

ENROL
TODAY!

Community Learning



Semester 2

July - December 2017

Adult Education Classes

Health & Wellbeing

Art & Crafts

Music

Languages

Games & Discussion

ENQUIRE
ABOUT A
FREE TRIAL
CLASS

Learn

Share

Enjoy



Low cost, relaxed, fun and friendly education programs for adults of all ages.

Monday Classes

Uniting Church Hall, 7 Maxim St, West Ryde

<p>9.15 – 10.30</p>	<p>Music Shindig Are you a musician looking for a fun and light-hearted opportunity to share your musical passion with a group of like-minded people? Bring along your own instrument/s and start the week on the right note by enjoying a morning creating beautiful music together. A wide range of popular tunes are played each week so you'll have the opportunity to enjoy your favourites as well as learn some new pieces. The ability to read music would enable you to get the most out of this group.</p>
<p>9.45 – 10.30</p>	<p>French (Advanced) An advanced class suitable for students with a high proficiency in the French language. You'll work on translation and comprehension, creative writing, and conversation exercises and explore French culture. Students welcome to participate in this class alone, or join the intermediate and beginner classes later in the day for an additional chance to practice your skills. With many years of experience teaching French, our tutor will help you make real progress in this fun and interactive class.</p>
<p>9.45 – 10.30</p>	<p>Gentle Exercise This 45 minute class consists of an enjoyable variety of stretching, flexibility, balance and strengthening exercises suitable for all fitness levels. Our tutor expertly adjusts the class to suit individual's needs and capabilities and ensures all participants feel at ease in the class. Learn techniques to incorporate into a daily routine at home to help you get the most out of every day.</p>
<p>10.00 – 12.00</p>	<p>Drawing / Mixed Media / Watercolour With busy lives, we often don't find the time to pursue our creative passions. Invest in yourself and dedicate two hours of your week to developing your artistic skills with an encouraging group of like-minded students. Each week you will have the opportunity to challenge yourself and explore techniques with a new still-life presented each week. Students can create in any medium of choice, from pencil, to water-colour painting, or collage (or other materials that you enjoy). Our qualified, experienced Fine Arts tutor has many years experience as an artist herself, exhibiting her pieces in a variety of exhibitions over Sydney. Her personalised tuition is suitable for all levels, including beginners. Students will enjoy seeing weekly progress and seeing their portfolio grow.</p>
<p>10.00 – 1.30</p>	<p>Sewing for Fun Always wanted to learn to sew but never felt confident to try on your own? Have a machine in a cupboard at home but don't know where to start? Or are you already proficient with your sewing and enjoy working in the company of others? Then this class is perfect for you - beginners and beyond! Our skilled tutors have a depth of knowledge in dressmaking, quilting and general sewing and will provide personalised assistance for your individual projects, from advice on selecting a suitable pattern and fabric, to cutting out and getting the most from your machine. Want to sew your own outfit for a special occasion? Or learn how to make clothes for your children or grandchildren? Maybe learn techniques to extend the life of your wardrobe by mending items? Participants can bring their own machine, or use the overlocker and sewing machines available for student use.</p>
<p>10.40 – 11.55</p>	<p>Singing for Pleasure The enjoyment gained from singing as a group can help you make new friends and reduce loneliness. Singing has so many proven health benefits - it can lower stress, improve mental alertness, increase circulation and release stored muscle tension. So not only does making music sound great, it feels great too! This welcoming singing group is a wonderful way to enjoy popular tunes in the company of others. You don't need to be a great singer - our tutor encourages all participants to enjoy the class and will provide encouraging pointers to help perfect your technique and make improvements to boost your confidence to participate. As a member of the group, you will have the opportunity (if you wish) to perform as one of the Ryde Eisteddfod winning "Rainbow Singers" at local events and by invitation.</p> <p>Tai Chi Style Exercises Feel relaxed and refreshed as you enjoy this class incorporating gentle tai chi style exercises and breathing and relaxation techniques. Suitable for all ages and fitness levels, this class provides an introduction to the basics of tai chi and is ideal for beginners. Our tutor is patient and encouraging and can modify the class to seated exercises to accommodate any mobility issues.</p> <p>French (Intermediate) An intermediate class to help you expand on your existing knowledge of French language and culture. Students will benefit from ample opportunities for interaction with conversation and listening and speaking exercises. Our French tutor is highly recommended by her students and comes with many years of experience teaching French at all levels. This is the ideal class to give your French language skills a boost in an enjoyable adult-learning environment.</p>
<p>12.15 – 1.30</p>	<p>Spanish for Beginners Whether you are planning a trip overseas and want to be able to speak with the locals, or you would like to deepen your appreciation of Spanish and Hispanic cultures, learning this lively and expressive language has many benefits. Gain practical and interactive experience with a small class size to help you improve at a rapid rate. With a focus on reading and conversation skills, you will have the chance to put your learning into practice with helpful exercises to build your skills.</p> <p>French (Beginner) This beginner class is suitable for people with no prior knowledge of the French language, or with limited ability or confidence. If you've ever wanted to learn French, then this class is perfect for you. A small class size, experienced tutor and encouraging and supportive fellow students, you will be surprised at how quickly you pick up the basics. Enjoy the opportunity to practice speaking, reading and comprehension skills. As you improve sufficiently to progress to a higher level, you can seamlessly transition to intermediate and advanced classes offered at the same venue earlier in the day.</p>

