is for students who had completed the Spanish for Beginners (Level 1) at SPLC, in other institutions or have basic knowledge of the language. Topic areas include food and drinks, dining vocabulary, ordering in a restaurant, making friends, verb usage, understand advertisements, renting a place and more.

Students will learn how to use definite and indefinite articles and negatives, to explain where places are, read, give & understand directions, use of prepositions and more.

The course will also incorporate the ability to hold conversations.

Material needed: bring a Spanish dictionary. (Participation in class is important)

Spanish for Beginners (Level 2 - Ongoing)

L23

Alicia Zablah

10am-12pm \$120

9 Wednesdays 31 July - 25 Sept

This course is for students who have completed the beginners course, completed Spanish for Beginners (Level 1) at the South Perth Learning Centre or in other institutions, or has knowledge of the language.

If you have travelled to a Spanish speaking country or lived there, this course will give you the practice you need and will refresh memory.

Students will continue learning practical vocabulary and practicing conversations and doing descriptions. This includes topics to develop, shopping times, asking about monetary amounts, how to get to different destinations, describing clothing, describing people, revision of numbers, continue with the use of reflexive verbs and pronouns, and so much more! Material needed: bring a Spanish dictionary. (Participation in class is important)

Spanish Intermediate L24

Ruperto Nunez

9.00am-11.00am \$125

9 Thursdays 1 Aug - 26 Sept

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.

Italian for Beginners (Level 1) L25

Eleonora Lo Regio

6pm-8pm \$150

8 Wednesdays 31 July - 18 Sept

The course is designed for those who are ready to learn Italian from the beginning or for those who know a few words or phrases and are keen to learn more. It aims to give students the opportunity to learn basic Italian vocabulary and grammar, to gain confidence in understanding and using the language and to learn more about Italian culture. We will give emphasis to speaking

activities, learning how to communicate in a variety of social situations, such as introducing yourself, talking about daily activities, travelling etc.. And grammar will be combined with real-life situations.

Every week, we'll learn and practice useful expressions, and work to enhance your vocabulary and pronunciation.

HEALTH & WELLNESS

Chair Yoga HW1

Eileen Banks

3.30pm-4.30pm \$110

8 Mondays 29 July -16 Sept

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

This class is evidenced based, builds flexibility and strength and is suitable for everyone including those of us that suffer from some type of chronic disease, pain.

Come and have some fun- give yourself the gift of a body that feels flexible, strong and alive!

Gentle Flow Yoga HW2

Eileen Banks

2.30-3.30pm \$110

8 Wednesdays 31 July - 25 Sept

This is an accessible yoga class for all regardless of your experience. A sequence is developed for each based on a theme for example, back care and each client is guided by a trained yoga teacher and yoga therapist in adapting the sequence to meet their range of motion and their goals for their practice. Blocks, straps, bolsters,

chair and the wall are used to modify postures to ensure the client practices with strength within their range of motion.

The aim of the class is to be evidence based and accessible for all levels while building strength and flexibility; and to assist an individual to sustain functional movement. It is well suited for people with chronic pain, arthritis, chronic disease or those that haven't done any movement type exercise for a while.

The flows are gentle and allow you to reconnect with your body through movement and breath. The class is structured with 15 minutes relaxation and breathwork, 35 minutes gentle flow, 10 minutes relaxation/guided meditation.

So come along and enjoy a gentle flow that leaves you feeling fully present, strong and completely relaxed!

Restorative Yoga HW3

Sue Barbour
3.15pm-4.15pm \$110
8 Fridays 2 Aug - 20 Sept

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

Tai Chi Chuan for Beginners HW4

Stephen Ho
4.30pm-5.30pm \$115
8 Tuesdays 23 July-13 Aug & 3 Sept-24 Sept

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

108 movements. This introductory beginner's class will cover the first 30 movements of Wu Style Tai Chi Chuan.

INSTRUCTOR: Stephen Ho. Stephen is a retired academic in engineering. He learned Tai Chi Chuan in Hong Kong when he was a teenager. He continues to practise Tai Chi and Chi Kung over the years. In Australia, he followed Master Michael Yung for a few years and improved and perfected his forms under Michael's supervision. He has been running Tai Chi classes at various venues in Perth for over 20 years.

