

## TERM 1 2018 COURSE LIST



Click here to enrol through our

WEBSITE: [www.beaufortstcommunitycentre.org.au](http://www.beaufortstcommunitycentre.org.au)

Email: [mlnlc@inet.net.au](mailto:mlnlc@inet.net.au)

In person: **Enrolment Day: 29th January 2018 10.30am – 1.30pm.**

715 Beaufort St Mt Lawley 6050

**FULL COURSE DETAILS AVAILABLE ON WEBSITE** or PLEASE CONTACT THE OFFICE 92714461

**DAILY FITNESS CLASSES SEE LAST PAGE**

### PAYMENTS:

IN THE OFFICE: CASH OR CHEQUE

DIRECT TO OUR ACCOUNT:

BSB: 036045

ACCOUNT NO: 641156

(Please quote "fees" & your name).

	MORNING	AFTERNOON/EVENING
<b>MONDAY</b> NB No classes 5 Mar & 2 Apr.	<p><b>Watercolour Painting 9.30-11.30am 8 weeks 29 Jan-26 Mar</b></p> <p>Develop your watercolour techniques and learn how to plan your paintings using thumbnail sketches. Subjects covered this term will be landscapes using big brushes and exploring textural effects. Beginners welcome. Please bring your own art materials, or call Sue on: 0437 599 771. Check out Sue's website <a href="http://www.suehibbertwatercolour.com">www.suehibbertwatercolour.com</a></p> <p><b>Teacher: Sue Cost: \$176</b></p> <p><u><a href="#">Fitness Classes see last page</a></u></p>	
<b>TUESDAY</b>	<p><b>Mosaics 9:30 – 11:30am 11 weeks 30 Jan-10 Apr</b></p> <p>This self-help group meets every Tuesday (without a teacher) in an effort to complete a multitude of different mosaic projects.</p> <p><b>Facilitator: Franca Cost: \$88</b></p>	<p><b>Learn CPR 12.30-3.30pm 13 March</b></p> <p>Time you learned CPR? Or need a refresher? (It is recommended that you attend a CPR course every 12 months). Program includes: Legal &amp; ethical issues in CPR, How to safely respond to a situation, Recognising an Emergency, Assessment of Casualty, Adult + Child + Infant CPR, Automatic External Defibrillator (AED), Communicating incident to emergency response.</p> <p><b>Teacher: Anjanette, Soteria First Aid Cost: \$60</b></p>

	<p><b><u>Yoga with Kerri</u> 9:45 – 11:00 am 11 weeks 30 Jan- 10 Apr</b>          Kerri’s yoga classes include asanas (postures), pranayama (breathing techniques), relaxation and meditation, with a strong focus on body awareness and giving students yoga tools to use in their everyday life. Please BYO yoga mat and blanket.  <b>Teacher: Kerri Cost: \$154</b></p> <p><b><u>Fitness Classes see last page</u></b></p>	<p><b><u>5000 Poppies Project</u> 12.30-2.30pm TUES 20 Feb, TUES 10 Apr &amp; see extra THURS session 15 Mar</b>          This project aims to make approximately 62,000 knitted and crocheted poppies on stems for installation at the Australian War Memorial in Canberra, on Remembrance Day 2018, to mark the Centenary of the end of WWI. <b><u>Join us for an afternoon of poppy making (please bring a plate of afternoon tea to share!)</u></b> – Donations of wool would be great (any ply but at the moment we are mostly using 8ply) reds, green, black and buttons which would make nice centres to Poppies. We can supply some wool but if everyone could bring a crochet hook/knitting needles 3.5. Even if you don't know how to crochet/knit but want to be part of the project we can put you to work sewing in ends, sewing buttons onto centres, or making cups of tea. Check out the website  <a href="https://5000poppies.wordpress.com/awm-rembrance-2018">https://5000poppies.wordpress.com/awm-rembrance-2018</a>  <b>Facilitators: Sunita &amp; Zan Cost: FREE (but enrolment necessary)</b></p> <p><b><u>Book Club</u> 7:30- 9:30pm (2 sessions)</b>          Come and join our enthusiastic group of readers who collectively decide on the books to read. Our discussions often centre on the book assigned for the date but often merge into discussions on other books, movies, media or topics of interest.  <b>Facilitator: Sharon Cost: \$16</b>  <b>Date 1: 20 Feb</b>  <b>Books: “The Underground Railroad” by Colson Whitehead &amp; also “Bedside Myself” by Ann Morgan</b>  <b>Date 2: 20 Mar</b>  <b>Book: “The Parihaka Woman” by Witi Tame Ihimaera</b></p>
<p><b>WEDNESDAY</b></p>	<p><b><u>Stash Buster Charity Quilting</u></b>  <b>10.00am – 12:00pm 7 Feb, other sessions TBA</b>          Come along to a quilting bee where we will make “quilt as you go”, lap quilts for charity. All skills are welcome. Jobs include, sorting, colour matching, ironing, cutting, machine and hand sewing and many more.  <b>Facilitator: Pauline Cost: Free</b></p>	<p><b><u>Patchwork &amp; Quilting</u> 1:00-3:00pm 11 weeks 31 Jan-11 Apr</b>          This is an ongoing group of active patchworkers and quilters, who work mainly by hand. Share ideas, be inspired, get help and advice on a problem patch. Chip away at a work in progress or create something new. Perhaps create a future heirloom! Newcomers welcome.  <b>Teacher: Pauline Cost: \$88</b></p>

