

WOMEN'S COMMUNITY CENTRE (SA) Inc Program for Term 4

**Bookings are appreciated
Most courses need a minimum of 4 participants**



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Monday to Friday: 9:30am—3:30pm

Saturday: 10:00am—3:00pm

MONDAY

Course	Time	Start	Finish	Facilitator	Cost	Concession	Pay in advance	PIA Concession
Clay basics—tailored to your needs	10.30-12noon	13/10/2014	15/12/2014	Naomi Campbell	\$15.00	\$12.00	\$120.00	\$96.00
On your way to computer literacy	10-11	13/10/2014	15/12/2014	Kala McLean	\$15.00	\$12.00	\$120.00	\$96.00
Microsoft Word Beginners	11-12	13/10/2014	15/12/2014	Kala McLean	\$15.00	\$12.00	\$120.00	\$96.00
1 on 1 computer	1-1.30	13/10/2014	15/12/2014	Kala McLean	\$10.00	\$8.00	\$80.00	\$64.00
1 on 1 computer	1.30-2	13/10/2014	15/12/2014	Kala McLean	\$10.00	\$8.00	\$80.00	\$64.00
Inspirational Zen tangle	1-3	13/10/2014	15/12/2014	Trish Kerwood	\$10.00	\$8.00	\$80.00	\$64.00
Women's Self Care	1-3	20/10/2014	15/12/2014	Siobhan Doherty	\$10.00	\$8.00	\$80.00	\$64.00
Singing—Music by heart	11-12.30	13/10/2014	15/12/2014	Cindy MacDonald	\$15.00	\$12.00	\$108.00	\$96.00
Landscaping for beginners	1-3	13./10.2014	15/12/2014	Naomi Campbell	\$15.00	\$12.00	\$120.00	\$96.00

Yellow indicated new courses

Tuesday

Course	Time	Start	Finish	Facilitator	Cost	Concession	Pay in advance	PIA Concession
Singing	10-11.45	11/11/2014	16/12/2014	Jeannie Kelso	\$10.00	\$8.00	\$50.00	\$40.00
Photo Portraiture	10-12	21/10/2014	16/12/2014	Devi O'Donnell	\$12.00	\$9.00	\$96.00	\$72.00
Coffee & Chat	10-12	14/10/2014	16/12/2014	Sandy DiSessa	\$6.00	\$4.00	\$48.00	\$32.00
Living with Abundance	1-3	21/10/2014	25/11/2014	Deb Lange	\$12.00	\$9.00	\$96.00	\$72.00
Ukulele	3.30 - 4.30	21/10/2014	16/12/2014	Devi O'Donnell	\$10.00	\$8.00	\$80.00	\$64.00

Yellow indicates new courses

Wednesday

Course	Time	Start	Finish	Facilitator	Cost	Concession	Pay in advance	PIA Concession
Chair Yoga	11-12	15/10/2014	17/12/2014	Maria	\$12.00	\$8.00	\$96.00	\$64.00
Photography	10-12	15/10/2014	17/12/2014	Yvette Reade	\$10.00	\$8.00	\$80.00	\$64.00
Home Maintenance For Women	1-2	15/10/2014	17/12/2014	Yvette Reade	\$10.00	\$8.00	\$80.00	\$64.00
Neuro Linguistic Programming	1-1.45	15/10/2014	17/12/2014	Louise Sullivan	\$15.00	\$12.00	\$120.00	\$96.00
Neuro Linguistic Programming	2-2.45	15/10/2014	17/12/2014	Louise Sullivan	\$15.00	\$12.00	\$120.00	\$96.00
Neuro Linguistic Programming	3-3.45	15/10/2014	17/12/2014	Louise Sullivan	\$15.00	\$12.00	\$120.00	\$96.00
Empowering Counseling	10-11.30	15/10/2014	10/12/2014	Chris Wellington	\$15.00	\$12.00	-	-
Empowering Counseling	12.30-2	15/10/2014	10/12/2014	Chris Wellington	\$15.00	\$12.00	-	-
Empowering Counseling	2.30-4	15/10/2014	10/12/2014	Chris Wellington	\$15.00	\$12.00	-	-

Yellow indicates new course

Thursday

Course	Time	Start	Finish	Facilitator	Cost	Concession	Pay in advance	PIA Concession
Drawing & Sketching	10-12	16/10/2014	18/12/2014	Farzenah	\$12.00	\$9.00	\$96.00	\$72.00
Emotional Wellbeing (MIFSA)	10.30-12.30	16/10/2014	27/11/2014	Anna (MIFSA)	Must be member	Must be member	-	-
Art Therapy	1-3	16/10/2014	20/11/2014	Liz Votino	\$15.00	\$12.00	\$120.00	\$96.00
Yoga For Health	1.15-2.30	16/10/2014	18/12/2014	Malgosia	\$12.00	\$10.00	\$96.00	\$80.00
Sound Meditation	7-8.30	Fortnightly		Cindy MacDonald	\$15.00	\$12.00	108.00	\$96.00
Setting Yourself Free	1-3	16/10/2014	10/12/2014	Diana Hutchison	\$12.00	\$10.00	-	-

