

Glyde-In Community Learning Centre Inc.

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

PROGRAMME TERM 1, 2024 - Monday 5 February to Thursday 28 March

Enrolments open Wednesday 31 January, 8.30am in person, 9.00am online

Evening and weekend courses are highlighted with a yellow star

SPEAKERS UNLIMITED

HOW AI WILL TRANSFORM THE WAY WE WRITE

Alan Hancock **AS1**

Monday 12 February, 10 - 11am

Thanks to generative AI, there is a revolution in the writing world. While some writers are wondering whether software like Chat GPT will replace them, AI writing tools offer us all an inexpensive digital assistant that can make the work of writing easier. So is AI the writer's best friend, or nemesis? Hear from Alan, an experienced writer and teacher who has been exploring this topic.

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

TURNING WASTE TO ENERGY

Saleh Kafami **AS2**

Tuesday 13 February, 9 - 10am

The development of petrochemical products and polymer has allowed the efficient packaging and distribution of products globally. But what happens to the packaging afterwards? Not all of it is recyclable and much of it ends up in landfill. Western Australia is the pioneer of a new technology, building two of Australia's first 'waste to energy' plants in Rockingham and Kwinana. Project manager Saleh will explain how the Rockingham plant, scheduled to begin operations in 2024, will turn 300,000 tonnes of waste to energy each year - providing a source of renewable energy, while diverting 96% of residual waste from landfill.

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



Rockingham waste to energy plant

POLITICAL TERRORISM, THE DARK SIDE OF ITALIAN HISTORY

Fausto Buttà **AS3**

Thursday 15 February, 9.30 - 10.45am

On 12 December 1969 a bomb explosion in Milan killed 17 people and wounded 88. In Italy this is considered the beginning of the 'strategy of tension' marking a decade of political violence, culminating in the 1978 kidnapping and killing of former Prime Minister Aldo Moro. Fifty years on from the tragic event in Milan many questions remain unanswered. Who are the real culprits? Who was behind this massacre? Who wrote one of the darkest pages of Italian contemporary history?

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

CAN SHIPWRECKED BONES UNVEIL MYSTERIES AT SEA?

Edda Guareschi, forensic scientist **AS4**

Tuesday 20 February, 9 - 10am

Learn more about forensic research in maritime archaeology. The physical, chemical and biological characteristics of bones and teeth found with shipwrecks can assist forensic investigations by linking individuals to specific environments, and estimate how long a body has been submerged. This differentiates ancient casework from recent, that is, archaeological from forensics. Edda will present the activities of a new study group managed at Murdoch University, Forensic Research in Maritime Archaeology.

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

SILVIO BERLUSCONI AND HIS MAFIA CONNECTIONS

Fausto Buttà **AS5**

Thursday 22 February, 9.30 - 10.45am

On 12 June 2023 former Italian Prime Minister and media tycoon Silvio Berlusconi died at the age of 86. Entrepreneur, politician and four-time leader of his country, Berlusconi's life was full of scandal, including a conviction for tax fraud in 2013. There is a question he always refused to answer: how did he make his first fortune? Magistrates and investigative journalists traced his initial capital to a dangerous source: Mafia. Fausto will help us understand a controversial figure who has marked Italian political life for the past 30 years.

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

VOLUNTEERING IN SPAIN**AS6****Deb Mickle****Saturday 24 February, 2 - 3.30pm**

Interested in a different 'holiday' while in Europe? You may want to consider volunteering in Spain. English speakers come from all over the world and enjoy accommodation and meals in beautiful surroundings in return for a week's English conversation. A great way to get to know Spaniards & their culture. Deb will share her recent experience of a rewarding 8-day summer exchange at La Alberca in the province of Salamanca.

Memb \$14 / Memb conc \$11 / Non-memb \$18**FISH SOUP - HOW A 380 MILLION YEAR OLD HEART WAS PRESERVED****AS7****Kate Trinajstic, paleontologist****Monday 26 February, 10 - 11am**

We tend to think of fossils as the skeleton of ancient animals, but in rare cases soft tissues are preserved. This results in a delicate balance between the decay process and the preservation process. Just enough decay allows the right conditions for bacteria to assist in the soft anatomy becoming mineralised and being preserved. These conditions occurred in Western Australia where the oldest 3D heart, lungs, liver and stomach of an ancient armoured fish were recently found.

Memb \$14 / Memb conc \$11 / Non-memb \$18**HOW TO USE LESS WATER AT HOME****AS8****Miles Dracup****Tuesday 27 February, 9 - 10am**

Let's explore changes we can make at home to cut our water use and water bills. Miles is a water management consultant and will explain where unnoticed water waste and consumption can occur, including through leakage, inefficient fixtures, and irrigation. We will look at how to read and use our water meter and what our water bill tells us (bring along your water bill) as well as some easy steps for saving water.

Memb \$14 / Memb conc \$11 / Non-memb \$18**FIRST AID FOR SENIORS****AS9****Thursday 29 February, 9.30 - 11.30am**

Join St John Ambulance facilitators for a demonstration of basic first aid. The course combines both theory and practical demonstrations, including the recovery position, heart conditions, stroke, and cardiopulmonary resuscitation (CPR).