FREE TRIAL CLASS available for any Community Learning class...try before you enrol!
Fees are \$60 (term) or \$120 (semester) for as many classes as you'd like to attend on any one day.

Thursday Classes Eastwood Uniting Church , 14-16 Lakeside Rd, Eastwood

9.15 – 10.30	Mandarin for Beginners This class starts with the basics to help you speak to neighbours, meet new friends in your community, and learn about Chinese culture.
	Japanese Develop reading, writing, listening & speaking skills and a greater appreciation of the Japanese way of life
	For the Love of Music Start your morning off in an inspired way with this relaxing music appreciation class. Tutor provides commentary and discussion is encouraged. A variety of genres is explored, with a focus on classical music.
	French (Beginner - Intermediate) A small class size and individual attention provides an excellent opportunity for students to develop their skills and confidence in the French language.
	Line Dancing Non-stop dancing for all fitness levels. Enjoy the music and see your confidence grow as you master the steps. Find the beat and enjoy the chance to meet some new friends and have a laugh!
	Square Dancing Fun, easy to learn and enjoyed worldwide by people of all ages. Basic/mainstream level for beginners and beyond, with a diverse range of music to help you enjoy the exercise and develop confidence .
9.15 – 12.00	Walking Group The “Eastwood Streetwalkers” weekly leisurely stroll around the neighbourhood, enjoying the scenery and each other’s company. Light morning exercise followed by a reviving coffee. Meet new friends while improving your fitness and enjoying your local area.
	Oil Painting (to be confirmed) All skill levels catered to - suitable for absolute beginners wanting to try a new way of expression, to experienced painters who would benefit from expert guidance from our experienced tutor. Register your interest and you will be contacted to confirm enrolment if this class proceeds.
9.30 – 2.00	Happy Handicrafters A welcoming group of craft-enthusiasts of all skill levels who knit, crochet, and make soft toys and teddy bears. Learn a new skill and be inspired by our tutor’s range of creative ideas, or come with an existing project to work on and enjoy the company of a group of like-minded people. This casual and relaxed group welcomes you to stay all session or drop by in between other classes during the day.
9.30 – 11.00	Drawing with Len Explore a new topic each week using different forms of drawing using pencil, ink and pastels. Execute a drawing of your choice and enjoy developing a portfolio to track your progress. All levels catered for.
10.45 – 12.00	Gentle Exercise Nurture you health and wellbeing with a class designed to help you with stretching, flexibility and strengthening exercises. All ages and fitness levels catered for in this welcoming and light-hearted class.
	Jewellery and Beading Learn the basic techniques of beading, then practice your new skills with the assistance of our experienced and patient tutor. You’ll be able to create unique personal jewellery and gifts for family and friends.
	Italian Intermediate level class for proficient students. Reading and conversation exercises will build your skills.
	Tai Chi Learn the gentle art and relaxation of Qigong Shibashi and Yang style for beginners and beyond.
	Aussie Pioneers and Larrikins Discover an Australian history not many people know about. Hear the untold stories of our pioneer women and men and deepen your knowledge and appreciation of the people who shaped our great country. From leaders in their field to those behind the scenes, you’ll be surprised at what you didn’t learn at school!
	Scottish Country Dancing Suitable for all ages, learn the jigs, reels and strathspeys of this popular form of dancing.
	Basic Guitar Bring along your guitar and strum along to the tunes with this informal class aimed at having fun.
11.00 – 12.00	Creative Writing Have your ever wanted to write your life story but not known where or how to start? Our tutor is a published author and can help improve your writing skills and provide inspiration for your personal memoirs.
	Photography Learn techniques to get the most out of your camera, tablet or phone. Frame the perfect shot, get the right lighting and exposure, and manipulate and edit photos. Enjoy local field trips for outdoor experience.
12.30 – 1.45	Communication / Discussion Group A difference of opinion? Can you cope with confidence? Learn useful skills for self-expression and effective listening. Students select topics of most interest to them to generate lively discussion.
	Tai Chi Learn at your own pace to improve your health and wellbeing with the many known benefits of this gentle art.
	World Religions Is the purpose of human existence to achieve happiness? Join the discussion and explore the issue central to many religions around the world. Enrich your understanding as you explore the beliefs of others.
	Yoga Gentle Hatha style that focuses on mindfulness, relaxation techniques, and building strength and flexibility.
12.30 – 2.00	Origami Enjoy the ancient Japanese art of paper folding with new projects each week to build your skills.
	Watercolour Painting Whether you have painted watercolours before, or are an absolute beginner, all levels are catered for each week by our experienced tutor. Expert guidance will help you develop your skill and confidence and you’ll be on your way to creating your very own masterpiece!
12.30 – 2.30	Card Making Don’t buy bland, mass-produced cards ever again! Be inspired by the creative ideas your learn in this class to craft your own homemade cards for family and friends. New greeting card projects are presented each week to enable you to build your repertoire of techniques.
12.30 – 3.00	Games Afternoon A variety of table top games to enjoy during a leisurely afternoon sharing plenty of laughs with friends. Weekly regulars include Scrabble , Mah Jong and Rummikub , and new games can be introduced if participants would like to try something new. Swap between games depending on what suits your preference each week. Beginners welcome with tutors on hand to teach you the rules and basic strategies, while more advanced players will enjoy the friendly competitive spirit of the group.
1.45 – 3.00	Conversational German A supportive class environment where informal conversation about life topics will provide an ideal opportunity to practice your German language skills.
	Choir Exercise your lungs while having fun in this friendly group that explores a variety of musical styles.

