



42 Glyde Street, East Fremantle, 6158 ABN: 12 477 460 811

PROGRAMME TERM 1, 2023 - Monday 6 February to Friday 6 April

Enrolments open Wednesday 1 February, 8.30am in person, 9.00am online

Evening and weekend courses are highlighted with a yellow star

SPEAKERS UNLIMITED

BEING NATIVE BIRD FRIENDLY

AS1

Lou Scampoli, Birdlife WA

Wednesday 15 February, 9 - 10am

A regular volunteer with Birdlife WA, Lou will share wonderful photos and bird call recordings, with a focus on our neighbourhood native birds, describing some of their unique characteristics. He'll explain the factors that are impacting bird numbers and how we can support them in our local neighbourhoods, including bird friendly gardens.

Members \$14 / \$11 conc. Non-members \$18

IT'S A BEAUTIFUL LIFE

AS2

Jane House

Thursday 16 February 9 - 10am

Attitudes about death, dying and funerals are changing for the better. Join Jane for an empowering and informative conversation on a subject we often avoid but all need to know about, including new ways to approach funeral planning in a much more personal and affordable way. Jane is the director of Tender Funerals Perth.

Members \$14 / \$11 conc. Non-members \$18

HISTORY OF FOOD IN ITALY

AS3

- A CULINARY JOURNEY FROM ANTIQUITY TO GLOBALISATION

Fausto Buttà

Thursday 16 February, 11.30am - 1.30pm

Why do Italians eat pasta? Is it true that Marco Polo imported spaghetti from China? How has Italian cuisine changed through history? What is traditional Italian cuisine? Dr Fausto Buttà (UWA) will answer these questions, bust some myths, and accompany participants through this historical and cultural journey. After the talk you'll be treated to delicious Italian food prepared by chefs at Parlapa, an Italian cafe-trattoria based in Fremantle. A fantastic opportunity for stimulating the mind whilst enjoying beautiful Italian food!

Members \$45 / \$40 conc. Non-members \$50

MY REMARKABLE MOTHER

AS4

Sandra Harris-Ramini

Thursday, 23 February, 9 - 10am

Musician, illustrator, artist, wife, mother and pioneer. Born in Geraldton in 1905, Rae McPherson Harris and the young country she grew up in were closely

intertwined. She was learning the piano at the age of three and won medals in Melbourne as a youthful musician. Meanwhile her artistic flair had her working as an illustrator for the Sydney Bulletin during the depression. She wrote and illustrated several children's books, all set in Australia, and was way ahead of her time in encouraging the art and culture of indigenous Australians. Sandra Harris-Ramini shows us in words and pictures her mother's life and the effect she had on all who met her.

Members \$14 / \$11 conc. Non-members \$18

PELLEGRINO ARTUSI'S COOKBOOK:

AS5

A CULINARY JOURNEY THROUGH ITALY

Fausto Buttà

Thursday 23 February, 11.30am - 1.30pm

This presentation on Pellegrino Artusi's first national Italian cookbook will offer the opportunity to appreciate the cultural richness of Italian cuisine and its regional variety. By exploring Artusi's work of unification on a culinary level, we'll better understand the social aspect of food and its centrality in human relationships. As Greek philosopher and historian Plutarch wrote in the first century AD, 'We don't invite one another simply to eat and drink, but to eat and drink together'. After the talk you will enjoy traditional regional food prepared by the chefs at Parlapa, according to Artusi's original recipes.

Members \$45 / \$40 conc. Non-members \$50

FOODS TO FIGHT INFLAMMATION

AS6

Nick Nation

Friday 24 February, 9 - 10.15am

Inflammation can be both good and bad. It helps your body defend itself from infection and injury. However, chronic long-term inflammation is at the core of most chronic diseases that we're trying to manage and avoid. But what is inflammation, and how does what you eat make it better or worse? Join accredited practicing dietitian Nick Nation to learn more about the anti-inflammatory foods that you can include in your normal meal pattern, as well as pro-inflammatory foods to avoid.

Members \$14 / \$11 conc. Non-members \$18

A DAY IN TUDOR ENGLAND AS7

- the story of the Mary Rose

Patrick Baker

Tuesday 28 February, 9 - 10.15am

Any shipwreck can be aptly described as a time capsule; a representation of a precise moment in time. The shipwreck 'Mary Rose', one of the world's great archaeological investigations, is a prime example. Sunk in 1545 in sight of her owner King Henry VIII, a full half of the ship lay buried and preserved in the Solent sea bed until its discovery 426 years later. It is now displayed in a magnificent museum alongside Nelson's 'Victory' in Portsmouth Naval Dockyard. Specialist maritime archaeological photographer Patrick Baker has enjoyed a 50 year involvement with the 'Mary Rose' project and will tell us of the history, discovery, excavation, salvage and years of preservation work involved.

Members \$14 / \$11 conc. Non-members \$18

HISTORY, MYTHS & FUN FACTS ABOUT FOOD IN ITALY AS8

Fausto Buttà

Thursday 2 March, 11.30am - 1.30pm

The origin of some food products is among those things we often wished to know but never bothered to investigate. What about coffee and sugar, for example? Is coffee originally from Latin America? And how did it arrive in Europe and Italy in particular? What is the history of wine and what is its significance for Italian lifestyle? These are just a few of the topics we will explore in this lecture, which completes Fausto's trilogy of presentations on the history of food in Italy. This talk will also be offered together with a meal catered by Parlapà.

Members \$45 / \$40 conc. Non-members \$50

NOW AND THEN - AN AFRICAN STORY AS9

Margaret Wilkes

Wednesday 8 March, 9 - 10am

A story of postcolonial Kenya and Margaret's time living in an African village 50 years ago, teaching in a local school. She'll also look at what has happened since and pose some questions for the future.

Members \$14 / \$11 conc. Non-members \$18

TAKING THE WATERS AS10

Richard Offen

Monday 13 March, 10 - 11am

In Perth, the sea and its use for leisure pursuits is an intrinsic part of our culture. But using the coastline for such purposes has not always been fashionable. In this talk local historian, Richard Offen, will trace the history of the 'seaside holiday' from its roots in the UK and Continental Europe.

