

Diary: At a Glance

From September 2017

Mondays

Alliance Française French	10am-12pm	1-3pm	6:30-8.30pm
Exeter College Tai Chi		1:30pm-3:30pm	
Exeter College—Art in the Evening		6:30pm-9pm	
Keibudo Karate		6:30pm-7:30pm	
Global Centre Book Club:		7pm-8:30pm	
Vinyasa Flow Yoga		7:30pm-9pm	

Tuesdays

PD_Active Yoga		10am-11am	
Alliance Française French	10am-12pm	1-3pm	6:30-8:30pm
Italian Language School		10am-4pm	
E.C_Being Well with Others, Being Well Alone		10am-12pm	
PD_Chair Yoga		11:45am-12:45pm	
The Novels of Wilkie Collins		2:30pm-4:30pm	
Exeter Aikido		7pm-8:30pm	
Exeter College—Life Drawing		6pm-8:45pm	
Yoga To De-Stress		6pm-7pm	
Exe Coll—Yoga For Healthy Living	6pm-7:30pm,	7:30pm-9pm	
Spectrum Choir		7:30-9.30	

Wednesdays

Alliance Française French	10am-12pm	1-3pm	6:30-8:30pm
Italian Language School		10am-4pm	
Exeter College- French Intermediate—(Part 1)	10:30am-12:30pm		
French Post - Intermediate Language & Culture —(Part 1)	10:30am-12:30pm		
The People's Acupuncture Project		12pm-6pm	
Exeter College —French Beginners Part 1		1pm-3pm	
Exeter College —Spanish Beginners Part 1		1pm to 3pm	
Exeter College —Spanish Intermediate Part 1		1pm to 3pm	
Exeter College Art—Watercolour and Drawing		1pm-3:30pm	
WEA Politic: Machiavelli Monster or Moralist?		2pm-4pm	
Music Bird Community Choir		7pm-9pm	
Wren Choir		7pm-9pm	

Thursdays

Alliance Française French	10am-12pm	1-3pm	6:30-8:30pm
Yoga To De-Stress		10am-11am	
Gentle Yoga for Arthritis & Similar Conditions		11:45-12:45	
WEA—Lipreading and Communication Skills – Managing Hearing Loss		10:30am-12:30pm	
Exeter College Mindfulness		1pm-3pm	
Global Centre World at Lunch		1pm-2pm	
Art in the Twentieth Century 1900-1950		1:30pm-3:30pm	
The Life of Birds in Autumn and Winter		2pm-4pm	
Aikido Yoshinkai Exeter		6:30pm-7:30pm	
Iyengar Yoga		6:30pm-8pm	
Vinyasa Flow Yoga		6:30pm-8pm	

Fridays

Zumba Gold		9:30am-10:30am	
WEA-Anglophone Indian Literature		10am-12pm	
PD Gentle Yet Stron Yoga		10:30am-11:30am	
WEA-Creative Writing		2pm-4pm	
WEA-Poetry Adventure		2:30pm-4:30pm	
Exeter Aikido		7pm-9pm	

Saturdays

Mindful Relaxation (monthly)		10:30am-12:30pm	
Sat September 16th:			
Day School—George Eliots Middlemarch		10am-3pm	

Map showing the location of Exeter Community Centre.



Exeter Community Centre

17 St David's Hill
Exeter
EX4 3RG

Phone: 01392 420549

E-mail: admin@eccentre.org

Website: www.eccentre.org

Twitter: [@exetercommunity](https://twitter.com/exetercommunity)

The Centre has good wheelchair access and disabled parking.
Please phone to reserve your parking space.

The Mulberry Tree Café is open from 8.30am-4pm Monday-Friday.

Phone: Alex on 07957 195770

themulberrytreecafe@gmail.com

Brochure date 05/09/2017 V1



Activities and Events at Exeter Community Centre Autumn Term 2017

Issue 1

Tel: 01392 420549

Information on classes at the centre



Tai Chi

Mon: 10 weeks 1:30pm—3:30pm
Room: Ballroom/Haldon
Cost: £79 or reduced fee £22
Starts: 18th September

Tai Chi for health, meditation and self defence is a wonderful system of body movement designed to relax, calm, centre and energise.

Contact: For more information visit www.exe-coll.ac.uk or telephone 01392 400500.



Art in the Evening

Mon: 8 weeks 6:30pm-9:00pm
Room: Art Room
Cost: £116 or £38 Reduced Fee
Starts: 18th September

Learn basic drawing, looking at line, tone & colour. Try out pastels, watercolour, acrylics & oils. Drawing pad (A3 size), pencil and rubber required.

