



## PROGRAMME TERM 1, 2025 - Monday 10 February to Sunday 13 April

Enrolments open Wednesday 5 February 8.30am in person, 9am on-line

*Evening and weekend courses and events are highlighted with a coloured star*

### SPEAKERS UNLIMITED

#### SAILING TIPS AND TALES

Simon Milsom

Tuesday 18 February, 2 - 3pm

Have you ever wanted to get into sailing but not sure how? Or wondered what a halyard is? Simon has been a skipper for many years, in Australia and further afield. He will explain the basics of sailing and give some historical background to its terminology, with some fun facts and anecdotes thrown in. He's also keen to help get you out sailing on the high seas if you are interested.

Memb \$14 / Memb conc \$11 / Non-memb \$18

AS1

continuous interplay between nature and human ingenuity. Each bottle of Italian wine holds the essence of the past, while continuing to evolve into the future. Join Fausto on this journey through time.

Memb \$14 / Memb conc \$11 / Non-memb \$18

#### ARTIFICIAL INTELLIGENCE AND CREATIVITY: where we are today and where we're going

Alan Hancock

Thursday 20 February, 10 - 11am

Alan will offer an update on his 2024 talk about Generative AI and human creativity, and how it is changing our culture. We'll consider whether AI is intelligent or can replace human creativity. We'll also look at the ethical implications of using software such as ChatGPT and Gemini, and the effects on the environment of the data centres that power AI. There will be plenty of time for your questions.

Memb \$14 / Memb conc \$11 / Non-memb \$18

AS2

#### HIDDEN HISTORY: the Woodman Point Quarantine Station

Thursday 27 February, 10 - 11am

Neil Wilson

The former Woodman Point Quarantine Station operated from 1886 until 1979, successfully protecting Western Australia and Australia from the threat of pandemics such as bubonic plague, Spanish flu and smallpox. This heritage site is largely intact and includes the first and oldest crematorium in Australia, the Station's original fumigation chamber and the only remaining above ground air raid bunker in WA dating from World War II. Neil, a former geography and history teacher and current vice-president of the Friends of Woodman Point Recreation Camp, will provide a fascinating visual tour of the history and buildings still found at this significant, but largely unknown, WA heritage site.

Memb \$14 / Memb conc \$11 / Non-memb \$18

AS5

#### A PERTH CAMERA

Richard Offen

Monday 24 February, 10 - 11am

Based on his best-selling book, 'A Perth Camera', which contains a treasure trove of rediscovered images by the late Ernie Polis from a lifetime spent photographing the post-WW2 city. Through the images and themes of the book, Richard will share a Then and Now comparison between modern-day Perth and the one well-known to Ernie Polis.

Memb \$14 / Memb conc \$11 / Non-memb \$18

AS3

#### FACT, TRUTH AND FAKE NEWS

Antonia Esten

Wednesday 5 March, 10 - 11am

What do you understand as fact and as truth? What about the increasing use of the term 'my truth'? We've seen world leaders distributing information that appears to have no basis in established 'fact'. Barack Obama said that we are entitled to our own opinions but not our own facts. And then there is the 'news' or 'infotainment'. Antonia Esten has a PhD in communication and cultural studies, and will outline some astonishing discoveries that have changed our terms of communication, and even our realities. She promises to keep an important but complicated topic accessible and relevant!

Memb \$14 / Memb conc \$11 / Non-memb \$18

AS6

#### HISTORY OF WINE IN ITALY

Fausto Buttà

Wednesday 26 February, 9 - 10am

Wine has played a central role in Italian life. From the ancient Etruscans and Romans to the sophisticated wine estates of today, Italy's rich wine-making traditions have helped to shape its social, religious, and economic life. Not only a tale of cultivation and trade, wine is also deeply connected to the passage of time; encapsulating the passage of seasons, the evolution of society and the

AS4



## RAPTORS OF PERTH

AS7

Lou Scampoli

Thursday 6 March, 9 - 10am

Come and join the Birdlife Australia volunteers who will introduce you to the wonderful birds of prey, also known as raptors, that can be found in the Perth metropolitan area. These include eagles, falcons, goshawks and kites as well as two vagrants you may not have heard of. Soaring overhead on big, broad wings, these fierce birds swoop down to hunt and are found in every part of the world except for Antarctica. You will learn how to identify them from their physical appearance, hear of the adaptations that make them such excellent hunters and how their preferred habitat depends on food source and nesting needs. You'll also hear about the factors affecting their populations and the threats they face. Most importantly, Lou will point you to local lakes and parks where, with a pair of binoculars you can go and see them for yourself in the wild.

Memb \$14 / Memb conc \$11 / Non-memb \$18

## NOBEL PRIZE IN PHYSICS

Steven Tingay

5 Fridays: 7, 14, 21, 28 March & 4 April, 10 - 11am

Let's explore the history of the Nobel Prize in Physics, looking at different examples over five weeks. We'll explore the fundamental theories in our understanding of physics, as well as how those discoveries have led to practical advances that have shaped global societies and economies. We will consider the sometimes circuitous nature of scientific discovery and look at what the Nobel Prize in Physics has done for you!



Week 1: What is the Nobel Prize?

AS8

Friday 7 March, 10 - 11am

What is the Nobel Prize? Who won in 2024?

Memb \$14 / Memb conc \$11 / Non-memb \$18

Week 2: Einstein's Nobel Prize in Physics

AS9

Friday 14 March, 10 - 11am

What did Einstein win the Nobel prize for, and what else did he achieve?

Memb \$14 / Memb conc \$11 / Non-memb \$18

Week 3: Wilhelm Röntgen and Marie Curie

AS10

Friday 21 March, 10 - 11am

Hear about the discovery of X-rays by Wilhelm Röntgen and the discovery of radioactivity by Marie Curie.

Memb \$14 / Memb conc \$11 / Non-memb \$18

Week 4: Nobel Prizes for Physics and Australia

AS11

Friday 28 March, 10 - 11am

With a focus on astronomy.

Memb \$14 / Memb conc \$11 / Non-memb \$18

Week 5: Nobel Prizes in Physics in the future

AS12

Friday 4 April, 10 - 11am

Steven will talk us through his predictions for future Nobel Prizes in Physics.

Memb \$14 / Memb conc \$11 / Non-memb \$18

## HAPPY GUT

AS13

Ruby Delaney Coe & Emily Redwood, Nutrition Nation

Monday 24 March, 10 - 11am

Join dietitians Ruby and Emily for an eye-opening

discussion on the fascinating world of gut health and its impact on your overall wellbeing. Discover evidence-based strategies to nurture your digestive system through diet and lifestyle changes. Learn how the foods you eat influence your gut microbiome, understand the connection between digestive health and chronic diseases, and get practical tips for incorporating gut-friendly foods into your daily meals. This session includes a Q&A where you can get expert answers to your nutrition questions.