Members \$14 / \$11 conc. Non-members \$18

TOWN TALK - WASTE AND SUSTAINABILITY AS11

Connor Warn

Wednesday 15 March, 9 - 10am

Connor will provide an overview of the sustainability actions that have been completed or are currently underway in relation to the Town's Climate Emergency Strategy 2022-2032. He will also highlight the important work Council has undertaken in partnership with the East Fremantle Climate Action Reference Group (CARG) who act as a conduit between Council and the community relating to climate change.

No charge, but bookings essential.

MY CRAZY LIFE AND TIMES AS12

Sandra Harris-Ramini

Thursday 16 March, 10 - 11am

Sixty years ago, Sandra Harris set sail for England seeking fame and fortune. During her 50-year media career she met Muhammad Ali, Dames Maggie Smith and Joan Collins, Mick Jagger and Michael Jackson. Dame Barbara Cartland became a close friend. Sandra climbed into bed with John Lennon and Yoko Ono, got to know Dolly Parton, and sang the 'wah, wah, wah,' bits with the Motown girl band, The Three Degrees. Now back home in Perth Sandra is looking forward to the publication of her latest book, *ACT III, The Essential Handbook For Those Who Weren't Born Yesterday*. Come and hear more from Sandra's eventful life and career.

Members \$14 / \$11 conc. Non-members \$18

INTERNET SAFETY AND ONLINE SECURITY AS13

Friday 17 March, 9 - 10am

Dr David Cook, Edith Cowan University

Identity theft and the harvesting of email information are all too common, and seniors are particularly targeted. Dr David Cook, specialises in cyber security for seniors and adults. With the help of some startling true tales he will explain how we can unwarily divulge too much information in our emails, and he'll offer essential tips on safeguarding our privacy and personal information online.

Members \$14 / \$11 conc. Non-members \$18

ORIGINS OF THE UNIVERSE AS14

Steven Tingay

Monday 20 March, 10 - 11am

In the first of three talks astrophysicist and John Curtin Distinguished Professor Steven Tingay will talk about our place in the Universe. He'll cover the origins of the Universe, tracing how we got from the Big Bang 13.8 billion years ago to stars, planets, and life today.

Members \$14 / \$11 conc. Non-members \$18

THE TOOLS OF MODERN ASTRONOMY AS15

Steven Tingay

Monday 27 March, 10 - 11am

In this second talk Professor Steven Tingay will explain the telescopes that operate across the electromagnetic spectrum, from earth and in space, that are used to explore the Universe.

Members \$14 / \$11 conc. Non-members \$18

SAFEGUARDING SEED: AS16

A MODERN DAY NOAH'S ARK

Dr Andrew Crawford

Wednesday 29 March, 9 - 10am

Join Andrew to learn about threatened plant species in WA and the role of the Western Australian Seed Centre in helping conserve them. You'll find out what is involved in conserving seed over the long term, from collecting the seed through to storage. Andrew will also explain how the seed collections are being used to improve our knowledge and the conservation status of our threatened plants through research and translocation.

Members \$14 / \$11 conc. Non-members \$18



SPEAKERS UNLIMITED ...Continued

USING YOUR HANDS WITH VIRTUAL REALITY AS17 Dr David Cook, Edith Cowan University Friday 31 March, 9 – 10am

Dr David Cook will demonstrate a new aspect of virtual reality that allows people to "re-invent" their hands. Dexterity can be a challenge for some and it is described by the World Health Organisation as a "perishable skill". This talk will shine a light on recent progress that shows the benefit of using Virtual Reality (VR) to get around some of the common challenges such as hand tremors and arthritis. David will share new areas of research that shows evidence of enabling older hands to write letters, repair muscle memory in the hands and fingers and restore movement.

Members \$14 / \$11 conc. Non-members \$18

ASTRONOMY AND ASTROPHYSICS IN WESTERN AUSTRALIA AS18

Steven Tingay

Monday 3 April, 10 - 11am

Do you know what's going on in astronomy in Western Australia? Have you heard about WA's Square Kilometre Array? To learn why this groundbreaking structure will be one of the most powerful facilities for astrophysics ever conceived, attend Professor Steven Tingay's final talk in his three part series.

Members \$14 / \$11 conc. Non-members \$18

NOT-SO-TRIVIAL PURSUITS

DO YOU HAVE A STORY TO TELL? BN1

Rosemary Argue, author and writing teacher

4 Thursdays: 9 February - 2 March, 1 - 3pm

Do you aspire to write a story but don't know how to begin? In this four-week course you'll learn the basics of writing. The focus will be on writing fiction though these skills are equally applicable to memoir and creative non-fiction. You'll cover: where ideas come from, how to get the words down in a first draft, avoiding writer's block, developing characters and plot, then you'll tackle the hard stuff: redrafting and editing.

Members \$80 / \$64 conc.

UKULELE: Glyde Sing, Strum & Pick Level 2 BN2 Shirley Guy

6 Wednesdays: 8 February - 5 April, 1 - 2.30pm
(no class 22 Feb, 1 & 8 March)

An ongoing class, suitable for those able to play most of Lil Rev's Ukulele Method Book 1.

Members \$90 / \$72 conc.

UKULELE: Glyde Sing, Strum & Pick, Level 3 BN3 Shirley Guy

6 Mondays: 6 February - 3 April, 1 - 2.30pm
(no classes 27 Feb, 6 or 13 March)

An ongoing class, suitable for those able to play Lil Rev's Ukulele Method Book 2.

Members \$90 / \$72 conc.

HEALTHY EATING BN4

4 Fridays: February 10, 17, 24 March 3, 10.30am - 1pm
Eamon Barron, Foodbank WA

Participate in a four-week nutrition education and cooking programme at Foodbank WA's Healthy Eating Hub in the Sunshine Harvester Building in Fremantle. Each session is 2.5 hours and covers topics of healthy

NOT-SO-TRIVIAL PURSUITS

eating, label reading, budgeting and meal planning, and more. In the first hour of each session the nutrition theme of the week will be covered and then you'll jump into the purpose-built kitchen to create easy and healthy recipes to enjoy eating as a group. Each week you'll receive free resources and recipe booklets to help you on your healthy journey.

All sessions held at Healthy Eating Hub, Sunshine Harvester Works, 5/1 James Street, Fremantle.