Pilates for Beginners (40+ age group)

HW5

Carmel Simojoki
4.30pm-5.30pm \$135
8 Wednesdays 31 July - 25 Sept (no class on 28 Aug)

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

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

This Pilates course is suitable for men and women over 40.

Mindful Meditation HW 7

Eileen Banks
5pm-6pm \$55
4 Mondays 29 July - 19 Aug (no class 3 June)

Alan Wallace speaks about mindfulness as "settling your awareness, continually returning your attention whenever mind wanders," and Jon Kabat-Zinn, the founder of the secular mindfulness

movement, calls it, "paying attention in a particular way, on purpose, in the present moment, non-judgmentally."

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.

Clinical research demonstrates that mindfulness meditation can be used to reduce the effects of a variety of conditions for example, stress related disorders, headaches, anxiety and depression, chronic pain, cancer, high blood pressure, sleep disturbances, eating disorders and skin problems. Practitioners of mindfulness meditation, including those without any diagnosed conditions, 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 sessions of one hour duration over a four week period.

Tarot Card Reading for Beginners (With Psychic Tarot by John Holland) HW9

Jowee Ann Komyshan
5.30pm-8pm \$180 (members)/\$190 (non-members)
2 Wednesdays 14 Aug & 28 Aug

In this course, you will learn how to use the ancient art of tarot cards. Whether it be for personal use or a start in a tarot card reading career. You don't have to be a psychic to join this course. Jowee will teach you the history of tarot cards, so you have a basic understanding and knowledge of this magical tool. Then she will teach you the meanings of the cards and the basic spreads that you can use everyday to reflect or to simply connect with spiritual energies. She will also teach you how to know what your strongest inner power or psychic sense is so you know what to develop in the future. By enrolling in this course, you will also get a free Psychic Tarot Card set by John Holland, a very beautiful and magical set

of cards that she has used for more than 10+ years.

Meditation with Joanna HW10

Joanna Wakefield

9am-9.45am \$80

8 Thursdays 8 Aug - 26 Sept

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

Crime Prevention and Personal Safety Skills for Older Adults T1

Gaven Wicks - Strike Training

12.30pm-2pm \$25 (members) / \$30 (Non Members)

2 Fridays 13 Sept & 20 Sept

Come along and listen to Gaven Wicks share the basics of self defence to ensure that you're safe within and outside of your home. A bit about Gaven, he is a former decorated New South Wales Police Sergeant of 25 years, conducting duties as a Criminal Investigator (Drugs and Homicide), Tactical and Riot Operations, as well as Counter Terrorism operations and operational risk assessments. Gaven further served as the Security Coordinator to the Office of the Prime Minister and Cabinet and the Department of Foreign Affairs and Trade and spent many years working in the inner city suburbs of Sydney dealing with street level violence, drugs and gangs. It has taken this lifelong training, knowledge and experience to write the Security Operations programs offered by Strike in consultation with a select group of highly trained individuals.

Become a powerful attractor and create what you desire in your life!

Liliana Vanasco

11am-1pm \$20 (Members) / \$30 (Non Members)

1 Saturday 24 August

Are you using your manifesting powers to create the life that you love?

In this new talk, Liliana will show you how to become a conscious powerful manifestor.

She will talk about the Law of Attraction, how the manifestation process works and how to get out of your way in order to get what you want.

Most importantly Liliana will share with you the 'behind the scenes of the manifesting process' so you can start manifesting what you desire faster and with more confidence.

It means that if you apply what you learn you will be able to create what you desire and enjoy the process as you go.

It sounds like a big promise, but be assured that when you follow the steps that Liliana will share in her talk, it works. No exceptions.

Creating what you desire will become effortless, and it'll feel magical too!

If you want to enjoy more of those experiences that truly make your heart sing, then you won't want to miss this talk

Buddhism, an exploration

Robert Nunez T3

10am-12 noon \$70 (Members) / \$80 (Non Members)

5 Wednesday 7 Aug - 4 Sept

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.