Memb \$14 / Memb conc \$11 / Non-memb \$18

## INTERGENERATIONAL EQUITY

AS14

Hajo Duken, Benji Steinberg & Clancy Ellery

Monday 31 March, 10 - 11.30am

The Productivity Commission and the majority of Australians seem to share the view that today's young and future generations will be worse off than the generations before them, both financially and otherwise. A recent inquiry found that our Covid response had a particularly negative impact on children and young people. Is the generational bargain fraying? Hajo (lawyer/generation O60), Benji and Clancy (both Bachelors of Philosophy/generation U30) invite you to an open discussion which will almost certainly lead to big topics such as wealth and income gaps, housing affordability, our education system, ageism, fertility rates and climate change. Bring an open mind and perhaps also your (grand-) children.

Memb \$14 / Memb conc \$11 / Non-memb \$18

## ROMANIA - THE LAND THAT TIME FORGOT

AS15

Jane Cousins

Thursday 10 April, 10 - 11.15am

Tucked away in a remote corner of Europe, Romania still retains an air of mystery. With large swathes of virtually untouched countryside and fewer visitors than its neighbours, much of Romania follows a way of life that has been extinguished elsewhere in Europe. Jane will introduce you to the picturesque Saxon village of Viscri where centuries old traditions still thrive (and where King Charles owns a house), to medieval towns and castles in Transylvania, the incredible painted monasteries of Bucovina, and the spectacular Carpathian Mountains, home to more bears and wolves than most of Europe. Accompanied by photos taken during a 2024 visit, this talk will open our eyes to one of the great 'undiscovered' destinations.

Memb \$14 / Memb conc \$11 / Non-memb \$18

## NOT SO TRIVIAL PURSUITS

HOW TO WRITE A LIFE STORY – journal, memoir and auto-fiction

BN1

Dr Alan Hancock

4 Fridays: 21 March - 11 April, 10am - 12.30pm

Do you have a life story you'd like to write - your own, your family, or something else? This course will show you how to get it down on the page. You'll learn how to use memory, imagination and research to create a story that holds a reader. It could be a biography, personal memoir, family history, or piece of fiction based on lived experience. We'll learn from stories by top authors like Helen Garner and Jeanette Winterson; we'll explore the craft of journal writing. And yes - you'll find out what auto-fiction is. In each session we'll work through tried and tested practical exercises: it will be hands-on, practical, and fun.

Member \$120 / Member conc \$96



**UKULELE: GLYDE SING, STRUM & PICK, LEVEL 3 (Ongoing) BN2**  
**Shirley Guy**  
**8 Mondays: 10 February - 7 April, 1 - 2.30pm**  
**(no class 3 March)**  
 An ongoing class, suitable for those able to play Lil Rev's Ukulele Method Book 2. Not suitable for beginners.  
**Member \$144 / Member conc \$116**

**WHAT IS A GOOD HUMAN LIFE? BN3**  
**Meera Finnigan**  
**8 Thursdays: 20 February - 10 April, 1 - 3pm**  
 This course will give you the opportunity to think about such ideas as, 'A good ethical life involves knowing and understanding what it means to be fully human.' We'll explore the nature of justice, our relationships with and responsibilities to others, non-human animals, and the natural world. As well as our own values, insights, and knowledge, we'll explore the ethics of influential philosophers from classical to contemporary times along with inspiration from great literature. If you enjoy interesting discussion and thinking outside the box, then this course is for you.  
**Member \$192 / Member conc \$154**

**WISDOM OF THE WEST - JUNG BN4**  
**Ruperto Nunez**  
**4 Mondays: 10 February - 10 March, 1.30 - 3.30pm**  
**(no class 3 March)**  
 We have often heard about Oriental wisdom; Buddhism, Taoism or Vedanta now form part of many people's daily vocabulary. But the West has also given us many insights into our psyche and our spiritual lives. This is an invitation to explore this less well-known wisdom. We will start with Carl Gustav Jung, who posited the idea of a layer of images common to all humanity: the collective unconscious. He also introduced concepts such as archetype, the shadow and the anima, among many others. Let's start this journey.  
**Member \$96 / Member conc \$77**

**WISDOM OF THE WEST - GNOSTICISM BN5**  
**Ruperto Nunez**  
**4 Mondays: 17 March - 7 April, 1.30 - 3.30pm**  
 Christianity has never been a monolithic collection of beliefs and practices; there have always been groups that have held different views and beliefs. Gnosticism was one of these. We discover that, for them, knowledge (gnosis) was more important than faith to achieve salvation. We also find out that the creator of the universe was not the true God, but a lesser one who, apparently, didn't do a very good job. Come and discover other fascinating beliefs and stories from the Gnostics.  
**Member \$96 / Member conc \$77**

**ADVANCED CARE PLANNING WORKSHOP BN6**  
**Sabena Lund, Palliative Care WA**  
**Monday 10 March, 9.30 - 11.30am**  
 We all want to have a say in what happens in the last part of our lives. By making plans that cover our future care, lifestyle, health and finances, we're not only working out what we want, but also making things easier on those around us. Find out what's involved in Advance Care Planning, how to get started, and how to talk with your family, loved ones and health care providers about your wishes for the last stage of your life. The workshop is suitable for everyone - of any age or level of health. All participants will receive a resource pack from PCWA.  
**No charge but bookings essential.**

*If possible, please bring your own mat and other props to your class. Continuing students will need to re-enrol.*

**YOGA RESTORATIVE (Tuesday) CM1**  
**Uwe Oswald**  
**9 Tuesdays: 11 February - 8 April, 4.30 - 5.45pm**  
 This class will be relaxing and restorative, not demanding. Wonderful for sore backs. Bring your own bolster and blocks if you have them.  
**Member \$135 / Member conc \$108**

**YOGA GENERAL (Tuesday) CM2**  
**Uwe Oswald**  
**9 Tuesdays: 11 February - 8 April, 6 - 7.15pm**  
 Learn yoga postures and the art of relaxation. All ages and levels welcome. Suitable for anyone who can move from standing to floor with relative ease.  
**Member \$135 / Member conc \$108**

**YOGA RESTORATIVE (Thursday) CM3**  
**Penny Caputi**  
**9 Thursdays: 13 February - 10 April, 4.30 - 5.45pm**  
 Relax & reconnect to your innate capacity for healing. Through mindfulness and turning inwards we release old patterns and bring our whole body, mind & soul back into alignment. Suitable for anyone who can move from standing to floor with relative ease. Wear loose comfy clothing.  
**Member \$135 / Member conc \$108**

**SATURDAY YOGA CM4**  
**Uwe Oswald**  
**9 Saturdays: 15 February - 12 April, 8 - 9.15am**  
 Learn yoga postures and the art of relaxation. All ages and levels welcome. Suitable for anyone who can move from standing to floor with relative ease.  
**Member \$135 / Member conc \$108**

**TAI CHI FOR BEGINNERS WITH RUPERTO CM5**  
**Ruperto Nunez**  
**9 Wednesdays: 12 February - 9 April, 11.30am - 12.30pm**  
 For new beginners. Experience this gentle form of exercise that can help maintain strength, flexibility and balance. Movements are designed to increase the strength and flow of your internal energy. Tai Chi involves the practice of mind and body coordination which assists in all aspects of daily life. You'll be practicing in Glasson Park, next to Glyde-In.  
**Member \$108 / Member conc \$87**