	<p><b><u>An Introduction to Pyrography 9.30-11.30am</u></b>  <b>2 weeks                      14 Feb – 21 Feb</b></p> <p>Would you like to try a traditional craft? This course introduces the art of pyrography (or woodburning) in a fun and relaxed setting. The course will cover: a brief history of pyrography, safety aspects, choice of wood, basic techniques (line, texture and shading), methods of design transfer, some decorative techniques and finishing your work. You will get the opportunity to use hot wire pyrography machines to complete your own project..... Inspiration and designs will be provided or bring along your own ideas. No prior knowledge needed – just the desire to learn!</p> <p><b>Teacher: Dallas Pegrum</b>  <b>Cost: \$60 (includes all equipment &amp; materials)</b></p> <p>WEBSITE: <a href="http://www.pyropics.com.au">www.pyropics.com.au</a></p> <p>Dallas has always been interested in arts and crafts. She is a qualified primary school teacher with experience as an art teacher. She also trained as an Activities Coordinator and ran activity groups in community day centres as well as conducting successful woodburning workshops. Her passion for pyrography began about thirteen years ago at the Dwellingup Forest Heritage Centre and she loves to introduce this very relaxing and enjoyable craft to others.</p>	
<p><b>THURSDAY</b></p>	<p><b><u>Smocking 9.30-11.30am 3 weeks 15 Feb – 1 Mar</u></b></p> <p>Want to smock a dress for the little princess in your life? Or perhaps make an heirloom coathanger, or embellish something for yourself. Learn how to use our smocking machine to gather the threads and a variety of stitches to create your masterpiece. We have loads of patterns you can use. In the class you will create a sampler which can be used to make a coathanger and gather the threads on your own project. Sampler fabric and embroidery thread provided – bring your own needles, scissors and dressmaking cotton for gathering.</p> <p><b>Teacher: Rachel</b>  <b>Cost: \$30 (includes sampler fabric &amp; embroidery thread)</b></p>	<p><b><u>5000 Poppies Project 12.30-2.30pm THURS 15 Mar</u></b>  <b>See also Tuesday sessions</b></p>