Members \$20 / \$16 conc. (covers all sessions)

THE NATURE OF CONSCIOUSNESS BN5

Ruperto Nunez

8 Wednesdays: 15 February - 5 April, 1 - 3pm

Our Western culture is based on the assumption that consciousness is derived from matter, that is, the brain. Most of us accept this idea without question, despite a lack of scientific evidence. This in turn has produced the materialistic paradigm that informs most aspects of our lives, and is at the core of much human suffering and degradation of our environment. These meetings are an invitation to explore a different possibility. We will attempt to unravel the assumptions behind this materialistic belief, and discover how a different paradigm could contribute to a more fulfilling and peaceful life.

Members \$160 / \$128 conc.

OLD FASHIONED GAMES BN6

Gordon MacNish

Thursday 9 March, 9.30am - 12pm

Maybe you love to play table games with friends, but you find Scrabble/Mahjong/Bridge too hard or too competitive. So, what about joining a group to play those easy board games we loved when we were kids? Games like Snakes and Ladders, Ludo, Chinese Checkers and Dominoes.



No scores kept and no prizes; just some easy fun, some good laughs and some memories of the 'good old days' before games were played on a computer or smartphone.

Members \$5 (to cover room hire)

FROM ECO-ANXIETY TO ECO-HOPE BN7 Annolies Truman

Saturday 11 March, 11am - 3pm

A workshop to foster creative responses to climate change. Do you feel concern at the state of the environment? Are you worried that your children and grandchildren will inherit a diminished world? Eco-anxiety is a normal and appropriate response to the crisis we see unfolding, but how do we deal with our feelings of grief, anger and fear? Annolies, a professional counsellor and educator, will facilitate this reflective workshop, allowing us to acknowledge concerns and feelings in a non-judgmental and respectful environment, and address them through creative writing and drawing, connection to nature and each other, mindful self-compassion, realistic hope and meaningful action. Previous participants describe finding hope, collaboration, inspiration and commitment. Bring a notebook, pen, pastels/crayons, hat and lunch.

Members \$40 / \$32. Non-members \$45.

MIND & BODY

If possible please bring your own mat and other props to your yoga class.

YOGA RESTORATIVE

CM1

Uwe Oswald

9 Tuesdays: 7 February - 4 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. Continuing students will need to re-enrol.

Members \$112/ \$90 conc.

YOGA GENERAL

CM2

Uwe Oswald

9 Tuesdays: 7 February - 4 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. Continuing students will need to re-enrol.

Members \$112/ \$90 conc.

SATURDAY YOGA

CM3

Uwe Oswald

8 Saturdays: 11 February - 1 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. Continuing students will need to re-enrol.

Members \$100 / \$80 conc.

INDOOR NORDIC POLING COURSE

CM4

Carol Benson-Hitch, Nordic Walking Fremantle

8 Wednesdays: 15 February - 5 April, 3 - 4pm

Walking poles, inside a building? Yes! Utilising Nordic walking poles, certified instructor Carol leads group classes for people with bone and joint diagnoses as well as people with early on-set Parkinson's, hip/knee replacements, balance, and stability issues. Using the poles, participants will begin with seated full-body exercises to improve strength, coordination, and increase range of motion. Then, it's time to stand - to focus on balance, posture, and gait efficiency as well as strengthening the lower body. The bilateral support of two poles reduces stress on the lower body joints and provide a sense of security. Plus, it can be a great workout! When walking with the poles, the Urban Poling Rehab/Activator® technique will incorporate up to 90% more muscle than walking alone. Demo poles will be provided for all participants.

Members \$80 / \$64 conc.

IN-SPIRAL FLOW MOVEMENT

CM5

Christine Jaroszewski-Consani

5 Thursdays: 16 February - 16 March, 4.30 - 5.30pm

These classes, using elements of the Gyrokinesis® method and free-form movement, will focus on the gentle, restorative aspects of breath and circular, flowing movement. Feel rejuvenated, with increased vitality and well-being. Classes are gentle and rhythmic, at a pace to suit those taking part. Suitable for those seeking gentle, safe and low-impact exercise, including those with pain or restriction of movement. Christine is an experienced ballet, creative dance/ movement and Gyrokinesis® teacher.

Members \$50 / \$40 conc.

OUT 'N ABOUT

Our bus trips are brought to you by volunteer organisers, drivers and hosts. Buses depart **on time** from Prinsep Road, Melville. Please park in Prinsep Road. Return times are approximate. If you can't make it please let us know beforehand on 93393964 or, on the day, use the contact number of your Glyde-In host.

Please note the new departure location, see map below.



MURRAY RIVER LUNCH CRUISE

DO1

Mal Christison

Wednesday 22 February, 8.45am - 4.30pm

Bus and Boat trip: Hosted by an expert local guide, we'll travel on the spacious twin-level 'Dancing Dolphin' catamaran for a daytrip of delight. Sit back, relax and take in the stunning scenery, cruising up the river to Murray River bridge. We'll start the morning cruising across Mandurah's magnificent estuary. Crossing the Peel Inlet be on the lookout for Mandurah's delightful Bottlenose dolphins as they surf and play in the wake of the boat. Stop at Cooper's Mill heritage island site for a brief, easy walking tour. This restored wind-driven mill, located on Cooleenup Island, is only accessible by boat. Explore and wander, or follow your tour guide to learn more about the Mill. Dine on a delicious buffet lunch and dessert, served while cruising the Murray River. Return back across the Peel Inlet. Enjoy refreshments along the way, with a fully licensed bar available for you to purchase drinks. Help yourself to complimentary tea/coffee (bring your own keep-cup).

Meet at Prinsep Road, Melville at 8.45am for 9am departure.

Book by 8 February

Members \$142 / \$129 conc. Non-members \$147

YANCHEP BUSH WALK, CAVE TOUR & LUNCH DO2

Barry Ross

Thursday 2 March, 8.45am - 4.15pm

Bus trip. Enjoy a day out to Yanchep National Park, stopping for coffee (at own cost) en-route, before taking a comfortable one hour bushwalk around the lagoon. We'll then stop for lunch at the Yanchep Inn (at own cost), followed by a guided tour of the Crystal Cave (some steps involved) before heading home. Meet at Prinsep Road, Melville at 8.45am for 9am departure.