**TAI CHI ONGOING WITH RUPERTO CM6**  
**Ruperto Nunez**  
**9 Wednesdays: 12 February - 9 April, 12.45 - 1.45pm**  
 Experience this gentle form of exercise that can help maintain strength, flexibility and balance. Movements are designed to increase the strength and flow of your internal energy. Tai chi involves the practice of mind and body coordination which assists in all aspects of daily life. Not for complete beginners - suitable for those who have completed two terms of Tai Chi with Ruperto or equivalent.  
**Member \$108 / Member conc \$87**



**SOUND HEALING AND MEDITATION**

**Sian Brown**

**Sunday 16 February, 2 - 4pm or**

**Sunday 30 March, 2 - 4pm**

**CM7**

**CM8**

In the ancient practice of sound healing, the sound frequencies slow down brain waves to a deeply restorative state, and this activates the body's system of self-healing. Harmonious tones wash over you in this deeply rejuvenating and soothing experience. Come and enter a meditative sound bath of crystal singing bowls and gongs, with operatically trained sound healer Sian Brown. Enjoy from a chair or on a yoga mat. Come as you are, bring a blanket, a yoga mat and a bottle of water. Enrol in one or both (fee is per session).

**Member \$25 / Memb conc \$20 / Non-member \$30**

**ECCENTRIC EXERCISES**

**CM9**

**Ken Nosaka**

**Two Tuesdays, 18 & 25 February, 9 - 10.30am**

We know that exercise is crucial for healthy ageing, but now the types of movement matter too! Can you believe that walking down the stairs is better than walking up. When descending, front thigh and hip muscles are lengthened to stop the body moving forward, in which you perform a typical 'eccentric exercise'. Ken has been leading the research into eccentric exercise and has developed a home-based eccentric exercise program. They are less challenging metabolically but require more brain-power, so they could help ward off dementia. Hear about eccentric exercises in Session 1, and practice them in Session 2.

**Member \$30 / Memb conc \$24 / + \$8 materials fee**

**ALEXANDER TECHNIQUE**

**CM10**

**Sandra Dobbs**

**4 Thursdays: 6 - 27 March, 10.30am - 12pm**

Improve your balance and poise, reduce postural pain and find joy in everyday movement. We'll be introduced to the principles of the Alexander technique, a learned skill to improve our coordination, movement and general well-being, through the exploration of simple daily movements such as sitting, standing & other regular tasks. We'll spend some time in the semi supine position on the floor, so wear loose comfortable clothing. Suitable for beginners as well as those wanting to explore the technique further. Sandra has been teaching Alexander Technique for many years.

**Member \$72 / Member conc \$58**

**FRIDAY GLYDERS**

**CM11**

**Dianne Hunter**

**10 Fridays: 7 February - 11 April, 7am**

Meet at a different café each week for a one hour walk to explore the best of the southern suburbs before returning to the starting point for coffee together. Discover new friends, new places and cafes while enjoying scenic locations, photo ops, urban art and wildlife along the way. Everyone can walk at their own pace before returning to the cafe for coffee together. Maximum 10 people; ongoing walkers will need to re-enrol.

**Memb \$15 / Memb conc \$12**



*Our bus trips are brought to you by volunteer organisers, drivers and hosts. Buses depart on time from East Fremantle Oval carpark, corner of Marmion and Moss streets. Return times are approximate. If you can't make it please let us know beforehand on 9339 3964, or on the day use the contact number of your Glyde-In host (contact details in your reminder email, sent the week prior).*

**CARLISLE COLLECTIVE TERRARIUM WORKSHOP DO1**

**Barbara Saba**

**Friday 21 February, 7.45am - 3.30pm**

**Bus trip.** The Carlisle Collective is a tribe of passionate small business owners who have come together to open a unique retail space in the heart of Carlisle. Stroll down the laneway to the warehouse co-op hub, home to 18 handpicked vendors – an Aladdin's cave of beautiful wares from local artisans, creators, growers and collectors. We'll start our visit by participating in a workshop, guided by Tiny Trees and Terrariums, to create a unique large-size terrarium using an array of natural materials. This is a beginner-friendly class, and all materials are supplied so that you can take home the beautiful terrarium you have created. A light breakfast is included as part of the workshop. Afterwards we'll spend an hour or so exploring the unique shops offering vintage homewares, fashion, furniture, Australian-made products, candles, books, preloved vinyl, plants, fairies, crystals, and more. Expect a shopping experience with a twist! Then we'll head to Victoria Park for lunch (at own expense).

*Meet at East Freo Oval carpark at 7.45am for 8am departure.*

**Book by 7 February**

**Member \$160 / Member conc \$155 / Non-member \$165**

**WA SHIPWRECKS MUSEUM TOUR AND SWAN RIVER CRUISE DO2**

**Terry Scudder**

**Friday 28 February, 10.15am - 3.30pm**

**Meet there.** Meet at the WA Shipwrecks Museum at 10.15am for a 10.30am tour, where we will learn the fascinating history of WA's treacherous coast, first European encounters, the riches of maritime trade, and one of the deadliest mutinies in known history. Recognised as the foremost maritime archaeology museum in the southern hemisphere, it is steeped in history. The galleries house hundreds of relics from ships wrecked along WA's coastline, including the original timbers from Batavia (wrecked in 1629), the de Vlamingh Dish, and also countless artefacts from the Dutch shipwrecks Zuytdorp, Zeewijk and Vergulde Draeck. (Please note there are no coffee facilities at the Shipwrecks Museum. One option is to meet at the Bistrot Cafe on the corner of Marine Terrace and Henry Street at 9:30 am for a pre-tour coffee.) After our museum tour we take a short (500m) walk via the Whale Tunnel and J Shed to join our Captain Cook cruise. Enjoy the Captain's commentary for the cruise to Barrack Street Jetty and return to Fremantle. Bring your lunch to enjoy on-board. Limited food and bar facilities available.

*Meet at WA Shipwrecks Museum, 42 Cliff Street at 10.15am.*

**Book by 10 February**

**Member \$72/ Member conc \$67/ Non-member \$77**



## GARDEN ISLAND TOUR

DO3

Friday 7 March, 7.45am - 2.30pm

Trish Stallard

**Bus trip.** Hooray, Garden Island is finally open to visitors again! This pristine island provides a perfect breeding habitat for wildlife. The island is a Class-A nature reserve, a haven for birds and the rare tammar wallaby. Separated from the mainland about 6,000 years ago and despite the impact of colonialism and the naval base, the island remains a protected ecosystem. It is now Australia's largest naval facility and home to five frigates as well as our entire submarine service. Our tour of the island will include walk-around stops at Gilbert Point and Cliff Head. We will visit the HMAS Stirling Museum and the Navy Canteen for morning tea. Following our visit we'll lunch at the Swinging Pig Pub in Rockingham. Please wear comfortable shoes, a hat and sunscreen. (Morning tea and lunch at own expense.)