Memb \$25 / Memb conc \$20 / Non-memb \$30**DIGITISING THE JOHN FORREST SCRAPBOOK****Sally Anne Hasluck OAM****AS10****Tuesday 5 March, 9 - 10am**

This scrapbook, closed for 150 years, is now open and digitised. It is a personal record kept by John Forrest of his 1869, 1870 and 1874 expeditions and reveals a young man documenting his achievements in a collection of letters, telegrams and reports in newspapers - mostly accolades of his difficult desert journeys as team leader. The most arduous was in 1874 from Geraldton across to the north/south telegraph line and down to Adelaide. He valued his 'scraps' as keepsakes and pasted them into a leather-bound scrapbook. Come and explore the journey of the scrapbook and the man.

Memb \$14 / Memb conc \$11 / Non-memb \$18**TALES OF FORENSIC PALYNOLOGY AND BOTANY: PAST AND PRESENT****AS11****Lynne Milne****Thursday 7 March, 9.30 - 10.30am**

Lynne is a palynologist, specialising in pollen and spore morphology and its many applications. Her work with police, and as a private defence witness, has seen her investigate murders, rapes, terrorism and the provenance of illegal drugs. She'll take us through some historical cases such as Oetzi the Iceman and the Shroud of Turin and will also revisit the Rayney case, in which she was a defence witness. Lynne will reveal the fascinating and beautiful world of microscopic pollen and spores and describe her often emotional, humbling and humorous journey working in the forensic arena.

Memb \$14 / Memb conc \$11 / Non-memb \$18**DESERT ARCHAEOLOGY****AS12****Peter Veth, Laureate Professor of Archaeology UWA****Monday 11 March, 9 - 10am**

Aboriginal people appear to have entered the Australian deserts earlier than 50,000 years ago. How could they have entered these marginal landscapes so early? What cultural skills provided resilience to climate change, water scarcity and loss of lands with expansion of the dunefields during the Last Ice Age? Peter will answer these questions and take you on a unique trip through the Australian deserts.

Memb \$14 / Memb conc \$11 / Non-memb \$18**JOURNEY TO THE GALAPAGOS ISLANDS****AS13****Shirley Guy****Monday 11 March, 11am - 12pm**

Journey to the Galapagos Islands to see what Charles Darwin saw; tortoises, turtles, seals, finches, flamingoes, blue-footed booby chicks, iguanas and more. As well as the amazing wildlife she saw, Shirley reflects on her experience as part of a small group on a not so large ship.

Memb \$14 / Memb conc \$11 / Non-memb \$18**ECCENTRIC EXERCISE****- THEORY AND PRACTICE****AS14****Professor Ken Nosaka, School of Medical and Health Sciences, ECU****Two Tuesdays: 12 & 19 March, 9 - 10.15am**

We know that exercise is good for us, but now the type of movements matter too! Can you believe that walking down the stairs is better than walking up them? When descending, front thigh and hip muscles are lengthened to stop the body moving forward, in which you perform a typical "eccentric exercise". Ken is leading the research into eccentric exercise and has developed a home-based eccentric exercise program. The exercises are less challenging metabolically but require more brain-power, so they could help ward off dementia. Hear about their effects in Session 1, and try additional eccentric exercises in Session 2.

Memb \$28 / Memb conc \$22 / + Materials \$10

NOT-SO-TRIVIAL PURSUITS

UKULELE: GLYDE SING, STRUM & PICK, LEVEL 3 (ongoing) BN1
Shirley Guy
7 Mondays: 5 February - 25 March, 1 - 2.30pm (no class 4 March)

An ongoing class, suitable for those able to play Lil Rev's Ukulele Method Book 2. Not suitable for beginners.

Memb \$105 / Memb conc \$84

JESUS CHRIST: SUPERSTAR OR JUST MISUNDERSTOOD PROPHET? BN2
Ruperto Nunez
7 Mondays: 5 February - 25 March, 1.30 - 3.30pm (no class 4 March)

There are so many versions: we've had 'Jesus Christ Superstar', 'The Passion of the Christ', 'The Last Temptation of Christ', and many others. However, do they portray Jesus accurately? What is it that has made Jesus such a 'star'? After all, two billion believers can't be wrong! Or can they? Well, this is an invitation to go to the very sources and find out what his message was. We will look mainly at the Gospels but also at other texts not included in the Bible. Was he a proto-hippie? A revolutionary? Just a peaceful man? And is he (and are his words) still relevant today? In an epoch of fake news and distortions galore, Ruperto invites you to share the original texts which give us the closest to a biography of Jesus and, hopefully, a truer version of his message.

Memb \$140 / Memb conc \$112

UKULELE: GLYDE SING, STRUM & PICK, LEVEL 1 (ongoing) BN3
Shirley Guy
8 Wednesdays: 7 February - 27 March, 1 - 2.30pm
For those who have completed two terms with Shirley or equivalent. Not suitable for beginners.
Memb \$120 / Memb conc \$96

TRUTH, KNOWLEDGE AND BELIEF: ADVENTURES IN EPISTEMOLOGY BN4
Meera Finnigan

7 Thursdays: 15 February - 28 March, 1 - 3pm
Three fundamental questions on which philosophy rests are: What is real? How do we know? and, What matters? For most of us, concepts of truth and knowledge are highly prized properties, so taking time to think more deeply about them can be highly rewarding. Truth may be difficult to defend at times but enquiring into it becomes more pressing if we live in a world where the scope of false claims and erroneous beliefs is widespread. The course will draw upon group discussion, philosophical theories, and ideas of acclaimed thinkers of both Eastern and Western philosophical traditions.