Contact: For more information visit www.exe-coll.ac.uk or telephone 01392 400500.



Vinyasa Flow Yoga

Mon: 6pm—7pm; 7:30pm—9pm
Thurs: 6:30pm-8pm
Room: Ballroom
Cost: Mon 6pm-7pm Drop in _ £7

Mon & Thurs_90min Classes Drop in_ £8 or 6 classes for £42 ;

Starts: Ongoing

An Energising Yoga practice to music that connects movement to breath in order to cleanse, nourish and heal. It is a pure and healthy balance of fun vitality and challenge, with relaxation healing and bliss.

An 8 week beginners class will run Wednesday evenings.

Contact: tina_jeffery@hotmail.com Tel: 07505 131261 or visit <http://www.tinajeffery.com/>



Keibudo Karate

Mon: 6:30pm-7:30pm
Room: Dinham
Cost:(See Contact below)

These regular weekly karate classes will cover all aspects of training and give continued improvement. Karate lessons are available for juniors aged 4½ years to 13 and adults.

Contact: Sensei Keith Boardman Tel: (01803) 606305 Mobile: (07884) 017878 or www.keibudokarate.com email keibudo@hotmail.co.uk



PDYoga (Parkinson's Disease)

Tues: Active Yoga (based on Ashtanga Primary series): 10am– 11am
Tues: Chair Yoga (for less mobile folk): 11:45am –12:45pm

Fri: Gentle but strong Yoga: 10:30am—11.30am

Cost: 1st session £7; Thereafter £42 for 6 sessions

Room: Dinham

Build muscle strength, flexibility, confidence and a solid foundation for physical activity, overall health and well-being.

Contact: Dawn Williams on 07891 015713 dawnwilliamsyoga@gmail.com



Being Well with Others, Being Well Alone

Tues: 6 weeks 10am-12pm
Room: Rougemont
Cost: £57 or £17 Concession

Starts: 21st September

This course aims to raise awareness of how we, as individuals, relate to the physical environment, other people and ourselves. It addresses our need for contact and connection and our need for being alone. Participants will become more aware of the ways in which they relate and form relationships. The aim is to experience oneself holistically and authentically in different environments and situations.

Contact: For more information visit www.exe-coll.ac.uk or telephone 01392 400500.

Italian Language School

Tues & Weds: 10am-4pm
Room: Art Room (usually)
Cost: £100 per term (different levels)
Starts: September 12th (10 weeks)

The tutors are very keen to hear from you! They will then send you a questionnaire to fill in. They are also taking bookings for private lessons, so what a nice opportunity to make that plan of learning or improving your Italian become a reality! Please, share this news and the email address for the lessons to anyone you think might be interested.

Contact: italianoexeter@gmail.com



The Novels of Wilkie Collins

Tues: 2:30pm—4:30pm
Room: Rougemont
Cost: £74

Starts: September 19th (10 Sessions)

This course will explore a range of novels by the prolific nineteenth century writer Wilkie Collins.

Contact: The Workers' Educational Association www.wea.org.uk/southwest south-west@wea.org.uk, or call 01392 457300.

Information on classes at the centre



Life Drawing:

Tues: 9 weeks 6pm-9pm
Room: Northernhay Room
Cost: £175 or £77 Reduced Fee

Starts: 19th September

Working directly from the model, with individual tuition, you will learn drawing techniques– line tone, colour and abstracting. Paper, pencil and rubber required (or any other preferred medium).

Contact: For more information visit www.execoll.ac.uk or telephone 01392 400500.



Yoga For Healthy Living

Tues: 10 weeks 6pm-7:30pm & 7.30pm-9.00pm
Room: Ballroom
Cost: £79 or £22 Reduced Fee

Starts: 19th September

You will improve your health, balance and flexibility with Yoga stretches and relaxation techniques.

Contact: For more information visit www.execoll.ac.uk or telephone 01392 400500



De-Stress with Yoga

Tues: 6pm – 7pm
Thurs: 10am-11:30am
Room: Haldon Room

Cost: Tues_Special offer 5 classes for £35 and get the 6th session free or Drop-in rate £7.

Thurs_ Special offer 5 classes for £40 and get the 6th one free or drop-in rate £8

Starts: Ongoing

Ashtanga Primary Series-based class for beginners to intermediate levels.

For more information contact Dawn on 07891015713 or dawnwilliamsyoga@gmail.com



Aikido

Tues: 7pm –8:30pm
& Fri: 7pm-9pm
Room: Dinham Room
Cost: £35 per month (Concessionary fee £28) plus £15 insurance per annum
Starts: ongoing_ Join anytime.