*Meet at East Freo Oval carpark at 7.45am for 8am departure*

**Book by 21 February**

Member \$33/ Member conc \$28 / Non-member \$38

## MURRAY RIVER CRUISE WITH LUNCH

DO4

Barbara Saba

Fri 14 March, 9.15am - 3.30pm

**Bus trip.** Step back in time and explore Mandurah's winding waterways and the serene Murray River on board this relaxing, 5-hour Murray River lunch cruise. See bottlenose dolphins surf and play in the wake of the boat (they put on a wonderful show each time we do this trip). We will cruise past wetlands full of birdlife, and see an array of flora and fauna. Lined with quaint homes and houseboats, the Murray is the longest permanent river in the Jarrah Forest and one of the few major rivers in Australia that remains undammed. The scenery around the estuary is beautiful. We'll enjoy a delicious hearty lunch (included in the price). Sit back, relax and take in the stunning scenery, cruising as far as the Murray River Bridge. Please wear comfortable shoes, a hat and sunscreen and let us know of any special dietary requirements.

*Meet at East Freo Oval carpark at 7.45am for 8am departure*

**Book by 21 February**

Member \$180 / Member conc \$175 / Non-member \$185



## CANNING RIVER KAYAK TOUR

DO5

Julie Robertson

Wednesday March 19, 7.45am - 2.30pm

What could be better than a leisurely trip up the Canning River from Kent St Weir on a beautiful autumn day? This is a fully guided outing with double-kayaks, lifejackets and paddles supplied. You will just need to provide the muscle power! Wear shorts, a long-sleeved shirt, shoes that can get

wet, hat, towel, sunscreen and strap for your sunglasses. It might also be prudent to bring a change of clothes and a waterproof bag for your camera and/or phone just in case. A drink and snack would also be a good idea as we can rest halfway. We will be on the water for 3 hours (9 am - 12 noon) but it will not be too arduous as we will move at our own pace. After returning to Kent St Weir we'll spend some time at the café where you can purchase a snack or lunch (at own expense). To keep down the cost of the outing we plan to carpool rather than hire a bus. It is a 30 minute drive from East Fremantle; if you are interested in driving other members or need a lift, please inform the office. We will sort out the details nearer to the day.

*Meet at East Freo Oval carpark at 7.45am for 8am carpool departure*

**Book by 5 March**

Member \$67 / Member conc \$62 / Non-member \$72

## BICTON MINI GOLF

DO6

Barbara Saba

Tuesday 1 April, 10am - 3.30pm

**Meet there.** Goanna Golf 18-hole mini golf course is located in the beautiful surroundings of Point Walter. We'll be putt-putting our way through an Australian-themed adventure. No experience is necessary, just swing the club and enjoy the ride. It's not about the score; it's about the experience. Mini golf is all about having fun, enjoying the fresh air and spending time with friends or making new ones. Walking around the course will feel like a leisurely stroll where you can enjoy beautiful scenery. Afterwards, you have the choice to stay on and have lunch at the café (at own expense). Please bring a hat and sunscreen.

*Meet at Goanna Golf, Honour Avenue, Bicton at 10am*

**Book by 18 March**

Member \$33 / Member conc \$27 / Non-member \$37

## BUNBURY DAY TRIP

DO7

Barbara Saba

Friday 4 April, 7.15am - 7pm

**Bus trip.** Join Barbara for an unforgettable day trip to Bunbury. We'll enjoy a Dolphin Eco-Cruise, getting up close to the Bottlenose dolphins as they interact in their natural environment, frolicking, playing, sleeping and feeding. We'll then explore the Marine Discovery Centre with its fish and coral aquariums as well as the amazing 360-degree Digital Dolphinarium. We'll enjoy a delicious meal at the Market Eating House (not included in the price) after which we'll have some shopping time along the famous Victoria Street, known for its cute, independent shops, restaurants, small bars and great street-side people watching. Our Bunbury adventure will be capped off with a captivating Ngalang Wongi Estuary tour, where we will be immersed in the stunning natural beauty of the region. Our guide Troy will reveal a different side of Bunbury, weaving his passion for the region into Dreaming stories and whimsical yarns about the traditional way of life he experienced growing up in the area. A big day out in Bunbury! There'll be toilet and café stops along the way. Don't forget to wear walking shoes (there is a 50m walk on the beach to board the dolphin cruise boat) and bring a sunscreen, hat and water bottle.

*Meet at East Freo Oval carpark at 7.15am for 7.30am departure*

**Book by 21 March**

Member \$170 / Member conc \$155 / Non-member \$175

## CULTURE CLUB

Meet others and enjoy wonderful entertainment. Collect your tickets/seat allocations from Glyde-In host at the event 30-15 minutes prior to the start

### MELVILLE THEATRE – SEASON ONE EC1

Sunday 23 February, 5pm

Two plays. 'What If Only' - your partner has died. Could things have been different? This short play (approx 25 minutes) is an intimate exploration of bereavement, possibilities and the ifs and if only(s) of life, death and the multiverse. As in life, this play is sad and happy, poignant and humorous. In the second play, 'Escaped Alone', three old friends and a neighbour - a summer afternoon in the backyard, memories, tea and catastrophe. Caryl Churchill's convention-defying play juxtaposes backyard tea with environmental disaster, exploring themes of politics, crisis communication and female endurance.

**Book by 10 February**

Member \$25 / Non-member \$30

### JAZZ AT THE FREMANTLE WORKERS CLUB - Adrian Galante and his Quartet EC2

Friday 14 March, 7pm

Adrian Galante is an exciting young jazz clarinetist and pianist, with a remarkable command of both instruments far beyond his youth. His expressive playing exhibits a melancholic romanticism combined with a joyous feeling for swing, bebop, and the blues. Now residing in the USA, Adrian has performed around the globe with many internationally famous jazz artists. Outstanding West Australian musicians will make up Adrian's quartet for this concert. Meet at 7pm, show starts at 7.30pm.

**Book by 17 February**

\$37 members / \$40 non-members

### FREMANTLE CHAMBER ORCHESTRA - FCO's 20th Anniversary Series EC3

Saturday 29 March, 3pm

Bruch's Violin Concerto 1 is arguably the most beautiful violin concerto with breathtakingly heart-warming melodies. Incredibly gifted 15-year-old Audrey Jarvis is the soloist in this romantic master piece. FCO and the brilliant Paul Wright (Audrey's teacher) have crafted a program to complement the Bruch 1 with an overture by Rameau, Boccherini's The Devil's Housel symphony and Massenet's Cantique a worthy program for FCO's first 20th Anniversary concert. Meet with Audrey and Hans Hug, director of FCO after the concert.

**Book by 10 March**

\$37 Members / \$40 Non-members

### GARRICK THEATRE - Midnight Murder at Hamlington Hall EC4

It's the opening night of a new murder mystery. Seven of the cast are down with the dreaded lurgy. For the Middling Cove Players' director the show must go on. This new comedy looks behind the scenes at the world of amateur theatre, where luck, determination and unbridled confidence rule the day. A very funny take on bad timing, incompetence and sweet optimism. Contains moderate adult language. This is a WA premiere Performance. We'll catch the train from Fremantle around 11.05am in time for lunch at The Guildford Milk bar (not included). It's then a 10 minute walk to the 2pm matinee. Meet to catch the train at Fremantle or if driving at Guildford station.