Memb \$140 / Memb conc \$112

WRITING WITH ROBOTS: USING AI TO WRITE FICTION, NON-FICTION, LIFE-STORY.. ANYTHING BN5
Dr Alan Hancock

3 Mondays: 26 February, 11 & 18 March, 10am - 12.30pm (no class 4 March)

Thanks to generative AI, there's a writing revolution underway. We'll delve into the ethical dilemmas posed by AI in writing: it leverages the work of countless human writers to generate texts without due credit and many writers worry that cultural industries - such as cinema, TV, fiction publishing and journalism - will use

NOT-SO-TRIVIAL PURSUITS

generative AI to render human authors obsolete. As well as exploring these issues and the best way forward, you'll gain insights into incorporating AI into your writing, regardless of your subject matter. The results might surprise you. You'll need a laptop or tablet that can access the internet, but only very basic computer skills.

Memb \$75 / Memb conc \$60

NON-VIOLENT COMMUNICATION: A LANGUAGE OF CONNECTION BN6

Tanya Babaeff
4 sessions: Fridays 15 + 22 March & Mondays 18 + 25 March, 9.15am - 12.45pm

Stop the little breakdowns in communication with loved ones, friends, colleagues and others ...and replace it with presence, connection, and empathy. In a safe and welcoming space, you will receive insights about old ways of communicating and practise new ways of speaking and listening that bring ease and grace to your relationships. With practical activities, we will bust old domination language programming and practise expressing authentically in ways that are easy for others to hear and understand. This is a space of heart-felt connection, to practise being seen for the goodness you truly are.

Memb \$140 / Memb conc \$112

OLD FASHIONED GAMES BN7

Gordon MacNish
Friday 15 March, 1 - 3.30pm

Maybe you love to play table games with friends, but you find Scrabble, Mahjong or Bridge too hard or too competitive. Join a group to play those easy board games we loved when we were kids. Games like Snakes and Ladders, Ludo, Chinese Chequers 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 \$6 (to cover room hire)

INTRODUCTION TO EMOTIONAL WELLBEING 2 BN8
Annolies Truman

Friday 22 March, 1 - 3pm

This workshop follows on from *Introduction to Emotional Wellbeing* but this is not a prerequisite. Everyone can benefit from learning strategies to improve their wellbeing. The workshop includes group and individual activities to improve stress management and communication skills, and to increase emotional intelligence, self-awareness and compassion towards self and others. The process respects confidentiality and individual experience. Please bring a pen and notebook.

Memb \$20 / Memb conc \$16 / Non-Memb \$25



MIND & BODY

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

YOGA RESTORATIVE (TUES) CM1

Uwe Oswald

8 Tuesdays: 6 February - 26 March, 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.

Memb \$100 / Memb conc \$80

YOGA GENERAL CM2

Uwe Oswald

8 Tuesdays: 6 February - 26 March, 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.

Memb \$100 / Memb conc \$80

YOGA RESTORATIVE (WED) CM3

Penny Caputi

8 Wednesdays: 7 February - 27 March, 4.30 - 5.45pm

Relax & reconnect to your innate capacity for healing. Through mindfulness & 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.

Memb \$100 / Memb conc \$80

SATURDAY YOGA CM4

Uwe Oswald

7 Saturdays: 10 February - 23 March, 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.

Memb \$88 / Memb conc \$70

BIODANZA – THE DANCE OF LIFE CM5

Robyn Bullock

5 Fridays: 9 February - 8 March, 10.30am - 12pm

Get your body moving to fabulous sounds of salsa, jazz, pop, classical, African and South American music and leave the stressors of life behind. Biodanza is practiced worldwide as a way to enhance well-being.

There are no dance moves to learn, you are free to move and be inspired by the instincts of life. Biodanza is for everyone regardless of age or ability. Become more in balance and in harmony with yourself and with a deeper connection to others. Suitable for both ongoing and new participants.

Memb \$75 / Memb conc \$60

FRIDAY GLYDERS CM6

Dianne Hunter

8 Fridays: 2 February - 22 March, 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, food finds, photo ops, urban art and wildlife along the way. Everyone can walk at their own pace before returning to the café for coffee together. Maximum 10 people.

Memb \$15 / Memb conc \$12

MIND & BODY *Continued....*

ALEXANDER TECHNIQUE - INTRO CM7

Sandra Dobbs

4 Thursdays: 7 - 28 March, 11am - 12.30pm

Improve your balance and poise, reduce postural pain and find joy in everyday movement. Through the exploration of simple daily movements such as sitting, walking and working on the computer we'll be introduced to the principles of the Alexander technique, a learned skill to improve our coordination, movement and general well-being. We'll spend some time in the semi supine position on the floor, so wear loose comfortable clothing. Sandra was first introduced to the Alexander Technique as a professional actress in the UK and has worked in private practice for over 30 years, and at WAAPA for the last seven years.

Member \$60 / Member concession \$48

OUT 'N ABOUT

*Our bus trips are brought to you by volunteer organisers, drivers and hosts. Buses depart **on time** from Prinsep Road, Melville (south of Canning Highway). 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*

COOGEE GARDEN RESTAURANT DO1

Thursday 8 February, 11.30am - 2.30pm

Meet there, or car pool. Enjoy a guided garden tour followed by a shared platter gourmet lunch in the beautiful Coogee Common restaurant. This iconic building was originally built in 1894 as the Coogee Hotel and was a meeting place for travellers, market gardeners, quarry and shipping workers. Following a long period of dormancy, since 2018 the new owners have revived the site with a terraced kitchen garden, established olive and fig trees and beautifully restored hotel buildings. The menu is based around their garden produce and locally sourced ingredients. (Please advise any dietary requirements on enrolment.) *Meet there (371 Cockburn Rd, Coogee) by 11.30am or if car-pooling, leave Glyde-In by 10.45am (please let us know if you need a lift).*