	<p><b>Zentangle® Fundamentals and Beyond 9.30am-1.30pm</b>  <b>2 weeks 29 Mar-5 Apr</b></p> <p>Learn the meditative art of Zentangle (a method that increases focus, mindfulness and relaxation) <i>with</i> Deanna Gibson, CZT® (Certified Zentangle Teacher).</p> <p>The Zentangle Method was founded by Rick Roberts and Maria Thomas in the US. It is the process of drawing beautiful repeated patterns, where the ritual of repetition creates a meditative aspect. Ideal for eye-hand coordination and mental wellbeing, and prompting creativity. No drawing experience required!</p> <p>Over 2 weeks, each 4 hour workshop will guide you through the fundamentals of Zentangle, as well as introducing you to other applications of this meditative artform. Just bring yourself - all the materials you need are included in the tuition fee.</p> <p><b>Teacher: Deanna Gibson</b>  <b>Cost: \$180</b></p> <p><a href="#">Fitness Classes see last page</a></p>	<p><b>Loog Guitar for Kids 4.00-4.40pm 5 weeks 15Mar – 12 Apr</b></p> <p>This beginner class is designed for children aged 5 -12, who would like to have an introduction to learning the guitar in a fun way. The Loog mini guitars are provided during the lesson, and children get the opportunity to become familiar with note reading and playing the first 3 strings. (Parents may also wish to enrol alongside their child). Limited class size 5-6 students</p> <p><b>Teacher: Deanna Gibson</b></p> <p>Deanna has 30 plus years’ experience teaching guitar to children, and holds current teacher registration with TRBWA and clearance to teach children (WWCC).</p> <p><b>Cost: \$110 for 5 group lessons (40 mins)</b>  <b>Family Price \$190 - 2 siblings, or parent &amp; child.</b>  <b>Family Price \$225 - 3 family members</b></p>
<p><b>FRIDAY</b>  <b>No class 30 Mar</b></p>	<p><b>Relaxing Yoga with Kerri</b>  <b>9:45-11:00am 10 weeks 2 Feb-13 Apr</b></p> <p>This gentle Yoga class is suitable for beginners and those who would like a good stretch and relaxation at the end of the week. The class will include breathing techniques and guided meditation. Please BYO yoga mat, blanket and a thick cushion or pillow.</p> <p><b>Teacher: Kerri</b>                      <b>Cost: \$140</b></p>	<p><b>Drawing 12:30-2:30pm 8 weeks 2 Feb – 23 Mar</b></p> <p>If you don't think you can draw then think again. This course wants to show you that you can. It will introduce you to the simple secrets of artists and how it's possible to express yourself and develop your ideas whether just for fun or for your next masterpiece painting. Learn about different drawing materials and how you can use them, how to see and draw precisely what you see.</p> <p>Please enrol through the office. A materials list will be provided on enrolment. (Visit Jeff’s website – waxeggoil.atspace.co.uk)</p> <p><b>Teacher: Jeff</b>                                      <b>Cost: \$176</b></p>
<p><b>SATURDAY</b></p>	<p><a href="#">Fitness Classes see last page</a></p>	
<p><b>SUNDAY</b></p>		

## WEEKLY FITNESS TIMETABLE

DAY	CLASS	TIME	DATES	COST
Monday	CIRCUIT	9.30am	5 Feb-9 Apr NB no classes Public Hols 5/3 & 2/4 (8 wks)	\$120
Tuesday	HIIT	8.35am	6 Feb-10 Apr (10 weeks)	\$150
Tuesday	CIRCUIT	9.45am	6 Feb-10 Apr (10 weeks)	\$150
Thursday	HIIT	8.30am	1 Feb – 12 Apr (11 weeks)	\$165
Thursday	CIRCUIT	9.30am (Crèche Available)	1 Feb – 12 Apr (11 weeks)	\$165
Thursday	CIRCUIT	1.15pm	1 Feb - 12 Apr (11 weeks)	\$165
Saturday	TABATA	8.30am	TBC – first session 3 Feb (4 weeks)	\$60

Classes are fun and interactive. All you need to do is come dressed in comfortable fitness clothing, wear gym shoes, bring water and a towel. All equipment is provided (including cross trainer and fluid rowing machine) in our private, air-conditioned fitness studio. Class sizes are small, only 4 to 6 people. [See website for full description of classes.](#)

## NOTICE OF AGM

**Our AGM will be held on Tuesday 27<sup>th</sup> March 2018 at 11.15am.**