**Book by Wed 5 March**

Members \$30 / Non-Members \$35

## BY HAND

### DRAWING FOR FUN FB1

Mal Cunningham

6 Tuesdays: 18 February - 25 March, 10am - 12pm

Drawing is the basis of visual art and a direct way of explaining ideas, recording information and expressing the visible world. We will explore observational drawing and use your drawings to investigate other areas such as painting or printmaking as well as pastel. Beginners and more experienced students are welcome. *Please bring an A3 cartridge pad, sharpener, eraser and a range of pencils HB to 6B.*

Member \$144 / Member conc \$116 / + things to bring

### NATURE CLOSE UP FB2

Jane Lidbetter

4 Fridays: 14 February - 7 March, 10am - 12.30pm

In this course we'll learn to observe the beauty that surrounds us - be it in a small leaf, the bark of a tree, a bird or flower - and translate this into a drawing or painting. We will be using watercolour, pencils and charcoal, and you will be taught basic drawing techniques and colour theory.

*Thing to bring: watercolours in basic colours, medium and small watercolour brushes, pencils H and 2B, cartridge paper.*

Member \$120 / Member conc \$96 / + things to bring

### INTRODUCTION TO SCREEN PRINTING FB3

Odile Bell

Friday 28 February, 1 - 4pm

Do you love fabric? Colours? Texture? Patterns? In this hands-on workshop you'll learn the basic techniques of screen printing, some tips and tricks to create your hand-cut stencils, and how to transfer your designs onto fabric to make it permanent. The aim will be to take home your very own design printed on a tote bag, some fabric and/or a poster and an information booklet to help you continue your printing journey. Bring along some stencil ideas printed or drawn on A4 sheets of paper (Odile will provide more stencil ideas on the day). Please wear clothes or an apron you don't mind getting ink on. We will be using eco-friendly water-based screen-printing inks. No previous experience needed. Maximum 8 participants.

Member \$36 / Member conc \$29 / + \$35 materials fee

### MOSAICS FB4

Leisa Antonio

3 Tuesdays: 4 - 18 March, 1 - 3pm

Mosaics is one of the oldest and most mesmerising creative arts in the world. Over three weeks Leisa will guide you through the steps involved: the safe cutting of ceramic tiles and other tesserae, creating your design, adhering your tiles and grouting, and pulling your masterpiece together. You'll leave with new skills and your mosaic plaque or stepping stone project. Suitable for both beginners and those with some experience.

Member \$72 / Member conc \$58 / + \$85 materials

### AIR-DRY CLAY BOWLS FB5

Leisa Antonio

Tuesday 25 March, 1 - 3pm

Engage in clay creativity and construct a bowl using beautiful non-toxic art clays. Learn how to prepare clay for project work, engage in hands-on sculpting, rolling, carving, armature building and more. No experience needed and everything is supplied in your kit to complete your trinket sized bowl.

Member \$24 / Member conc \$20 / + materials fee \$45



## SPANISH

**SPANISH, ongoing beginners 1 (Monday)** GL1  
 Ruperto Nunez  
 8 Mondays: 10 February - 7 April, 4 - 5.30pm  
 (no class 3 March)

For the ongoing beginner, continue to learn the basics and build your vocabulary and confidence. Suitable for those who have completed Ruperto's beginners course and have been learning for a little while. Not suitable for complete beginners.

Member \$144 / Member concession \$116

**SPANISH, Intermediate** GL2  
 Ruperto Nunez

9 Tuesdays: 11 February - 8 April, 9 - 11am

For those who have a good grasp of vocab and grammar and have been learning at intermediate level for some time.

Member \$216/ Member concession \$173

**SPANISH, ongoing beginners 2 (Tuesday)** GL3  
 Ruperto Nunez

9 Tuesdays: 11 February - 8 April, 11.30am - 1.30pm

If you know pronouns, present and simple past tenses and basic dialogue, in this class you will expand your vocabulary and conversational skills.

Member \$216/ Member concession \$173

**SPANISH, complete beginners NEW** GL4  
 Ruperto Nunez

8 Wednesdays: 19 February - 9 April, 9 - 11am

For the real beginner; start learning this melodious language.

Member \$192 / Member concession \$154

## FRENCH

**FRENCH, ongoing** GL5  
 Millie Kursar

8 Tuesdays: 11 February - 8 April, 10.45am - 12.15pm  
 (no class 4 March)

This class is currently full. Ongoing students will need to re-enrol.

Member \$144 / Member concession \$116

**FRENCH, new beginners NEW** GL6  
 Pierrette Joseph

9 Thursdays: 13 February - 10 April, 9 - 10am

For the complete beginner, an introduction to the French language in a small group setting.

Member \$108 / Member concession \$87 / + \$4 materials

**FRENCH, ongoing beginners (Thursday)** GL7  
 Pierrette Joseph

9 Thursdays: 13 February - 10 April, 10am - 12pm

For those who have been learning for a little while or who have learnt the basics of French in the past. Ongoing students will need to re-enrol.

Member \$216 / Member concession \$173 / + \$4 materials

**FRENCH, more advanced** GL8

Pierrette Joseph

9 Thursdays: 13 February - 10 April, 1 - 3pm

This class is currently full. Ongoing students will need to re-enrol.

Member \$216 / Member concession \$173 / + \$4 materials

## ITALIAN

**ITALIAN, ongoing** GL9  
 Millie Kursar

8 Wednesdays: 12 February - 9 April, 10.45am - 12.15pm  
 (no class 5 March)

There are one or two places available in this ongoing class, call for more info. Not suitable for beginners.

Member \$144 / Member concession \$116

**ITALIAN, ongoing beginners** GL10  
 Gavin Neilson

9 Wednesdays: 12 February - 9 April, 2 - 3.30pm

For those who have completed 4 terms with Gavin or equivalent.

Member \$162 / Member concession \$130

**ITALIAN for complete beginners NEW** GL11  
 Gavin Neilson

8 Wednesdays: 19 February - 9 April, 4 - 5pm

Buongiorno! Come and learn the basics of colourful Italian and Italian culture. Suitable for complete beginners.

Member \$96 / Member concession \$77

## LATIN

**LATIN, ongoing** GL12  
 Ruperto Nunez

9 Tuesdays: 11 February - 8 April, 2 - 4pm

For those who have completed 1+ year of Ruperto's Intro to Latin course or equivalent, continue your Latin journey.

Member \$216/ Member concession \$173



*Our classes are small and friendly. Courses are based on demand so if you need help on a particular topic let us know.*

*You can also use the one-on-one sessions through the Computer Help Desk for individualised support or advice. Bring your device (fully charged) and know your login details including passwords.*

## RESEARCHING AND BOOKING TRAVEL ONLINE HC1

Fay Gerhard

Monday 17 February, 9am - 11am

This exciting topic shows you everything you need to know about safely researching and booking travel online. You'll find out some key tips for finding the best deals online, how you can safely access your finances while travelling and what you need to do if you plan on travelling with medications.

Member \$25 / Member conc \$20 / Non-member \$30

## FACEBOOK SETTINGS HC2

Fay Gerhard

Monday 17 February, 11.15am - 1.15pm

Have you wondered how to turn off all those continuous notifications from messages and/ or email about Facebook? In this informative session you'll learn how to manage settings, update your contact information, update your Facebook profile, or delete or deactivate your facebook account. You'll also learn how to find out what events are happening around Perth. Bring along your device and your Facebook account details.