Book by 1 February

Memb \$80 / Memb conc \$75 / Non-memb \$85

BROWNES DAIRY FACTORY TOUR & AQWA DO2

Barbara Saba

Thursday 15 February, 7.45am - 2.45pm

Bus trip. Join us on a tour of Brownes Dairy in Balcatta- seeing how milk, cream and yoghurt are made, and sample award-winning Brownes Dairy yoghurt. Watch a milking demonstration and get involved yourself if you like. You'll receive a Brownes Dairy gift bag and complimentary dairy product to take home and enjoy. Please wear enclosed shoes. (Not suitable for people with a walking disability.) Following the Brown's tour we'll head to Hillary's marina for lunch at your own choice of café or restaurant (at own expense) and then we'll discover the wonders of the ocean at AQWA, the aquarium of Western Australia (included in the price).

Meet at Prinsep Road, Melville at 7.45am for 8am departure

Book by 7 February

Memb \$61 / Memb conc \$55 / Non-memb \$66

DWELLINGUP AND HOTHAM VALLEY TRAIN DO3

Barbara Saba

Saturday 24 February, 7.45am - 2.45pm

Bus and Train Trip. From the moment you arrive at Dwellingup Station, you will sense that you are about to embark on a journey with a difference. The historic Forest train will take us 8 km eastward from Dwellingup to Etmilyn along the state's last surviving lightly built development railway. At the end of the line is a 20 - 25 minute walk trail through the beautiful plant life and seasonal wildflowers of the rare Jarrah Forest. This 1 km trail loops through the Etmilyn Forest, which features excellent examples of Jarrah, Blackbutt, Red Gum, Grass Tree, Banksia and a variety of palms and ferns unique to this area. After the walk and train ride, we will lunch at the Dwellingup Hotel (at own expense). *Meet opposite 16 Prinsep Road, Melville at 7.45am for 8am departure*

Book by 7 February

Memb \$69/ Memb conc \$63 / Non-memb \$74

FREMANTLE ARTISTS, COLLECTIVES & GALLERIES TOUR DO4

Eileen Burns

Thursday 29 February, 9.45am - 12pm

Meet there. Fremantle is Perth's hip and historical cousin with streets full of heritage buildings, cafés & art galleries. Come and visit the West End Galleries, meet the artists and browse the Collectives that are part of this vibrant Port City. We begin our tour at J Shed, home to some of Fremantle's most talented and iconic artists. We'll call in on the Pakenham Street Art Space (PSAS), home to Western Australia's largest independent artist studios, and Old Custom House, a hub of creativity for 35 years. We'll browse Japingka Aboriginal Art and the David Giles Art Gallery, and indulge in some retail therapy as we peruse the art collectives - Artisan Store, Common Ground, Kate & Abel and Winterwares. The tour ends at the Moore Building Arts Space in Henry Street - an ideal place for lunch (at own expense), and a perfect conclusion to an inspiring day out in Fremantle. Walking pace will be leisurely yet purposeful, requiring a moderate level of fitness. Wear suitable walking shoes and bring a hat and water bottle.

Meet at J Shed, 1 Fleet Street Fremantle at 9.45am

Book by 15 February

Memb \$15 / Memb conc \$12 / Non-memb \$20

NATIONAL HOTEL HISTORY TOUR AND LUNCH DO5

Barry Ross

Friday 15 March, 10.45am - 1pm

Meet there. Join us for a history tour of this iconic port hotel. Hear stories of the deaths, fires and tragic events that happened there, how it was almost completely destroyed and how it has been beautifully brought back to life. The trials and tribulations of a major heritage renovation! The tour contains stairs and steps. Dress code is smart casual. After the one-hour tour we will enjoy lunch at the hotel restaurant (included).

Meet in the foyer of the National Hotel, 98 High Street, Fremantle

Book by 1 March

Memb \$58 / Memb conc \$53 / Non-memb \$63

POINT WALTER MINI GOLF AND LUNCH DO6

Barry Ross

Wednesday 20 March, 10.30am - 1pm

Meet there. Goanna Golf is Perth's best 18-hole mini golf course, rivalling the most challenging and high-end mini golf courses in Australia. Located in the beautiful surroundings of Point Walter, you'll be putt-putting your way through an Australian-themed adventure. Lunch in the café afterwards (at own expense).

Meet at the Point Walter Golf Course clubhouse, 1 Honour Avenue, Bicton at 10.30am

Book by 20 February

Memb \$28 / Memb conc \$25 / Non-memb \$33



TOODYAY STARGAZING TOUR DO7

Friday 22 March, 2.15 - 9.45pm

Barbara Saba

Bus tour. Experience the wonders of the night sky on a Lumineer Star Gazing tour. Join us on a comfortable journey with the same company that took us to the Pinnacles in 2023. We start with a stop in the Swan Valley, where you can enjoy a refreshing coffee (at own expense) and take a quick break. Next, we will visit an old winery in Toodyay, where you can indulge in a delightful wine-tasting experience, savouring the flavours of the region. We'll then head to a camel farm where you can get up close and personal with these magnificent creatures and learn about their fascinating lives. As the sun sets, we'll gather in a picturesque field for a mouth-watering barbeque, and then, as darkness falls, we'll be provided with stargazing equipment, to marvel at the celestial wonders above. To conclude this enchanting experience, we will experience a soothing sound healing meditation, providing a moment of tranquillity and reflection under the starry night sky. This sound healing was a highlight of our Pinnacles adventure.