Book by 16 February

Members \$48 / \$44 conc. Non-members \$53

FREMANTLE SOCIETY HERITAGE WALK: DO3 WEST END ARCHITECTURE

Eileen Burns

Wednesday, 8 March, 10.15 - 11.45am

Meet there. Fremantle's West End is brimming with interesting heritage elements and architecture and has the State's highest density of heritage-listed buildings. There are more than 250 buildings classified for their heritage value, which makes the West End the architectural heart of Fremantle, and it is best enjoyed from the footpath! So, look up, look down and look all around and come along and join Matt Wallwork, architect, from the Fremantle Society, on a heritage walking tour that examines the famous buildings of the West End through his eyes. You'll have the unique opportunity to ask specific questions of Matt as you weave your way through the architectural designs of the past. Afterwards, enjoy a coffee with the group and reflect on what was good, what was bad and what was just plain ugly! You might even decide to extend your visit to the West End at Gage Roads brewery (all drinks and food at own cost).

Meet at 10.15am on the front steps of the WA Maritime Museum, Victoria Quay Road, Fremantle

Book by 22 February

Members \$35 / \$32 conc. Non-members \$40

JOHN CURTIN PRIME MINISTERIAL DO4 MEMORIAL LIBRARY TOUR

Julie Robertson

Thursday 16 March, 8.30am - 2.15pm

Bus trip. Visit the John Curtin Prime Ministerial Library (JCPML) with us and discover more about one of our great statesmen. John Curtin (1885-1945) is the only Prime Minister to have represented Western Australia and is considered one of the nation's greatest leaders, steering Australia through the difficult days of the Second World War. Curtin University is named in his honour and the John Curtin Prime Ministerial Library preserves his legacy, holding the Curtin family papers and many other archival materials relating to his life and times. Special collections librarian & archivist Dr Nathan Hobby will give a talk on the intriguing and dramatic life of John Curtin revealed through the JCPML's collection. Special collections co-ordinator, Sally Laming, will take you on a tour of the treasures held by the library in the JCPML collection and other special collections held by the university, from the WA architectural drawings of the Summerhayes family to the rare books dating back to the 16th century and early West Australian publications. Afterwards we'll have coffee at the Aroma café next door then head to Bentley Pines Training restaurant nearby for lunch (at own cost).

Meet at Prinsep Road, Melville at 8.30am for 8.45am departure.

Book by 2 March

Members \$30 / \$27 conc. Non-members \$35

PINNACLES - LUMINEER ADVENTURE TOUR DO5

Barbara Saba

Friday 24 March, 12.30 - 10.30pm

Bus trip. Board a luxury minibus for a trip into the middle of the Pinnacles Desert. We'll stop at Lancelin around 2.30pm to visit a bakery, take a short walk to the lookout, and maybe visit the pub for a drink (each at own cost). Then a 50-minute drive to Hangover Bay where we'll enjoy a bush tucker/bush medicine walk and a walk on the beach. After that we'll drive to the

Pinnacles and while we wait for the stars and planets to arrive we'll enjoy a traditional Australian barbeque dinner in the Pinnacles Desert with a glass of Swan Valley wine as we watch the sun set over the Indian Ocean. Telescopes and Astro binoculars for star gazing are supplied, allowing you to see the planets and stars and our moon in great detail. There is also the option to attach your smartphone to the telescope to take stunning pictures of the moon. There'll also be storytelling from Indigenous astronomy including an explanation of the creation of the universe.

Meet at Prinsep Road, Melville at 12.15pm for a 12.30pm departure.

Book by 28 February

Members \$158 / \$144 conc. Non-Members \$163

FREMANTLE SOCIETY HERITAGE WALK: DO6 SHIPS & SHIPPING

Eileen Burns

Wednesday 29 March, 10.15 - 11.45am

Meet there. Fremantle's Victoria Quay is rich in history - if only the Quay could talk! Join John Dowson, historian with the Fremantle Society, on a heritage walking tour that'll bring Fremantle Quay to life while tapping into the rich and vibrant history of the area. You'll have the unique opportunity to visit little-known areas of Slipway Precinct, Slip Street and the Steamship Buildings where much happened concerning Lumpers wages, strikes and other colourful business of the Port. Along with John's professional commentary, this tour will also include a special, private interior visit to the former Adelaide Steamship Company Offices in Mouat Street. At the conclusion of the tour, enjoy a coffee with the group and reflect on the ships and shipping of days gone by! You might even decide to stay on for lunch at Gage Roads brewery (all drinks and food at own cost).

Meet at 10.15am on the front steps of the WA Maritime Museum, Victoria Quay Road, Fremantle

Book by 15 March

Members \$35 / \$32 conc. Non-members \$40

ESCAPE ROOM AND LUNCH AT DO7 SPICE MARKET RESTAURANT

Barbara Saba

Tuesday 4 April 10.45am - 1.30pm (approx).

Meet there. Escape rooms are live-action team-based games where players discover clues, solve puzzles, and accomplish tasks in one or more rooms in order to accomplish a specific goal (usually escaping from the room) in a limited amount of time. Games take place in brilliantly themed rooms designed with incredible attention to detail. Once the door closes, you must work together to solve a series of fiendishly clever clues. You have just one hour of pulse-racing excitement to win your freedom - if you can! Afterwards, we will lunch at the Spice Market Restaurant in the High St Mall (at own cost).

Meet at the venue, U29A/36 The Piazza, South Terrace, Fremantle at 10.45am

Book by 1 March

Member \$41 / \$37 conc. Non-member \$46



CULTURE CLUB

Meet others and enjoy wonderful entertainment.
You will be advised when to **collect your tickets from the Glyde-In office**. Please be at the theatre before curtain up. Remember there is no late entry for performances.

PLAZA SUITE

EC1

Melville Theatre

Sunday 26 Feb, 2 - 4pm (approx.)

Meet there. A comedy by Neil Simon. Hilarity abounds in this portrait of three couples successively occupying a suite at the Plaza. A suburban couple take the suite while their house is being painted and it turns out to be the one in which they honeymooned 23 (or was it 24?) years before and was yesterday the anniversary, or is it today? This wry tale of marriage in tatters is followed by the exploits of a Hollywood producer who, after three marriages, is looking for fresh fields. He calls a childhood sweetheart, now a suburban housewife, for a little sexual diversion. Over the years she has idolized him from afar and is now more than the match he bargained for. The last couple is a mother and father fighting about the best way to get their daughter out of the bathroom and down to the ballroom where guests await her or as Mother yells, "I want you to come out of that bathroom and get married!"