Member \$25 / Member conc \$20 / Non-member \$30

## FACEBOOK MARKETPLACE HC3

Fay Gerhard

Monday 17 February, 9am - 11am

Facebook Marketplace can be a good source for treasures or to sell your unwanted goods. Discover how easy it is to market your items, and to buy too. And learn how to be safe and secure.

Member \$25 / Member conc \$20 / Non-member \$30

## TRANSFERRING PHOTOS (APPLE DEVICES) HC4

Fay Gerhard

Monday 24 February, 9am - 11am

Learn how to transfer photos and/or videos from your mobile phone to your computer or laptop. This class is for transferring from Apple iPhones.

Member \$25 / Member conc \$20 / Non-member \$30

## TRANSFERRING PHOTOS (ANDROID DEVICES) HC5

Fay Gerhard

Monday 24 February, 11.15am - 1.15pm

Learn how to transfer photos and/or videos from your mobile phone to your computer or laptop. This class is for transferring from Android phones.

Member \$25 / Member conc \$20 / Non-member \$30

## e-SAFETY HC6

Fay Gerhard

Monday 10 March, 9am - 11am

Do you know how to stay safe online? Come along to learn the essentials of online security - how to create strong

passwords, spot scams, safely download files and the different payment options for online purchases.

Member \$25 / Member conc \$20 / Non-member \$30

## MAPS ON YOUR PHONE HC7

Fay Gerhard

Monday 10 March, 11.15am - 1.15pm

Learn how to get the most out of Google Maps on your phone - from directions to locating a restaurant or petrol station nearby. Link it to your calendar and learn how to get the most out of it.

Member \$25 / Member conc \$20 / Non-member \$30

## WhatsApp HC8

Fay Gerhard

Monday 17 March, 9am - 11am

WhatsApp lets you send messages, pictures, videos and voice over wi-fi. Come and learn how to get started.

Member \$25 / Member conc \$20 / Non-member \$30

## SETTING UP EMAILS HC9

Fay Gerhard

Monday 17 March, 11.15am - 1.15pm

You will learn how free email works, how to set up and manage your email accounts, how to block nuisance emails, report spam, unsubscribe to newsletters, plus how to change your password and even cancel your email account. You will also learn what actions you can take to spot and avoid common email scams.

Member \$25 / Member conc \$20 / Non-member \$30

## WIDE WORLD OF PODCASTS AND AUDIO-BOOKS HC10

Fay Gerhard

Monday 24 March, 9am - 11am

Podcasts cover a wide range of topics from true crime to sports and world news; find how to access those that match your interests. We'll also explore options for listening to audio books, both free and subscription options.

Member \$25 / Member conc \$20 / Non-member \$30

## COMPUTER HELP DESK HC11

Fay Gerhard

A one-on-one 30 minute session to deal with a particular issue or for individualised support in making the most of your device. Phone or book in person at the office. When enrolling please let us know what device you are using and an idea of what you need help with.

Member \$30 / Member conc \$25 / Non-member \$35





## WHO WE ARE

Glyde-In Community Learning Centre has been operating since 1981. We offer courses, talks and activities that we hope will enrich members' enjoyment and knowledge, and foster a healthy community life. We aim to be a source of learning that doesn't cost the earth, that doesn't need prior knowledge or qualifications, and asks only a small commitment of time. Our courses are non-competitive and informal.

Glyde-In is a not-for-profit organisation managed by a

volunteer management committee. Our staff members work part time, and our volunteers play a significant role in the life of the Centre. A copy of Glyde-In's constitution can be found on our website.

Most of our funding is generated through membership and course fees. We are also grateful for the support of the Town of East Fremantle through provision of our building and ongoing operational funding.

## HOW TO ENROL

**Enrolments open Wednesday 5 February at 8.30am in person (or online from 9am) and continue through the term, spaces permitting.**

Any enrolments received early are processed on Enrolment Day. If your choice of activity is full you will be placed on a waitlist and we'll contact you if a place becomes available. All courses require a minimum number of enrolments to proceed. We will let you know if a course is cancelled.

**Please choose carefully as refunds or credits are not issued if you cancel after enrolment week.** However if you find that you can't attend, you're welcome to transfer your booking to another person; just let us know in the office if you do.

We appreciate notification if you are not able to attend on the day.

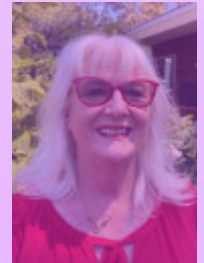
Our enrolment form is on the last two pages and has a list of all courses and activities. Simply place an **X** against the ones you want. Circle the fees that apply, complete your name, membership and payment details. **A separate form is required for each person enrolling.**

Your receipt will list everything you're booked into and any for which you're on a wait list, as well as a list of things you might need to bring on the day, e.g. for an art class.

*Non-members are able to take part in a single class or event per calendar year. If you wish to enrol in further activities, then a membership is required.*

## A WORD FROM THE CHAIR

At the AGM in September 2024, I was honoured to be re-elected as the Chairperson of the Glyde-In Management Committee for another year. I was also pleased to receive unanimous support from members at the AGM for the proposal to update the Glyde-In Constitution. Our sub-committee worked for several months to update the Constitution, and I thank all the members for their efforts. Our management committee works hard to ensure the sustainability of the Glyde-In as a vibrant and inclusive community learning centre.



On the first Sunday of November, we held the first ever ukulele singalong and afternoon tea. Shirley Guy and her ukulele group entertained a capacity audience with well-known songs, encouraging everyone to singalong. A sumptuous afternoon tea of homemade scones, jam and cream was appreciated by all. A huge thankyou to all those who volunteered their time to play music, cook scones and jam, or help out on the day. We have received great feedback and welcome any suggestions for future events such as this.

The term one program looks great and I'm excited to see a trip to Garden Island is back on again. For the adventurous there is a Canning River kayak tour, or staying on a nautical theme you could do a trip to the WA shipwreck museum. And a reminder that term one is your chance to enrol in new beginner language courses in French, Spanish and Italian. There is also beginners Tai Chi. Our friends from Birdlife WA are back to talk about the raptors of Perth. There is the hot topic of AI and creativity. Or for the more scientific there is a great series on the Nobel prize in physics. I hope you will find something to pique your interest. While you are at Glyde-In don't forget to check out the preserves and plants we also have on offer.

Jane Vallance

Chair, Glyde-In Management Committee

# YOU'RE INVITED..... REGULAR GROUPS

## GLYDE-IN GROUPS FOR MEMBERS

*Phone the group convener for more information. If no phone is listed just come along.*

### BOOK CLUB

**2<sup>nd</sup> Monday / month, 3.45 - 5.45pm**

\$5 per session. Books not provided. All welcome.  
Jill Brown, 0433 402 401 / Glyde-In 9339 3964

### CYCLING GROUPS

**Monday and Wednesday mornings.**

For the Monday group, contact Gordon 0419 858 960  
For the Wednesday group, contact  
Marilyn 0407 082 038

### GLYDE-IN SINGERS

**Tuesdays, 4 - 6pm**

With Digby Hill. All welcome to sing folk, early mediaeval,  
African etc.