Meet opposite 16 Prinsep Road, Melville at 2.15pm for 2.30pm departure

Book by 1 March

Memb \$156 / Memb conc \$149 / Non-memb \$161



CULTURE CLUB

Meet others and enjoy wonderful entertainment.
Collect your WASO ticket/s from the Glyde-In office when notified. Theatre tickets will be handed out by your Glyde-In host at the theatre on the day 30 - 15 minutes prior to curtain up.

ONE ACT SEASON - GARRICK THEATRE EC1 Mal Christison

Sunday 11 February, 10.30am - 4pm

Train or meet there. We'll meet at Fremantle Station in time to board the 10.42am train to Guildford. We'll start with lunch across the road (at own expense), either at The Guildford Milk Bar or the beautiful Guildford Hotel (if we don't mind the Sunday session crowd). Then we'll take a leisurely 10 minute walk to the heritage-listed Garrick Theatre Club (complete with new air-conditioning system!). The Sunday Matinee performance features three one-act plays: "Overtones" a drama about two women, as they appear to each other, and their inner selves as they really are, "The Worker" is a dark comedy focused on the relationship between a husband and wife and "The Mysterious Amateur Tramp" is the reimagining of the extraordinary walk undertaken by journalist and mystery writer Aidan de Brune, the first person to walk solo and unassisted around the perimeter of Australia - and survive. Afterwards you're free to make your own way home or look around Guildford town. Return trains leave every 15 minutes.

Meet at Fremantle train station at 10.30am or at Guildford Station at 11.35am

Book by 1 February

Memb \$19 / Memb conc \$17 / Non-memb \$24

A ONE ACT SEASON, MELVILLE THEATRE EC2 Sunday 10 March, 5 - 6.30pm

Melville Theatre's first production in 2024 will be a mixture of thriller and comedy in two one-act plays (with an interval). New venue is Melville Civic Centre Main Hall. More details when available.

Book by 11 February

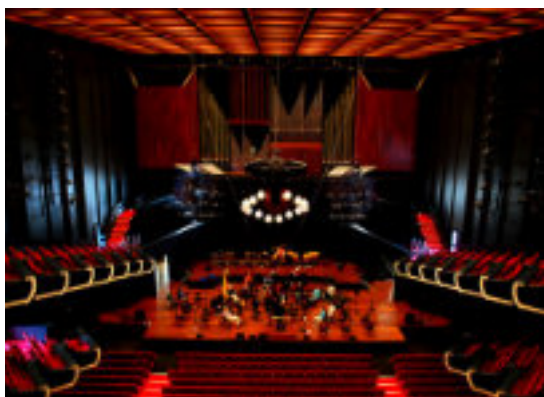
Memb \$25/ Non-memb \$30

WASO MORNING SYMPHONY EC3 Thursday 14 March, 11am - 12pm

With his Fourth Symphony, Tchaikovsky transformed his personal battle with fate into a potent and powerful work of art. Swirling between darkness and light, anguish and hope, Tchaikovsky's Symphony ultimately triumphs to deliver a joyous finale of life-affirming energy. **All seats are in the choir stalls.**

Book by 13 February

Memb \$35 / Non-memb \$40



BY HAND

DRAWING FOR FUN FB1 Mal Cunningham

4 Fridays: 16 February - 8 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 others areas such as painting or printmaking as well as pastel. Please bring an A3 cartridge pad, sharpener, eraser and a range of pencils HB to 6B. Beginners and experienced students are welcome.

Memb \$80 / Member conc \$64 / + things to bring

COLOURS OF THE OUTBACK IN SOFT PASTELS FB2 Jane Lidbetter

4 Fridays: 16 February - 8 March, 1 - 3.30pm

From rock formations to water holes, waterfalls, and vibrant sunsets, Jane will teach you the fundamentals of using pastels to bring the colours of the outback to life. Beginners and those with more experience welcome.

Things to bring: Soft pastels in cobalt blue, ultramarine blue, viridian green, cadmium yellow, orange, red, brown and white. (Jane will supply paper at a small fee.)

Memb \$100 / Memb conc. \$80 / + things to bring

ALCOHOL INK PAINTING FB3 Jennine Irving, BeeMi Imaginings Art & Music Saturday 24 February, 1 - 4pm

Discover the mesmerising world of Alcohol Inks in this workshop. Learn techniques for applying coloured and metallic Alcohol Inks to different surfaces, and the best ways to move the ink around to create intricate textures. It will be a relaxed atmosphere, giving you the time, space, and freedom to experiment, play, explore, and enjoy your creative flow. You will go home with multiple completed works (including your favourite in a frame) and a coaster tile covered in glorious ink. Suitable for all skill levels. All materials provided. Wear old clothes and/or an apron

Memb \$30 / Memb conc \$24 / + \$25 materials



MOSAICS FB4 Leisa Antonio

3 Tuesdays: 5, 12 & 19 March, 1 - 2.30pm

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.

Memb \$45 / Memb conc. \$36 / + \$85 materials

LANGUAGES

SPANISH

SPANISH, BEGINNERS ONGOING (MONDAYS) GL1
Ruperto Nunez
7 Mondays: 5 February - 25 March, 4 - 5.30pm
(no class 4 March)

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

Memb \$105 / Memb conc \$84

SPANISH, INTERMEDIATE B1 GL2
Ruperto Nunez

8 Tuesdays: 6 February - 26 March, 9 - 11am

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

Memb \$160 / Memb conc \$128

SPANISH, BASIC A1 GL3
Ruperto Nunez

8 Tuesdays: 6 Feb - 26 March, 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, be able to introduce yourself and others, and ask and answer personal questions.