The first class is free. Aikido is a Japanese method of self-defence. It is fundamentally non-aggressive and non-competitive. The strikes, throws, locks and pins can be used to neutralise and immobilise aggressors without causing them injury, if you so choose. Exeter Aikido is a technical and Budo based Aikido, soft but dynamic. The Instructors at Exeter Aikido have all received their grades in Japan. Please visit our website www.exeteraikido.co.uk or phone 01392 496787 for more information.

Spectrum Choir

Tues: 7:30pm-9:30pm
Room: Haldon
Cost: £3-£5 1st session free.
Starts: 5th September

Devon's choir for all lesbian, gay, bisexual & transgendered people & their friends. Come along and join us for a fun, social, great sounding time! No singing experience or auditions necessary!

Contact: Stuart on 07989 441862 or visit us on Facebook



French Post - Intermediate Language & Culture (Part 1)

Weds: 8 Weeks 10.30pm-12:30pm
Room: Heavitree
Cost: £124 or £42 Reduced fee

Starts: 20th September

This is a course for those that have already attended the beginners course or already have a basic knowledge of French. You will build on your knowledge of and skills enabling you to cope with more challenging everyday situations and you will gain more confidence in speaking and listening.

Contact: For more information visit www.execoll.ac.uk or telephone 01392 400500.



The Peoples Acupuncture Project

Weds: 12pm-6pm
Cost: Our ambition is to provide quality acupuncture to everyone who needs it, whatever their financial means. Our fees are based on a sliding scale from £15-£30, per treatment session. Pay whatever you can afford.

Room: Haldon Room

Book in advance: We treat a wide range of conditions including chronic illness, injury and pain, as well as giving emotional support for general well-being.

Contact: www.peoplesacupunctureproject.com
info@peoplesacupunctureproject.com
 Call: 07444718395



Art: Watercolour and Drawing

Weds: 8 weeks 1pm–3:30pm
Room: Art Room
Cost: £116 or £38 reduced Fee
Starts: 26th September

You will work at your own pace in observational & expressive art techniques, from still life to landscape studies. Suitable for beginners or more experienced students.

Contact: For more information visit www.execoll.ac.uk or telephone 01392 400500.



French Beginners (Part-1)

Weds: 10 weeks 1pm-3pm
Room: Heavitree
Cost: £124 or £42 Reduced fee
Starts: 20th September

For complete beginners or those who wish to brush up their skills. Learn the language you need for basic survival in French speaking countries, including how to ask and give basic information and have short conversations in a variety of settings.

Contact: For more information visit www.execoll.ac.uk or telephone 01392 400500.

Information on classes at the centre



Spanish Beginners - Part 1
Wed: 10 weeks 1pm-3pm
Room: Heavitree
Cost: £124 or £25 Concession
Starts: September 20th

For complete beginners with no prior knowledge or those who wish to brush up their skills. You will learn the language you need for basic survival in Spanish speaking countries, including how to ask for information and have short conversations in a variety of settings. **Contact:** For more information visit www.exe-coll.ac.uk or telephone 01392 400500.



Spanish Intermediate - Part 1
Wed: 10 weeks 1pm-3pm
Room: Rougemont
Cost: £124 or £25 Concession
Starts: September 20th

This is a course for those that have already attended the beginners course or already have a basic knowledge of Spanish. You will build on your knowledge of and skills enabling you to cope with more challenging everyday situations and you will gain more confidence in speaking and listening. **Contact:** For more information visit www.exe-coll.ac.uk or telephone 01392 400500.



Politics: Machiavelli: Monster or Moralist?
Wed: 2pm-4pm
Room: Heavitree
Cost: £74
Starts: September 22nd (10 Sessions)

Interpret and assess Machiavelli's outlook and message, by a close examination of just what he said (and did NOT say) in The Prince (chiefly), taking full account of the circumstances in which he lived and wrote.

Contact: The Workers' Educational Association www.wea.org.uk/southwest southwest@wea.org.uk, or call 01392 457300.



Music Bird Community Choir
Weds: 7-9pm (term time)
Room: Ballroom
Cost: 1st 'taster' session is free
Starts: 13th September

Free your voice and make new friends in a relaxed, playful atmosphere. From rock and roll through gospel, motown, country and pop songs mostly taught by ear, though notation is available with performances twice a year, Christmas and summer.