**Venue:** Sullivan Hall, Cnr. Stevens St & Nannine Ave,  
White Gum Valley.

\$15/session (cash only). First session FREE.  
Just come along.

Contact Lyn 0405 124 618

### MAHJONG

For experienced players.

**Mondays, 1 - 3.30pm:** Liz 0409 838 167

**Fridays, 1 - 3.30pm:** Jenny 0447 966 495

**Thursdays 9.30am - 12pm:** Maureen 0408 532 783

### SCRABBLE

**Wednesdays, 9.30 - 12pm.**

All welcome, \$6 per session + \$1 morning cuppa.  
9339 3964

### THURSDAY WALKERS

**Weekly, 8am sharp** from Glyde-In for an hour's brisk  
walk, then coffee.

### FRIDAY RIDERS

Departs from under Stirling Bridge, E. Freo

**Fridays, 8am**

For those able to cruise at 20kms/hour.  
Gordon 0419 858 960

## PRIVATE GROUPS & WORKSHOPS

*Privately-run activities; for further information please  
phone the conveners.*

### COMMUNITY QUILTING

**3<sup>rd</sup> Monday / month, 9.30am - 12.30pm**

Supporting the WAQA Community Group that donates  
quilts to charities. If you can, please bring a sewing  
machine along.

Lyn 0405 124 618

### TWIN HEARTS MEDITATION

**Thursdays, 6.30 - 7.30pm**

A guided meditation to bless humanity, the earth and  
loved ones with peace, joy, healing and reconciliation. All  
welcome. By donation.

Jan 0419 947 941 or Saira 0421 701 704

### SAHAJA YOGA MEDITATION

**Thursdays 7pm - 8pm**

Self-realisation, peace and joy through a gentle, simple  
process. All welcome. No charge. 1300 724 252.

### SOUND OF SOUL

**2<sup>nd</sup> Saturday / month, 3 - 4pm**

Singing HU has been practiced for thousands of years in  
one form or another for inner attunement... the person  
singing HU tunes in to a higher spiritual awareness.

—Harold Klemp, HU, the Most Beautiful Prayer, p. vii  
Gold coin. Mark 0408 957 514

### QUAKERS (Religious Society of Friends)

**Sundays, 10am - 12pm**

All welcome to our mainly silent meetings for worship.  
Adrian 0450 732 100.



## PARKING

***It's street parking, and there is plenty  
of space in neighbouring streets.***

***Please never ever ever park across  
neighbours' driveways, no matter  
how late you may be for your class.***



## MEMBERSHIP

***12 months \$45 / \$40 concession or \$30  
East Fremantle resident. Single term \$25.***

***Concession is for holders of a Pension  
or Health Care Card (not seniors HCC) or  
DVA Gold Card.***

***You don't have to be an East Fremantle  
resident - everybody is welcome.***

## ROOM HIRE

**Our comfortable rooms are available for hire, depending on availability which is usually limited to evenings and weekends. Room hire is \$30/hour, with discounted rates of \$23/hour for non-profit groups and \$20/hour for groups initiated and run by Glyde-In members. Groups charging a participant fee require their own public liability insurance. Please phone us for details of availability.**



# ENROLMENTS

Title	Miss/Ms/Mrs/Mr/Dr	First name	Last name	
<b><i>This shaded section is for new members &amp; detail changes only</i></b>				Emergency
Phone			Mobile	
Address				
Suburb		Postcode	Email	
Membership (if due) <input type="checkbox"/> \$45 Full <input type="checkbox"/> \$40 conc <input type="checkbox"/> \$30 East Fremantle resident <input type="checkbox"/> \$25 Single term				
Concession membership applies to those holding a Pension or Health Care Card or DVA Card No:				

Please indicate the courses that you are enrolling in by marking a cross in the first column and circling the fees that apply

X	Code	Course/Talk/Event	Start date	Memb.	Conc.	NonMemb	Materials
<input type="checkbox"/>	AS1	SAILING TIPS AND TALES	18 Feb	\$14.00	\$11.00	\$18.00	—
<input type="checkbox"/>	AS2	ARTIFICIAL INTELLIGENCE AND CREATIVITY:	20 Feb	\$14.00	\$11.00	\$18.00	—
<input type="checkbox"/>	AS3	A PERTH CAMERA	24 Feb	\$14.00	\$11.00	\$18.00	—
<input type="checkbox"/>	AS4	HISTORY OF WINE IN ITALY	26 Feb	\$14.00	\$11.00	\$18.00	—
<input type="checkbox"/>	AS5	HIDDEN HISTORY: Woodman Point Quarantine Stn	27 Feb	\$14.00	\$11.00	\$18.00	—
<input type="checkbox"/>	AS6	FACT, TRUTH AND FAKE NEWS	5 Mar	\$14.00	\$11.00	\$18.00	—
<input type="checkbox"/>	AS7	RAPTORS OF PERTH	6 Mar	\$14.00	\$11.00	\$18.00	—
<input type="checkbox"/>	AS8	WEEK 1: WHAT IS THE NOBEL PRIZE?	7 Mar	\$14.00	\$11.00	\$18.00	—
<input type="checkbox"/>	AS9	WEEK 2: EINSTEIN'S NOBEL PRIZE IN PHYSICS	14 Mar	\$14.00	\$11.00	\$18.00	—
<input type="checkbox"/>	AS10	WEEK 3: WILHELM RÖNTGEN AND MARIE CURIE	21 Mar	\$14.00	\$11.00	\$18.00	—
<input type="checkbox"/>	AS11	WK 4: NOBEL PRIZES FOR PHYSICS & AUSTRALIA	28 Mar	\$14.00	\$11.00	\$18.00	—
<input type="checkbox"/>	AS12	WK 5: NOBEL PRIZES FOR PHYSICS IN FUTURE	4 Apr	\$14.00	\$11.00	\$18.00	—
<input type="checkbox"/>	AS13	HAPPY GUT	24 Mar	\$14.00	\$11.00	\$18.00	—
<input type="checkbox"/>	AS14	INTERGENERATIONAL EQUITY	31 Mar	\$14.00	\$11.00	\$18.00	—
<input type="checkbox"/>	AS15	ROMANIA - The Land that Time Forgot	10 Apr	\$14.00	\$11.00	\$18.00	—
<input type="checkbox"/>	BN1	HOW TO WRITE A LIFE STORY	21 Mar	\$120.00	\$96.00	—	—
<input type="checkbox"/>	BN2	UKULELE: Glyde Sing, Strum & Pick Level 3	10 Feb	\$144.00	\$116.00	—	—
<input type="checkbox"/>	BN3	WHAT IS A GOOD HUMAN LIFE?	20 Feb	\$192.00	\$154.00	—	—
<input type="checkbox"/>	BN4	WISDOM OF THE WEST - JUNG	10 Feb	\$96.00	\$77.00	—	—
<input type="checkbox"/>	BN5	WISDOM OF THE WEST - GNOSTICISM	17 Mar	\$96.00	\$77.00	—	—
<input type="checkbox"/>	BN6	ADVANCED CARE PLANNING WORKSHOP	10 Mar	No	charge	—	—
<input type="checkbox"/>	CM1	YOGA RESTORATIVE (TUES)	11 Feb	\$135.00	\$108.00	—	—
<input type="checkbox"/>	CM2	YOGA GENERAL	11 Feb	\$135.00	\$108.00	—	—
<input type="checkbox"/>	CM3	YOGA RESTORATIVE (THURS)	13 Feb	\$135.00	\$108.00	—	—
<input type="checkbox"/>	CM4	SATURDAY YOGA	15 Feb	\$135.00	\$108.00	—	—
<input type="checkbox"/>	CM5	TAI CHI FOR BEGINNERS WITH RUPERTO	12 Feb	\$108.00	\$87.00	—	—
<input type="checkbox"/>	CM6	TAI CHI ONGOING WITH RUPERTO	12 Feb	\$108.00	\$87.00	—	—
<input type="checkbox"/>	CM7	SOUND HEALING AND MEDITATION	16 Feb	\$25.00	\$20.00	\$30.00	—
<input type="checkbox"/>	CM8	SOUND HEALING AND MEDITATION	30 Mar	\$25.00	\$20.00	\$30.00	—
<input type="checkbox"/>	CM9	ECCENTRIC EXERCISES	18 Feb	\$30.00	\$24.00	—	\$8.00
<input type="checkbox"/>	CM10	ALEXANDER TECHNIQUE	27 Mar	\$72.00	\$58.00	—	—
<input type="checkbox"/>	CM11	FRIDAY GLYDERS	7 Feb	\$15.00	\$12.00	—	—
<input type="checkbox"/>	DO1	CARLISLE COLLECTIVE TERRARIUM WORKSHOP	21 Feb	\$160.00	\$155.00	\$165.00	—
<input type="checkbox"/>	DO2	WA SHIPWRECKS MUSEUM/SWAN RIVER CRUISE	28 Feb	\$72.00	\$67.00	\$77.00	—
<input type="checkbox"/>	DO3	GARDEN ISLAND TOUR	7 Mar	\$33.00	\$28.00	\$38.00	—
<input type="checkbox"/>	DO4	MURRAY RIVER CRUISE WITH LUNCH	14 Mar	\$180.00	\$175.00	\$185.00	—
<input type="checkbox"/>							
<input type="checkbox"/>							
<b>Total cost for this page</b>							