Memb \$160 / Memb conc \$128

SPANISH, NEW BEGINNERS ★ NEW GL4
Ruperto Nunez

8 Wednesdays: 7 Feb - 27 March, 9.30 - 11.30am

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

Memb \$160 / Memb conc \$128 / + \$4 materials

FRENCH

FRENCH, ONGOING GL5
Millie Kursar

8 Tuesdays: 6 Feb - 26 March, 10.45am - 12.15pm

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

Memb \$120 / Memb conc \$96

FRENCH, ONGOING BEGINNERS A1 (THURS) GL6
Pierrette Joseph

8 Thursdays: 8 Feb - 28 March, 10am - 12pm

For those who have been learning for a little while or who have learnt the basics of French in the past.

Memb \$160 / Memb conc \$128 + \$4 materials

FRENCH, MORE ADVANCED B1 GL7
Pierrette Joseph

8 Thursdays: 8 February - 28 March, 1 - 3pm

An ongoing class that is currently full. Ongoing students will need to re-enrol.

Memb \$160 / Memb conc \$128 / + \$4 materials



LANGUAGES *Continued.....*

ITALIAN

ITALIAN, ONGOING GL8
Millie Kursar

8 Wednesdays: 7 Feb - 27 March, 10.45am - 12.15pm

A couple of spots available in this ongoing conversation class. Ongoing students will need to re-enrol.

Memb \$120 / Memb conc \$96

ITALIAN, ONGOING BEGINNERS GL9
Gavin Neilson

8 Wednesdays: 7 February - 27 March, 2 - 3.30pm

For those who have completed a semester with Gavin or equivalent.

Memb \$120 / Memb conc \$96 / + \$4 materials

LATIN

LATIN, ONGOING GL10
Ruperto Nunez

8 Tuesdays: 6 February - 26 March, 2 - 4pm

For those who have completed four terms of Ruperto's Intro to Latin course or equivalent.

Memb \$160 / Memb conc \$128

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. Bring your device (fully charged) and know your login details including passwords.

WELCOME TO APPLE (IPHONE/IPAD) HC1
Monday 12 February, 8.45am - 10.45am

Fay Gerhard

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 other iPad courses. Bring your device if you have one.

Memb \$20 / Memb conc \$16 / Non-memb \$25

WELCOME TO ANDROID (PHONE/TABLET) HC2
Fay Gerhard

Monday 12 February, 11.15am - 1.15pm

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

Memb \$20 / Memb conc \$16 / Non-memb \$25

APPLE LAPTOP, GETTING STARTED HC3
Fay Gerhard

Monday 19 February, 8.45 - 10.45am

Set up and personalise your Apple laptop with helpful tips and a fun, interactive guide that shows you all the features you need to know about including setting up a new laptop, security and privacy, customising settings, and managing files, attachments and storage.

Memb \$20 / Memb conc \$16 / Non-memb \$25

INTRO TO FACEBOOK**HC4****Fay Gerhard****Monday 19 February, 11.15am - 1.15pm**

Learn about Facebook and how it works. If you wish, create a Facebook account for your private use, and be wise about security and privacy. Add or change your photo and cover, send and accept friend requests, remove friends, upload or tag photos and create a post. You will need an existing email address to create your profile. If you already have a Facebook profile, have its email and password ready.

Memb \$20 / Memb conc \$16 / Non-memb \$25**PHOTOBOOKS****HC5****Fay Gerhard****Monday 26 February, 8.45 - 10.45am**

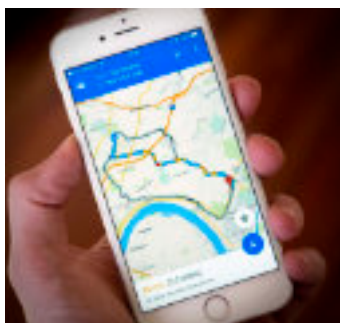
Learn about the options and templates available to create your photo book. Bring along your laptop or tablet/iPad with some pictures saved on it to get started.

Memb \$20 / Memb conc \$16 / Non-memb \$25**FACEBOOK MARKETPLACE****HC6****Fay Gerhard****Monday 26 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.

Memb \$20 / Memb conc \$16 / Non-memb \$25**USING CALENDAR ON YOUR MOBILE****HC7****Fay Gerhard****Monday 11 March, 8.45 - 10.45am**

Why use the calendar? It is a useful tool to keep track of all your upcoming meetings, events, 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 at any time, and are accessible at the touch of a button. Bring along your fully charged mobile.

Memb \$20 / Memb conc \$16 / Non-memb \$25**MAPS ON YOUR PHONE****HC8****Fay Gerhard****Monday 11 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.

Memb \$20 / Memb conc \$16 / Non-memb \$25**WHATSAPP****HC9****Fay Gerhard****Monday 18 March, 8.45am - 10.45am**

WhatsApp lets you send messages, pictures, videos and

voice over wifi. It works for iPhone talking to Androids too. Come and learn how.

Memb \$20 / Memb conc \$16 / Non-memb \$25**SETTING UP EMAILS****HC10****Fay Gerhard****Monday 18 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.

Memb \$20 / Memb conc \$16 / Non-memb \$25**e-SAFETY****HC11****Fay Gerhard****Monday 25 March, 8.45am - 10.45am**

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 only purchases.