Contact: Rob Carney
T. 01364 631103
E. robcarneymusic@gmail.com

Mindfulness for Stress Reduction

Weds: 8 weekly sessions 6.30pm to 8.30pm
Room: Heavitree
Starts: 20th September

Learn ways to live more calmly, clearly, and kindly. This course will help you cope more effectively with stressful situations and appreciating life more fully. A programme of eight two-hour weekly sessions with a weekend morning of practice, including meditations; body awareness; gentle movement; group discussion; home practice.

You'll be supported in practising mindfulness in everyday activities between our meetings. No previous meditation experience needed, the course is entirely non-religious and secular.

Contact: Mark Bowden on 01392 439715, 07951 820803, e-mail info@mindbase.co.uk, or see www.mindbase.co.uk



Wren Music
Weds: 7pm-9pm (term time)
Room: Dinham
Cost: 1st session free
Starts: 20th September

Voices In Common are the Exeter Folk Choir run by Wren Music. A great way to release your voice, make new friends & have fun. All abilities and voices are welcome- all you need to join is to want to sing. Sheet music is provided for those who prefer it. Many existing projects and performances including Sidmouth Folk Festival & Exeter Cathedral and 'wassailing' early each year.

Contact: Paul Wilson paul@wrenmusic.co.uk
T. 01837 53754
M. 0785508820319



French Intermediate—(Part 1)
Thurs: 10 weeks 10.30am-12.30pm
Room: Heavitree
Cost: £124 or £42 Reduced fee
Starts: 21st September

This is a course for those that have already attended the beginners course or already have a basic knowledge of French. You will build on your knowledge of and skills enabling you to cope with more challenging everyday situations and you will gain more confidence in speaking and listening.

Contact: For more information visit www.exe-coll.ac.uk or telephone 01392 400500.



Lipreading and Communication Skills - Managing Hearing Loss
Thurs: 10:30 -12:30 or 2pm-4pm
Room: Rougement
Cost: £60
Starts: September 14th (10 Sessions)

This course aims to increase confidence and skills in communication through learning and practising lipreading techniques and coping strategies. To keep up-to-date with information on services and equipment for people with hearing loss.

Contact: The Workers' Educational Association www.wea.org.uk/southwest southwest@wea.org.uk, or call 01392 457300.

Information on classes at the centre



Mindfulness

Thurs: 8 weeks 1pm-3pm
Room: Heavitree
Cost: £83 or £25 Concession
Starts: 21st September

This course is based on the mindfulness-based-stress reduction course developed by Jon Kabat-Zinn, which found scientific recognition in its effectiveness.

Contact: For more information visit www.exetercollege.ac.uk or telephone 01392 400500.



Gentle Yoga for Arthritis & Similar Conditions

Thurs: 11:45-12:45
Cost: 1st session £7; Thereafter £42 for 6 sessions

Room: Dinham

Ongoing: Various

Yoga to strengthen the nervous and immune systems Using posture, breathing and relaxation.

Contact: Dawn Williams on 07891 015713 dawnwilliamsyoga@gmail.com



Art in the Twentieth Century 1900 - 1950

Thurs: 1:30pm—3:30pm
Room: Northernhay
Cost: £74
Starts: September 14th (10 Sessions)

This course aims to introduce the major developments in the visual arts, and an understanding of how the changing social and political structure of Europe affected the work of artists, during this period.

Contact: The Workers' Educational Association www.wea.org.uk/southwest southwest@wea.org.uk, or call 01392 457300.



The Life of Birds in Autumn and Winter

Thurs: 2pm—4pm
Room: Heavitree
Cost: £44

Starts: September 7th (6 Sessions)

This course will investigate the lives of British birds in autumn and winter, focussing on their strategies and adaptations to prepare for and survive the hardships of winter, including migration to avoid winter. Suitable for beginners & improvers.

Contact: The Workers' Educational Association www.wea.org.uk/southwest southwest@wea.org.uk, or call 01392 457300.



Iyengar Yoga

Thurs: 6:30pm—8pm
Room: Dinham
Cost: £90 per 10 week block
Starts: Ongoing

The physical benefits of yoga are numerous and affect all systems of the body, helping to bring balance where there is imbalance and misalignment. As we begin to use the mind to work more skilfully with the body, the mind too receives the benefit of becoming more aware, more sensitive and the beginning of Self-knowledge takes place.

Contact: Isabelle Luterbacher 01626 867 057 or 07403 374 722 email: i_luterbacher@hotmail.com See www.gaiaitreeyoga.com for more information.