# ENROLMENTS

X	Code	Course/Talk/Event	Start date	Memb.	Conc.	NonMemb	Materials
	DO5	CANNING RIVER KAYAK TOUR	19 Mar	\$67.00	\$62.00	\$72.00	—
	DO6	BICTON MINI GOLF	1 Apr	\$33.00	\$27.00	\$37.00	—
	DO7	BUNBURY DAY TRIP	4 Apr	\$170.00	\$155.00	\$175.00	—
	EC1	SEASON ONE - MELVILLE THEATRE	23 Feb	\$25.00	\$25.00	\$30.00	—
	EC2	JAZZ AT THE FREMANTLE WORKERS CLUB	14 Mar	\$37.00	\$37.00	\$40.00	—
	EC3	FREMANTLE CHAMBER ORCHESTRA	29 Mar	\$37.00	\$37.00	\$40.00	—
	EC4	MIDNIGHT MURDER... - GARRICK THEATRE	6 Apr	\$30.00	\$30.00	\$35.00	—
	FB1	DRAWING FOR FUN	18 Feb	\$144.00	\$116.00	—	ttb*
	FB2	NATURE CLOSE UP	14 Feb	\$120.00	\$96.00	—	ttb*
	FB3	INTRODUCTION TO SCREEN PRINTING	28 Feb	\$36.00	\$29.00	—	\$35.00
	FB4	MOSAICS	4 Mar	\$72.00	\$58.00	—	\$85.00
	FB5	AIR-DRY CLAY BOWLS	25 Mar	\$24.00	\$20.00	—	\$45.00
	GL1	SPANISH, ongoing beginners 1 (Monday)	10 Feb	\$144.00	\$116.00	—	—
	GL2	SPANISH, Intermediate	11 Feb	\$216.00	\$173.00	—	—
	GL3	SPANISH, ongoing beginners 2 (Tuesday)	11 Feb	\$216.00	\$173.00	—	—
	GL4	SPANISH, complete beginners <i>NEW</i>	19 Feb	\$192.00	\$154.00	—	—
	GL5	FRENCH, ONGOING	11 Feb	\$144.00	\$116.00	—	—
	GL6	FRENCH, NEW BEGINNERS <i>NEW</i>	13 Feb	\$108.00	\$87.00	—	\$4.00
	GL7	FRENCH, ONGOING BEGINNERS (Thursday)	13 Feb	\$216.00	\$173.00	—	\$4.00
	GL8	FRENCH, MORE ADVANCED	13 Feb	\$216.00	\$173.00	—	\$4.00
	GL9	ITALIAN, ONGOING	12 Feb	\$144.00	\$116.00	—	—
	GL10	ITALIAN, ONGOING BEGINNERS	12 Feb	\$162.00	\$130.00	—	—
	GL11	ITALIAN, FOR COMPLETE BEGINNERS <i>NEW</i>	19 Feb	\$96.00	\$77.00	—	—
	GL12	LATIN, ONGOING	11 Feb	\$216.00	\$173.00	—	—
	HC1	RESEARCHING AND BOOKING TRAVEL ONLINE	7 Feb	\$25.00	\$20.00	\$30.00	—
	HC2	FACEBOOK SETTINGS	17 Feb	\$25.00	\$20.00	\$30.00	—
	HC3	FACEBOOK MARKETPLACE	17 Feb	\$25.00	\$20.00	\$30.00	—
	HC4	TRANSFERRING PHOTOS (APPLE DEVICES)	24 Feb	\$25.00	\$20.00	\$30.00	—
	HC5	TRANSFERRING PHOTOS (ANDROID DEVICES)	24 Feb	\$25.00	\$20.00	\$30.00	—
	HC6	e-SAFETY	10 Mar	\$25.00	\$20.00	\$30.00	—
	HC7	MAPS ON YOUR PHONE	10 Mar	\$25.00	\$20.00	\$30.00	—
	HC8	WHATSAPP	17 Mar	\$25.00	\$20.00	\$30.00	—
	HC9	SETTING UP EMAILS	17 Mar	\$25.00	\$20.00	\$30.00	—
	HC10	WIDE WORLD OF PODCASTS AND AUDIO-BOOKS	24 Mar	\$25.00	\$20.00	\$30.00	—
	HC11	COMPUTER HELP DESK	Call office	\$30.00	\$25.00	\$35.00	—
		ttb* - Things to bring					

**Total cost of this page**

**PAGE 1 COST**

**MEMBERSHIP FEE (IF APPLICABLE)**

**CREDIT (WHERE APPLICABLE) (      )**

**GRAND TOTAL COST**

PAYMENT METHOD (CIRCLE ONE)

CHEQUE

CASH

CARD

OFFICE USE