

Diary: At a Glance

From April 2018

Mondays

Alliance Francaise French	10am-12pm	1-3pm	6:30-8.30pm
WEA_James Joyce's Ulysses			3pm-5pm
Nikki Darling Yoga & Acupuncture		5:45pm-8:30pm	
Exeter College—Art in the Evening		6:30pm-9pm	
Keibudo Karate		6:30pm-7:30pm	
Global Centre Book Club:		7pm-8:30pm	
WEA_Great Longer Poems of the 20th Century		7pm-8:30pm	

Tuesdays

Being Well with Others, Being Well Alone		10am-12pm	
PD_Active Yoga		10am-11am	
Alliance Francaise French	10am-12pm	1-3pm	6:30-8:30pm
Exeter College—Life Drawing		6pm-8:45pm	
Yoga To De-Stress		6pm-7pm	
Exeter Aikido		7pm-8:30pm	
Yoga For Healthy Living	5:45pm-7:15pm,	7:30pm-9pm	
Spectrum Choir		7:30-9.30	

Wednesdays

Alliance Francaise French	10am-12pm	1-3pm	6:30-8:30pm
Exeter College -Spanish Beginners		10am to 12pm	
Exeter College- French Intermediate		10:30-12:30pm	
French Post - Intermediate Language & Culture		10:30am-12:30pm	
The People's Acupuncture Project		12pm-6pm	
Exeter College -Spanish Intermediate		1pm to 3pm	
Sarah Johns Pottery		2pm-5pm	
Exeter College Art—Watercolour and Drawing		1pm-3:30pm	
Wren Choir		7pm-9pm	

Thursdays

Alliance Francaise French	10am-12pm	1-3pm	6:30-8:30pm
Personal Development		10am-5pm	
Yoga To De-Stress		10am-11am	
Gentle Yoga for Arthritis & Similar Conditions		11:45-12:45	
WEA—Lip-reading and Communication Skills - Managing Hearing Loss		2pm-4pm	
Global Centre World at Lunch		1pm-2pm	
Iyengar Yoga		6:30pm-8pm	

Fridays

WEA_ Studio Practice for Drawing		10am-1pm	
Gentle Yet Strong Yoga		10:30am-11:30am	
Studio Practice for Painting		1:30pm- 4:30pm	
WEA-Creative Writing		2pm-4pm	
WEA-Poetry Adventure		2:30pm -4:30pm	
Exeter Aikido		7pm-9pm	

Saturdays

Mindful Relaxation (monthly)		10:30am-12:30pm	
Royal School of Needlework	2 classes	June 30th -July 1st & July 28th & 29th	

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

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 31/03/2018



Activities and Events at Exeter Community Centre Summer Term 2018

Issue 1

Tel: 01392 420549

Information on classes at the centre



Art in the Evening

Mon: 8 weeks 6:30pm-9:00pm
Room: Art Room
Cost: £124 or £42 Concession

Starts: April 23rd

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.execoll.ac.uk or telephone 01392 400500.



Keibudo Karate

Mon: 6:30pm-7:30pm
Room: Haldon

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



Feel Good Mondays

Holistic Yoga by Candlelight

Monday: 5:45 - 7:15pm
Room: Heavitree

Cost: £8 drop-in / £49 for 7

A flow of dynamic and restorative asana, pranayama, meditation and relaxation to balance you for the week ahead.



Auricular Acupuncture

Monday: 7:30 - 8:30pm

Room: Heavitree

Cost: £8 drop-in / £49 for 7

A deeply relaxing group treatment allowing your body to heal. Great for anxiety, stress and improved sleep. Helps to strengthen will power and aids detoxification. Needle free options and concessions are available. Booking advisable

Contact: Nikki at www.nikkidarlingyoga.co.uk or 07900802120



James Joyce's Ulysses

Monday: 3pm-5pm
Room: Rougemont
Cost: £84

Starts: April 23rd (10 Sessions)

To acquire a confident appreciation of the nature and achievement of James Joyce's Ulysses, an often neglected classic of English literature. **Contact:** Enrolonline.wea.org.uk, or call 0300 303 3464.



Great Longer Poems of the Twentieth Century

Tues: 7pm-8:30pm

Room: Rougemont

Cost: £62.50

Starts: April 23rd (10 Sessions)

A look at Thomas Hardy, W B Yeats, T S Eliot, Ezra Pound, Wallace Stevens, David Jones, W H Auden, Basil Bunting, Seamus Heaney and Geoffrey Hill, contextualising their work and personalities, and reading aloud passages from their greatest works.