Yellow indicates new courses

Friday

Course	Time	Start	Finish	Facilitator	Cost	Concession	Pay in advance	PIA Concession
Legal Service (family law)	11-11.45	17/10/2014	19/12/2014	Carol Willans	\$15.00	\$10.00	-	-
Legal Service (family law)	2.30-3.15	17/10/2014	19/12/2014	Carol Willans	\$15.00	\$10.00	-	-
Legal Service (family law)	3.15-4	17/10/2014	19/12/2014	Carol Willans	\$15.00	\$10.00	-	-
Zumba	11-12	17/10/2014	19/12/2014	Jun Ma	\$10.00	\$10.00	\$80.00	\$80.00
Reiki	10.15-11	17/10/2014	17/10/2014	Sue Lyons	\$15.00	\$15.00	\$120.00	\$120.00
Reiki	11-11.45	17/10/2014	17/10/2014	Sue Lyons	\$15.00	\$15.00	\$120.00	\$120.00
Reiki	11.45-12.30	17/10/2014	17/10/2014	Sue Lyons	\$15.00	\$15.00	\$120.00	\$120.00
Natural Skin Care	1-3	24/10/2014	24/10/2014	Pam Marshall	\$25.00	\$20.00	Book all 5 for \$100	Book all 5 for \$90
Green Cleaning	1-3	31/10/2014	31/10/2014	Pam Marshall	\$25.00	\$20.00		
Soap Making	1-3	07/11/2014	07/11/2014	Pam Marshall	\$25.00	\$20.00		
Natural Pet Care	1-3	14/11/2014	14/11/2014	Pam Marshall	\$25.00	\$20.00		

Yellow indicates new courses

Friday Continued

Course	Time	Start	Finish	Facilitator	Cost	Concession	Pay in advance	PIA Concession
Environmentally Friendly Gift Making	1-3	21/11/2014	21/11/2014	Pam Marshall	\$25.00	\$20.00		
One on One Computer Session	10-10.30	17/10/2014	19/12/2014	Kerryn	\$10.00	\$8.00	\$80.00	\$64.00
One on One Computer Session	10.30-11	17/10/2014	19/12/2014	Kerryn	\$10.00	\$8.00	\$80.00	\$64.00
One on One Computer Session	11-11.30	17/10/2014	19/12/2014	Kerryn	\$10.00	\$8.00	\$80.00	\$64.00
One on One Computer Session	11.30-12	17/10/2014	19/12/2014	Kerryn	\$10.00	\$8.00	\$80.00	\$64.00
One on One Computer Session	12-12.30	17/10/2014	19/12/2014	Kerryn	\$10.00	\$8.00	\$80.00	\$64.00

Yellow indicates new courses

Saturday

Course	Time	Start	Finish	Facilitator	Cost	Concession	Pay in advance	PIA Concession
Knitting and Crocheting	10-12	18/10/2014	20/12/2014	Ann Shipley	\$5.00	\$5.00	\$40.00	\$40.00
Mosaics	10-12	18/10/2014	20/12/2014	Liz Votino	\$14.00	\$11.00	\$112.00	\$88.00
Mosaics	1-3.30	18/10/2014	20/12/2014	Liz Votino	\$15.00	\$12.00	\$120.00	\$96.00

Lifeline Techniques by appointment—Call Ambika - **0488 542 887**

Yellow indicates new courses

Most courses require 4 participants each week to continue

Membership

Annual— \$10.00
\$7 concession

Café

Open 6 days a week
Monday—Saturday



Daily Special	\$7.00
Soup	\$3.50
Cake	\$2.50
Espresso	\$2.50
Instant Coffee/Tea	\$1.00