Book by 10 February

Venue: Melville Theatre, cnr Stock Road & Canning Hwy, Palmyra.

Members \$23. Non-members \$28

WASO, MORNING SYMPHONY

EC2

Perth Concert Hall

Thursday 9 March, 11 - 12pm

Meet there. Led by Principal Conductor, Asher Fisch, Brahms' magisterial double concerto weaves the solo violin and cello into a burnished unity. At the peak of their powers, WASO's Concertmaster and Principal Cello are the perfect duo to perform Brahms' beautiful ode to friendship.

Book by 28 February

Venue: Perth Concert Hall, St George Terrace, Perth.

Members \$35 Non-members \$40

LUNENBURG

EC3

Harbour Theatre

Sunday 26 March, 2 - 4pm

Meet there. After the unexpected death of her husband, Iris inherits a house in Lunenburg, Nova Scotia. Accompanied by her best friend, Iris travels to Lunenburg and discovers that her husband had another life that she knew nothing about. A romantic comedy with a touch of lust from the pen of Norm Foster (The Love List, On A First Name Basis, The Ladies Foursome).

Book by 10 March

Venue: Mosman Park Memorial Hall, 16 Lochee St, Mosman Park.

Members \$25 Non-members \$30

BY HAND

ADVENTURES IN GOUACHE

FB1

Mal Cunningham

4 Mondays: 6 - 27 February, 10am - 12pm

Gouache is a remarkably versatile medium – somewhere between watercolours and acrylics. It is water-based, making it easy to layer or water down as preferred, dries quite quickly, is bright and versatile and requires very few materials. Join Mal to explore this fabulous medium.

Members \$80 / \$64 conc. + things to bring

LEARN TO DRAW

FB2

Jane Lidbetter

4 Fridays: 10 February - 3 March, 1 - 3pm

Jane will teach you the fundamentals of drawing – learning about tone, line and composition. You'll work from still life and the surroundings of the Glyde in, starting off with pencil and then moving on to charcoal and pen and ink. Bring along some HB, 2B, 4B pencils, cartridge paper and eraser. Other materials will be discussed in the first session.

Members \$80 / \$64 conc. + things to bring

THE ART OF EVERY DAY:

FB3

keeping an illustrated journal

Evelyn Bach

5 Thursdays: 9 March - 6 April, 1 - 3pm

Explore ways to record the scenes, objects and experiences of our everyday lives. Experiment with tools and approaches to drawing and text. Integrate found objects and ephemera into your journal pages and learn the art of embracing the wonky. No experience in drawing or writing required.

Members \$100 / \$80 conc. Things to bring.

SEASCAPES IN PASTELS

FB4

Jane Lidbetter

4 Fridays: 10 March - 31 March, 1 - 3pm

Using soft pastels you will learn how to create vibrant seascapes, depicting a panoramic sweep of nature using just a few colours. Have fun bringing depth, movement and light to waves, shore and sky. Bring along some soft pastels in ultramarine blue, cobalt blue, turquoise, viridian green, raw sienna, burnt umber and white. Jane will supply paper at a small cost.

Members \$80 / \$64 conc. + things to bring



LANGUAGES

SPANISH

SPANISH, new beginners GL1

Ruperto Nunez

9 Wednesdays: 8 February - 5 April, 3.30 - 5.30pm

For complete beginners, start your journey learning Spanish with Ruperto.

Members \$180 / \$144 conc. + \$4 materials

SPANISH, beginners ongoing (Mondays) GL2

Ruperto Nunez

8 Mondays: 6 February - 3 April, 4 - 5.30pm
(No class 6 March)

For the ongoing beginner, continue to learn the basics and build your vocabulary and confidence. Not suitable for complete beginners.

Members \$120 / \$96 conc. + \$4 materials

SPANISH, Basic A1 GL3

Ruperto Nunez

9 Tuesdays: 7 February - 4 April, 11.30am - 1.30pm

If you know pronouns, present and simple past tenses and basic dialogue, this course will help you understand and use everyday expressions and basic phrases, introduce yourself and others, and ask and answer personal questions.

Members \$180 / \$144 conc. + \$4 materials

SPANISH on Mondays, Basic A2 GL4

Ruperto Nunez

8 Mondays: 6 February - 3 April, 1.30 - 3.30pm
(No class 6 March)

If you understand present and simple past tenses and basic travel vocabulary, join this class to expand your vocabulary and improve fluency.

Members \$160 / \$128 conc. + \$4 materials

SPANISH, Intermediate B1 GL5

Ruperto Nunez

9 Tuesdays: 7 February - 4 April, 9 - 11am

For those who have a good grasp of vocab and grammar. Here you'll learn to understand main points to do with work, school, family & leisure, deal with most travel situations, describe experiences and events, and give brief reasons and explanations.

Members \$180 / \$144 conc. + \$4 materials

FRENCH

FRENCH, NEW BEGINNERS GL6

Pierrette Joseph

9 Wednesdays: 8 February - 5 April, 11am - 12pm

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

Members \$90 / \$72 conc. + \$4 materials

FRENCH, ONGOING BEGINNERS GL7

Pierrette Joseph

9 Thursdays: 9 February - 6 April, 10.30am - 12pm

For those who have just started learning or have learnt the basics of French in the past.

Members \$135 / \$108 conc. + \$4 materials

FRENCH INTERMEDIATE GL8

Pierrette Joseph

9 Wednesdays: 8 February - 5 April, 1 - 3pm

For those who can hold a basic discussion, build on your French conversation and grammar in this small interactive group.

Members \$180 / \$144 conc. + \$4 materials

LANGUAGES *Continued.....*

FRENCH, MORE ADVANCED GL9

Pierrette Joseph

9 Thursdays: 9 February - 6 April, 1 - 3pm

If you have a good grasp of grammar and conversation and want to improve your fluency talk to us about joining this ongoing group.

Members \$180 / \$144 conc. + \$4 materials

FRENCH on Friday GL10

Millie Kursar

8 Fridays: 10 February - 31 March,
10.45am - 12.15pm

There are one or two spots available in this ongoing class, give us a call if you are interested in joining.