Contact: Enrolonline.wea.org.uk, or call 0300 303 3464.



PDYoga (Parkinson's Disease)

Tues: Active Yoga (based on Ashtanga Primary series): 10am- 11am

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: April 24th

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.execoll.ac.uk or telephone 01392 400500.

Information on classes at the centre



Life Drawing:

Tues: 10 weeks 6pm-8:45pm
Room: Northernhay Room
Cost: £187 or £85 Concession

Starts: April 24th

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 6:45pm-7:15pm & 7.30pm-9.00pm
Room: Ballroom

Cost: £83 or £25 Concession

Starts: April 24th

Improve health, balance and flexibility with this mindful practice of postures, breathing exercises, meditation and relaxation.

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: April 17th

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

Weds: 6 Weeks 10.30pm-12:30pm
Room: Heavitree

Cost: £68 or £25 Concession

Starts: April 25th

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: £124 or £42 Concession

Starts: April 25th

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.

Information on classes at the centre



Spanish Beginners

Wed: 6 weeks 10am-12pm

Room: Heavitree

Cost: £68 or £25 Concession

Starts: April 25th

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

Wed: 6 weeks 1pm-3pm

Room: Rougemont

Cost: £68 or £25 Concession

Starts: April 25th

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.



Sarah Johns Pottery

Wednesday: 2pm-5pm

Room: Pottery

Cost: £90 for 5 weeks and a little for clay, materials and firing

Starts: April 18th (5 Sessions)

A basic ceramics course where you will learn hand building, throwing and sculpture techniques. More experienced learners will make slips and glazes. Bring an apron and an old towel.

Contact: Sarahjohnb709@gmail.com or telephone 07557407763



Wren Music

Weds: 7pm-9pm (term time)

Room: Dinham

Cost: 1st session free

Starts: April 25th

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

Information on classes at the centre



French Intermediate

Thurs: 6 weeks 10.30am-12.30pm

Room: Heavitree

Cost: £68 or £25 Concession

Starts: April 26th

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.



Lipreading and Communication Skills - Managing Hearing Loss

Thurs: 10:30am -12:30pm &

2pm-4pm

Room: Isca

Cost: £60

Starts: 12th April (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: Enrolonline.wea.org.uk, or call 0300 303



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.



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



Personal Development: Exploring Assertiveness

Thursday: 10am-5pm

Room: Art Room

Cost: £48

Starts: April 12th & 19th

This course will outline assertive thinking skills and explore different communication strategies that can be used to improve social interactions, build confidence and help you find the right words.

Contact: Enrolonline.wea.org.uk, or call 0300 303 3464.



Mindfulness

Thurs: 8 weeks 1pm-3pm

Room: Heavitree

Cost: £83 or £25 Concession

Starts: April 26th

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.execoll.ac.uk or telephone 01392 400500.

Information on classes at the centre



Creative Writing

Fri: 2pm—4pm

Room: Dinham

Cost: £90

Starts: April 13th (12 Sessions)

A course designed to open up the muse of creative writing covering poetry, fiction and life writing with a view to expanding your repertoire strategies for writing. A typical session will allow students to share their writing in a supportive and positive group situation in which appreciation and hints for development will be equally balanced. All that is required is an open mind, a willingness to undertake new assignments each week and a capacity for tolerance.

Contact: The Workers' Educational Association



Poetry Adventure

Fri: 2:30pm—4:30pm

Room: Heavitree

Cost: £74

Starts: April 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. Includes one long poem and a case study of "Ars Poetica" works. Feature writers such as Keats, Hardy, Yeats, Rilke, and many more. No experience necessary.

Contact: **Contact:** [Enrolonline.wea.org.uk](http://enrolonline.wea.org.uk), or call 0300 303 3464.



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:-
C a l l : 0 1 8 0 3 8 6 4 2 4 2
E m a i l : 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



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



Day Classes in Exeter

Saturday June 30th—Sunday July 1st

Stump work & Silk Shading: 'Violets' A mixed ability class.

Saturday July 28th— Sunday July 29th

Advanced Elizabethan Stitches: 'Elizabethan SweetPea'

More information can be found at:-

<https://www.royal-needlework.org.uk/>