Memb \$20 / Memb conc \$16 / Non-memb \$25**RESEARCHING AND BOOKING TRAVEL ONLINE****HC12****Fay Gerhard****Monday 25 March, 11.15am - 1.15pm**

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.

Memb \$20 / Memb conc \$16 / Non-memb \$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. 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.

Memb \$25 / Non-memb \$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.

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. 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 31 January 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 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.

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 fee is required.



A word from the chair

At the Glyde-In Annual General Meeting in October 2023 I was appointed as the Chairperson of the Glyde-In Management Committee. I am honoured to take on this responsibility and am looking forward to leading the Management Committee through the activities and challenges we may face in the coming year. I would like to thank the wonderful people who have returned to serve on the Management Committee for another year and I am sure our members appreciate their dedication and commitment.

I would like to take this opportunity to acknowledge the great contribution of the retiring Chairperson, Gordon MacNish. Gordon can often be seen watering our beautiful garden and warmly greeting new arrivals, setting up for talks and traditional games sessions and helping with whatever needs problem solving on any day. Many thanks to Gordon and I am looking forward to his continued contribution on the Committee.

Retiring from the Committee this year is long-term member Sandra Bantoft. Sandra has been involved with the Glyde-In for more than 30 years and her extensive local knowledge and creative ideas have been invaluable and very much appreciated by the Glyde-In community.

I would like to welcome our newest Committee member, Rod Harris, who recently moved from Albany to our community. Rod is a retired builder and a long-term member of regional Rotary and brings both technical and organisational experience to the Committee.

Lastly, to briefly introduce myself. I am a long-term resident of East Fremantle and discovered the Glyde-In post-retirement a couple of years ago. To me, the Glyde-In is a beacon of joy in our community. The term programmes offer incredibly diverse subject matter, quality information and useful skills.

Term one 2024 continues to deliver with new offerings as well as continuing favourites, so I invite you to come to the Glyde-In during 2024, be challenged, learn something new in a supportive environment, meet interesting people and make new friends. Hope to see you there.

Jane Vallance

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. Most simply share the cost of room hire (\$20 per hour).

BOOK CLUB

2nd 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, \$5 per session + \$1 morning cuppa.

Glyde-In 9339 3964

THURSDAY WALKERS

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

PRIVATE GROUPS & WORKSHOPS

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

COMMUNITY QUILTING

3rd 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

Wednesdays, 6.30 - 8pm

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

2nd Saturday/month, 2.45 - 4.30pm

"The person singing Hu tunes in to a higher spiritual awareness" - Harold Klemp, "HU The Most Beautiful Prayer". Gold coin. Jeya 0410 261 778

FRIDAY RIDERS

Departs Left Bank café **Fridays, 8am**

For those able to cruise at 20kms/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	
This shaded coloured section is for NEW MEMBERS ONLY			Emergency	
Phone			Mobile	
Address				
Suburb		Postcode	Email	
Membership (if due) <input type="checkbox"/> \$40 Full <input type="checkbox"/> \$35 conc <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	HOW AI WILL TRANSFORM THE WAY...	12 Feb	\$14.00	\$11.00	\$18.00	—
	AS2	TURNING WASTE TO ENERGY	13 Feb	\$14.00	\$11.00	\$18.00	—
	AS3	POLITICAL TERRORISM...	15 Feb	\$14.00	\$11.00	\$18.00	—
	AS4	CAN SHIPWRECKED BONES UNVEIL...	20 Feb	\$14.00	\$11.00	\$18.00	—
	AS5	SILVIO BERLUSCONI AND HIS MAFIA...	22 Feb	\$14.00	\$11.00	\$18.00	—
	AS6	VOLUNTEERING IN SPAIN	24 Feb	\$14.00	\$11.00	\$18.00	—
	AS7	FISH SOUP ...	26 Feb	\$14.00	\$11.00	\$18.00	—
	AS8	HOW TO USE LESS WATER AT HOME	27 Feb	\$14.00	\$11.00	\$18.00	—
	AS9	FIRST AID FOR SENIORS	29 Feb	\$25.00	\$20.00	\$30.00	—
	AS10	DIGITISING THE JOHN FORREST SCRAPBk	5 Mar	\$14.00	\$11.00	\$18.00	—
	AS11	TALES OF FORENSIC PALYNOLOGY...	7 Mar	\$14.00	\$11.00	\$18.00	—
	AS12	DESERT ARCHAEOLOGY	11 Mar	\$14.00	\$11.00	\$18.00	—
	AS13	JOURNEY TO THE GALAPAGOS ISLANDS	11 Mar	\$14.00	\$11.00	\$18.00	—
	AS14	ECCENTRIC EXERCISE	12 Mar	\$28.00	\$22.00	—	\$10.00
	BN1	UKULELE: Glyde Sing, Strum & Pick Level 3	5 Feb	\$105.00	\$84.00	—	—
	BN2	JESUS CHRIST: SUPERSTAR OR ...	5 Feb	\$140.00	\$112.00	—	—
	BN3	UKULELE: Glyde Sing, Strum & Pick Level 1	7 Feb	\$120.00	\$96.00	—	—
	BN4	TRUTH, KNOWLEDGE AND BELIEF: ...	15 Feb	\$140.00	\$112.00	—	—
	BN5	WRITING WITH ROBOTS: ...	26 Feb	\$75.00	\$60.00	—	—
	BN6	NON-VIOLENT COMMUNICATION: ...	15 Mar	\$140.00	\$112.00	—	—
	BN7	OLD FASHIONED GAMES	15 Mar	\$6.00	—	—	—
	BN8	INTRODUCTION TO EMOTIONAL WELLBEING	22 Mar	\$20.00	\$16.00	\$25.00	—
	CM1	YOGA RESTORATIVE (TUES)	6 Feb	\$100.00	\$80.00	—	—
	CM2	YOGA GENERAL	6 Feb	\$100.00	\$80.00	—	—
	CM3	YOGA RESTORATIVE (WED)	7 Feb	\$100.00	\$80.00	—	—
	CM4	SATURDAY YOGA	10 Feb	\$88.00	\$70.00	—	—
	CM5	BIODANZA - THE DANCE OF LIFE	9 Feb	\$75.00	\$60.00	—	—
	CM6	FRIDAY GLYDERS	2 Feb	\$15.00	\$12.00	—	—
	CM7	ALEXANDER TECHNIQUE - INTRO	7 Mar	\$60.00	\$48.00	—	—
	DO1	COOGEE GARDEN RESTAURANT	8 Feb	\$80.00	\$75.00	\$85.00	—
	DO2	BROWNES DAIRY FACTORY TOUR & AQWA	15 Feb	\$61.00	\$55.00	\$66.00	—
	DO3	DWELLINGUP AND HOTHAM VALLEY TRAIN	24 Feb	\$69.00	\$63.00	\$74.00	—
	DO4	FREMANTLE ARTISTS, COLL. & GALLERIES	29 Feb	\$15.00	\$12.00	\$20.00	—
	DO5	NATIONAL HOTEL HISTORY TOUR & LUNCH	15 Mar	\$58.00	\$53.00	\$63.00	—
	DO6	POINT WALTER MINI GOLF AND LUNCH	20 Mar	\$28.00	\$25.00	\$33.00	—
	DO7	TOODYAY STARGAZING TOUR	22 Mar	\$156.00	\$149.00	\$161.00	—
Total cost for this page							