Members \$120 / \$96 conc.

ONGOING FRENCH & ITALIAN CLASSES, with
Millie Kursar

(Currently no places available in these classes, ongoing students please re-enrol)

FRENCH, Ongoing GL11

9 Tuesdays: 7 February - 4 April,
10.45am - 12.15pm

Members \$135 / \$108 conc.

ITALIAN, Ongoing GL12

Millie Kursar

9 Wednesdays: 8 February - 5 April,
10.45am - 12.15pm

Members \$135 / \$108 conc.

LATIN

INTRO TO LATIN GL13

Ruperto Nunez

5 Tuesdays 14 February - 4 April, 2 - 4pm

Latin can be surprising. As you learn the basics, you'll discover the origin of many English words and enrich your own vocabulary along the way. You'll find how relevant Latin still is. Come along and be delighted.

Members \$100 / \$80 + \$4 materials

COMPUTERS & TECHNOLOGY

Our classes are small and friendly, our tutors patient. 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.

STAYING IN TOUCH HC1

Fay Gerhard

Monday 13 February, 8.45am - 10.45am

Do you have friends and family living around Australia or the world? Then come along to this informative session to get savvy with WhatsApp, which you can use to call, video call and message all from one application for free, as long as you are connected to wifi. The app can be installed on either apple or android devices and you can stay in touch no matter what brand of mobile the person you are calling has. Bring along your fully charged mobile.

Members \$20 / \$16 conc. Non-members \$25

FACEBOOK MARKETPLACE

HC2

Fay Gerhard

Monday 13 February, 11.15am - 1.15pm

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.

Members \$20/ \$16 conc. Non-members \$25

iPHONE / iPAD STARTER

HC3

Kris Metcher

Tuesday 14 February, 10am - 12pm

A helpful overview of Apple phones and tablets, both for those who have a device or are pondering a purchase. This introduction will set you up for our other iPhone/ iPad courses. Bring your device if you have one.

Members \$20 / \$16 conc. Non-members \$25

ANDROID PHONE / TABLET STARTER

HC4

Kris Metcher

Tuesday 14 February, 12.30 - 2.30pm

A helpful overview of android phones and tablets, both for those who have a device and for those pondering a purchase. Bring your device if you have one.

Members \$20 / \$16 conc. Non-members \$25

USING CALENDAR ON YOUR MOBILE

HC5

Fay Gerhard

Monday 20 February, 8.45 - 10.45am

Why use the calendar? It's a useful tool to keep track of all your upcoming meetings, events, and appointments. Never forget a milestone again, and be reminded of when to leave to get to your appointment on time. Calendars assist in visualising your schedule, and are accessible at the touch of a button.

Bring along your fully charged mobile.

Members \$20 / \$16 conc. Non-members \$25

PHOTOBOOKS

HC6

Fay Gerhard

Monday 20 February, 11.15am - 1.15pm

Learn about the options and templates available to create your photo book. Bring along your laptop or tablet/iPad with some pictures saved on it to get started.

Members \$20/ \$16 conc. Non-members \$25

PERSONALISE YOUR iPHONE / iPAD

HC7

Kris Metcher

Tuesday 21 February, 10am - 12pm

Now that you're familiar with your iPhone or iPad, learn to set it up for your personal use. Change the "wallpaper" on your home screen. Activate Siri and learn how to use voice recognition. Edit your App Icons and more. Bring along your fully charged device.

Members \$20 / \$16 conc. Non-members \$25



e-BOOKS

HC8

Kris Metcher

Tuesday 21 February, 12.30 - 2.30pm

Calling bookworms! Did you know that one eBook reader can hold thousands of eBooks, saving a lot of space in your home and in your bag? Kris will explain the various ways to access e-books (portable e-Book readers / on a laptop or computer / tablet or phone, etc.) and where to access e-Books, both free options and paid. Bring your library card and PIN number (if applicable).

Members \$20 / \$16 conc. Non-members \$25

STORING YOUR DATA

HC9

Fay Gerhard

Monday 27 February, 8.45 - 10.45am

Not sure how to safely store your documents, photos or data? Or not quite sure what the 'cloud' is? Come along and learn about the easiest and safest ways to store your valuable data.

Members \$20 / \$16 conc. Non-members \$25

CREATING FOLDERS FOR YOUR EMAILS

HC10

Fay Gerhard

Monday 27 February, 11.15am - 1.15pm

Find out how to create and manage email folders, move emails from inbox to folders for easy storage, use flags and the search option to retrieve your emails and other helpful tips. Fay will use Gmail to explain the processes, but the principles will apply to most email programs.

Members \$20 / \$16 conc. Non-members \$25

TAMING YOUR iGADGET

HC11

Kris Metcher

Tuesday 28 February, 10am - 12pm

Have you ever held your iPhone/iPad and thought 'If only someone could show me how this all works'? Kris will show you how to get the most out of your iGadget - from emails to privacy settings, online purchases, bill payments and all the cool things you can do within each application or feature. She has many tips and tricks to share with you.

Members \$20 / \$16 conc. Non-members \$25

THE WONDERFUL WORLD OF PODCASTS

HC12

Kris Metcher

Tuesday 28 February, 12.30 - 2.30pm

Do you enjoy listening to the radio, but want to focus on specific themes or topics? Podcasts cover a wide range of topics from true crime to sports and world news. Let's explore podcasts and how to access them on your digital device. Make sure to bring your tablet or smartphone, and you'll soon be listening to your new favourite podcast!

Members \$20 / \$16 conc. Non-members \$25

COMPUTER HELP DESK

HC13

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. When enrolling please let us know what device you are using and an idea of what you need help with.

Phone or book in person at the office.

Members \$25 Non-members \$30

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.

Tutors are from all walks of life, and we welcome more. Our staff members work part time, and our volunteers play a significant role in the life of the Centre.

Glyde-In is a not-for-profit organisation managed by a volunteer management committee. 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 1 February at 8.30am in person (or online from 9am) and continue through the term, spaces permitting.

If you mail your booking in and require a posted receipt or other information, **please include a self-addressed stamped envelope.** Otherwise, detailed receipts are emailed.

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 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 complete list of all courses and activities. Simply put a big **X** against the ones you want. Circle the fees that apply (use a coloured pen or highlighter if you can), complete your name, membership and payment details, and hand it to us. **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.