Anglophone Indian Literature

Fri: 10am—12pm
Room: Rougemont
Cost: £74
Starts: September 22nd (10 Sessions)

This course will provide an introductory overview of writing on India since Partition in 1947, sampling fiction, poetry and non-fiction by Indian, British, European and North American writers.

Contact: The Workers' Educational Association www.wea.org.uk/southwest southwest@wea.org.uk, or call 01392 457300.



Toneup2Fitness - Pilates Mat Pilates for All

Thurs: 7 week course 6-7pm
Room: Haldon or
Cost: 1st tester class £5; 7 week course

£42; Drop in £7

Starts: 7th September

Do you want to Improve Posture, Mobility & Balance? Gain Core Strength and Flexibility?

Tone up by learning to Engage your Deep Muscles? Relax whilst getting Fit and having Fun? **Then Pilates is Right for you! Book your course now!**

to get the discount price...Please bring a Mat or book one in advance for £1

Contact: doris@toneup2fitness.com Tel: 07769687319 / More info: www.toneup2fitness.com - facebook: @extermatpilates <https://twitter.com/toneup2fitness>



Creative Writing

Fri: 2pm—4pm
Room: Rougemont
Cost: £74
Starts: September 22nd (10 Sessions)

This course is designed to help beginner and intermediate creative writers to respond to starter writing prompts in a variety of genres and develop an ability to evaluate critically and supportively the work created within the group.

Contact: The Workers' Educational Association www.wea.org.uk/southwest southwest@wea.org.uk, or call 01392 457300.



Zumba Gold

Fri: 9:30am-10:30am
Room: Haldon
Cost: £5 per session 1st session free
Starts: September 15th

Zumba Gold is for active older adults or beginners who looking for a modified Zumba class that recreates the original moves you love at a lower intensity. The class focuses on all elements of fitness, cardio vascular, muscle conditioning and balance.

Contact: Hilary Bush on 07437 601700

Information on classes at the centre



Poetry Adventure

Fri: 2:30pm—4:30pm

Room: Heavitree

Cost: £74

Starts: September 27th (10 Sessions)

Explore the links between poetry, history and the individual. Read a text closely; be it poem, criticism, film or painting. Then examine that text in its literary and historical context. Explore different periods and styles of writing, from Shakespeare to the present day. Include case studies of Seamus Heaney's sonnets and John Berryman's "Dream Songs". Audio and DVD illustrations will be used. No experience necessary.

Contact: The Workers' Educational Association
www.wea.org.uk/southwest_southwest@wea.org.uk,
 or call 01392 457300.



Mindful Relaxation

Sat: 10:30am—12:30am

Room: Dinham

Cost: £14 per session, £24 if two weeks are booked at the same time

Starts: Monthly ~ ongoing

This is a 2 hour session to practice mindfulness and to nurture yourself through breathing, restorative yoga postures, meditation and a deep relaxation at the end. It is suitable for all abilities.

Contact: For more information contact Dawn on 07891015713 or dawnwilliamsyoga@gmail.com



Alliance Française-Devon

Learn French with the French!

Develop your spoken French in a safe and fun environment with our dedicated native French teachers. Beginning in September our language courses will boost your confidence and revive your enthusiasm for the French language. Please go to our website for exact timings, course information and prices or:-
Call: 01803 864 242
Email: info@allianceexeter.co.uk
 Visit: www.allianceexeter.co.uk



Global Centre: <http://www.globalcentredon.org.uk>
 DDE runs a programme of community events at the Global Centre in Exeter and occasionally in other parts of Devon. These events are listed here for your information, most are free and registration is not required unless you choose to show your interest.

World at Lunch Thurs: 1pm to 2pm

Gown meets Town meets evenings

Book Club meets Mondays 6:30pm to 8pm



Day School - George Eliot's Middlemarch

Saturday September 16th: 10am—3pm

Room: Heavitree

Cost: £30

Eliot's novel Middlemarch is considered by many to be one of her finest. This study day will include close reading of extracts from the novel and a consideration of the social, cultural and political background to the novel.

Contact: The Workers' Educational Association
www.wea.org.uk/southwest_southwest@wea.org.uk,

Mornings of Mindfulness

Saturdays 23rd September; 21st October; 25th November; 9.30am to 12.30

An occasional Saturday morning event for those with some experience of mindfulness or similar awareness practice. A simple programme of sitting, walking, and lying down meditation, mindful movement – and a tea break.

There is spoken guidance and discussion to close. The cost of the morning is £12. To find out more, call Mark Bowden on 01392 439715, 07951 820803, e-mail info@mindbase.co.uk, or see www.mindbase.co.uk