Enrolment and Fees

Enrolment can be paid either by semester (six months/two terms) or by term and follows public school term dates

If you are unsure if Community Learning is for you, you are welcome to enjoy a FREE TRIAL for any class of your choice before enrolment.

2017 SEMESTER 2 DATES
TERM 3: 17 July - 22 September
TERM 4: 9 October - 15 December

ENROLMENT FEES

\$120 per semester or **\$60 per term** to attend one venue
\$60 for an additional venue **per semester** or **\$30 per term**
Couples discount: \$10 per person
Tutor's partner: Half price of full fee

Fees do not include course materials. Students should speak to their tutor to discuss individual course requirements.

PAYMENT

Cash, credit card and cheque payments accepted.
Cheques to be made payable to "Christian Community Aid" or "CCA" and crossed "Not Negotiable".

ENQUIRIES

Phone: 9858 3222 **Mobile:** 0406 817 373
Email: community.learning@ccas.org.au
Web: www.ccas.org.au/community-learning



CCA: Your Community Service Hub

Enabling Better Lives

CCA is a non-profit community service organisation that has been delivering services for over 50 years

Services include:

- Adult Education Community Learning programs in Chinese and in English, and English Conversation classes;
- Aged Services including Meals on Wheels, social activities and lunch groups, shopping assistance, medical transport, counselling & linen service;
- Emergency Relief for assistance with bills and food
- Family Day Care;
- Financial Counselling;
- Migrant and Settlement Services;
- Multicultural programs and support;
- Information and referral and advocacy;
- No Interest Loan Scheme (NILS);
- Youth Services – The Shack Youth Outreach Epping and OurSpace Eastwood.

CCA services are only possible with the support of our team of dedicated and talented volunteers.

Enquire now about how you can make a real difference to the lives of people in your community by joining our team.

Christian Community Aid

12 Lakeside Rd, Eastwood, 2122

Phone: 9858 3222 Email: administration@ccas.org.au

Web: www.ccas.org.au Facebook: Christian Community Aid

Community Learning

Learn Share Enjoy

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programs for adults of all ages**

For more information

Phone: 9858 3222

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