Course descriptions

<p>FREEDOM TO WRITE</p> <p>A creative writing group for women who want to explore their experiences with stories, poetry or journaling</p>	<p>ON YOUR WAY TO COMPUTER LITERACY</p> <p>This course will show you how to open and save documents, set up your emails and surf the net with a fully trained facilitator</p> <p>NEW COURSE</p>	<p>MICROSOFT WORD FOR BEGINNERS</p> <p>A tailored course specifically designed for beginners to intermediated with a trained facilitator. She will take you through all you need to know about Microsoft Word</p> <p>NEW COURSE</p>	<p>1 ON 1 COMPUTER SESSIONS</p> <p>Half hourly sessions tailored to provide you with the training YOU need. Internet and applications. Office programs, Word, Excel, Publisher and Powerpoint. Or learn to set up your own laptop</p>
<p>INSPIRATIONAL ZENTANGLE</p> <p>Discover the relaxation of creating and/or colouring zentangles or mandalas. Create your own design or use those provided. Lovely creative, calm and relaxing class</p>	<p>WOMEN'S SELF CARE</p> <p>Discover what you want your life to look like. Acknowledge the barriers that may be in your way. Participate in interesting conversations on healthy relationships and human rights. Learn to set and implement goals, utilizing your strengths and resources.</p> <p>NEW COURSE</p>	<p>LIFELINE TECHNIQUES</p> <p>This is an unparalleled healing system that harnesses our own natural powers of recuperation. It is a fusion of science and spirit.</p> <p>BY APPOINTMENT ONLY CALL AMBIKA ON 0488 542 887</p>	<p>SINGING MUSIC BY HEART</p> <p>This is a new social fun singing group. It will help you improve your breathing and stretch the vocal chords. Learn a variety of songs and meet new friends. IF YOU CAN SPEAK YOU CAN SING</p> <p>NEW COURSE</p>
<p>PHOTO PORTRAITURE</p> <p>Introduction to drawing portraiture with emphasis on anatomy and correct proportions. Learn to draw from your own personal photograph. No previous experience needed</p>	<p>COFFEE AND CHAT</p> <p>A very popular group. Enjoy making new friends or reacquainting with old ones. Discuss and explore ideas from a "subject of the day". Fully facilitated with different discussions each week</p>	<p>LIVING WITH ABUNDANCE</p> <p>Replace stressful thoughts and feelings regardless of what is happening around you. Learn to be still and calm in your heart with guided meditations and visualization. Breathing deeply to find your peaceful nature that can become a daily sources of delight and courage</p>	<p>UKULELE CLASS</p> <p>No previous experience Learn to play and sing in a wonderful fun and safe environment. This is a relatively new class which grows in talent each week</p>

Course descriptions

<p>CHAIR YOGA</p> <p>If you cannot manage a mat class the chair yoga will allow you to enjoy and gain benefit from yoga. A chair is used to support us in modified poses and to practice seated relaxation</p> <p>NEW COURSE</p>	<p>PHOTOGRAPHY</p> <p>Learn how to use all the digital mechanisms on your camera. Practice and learn photographic techniques which help you achieve amazing pictures</p>	<p>HOME MAINTANENCE FOR WOMEN</p> <p>Learn how to handle and tackle jobs at home and enhance your scope of independence. This course is run by women for women. It is interactive and fun</p>	<p>NUERO LINGUISTIC PROGRAMMING</p> <p>This is 1 on 1 with an NLP Practitioner and is an approach to communication, personal development and psychotherapy .</p>
<p>ART THERAPY</p> <p>Connect with others, explore your creativity. Engage in creative activities, while enhancing your sense of achievement, confidence and overall wellbeing. Enjoy life making pleasures of art and reduce your stress levels and solve problems in a caring and supportive environment.</p>	<p>YOGA FOR HEALTH</p> <p>Yoga is a mind and body practice with historical origins in ancient Indian philosophy. Like other meditative movement practices used for health purposes, various styles of yoga typically combine physical postures, breathing techniques, and meditation or relaxation.</p>	<p>SOUND MEDITATION</p> <p>Gateway to Consciousness Experience Drumming, Chanting, Sounding, Therapeutic Sound Bath and Silent Meditation to deeply relax you and reconnect your Body, Mind and Spirit</p> <p>NEW COURSE</p>	<p>LEGAL SERVICES (FAMILY LAW)</p> <p>Legal Service that covers a range of topics including Marriage, separation, Divorce, Children, De Facto Relationship, same sex relationships, property settlements, building financial arrangements and spousal maintenance. Bookings are essential.</p>
<p>ZUMBA</p> <p>An aerobic dance fitness program inspired by various dance styles primarily Latin Amercian.</p> <p>NEW COURSE</p>	<p>KNITTING AND CROCHETING</p> <p>A wonderful group of women who love to share their knowledge with others, keeping the art for alive.</p>	<p>MOSAICS</p> <p>Learn simple to advanced mosaic techniques in this wonderful alive and vibrant class. Fully trained facilitator and art therapist</p>	<p>ECO LIVING WORKSHOPS</p> <p>Pam Marshall Natural Skin Care Green Cleaning Making soap & soap based products Natural Pet Care Environmentally-friendly gifts for Xmas</p> <p>NEW COURSES</p>

Course descriptions

<p>Clay Basics Learn the basics using the pinching techniques then onto working with coils and slabs No experience necessary</p> <p>NEW COURSE</p>	<p>Empowering Counseling Individual Counseling— women empowering women. Trained counselor with many years experience in working with women</p> <p>NEW</p>	<p>Setting Yourself Free A practical guide to self change. With encouragement and the right tools you can take the steps to a new life. Facilitated by Diana Hutcheson, previously a psychologist and now a life coach</p> <p>NEW COURSE</p>	<p>Landscaping for Beginners Paint your very own landscape on canvas paper. Bring along a photo of landscapes (your own for copyright reasons). Learn to make this your MASTERPIECE</p> <p>NEW COURSE</p>