Cancer: the Emperor of all Maladies T4

Dr Charles Oxnard

12.30pm-2pm \$15 (Members) / \$20 (Non Members)

1 Friday 20 Sept

A Story of Cancer in the Very Old Days, in My Day (also old), in Your Day (today), and in the Days to Come! Things are much better than they used to be; much better,

even, than you think they are! About the Speaker : Charles Oxnard: Ancient Physician, Superannuated Scientist, Emeritus Professor: Purveyor of Science and Medicine over three continents and sixty years; the Idle Thoughts of an Idle Fellow!

Classic Literature: An Introduction to Greek and Roman Literature T5

Ruperto Nunez

1.15pm-3.15pm \$70 (Members) / \$80 (non-members)

5 Thursdays

1 Aug - 29 Aug

From 750 BC to AD 500, Greek and Roman writers created a body of literature ranging from the epic poems of Homer, the tragedies of Sophocles and lyric poetry of Sappho, among many others. In this course we will look at the historical context and the diverse genres that comprise this remarkable literature. We will read some excerpts and get a taste of the inventiveness of authors that even today excite our imagination and stir our emotions.

Modern Slavery, what it is and what it means for us! T7

Director Philip Thomas - Curtin Univ.

12.30pm-2pm (\$20 (Members) / \$30 (Non-Members)

1 Friday 16 August

"You may well have seen and heard about the recent passing of the "Modern Slavery Act 2018" in Australia at the end of last year. But what is modern slavery? Why are we talking about slavery in 2019, surely this is a problem from the past? How does this affect us, living in Perth?"

Join Curtin's Director of Finance and Disruption, Philip Thomas as he discusses the big picture - what is going on, as best we know, and how refugees and immigrants are at particular risk. His talk will also focus on why the recent legislation is so important and how we can make a difference, individually and together. What is Curtin doing? What ideas do we all have to help us change this situation?"

Returning Aboriginal Photographs T9

Professor Jane Lydon

12.30pm-2pm \$15 (Members) / \$20
(non-members)
Friday 6 Sept

The colonial photographic archive was until the 1990s forgotten by Australian Aboriginal people who saw it as evidence for their dispossession and oppression. A radical shift since that time has seen new ideas about the archive emerge. Photography is now considered an important cultural heritage resource, used to re-connect families fragmented by assimilation, and to demonstrate the truth of Aboriginal histories. In this talk I examine the ways that Aboriginal families and communities are increasingly engaging with these photos for a range of purposes. I explore the uses of photography to assert Aboriginal rights in a society still riven by debates about identity, inequality and Indigenous wellbeing.

**The Power of Emotional Intelligence -
Using your emotions as guides T10**

Usha Raman
12.30pm-2pm \$20 (Members) / \$30
(non-members)
Friday 30 Aug

When was the last time you took stock of your emotional intelligence and wellness? Many people are caught up in daily life. Many experience stress, loneliness and tiredness but do not have time to take stock and recharge. This workshop is a great introduction and practical guide to the vast world of Emotional Intelligence (EI). You will learn EI principles, examples and powerful, easy-to-adopt techniques to use daily so that you can improve your emotional intelligence and resilience. Emotional intelligence is the ability to fully comprehend your own emotional nuances and those of others. Greater insight into our personal emotional intelligence gives one the ability to be clearer in your mind, happier with your decisions, be more self aware and be better at motivating others. It means a healthier, more confident and happier you! This means you have more ability to make others feel good too. And that's what a better world is made of.

**Early Humans in Britain from the Ice Age
Onwards T12**

Jeanette Woods
12.30pm-2pm \$50 (Members) / \$60
(non-members)
4 Thursdays 1 Aug, 22 Aug, 29
Aug & 19 Sept

The Ice Age carved out the geographical features which make up Britain. Current archeology, accidental discoveries and research give opportunities to explore the changing lifestyle of early Stone Age Man of the Paleolithic leading to the Middle Stone Age- the Mesolithic.

**SPLC would like to welcome the not for
profit organisation "Girls for Girl" to the
SPLC Family!**

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 diverse 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

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 for more information. **EFT is accepted, but please contact the centre to confirm that there are available spots in your requested course/class.** Below is our bank information - Account Name: South Perth Learning Centre Inc | BSB 066124 | Account No. 00910855

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

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

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

TERM MEMBERSHIP \$15

ANNUAL MEMBERSHIP \$40

Code No.	COURSE / TALK / EVENT			Amount
				\$
				\$
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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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