A word from the chair

Mal Christison ended his Annual Report by saying "This speech marks my final act as Chair ... I have thanked many people today and there are many more who make the most wonderful contribution. Such strong goodwill makes the job of being a Chair a pleasure. I am so proud of you all. It was an honour to serve you".

We all thank Mal for his excellent leadership for the past four years and his handling of the impact of COVID-19 on Glyde-In.

Following the AGM, I was honoured to be elected as the new Chair and I'm looking forward to leading Glyde-In. My aim is to support our Committee, our wonderful Staff, our dedicated Volunteers and our many Members so we together can continue making Glyde-In a vibrant place serving our community.

Our title indicates we are a "Learning Centre" but I believe we are much more than that. Glyde-In is a place where people can socialise, interact and feel the warmth of people who care. If you have friends, or you know of people who are isolated and lonely, please encourage them to come along and see what Glyde-In can offer. Our Coordinator Jacqui has prepared a smorgasbord of good things for us to do this term. I look forward to seeing you sometime during Term 1.

Best wishes Gordon (Chair)

{PS I would like you to know you are most welcome to come and enjoy Glyde-In's beautiful garden}



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

2nd Monday / month, 3.45 - 5.45pm

Books not provided, all welcome.

Jill Brown 0433 402401 or 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 a variety of world folk, early music and classical, alt. pop, African etc.

Venue: Sullivan Hall, Cnr. Stevens St & Nannine Ave,

White Gum Valley. \$15/session (cash only). First

session free. Contact Lyn 0405 124 618.

MAHJONG – for experienced players

Mondays & Fridays, 1 - 3.30pm

Thursdays, 9.30am - 12pm

Contact:

Monday afternoons Jenny 0447 966 495

Thursday mornings Maureen 9494 1451.

Friday afternoons Liz 0409 838 167

SCRABBLE

Wednesdays, 9.30 - 12pm

All welcome, including beginners. \$5 + \$1 cuppa.

Ellen 9339 5207

THURSDAY WALKERS

Weekly, 8am sharp

From Glyde-In for an hour's walk, then coffee.

PRIVATE GROUPS & WORKSHOPS

These are privately-run activities. To book or enquire please phone the conveners.

COMMUNITY QUILTING

3rd Monday / month, 9am - 12.30pm Supporting the WAQA Community Group that donates quilts to charities.

If you can, please bring a sewing machine.

Lyn 0405 124 618.

PROSTATE CANCER SUPPORT FOUNDATION

3rd Monday / month, 7.30 - 9pm Information and support for men with prostate cancer, their families and partners. Richard 0418 858 003 / email: prostate@rfmc.com.au

TWIN HEARTS MEDITATION

Wednesdays, 6.30 - 8pm

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

Jan 0419947941 or Saira 0421701704.

SOUND OF SOUL

3rd Wednesday/month, 7.30pm

"The person singing HU tunes in to a higher spiritual awareness", Harold Klemp, HU The Most Beautiful Prayer. Gold coin. 0408 957 514.

FRIDAY RIDERS

Departs Left Bank café Fridays, 8am For those able to cruise at 20km/hour. Gordon 0419 858 960.

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 \$40 / \$35 concession or \$25 East Fremantle resident. Single term \$20.

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 often limited to evenings and weekends. Room costs: \$20/hour for groups initiated and run by Glyde-In members, \$23 for non-profit groups not affiliated with us, and \$30 otherwise. 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	
Please only include contact details if something has changed				Emergency	
Phone		Mobile		Please indicate how you would like to receive your Glyde-In programme	
Address				Email <input type="checkbox"/>	Posted <input type="checkbox"/>
Suburb		Postcode		Email	
Membership (if due) <input type="checkbox"/> \$40 Full <input type="checkbox"/> \$35 Concession <input type="checkbox"/> \$25 East Fremantle resident <input type="checkbox"/> \$20 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.	NonMem	Material
		Membership fee - renewal or new member. Circle relevant fee or leave blank if current		\$35.00	\$30.00	\$15.00	\$20.00EF
	AS1	BEING NATIVE BIRD FRIENDLY	15 Feb	\$14.00	\$11.00	\$18.00	—
	AS2	IT'S A BEAUTIFUL LIFE	16 Feb	\$14.00	\$11.00	\$18.00	—
	AS3	HISTORY OF FOOD IN ITALY	16 Feb	\$45.00	\$40.00	\$50.00	—
	AS4	MY REMARKABLE MOTHER	23 Feb	\$14.00	\$11.00	\$18.00	—
	AS5	PELLEGRINO ARTUSI'S COOKBOOK:	23 Feb	\$45.00	\$40.00	\$50.00	—
	AS6	FOODS TO FIGHT INFLAMMATION	24 Feb	\$14.00	\$11.00	\$18.00	—
	AS7	A DAY IN TUDOR ENGLAND - Mary Rose	28 Feb	\$14.00	\$11.00	\$18.00	—
	AS8	HISTORY, MYTHS & FUN ... FOOD IN ITALY	2 Mar	\$45.00	\$40.00	\$50.00	—
	AS9	AN AFRICAN LOVE STORY	8 Mar	\$14.00	\$11.00	\$18.00	—
	AS10	TAKING THE WATERS	13 Mar	\$14.00	\$11.00	\$18.00	—
	AS11	TOWN TALK – WASTE AND SUSTAINABILITY	15 Mar	No	charge		—
	AS12	MY CRAZY LIFE AND TIMES	16 Mar	\$14.00	\$11.00	\$18.00	—
	AS13	INTERNET SAFETY AND ONLINE SECURITY	17 Mar	\$14.00	\$11.00	\$18.00	—
	AS14	ORIGINS OF THE UNIVERSE	20 Mar	\$14.00	\$11.00	\$18.00	—
	AS15	THE TOOLS OF MODERN ASTRONOMY	27 Mar	\$14.00	\$11.00	\$18.00	—
	AS16	SAFEGUARDING SEED:	29 Mar	\$14.00	\$11.00	\$18.00	—
	AS17	USING YOUR HANDS WITH VIRTUAL REALITY	31 Mar	\$14.00	\$11.00	\$18.00	—
	AS18	ASTRONOMY AND ASTROPHYSICS IN WA	3 Apr	\$14.00	\$11.00	\$18.00	—
	BN1	DO YOU HAVE A STORY TO TELL?	9 Feb	\$80.00	\$64.00	—	—
	BN2	UKULELE: Glyde Sing, Strum & Pick Level 2	8 Feb	\$90.00	\$72.00	—	—
	BN3	UKULELE: Glyde Sing, Strum & Pick Level 3	6 Feb	\$90.00	\$72.00	—	—
	BN4	HEALTHY EATING	10 Feb	\$20.00	\$16.00	—	—
	BN5	THE NATURE OF CONSCIOUSNESS	15 Feb	\$160.00	\$128.00	—	—
	BN6	OLD FASHIONED GAMES	9 Mar	\$5.00	—	—	—
	BN7	FROM ECO-ANXIETY TO ECO-HOPE	11 Mar	\$40.00	\$32.00	\$45.00	—
	CM1	YOGA RESTORATIVE	7 Feb	\$112.00	\$90.00	—	—
	CM2	YOGA GENERAL	7 Feb	\$112.00	\$90.00	—	—
	CM3	SATURDAY YOGA	11 Feb	\$100.00	\$80.00	—	—
	CM4	INDOOR NORDIC POLING	15 Feb	\$80.00	\$64.00	—	—
	CM5	IN-SPIRAL FLOW MOVEMENT	16 Feb	\$50.00	\$40.00	—	—
	DO1	MURRAY RIVER LUNCH CRUISE	22 Feb	\$142.00	\$129.00	\$147.00	—
	DO2	YANCHEP BUSH WALK, CAVE TOUR & LUNCH	2 Mar	\$48.00	\$44.00	\$53.00	—
	DO3	FREMANTLE SOCIETY HERITAGE WALK:	8 Mar	\$35.00	\$32.00	\$40.00	—
	DO4	JOHN CURTIN PM MEMORIAL LIBRARY TOUR	16 Mar	\$30.00	\$27.00	\$35.00	—
	DO5	PINNACLES - LUMINEER ADVENTURE TOUR	24 Mar	\$158.00	\$144.00	\$163.00	—
	DO6	FREMANTLE SOCIETY HERITAGE WALK:	29 Mar	\$35.00	\$32.00	\$40.00	—
	DO7	ESCAPE ROOM & LUNCH AT SPICE MARKET	4 Apr	\$41.00	\$37.00	\$46.00	—
Total cost for this page							