ENROLMENTS

X	Code	Course/Talk/Event	Start date	Memb.	Conc.	NonMem	Materials
	EC1	ONE ACT SEASON - GARRICK THEATRE	11 Feb	\$19.00	\$17.00	\$24.00	—
	EC2	A ONE ACT SEASON, MELVILLE THEATRE	10 Mar	\$25.00	—	\$30.00	—
	EC3	WASO, MORNING SYMPHONY	14 Mar	\$35.00	—	\$40.00	—
	FB1	DRAWING FOR FUN	16 Feb	\$80.00	\$64.00	—	ttb*
	FB2	COLOURS OF THE OUTBACK - SOFT PASTELS	16 Feb	\$100.00	\$80.00	—	ttb*
	FB3	ALCOHOL INK PAINTING	24 Feb	\$30.00	\$24.00	—	\$25.00
	FB4	MOSAICS	5 Mar	\$45.00	\$36.00	—	\$85.00
	GL1	SPANISH, beginners ongoing (Mondays)	5 Feb	\$105.00	\$84.00	—	—
	GL2	SPANISH, Intermediate B1	6 Feb	\$160.00	\$128.00	—	—
	GL3	SPANISH, Basic A1	6 Feb	\$160.00	\$128.00	—	—
	GL4	SPANISH, NEW BEGINNERS	7 Feb	\$160.00	\$128.00	—	\$4.00
	GL5	FRENCH, ONGOING	6 Feb	\$120.00	\$96.00	—	—
	GL6	FRENCH, ONGOING BEGINNERS A1	8 Feb	\$160.00	\$128.00	—	\$4.00
	GL7	FRENCH, MORE ADVANCED B1	8 Feb	\$160.00	\$128.00	—	\$4.00
	GL8	ITALIAN, ONGOING	7 Feb	\$120.00	\$96.00	—	—
	GL9	ITALIAN, ONGOING BEGINNERS	7 Feb	\$120.00	\$96.00	—	\$4.00
	GL10	LATIN, ONGOING	6 Feb	\$160.00	\$128.00	—	—
	HC1	WELCOME TO APPLE (IPHONE/IPAD)	12 Feb	\$20.00	\$16.00	\$25.00	—
	HC2	WELCOME TO ANDROID (PHONE/TABLET)	12 Feb	\$20.00	\$16.00	\$25.00	—
	HC3	APPLE LAPTOP, GETTING STARTED	19 Feb	\$20.00	\$16.00	\$25.00	—
	HC4	INTRO TO FACEBOOK	19 Feb	\$20.00	\$16.00	\$25.00	—
	HC5	PHOTOBOOKS	26 Feb	\$20.00	\$16.00	\$25.00	—
	HC6	FACEBOOK MARKETPLACE	26 Feb	\$20.00	\$16.00	\$25.00	—
	HC7	USING CALENDAR ON YOUR MOBILE	11 Mar	\$20.00	\$16.00	\$25.00	—
	HC8	MAPS ON YOUR PHONE	11 Mar	\$20.00	\$16.00	\$25.00	—
	HC9	WHATSAPP	18 Mar	\$20.00	\$16.00	\$25.00	—
	HC10	SETTING UP EMAILS	18 Mar	\$20.00	\$16.00	\$25.00	—
	HC11	e-SAFETY	25 Mar	\$20.00	\$16.00	\$25.00	—
	HC12	RESEARCHING & BOOKING TRAVEL ONLINE	25 Mar	\$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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PAYMENT METHOD

CHEQUE

CASH

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OFFICE USE