



## Workshops and Courses at the Centre

Workshop & Course registration is via phone, email or drop in. To confirm your space please pay in advance by either paying cash at the Centre or via Internet banking.

The Workshop fees are \$7 or \$5 if you are a member of the Centre. Membership is \$10 per year and is a great contributor to the ongoing maintenance of the Centre.

### **Exercise Anatomy**

Learn how the body maintains stability, mobility & your own individual skeleton variation, so you can choose exercises wisely.

**Tutor:** Jingjing Jackson

**Dates:** Tuesday 31st July

**Time:** 12.30-2.30pm

**Cost:** \$5 member/\$7 non-member



### **Tech Talk Q&A**

Have questions about computers, internet or technology? Have questions you've always wanted to ask someone? No equipment required, lets chat

**Tutor:** Ali Grammer

**Dates:** Thursday 2nd August

**Time:** 10.30-11.30pm

**Cost:** by donation

### **Ceramic Sculpture Classes**

8 Week sculpture course that will offer you the access to tools, materials and tuition of sculpting.

The course is ideal for those with no previous clay experience and also for those who have some experience with clay. This is a great opportunity to develop your skills and confidence in transforming clay into a figurative, representational or an abstract form.

Vicki encourages the student to create their own sculpture using a reference of either a photo/drawing which the tutor will help you to achieve. Clay artwork will be kiln-fired and glazed at the end of the course



**Tutor:** Vicky Charles

**Dates:** Fridays 3 August - 21 Sept

**Time:** 10am-12noon

**Cost:** \$5 member/\$7 non-member

**Duration:** 8 weeks

### **Map of Meaning**

Using NLP and mind-changing techniques for making our life more meaningful.

**Tutor:** Patricia Greenhough

**Dates:** Fridays 3 - 17 August

**Time:** 10.00 - 11.30 am

**Cost:** \$5 member/\$7 non-member

**Duration:** 3 weeks

### **Foraging Workshop**

Start with a walk around Nelson to identify edible plants and fruit trees followed by Q&A session at the Women's Centre. Bring your own knowledge.

**Tutor:** Nina Robb

**Dates:** Tuesday 7 August

**Time:** 12.30 - 2.30 pm

**Cost:** \$5 member/\$7 non-member

<p><b><u>MoneyMates</u></b>  <b>Take control of your money and debt.</b>  The course is ideal for anyone who's experiencing financial hardship or for those who simply want to learn about money and debt management and some budgeting skills.  4 sessions covering 9 modules including financial goal setting, sensible borrowing, paying odd dept and ways to save.</p>	<p>FREE booklets including an array of useful recipes for home and health plus a personal financial planning book</p> <p><b>Tutor:</b> Jill Smith (Te Korowai Trust)  <b>Dates:</b> Thursday, 9th August  <b>Time:</b> 10.30am-11.30am  <b>Cost:</b> by donation  <b>Duration:</b> 4-5 weeks</p>
<p><b><u>Women's Suffrage 125 Art Project</u></b>  Create knitted, crochet or fabric camellia flowers and learn about the history of women's suffrage in New Zealand.</p>	<p><b>Tutor:</b> Faye Wulff  <b>Dates:</b> Wednesday, 15th August  <b>Time:</b> 9.30 - 12 noon  <b>Cost:</b> \$5 member/\$7 non-member</p>
<p><b><u>All things Biking</u></b>  <u>16th August:</u> Basic maintenance - changing a tyre etc &amp; a short ride  <u>30th August:</u> Bike maintenance - adjusting brakes, gears etc  Bring your own bike if you have one</p>	<p><b>Tutor:</b> 'Ride On Team'  <b>Dates:</b> Thursdays, 16th &amp; 30th August  <b>Time:</b> 12.00 - 2.30 pm  <b>Cost:</b> \$5 member/\$7 non-member  <b>Duration:</b> 2 weeks</p>
<p><b><u>Transformer from 2D to 3D</u></b>  Choose a child's drawing or painting and 'transform' it into a wonderful three dimensional artwork.</p>	<p><b>Tutor:</b> Donna Allfrey  <b>Dates:</b> Tuesday, 21 August  <b>Time:</b> 10am - 12 noon  <b>Cost:</b> \$5 member/\$7 non-member</p>
<p><b><u>Greek Classics Made Easy</u></b>  Learn to cook Greek classics including spanokopita and skordalia.</p> <p><b>Tutor:</b> Sally Rees  <b>Dates:</b> Thursday, 23rd August  <b>Time:</b> 12.30 - 2.30 pm  <b>Cost:</b> \$5 member/\$7 non-member</p>	
<p><b><u>Abstracting The Landscape</u></b>  Using pastels and acrylics to create small landscape pieces.</p>	<p><b>Tutor:</b> Sally Baron  <b>Dates:</b> Tuesday, 28th August  <b>Time:</b> 9.30 - 12 noon  <b>Cost:</b> \$5 member/\$7 non-member</p>
<p><b><u>Spring Florals</u></b>  Teaching the Art of using your spring flowers in an arrangement for the home.</p> <p><b>Tutor:</b> Sarah Hutt from <i>Willow Floral &amp; Design</i>  <b>Dates:</b> Tuesday, 4 September  <b>Time:</b> 9.30 - 12 noon  <b>Cost:</b> \$5 member/\$7 non-member</p>	
<p><b><u>Meditation and Self Development</u></b>  Learning to meditate is easier than you think. This class teaches simple techniques, which are easy to learn in a relaxed setting. Self development gives you a deeper understanding of the workings of the mind</p>	<p><b>Tutor:</b> Suzanne Bennett  <b>Dates:</b>Thursdays, 6 - 20 September  <b>Time:</b> 1.30-3pm  <b>Cost:</b> \$5 member/\$7 non-member  <b>Duration:</b> 3 Weeks</p>