ENROLMENTS

X	Code	Course/Talk/Event	Start date	Memb.	Conc.	NonMem	Materials
	EC1	PLAZA SUITE, Melville Theatre	26 Feb	\$23.00	—	\$28.00	—
	EC2	WASO, MORNING SYMPHONY	9 Mar	\$35.00	—	\$40.00	—
	EC3	LUNENBURG, Harbour Theatre	26 Mar	\$25.00	—	\$30.00	—
	FB1	ADVENTURES IN GOUACHE	6 Feb	\$80.00	\$64.00	—	ttb*
	FB2	LEARN TO DRAW	10 Feb	\$80.00	\$64.00	—	ttb*
	FB3	THE ART OF EVERY DAY: ..illustrated journal	9 Mar	\$100.00	\$80.00	—	ttb*
	FB4	SEASCAPES IN PASTELS	10 Mar	\$80.00	\$64.00	—	ttb*
	GL1	SPANISH, new beginners	8 Feb	\$180.00	\$144.00	—	\$4.00
	GL2	SPANISH, beginners ongoing (Mondays)	6 Feb	\$120.00	\$96.00	—	\$4.00
	GL3	SPANISH, Basic A1	7 Feb	\$180.00	\$144.00	—	\$4.00
	GL4	SPANISH on Mondays, Basic A2	6 Feb	\$160.00	\$128.00	—	\$4.00
	GL5	SPANISH, Intermediate B1	7 Feb	\$180.00	\$144.00	—	\$4.00
	GL6	FRENCH, NEW BEGINNERS	8 Feb	\$90.00	\$72.00	—	\$4.00
	GL7	FRENCH, ONGOING BEGINNERS	9 Feb	\$180.00	\$144.00	—	\$4.00
	GL8	FRENCH INTERMEDIATE	8 Feb	\$180.00	\$144.00	—	\$4.00
	GL9	FRENCH, MORE ADVANCED	9 Feb	\$180.00	\$144.00	—	\$4.00
	GL10	FRENCH on Friday	10 Feb	\$120.00	\$96.00	—	—
	GL11	FRENCH, Ongoing	7 Feb	\$135.00	\$108.00	—	—
	GL12	ITALIAN, Ongoing	8 Feb	\$135.00	\$108.00	—	—
	GL13	INTRO TO LATIN	14 Feb	\$100.00	\$80.00	—	\$4.00
	HC1	STAYING IN TOUCH	13 Feb	\$20.00	\$16.00	\$25.00	—
	HC2	FACEBOOK MARKETPLACE	13 Feb	\$20.00	\$16.00	\$25.00	—
	HC3	iPHONE / iPAD STARTER	14 Feb	\$20.00	\$16.00	\$25.00	—
	HC4	ANDROID PHONE / TABLET STARTER	14 Feb	\$20.00	\$16.00	\$25.00	—
	HC5	USING CALENDAR ON YOUR MOBILE	20 Feb	\$20.00	\$16.00	\$25.00	—
	HC6	PHOTOBOOKS	20 Feb	\$20.00	\$16.00	\$25.00	—
	HC7	PERSONALISE YOUR iPHONE / iPAD	21 Feb	\$20.00	\$16.00	\$25.00	—
	HC8	e-BOOKS	21 Feb	\$20.00	\$16.00	\$25.00	—
	HC9	STORING YOUR DATA	27 Feb	\$20.00	\$16.00	\$25.00	—
	HC10	CREATING FOLDERS FOR YOUR EMAILS	27 Feb	\$20.00	\$16.00	\$25.00	—
	HC11	TAMING YOUR iGADGET	28 Feb	\$20.00	\$16.00	\$25.00	—
	HC12	THE WONDERFUL WORLD OF PODCASTS	28 Feb	\$20.00	\$16.00	\$25.00	—
	HC13	COMPUTER HELP DESK	Call office	\$25.00	—	\$30.00	—
Total cost of this page							
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